

The Prism Hypnosis Story: Bringing Wellness to the Life's Challenges

Smoking. Overeating.
Anxiety. Pain.

Overcoming any of these conditions is challenging. But for the committed person, there is a way to replace them with a sense of wellness that might have seemed impossible: through hypnosis.

Dr. Ira Weiner has seen the results firsthand for years. Now retired from practicing medicine, he first learned integrated hypnotherapy through continuing education at Columbia Presbyterian Hospital in New York. Witnessing his clients' dramatic improvements, he became enthralled with the potential of hypnosis. Quite simply, "I achieved responses I could not get otherwise."

"Miraculous" is how he describes a recent result, involving a young man in his 20s who was still wetting the bed. "You can imagine what that did to his social life," Ira said. Following treatment, the bed-wetting ceased. A Princeton attorney underwent hypnosis on her lunch break prior to a dental treatment; without anesthesia, she had no pain, only pressure during the procedure.

These are just two of the thousands of cases that Dr. Ira Weiner and his wife, Edwina Weiner, have handled successfully since the late 1980s when Ira decided to focus exclusively on the hypnosis practice. They are certified by the National Guild of Hypnotists and have extensive training and experience to meet their clients' diverse needs.

Prism Hypnosis is now based in Monroe, N.J., but clients come from as far away



as Cape May. The Weiners assist clients both in person and over the phone, offering a convenient alternative to traveling.

Edwina says the first challenge can be overcoming a client's notions of what hypnosis is. The Weiners often start by explaining what it is not.

"We can't make you do anything you don't want to do," says Edwina. Clients may have formed inaccurate images of therapeutic hypnosis through television or by seeing a hypnotist perform in public. "That's show business and that's not what we do," said Ira.

Rather, Edwina said, "We can help people do what they want to do." An essential ingredient is the client's willingness to achieve results.

Unlike psychotherapy, Edwina explains, hypnosis doesn't dwell on what has happened in the past. "Instead, we start out from where you are now, and we go on. You

can see how the person is feeling so much better right away," she says. For clients who have struggled for years battling their weight or smoking, success through hypnosis boosts self-esteem. "The gratification is instant, and then we reinforce the changes we are making."

The list of health and personal problems that can be corrected through hypnosis seems endless. Sexual dysfunction, infertility, alcohol and drug addiction, sports performance, fear of public speaking - all can be resolved successfully.

Ron Laborde, a New Jersey finance professional, found himself feeling stressed out while preparing for the GMAT, the entrance exam for those seeking admission to graduate school in business. He took four hypnosis sessions with "Dr. Ira," and reports, "I haven't dealt with anxiety since. I feel more confident."

Best of all, the GMAT went well, and Laborde is enrolled in the MBA program of his choice.

Good results enrich the lives of both client and practitioner. Edwina reads from a letter she received from a woman who wanted to quit smoking before starting a family.

"We just found out we are pregnant. It's exactly how you painted the picture into my subconscious. You made stopping smoking easier than tying your shoes."

TO CONTACT PRISM HYPNOSIS: Phone 732-239-8333. Hours by appointment. Flexible scheduling. Visit our Web site, www.prismhypnosis.com.