

NY Hypnosis & Healing Center

The NY Hypnosis & Healing Center, Ltd., was established in July of 2003. Founded by Mari Lifrieri, BCHT, 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 Lifestyle Management. Childbirth by Hypnosis is offered through our Tranquil Beginnings Program for Women who prefer to give birth without, fear, discomfort and with little or no medication. Our clients are highly successful in overcoming their challenges of Smoking, Nail Biting & Stress. They can also learn to Manage Weight, become Focused, Motivated, Increase Self-Esteem & Eliminate Fears.

An Easy & Natural Approach to Hypnosis

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.

Testimonials

The Hypnosis worked great. It's been about a year since I've gone and I haven't bitten my nails since. Nor do I have a desire to. My nails have been growing and are looking nice! Thanks Mari Lifrieri for all your help.

An added bonus to all this has been my eating habits. I eat a LOT more healthy and have lost 7 pounds so far! I feel great and feel like I actually have control over what I eat. And right after the Hypnosis, my first meal I actually enjoyed my meal for the first time in a LONG time. I now go for healthy foods, fruits and veggies.

I have been recommending my friends about you, so you may see some of my friends in the future! Thanks again for all your help!

Shaheen Ammed

Dear Mari,

I just wanted to touch base and tell you how grateful I am. It's been over six months since I've even thought about a cigarette. My friends, family and co-workers can not believe that I've gone from smoking two packs of cigarettes a day to feeling sick with the thought of even putting one to my mouth. I feel better than ever. I've recently began exercising again and guess what, I don't gasp for air. It's amazing. I'm the best form of advertisement. People know that if I can do it than anyone can do it. Thank you so much for all your help.

Best Wishes,

Mario Trotta



Let us assist you with...

**Smoking
Cessation**

Pain Management

**Lifestyle
Changes**

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.

Mari Lifrieri, Cht

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.

For Your Consideration

Guided Relaxation

Get rid of stress and learn to relax, feel more positive and energetic naturally. Class is approximately 1 hour and space is limited.

Call for Dates & Times

Cancer Clients

You are special individuals and are very near and dear to our hearts. At the NY Hypnosis & Healing Center we always offer our services for help with Nausea Control, Sleep and Stress Issues by utilizing Guided Imagery. These techniques often help people relax and remain rested during their Chemotherapy and Radiation treatments. Sessions run approximately 45 minutes. Clients will receive a CD to take home to facilitate in the healing process. By appointment only.

The above listed services are offered for the general public, and are only available at our Henderson Nevada location.

Reservations are required

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