

Helping People Overcome Childhood Trauma through Hypnotherapy

An 8-week program (two hours per week) will cover:

The Subconscious Healing Journey

- 1) Building Your Inner Safe Haven
- 2) Developing Trance and Self-regulation
- 3) Meeting the Inner Child
- 4) Mapping the Trauma Landscape
- 5) Releasing Stored Emotional Pain
- 6) Rewriting the Subconscious Script
- 7) Embodying the Healed Self
- 8) The Continuing Journey

This program is designed to process, release and free yourself from childhood trauma that has made you feel broken, unlovable and unsafe all these years. At the completion of the program, your trauma will no longer define who you are.

I help adults carrying unresolved childhood trauma achieve freedom from panic attacks, deep emotional peace, and healthier relationships so that they can stop surviving and start living with confidence, self-worth, and control over their future.

I have extensive experience helping survivors of

childhood trauma. You will learn to silence your inner voice that says “you are broken, unlovable, and unsafe” — so you can reclaim your nervous system, rebuild your identity from the inside out, and step into relationships, careers, and a life that actually feel like yours — free from the invisible chains of a past you never chose. I work with adults who have carried the weight of childhood trauma for years and have pursued talk therapy but found that it was not helpful to heal their painful past. When clients are willing to go beneath the surface and meet the parts of themselves, they have been running from their entire lives, transformation is possible.

You need to be ready to let go of your identity as a victim — because healing requires you to want freedom more than you want your story. Without my help, you could spend the next decade white-knuckling your way through triggers, emotional shutdowns, and broken relationships. You may have sabotaged every opportunity for love, success, and peace — because your subconscious is still running a five-year-old's survival program in an adult body. You could pass your unhealed wounds down to your children, your

marriages, and every person who dares to get close. This may make your life more challenging and complicated because no amount of willpower, affirmations, or weekend workshops can touch what is buried at the subconscious level — the terror, the shame, the bone-deep belief that you are fundamentally too damaged to be loved. You could drift through decades feeling like an outsider in your own life, never fully present, never fully safe, always waiting for the other shoe to drop — exhausted by the war raging inside a mind you cannot access and a body you cannot trust.

With my help, you will release decades of stored trauma from your body and nervous system in a matter of weeks, rewrite the subconscious beliefs that have dictated every relationship, every decision, and every moment of self-sabotage — replacing them with unshakeable truths about your own worth and safety — and wake up, for the first time in your life, feeling genuinely free. This benefits everything in your life because when the subconscious finally feels safe, the entire human being reorganizes around that safety — you will sleep deeply, you will learn to love openly, you will

set boundaries without guilt, you may pursue your ambitions without the anchor of shame dragging you back. You will become the parent, the partner, the professional, and the person you always knew you were capable of being — and the generational cycle of trauma ends with you forever.

The way I help you achieve this result is by:

1) Conducting a deep-dive trauma mapping session to identify the precise subconscious wounds, basic limiting beliefs, and protective mechanisms that have been silently running — and sabotaging — your life since childhood.

2) Building a fortress of internal safety using advanced hypnotic inductions, safe-place anchoring, and nervous system regulation techniques — so the subconscious finally has a place to land before we go anywhere near the pain.

3) Guiding you into a profound inner child reunion through age regression hypnotherapy — not to relive the trauma, but to witness it as your powerful adult self, and offer your younger self the presence, protection, and unconditional love that was stolen from you.

4) Using subconscious dialogue to surface and name the invisible beliefs buried in the unconscious mind — "I am not safe," "I am not enough," "Love always leads to pain" and to understand the logic behind why those beliefs were formed.

5) Facilitating a full emotional release of the trapped energy — grief, rage, shame, and terror — that has been locked in the body since childhood, using imagery and hypnotherapy.

6) Installing new beliefs directly into the subconscious mind at the same depth where the trauma lived — replacing survival scripts with truths of worthiness, safety, and belonging that are felt in the bones, not just believed in the head.

7) Integrating all inner parts — the protector, the inner critic, the wounded child, the emerging self — into a unified, coherent identity so you can stop being at war with yourself and begin moving through life as one whole, powerful person.

8) Equipping you with a personalized self-hypnosis practice, maintenance anchors, and a lifelong healing

protocol — so you leave not just transformed, but sovereign: capable of continuing your own healing for yourself and for every generation that comes after you.

I am committed to this work because the world is desperate for healed people: people who can love without conditions, lead without fear, and parent without passing down the poison to future generations.

I feel fortunate to have 37 years of psychotherapy experience and 32 years of hypnotherapy experience which has given me the ability to walk with you into the darkest rooms of your inner world and guide you out into the light.

This 8-week, 16 hour program helps you:

1. Identify the hidden childhood wounds and emotional triggers that are still controlling your present-day behavior.
2. Uncover the subconscious beliefs that were formed through pain, rejection, abandonment, or abuse.
3. Use hypnotherapy to access the subconscious mind where these patterns were created and stored.
4. Release the emotional charge tied to traumatic memories so they no longer feel trapped by the past.
5. Rewire destructive beliefs like “I’m not good

enough,” “I’m unsafe,” or “I’ll never be loved.”

6. Replace fear, shame, and self-hatred with confidence, self-respect, and emotional security.
7. Learn how to recognize triggers and regulate ~~your~~ emotions in real time.
8. Help build a new identity rooted in peace, purpose, self-trust, and emotional freedom.