

Into the Heart of Hypnotherapy

by Jan Forrest, Healing Garden Journal, March 2001



It begins with a suggestion and ends with a life change. "This is the nature of hypnotherapy, explains. Terry Bienkowski, C.H. a certified clinical hypnotherapist of 17 years. Hypnotherapy is alive and well in Michigan, offering people another healing modality which can enhance the quality of their lives.

I had the opportunity, recently, to visit with Terry in her Grand Rapids, Michigan office, where she works with a wide range of clients in many areas of personal enhancement, assisting them in changing programmed and ill-functioning belief systems. She shared with me that her love for hypnotherapy is not only because she can assist people in moving away from disruptive behaviors, such as smoking, overeating, panic disorder, fears or phobias, but because she can also help them to establish new, more positive ways of living. She does this through both private practice and courses she may teach. The wide variety" of clients she has worked with, from a 9 year old boy who bed wets, to a 90 year old widow looking for a new, confident lease on life, illustrates the broad spectrum of her skill as a hypnotherapist and life counselor.

I was eager to understand how Transformational Hypnotherapy actually works. Terry described it to me in these terms: hypnotherapy is defined as a method to alter, amend, and replace fixed ideas and beliefs. She went on to explain that 12% of our mind operates on the conscious level. 88% operates on the subconscious level. On the subconscious level is where all of our habits and behavior patterns are stored.

Hypnosis, which is actually a heightened state of awareness, lowers the brain wave frequencies through relaxation so new information can move into the subconscious. Once done, old beliefs and ways of being can be transformed. Hypnosis bypasses the inner critic we all have within us, enabling us to shift our energies from how we have been previously programmed, to who we really are and can be in our highest human state. That is how an overeater can be transformed into a healthy one, or an anxious person into a relaxed one. I was curious about how this discipline works to create permanent change in people. It all sounded so simple. She explained to me that this deeply relaxing process begins as she uses her training to assess what it is a person actually desires for themselves. She then administers a suggestibility questionnaire to help her determine the client's personality type and how they understand or will process information. A health appraisal is also given and Terry does not hesitate to refer a client to a physician or therapists for issues related to physical or mental health.

As she converses with a client in their first session, usually lasting 1 1/2 hours, she begins to determine how she will speak and relate to the person so that they are best served. Terry shares with me that this is one of the major ways in which her hypnotherapy practice is different from many others. "Each client is so unique. I coordinate my language to meet theirs. I use music chosen especially for that person. I use an induction method (the way in which I ease the person into a deeply relaxed state) tailored to just them. And most importantly, all of the words I use throughout the session are positive. It is so important for them to realize that their time with me is not about getting rid of negative behavior, but how we will still fresh, positive ones in their psyche so they will leave feeling better about who they are and who they are becoming."

In every session, Terry verbally relaxes the client taking them on a journey to a place of peace where the desired behaviors in place. The session is recorded, so that once the client leaves the office, they can play the tape (twice a day is recommended) to deeply embed the new positive messages into their subconscious. Most clients are significantly improved in 1-4 sessions, "short term therapy with long term effects," she states.

It is apparent from my interview with her, that Terry is truly passionate about what she does. Her mission statement tells me that she has a burning desire to help people through the healing process; and she adds, "in a much shorter time frame than I did my own healing work. It took me forever to get to a place of my own personal wholeness because I tried every modality possible. When I discovered the power of hypnotherapy, I was elated to share with others a more time honored approach to healing. Results are immediate, long lasting and life changing. I know people who are in therapy for years at great expense with very little result. Hypnotherapy cuts to the chase, giving a client an immediate new lease on life, and that is very satisfying to me."

Another activity that is satisfying to her is donating her time and energy to women healing from breast cancer. Terry's mother and a number of female relatives passed away from the disease. Because she is considered "high risk" for developing breast cancer, she has taken it upon herself to personally create tools for women who might be fearful, as she could be, about a cancer diagnosis. She created an audiotape program entitled "Into the Heart of Breast Cancer," which addresses the mental and emotional aspects of breast cancer, along with guided imagery that women can use to overcome their fear of it and enhance their own healing if they have been diagnosed. "Peace Child" and "Drift Into Sleep" are two more recent "heart centered" projects of Terry's creation. "Not having had any children of my own, I adore little ones, and longed to create some tools that they could use to become more relaxed, peaceful and creative." On both CD and cassette, these are geared towards children with sleep problems and self-esteem issues.

As I ended my conversation with her, I was surprised to find myself deeply relaxed. I had not even sat in the recliner that was offered or covered myself with the soft, crocheted blanket she indicated I could use. Maybe my relaxed state was due to the nurturing surroundings, the soft music playing or the sound of Terry's melodic and gentle voice. For what-ever the reason, I could certainly understand how she has helped thousands of people over the years overcome personal challenges. Sort of made me want to develop a phobia and come back for another visit. That's an idea! Check back next month in the April issue of HGJ and see if I return.

Hypnotherapy Certification and Training Program

- The Basic Clinical Hypnotherapy Certification Course includes:
- History of hypnosis
- How the mind functions
- Determining suggestibility
- Hypnosis inductions
- Developing rapport"
- Deepening techniques
- How to write a script
- How to make a hypnosis tape
- Use of music to make a hypnosis tape Voice patterning.
- Communication skills
- Weight elimination. smoking cessation, passing tests, memory improvement, athletic enhancement.
- Working with children
- Student Practice

The Advanced Hypnotherapy Certification Course includes:

- Corrective Therapy
- Circle Therapy
- Age Regression
- Body Syndromes Phobias/Fears
- Pain Control
- Healing enhancement Depression/Anger
- Inner Child Work
- Neural Thought Therapy Past Life Regression
- Student Practice

Home Study with continuing support and phone consultations are included. A Certification Test is given 30 days after the course is completed. Once done, you will be fully qualified to be a professional hypnotherapist and may immediately practice as such.