

Contact: Heather Fralick, CCHt.  
Denver Hypnotherapy & Energy Medicine  
1805 S. Bellaire, Ste. 530  
Denver, CO 80222  
Telephone: (720) 208-6695  
Email: [heather@hypnosisbyheather.com](mailto:heather@hypnosisbyheather.com)  
[www.hypnosisbyheather.com](http://www.hypnosisbyheather.com)

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FOR IMMEDIATE RELEASE

### **This Valentine's Day, Love the One You're With – YOU! Using Hypnotherapy to Find Your Bliss...**

(Denver, CO) While the exact origins of Valentine's Day are unknown, what we do know is that the holiday is about love. Love for partners, friends, children, parents. But what about self-love? If it's true that we must first love ourselves before we can truly love another, isn't Valentine's Day a great time to treat ourselves as well? If you're wondering how, try hypnotherapy. Hypnotherapy is a nurturing process that helps you connect to your heart. And from here, you will get the best of yourself and so will everybody else!

From supermoms to singles to busy CEOs, there is only so much we can give. For many of us, this means taking care of everyone and everything else first, and ourselves last. Doing positive things for ourselves is too often a low priority. This is exacerbated by the fact that many times we don't know what we want or need in the first place!

"The clients who come to my office have figured out that all roads lead back to one: you!" says Denver-based hypnotherapist, Heather Fralick, CCHt. "They understand that the quality of their relationships, work, and overall lives depends on prioritizing their own growth as well. Hypnotherapy sessions offer an opportunity to focus on you and what you want out of your life."

But how does it work? Similar to a guided visualization process, hypnotherapy relaxes the mind's chaotic thoughts and eases tension in the body. Once in a relaxed state, the unconscious mind is more receptive to positive suggestions. Somebody who is hoping to meet their soul mate, for example, might go to hypnotherapy to release long-held beliefs about a personal sense of inadequacy or fear of abandonment. By "rewriting" these fears with strong positive messaging, hypnotherapy helps to release negative patterns that allow for your best, highest self to evolve.

In addition to altering lifelong beliefs, hypnotherapy reduces blood pressure and lowers the production of stress hormones. Long accepted as a therapeutic tool by the American Medical Association and the American Psychiatric Association, hypnotherapy is a popular tool for reinforcing behavioral changes.

**About Ms. Fralick, CCHt.:** Ms. Fralick is a certified hypnotherapist with the highest level of training from the Colorado School of Counseling Hypnotherapy and a BA in Psychology. She has extensive experience in the non-profit sector helping people in the community. Ms. Fralick is a member of the Colorado Association of Psychotherapists, International Medical and Dental Hypnotherapy Association, and the American Council of Hypnotist Examiners. She is available for interviews and radio and television appearances. To view Ms. Fralick's appearances on CBS4 or to see her product catalog of Self-hypnosis CDs, visit [www.hypnosisbyheather.com](http://www.hypnosisbyheather.com).

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