

Why I became a Clinical Hypnotist- Transcript

Hey there, I'm Candice Avila, Clinical Hypnotist and owner of Namaste hypnosis. When people find out I'm a hypnotist, it is inevitable that they ask me, "how in the world did you get into hypnosis?"

In fact, I had somebody call me just this morning. She was actually a solicitor who had checked me out online. She was trying to sell me something and she started asking me all about hypnosis and wanted to know how I became a hypnotist.

I thought I should do a video on this for you all. So the story goes like this. First of all, I've always been passionate about mental health and have studied mental health. I have a master's degree in counseling and I got that a very long time ago. I don't want to date myself, but I want to say that was back in 1995 that I graduated with my master's degree.

I've been in the mental health field for a very long time. And about that same time that I was working on my master's degree, I developed a horrible fear of flying and it was so bad that I would not go places if I couldn't drive there in a reasonable amount of time. Mind you, I was living in Brownsville, Texas at the time, which if you look at the map it is that very southernmost tip of Texas right there by the Gulf of Mexico and Mexico.

There's the little dot, and that's Brownsville, that's where I lived. It took a very long time to drive anywhere from. From Brownsville to San Antonio, Texas was four hours just to get to San Antonio and, you know, San Antonio is still a pretty long way from anything. It was quite a drive. Needless to say, my fear of flying caused me to miss events.

I didn't go to friends' weddings. I didn't go to funerals. I didn't go to other important events. The thing was that I really liked to travel and that's partly how the fear of flying evolved. I was flying somewhere. We had kind of a more turbulent flight. The turbulence caused me to become fearful. We were perfectly fine, by the way, and now I know that turbulence actually isn't going to bring down a plane, but at that time I started having all of the symptoms of a fear based response.

My heart started beating really rapidly, my breath quickened, and it was the beginning of the development of this fear of flying. So over time, the more I flew places, the more pronounced the fear became because I was remembering this response I had, and I was creating scenarios in my brain of terrible things happening to me on the plane. Even though logically I would also tell myself flying was the safest mode of transportation, something was going on internally at a deep level that was causing the fear to continue and to escalate.

I started doing little rituals before I got on the plane. I would have to touch the plane and I had this crazy thought. I know it's crazy, but if I got some kind of bad vibe, or I should say if I thought I could tell by touching the plane that I would get some bad vibe that would signal me to not get on the plane. I mean, it was really silly and I'd get on the plane and I'm like praying on the plane

and I'm white knuckling the arm of the seat and stuff like this. So it just got worse and worse until I decided I couldn't do it anymore because it was way too stressful. So as I was in my graduate course at the time, I'm realizing what's happening, I'm very aware of what's going on and how this is growing within me.

I started trying to resolve it and I did that by going to counseling a little bit. That didn't work. Just talking about the fear didn't help, you know, having somebody telling me that my fear was irrational didn't help. I got some medication to help me and calm me down, but you know, I would take it before I got on the plane. The problem was that it didn't help.

Well, first of all, it's not a long-term solution in my opinion. It wasn't the solution I wanted, but second of all, it didn't help with all the worry and the angst that preceded the flight because I would start worrying as soon as I knew I needed to travel. Because there were some events I couldn't get out of because I needed to go for work and believe me, it's very embarrassing to be flying and sitting with your colleagues and trying not to show that you're terrified of flying.

The medication wasn't a solution and gosh, I'm just wondering how many of you might have this experience of trying to hide your fear of flying from other people. I'm sure there are people that have had these same experiences out there. So anyway, finally, as I'm talking to one of my graduate school professors about this, she says, "you know, you should work with Dr. Alvarado, because he does hypnosis and you should give that a try."

So I was like, "Ooh, okay". He was another one of our faculty members at the time. And so we had, I want to say three sessions. Back at this time, it was, when you recorded it on a little cassette tape, and we did the sessions. He gave me the cassette tape, and I listened to these sessions on the tape in between our sessions. And then he instructed me to continue listening to especially the last tape in the series of three for several days.

I don't remember how many days he told me to do it, but then of course I was listening to the tape leading up to my next flight and I actually took the tape with me on the flight. But lo and behold, I had no need for the tape. I was perfectly calm. And this was amazing to me. And the reason I was so adamantly determined to get over this fear of flying was because I had the dream of going to Europe and this was the time of my life where I was able to do that. So I really, really needed to conquer this fear. And it worked.

It was amazing. And so that was many years ago. I think I was 27 and I'm going to be 50 soon. Recently, just this past summer, in fact, I went to Belize, and we were on one of the islands in Belize, and we took one of those little puddle jumpers back to the mainland. It was like a 12 seater passenger plane. And this was something that for sure back when I was afraid of flying, I was never getting on those little planes. Are you kidding me? I needed to get on the biggest plane possible. If I was actually going to fly back then! Anyway, I get on the little plane. No problem, no fear. The pilot asked me if I want to sit next to him in the seat because he needs to fill the plane. There's only one pilot, there's no copilot.

I could sit up there next to him and I did and it was so freaking amazing. It was like the highlight, I think, of my year to sit next to the pilot. It was just very, very cool and to have much more of a panoramic view of the sky and the clouds and it was just beautiful and amazing and I know I would have never had that experience had I not years ago used hypnosis and conquered my

fear of flying. And when I think about it now, I think about how far I've come. I mean really, I hadn't thought about my fear of flying in a very long time because it just was an issue except that after I had that experience of sitting next to the pilot like that, you know, I reflect on it. I was like, "wow, check that out. You know, this is pretty freaking cool."

I went from being absolutely terrified and not getting on the planes to sitting next to the pilot while having the little headphones on and the whole nine yards and just thinking this was the coolest experience I've ever had in my whole life. So it was a pretty amazing transformation in between when I had the fear of flying and I got over it.

I also used hypnosis to help me with the birth of my second child. I had wanted to have both of my children naturally without any medication, and it didn't go so well with my daughter. I was totally ill prepared. So that didn't happen. Different story for a different video, but then with my son because now I knew more what to expect and they knew how I needed to prepare. I was very, very convinced that the reason that I had difficulty giving birth to my daughter was because mentally I had not really prepared.

I mean, I thought I knew what was going to happen, but our minds are so incredibly powerful and I knew that I needed to really work on that aspect in order to have Evan naturally and be successful at it. So at this time I was living in a small town in New Mexico called Ruidosa. You may have heard of it or even been there. Tiny little town, one hospital, I think there were two obstetricians in the town.

I found one who was very willing to and very supportive of me having my baby naturally. I took the Bradley method that helped a lot, but I also found a book on using hypnosis. Actually, I want to say it was guided imagery. I think they called it guided imagery for childbirth. It was not the very famous hypnobirthing book that's out there. So I read this book, I did all the activities in this book, and I ended up giving the book to a friend of mine afterwards. I cannot tell you what the title of it was, but it helped me so much and I was able to give birth to Evan. Absolutely without medication, not so much as the IVs in my arm. We showed up at the hospital probably 30 minutes before Evan was born.

It was an amazing experience. Then a few more years passed and you know, I've been a stay at home mom for a little while. I had gone to graduate school, became a counselor, and did that for a good while. Then I stayed home with my kids. I was raising children and decided to go into coaching and kind of change things up a little bit.

As a coach, getting there, starting your business, I've really needed to get out and do a lot of public talks and presentations, go to networking events and that kind of thing. Now I'm a pretty outgoing person. Most of the time I would not ever say that I was afraid of public speaking. In fact, I wanted to public speak and was excited about it. I love teaching, and you can get up in front of a class and teach and I had done that before many times, but something was going on with me internally that when I'd have to get up and just deliver my 60 second commercial or whatever they called it at these networking groups and tell them who I was and what I did and how my service could benefit them.

I would start getting butterflies in my stomach. In fact, those butterflies would start the moment the networking group started with everybody giving their introductions. By the time it got to me, I

was so worked up and trying to calm myself down and I couldn't. That when I would stand up to do my 30 seconds, and I would hold onto something thinking that this would be better than holding onto nothing. But unfortunately there was a time or two where I decided to hold onto my ice glass or my water glass. You could hear the glass or the ice shaking my glass because my hand was shaking so much. So I said, well, this clearly isn't going to work because I'm out there talking to people about how I can raise their confidence and help them grow their business and change their life and all this stuff.

And here's the coach up there with the shaking hand. Right. So I went to see a local hypnotist by then. By then we had moved to Austin, Texas. We moved around a lot. But I went to see her and I can't remember her name right now, but just helped me tremendously. And now I speak in public with ease.

So as my career evolved, you know, my children grew up and I was getting out there and working more and more and more and more and helping clients. One of my goals in life was always to try to find the quickest way to help people resolve whatever the issue was that they were having, whether it was reaching a goal or helping them get out of pain of some sort. I wanted to find the shortest path. That was one of the reasons that I left counseling. In fact, I found talk therapy to be something that just took way too long to get clients results and that was just not my personal orientation. I didn't want people to be in that space any longer than they needed to be. And so I moved into coaching, which is obviously a different orientation. It's all about taking people from where they are to where they want to be. So that was a much better fit, but I was still looking for ways to do it better, faster and more effectively and also in a way where then the clients would have the skills so that they would know what they need to do, should an issue, a problem, a challenge arise for them in the future. Finally, one day I thought, "you know, well, what about hypnosis?"

But the truth is that this is not entirely true. I had been curious about hypnosis ever since I had used it previously. And I had thought about it and toyed around with the idea, but for some reason I just never pulled the trigger and said, "I'm going to go learn how to do hypnosis and become a hypnotist." But then there was this day, this moment, and I don't know that it was anything in particular other than I just gave myself permission and said, "yeah, I'm going to do this because look, you know, I've used it personally on at least three different occasions has helped me tremendously." There's an enormous body of research out there that absolutely validates and proves that hypnosis works as an effective treatment modality. In fact, if you were to go to scholar.google.com, this is where, in case you didn't know, this is where Google stores all of these scholarly articles and research. You will find thousands, literally thousands of studies on hypnosis, guided imagery and meditation, which are variations on hypnosis that prove its efficacy.

I'm talking about scientifically validated studies run by universities, run by hospitals, run by doctors, right? So I thought this is what I need to do. And so I did, and I love it. I'm passionate about it, and I have seen the results in my own life. I've seen the results in my clients lives, and I would love to share that with you, too, and give you the gift of overcoming whatever is going on in your life that is causing you any kind of pain, whether it's physical or emotional, to help you achieve any goals you have. Whether that is to be a better public speaker, a better athlete, to achieve more financial success, to do better in business, to close more sales, maybe even help your child because hypnosis is fabulous for children because they've got such great

imaginations. But the truth is, hypnosis works for everyone no matter what the age, no matter what the social status, no matter what the education level. In fact, it actually works the very best on the most strong willed, intelligent people. They do very, very well with hypnosis. So if you're curious and you'd like to find out more, I invite you to give me a call. You can go to my website, Namastehypnosis.com, and be sure to click the "like" button here and let me know how you like this video. Thanks so much. Talk to you soon. Bye bye!