

The Westside's Story

Serving The Junction,
Bloor West Village,
Baby Point, Swansea,
and all points in
between.

Show Biz:

The Hypno Healing Institute

Part of discovering my neighbourhood is finding out about places that I never knew existed. [The Hypno Healing Institute](#), at Keele and Dundas West (an 18-year mainstay in the area), is a hypnosis training school and clinic run by owner Debbie Papadakis, a holder of many holistic degrees and a sought-after teacher and "life trainer in healing."

I was recently invited to attend a seminar at the Institute and went to see what would happen at the *New Year, New You* workshop. When I arrived, it was a full house and people kept coming, filling the large room to capacity.

First, Debbie acknowledged that there was still a stigma with hypnosis, with people fearing that a hypnotist would make them cluck like a chicken or other embarrassing tricks. But she let us know that hypnosis is actually a very accepted practise, approved by the AMA in 1958.

"To me, hypnosis is focussed attention," says Debbie, "It's a

natural state of mind. It's like sleeping...it's very safe and natural."

Debbie's basic message in this workshop was the power of positivity versus negativity. She talked about a wheel of balance, wherein you would achieve a congruent and harmonious life if you could balance your health, relationship, future, spirituality, money, work, and recreation. And then she discussed how to do so. Discovering the issues that are holding you back in any of these areas is aided by



hypnotism. She says that this allows you to go back and pinpoint the incident(s) that have caused your reactions and your inability to move forward. And then those past issues can be dealt with.

Debbie said that one way a person can deal with a negative past is to rewrite their own stories - imagine a new reality of past situations. "If you had somebody...horrible, just

make up a beautiful story about them," says Debbie, "[Repeat it] over and over, and you'll see how different you're going to feel."

When I asked if hypnotism and psychotherapy can work in conjunction with one another, Debbie responded in the affirmative. "Sometimes the person needs to go and talk about the things [more in depth]," she said, "There are all kinds of other modalities, and they all have their places."

At the end of the workshop, Debbie hypnotized the entire group and just spoke of moving forward in your life through resolving your past issues and removing blockages. Honestly, I'm not sure if I was hypnotized, but I did feel incredibly calm, relaxed, and quite positive as I practically floated out the front door.

The Hypno Healing Institute, at 355 Keele, is a licensed holistic centre that is open to clients and students. Individual, one-on-one sessions cost \$200/hour + HST. Workshops are usually \$25 and up.

And classes are offered in Hypnosis, Pain Management, and Reiki.

On February 13, just in time for Valentine's Day, the institute offers a workshop entitled [Healing Relationships: Ancient Secrets to Clearing Your Relationships Through Recording](#). 6:30 - 9pm, it costs \$25 in advance and \$35 at the door.