

Expect Positive Change

Rhona Jordan, C.Git, C.CHT

Guided Imagery Therapist • Medical and Dental Hypnosis

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Imagine being able to use your own internal wisdom to reach goals, overcome obstacles and feel great.

The major attraction of imagery is its ability to help us figure out why we may have gotten stuck or perhaps even sick in the first place, which in turn can offer important clues for moving on and for healing. Dentists, doctors, hospitals, and universities, combine imagery and hypnosis with healing practices as a major tool in preparing for surgery, recovery from procedures, managing relaxed childbirth, stimulating the immune activity in cancer patients and decreasing blood loss during surgery.

Research suggests that imagery reduces high blood pressure, eases premenstrual symptoms, promotes weight loss, and lessens anxiety, depression and the urge to smoke. Imagery activates your autonomic nervous system: the central command post deep in the brain that regulates body functions. The key is the powerful link between your mind and body, connecting you deeply to your senses and emotions.

Your body creates health through imagery. Rhona Jordan uses Guided Imagery and Clinical Hypnosis in order to help you with any of the following, contact her today to find out more!

Rhona Jordan can help with ...

Addressing Disease • Agoraphobia • Anxiety Soothed • Body/Mind Awareness • Chemo & Radiation Relief • Clear Cluttered Space • Creativity: Work, Art, Music, Dance • Curb Excess Spending • Defuse Emotional Landmines • Eat Healthy • Ease of Cosmetic/Medical/Dental Procedures • Enhance Learning Skills • Exam Preparation • Excess Weight Gone • Enjoy Exercise • Grief Counseling/Heal Relationships • Improve Self Esteem • Learn Detachment • Lift Depression • Loss and Acceptance • Manage Life Choices • Manage Anger • Manage Stress & Blood Pressure • Memory Recall Activated • Pain & Discomfort Eased • Post Traumatic Stress (PTS) • Procrastination Stopped • Quantum Physics Healing • Quit Smoking • Regression • Relaxed Childbirth • Release Control • Relaxation Therapy • Resolve Fears • Restful Sleep Tonight • Run-Away Brides • Set Boundaries • Skill Level Enhanced/

Sports Improved • Trichotillomania, Hair Pulling • Stop Nail Biting & Skin Picking • Team
Mentoring • Meditation