

## About Claire Caines, LCSW, LCADC, CSAT



I am a licensed clinical social worker, a certified clinical hypnotherapist, and an addictions specialist. I established Caines Center For Psychotherapy in 1991 and added hypnotherapy to my practice in 1997.

I treasure my continued learning and growth, and bring my life experiences to the work I do every day. My passion is helping people break through barriers to become more empowered. Think of me as your agent of positive change, your guide to living a life that's more fully aligned with who you want to be. Through our work, you will improve your performance and esteem as you move forward with confidence and competence.

*Together, we can do it!*

**Want to sample relaxation at its best?**  
Visit [www.cainescenter.com/relaxation](http://www.cainescenter.com/relaxation)  
for a FREE 5-minute relaxation audio,  
the "Waterfall of White Light."

**Wouldn't you like to move forward  
with confidence and competence?**

*"After each of our sessions, I played in the starting lineup and played very well. But at our next session when I visualized playing bigger, bolder and brighter, something clicked. I put everything out on the line – and played my best game ever!"*

- A College Athlete

**Contact Caines Center today to discuss how hypnotherapy  
can help you overcome what's holding you back.**

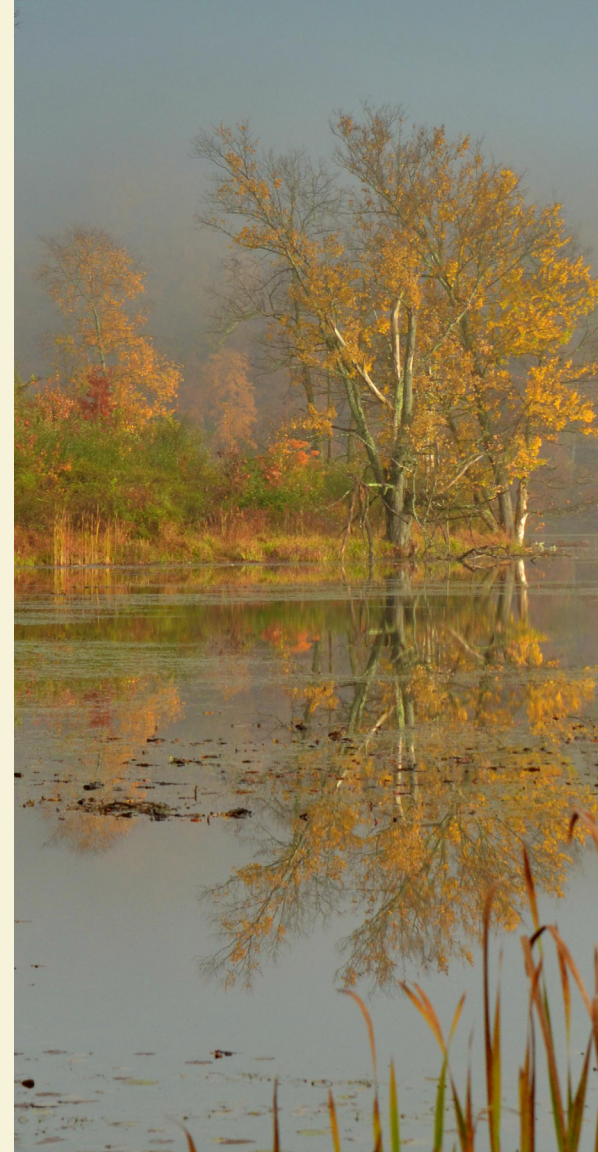


### **CAINES CENTER FOR PSYCHOTHERAPY**

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[www.cainescenter.com](http://www.cainescenter.com)  
**973-300-0428**



# Transform Your Life



**Hypnotherapy at  
Caines Center  
For Psychotherapy**

Offices in  
Chatham and Newton, NJ  
**973-300-0428**

## What is Hypnotherapy and How Does it Help?

Hypnotherapy is a safe and effective method that allows people to tap into the power of their thoughts and make desired changes. The vast majority of people can be hypnotized. To be hypnotized requires only that you choose to be open and receptive to suggestions.

In my practice, I use hypnosis to teach you how to manage anxiety and stress, change negative habits, and help you develop a more positive outlook—and who wouldn't benefit from that?

Hypnosis sessions typically have two phases:

1. **Induction.** You are guided into a state of relaxation, which helps you become more focused and concentrated on what you wish to accomplish during hypnosis.
2. **Suggestions for change.** Once you are relaxed, I use post-hypnotic suggestions incorporating your own words to help you make significant changes and reinforce them.

## How Will I Feel During Hypnosis?

People describe hypnosis as a pleasant experience, during which they feel focused and absorbed in the hypnotic experience. You may feel more calm and relaxed, as you temporarily let go of all other concerns.

You are always in control and can stop or pause the process at any time during the session.

## What Issues Are Helped With Hypnotherapy?

At Caines Center for Psychotherapy, we help people with:

- Anxiety, panic and phobias
- Performance – sports, public speaking, test taking
- Problematic behaviors – smoking, overeating, procrastination
- Sexual dysfunction
- Sleep difficulties

## Will I Achieve Results?

### **Yes, you will!**

When you experience hypnosis, something powerful happens—I see it every day in my practice. Changes can happen rapidly and dramatically or gradually and subtly. Being open to what each session brings forward allows you to see results such as:

- Enhanced sports performance
- Achieving and maintaining your healthy weight
- Putting down the tobacco products—for good!
- Increased motivation and self-confidence
- Embracing more empowering beliefs

## How Does the Process Work?

Hypnosis involves teamwork and trust between the therapist and client.

As a hypnotherapist, I use your words and motivations to develop an individualized plan based on what you want to accomplish. This ensures that I am addressing your specific needs and goals.

I use a combination of guided relaxation, interactive mental exercises and hypnosis. You'll emerge from your sessions feeling refreshed, focused, and more confident about achieving the goals you set for yourself.

I offer text and email support between sessions and audio recordings of your hypnosis sessions when appropriate.

## Having Difficulty Sleeping?

Depending on the nature of the sleep difficulty you're experiencing, hypnotherapy can effectively improve your sleep.

Relaxation is a key to a good night's sleep. The "Hypnosis for a Good Night's Sleep" CD and MP3 were created to allow you to relax, fall asleep and stay asleep.

To purchase "Hypnosis for a Good Night's Sleep" go to [www.cainescenter.com/audio](http://www.cainescenter.com/audio).

*Enjoy the warmth and promise of a new day!*