

EVERYDAY HYPNOTHERAPY

The following copy was written for the web page of my client Everyday Hypnotherapy based on existing source materials and close collaboration with the proprietor. I have included the main body text from the three most content-heavy pages. Visit www.everydayhypnotherapy.com to view the full site with original formatting.

Home Page

If fear, anxiety, bad habits, or other roadblocks are preventing you from living life to the fullest, call Elizabeth Cessna today to learn how Ericksonian Hypnotherapy can help you get your life back on track.

Elizabeth Cessna is an NBCCH-certified hypnotherapist with over 25 years of experience. Through her practice Everyday Hypnotherapy, Elizabeth helps clients tackle anxiety, personal habits, pain management, and much more. Sessions are offered throughout the week at her offices in Pittsburgh's North Hills, and skype and telephone-based meetings are also available. Call (412) 366-4929 to set up an appointment today!

Elizabeth practices Ericksonian Hypnotherapy, a widely used form of clinical hypnosis that is safe, gentle, and future-oriented. Clients of all walks of life seek help with Everyday Hypnotherapy, for a wide range of issues including:

- Situational stress and anxiety, from work, school, family issues, or other events
- Managing fears and phobias, like the fear of driving, the fear of going over bridges, the fear of water, and more
- Habits like smoking and overeating
- Dealing with transition
- Relationship issues, such as personal intimacy, loss of sexual interest, and co-dependency
- Pain Management from chronic ailments or injury
- Making Healthier and More Positive Life Choices
- Regaining a Lost Self Confidence

Hypnosis is a form of communication with the subconscious mind, where personal habits are established, memories are stored, and fears are developed. With Ericksonian Hypnotherapy, positive messages are used to influence the subconscious mind, altering behaviors and thought habits for the better. This clinical therapeutic treatment is non judgmental, positive, and future-oriented. People of all walks of life have found relief with Everyday Hypnotherapy, making it one of the most acclaimed Ericksonian practices in the Pittsburgh region.

Meet the Therapist

With over 25 years in private practice, Elizabeth Cessna is board certified by the National Board of Certified Clinical Hypnotherapists, and specializes in anxiety, fear, bad habits, and relationship issues.

Following graduate studies at Pittsburgh Theological Seminary and the University of Pittsburgh, Elizabeth gained an interest in Ericksonian Hypnotherapy, a school of clinical hypnosis that puts special priority on patient experience and comfort during sessions.

Along with traditional Hypnotherapy sessions, Elizabeth is distinguished by her unique approach to the discipline, offering niche services such as using dark chocolate to help her clients with their weight-loss therapy, and focusing on sexual and romantic issues for people of every sexual and gender identity.

Elizabeth has a number of articles published, is a frequent guest speaker locally and regionally, and has taught psychology at local colleges and universities. If you or your organization is interested in hosting Elizabeth for a presentation about the discipline of Hypnotherapy or stress-management practices, call 412-366-4929 today.

Ericksonian Hypnotherapy

Elizabeth Cessna practices Ericksonian Hypnotherapy, a safe and gentle treatment that has become the most highly regarded hypnosis method for treating anxiety, fear, and bad habits. This practice is named after the late Milton H. Erickson M.D, a pioneering psychotherapist who brought the use of clinical hypnosis into the forefront of medicine. The primary tenets of Erickson's approach are respect for the experiences of the client, the use of gentle suggestion rather than strong coercion, and building an atmosphere of comfort and openness that allows the client to fully relax. More broadly, Hypnotherapy is a method of communicating with the subconscious mind to alter a client's habits, whether mental or behavioral, so that he or she can overcome a number of obstacles including fear, stress, bad habits, relationship problems, and much more.