

Over the years hypnosis has oftentimes been associated with stage shows; making people behave in silly and strange ways; but now even hospitals are endorsing the use of hypnosis as a complement to regular medical treatments.

Here's an interesting article on Mayo Clinic's website about hypnosis as a support for people going through medical treatments. You'll



notice the article doesn't suggest that a person do hypnosis and nothing else; instead it suggests using hypnosis as a support to manage certain challenges related to stress and anxiety while dealing with health issues. [Hypnosis - Mayo Clinic](#)

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Patricia is certified by the National Guild of Hypnotists and has been providing hypnosis classes and private sessions in the Greater Green Bay area since 1997. You can contact her at 920-819-3774 or [watrish@aol.com](mailto:watrish@aol.com)