

NLP Hypnosis Centre General Information

We are Certified Consulting Hypnotists from the National Guild of Hypnotists (NGH). We are not a medical institution and do not practice mental or medical health. We do Consulting Hypnotism helping ordinary people, everyday people with ordinary, everyday problems using individual hypnotic techniques.

At NLP Hypnosis Centre we use a combination of three powerful techniques:

- Life Coaching. We are Life Coach Certified (NLPC).
- Hypnosis. We are Certified Consulting Hypnotists (CCH).
- Neuro-Linguistic Programming (NLP). We are Neuro-Linguistic Programming Practitioners.

What's Life Coaching:

A Life Coach is some one who helps clients to reach goals and make positive changes in their lives. Life Coaching is about supporting, guiding, training the client to get from point A to B. So you can reach your goals.

At [NLP Hypnosis Centre](http://www.nlphypnosiscentre.com/) during your session with a Life Coach he will help you uncover why you are not getting the results you hope, what is holding you back, and during the Life Coaching process you will guide or trained to follow the steps needed for you to succeed and reach your goals.

One common word used when looking for a Life Coach is ... “I'm stuck”, so a Life Coach helps you to “unstuck”. She/He will help you find out why and how you are stuck and the steeps you need to take to “unlock your personal power”.

One important distinction to make here is that a Life Coach is not “A Health Practitioner” in the sense that he/she is not a therapist. The idea is that Life Coaching will help and guide you so you can reach your goal.

Life Coaching is not about giving advice, or counselling, is about guiding you and training you so you can follow the specific steeps that need to be taken for you to succeed and reach the goals you hope.

Basically is about clarifying, correcting and setting goals. A good Life Coach knows the right questions to ask so you can clarify your mind, maybe some times working your own limitations, correcting or aligning the way you do things to where you want to go.

In a phrase A Life Coach, using Life Coaching will help you reach your full potential.

What's NLP?

NLP stands for Neuro-Linguistic Programming ... Neurology, Language and Programming. Basically defines how our internal programming – What we have learned --, and the language we use are a reflection of our believes and thoughts, and therefore this create the day we act and/or react to situations in our daily life.

NLP provides you with tools that can help you change limiting beliefs by creating empowering beliefs.

One of the essentials of NLP is that “The Map Is Not The Territory”, basically everyone of us has his/her own perfection or belief about the others and the world. Our perception of the world. So if we have a limiting believe like “Money is bad” or “Money is diabolic”, then we will never have enough money to live, because that belief is keeping us from it. NLP can help by helping us modify that believe to a more positive one like “Money is good, the more I have the better I can help myself, my family and others” for example.

At [NLP Hypnosis Centre](http://www.nlphypnosiscentre.com/) we use NLP that can help you with problems like low Self-Confidence, Fears, Low Motivation and others problems or issues by changing your key beliefs.

What' s Hypnosis?

Hypnosis or Hypnotism? Hypnotherapy or Hypnotism?

[NLP Hypnosis Centre](http://www.nlphypnosiscentre.com/) follows the recommended standards of practice and terminology for Hypnotic Practice by the National Guild of Hypnotists (NGH). We are not a medical institution and in no way want to conflict with the practice of Psychotherapy

We are registered in Ontario and follow the regulations regarding our industry as a Life Coach, Neuro-Linguistic Programming Practitioner (NLPP) and Certified Consulting Hypnotist (CCH).

The official description of a Certified Consulting Hypnotist is “Consulting Hypnotists help ordinary, everyday people with ordinary, every day problems using individual hypnotic techniques”

The National Guild of Hypnotists (NGH) requires its members to conform to “Ethical Principles Guide” that has as goal to protect clients. Please click “The [Code Of Ethics](#)” for more information.

Olivier Hidalgo, owner of NLP Hypnosis Centre is a Certified Consulting Hypnotist, Member of the NGH and what we do, related to Hypnosis is “Consulting Hypnotism”. Please remember we not only use Hypnosis to change your life for better, we also use Life Coaching and Neuro-Linguistic Programming (NLP) to help you make the changes you want in your life and to help you reach your goals.

What we are doing here is to clarify that is not our goal to conflict with Doctors, Psychologist, and/or Psychotherapists. We are not a medical facility. We do not diagnose or cure.

Psychotherapists deal with people who are depressed. We, Consulting Hypnotists, deal with people who is sad.

We are not a “Health Practitioner” but we can help clients to become healthier by helping them to learn how to relax and have a more positive attitude to life. You see the problem is not what happens to us, but how we react to it.

Our main concern is you, the client, so we only use the techniques that are better for you and the ones you feel more comfortable with.

We don't do “Age Regression”, but we use positive imagery to help you feel better, healthier, more successful and to help you reach your goals.

Client's Confidentiality is very important to us and we do not release any information to anyone without written authorization from you, except as provided for by the law. You have the right to be allowed access to the your files kept in a safe place by the NLP Hypnosis Centre. We follow the Client Bill of Rights a per NGH. For more information about please Client Bill of Rights.

How we define “Hypnosis”

Hypnosis is the state the client is in when she or he has been “hypnotized” by an hypnotist, practising hypnotist.

Hypnotists may work with issues related to a medical or mental health disorder only on referral from a properly licensed health care professional. Non-Therapeutic Hypnotism is the independent use of the hypnotic arts and sciences to help clients inculcate positive thinking and the capacity for self-hypnosis. Unless specifically allowed by the state/province law, Hypnotists do no do Psychotherapy; they Coach, Teach, Guide, Instruct, and Train.

We at the NLP Hypnosis Centre, use a combination of Life Coaching NLP and Hypnotism (Hypnosis) to coach clients to become happier, healthier and more successful. We know that everything starts in our minds and we can train you, coach you how to keep a positive attitude so can produce the changes you want in your life. We can guide you and instruct you about the best way of reacting about life's problems and coach you so you can have a better possibility of reaching your goals.

We, Certified Consulting Hypnotists, do Hypnosis or Hypnotism to help you with the problems, challenges and issues life present each us so we can become better human beings.

We promote a free consultation – A free 15-30 minutes session by phone or Skype – so we, you and us, can determine if working together is the best way to go. Sometimes we might say ... please is better if you go with a Doctor, Psychologist or Psychotherapist ... in any case we always recommend our new and repeated clients to consult with their Doctor first.

Like you will see and hear us say it so many times ... we care about our clients, so we are willing to say "No, sorry, you better see your Doctor first".

We know the techniques we use work, there are thousands of testimonials in Internet. There are many prestigious institutions and hospitals using the techniques we use. So we know Life Coaching, Neuro-Linguistic Programming and Hypnosis work we use them ourselves and with our family members.

As we are not a medical institution, we are not Doctors, we do not diagnose clients, we don't prescribe. We help clients to set goals to make changes in their lives so they solve their problems. If we are talking about Hypnosis ... Hypnotists suggest ways to clients to achieve their goals while the client is in a Self Hypnosis State.

The Self Help Hypnosis State is a state of relaxed concentration which anyone can enter naturally. Hypnotists provide their clients with instruction in how to enter this natural state more easily and effectively

If you ask us Can you treat me? We will say "sorry we don't treat clients, we are not a Psychotherapist or Doctor". We do sessions in which I could use Hypnosis or NLP or Coaching, depending in what is best for you, we can induct you into a Self Hypnosis state so you can make the changes you want and reach your goals.

Can we make you do something? Like if you ask, Can you make me Stop Smoking? Or Can you make me reduce or control my weight?

Well the answer is no, we cannot. The fact is even a Doctor, Psychologist or Psychotherapist cannot not "make you" do something. You are the key to change. The first thing is that you are really willing to make the change you want.

There is a lot of misinformation out there about what a Hypnotist or Hypnosis can do. Certainly there is no control over you.

If you come to NLP Hypnosis Centre to have a Smoking Cessation Session the first question we will ask you is "Are you the one who wants to quit?" or some one else wants you to do it?

The reason of the question is simple ... because Hypnosis does not make you do something, and because there is no control over you, you need to want the change to happens ... to make the "Stop Smoking Session" a success. While a Doctor, Psychologist, Psychiatrist, Psychotherapist treat people with addictions, and/or Chemically Dependent, we at NLP Hypnosis Centre as Certified Consulting Hypnotists help clients to regain Self-Control.

A Hypnotist don't see clients as having Eating Disorders, we help clients for Weight Management and Improve Appearance. In Hypnosis, a Professional Hypnotist will assist clients to regain a Positive Mental Attitude and Manage Situational Stress. We live in a world that often make use feel Depressed and/or Anxious, we are not Doctors we cannot diagnose or prescribe, but we certainly can help a client to regain a Positive Mental Attitude and Manage Situational Stress.