

Charles Curtis, BCH is Board Certified by the National Guild of Hypnotists (NGH) www.ngh.net, in private practice as a Consulting Hypnotist in the Lehigh Valley PA and Reading PA areas, for adults experiencing normal problems of living, and those experiencing medical or mental health issues referred by healthcare professionals.

He helps with eating habits, smoking-cessation, and emotional stress of all kinds, and specializes in helping those with medical issues reduce pain, discomfort, and emotional distress. His passion is for teaching mindfulness meditation to clients and classes for increased wellness and peace of mind, to help them achieve results similar to those described in Mindfulness-Based-Stress-Reduction (MBSR) and Mindfulness-Based-Cognitive-Therapy (MBCT) programs.

He is an award-winning hypnotist on the continuing education faculty of NGH who has been teaching stress management to clients and classes since 1983. He is a Master Practitioner and Trainer in Neuro-Linguistic-Programming for the National Federation of NLP (www.nfnlp.com). He has been a life-long practitioner of various forms of meditation, especially mindfulness meditation and has taught mindfulness at Continuing Education Conferences.

For the last 10 years he has been teaching a 48-week 120 hour certification course in Stress Management Consulting, Direct Suggestion and Ericksonian Hypnotism, NLP, and Mindfulness Meditation.

He offers free weekly classes in lifeskills, stress management, self-help wellness techniques, and classic and modern metaphysics on Wednesday nights in Temple PA.

AWARDS

2016 NGH Hallmark Award for excellence in teaching and spreading knowledge
2014 NGH Order of Braid award for a lifetime of achievement, dedication, and service
2008 NFNLP Trainer of the year award for excellence in our training program
2006 Award for online mentoring of new hypnotherapists trained in 5-PATH (5-Phase Abreactive Therapy for deep emotional release and integration)

PROFESSIONAL CREDENTIALS FOR CHARLES CURTIS, BCH

- 1) Board Certified in Hypnotherapy for general and medically referred clients by the National Guild of Hypnotists (NGH, www.ngh.net). Member of NGH continuing education faculty. Eating habits, smoking, stress, and many other applications
- 2) Certified in Ericksonian Hypnotherapy for more effective results with resistant problems, by the American Board of Hypnotherapy (ABH, www.hypnosis.com)
- 3) Certified in Mind/Body Therapy regression methods for neutralizing trauma associated with chronic illness, thereby reducing suffering and psychosomatic components, by Kevin Hogan, PsyD (NGH, www.kevinhogan.com)

- 4) Certified in Complementary Medical Hypnotism (CPT 90880) for working under referral from the client's medical team to assist in recovery from medical conditions, do pre-and post-surgical conditioning, reduce fear of medical procedures, conditioning for pain control, potentiating medication, reducing side effects, and more rapid recovery (NGH)
- 5) Certified as an instructor in Basic and Advanced Neuro-Linguistic-Programming (NLP) techniques useful in addiction, stress reduction, and confidence/goal-achievement by the National Federation of Neuro-Linguistic Programming (NFNLP, www.nfnlp.com). Trained by the founder of NFNLP, William Horton, PsyD, CADC, a psychologist who has specialized in addictions (NGH).
- 6) Certified in 5-PATH, age regression hypnosis for releasing old feelings contributing to unwanted behavior, thinking, and stress, by Calvin Banyan, MS, Banyan Hypnosis Center (NGH, www.hypnosiscenter.com)
- 7) Certified in Hypno-Tapping, a variant of Emotional Freedom Technique (EFT), www.emofree.com a simple self-help technique which is frequently effective in quickly reducing compulsive urges, emotional stress, and physical pain, sometimes within minutes, Tony Demarco and John Gatto, Academy of Professional Hypnosis (NGH, www.hypnoacademy.com)
- 8) Certified in reducing pain and emotional suffering in medically referred clients with illness/injury, by nurse-anesthetist Ron Eslinger, CRNA (NGH, www.eslinger.net)
- 9) Certified as a Stress Management Consultant, by Jillian Lavelle, Past President of the International Association of Counselors and Therapists (IACT, www.iact.org)
- 10) 1350 hours graduate-level studies in Clinical Hypnotherapy (American Institute of Hypnotherapy)
- 11) Lifelong commitment to training and daily personal practice in Mindfulness Meditation and other forms of meditation and motivational systems

Sessions are by appointment only. To set up an appointment, contact Charles Curtis at 610 775-0271. Fee is \$120/hr.