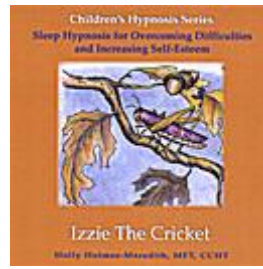


Mp3 Holly Holmes-meredith, D.min, Mft - Izzie The Cricket



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Hypnosis/Hypnotherapy. This hypnosis CD incorporates relaxation, positive suggestions, and metaphor to empower and teach children to deal with the difficulties of daily life. 1 MP3 Songs in this album (16:56) !

Related styles: SPOKEN WORD: Educational, SPOKEN WORD: Instructional Details: In this hypnotic bedtime story, Izzie the Cricket overcomes difficulties that are similar to those that many children struggle with: relationship conflicts, the effects of hurt or trauma, and the challenges of communicating feelings.

This hypnosis CD incorporates relaxation, positive suggestions, and metaphor to empower and teach children to deal with the difficulties of daily life while building self-esteem and communication skills. For over twenty years, Holly has been training and mentoring hypnotherapists at HCH Institute, a California state approved school, which is one of the oldest hypnosis schools in the US. Working with the transpersonal model of hypnosis, she empowers her clients to access their higher Self as an inner resource for healing and transformation. At HCH, Holly trains and certifies hypnotherapists, energy therapists and offers an on site and distance learning program in Parapsychological Studies and Intuitive Development. In her private practice she combines psychotherapy, hypnotherapy, sandplay therapy, and Emotional Freedom Technique with Reiki and EMDR. Read her FREE doctoral dissertation and ebook, Spiritual Hypnotherapy and listen to samples of her hypnosis CDs on her web site. Holly is available for on line video sessions.

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