

Media Kit

Who is Debbie?

Despina (Debbie) Papadakis grew up in Greece but, because of the superstition and misapprehension about hypnosis that exists there even today, only became exposed to hypnosis when she moved to Canada at the age of twenty. This was the official beginning of her journey as a teacher and life trainer in healing and serving others.

Debbie's keen interest in the connection between the mind and body led to an intuitive decision to enroll in a four-year Spiritual Psychotherapy program at the Transformational Arts College in Toronto. Debbie then studied with influential individuals in the industry – including Dr. Richard Harte, Leo Bolduc, Gerry Kein, Ormond McGill, Bill Curry, Tad James, Maurice Kershaw, Reverend Scot Giles, Don Mottin, Dr. Irene Hickman, and Dr. Baldwin, just to name a few – that helped mould her into the successful and reputable Psychotherapist and Hypnotherapist she is today.

Realizing that Toronto had a tremendous need for hypnotherapists but no one to fill it, Debbie founded Hypno Healing Institute in 1995 as both a hypnotherapy clinic and educational institution for aspiring hypnotists around the world. Over the past twenty years of work, Debbie has grown her practice and established herself as one of the world's leading authorities on hypnosis. She was inducted into the International Hypnosis Hall of Fame in 2002 and received the National Guild of Hypnotists Order of the Braid in recognition of her lifetime of achievements in the field. [A full list of her achievements can be found here.](#)

Beyond her work, she is happily married with two grown sons and enjoys gardening and spending time outdoors.

What Does Debbie Do?

Debbie has pioneered an effective, clear approach in hypnotherapy that emphasizes candour and professionalism. Her practice combines her work as a Registered Psychotherapist and Hypnotherapist to create fast and permanent results. She specializes in sleep issues like insomnia but deals with a variety of emotional and psychological problems in her work.

To give her clients the very best treatment possible, Debbie attends numerous workshops and conferences every year to keep up with the newest developments in the field. She regularly works with the top minds in hypnosis, both teaching them and learning from them so that her work remains cutting edge.

Beyond her clinical work, Debbie teaches a number of courses from her Toronto office to aspiring hypnotists and therapists from all over Canada and the world. She is a sought-after and effective teacher whose courses give students an unparalleled amount of hands-on and practical experience with which they can pursue their own work in hypnotherapy.

Those interested should call 416-760-8996 or email debbie@hypno-healing.com