

GUALALA ARTS LECTURE SERIES

HYPNOSIS: THE MYSTERY, MYTH AND MEANING

with : Kelley Kieve

Thursday, October 10, 7:00 p.m.

Admission is \$5

For many, the term "hypnosis" evokes images of someone acting silly on a vaudeville stage or lured by evil forces to perform a heinous crime in a horror movie, but on Thursday, October 10, Kelley Kieve will unravel the myths and correct some commonly held misconceptions about hypnosis. Also, she will explain a range of therapeutic benefits associated with hypnotherapy.

Kieve, a hypnotherapist certified by the nationally approved American Council of Hypnosis Examiners (A.C.H.E.), will include a brief history of hypnosis, differentiate between hypnosis and hypnotherapy, and discuss the many issues hypnotherapy can address.

In her Gualala practice Kieve works primarily in three areas - regression therapy, dream work, and trauma resolution. The patient under hypnosis is better able to remember past events that may be suppressed in the subconscious mind. By guiding the subject in a controlled way to go back and discover the origins of a problem, she can help the individual deal with and resolve issues using the sub-conscious as a guide.

In dream work, which differs from both the Freudian and Jungian approach, she helps clients explore their own sense of the characters and objects in a dream. This process develops a sense of personal ability and insight in the dreamer. It enables dreamers to arrive at a direct perception of the issues that underlie the dream and are impacting their life.

Similarly, trauma therapy helps someone resolve issues around a traumatic experience and deal with the emotional issues that arise from that experience. Hypnosis can also assist people with quitting smoking, losing weight, test anxiety, increasing sports performance, phobias, pain management and much more.



A resident of Gualala for twelve years, Kieve works from her office in Anchor Bay. Previously, she was employed as an occupational therapist and worked with emotionally disturbed children in the public schools. Her experiences led to the interest in hypnotherapy and she believes it is a powerful tool that she wholly endorses.

Kieve will conclude her presentation with a group hypnosis that focuses on stress reduction. The audience will be surprised with what they will learn from this informed discussion of a misunderstood topic.

