

MEET LAUREN HALL MODERN DAY HYPNOTIST

Unconventional, intriguing, mystical. To many people these words conjure up an image of hypnosis. Enter Lauren Hall, certified hypnotist, who came to The Guilford Building in November 2020, and set up a welcoming office at 407 where she regularly receives clients who want to reduce stress, change habits or experience business success. Says Lauren, "Hypnosis may not be what you expect, but talk to me about it, and I'll tell you more."

"Pre-talk is the first step a client takes in my office," explains Lauren. For 30 to 40 minutes Lauren conducts a pre-talk conversation with the client. Seated beside her client, Lauren begins to draw out the person, building rapport, hope coaching and inspiring, all the while setting up a change that will transpire at the subconscious level. Hypnosis is already beginning.

Next Lauren invites her client to move to a recliner near the north window of her office. There Lauren begins to initiate the theta state, which is a state of very deep relaxation. Brain waves are slowed, and a person enters a heightened, suggestible state. The body releases endorphins, and the person is hypnotized. Sometimes the theta state is likened to a child deeply immersed in a video game. During theta, a client usually has trouble remembering the session, so Lauren records it.

For people who want to control their smoking or weight, two sessions typically will bring about desired change. For more complex goals like hypnobirthing, a client needs to enroll in a four to five class course which includes instruction in anatomy, relaxation techniques, hypnosis for fear, and a birth plan.

"All people can experience hypnosis if they are willing to follow instructions," says Lauren. "Some of my most successful clients are military personnel because they are experts at following directions."

To find out more about the services Lauren offers, or if you are interested in studying about or being certified in hypnotism, visit moderndayhypnosis.com.

