

NY Hypnosis & Healing Center

The NY Hypnosis & Healing Center, Ltd., was established in July of 2003. Founded by Mari Lifrieri, Cht, with the intent to introduce Alternative Healing Modalities. Available to all searching for a way to enhance standard treatment offered through conventional Western Medicine.

The NY Hypnosis & Healing Center specializes in Hypnosis for Smoking Cessation and Perception Management for Lifestyle changes. Childbirth by Hypnosis is offered to Women who prefer to give birth without, without fear, discomfort and with little or no medication. Our clients are highly successful in overcoming their challenges to Stop Smoking, Decrease Pain & Reduce Weight. They can also Learn to Manage Stress, Eliminate Fears, become Focused, Motivated, improve Study Skills; reduce Test Anxiety, and Increase Self-Esteem.

An Easy and Natural Approach to Healing

Disclaimer: Mari Lifrieri and anyone associated with this work, inclusive of, but not limited to, NY Hypnosis & Healing Center Ltd., make no claims, promises or guarantees, and are neither diagnosing, treating specific health issues or challenges. You are solely responsible for seeing to and continuing with your own medical treatment and care.

EFT

Emotional Freedom Technique

Energy therapy is based on concepts from Chinese Medicine developed over 4000 years ago. The body is an energy system made up of a network of meridians. This energy system is considered to be the Life Force or Chi. Energy therapy is based on the belief that all illness and disease are caused by an energy imbalance resulting from trapped negative emotions that block the flow of the energy. Once there is a block, the system has to be cleared and realigned for the person to begin to heal. Now you can learn an easy and effective technique that you can do on yourself to release the emotional blocks underlying unwanted behaviors (e.g., addictions to food, smoking, feeling stressed), and that neutralize subsequent relapse triggers. Emotional Freedom Technique (EFT) uses a tapping motion to stimulate the meridians of your energy system while you focus on the emotional issue you want to get rid of.

REIKI

Reiki is a gentle hands on healing achieved by the movement of energy within the body. Reiki Practitioners should be certified and can only receive their attunements by a Reiki Master. The Reiki Practitioners hands are activated so healing energy can be channeled via their hands into the clients' body. This positive flow of energy releases blockages within the body. Chakras become aligned and assist the body to begin to heal itself naturally. Reiki has been used for hundreds of years to help heal, balance, reduce stress, calm and enlighten.



MAH Program

Smoking Cessation

Perception Management

Lifestyle Changes

Tranquil Beginnings©

Pain free Childbirth

Hypnosis

Hypnosis is a procedure during which a professional hypnotist or qualified therapist suggests that a client, patient, or subject experience changes in sensations, perceptions, thoughts, or behavior. The hypnotic context is generally established by an induction procedure. Although there are many different hypnotic inductions, most include suggestions for relaxation, calmness, and well-being. Instructions to imagine or think about pleasant experiences are also commonly included in hypnotic inductions. People respond to hypnosis in different ways. Some describe hypnosis as a normal or heightened state of focused attention, in which they feel very calm and relaxed. Regardless of how and to what degree they respond, most people describe the experience as very pleasant.

Some people are very responsive to hypnotic suggestions and others are less responsive. A person's ability to experience hypnotic suggestions can be inhibited by fears and concerns arising from some common misconceptions. Contrary to some depictions of hypnosis in books, movies or television, people who have been hypnotized do not lose control over their behavior. They typically remain aware of whom they are and where they are, and unless amnesia has been specifically suggested, they usually remember what transpired during hypnosis. Hypnosis makes it easier for people to experience suggestions, but it does not force them to have these experiences.

Hypnosis has been used in the treatment of pain, depression, anxiety, stress, habit disorders, and many other psychological and medical problems.

Hypnosis is not a type of therapy, like psychoanalysis or behavior therapy. Instead, it is a procedure that can be used to facilitate therapy.

West Coast

Mari Lifrieri was granted Board Certification as a Master Clinical Hypnotist in 2003 by the American Board of Medical Hypnotherapy. Mari holds certification as an advanced 5-PATH™ Clinical Hypnotherapist, through the Banyan Hypnosis Center of Minnesota, Certified Advanced Clinical Hypnotist by NY Hypnosis Institute, EFT Practitioner through Gary Craig, has Mastered in Advanced Hypnotic Techniques through Trucor Inc. and is certified in Spring Forest Qigong by Chunyi Lin and holds certification as a Reiki Master/Teacher.

Mari is the founder of the NY Hypnosis & Healing Center and the Tranquil Beginnings® program a Natural Childbirth Method. Certifications are also held in both the HypnoBirthing and Hypnobabies Programs for Natural Childbirth. The understanding and compassion that Mari brings to her Hypnosis Sessions, is due to her extensive training in Alternative Healing Modalities.

Mari Lifrieri is a recognized member of, The International Medical & Dental Hypnosis Association, The National Guild of Hypnotists, The American Board of Medical Hypnotherapy, The International Association of Reiki Practitioners, and the United Nations Women's Guild for Child Services.

As a Breast Cancer survivor, Mari regained her health utilizing both traditional and alternative therapies. She has now dedicated her life towards helping others to heal.

Contact Mari (702) 454-7910

East Coast

Michael Anthony Hurley spent 36 years in law enforcement and retired with the rank of Police Captain. He commanded the Bureau of Night Patrol Shift for the last 10 years of his career. Michel Anthony holds a degree in Fitness & Nutrition and has obtained his 3rd degree Brown Belt in Isshin Ryu System Karate. Michael Anthony is a certified 5 and 7-PATH Hypnotist through the Banyan Hypnosis Center of Minnesota, and holds certification as an Board Certified Advanced Clinical Hypnotist through the NY Hypnosis Institute & is an NLP Master through The Institute for Advanced Neuro-Research. Michel is also a graduate of the Sedona Method.

Michael also holds certification as an ABH Certified Ericksonian Hypnotherapist through Doug O'Brien and Associates and is a Certified Reiki Master and holds certification in Spring Forest Qigong by Chunyi Lin and is a certified EFT practitioner through Gary Craig. Michael Anthony Hurley is a recognized member of the International Medical & Dental Hypnosis Association & The National Guild of Hypnotists. Michael Anthony has extensive training through University of Dentistry & Medicine in NJ for Stress management & Critical Stress Intervention. He is a volunteer with the Dept. of Personnel Trenton New Jerseys Cop to Cop program. The compassion, level of education and spirituality he brings to his sessions greatly enhance his clients' ability to begin the healing process from within.

Contact Michael (908) 407-4479