

Counselor Education *Wellness Works* presents:

Hypnotherapy for Healthy Living



Increasingly, hypnosis is becoming mainstream and widely accepted as a method for helping people to overcome addiction, relieve pain, reduce stress and to reach goals that were previously out of reach. While not intended to replace psychiatric or medical treatment, hypnotherapy has proven itself to be a powerful complementary therapy when utilized by a highly trained professional. Learn the personal benefits of hypnotherapy or self-hypnosis and how this may be a tool worth integrating into your wellness plan.

Friday, January 23, 2009

12:00 – 1:00 pm

Norman 1327A

Presented by

Matthew Brownstein, CHt

Founder and Director of the Florida Institute of Hypnotherapy (www.tfioh.com) and Anahat Meditation Center in Gainesville, Florida. Matthew is a Clinical Certified Hypnotherapist and Certified Hypnotherapy Instructor through the American Council of Hypnotist Examiners. The Florida Institute of Hypnotherapy is the first State-Licensed hypnotherapy school through the Florida Department of Education and thus, can legally offer diplomas in hypnotherapy that are recognized by the state. Matthew is the author of multiple books and audio cds in the field of health, healing, meditation and spiritual growth.

Coordinated by

Cheryl Pence Wolf (cpence@ufl.edu)

If you have any comments, questions or suggestions for future wellness activities, please contact:

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