

Karin Christensen:

Clinical Hypnotherapy, Healing Practitioner, Conscious Channelling/Mediumship, Holistic Pulsing

ABOUT KARIN:

I immigrated to New Zealand from the UK in 2009 and settled in New Plymouth in 2010. My early experience is in retail, sales and marketing but I changed direction and trained in Clinical Hypnotherapy and Reiki healing during a period of active self development in 2006-2008. I have run my self employed practice as a Clinical Hypnotherapist and Reiki Practitioner in New Plymouth since 2010. In addition to the above I am also a Personal Assistant to a local Clinical Psychologist. This work adds tremendously to my understanding around mental health issues and behavioural disorders in my own professional practice, as well as equipping me with invaluable practical administration skills in my role as Koru Corner's Practice Manager.

WHAT CAN I HELP WITH?

I have experience in working with all of the following conditions:

Anxiety and depressive disorders

Childhood anxieties, Chronic pain management

Habits such as smoking, nail biting, teeth grinding

Irritable Bowel Syndrome, Insomnia

OCD (Obsessive Compulsive Disorder)

Panic disorders & phobias, Performance anxiety & enhancement – be it work / study / sporting performance

Self-confidence and achieving potential, Stress relief, Smoking Cessation

Weight control (healthy eating, eating disorders)

Plus much more!

MY APPROACH:

Depending on the client and their needs I may use a range of modalities in a course of treatment. I consider myself first and foremost a healer and whether I do this with healing words or healing hands - my objective remains the same: To empower a client to take control of their own life, their personal goals and their state of health - physical and mental. I approach therapy as teamwork and help clients to understand that life can be consciously created through choices made in every moment. I will talk a client through my approach and discuss the various techniques we can use to help them move forward, nothing is applied without the client's involvement. I feel passionately that the key to positive change lies in the client taking an active involvement in the change process, and ownership of the problem to make the changes needed to attain their goals. I work with both adults and children. I love being a change facilitator and healer and it is a privilege and humbling to play a part in a client's emotional, physical and spiritual health and personal empowerment.

DESCRIPTION OF TREATMENT OPTIONS:

HYPNOTHERAPY

- uses the state of hypnosis (the trance state) to treat a variety of medical and psychological problems. Hypnosis is an altered state of consciousness which you can naturally enter so that useful suggestions may be given directly to your subconscious mind. Our subconscious mind is both a reservoir of untapped potential and knowledge, as well as being the unwitting source of many of our problems. In hypnosis, there is heightened concentration for the specific purpose of accessing your potential, changing self-limiting beliefs, correcting unhealthy behaviours, and gaining insight and wisdom. Hypnotherapy often succeeds where other more conventional methods of treatment have not produced results.

SMOKING CESSATION HYPNOTHERAPY PACKAGE (two sessions)

- A COMPLETE CESSATION APPROACH!

- *Detailed case history
- *The hard facts about smoking
- *Smoking habits questionnaire
- *Discussion of smoking habits questionnaire
- *Hypnotherapy explained, Qs and As
- *Smoking cessation hypnotherapy

Initial session length up to 2 hours, follow up session 1-1.5 hours.

HEALING SESSION

- Energy/spiritual healing channels the Life Force/Chi/Prana to encourage a state of physical, mental and spiritual balance and is a profoundly relaxing and soothing experience. Most conditions can benefit in some way as healing reconnects you with, and stimulates, your inherent self-healing ability. You remain fully clothed during the session. I channel healing from the Crown to Root chakras and through to your feet, or as guided.

HOLISTIC PULSING SESSION

- Holistic Pulsing is a mind-body-centered approach, an "off-shoot" of the Structural Integration group of therapies which uses the power of gentle rhythmic touch and movement. I apply easy rocking, stretching and opening movements to the recipient, creating a wave-like motion throughout the whole body. This modality helps to create the right conditions for your body to utilise its innate self healing ability and come back into balance.

CONSCIOUS CHANNELING/MEDIUMSHIP SESSION

- A one on one session where I create a safe space to connect and communicate with loved ones passed over, and to gain guidance and insight from your higher self and spiritual guides.

PRICING:

FULL HYPNOTHERAPY AND/OR HEALING CONSULT & TREATMENT SESSION

\$100.00 - typical session length up to 90 minutes.

Depending on your needs I may utilize both Healing and Hypnotherapy during a session in order to obtain maximum therapeutic benefit.

SMOKING CESSATION HYPNOTHERAPY

\$200.00 for two-session package.

Initial session length up to 2 hours, follow up session 1-1.5 hours

ENERGY/SPIRITUAL HEALING-ONLY SESSIONS

\$70.00 - 1 hour

HOLISTIC PULSING

\$70.00 - 1 hour

CONSCIOUS CHANNELLING/MEDIUMSHIP SESSION

\$70.00 - 1 hour

CONTACT DETAILS

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