

2026 ThreeBestRated® Recognizes Michelle Jones Among Top Three Winston Salem's Hypnotherapy

WINSTON SALEM, NC, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- For many people, lasting change begins with a better understanding of their thoughts, emotions and deeply rooted patterns. Hypnotherapy can offer a supportive way to explore the mind, gain greater self-awareness and work towards meaningful personal growth. While every person's journey is different, having the right guidance can help individuals look within themselves and develop a deeper understanding of their experiences. Through her work at Inner Knowing Hypnosis, Michelle Jones helps clients explore their inner world and connect with their own understanding, insight and potential for personal transformation.



Michelle Jones

Michelle Jones from Inner Knowing Hypnosis has been recognized by [ThreeBestRated®](#) as one of the top 3 hypnotherapy in Winston Salem, North Carolina. This recognition reflects her unwavering commitment to providing comprehensive guidance and helping clients explore their inner thoughts, gain greater self-awareness and work towards meaningful personal growth.

Michelle Jones: Guiding Personal Growth Through Hypnotherapy

Michelle Jones, founder of Inner Knowing Hypnosis, has always been deeply interested in understanding human behaviour, personal growth and the factors that shape the way people think and live. With a Bachelor's Degree in Sociology and a minor in Psychology from Winston-Salem State University, her academic background has helped shape her approach to understanding human connection and personal transformation.

Her journey into hypnotherapy began after discovering the work of Dolores Cannon and experiencing a Quantum Healing Hypnosis Technique® session herself. Inspired by the experience, Michelle pursued advanced training and became a Certified QHHT® Level II Practitioner.

To enhance her ability to assist clients, Michelle have pursued and obtained the following certifications through the esteemed National Association of Transpersonal Hypnotherapists:

- >> Certified Transpersonal Hypnotherapist (CHt.)
- >> Certified Master Transpersonal Hypnotherapist (MHt.)
- >> Certified Lives Between Lives Hypnotherapist (LBLt)

Alongside her broader professional certifications, Michelle has pursued specialised training in Introspective Hypnosis®, which enables her to guide clients in exploring and working through deeply rooted personal concerns.

She has also completed advanced training in the Gut-Directed Protocol for IBS through the IC BCH. This specialised knowledge allows her to support clients dealing with gut-related concerns through a focused hypnotherapy approach tailored to their individual needs.

Michelle is committed to helping individuals explore their inner world, gain deeper self-awareness and work towards meaningful personal growth through hypnotherapy. Her approach is shaped by a background in sociology and psychology, along with specialised training in various forms of transpersonal hypnotherapy.

Through Inner Knowing Hypnosis, Michelle offers personalized sessions designed to help individuals explore their inner thoughts, gain deeper self-awareness and connect with their own inner wisdom. Her work is guided by a genuine interest in each client's personal journey and a desire to support their emotional growth, self-discovery and overall well-being. She takes the time to understand each client's unique journey and creates a supportive space for personal exploration, reflection and transformation.

A Personalized Approach to Self-Exploration

At Inner Knowing Hypnosis, Michelle understands that every person's experiences and goals are different. She takes time to learn about each client's individual journey and tailors her sessions to support their personal needs and areas of exploration.

Drawing on her background in sociology and psychology, along with her specialised training in transpersonal and introspective hypnotherapy, Michelle creates a welcoming space where clients can reflect on their thoughts, emotions and life experiences. Her approach encourages individuals to look inward, gain new perspectives and develop a deeper understanding of

themselves.

Rather than following a one-size-fits-all approach, Michelle works with each client as an individual. She believes that meaningful personal growth begins with curiosity, self-reflection and a willingness to explore the experiences that have shaped a person's life.

Creating a Supportive Space for Personal Insight

Taking time to reflect can help people better understand the thoughts, emotions and experiences that influence their daily lives. Through her practice, Michelle provides a calm and supportive environment where clients can explore these areas at their own pace.

Her work is centred on helping individuals connect with their own insights and develop greater self-awareness. By offering personalized guidance and a space for open reflection, Michelle supports clients as they explore their experiences and work towards meaningful personal growth.

About Inner Knowing Hypnosis

Inner Knowing Hypnosis is a Winston-Salem-based practice founded by Michelle Jones. The practice offers personalised hypnotherapy sessions that support self-exploration, reflection and personal insight.

Drawing on her background in sociology and psychology, along with specialised training in Quantum Healing Hypnosis Technique®, transpersonal hypnotherapy and Introspective Hypnosis®, Michelle tailors her approach to each client's experiences and goals. She is committed to creating a supportive space where individuals can better understand themselves and explore their own path towards personal growth. To get in touch with her, visit innerknowinghypno.com.

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