

FRANCES O'BRIEN
Certified Hypnotherapist
RelieveYourMind.com
(818) 605-6566

Practice:

I am a certified hypnotherapist and Emotional Freedom Technique practitioner with a private practice in Tarzana. In addition, I conduct workshops in Emotional Freedom Technique (tapping) and guided imagery as well as classes on all-natural Stress Release Techniques. Specialties include assisting clients to release stress, lose weight, increase self-confidence and self-esteem, and vocational and avocational self-improvement.

Certifications and Membership:

Certification as a Hypnotherapist by the Hypnotherapists Union Local 472
Certified Practitioner of Advanced Emotional Freedom Technique
Member American Hypnosis Association
Member Holistic Chamber of Commerce

Education:

Honors certification in Clinical Hypnotherapy from the Hypnosis Motivation Institute, May 2013 following a one-year course of instruction in hypnosis from the nationally-accredited college of hypnotherapy, including an internship of practical experience under the supervision of staff instructors holding teaching credentials from the State Department of Education.

Ongoing study and research of hypnotherapy and other alternative and holistic healing methods, such as Autogenic Training, Life Coaching, and Body Syndromes.

Continuing Education Certifications:

Autogenic Training
Advanced EFT
Therapeutic Imagery Facilitator
Immune Disorders
Pain Management
Dynamic Speaking
Advanced Handwriting Analysis

Seminars:

Weight Loss
Healing the Inner Child with Hypnosis
Pre & Post Surgery
Emergency Hypnosis

Author: *Your Three Clicks: Find Your Natural Healing Technique*
Articles and a blog on natural healing available at RelieveYourMind.com.