

Ken Owens, CHt has been certified in Clinical Hypnotherapy since 1996. He holds Master level credentials and is also a Certified Hypnosis Instructor. Ken is Board Certified in both the United States and Canada. He has over 10 years of experience helping clients help themselves through hypnosis and self-hypnosis in private therapy. Ken also lectures for various organizations and corporations and teaches workshops and seminars throughout the world.

While on the Speaker's Bureau at Wayne State University in Michigan, Ken was the #1 requested speaker for his popular Stress Management Program.

Please contact Ken or visit his website for additional information and to download his free ebook—***Quack Like A Duck?: Hypnosis 101.***

Complete confidentiality is trusted in all sessions!

"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds." ~ Albert Schweitzer



For Information and Appointments:

Ken Owens, CHt

Las Vegas and Palm Springs

(702) 806-5626

Ken Owens, CHt

Stop Smoking

Release Weight

Increase Relaxation

Gain Positive Attitude

Overcome Fears & Phobias

Manage Anxiety

Increase Confidence

Improve Memory & Concentration

Study & Exam Preparation

Improved Public Speaking

Reduce Stress

Sports Performance

With a medical referral:

Eliminate & Control General Pain

Migraines

Pre / Post Surgical Procedures

Ken Owens, CHt

Clinical Hypnotherapist



Hypnosis

**Helping People
Help Themselves**

Las Vegas and Palm Springs

www.kenowens.us

Hypnosis Is...



A state of mind where the conscious mind becomes less critical, allowing the subconscious mind to readily accept positive suggestions.

While in hypnosis a person's level of awareness and their senses are heightened. They experience a focusing of the mind which enables them to create and accept change.

Every person experiences the hypnotic state several times a day. It is the drowsy feeling when the mind is still aware, like right before falling asleep at night and waking in the morning.

Hypnosis is a naturally occurring state.

How Effective Is Hypnosis?

Psychoanalysis: 38% recovery after 600 sessions

Behavior Therapy: 72% after 22 sessions

Hypnotherapy: 93% recovery after 6 sessions

(Results from a comparative study by *American Health Magazine*)

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Hypnosis—TRUE

In hypnosis a person becomes more relaxed.

The conscious mind is always present, guarding against the unacceptable.

During hypnosis a person is very alert, aware, and completely in control.

The more intelligent a person, the better subject they make.

Hypnosis is a voluntary state which the client can terminate whenever they desire.

Hypnosis—FALSE

Hypnosis is a form of mind control/brainwashing.

A person can be made to do or say anything while in hypnosis.

When a person is hypnotized they are out of it and don't remember anything.

A person can become 'stuck' in hypnosis and may never wake up.

A person cannot lie while in hypnosis.

A person has to be weak willed, stupid or crazy to allow themselves to become hypnotized.

Hypnosis and Medicine

Hypnosis can never replace medicine. It is a powerful tool that supports medical professionals. Hypnotherapy in tandem with a medical diagnosis can help accelerate healing, minimize discomfort, reduce anxiety, and eliminate fear associated with illness or medical procedures. Hypnotherapy supports doctors by helping the patient change from a negative to a positive mindset, which is crucial to the healing process.

Private and group sessions in Las Vegas and Palm Springs

Desert Canyon Institute (DCI) is a professional training institution which offers certification programs in hypnosis and other programs. Contact Ken if you are interested in expanding your professional career.

Ken Owens, CHt

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