

Session Essentials

Long distance Hypnotherapy

The following items are things you should have ready prior to your session to ensure your hypnotherapy session runs as smoothly as possible:

- **Please be sure you have a working computer, Skype account, webcam, audio input & output.**
- **Create a quiet and comfortable space for your session, void of any distractions. This could include the following:**
 - ❖ **A comfortable chair, couch or bed.**
 - ❖ **A pillow to prop you up or for comfort.**
 - ❖ **A blanket to keep you warm.**
 - ❖ **Dim lighting but bright enough so that I can see you.**
 - ❖ **Items for relaxation such as candles or incense, etc.**
- **It is very important to silence your phone and any other devices, including computer alerts.**
- **Headphones are preferred but not absolutely necessary.**
- **Please be sure you are not under of the influence of any mild altering drugs or stimulants.**
- **Bring your positive and open mind!**