

## Pediatric Goals

- Anxiety
- Separation Anxiety
- Behavior Problems
- Tics and Habits
- Obsessive Thoughts and Compulsive Actions
- Being Bullied
- Learning and Exams
- Self-Esteem
- Bed-wetting
- Soiling
- Sleeping Difficulties

As a Licensed Clinical Social Worker, Family Therapist and Play Therapist, I can work with your child or teen in various modalities. The addition of hypnosis, either in session in person (recorded for repeated listening) or specially recorded for listening between sessions, can add deeper receptivity to suggestions for change.

Jane Rekas, LCSW, CHt  
(Certified Hypnotist)

## Myths About Hypnosis

If you've ever seen a "hypnotist" who uses trance states as entertainment in a stage act, you've probably witnessed several of the myths about hypnosis in action. Legitimate clinical hypnotherapy practiced by a qualified professional is not the same process as that performed on stage.

- **Myth:** When you're under hypnosis, you surrender your free will.
- **Reality:** Hypnosis is a heightened state of concentration and focused attention. When you're under hypnosis, you don't lose your personality, your free will or your personal strength.
- **Myth:** When you're under hypnosis, the hypnotherapist controls you.
- **Reality:** You do hypnosis voluntarily for yourself. A hypnotherapist only serves as a knowledgeable guide or facilitator.
- **Myth:** Under hypnosis, you lose consciousness and have amnesia.
- **Reality:** A small number of people who go into a very deep hypnotic state experience spontaneous amnesia. However, most people remember everything that occurs under hypnosis.
- **Myth:** You can be put under hypnosis without your consent.
- **Reality:** Successful hypnosis depends on your willingness to experience it. Even with voluntary participation, not everyone can be led into a hypnotic state.

Jane Rekas, LCSW, CHt  
janerekas@hotmail.com

216 Cascade Ave. Suite 26  
Hood River, OR 97031  
janerekaslcsw.com

971-285-5679  
fax 541-727-5379



Turtle Dove Counseling  
Hood River Hypnosis & DBT  
turtle-dove-counseling.genbook.com

Hypnosis for relaxation, concentration,  
confidence, weight loss,  
smoking cessation, habits,  
behavior change and more

*For adults & children*



Jane Rekas, LCSW, CHt  
janerekas@hotmail.com

216 Cascade Ave. Suite 26  
Hood River, OR 97031  
janerekaslcsw.com

971-285-5679  
fax 541-727-5379

## Hypnosis Goals

### WEIGHT LOSS

- Weight Loss
- Body Image
- Decreasing Food Intake
- Exercise
- Raising Your Metabolism

### MEDICAL ISSUES

- Control Coffee Intake
- Pain Management
- Overcome Sadness
- Overcome Depression
- Freedom from Panic Attacks
- Stop Smoking
- Sleep
- Positive Thoughts for Skin
- Positive Thoughts for Skin Part II
- Overcome Trauma
- Overcome OCD

### GENERAL WELLNESS

- Overcoming Anxiety
- Eating Healthy
- Finding Love
- Financial Success
- Memory
- Relaxation
- Control Alcohol Consumption
- Nurture and Empower Yourself (for Children)
- Avoid Overanalyzing
- Stress Reduction
- Control Anger
- Improve the World around You
- Creativity
- Improve Writing Ability
- Proper Skin Care

### CONFIDENCE

- Dating
- Freedom to Fly on Airplanes
- Overcome fear of Public Speaking
- Self Esteem

### MOTIVATION

- Endurance
- Focus
- Motivation for Success
- Becoming Successful

## Understanding Hypnosis

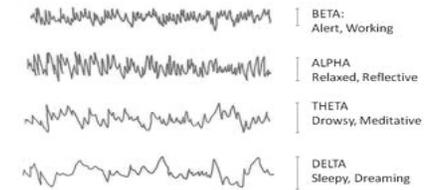
We know that during any given day, we all travel through different categories of brain waves. There are four categories: Beta is the most alert, Theta is the inward and concentrated, Delta is when you are sleeping, and Alpha is the most relaxed. When we relax you from Beta to Alpha, which is all we do with hypnosis, we reach a state of mind that allows new ideas, beliefs, and behavior suggestions to be accepted without the critical judgment of your every day Beta or “conscious” mind.

The lightest state of hypnosis (Alpha) is achieved easily. In this state you are 200 times more suggestible than your fully awake/aware state (Beta). You will be relaxed and focused and aware of what is happening. It is not necessary to be in some otherworldly trance to be in hypnosis.

Despite many doubters, everyone is capable of being hypnotized. This may vary to some degree. If you have ever daydreamed, you have engaged in self-hypnosis, which is simply directing your mind with the use of imagination. Hypnosis is essentially the same thing as guided imagery or visualization. In fact, it's the same type of technique that Olympic athletes and stellar musicians use before successful performances.

Everyone enters a light hypnotic state (Alpha) several times a day, such as when watching tv, reading, playing video games and even when driving. You are in this state as you are falling asleep and waking up.

You do not have to worry about falling asleep during hypnosis. Your hearing is your security system, which never goes to sleep. You also do not have to worry about not being able to wake up from hypnosis, because a) you are not asleep, b) you cannot stay permanently in hypnosis, and c) less than 10% of the population achieve a deep trance.



There are four states of awareness in our brain which is known as brain wave states. The most part of our waking hours are in the **Beta** state (15–30 cycles per second or Hz). It is a good place for decision making, logical thinking and reasoning while our conscious mind is fully active and ready to analyze any information it receives.

As we start to relax, our brain wave cycle also begins to slow down. When our brain waves start to slow down and reach the **Alpha** state (8-14 Hz)—our brain enters between conscious and subconscious minds and becomes easier to access memories and store new information (new programming). This alpha state is highly suggestible, creative, imaginative, daydreaming state and is referred to as the trance state. The alpha state is associated with REM sleep or memory of dreams.

With further relaxation, we would fall into a light sleep which is called the **Theta** state (4-8 Hz) which is the dream state and often associated with spiritual awareness (yogis & other meditators). When we get into a deep sleep, it is referred as the **Delta** state (1-3 Hz).

Again, all hypnosis is self-hypnosis.

Our subconscious accepts only what the conscious mind believes at the time the suggestion is offered.

