

Mind Over Matter: A Pioneering Approach to Clinical Hypnotherapy for Anxiety Relief

Joymind, a mental health platform, unveils an innovative approach to clinical hypnotherapy, offering new hope for millions suffering from anxiety disorders.

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EINPresswire.com/ -- Joymind, a leading mental health and [wellness](#) organization co-founded by Dr. Michael Glock, today unveiled its innovative approach to clinical [hypnotherapy](#), offering new hope for millions suffering from anxiety disorders in the United States. This method presents a unique pathway to address not just anxiety but a spectrum of mental health issues through transformative personal growth.

Revolutionizing [Anxiety Treatment](#) with Clinical Hypnotherapy

Joymind's approach to Clinical Hypnotherapy marks a significant departure from traditional methods. By inducing an altered state of consciousness, individuals become more receptive to positive suggestions and imagery. This shift in perception is pivotal in overcoming anxiety and related mental health concerns.

The Role of Expectancy Theory in Hypnotherapy



Joymind Brand



Mind Over Matter: Understanding the Dynamics of Clinical Hypnotherapy for Anxiety

Dr. Glock emphasizes the critical role of Expectancy Theory in hypnotherapy. The belief and trust in the process of hypnotizability lead to deeper relaxation and heightened responsiveness to therapeutic suggestions. This concept, backed by research and underscores the influence of mindset on the effectiveness of hypnosis.

Harnessing Embodied Cognition for Deep-Seated Change

At its core, Joymind's hypnotherapy utilizes embodied cognition principles, tapping into neural pathways to foster new perspectives and emotional responses. The role of mirror neurons is instrumental in creating empathic resonance with therapeutic suggestions, promoting real-life transformation.



Joymind transforms lives with hypnotherapy, unlocking personal growth and well-being—beyond symptoms; our goal is to empower individuals to understand themselves deeply and overcome anxiety.”

Dr. Michael Glock

Stop Suffering with Hypnotherapy



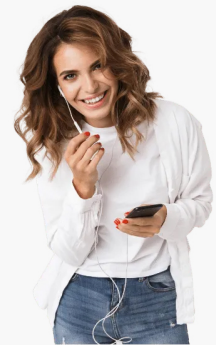
Drop Toxic Relationships & Take Control of Your Life, Simply & Easily



Reduce your Anxiety & Stress so you can Relax, Sleep, Focus, & Feel Better



Work Through Childhood Trauma with a 1-on-1 Custom, Safe, & Effective Approach



Stop Suffering with Hypnotherapy

Enhancing Therapy with Psychological Priming

Joymind harnesses the power of psychological priming to reinforce therapy's effectiveness. This process activates mental representations through exposure to relevant stimuli, leading to lasting positive behavioral changes.

A Transdisciplinary Approach for Tailored Treatment

Joymind's specialists adopt a comprehensive, transdisciplinary approach, combining clinical hypnotherapy with other psychological frameworks. This holistic strategy ensures personalized and effective

treatment for each client's unique needs.

About Joymind

Joymind is committed to helping individuals unlock their potential for personal growth through clinical hypnotherapy. With a team of experienced therapists, Joymind is at the forefront of mental health treatment, offering innovative solutions for anxiety and other mental health issues.

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