

OUR TEAM

ERIC VAN FOSSEN PA-C, GRMS, CH

With over 27 years of experience as a family practice Physician Assistant, Mr. Van Fossen brings a broad clinical backdrop to those in need of change. In addition to being a Grief Recovery Method Specialist™ he is a certified hypnotist with additional certificates for hypnosis in chronic pain and tinnitus. He is also a NLP Master Practitioner and Master Life Coach. He is veteran of both the US Navy submarine force and the US army.

C.S. SHAW GRMS, CH,

C. S. Shaw is a Grief Recovery Method Specialist™ as well as a Consulting Hypnotist trained by the NGH. She holds additional certifications in Past Life Regression and The Law of Attraction. She is a NLP Master Practitioner and Master Life Coach. Ms. Shaw is also a Reiki Master.

Certified Grief Recovery Method Specialist™

Certified Consulting Hypnotist

Certified Life Coach



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Balanced

Perceptions, LLC

**GRIEF RECOVERY-
METHOD®
HYPNOSIS
MINDSCAPING
LIFE COACHING**



*BECAUSE THERE IS NO
PILL FOR CHANGE™*

ABOUT HYPNOSIS

“THE AFFLICTION SUFFERED BY THE BODY, THE SOUL SEES QUITE WELL WITH THE EYES SHUT.” – HIPPOCRATES

Science has recognized the **mind-body connection**. Quite simply, the mind-body connection is why placebo medicines can cause actual physiological improvement in various ailments. Our brain’s **neuroplasticity** enables us to make actual physical changes to the “wiring” of our neurons thus enacting the changes we desire.

HYPNOSIS IS:

SAFE- Everyone comes out of hypnosis every time.

FOCUS- Inner focus and awareness.

POSITIVE- Hypnosis works by positive suggestions. The hypnotist is merely a guide.

CONTROL- The subject is always in control of the experience.

MINDFULNESS/MEDITATION- Hypnosis can be considered guided meditation, but with a very specific focus or purpose.

•ALL HYPNOSIS IS SELF HYPNOSIS•

ABOUT GRIEF

“GRIEF IS THE CONFLICTING FEELINGS CAUSED BY THE END OF OR CHANGE IN A FAMILIAR PATTERN OF BEHAVIOR.”

Everyone grieves. Everyone’s personal grief is felt 100% regardless of the loss. Death and divorce are obvious causes. However, things like pet loss, job changes, health changes, end of an addiction, retirement, menopause, holidays, legal problems, financial changes and empty nest are just a few other examples of change or loss which lead to grief.

You have been told, *“Don’t be sad, replace the loss, grieve alone, just give it time, be strong for others and keep busy.”*

Those intellectual thoughts do not work, do they? Your heart may be broken, but you are not.

“Recovery is being able to enjoy fond memories without having them precipitate painful feelings of regret or remorse”

This evidence based program will help you to complete your grief process and take your life back.

SERVICES PROVIDED:

GRIEF RECOVERY METHOD®

This method educates those in grief and provides the tools needed to move forward in life. Group as well as one-on-one sessions are available.

HYPNOSIS

Weight loss, tobacco cessation, motivation to exercise, stress, sports enhancement, dental anxiety, pre-surgery, chronic pain (with doctor’s approval), cancer care, caregiver stress, personal wellness, past life regression, excessive alcohol use, ego enhancement, test anxiety, and more!

LIFE COACHING

Enlist a Life Coach to help you navigate the changes in your life. We offer coaching in Living in Happiness, Life Purpose, and Goal to Success.

PAYMENT

We accept cash or credit/debit card via

SQUARE

GROUP/CORPORATE

Many of our programs can be used in a group or corporate setting.

