Fort Lauderdale Bilingual Hypnotherapist Expands Trauma Support Program for Veterans and First Responders

Certified hypnotherapist Guillermo Leon offers complementary support for stress, sleep, and trauma responses, with sessions available in English and Spanish.


Gill in his office in Fort Lauderdale

FORT LAUDERDALE, FL, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- Alternative Realization Hypnotherapy today announced an expanded trauma support program for military veterans, police officers, firefighters, and emergency medical personnel across Broward County. The program uses clinical hypnotherapy and neuro-linguistic programming to help clients manage the stress responses, sleep problems, and anxiety that often follow high-pressure and traumatic work.

The announcement comes ahead of Veterans Day, a period when many veterans and their families report a rise in difficult memories and stress symptoms.

South Florida is home to one of the largest veteran populations in the state, along with thousands of active first responders serving Fort Lauderdale, Pompano Beach, Dania Beach, and the surrounding communities. Many of them work in roles where asking for help still carries a stigma.

"The people I work with are used to being the ones who show up for everyone else. They are not used to sitting down and letting someone help them. My job is to make that as private and as practical as possible, with no judgment attached to it," said Guillermo Leon, CCHt, of Alternative Realization Hypnotherapy.

Hypnotherapy is a complementary approach that works alongside medical and mental health care rather than replacing it. Sessions focus on helping clients change their relationship to stress triggers, improve sleep, and quiet the physical tension that often lingers long after an incident.

> The people I work with are the ones who show up for everyone else. They are not the ones letting someone help them. My sessions are private and as practical as possible, with no judgment at all."
>
> *Gill Leon CCHT*

Many clients report feeling calmer and more in control within a few sessions, though results vary from person to person.

Leon holds certification as a clinical hypnotherapist, is a trained practitioner of neuro-linguistic programming, and works as a certified life coach. He sees clients at the practice's Fort Lauderdale office and offers sessions in both English and Spanish, which makes the program accessible to Broward County's large Spanish-speaking veteran and first responder community.

Through November 30, the practice is offering a complimentary consultation to any veteran or active first responder who mentions this program. Details are available at alternativerealization.com.

Alternative Realization Hypnotherapy is not a medical practice, and Guillermo Leon is not a licensed physician, psychiatrist, or psychologist. Hypnotherapy is offered as complementary support and is not a substitute for medical or psychiatric care. Anyone who needs a diagnosis, prescription medication, or clinical supervision should contact their own medical doctor or a licensed mental health provider. Clients already under a doctor's care are encouraged to keep their physician informed about any complementary services they use, and no one should stop or change a prescribed treatment without talking to the doctor who prescribed it.

Alternative Realization Hypnotherapy is located at 2550 N Federal Highway, Suite 18, Fort Lauderdale, FL 33305. Consultations can be scheduled at alternativerealization.com or by calling

954-839-4604.

About Alternative Realization Hypnotherapy

Alternative Realization Hypnotherapy is a Fort Lauderdale practice offering clinical hypnotherapy, neuro-linguistic programming, and life coaching to clients throughout Broward County, including Fort Lauderdale, Pompano Beach, and Dania Beach. Led by Guillermo Leon, CCHt, the practice helps clients with anxiety, stress, sleep issues, smoking cessation, weight management, and trauma responses. Sessions are available in English and Spanish. The practice is not a medical provider and does not diagnose conditions, prescribe medication, or provide psychiatric care. Learn more at alternativerealization.com.

Guillermo Leon
Alternative Realization Hypnotherapy
+1 954-839-4604

gleon@alternativerealization.com
Visit us on social media:
LinkedIn
Facebook
YouTube

This press release can be viewed online at: https://www.einpresswire.com/article/940651809

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.
© 1995-2026 Newsmatics Inc. All Right Reserved.