



POSITIVE MIND MANAGEMENT HYPNOTHERAPY

W. Dennis Parker CHT

722 West Shepard Lane – Suite 104

Farmington, Utah - 84025

Contact Information:

Email: dennis@dennischts.com

Office Phone: (801) 628-0697

Dennis Direct: (801) 628-0693

MIND MANAGEMENT ... Quick and inexpensive personal empowerment tools creating FREEDOM

BENEFITS:

- Save time
- Save money
- Enable permanent change and improvement
- Teach and coach people to govern themselves
- Foster independence and self-sufficiency

Mind Management teaches new mental and emotional skills which are used as new tools to help people of all ages and backgrounds overcome and be free of:

-Fears and phobias including:

- Separation anxiety & homesickness
- Fear of Rejection
- Fear of the unknown
- Fear of the future, and so forth

-Self-limiting beliefs

- Self-Confidence and Self-Esteem Issues – “I am not good enough”
- Shut down and eliminate useless mind chatter

-Debilitating maladaptive behaviors

- Conquer Pornography and Self-abuse
- Sleeping difficulties
- Weight loss issues
- Smoking cessation
- Gambling and electronic game playing
- Other unwanted and damaging time wasting behaviors

-Desensitize emotions from abuse and past traumatic experiences

- Grieving and other unresolved issues such as death of a loved one, divorce, abandonment
- Eliminate Hopelessness, Desperation, Despair, Feeling Stuck and Inhibited

-Stress Reduction

- Learn relaxation skills that give rejuvenation to the spirit and the body
- Overcome psychosomatically induced illness caused by emotional stress

-Non-medical solution for ADD and ADHD – Increase focus and concentration

-Pain Control – Both Acute and Chronic – Painless Child Birthing – Migraine Headaches

Teaching principals and skills and providing tools that enable people to manage their minds, attitudes and habits.

Endorsements:

- "I've been to various counselors over the past 30 years looking for solutions and healing for several childhood traumas that have been life altering. It seemed like I was sentenced to drag around this "dead wood" for the rest of my life. Through the recommendation of my Bishop and Stake President I met with Dennis Parker. My understanding of hypnotherapy was extremely limited. I soon learned that this method is actually something that could heal and resolve my early traumas. These early childhood events had caused me to become "derailed" in my thought processes about myself and others. As I identified these issues, they began to fill in the puzzle pieces as to my personal belief system that dominated my thought processes and actions. It was an incredible experience to understand how truth can set you free. The process of discovering how my thoughts generate feelings, our imagination will amplify these feelings, and then we act them out has been life changing for me. For the first time in my life I feel healthy, whole and ready to look forward down my path rather than behind. The mind chatter that dragged me down all day long is finally silenced. I have the power to keep myself living in the present and not the past. I have the power to be happy, loving, kind, empathetic, and generous any time I need to be. I have better clarity, purpose, and a healthy belief system of myself. I'm learning techniques that will reinforce my "Belief filter system" to protect myself from lies and misconceptions. In each therapy session I felt in complete control of my memories, and ability to navigate the process of healing them. This is the first time in my life that I actually feel free from my crippled perceptions of myself and others. I'm finally able to love with all my heart, because my heart no longer hurts. I completely recommend this type of therapy for anyone."
Ward Relief Society President - P

- As a bishop counseling with individuals who are battling various behavioral problems, having a resource like Dennis Parker has been a real blessing. From couples trying to make changes for the survival of their marriage, to individuals trying to break free of addictive habits, Dennis has been able to provide an approach to their problems through hypnotherapy that has proven to be both effective and timely. Positive results have come quickly as these individuals have applied the skills they are taught for making difficult changes in their lives. Dennis recognizes the need to couple his techniques with the spiritual counsel for which I am responsible, as we work together to assist these people in overcoming their challenges. I am very grateful for the skill, insights, and sensitivity with which Dennis helps me bless the members of my ward who stand in need of a little extra help from time to time.

Bishop Kyle Naylor
Centerville Utah Canyon Ward

- For more than fifty years as an attorney, an elected public official, and as Chairman of The Lighted Candle Society I have been actively involved in the battle against pornography. I am frequently asked to recommend to parents and ecclesiastical leaders a therapist that I am confident could assist a loved one who has become involved with pornography, become free of its influence and effects. I know many therapists who are well trained and extremely competent. Dennis Parker is the only therapist that I know that has consistently been able to teach a victim of dependency upon sexually explicit materials new mental skills, as tools, that work consistently to desensitize the temptations to be involved in such things. The most important

result of Dennis Parker's therapy is his ability to train the victim on how to overcome the temptation to return to involvement with obscenity.

John Harmer, Chairman
Lighten Candle Society

- Through my service as a Bishop and Stake President the past several years I have counseled with hundreds of people dealing with marital, parental, suicidal, depression, self-esteem, and separation anxiety challenges. The number of those battling pornography and numerous other addictive behaviors continue to escalate.

My efforts to assist the good people struggling with these difficulties have often included referrals to scores of different counselors and therapists. Unfortunately, after attending numerous counseling sessions and incurring a great deal of financial expense, a substantial percentage of the individuals referred for counseling have not overcome their problems, are still grappling with their addictions and remain dependent upon their counselors.

After being introduced to Dennis Parker I carefully studied his character and counseling procedures and then began referring people to his practice. The feedback and results from those I have referred to Dennis, along with many other individuals who have been referred by my fellow church leaders have been superb. Dennis' counseling techniques rapidly identify the root problems, teach very effective tools, instill personal accountability and typically resolve the issues in 2-4 visits. His methods are honest, spiritually rooted, fast and economical. He has assisted those I have referred to preserve their marriages, overcome their emotional challenges and conquer their addictions. A rapidly growing group of my young men and women are now serving successful LDS missions that would not otherwise have been able to do so without Dennis' counseling.

I recommend Dennis Parker, without reservation and would be happy to provide additional information regarding my experiences regarding his results to any who would care to contact me.

John Hollingshead, President
Centerville Utah South Stake
801-859-2377
jchollingshead@gmail.com

To Whom It May Concern:

Our clinic, Solace Emotional Health, provides mental health therapy for sexual addiction, marital quality, and ancillary symptoms of depression, anxiety, and trauma. Our therapeutic approach with these issues consists of 2 layers: (1) helping the patient develop critical skills to manage emotional surges (rather than being managed by them); and (2) to address the emotional and cognitive undercurrents that often undergird dysfunctional and unwanted behaviors. However, if a troubling or traumatic experience has

been repressed, forgotten, or imbedded deeply into a patient's subconscious, it can be difficult and very time consuming to identify and dissolve the dilemma.

We have found that Dennis Parker's hypnotherapy, combined with his unique "Spiritual Mind Management" program, quickly identifies unconscious emotional undercurrents, skillfully desensitizes them, and adds an extra layer of emotional management that provides confidence and permanence to patient's recovery efforts.

Recently, Dennis worked with one of our patients that had been diligent in daily recovery efforts for several months, but had not been able to sustain his sexual addiction sobriety for longer than a week. In just 2 sessions of hypnotherapy, Dennis helped this patient identify a deeply buried issue, desensitized it, and instructed the patient how to better manage unwanted thoughts, memories, and emotions. To date, this patient has not had a relapse.

Another acquaintance stopped by our clinic, suffering with night terrors and unbearable cravings to relapse (after almost 2 years of sobriety). She had been given the financial approval for 8 sessions at another agency. She agreed to meet with Dennis Parker for a session or two, in an attempt to identify a specific issue to work on, thereby accelerating the effectiveness of her pre-approved therapy program. She had one session with Dennis Parker. In a follow-up phone call, she said, "the nightmares and craving are gone. They haven't returned. At this point, I don't think I will need any more therapy."

Dennis Parker is skillful, effective, and extremely efficient in his hypnotherapy and "Spiritual Mind-management" approach.

J. L. Redd, Ph.D., CMHC

Solace Emotional Health - 801-785-8885

Sutton Clinical Services - 11/2/2014

Dennis,

First of all, I want you to know that I was a huge skeptic before I saw your work. I was relating hypnotherapy too much to what you see in the stage shows. At our office we provide counseling to children, adolescents, and adults, most of whom have suffered great traumas in their lives. In many cases, the mental health therapies we were using were not helping them overcome their trauma symptoms as quickly as we would like. When you offered to come to our office once a week, although I didn't have high expectations, I agreed.

I was so surprised at the rapid and amazing results I saw on that first day. My husband had struggled with guilt and extreme sadness due to the death of his son eight years earlier. This was the first thing he chose to work on. In less than a half-hour his sadness was replaced with a sense of peace and acceptance. The guilt was gone and he was able to think of his son without reliving the trauma of his death. This is just one example, but there are many others just as dramatic.

Thank you, Dennis, for opening my eyes to a very useful and effective treatment approach.

I have changed from a skeptic to a believer and am delighted with the results I have seen with the clients that you worked with as well as the ones that I am now, working with using hypnotherapy. I appreciate your hypnotherapy school and the in-depth training that you give.

Respectfully,

Patricia Sutton, MHC
Sutton Clinical Services

Comments from an LDS Missionary Elder currently serving in the mission field, who has had constant self-abuse issues for many years and was still experiencing the problem. We did some sessions over SKYPE. He is fully on track and has his temple recommend again:

Hello Brother Parker,

The last couple weeks have been absolutely amazing, I have been doing very well and remain true to my covenants, in fact I get my recommend back tomorrow.

I have been transferred to a new area, I am now up in _____, and it's really beautiful here by the coast. There are a lot of people here and we have already been able to build up our teaching pool. The work is going very well, we have a baptism scheduled for the 28th, and the ward has been very supportive.

I am really appreciative of the help that I received from our sessions, your book, and CD. I have struggled with my issue for a long time and am now relieved to have effective strategies to fight back against the temptations of the adversary. At first I wasn't so sure how hypnotherapy would help me, but I quickly learned that this was going to help me a lot with what I was going through, and will also help me with later issues in my life.

It took a few weeks to understand and practice the Mind Management techniques, but once I got the hang of things and understood how to handle the situation, I was able to put aside and control my old habits. Honestly though, I feel so much better now, because I have so much more control over who I am, and what I desire to be. I am much more confident and very pleased with my way of life. It has been an amazing blessing! I know I will continue to read over what I have been taught so it stays fresh in my mind.

I'll keep in touch,

Elder _____,

My name is Brandy Brandon and I am a full time student at Dixie State University finishing my bachelor's degree in Psychology with plans to go on and receive a PhD in Neuropsychology.

In November of 2013, my father sent me a link to a presentation by a man from the Certified Hypnotherapy Training School in Farmington, Utah. I put it off continually believing it would be a waste of my time, I finally gave in the first part of January 2014. After I listened to it, I was intrigued so I looked around on the website and learned that Dennis was currently holding school sessions right here in St George, so I called him up immediately and asked him a few questions, then set up a time to go and attend one of the classes to see what I thought. I was there for one day, and was immediately hooked. I was so amazed by what had taken place and in the short amount of time, that I knew it was for me.

I love psychology and how it affects the brain however I couldn't see myself helping people by sitting in an office session after session accomplishing very little. So when I saw Dennis work through an hour and a half session and seeing a noticeable change in the client when he was done, I knew that I was going to become a hypnotherapist.

I got home and went online to research all of the schools across the country to see how they compared to the Certified Hypnotherapy Training school. There was no other school like this one. The professionalism of the school was far beyond any of the others. The amount of training you receive and the availability of instructors to help you out were just a few things that stood out.

I signed up, but I was only able to attend a few classes while Dennis was in St George so I took the books and began reading Spiritual Mind Management in between the classes I was able to attend. As well I listened to White CD's for weight management and Self Esteem. I was not prepared for what happened to me. The book gave me a well thought out and easily understood explanation of the process of Spiritual Mind Management. And the CD's began drawing the issues I was ready to deal with. When I was finally able to attend the summer courses, it worked well for me because I was able to attend the courses on line from 400 plus miles away.

I met so many people, made so many friends and witnessed many transformations including my own right there in the classroom. It was hard work and Dennis was a tough instructor making sure that we knew the material, but more importantly were comfortable using it. He stands behind his process and for good reason, it really works.

I finished my training and became certified through ACHE. I immediately started to have clients call and set up appointments. They were hearing that the amount of time it took to work through your issues was very minimal. I had a client who was finally able to confront the pain in her feet and located the reason for it. Another client is a well-respected lawyer who needed help with his lack of focus only to clear issues he didn't even know had existed. A lady who learned of her adoption was able to see things differently when she was done. Working with spiritual mind management techniques has allowed my son with autism to see people in a different way than he had before, becoming less offended in social situations and being able to make good friends.

I am a single mom raising 3 teenage boys, one who has autism and an 8 year old daughter. This program allowed me to have more time with my kids as well as help them in their lives. Dennis has continued to be a mentor for me even after my certification was finished which helps with my confidence to continue to do this great work and help people everywhere. Brandy Brandon

I am currently attending Dennis' hypnosis training classes and feel that this is the first time a course has exceeded my expectations. I find Dennis to be an incredible teacher, with a lot of experience in the hypnotherapy field. Above all, he has a profound understanding of the processes that govern our inner programming and how to resolve them. Unlike other teachers that I have previously talked to, he "walks his talk," and to me that is a sign of a true mentor!

I look forward to continuing to explore the hypnotherapy world and its potential, and I continue to challenge and ask many questions. I also hope that we can find a strong scientific basis for what is happening in the hypnotic processes that helps so many people, me included. By so doing, not only will we be able to bridge between two seemingly different disciplines, but we could open a door to a better understanding of people in general, having more healing options, and making the life journey a wonderful one! – Dan Kaufmann, Ph.D.

(Dr. Kaufmann is a university research scientist in the area of migraine pain control. He graduated from CHTS as Clinical Hypnotherapist in December, 2013.)

I have been testing the effects of clinical hypnotherapy for several years with Dennis. The brain changes and becomes more coherent, synchronous, and clear. The role of the subconscious in sports is tremendous. Having tested and worked with the conscious mind for 30 years, I am grateful to have these techniques [Spiritual Mind Management] to work with the subconscious mind and unite the conscious and subconscious minds! – Dr. Debbie Crews - (Dr. Crews is a Sport Psychology Consultant for the Arizona State University Men's and Women's Golf Team and a Research Analyst with Kinesiology at ASU.)

During the day, I work as a school psychologist. As a school psychologist, most of the programs I have are maybe 10 sessions long or 16 sessions long, so it takes a good deal of time. I was amazed my first night of class when I came here and watched Dennis do in one or two hypnotherapy training sessions what it takes me weeks to accomplish.

On a personal level, I was able to overcome some of my own self-limiting doubts and beliefs that I had since childhood and learn how to manage my mind so that I can take care of those same problems in the future if they come back.

Even if I never use these skills in a career, it has been worth it to know that I can help my friends and family and myself. I would recommend this school (CHTS) to anyone that wants to learn more about themselves or wants to learn how to help people to change their behaviors. – Deanne Smith

[Our staff] had a clinic retreat with Dennis Parker on hypnosis. We wanted everyone here at the clinic to know and understand what he does and how hypnosis works.

I personally am a big fan of hypnosis. I know it is very effective and very helpful. I think there are a lot of misconceptions about hypnosis, and a lot of fear. I think one of the greatest things that Dennis does is in his explanations of what it is, where it started, and what's involved, so that people can understand . . . what they are to do and what they're getting into.

Before this, I didn't understand how group hypnotherapy worked.

I have done individual hypnosis training and a lot of hypnosis with different types of people. First, I want to say that Dennis is one of the best [hypnotherapists] that I have ever worked with, which is why we have him at the clinic. We like only the best at our clinic. But I was a little skeptical about the group thing, because I didn't know how that would work or if it was effective.

But the thing that is interesting about group hypnotherapy is that he does a group process to get everybody in the right mode and learning how it works. Then he will take individual people and help them, and the other people in the group are still working on their issues at the same time, utilizing the questions asked of the person he is working with at the moment.

For people in the group, it was a fantastic experience because they could work on stuff at the same time he was working with someone else. It is very effective and very good. Plus it helps people become more comfortable and see that everyone has issues, and everyone has problems. We all need help to "get real!" It's a fantastic experience!

Dennis is very experienced, and he does great work. - Martha Bray, NP (Martha is a Nurse Practitioner and owner of the Advanced Health Clinic in Farmington, Utah)

I have taken many courses over the years, and I am more than impressed with the curriculum of the Certified Hypnotherapy Training School. Dennis Parker presents this work in a very personal and educational matter with a great deal of clarity, information, and demonstration. I highly recommend this course. - Dr. Stanley M. Cusak, D.C., B.C.O.

I have always been interested in hypnotherapy, and when I saw the ad in The Salt Lake Tribune, I registered for the courses. I am a Registered Nurse. I feel like I can really help my family with these processes. Especially, I joined to help my family, but I also want to help several neighbors in my community.

The most beneficial part of the training has been to watch people in live hypnotherapy sessions. They come away with a whole different attitude when they're finished. It is amazing to see the transformations!

The most amazing thing I've seen is the person who came in last week as a school case study client who was very distraught. She felt like she was just really bad. She came to realize that it was just a false feeling that she had been experiencing. Her understanding and change came through hypnotism and the hypnotherapy processes.

Personally, I love it when Dennis does the group sessions, and we can all be hypnotized together. I have enjoyed all the different hypnosis and hypnotherapy exercises. It's all been good! - Charlotte, RN

Attending Certified Hypnotherapy Training School was one of the best decisions I have made. I feel very prepared to go and practice as a hypnotherapist. I also love having sessions that cleared my thinking. I feel like I have learned 10 years of knowledge in two months. Dennis and Susie were so enjoyable to be with, and I am grateful for them for teaching me so much. - Lisa Frei

The past 2 months with Dennis, his wife Susie, and the other students in the class have been transformational! Without a doubt, Dennis really knows his stuff and is able to inspire and educate in a very comfortable way.

If you are reading this because you are interested in taking the course, I highly encourage you to act on your intuition and enroll right away. It will be good for you and good for your family, friends, and other loved ones whom you will be able to help with your new-found skills. - Alan Strebeck

This school has changed my life in every way you can imagine. Hypnotherapy truly allows you to be free, happy, calm, and relaxed. I am now a non-smoker, better mother, and I love who I am, all because of my training and personal hypnotherapy experiences in this school. Thank you for assisting me to change my life and teaching me to know how to assist others to do the same. - Paige Rogers

Hypnotherapy school teaches self-mind management skills, allowing individuals to move forward in many aspects of their lives. Changing perspectives, by using the tools learned through hypnotherapy, fosters lifelong habits of freedom and growth. Experiencing this personally, in addition to helping others find the power within them to find their own answers, has been beyond rewarding! - Robyn Erickson

I have discovered that with exercising the power of our minds and love, you can accomplish anything. Hypnotherapy needs to be part of education, so that youth can learn how to recognize what is going on in their minds and the effect of those thoughts on their behaviors. - Bianca Chavez

I am impressed with the many live therapy demonstrations, and that students also underwent several therapy sessions, which enabled us to know firsthand what the client experiences. I was surprised at how simple and easy, yet effective, the techniques were, and especially how fast they work. I plan to use my skills to help my family and friends, and also pursue a career with hypnotherapy. - Micah Ball

TESTIMONIALS FROM HYPNOTHERAPY CLIENTS

I have suffered from migraines since my early 20s. About seven years ago they got so bad I had a migraine almost daily for over a year. I had all of the tests done, MRI, heart bubble study, CT scans etc.; but nothing showed why I was having such bad migraines. I have been on all of the different prophyl- lactic medications for migraines, as well as acute medications for when they hit. All of the medicines I have taken have had bad side effects, some that I am still dealing with after stopping the medication years ago, and none of them took away my migraines. I have had to just learn to live with them, and occasionally I've been so sick I've had to go into the ER for stronger medication. But even those don't get rid of my migraines; just help me sleep so it's duller when I wake up.

Then I started my hypnotherapy with Dennis. I knew to expect migraines because every time I talked about past emotional problems, it magnified my migraines by at least 10. The second time with Dennis I just mentioned my migraine, so he had us work on that first. He got rid of my migraine that day, which in and of itself was amazing. But I haven't had one since, which is even more amazing! I haven't gone this long not only without a headache, but without a migraine, in as long as I can remember! If this were the only benefit to hypnotherapy, it would've been enough, but it's only a small part of the benefits! I would recommend this to anyone experiencing pain, emotional

problems, anxiety, depression, low self-esteem... basically, you name it, and you can learn to control it! Mindy S.

- To Whom it May Concern,
- I have a son who is 23 and has had A.D.D since he was about 4. He has very impulsive behavior and it appears often that he doesn't have a thinking brain that knows right from wrong. He's a very good kid who is very likeable and fun to be around. He is currently in trouble with the law and on probation with 2 DUIs in the last year. He is in debt up to his ears and usually avoids attempts to resolve the debt.
- I heard about Dennis Parker from a friend. I scheduled a visit for my son with Dennis and the very next day he organized all his bills and called the bank to arrange the return of the car that they have been trying to repossess for over 6 months. I had been trying to encourage him to do this for the entire 6 months without success and he did it immediately after one Hypnotherapy session with Dennis.
- My son mentioned that he feels that the cloud of foginess has lifted and he feels so much better. Thank you, Dennis, for the work you do to help others using Spiritual Mind Management. Sincerely, M
-
- Marriage is so much better– I learned that it's okay for me to enjoy my spouse! What a revelation. Also, I've been off of sugar for about 5 months now, and I'm at so much more peace with myself. –Kim G.
-
- I have not felt this comfortable with myself ever. This class has brought wonderful knowledge to me. I am able to utilize this in my everyday life. This class is worth every penny. –Crystal Y.
-
- I am really impressed with Dennis – his knowledge, presentation, and abilities. I felt he was compassionate, yet firm and was able to get through to me when I wouldn't let others. This seminar is great and I am glad I took the opportunity to attend. –Jolene D.
-
- This was an amazing course. I have benefited greatly over the last 20 years from counseling, workshops, support groups, and plenty of reading; but this was the quickest most effective tool I have ever used. –Dawn S.
- This was an amazing course. I have benefited greatly over the last 20 years from counseling, workshops, support groups, and plenty of reading; but this was the quickest most effective tool I have ever used. –Dawn S.
- Fabulous, fabulous, fabulous, class! Life-changing, empowering processes. I'm forever grateful! –Stacie S.
- The other very special person was our Hypnotherapist. He was calming, supportive, and gave me a look inside myself that has changed me forever. I know you could be skeptical. I was, but I'm a 53 year-old grandmother, business owner, mother, and busy woman, and I'm telling you this was fantastic! The weight and inches I have lost are only a part of what I have learned. Living better, healthier, and happier are your final rewards. –Ida D

I would like to share some wonderful experiences I have had since learning the simple technique of self-hypnosis with Dennis Parker at Certified Clinical Hypnotherapy Training School.

I was scheduled to have foot surgery that I was told would be a very painful recovery. There was even an episode on Dr. Oz that they had said that it was one of the most painful things there was. I began imagining the surgery as a very simple painless procedure. I saw the amazement and felt the excitement at how well I was doing.

When I had the surgery it went without any complication and I did not have any pain. I had told the doctor that I would not need any pain pills. He insisted on giving me a small prescription of 10 narcotic pain pills and said you really might need them. My husband had the prescription filled for me and said it would probably be best to take one and stay on top of the pain for when the block wore off. I went ahead and took one but honestly did not feel that I needed it. I took one more at bed time as my husband thought it would be a good idea to stay on top of it. That was the last pain pill that I took. It has been six weeks and I have never felt the need for a pain pill. My discomfort has been very minimal. People who have had the same surgery are amazed.

I went to the doctor on a follow up visit at about 4 and ½ weeks. I had to have a cortisone injection along the side of my foot up to my toe. If you have ever had a cortisone injection they can be very painful. It is a slow thick solution with a pretty good burn to it. As soon as the doctor said that is what he was going to do, I quickly put myself in trance and went on my beach vacation! I did not have a moments discomfort and actually did not want to have to leave my relaxing state. My husband was with me and was completely amazed. He said, I watched your face the whole time and you never changed expression or had even the tiniest of wincing. The doctor asked me a couple of times if I was alright. I returned for my six week follow up and had to receive another injection in top of my foot. Once again I quickly went into trance and went on another wonderful vacation!

It is so amazing to be able to manage pain with self-hypnosis! I am so excited to continue to experience the benefits of hypnosis and be able to help guide others to do the same with clinical hypnotherapy.

Debra Bertoch