



Gap of Dunloe, Ireland

What is Hypnotherapy?

Hypnotherapy is a technique using altered states of awareness for transformation, personal empowerment, and healing.

There are many streams of consciousness that feed into the river of hypnotherapy - from the shamanism of ancient times, to the modern applications developed by psychiatrist Milton Erickson. There are endless modalities that can be evoked in sessions to support the client's needs. Hypnotherapists can work with;

- higher self, inner guide resourcing
- self empowerment
- inner healer
- achieving goals
- creativity and manifestation
- eliminating psychological blocks and obstacles
- addictions (smoking, substance abuse)
- weight loss and eating disorders
- pain management
- fears and phobias
- "inner child", re-parenting
- spirit releasement
- past life regression
- teaching self hypnosis
- and any unique issues the client brings to the session!

Hypnotherapists are not psychologists, psychiatrists or doctors. This is a special technique dealing directly with the inner mind, assisting the client to become his or her own healing resource. The process can move as quickly as one session, and usually no longer than four for a presenting issue. What is required of the hypnotherapist is training, skill, and experience. What is required from the client is a will to change.

Hypnosis Clearing House website: <http://www.hypnotherapytraining.com/index.htm>

Susa Morgan Black, CCHT

(Certified Clinical Hypnotherapist)



Susa comes from a family of traditional healers including a great grandmother who was a 19th Century Norwegian herbalist midwife in Minnesota. Susa's mother was a "health nut" who grew her own food and herbs (and lived to her late nineties!).

Having completed her Hypnotherapy studies with Hypnosis Clearing House in Lafayette, CA, in 2012, earning a CHT (Certified Hypnotherapist), Susa has taken advanced classes in Past Life Therapy, Spirit Releasement, and Ericksonian Technique. Currently enrolled in HCH's internship program, Susa will have earned a CCHT (Certified Clinical Hypnotherapist), in September, 2013. She plans to continue taking advanced classes in hypnotherapy and energy healing from HCH.

Graduating from New College of California (San Francisco) with a BA in Integrated Health Studies, she worked for the Research, Epidemiology, and Surveillance units in the AIDS Office, San Francisco Public Health Department, during the height of the epidemic in the 1990's.

Susa has trained in many healing modalities:

- Hypnotherapy (Hypnosis Clearing House)
- Reiki (Hypnosis Clearing House)
- Chakra Healing (Anodea Judith and Selene Vega)
- Kinesiology (Dr. Jimmy Scott)
- Color Therapy (Color Research Institute)
- Crystal Healing (DaEl Walker)
- Massage (San Francisco School of Massage)
- Harp (healing Harp, Diana Stork)
- Herbalism (Rosemary Gladstar-Slick)

She is also an ordained minister with the Universal Life Church. Her natural bardic skills (a poet, screen and story writer) are a part of the hypnotic process, helping clients to become aware of their own unique inner worlds through a vivid creative imagination.

Contact Susa for your hypnotherapy Session:

Website: <http://susahypnotherapy.com/>

Phone: (510) 393-3197

email: susamorganblack@gmail.com