

WHAT TO EXPECT AFTER HYPNOSIS

Immediately after a session of hypnosis, clients often feel:

- Relaxed, happy, calm, and rested
- Peaceful, centered
- Connected with one's inner self
- Connected with one's instincts
- Self-aware

Clients who set follow-up

appointments usually report:

- Feeling better and more positive
- More self-aware and confident
- Increased ability to solve problems
- Making healthier choices

Clients having stress and anxiety normally report:

- Physically feeling better, less stress
- Fewer or no headaches
- Increased motivation
- Better sleep and energy

Clients who use their audio cds at home between sessions report:

- Faster improvement in motivation and reaching their goals
- Positive, personal changes
- Happier outlook on life

JIZAI LEARNING

Jizai Learning is the online learning environment where you can find out more about hypnotherapy, and so much more!

You can visit Jizai Learning as a guest and take a any free introductory course.

Go to www.jiziamedia.com

Click on Jizai Learning, and log in as a guest.

Username: visitor
Password: 1*Password

Diana Zilly, LPC, NBCFCH, owner Jizai Media

Diana is a Licensed Professional Counselor, Certified Fellow in Clinical Hypnotherapy, and red high belt in Tae Kwon Do. She is currently studying Jizaikan Aiki Ninjutsu.

As an experienced, successful practitioner in the mind/body healing arts, Diana has facilitated many amazing life changes for individual clients and workshop participants.

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Hypnotherapy: A Client's Guide

Diana Zilly, LPC, NBCFCH
Licensed Professional Counselor
Certified Fellow in Clinical Hypnotherapy

Motivation and
Empowerment
for a
Better You



Hypnotherapy is all about empowerment and connecting with your instincts.

*"Empowerment is the
Gateway to Lasting Life Changes"*

Call Today for Your
Appointment with
Diana Zilly, LPC, NBCFCH

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What is Hypnosis?

Awareness, Choice, Outcome

Be Empowered

Hypnosis is a natural state of deep relaxation and focused concentration that lends itself to creating personal transformation. People often compare hypnosis to day-dreaming or being “in the zone”.

In hypnotherapy, you learn about the power of the mind/body connection. You can get rid of negative thoughts and habits. Learning how to develop healthy habits, you can increase your motivation and energy, lose weight, stop smoking, recover from grief, and become personally resilient.

Hypnotherapy works very well for relieving stress, controlling and getting rid of anxiety and panic attacks, tension, headaches, stomach aches, and other physical problems worsened by stress.

Hypnotherapy follows a code of conduct and ethics that are followed in the same manner as counseling. Clients are given a Bill of Rights that outlines their right to privacy, confidentiality, and safety. You remain in control of the direction and nature of your hypnotherapy sessions.



“Through creation comes our life experience”

The techniques you learn in hypnotherapy are applied to all aspects of your life to bring about health, happiness, and enjoyment.

- You learn how self-talk, thoughts, and words impact your body, your emotions, and your ability to reach your goals.
- You learn about the power of choice and how to release yourself from negative habits.
- You learn how to create goal statements and make choices that lead you toward your desired outcome.
- Unlike some programs that still leave you guessing about how to make changes in your life, these hypnotherapy techniques provide you with a detailed framework of how to make lasting life changes.
- You receive audio cds for home use between sessions for continued success.
- Best of all, you learn how to identify habits versus your core beliefs and personal truths so that you can know your true self.

The skills, self-esteem, health, and happiness that you gain from hypnotherapy can last you a lifetime.

**Empowerment is the
Gateway to Lasting Life Changes.**

How to Prepare for Your Hypnotherapy Session

- Clients should always refrain from using any drugs, alcohol, or caffeine or wearing strong perfume or cologne.
- Refrain from smoking before your session. Have your last cigarette at least an hour before your session. Smoking restricts your oxygen flow and may limit your ability to relax.
- Be prepared to shut off your cell phone for the duration of your session.
- Make a list of everything that you want to change or achieve from hypnotherapy.
- Visit the web sites below to learn more about hypnosis.
- Understand that hypnotherapy is a very “doing” process. Don’t take a “try and see” approach. Take an active, involved approach.
- Be excited! *You are about to change your life for the better!*

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By appointment only