

**Ellen Chernoff Simon** is a Texas State Board Licensed Professional Counselor. Her lifelong studies and training have included meditation, psychotherapeutic medical hypnosis, neurofeedback, bio-feedback, and interactive guided imagery. She received her undergraduate degree from the University of Texas in Austin in 1978, and earned two Master Degrees from the University of Memphis in 1980 and 1981.

**She has earned credentials from the following:**

- **American Academy for Pain Management**
- **Academy for Guided Imagery**
- **American Psychotherapy & Medical Hypnosis Association**
- **Biofeedback Certification Institute of America**
- **American Society of Clinical Hypnosis**
- **Cooper Institute of Dallas, Texas**

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**MISSION STATEMENT**

Our Mission is to provide quality psychophysiological care to individuals, and to assist them in the realization of their potential utilizing state of the art behavioral health interventions.

**PRIMARY TREATMENT GOALS:**

- To restore healthy mind/body functioning
- To reduce negative effects of stress
- To promote generalization of self-regulation & coping skills

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**Guided Imagery/Hypnotherapy –What to expect**

Guided imagery as well as hypnotherapy involves a concentrated internal focus that has particularly strong influences on emotions and physiological responses. Dozens of research studies have shown that imagery and hypnosis influences not only our attitudes and perceptions, but the physical processes of the body normally outside of conscious control including respiration, heart rate, blood pressure, metabolic rate in cells, pain perception, & immune responsiveness.

Research has shown that patients who use guided imagery before surgery are more relaxed, use less pain medication, have fewer complications, heal faster, and leave the hospital sooner. Interactive imagery and hypnosis can provide a direct link to the body's inner wisdom. And as a bonus it is a means of transformation and liberation from distortions in the inner realm that may unconsciously direct one's life & affect physical health. Imagery is valuable for clarifying goals, discovering and overcoming obstacles, easing the grieving process, smoothing difficult life transitions, and helping to recognize and integrate innate creativity. Adults and Children easily adapt their natural imaginative skills to this process. They readily use it to find a peaceful core, discover their inner strengths, tap into their unique creativity, and enhance their natural confidence, joy and sense of worth.

