



401 North Ewing Street
Lancaster, Ohio 43130
www.fmchealth.org

NEWS RELEASE

Contact: Donna Stalter
Fairfield Medical Center
Public Relations Specialist
(740) 687-8108
donnas@fmchealth.org

release)

(For immediate

NEW HYPNOTHERAPIST AT THE CENTER FOR HEALTH AND HEALING



LANCASTER, Ohio (July 29, 2008) – The Center for Health and Healing is proud to welcome a new member to their team, Certified Hypnotherapist, Lainey Ebright. Lainey joined the Center for Health and Healing office at the beginning of this year. She brings a great deal of experience to Health and Healing due to the fact that she has 20 years experience in holistic, alternative health. She also holds advanced certifications in Smoking Cessation, Stress Management, Medical Hypnosis, and is a Certified Grief Services Provider.

Lainey graduated with a Bachelor of Science Degree from The Ohio State University in 1964. She received her hypnosis training at St. John's University in Springfield, Louisiana, and the Omni School of Hypnosis in Deland, Florida. Additionally, Lainey has affiliations with the following organizations, National Guild of Hypnotists, International Medical and Dental Association, Hypnotherapy Association, and The Pickaway County Chamber of Commerce.

The modern definition of Hypnosis is the triggering of the imagination through self-suggestion in order to open the mind to new ideas and change. Lainey stresses the fact that there is no loss of control or persuasion to entice a person to violate core beliefs. Hypnosis is effective for many different areas, conquering your fears, stopping bad habits, decreasing pain, grief management, regression, building confidence, surgery preparation, study & test-taking improvement, memory, MRI claustrophobia, dealing with stress and

nervousness, overcoming medical/dental fears, and public speaking.

Lainey instructs a Weight Control Management and Smoking Cessation Program that offers a one-time fee that is waived if any participants feel they need to go through the program again (space permitting). In the Smoking Cessation program, participants receive training in self-hypnosis, stress management and positive self-talk, as well as hypnosis for elimination of the smoking habit. It also includes relapse prevention preparation and Lainey's original reinforcement CD. The popular Weight Control Management Program includes training in empowering self-talk, strategies for small changes that make noticeable differences, mind-body relaxation techniques, practical ideas/information, and hypnosis. Participants receive relevant handouts and Lainey's original reinforcement CD. If you have any questions about hypnosis or any programs at Health and Healing, please call Lainey at (740) 687-1337.

###