

# New Hypnotherapy Practice Opens in Charlottesville, Offering Root-Level Solutions for Everyday Struggles

*Christine Brodmerkel Hypnotherapy opens in Charlottesville, VA*

CHARLOTTESVILLE, VA, UNITED STATES, July 3, 2025 /EINPresswire.com/ --

[Christine Brodmerkel Hypnotherapy](#) has officially opened its doors to clients in Charlottesville, offering a grounded, client-centered approach to personal change.

Led by [Board-Certified Clinical Medical Support Hypnotherapist](#) Christine Brodmerkel, the practice combines clinical training with compassionate care to deliver personalized, results-oriented work at the subconscious level. Sessions are available both in person and via secure telehealth for clients throughout Charlottesville, the UVA area, Albemarle County, Waynesboro, Staunton, and surrounding communities. Virtual sessions are also available to clients nationwide.

Through an integrative, evidence-informed protocol, Christine guides clients to harness the power of the subconscious mind to address deeply held patterns and everyday challenges. The practice helps individuals move beyond long-held patterns of stress, guilt, grief, people-pleasing, emotional overwhelm, and self-doubt. Her precision-driven sessions support a wide range of goals, including pain management, habit



Christine Brodmerkel Hypnotherapy



transformation, sleep enhancement, confidence-building, emotional wellness, [medical recovery preparation](#), and more.

“The subconscious mind may seem mysterious, but it’s really the source of our power—it’s the place where our learned responses live,” says Brodmerkel. “When we engage that deeper level with clear intention and skill, the changes people experience are often both profound and practical.”

About Christine Brodmerkel

Brodmerkel brings a multidisciplinary foundation to her work. She is a Board-Certified Clinical Medical Support Hypnotherapist and Fellow of the International Board of Hypnotherapy, with over 500 hours of advanced training. She also holds a master’s degree in Counseling Psychology and is a Professional Certified Coach through the International Coach Federation, lending further depth and structure to her client-centered approach.

“

“The subconscious mind may seem mysterious, but it’s really the source of our power—it’s the place where our learned responses live,” says Brodmerkel.”

*Christine Brodmerkel*

Her practice offers a grounded option for individuals who want to explore a complimentary approach to wellness and personal growth. Clients report feeling more self-directed, emotionally clear, and better equipped to follow through on the changes they want to make in their lives.

To learn more or schedule a consultation with Christine Brodmerkel Hypnotherapy:

Visit: [www.christinebrodmerkelhypnotherapy.com](http://www.christinebrodmerkelhypnotherapy.com)

Email: [info@christinebrodmerkelhypnotherapy.com](mailto:info@christinebrodmerkelhypnotherapy.com)

Phone: (434) 981-5919

Christine Brodmerkel

Christine Brodmerkel Hypnotherapy

(434) 981-5919

[email us here](#)



This press release can be viewed online at: <https://www.einpresswire.com/article/828134947>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors

try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.