

Creative Transformations^{LTD.}

Change your mind. Change your life.



Lorraine Bennington, M.Ed. R.Psychologist/Hypnotherapist

Lorraine is a Registered Psychologist and Certified Clinical Hypnotherapist with over 35 years experience. She specializes in a unique blend of coaching, counseling and hypnotherapy, with a focus on helping people achieve their goals and actualize their full potential.

Hypnosis CDs available for purchase (November 17th, 2009)

- Quit Smoking
- Weight Loss
- Public Speaking
- Sports Performance
- Success and Motivation
- Prosperity and Abundance
- Focused Concentration
- Enhancing Creativity
- Insomnia



Mini reads: (included on each CD)

- Headache
- Stress relief



604.871.4342

transformance@shaw.ca or lorraine@creativetransformations.ca

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Hypnosis

Lorraine began her studies of hypnosis at age 21, pursuing as many courses as were available at the time. She earned her Master's degree in Counseling from McGill University in the spring of 1979 and became a Registered Psychologist in 1980. She has continued to upgrade her skills in hypnotherapy for the past 30 years and is also integrating energy psychology into her practice.

Lorraine has worked with thousands of people helping them to transform their lives. With depth hypnotherapy, people are able to get to the root of their sabotage or block and release it at its origin. Then it is much easier to program the mind for success with visualization techniques.

Lorraine philosophy integrates spirituality and psychology. The belief that people are spiritual beings living in the material world underlies Lorraine's work, and balancing the mind and spirit helps create harmony in a person's life and relationships.

Success Coaching

From the early 1980s onward, Lorraine led success seminars for women. These seminars essentially marked the birth of her role as a coach, although the term "coaching" as we're currently familiar with it had not yet entered the personal growth lexicon. She works with business people, professional athletes, creative artists and writers, to help release any blocks to success in their chosen fields.

Hypnotherapy can help you:

- Reduce stress
- Lose weight
- Stop smoking
- Manage anxiety/depression
- Eradicate fears and phobias
- Release emotions underlying disease patterns
- Deal with insomnia
- Improve sports performance
- Enhance creativity
- Eliminate writer's block
- Increase focus and concentration
- Become a confident public speaker
- Optimize business performance
- Eliminate fear of success/failure
- Increase confidence

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