



Privacy Policy

Your Experience with your hypnosis session is completely private. You may uncover some fascinating or revealing truths about yourself and others. These revelations are most private and personal and will not be shared with anyone for any reason.

Testimonials are often helpful for others to hear or read when they are considering hypnosis. Any written testimonial you share will list only your first name or initials (your choice) and the town and state you live in. An interested client may request to speak directly with someone who has been hypnotized. If you are willing to speak with an interested person, I will contact you personally and give their name and number to you. This will insure your privacy.

Referrals given by you will not receive any information about your session/s. If you wish to share your experience with your friend/s feel free to do so in detail.



AWAKENING KNOWLEDGE HYPNOTHERAPY

Karen McKy MHT, CCHt and James Bates MHT, CCHt.

303-249-7742, 4599 Lyndenwood Circle, Highlands Ranch, CO 80126



Session Frequency

Hypnosis differs greatly from other forms of psychotherapy which require weekly or frequent return visits over sustained periods of time. Your hypnosis session/s will be goal specific and we will be working at a “cause level” to obtain the greatest results and highest benefit for you in a very short amount of time. Therefore, it would be unusual for you to require frequent return visits unless you have a number of different goals you wish to work on.

Particular goals may have better results with more than one session. These may include weight management, smoking cessation, and chronic pain management. However, if the cause of these concerns is overcome in one session, you may never require additional sessions. Only you will be able to judge whether another session would be beneficial. If you experience the return of food cravings, the desire to start smoking again, or increase in pain, for example, another session may be necessary.

Listening to recordings of your session typically will be enough to sustain the effect you desire.



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Physical Issues

Many physical symptoms are psychosomatic in nature, which simply means they have an emotional, energetic or nervous basis. Every emotional strain, stress or worry can produce a physical symptom. After all, every organ in our body is connected with our brain by nerves. Therefore, when you are upset and your emotions are heightened, your nervous system is upset by the same crisis or conflict. These emotions may effect a particular organ or body system such as your immune function.

All emotions contain energy. This energy can be perceived as positive or negative energy. Positive energy will have a beneficial effect on our bodies while negative energy will have a destructive effect. All energy needs to be expressed and released. However, many negative emotions (energies) are suppressed or “stuffed inside”, which in turn leads to physical dis-comfort, dis-ease and sometimes even pre-mature death.

Physical problems can have a non-organic cause. If the symptoms are non-organic in nature, meaning there is no diagnosable organic abnormality creating the physical ailment; then hypnosis can be extremely effective in overcoming the physical issue.

Through hypnosis the original cause of the physical symptom/s can be determined, expressed, and released. Many times this alone will relieve the dis-comfort or physical issue permanently. Sometimes, the original cause is so deeply rooted and long forgotten there would be no way of discovering the cause without the use of hypnosis. Why suffer with a problem for the rest of your life if there is an easy way of releasing the original emotion or energy which caused the physical problem in the first place?



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Fee Structures

Multiple Session Issues:

(Weight Reduction/Gain, Smoking Cessation, Pain Management)

Package pricing at \$90.00 per session for 5 sessions \$450.00/package

Single Sessions:

(A wide variety of personal matters)

No package rate \$100.00/hour

Past Life Regression Session:

(Typically 2 - 3 hours in length) \$250.00/session

Life Between Lives Session:

(Typically 3 - 4 hours in length) \$350.00/session

Life Progression Session:

(Typically 2 - 3 hours in length) \$250.00/session

Phobias and Fears Session:

(Typically 1.5 - 2 hours in length) \$100.00/hour

It is imperative that you “own” your healing! No one can do this for you! You are a co-creator in your healing process. You DO hold your own answers within you! Frequent listening to the recording of your session is very important for your continued healing and the successful out-picturing of the results you desire.

You are worthy of the investment of your time and money.

You are worthy of great results!



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Expectations

It can be very exciting to look forward to your first hypnosis session. Some wild stories and myths abound regarding what hypnosis is like. These serious misconceptions came about as a result of erroneous impressions conveyed to the public through sensational stage demonstrations. Some clients have expectations they will have strange feelings, do odd things, or be deep asleep. These again are more fallacy than fact.

In reality, hypnosis is a scientific psychological tool. When properly used, it is the safest means of alleviating types of mental distress in the shortest possible time. Hypnosis, used together with traditional psychoanalysis, can reduce the treatment time required to less than one-tenth the normal time frame.

Hypnosis is nothing more than an altered state of mind. We all enter into and out of a hypnotic state at least 2 times per day; upon falling asleep and upon waking. Therefore, all of us are capable of being hypnotized. Hypnosis is a heightened state of awareness that allows excellent communication with your sub-conscious mind through the use of positive suggestion, thoughts and feelings. Through the power of the mind it is possible to align the sub-conscious mind with the desires of conscious intention.

Hypnosis accesses the sub-conscious mind which holds memories, beliefs, and attitudes. You will uncover the original causes of your issues, which may then allow physical, emotional, and mental symptoms to be dissolved and removed.

In a clinical hypnosis setting you will not be asked to perform any crazy behaviors or do anything against your free will. You will remain in complete control of your body and actions. You are never anesthetized, paralyzed or truly asleep.

You may feel or experience only a relaxed state of being during your session, thinking nothing is really happening. You may go into a deep trance level or experience a light to medium level. The level is unimportant. Your sub-conscious mind will be active and open to the suggestions regardless of the trance level you are in. You will remember everything about your session so you can reflect on the experience and grow from it.



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Preparation for Your Session

Before arriving for your first hypnosis session it is necessary for you to complete and return the forms enclosed with this packet.

The Client Intake Form is important for various reasons. It is my primary document that begins our relationship and helps me understand your reason for coming in for hypnosis.

The Client Goals Sheet will help you identify and prioritize the most important goals you have established for yourself. If you know you have only one goal it is still important to fill out the form as other goals may be identified through your free initial meeting or after your hypnosis session.

The Client Disclosure Form must be signed by you before we have our hypnosis session. Please return both copies at the time of your first session. I will sign each and give one to you as well as keep one in your file.

The Indemnification Form must also be read and signed. If you are being referred by a physician you must present his/her written referral before your hypnosis session.

Wear Comfortable Clothing to your hypnosis session that is loose and easy for you to relax in. Tight, restrictive, or binding clothing can make you uncomfortable and may actually keep you from experiencing the greatest benefit.

Before Arriving for Your Session eat a light snack or meal so you have plenty of energy. Your body will be resting, but your mind will be active and burning calories. Hydrate yourself lightly. Avoid caffeine and other stimulants at least 10 hours prior to your session. Becoming hungry, drinking large amounts of fluids, and /or indulging in stimulants will result in frequent bathroom breaks and detract from the effectiveness of your session. It's best to abstain from potentially upsetting discussions after your session is over if at all possible.

Arriving for Your Session at least 5-10 minutes early will help you be relaxed, calm, and prepared to receive the gift you are giving yourself. Use the restroom immediately before your session begins as some sessions can last several hours. Please wait for me to greet you outside the closed office door as I may have a client inside. Have a seat in the atrium on one of the benches.

After Your Session take it easy on yourself. Have a good meal. Get some rest. Make some notes or do some journaling. If possible, refrain from discussing your session with anyone for at least 12-24 hours to absorb, reflect, integrate and become comfortable with your experience. Then, please do share your experience. More information may be revealed to you as you discuss what you learned about yourself.



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Spiritual Issues

Have you ever considered that you are a spiritual being with a physical body rather than a physical being with a spiritual nature? This can be an intriguing thought for many people upon hearing it for the first time.

If we are spiritual beings having a physical experience on planet Earth, then there must be a spiritual place we have all come from and will all return to. Some people have had near death experiences, out of body experiences, and encounters with what can only be called spirits, ghosts, angels or something spirit-like. While some people think these are fantastic daydreams or fantasies, others know them to be common place, ho-hum and everyday occurrences. Just because we may not have had experiences like this ourselves doesn't mean they are fake. It only means it hasn't happened to us yet and it only takes once to become a believer. There are many books available with incredible stories from Christians as well as practitioners of other religions that report of the "other side" and it's incredible beauty and mysteries.

Hypnosis can take a client into a spiritual dimension that is very real to that person. Reports from the client that s/he is experiencing a different lifetime (past life regression), a future lifetime (progression), that s/he is in a body other than human, on another planet, meeting with a departed loved one, etc. are all possible. These sessions are directed by the client and can be a fascinating adventure filled with many valuable lessons and insights. Whether or not these experiences are "real" doesn't matter as much as acknowledging that the information gained from such a session is very real and important for the client in their current life at this point in time.

At times a client comes for assistance with perceived negative energy surrounding them or the feeling of an energy blockage/s somewhere in their body. We all have heard about the "little black cloud" that seems to generate a sense of foreboding and doom. These can be very real perceptions indeed. Spiritual Releasement Therapy is a very simple process which allows the client to go within themselves and examine where the blockage is occurring and remove it with the therapist's assistance.

The benefit of such a release is often noted as "a huge weight being lifted" from the client. A general sense of lightness and ease may be noted as well. Activities that were stopped abruptly for "no apparent reason" may once again be pursued and enjoyed. Troubled relationships may resolve easily and you can experience a return to the original feelings of love and joy. There is nothing "bad" about you or the heavy energy you may feel around you. There is simply misdirected or confused energy which, once redirected allows you to re-establish the normal, healthy energy flow.

Should you desire to have a current life regression (where you travel backward in time to a past event in this current life) a past life regression or progression, or Spiritual Releasement, I am happy to assist you with your request. These are the areas of my specialty. It is a great honor to assist with the evolution of souls. This work is a very sacred, loving and gentle experience.



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