

Robert Keller, M.A.
LMFT, LMHC, ACHT



Hypnotherapy
EMDR (Eye Movement Desensitization and Reprocessing)
Marital Therapy
Clearing Sessions
Individual Counseling

Deep Healing of Life Issues

Hypnotherapy

HEALING CORE LIFE ISSUES



Hypnosis is a naturally occurring state which appears when certain conditions are met. These are usually bodily stillness and relaxation (mimicking sleep), eyes closed (reducing visual stimulation), focus on feelings (internalizing awareness) and perhaps concentration on the hypnotists voice. Monotony can also trigger this state as the conscious mind drifts from the normal focus of outward attention onto an internal train of thought. Fascination (such as being engrossed in a book or film) is also a doorway into hypnosis. Often while driving we drop into a trance called highway hypnosis where we do not remember the past several minutes of travel. The experience of hypnosis is similar to a dream-like reverie, being neither asleep nor awake but focused (or absorbed) around some point and usually (though not essentially) in a state of physical and mental relaxation.

The benefits of doing hypnotherapy over talk therapy are that the client accesses the subconscious and unconscious mind where all the material of our life is stored. Rather than working with just the conscious mind and our ideas about what is going on with us, we gain access to our true experiences. Also, in this state, people can become more open to suggestion. In fact, the whole modus operandi of hypnotherapy is to utilize this state of lack of criticality to change instructions (conclusions and decisions about ourselves) already held at an unconscious level that are affecting behavior. So hypnotherapy is a means of modifying the patterns of beliefs held by a person. Hypnotherapy is a valuable technique in the hands of a skilled professional and can help in the resolution of many problems. See Our Hypnotherapy Reports.

EMDR

Eye Movement Desensitization and Reprocessing

HEALING TRAUMA

Eye Movement Desensitization and Reprocessing (EMDR) is a method of psychotherapy that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. To date, EMDR has helped an estimated two million people of all ages relieve many types of psychological stress. No one knows how any form of psychotherapy works neuro-biologically or in the brain. However, we do know that when a person is very upset, their brain cannot process information as it does ordinarily. One moment becomes "frozen in time," and remembering a trauma may feel as bad as going through it the first time because the images, sounds, smells, and feelings haven't changed. Such memories have a lasting negative effect that interferes with the way a person sees the world and the way they relate to other people.

See our EMDR Report.

Benefits of Hypnotherapy

- Reduce Anxiety
- Reduce Stress
- Addictions Recovery
- Release Feelings of being a Victim
- Release Rescuer Behaviors
- Become clear on your life purpose
- Release Emotional Dysfunction
- Unlock Your Core Issues
- Release Grief and Loss
- Relieve Somatic Complaints
- Relief from Trauma or PTSD Symptoms
- Emotional Release
- Resolve Weight and Body Issues
- Release Fears and Phobias
- Release Chronic Tension
- Create Abundance
- Relief from Dissociative Symptoms
- Behavior Modification
- Life Healing much more quickly than talk therapy

Resolving Current Life Problems

The early level of personal work begins with resolving current life problems. This clears the way for people to begin deeper work. Examples of current life problems are relationship issues, addictions, anxiety or anything else that is not working in a person's life.

Changing Unhealthy Life Patterns

Life patterns are the next level of healing that people are confronted with. These can be relationship patterns, stuck attitudes or states, or patterns of behavior.

Deeper Levels of Being

When a person is able to resolve their current life problems and their unhealthy life patterns they are then free to delve deeper into their very way of being. This work can be rewarding and life changing.



MARITAL THERAPY

My philosophy when working with couples is that I am not on the side of either of the individuals in the couple but I am on the side of the relationship. Neither side is taken during therapy but the work is geared toward resolving relationship issues that interfere with having a fulfilling relationship. My first goal is that everyone in the family or relationship is safe and my second goal is always to preserve the relationship unless someone is not safe in the relationship as in the case of Domestic Violence or other issues that cause safety to be the number one issue. As I work with couples I work toward mutual respect and freedom for each person in the relationship to be who they are.

To accomplish these goals we increase communication between partners, identify the issues that are causing dissatisfaction in the relationship, assist the partners in learning to negotiate difficult situations and build mutual respect between them. We also introduce practices that help build a deeper, more loving relationship.

Sometimes during couples work the couple may be asked to do individual work to resolve personal issues that seem to interfere with their ability to have the relationship they want. Also, they may be offered the opportunity to attend a couples retreat that is designed to take their relationship to deeper levels with powerful group processes, dyad work, and hypnotherapy sessions.

CLEARING SESSIONS

Clearing is a simple and elegant process that helps you to drill down through the layers of the Mind - the hurts, confusions, beliefs, conditioning and attitudes that keep you stuck in patterns and behaviors that no longer serve. Clearing processes work with the programming stuck within the unconscious. Clearing is a way to clean out whatever interferes with living a more vibrant, connected and impassioned life.

Clearing is at once a meditation practice and a pragmatic tool. Become more effective in all areas of your life by increasing your ability to be in Relationship with anything you are giving your attention towards. In the process of receiving instructions, contemplating, expressing thoughts and feelings, and being understood, clearing occurs. Seemingly simple processes can provide profound insights and healing.



Individual Counseling

Individual Counseling can take many forms. I work with clients where they currently are with their issues and from the assumption that they are okay the way there are. This work can progress through many different levels depending on how deep the client is willing to go in their process and the level of healing they are looking for in their lives.

Individual work often begins with a presenting life problem the client wants to change or resolve in their lives. The form this work takes may be clearing, hypnotherapy, talk therapy, EMDR or whatever else seems appropriate to the client's situation.

Once a client has resolved the current life issue they may decide to go deeper into their healing and process. Often this deeper work includes group processes, such as, the Life Transformation Intensives or the Enlightenment Intensives. In these group processes deeper levels of healing are possible through the group energy and learning to trust and be open to those in the groups.



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Robert Keller, M.A.

Licensed Marriage and Family Therapist

Licensed Mental Health Counselor

Advanced Clinical Hypnotherapist

Advanced Clearer

Lacey, WA 98503

Phone: 360-754-4607

Fax: 360-867-1328

www.healingthepast.com