

# SUSI WOLF

CMLC, CPC

## HYPNOTHERAPY OVERVIEW

### *Wolf Life Coaching & Healing*

#### Frequently Asked Questions

##### *What is hypnosis?*

- ◆ It is a natural path allowing the subconscious mind to assist a client in making positive life changes. In fact, we all go in and out of hypnosis many times during the day.

##### *Are you a hypnotist or a hypnotherapist?*

- ◆ A hypnotist does hypnosis to help someone with positive goals or for stage entertainment. I am a hypnotherapist, which is a hypnotist who helps clients therapeutically for positive life changes.

##### *Who can be hypnotized?*

- ◆ Anyone who can pay attention and follow instructions can be hypnotized.

##### *Can someone be hypnotized against their will?*

- ◆ No. You are in total control and it is you who decides if you want to be hypnotized and how deeply you'd like to relax.

##### *Will I quack like a duck?*

- ◆ The truth is you won't quack like a duck with me as the session is therapeutic and not for entertainment. You are in total control. People who are hypnotized will not do anything in hypnosis that they would not do in a waking state.

##### *Can a person be hypnotized against their will?*

- ◆ No. You cannot be hypnotized against your will. You must be a willing subject.

*My hypnosis session with Susi was amazing! I have not felt that relaxed in YEARS! Susi has the most soothing voice and I felt very safe being hypnotized by her. Thank you Susi!" —P*

*I had a marvelous hypnotherapy session with Susi Wolf. She led me through a very relaxing session. —Marla Shin*

*Thank you for the hypnotherapy session. I definitely do feel more relaxed. I left feeling a sense of peace and full of happiness.—A*

#### Other Services Available

- ◆ *Therapeutic Storyteller*
- ◆ *Intuitive Energy Medicine Healer*
- ◆ *EFT Tapping Practitioner*
- ◆ *Master Level Life Coach*
- ◆ *Shamanic Practice*
- ◆ *Workshop Facilitator*

*Hypnosis is the effective path into the subconscious where all the answers and desired changes lie.  
- Susi Wolf*

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