

Trauma Therapy/Neuro-Linguistics Psychology (NLP)

Our brains are so unique in the way we experience and perceive our lives. It is through each and every event we see, hear, taste, touch and smell, that we create the patterns that we have set in our brains. You and I might witness the same event, but each of us perceives, encodes and expresses that very same event in a different way. Sometimes, the way we experience an event can have an effect on us that inhibits us from having the most fulfilling and productive lives we all wish to have.

Why work with a Trauma Therapist/NLP Practitioner?

Working with an Certified Trauma Therapist and NLP practitioner can help you make the changes in your life that are not productive for you or those around you. The beliefs that are formed from all of life's experiences become our reality unless we work to change them. Most of the time, we don't even realize they're there, let alone consciously knowing we need to change them. The goal of a trauma therapist is to find out exactly what's going on in your life that is inhibiting you from living a happy and fulfilling life. This is accomplished by looking at many pieces of an individual's life. This includes early childhood experiences/environment, family events, any traumatic event(s) that occurred, as well as your current living environment. I'm personally a big educator with regards to brain function, which includes emotions, hormones, neurotransmitters and memories, so you will also learn about what happens to our brains and bodies based on our experiences.

Hypnotherapy

Hypnotherapy is a great way to help a person create the changes they're looking for. Hypnosis is a state of relaxation and concentration where the mind is able to better create the desired changes. It is a natural trance state, like daydreaming, when the mind is relaxed and focused, where time passes very quickly, accompanied by good feelings of deep relaxation of mind and body.

Hypnotherapy treatment is based on the premise that the mind and body work together. The goal is to trigger the body's mental and physical self- healing processes that lie in the subconscious. When undergoing hypnotherapy, one is conscious and aware, but open to the power of suggestion. You cannot be induced to do anything against your will.

Hypnotherapy can be especially helpful if there is a negative memory that a client is working through that when discussed in an open conversation can be very difficult to have, but while in a hypnotic state, can be quite revealing and healing without the added stress.

Please call **503-702-1039** to schedule an appointment with Tina, or email her at tina.goodell@gmail.com