

## **Spinal Column, *One minute interview***

### **Commerce Hypnotherapist Works With Athletes, Smokers And More**

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BY ALI ARMSTRONG EDITOR



*The following are excerpts from an interview with owner of MTU Hypnosis, Nicol Merline*

*Nicol Merline, owner of MTU Hypnosis, works with individuals dealing from a myriad of issues including: smoking; weight issues; stress; insomnia; panic attacks; and more.*

***Can you tell me a bit about yourself and how you got started in hypnotherapy?***

“I got started in it like very many who are in my profession, searching high and low for a solution to a problem. I had a skin disorder called eczema for over 30 years. I had eczema over 50 percent of my body and I was also allergic to metal. I ended up in this class called mind dynamics, but it was really hypnosis. Going in, I was very skeptical. I used to be a teacher, a science and math teacher, and since I am so analytical and science orientated, I kept asking questions. I was questioning everything. I would be what you would call the total skeptic. We only had a two-day class, and in two days my skin was healed. I was totally blown away by it. It was a miracle. I’ve come to learn that when you use your own brain, you can really make huge changes. Once I took that class and my skin healed up so fast, I was hooked. I wanted to learn all I could about it. I have a bachelor’s degree in education in the fields of biology and math, and I also have a master’s degree in educational leadership. I actually decided after I got the degree that I would rather be a hypnotist. I retired from teaching and I started my business.”

***Can you tell me more about the process of hypnotizing someone?***

“There are steps. The first step is the induction and you have to focus on something. It doesn’t really matter what. It could be a spot on the ceiling. Anything. You get them into a relaxed state and when you get into a relaxed state your brain waves slow down. You have them focus on something, you do induction (which is largely relaxation,) and through that state you do what some refer to as programs. I have my client sit down and write what they want. If someone wants to quit smoking, I have them write down the benefits of not smoking. Hypnotists need to have a good education and they need to know what they are doing. If you are good at what you do, you know other ways to do it. Everybody that walks in here is not always the same.”

***Is there anything you require of someone before you hypnotize them?***

“I need to know they can listen. I need to know they can follow directions. I need to know that they really want to change because if you don’t really want to change, you’re

not going to change. You can't force hypnosis on someone. If you are fighting it you are not going to get the benefit."

***What is the most common issue that your clients come in to resolve?***

"The most common thing is smoking and weight loss. I also work with habits like fears of flying, heights, animals, claustrophobia, public speaking, insomnia and pain management. I didn't start thinking I would be working to resolve this many issues, but there are so many issues that are resolvable through hypnosis it's astounding! I have worked on drug addicts, alcoholics, individuals who have had relationship problems. I've also worked with all kinds of athletes. My objective is to help these people get their solution in one session."

***You recently conducted a study called the Virtual Gastric Band Hypnosis Study, which studied weight loss through hypnosis.***

***Can you tell me more about that?***

"I learned Virtual Gastric Band Hypnotherapy a couple years back. It started in the UK. So many people are turned away from getting bariatric surgery because they are not capable of going through such an operation, they are not well enough or they can't afford it. There are a million reasons. Through Virtual Gastric Band Hypnotherapy participants get sessions. In a 21-day period I did a study of 20 people. They came once a week and they had to give me their weight each time. Basically they were eating three golf ball-sized meals a day. The least anyone lost was five pounds in 21 days. The most anyone lost over 21 days was over a pound a day at 23.5 pounds. The average weight loss was almost 10 pounds."

***What would you say to someone who is a skeptic of hypnotherapy or nervous to be hypnotized for the first time?***

"Bring it on! I am so use to skeptics. I can show you the books stacked this high of all the clients I have seen for a number of different issues. Some people have tried hypnosis before and they didn't get what they came for when they have gone elsewhere. I am not claiming that I am able to resolve every person's problem who ever walked in this door, but I do my absolute best to do it because it's in my best interest that people get what they want. There is so much myth about hypnosis because a. people are generally afraid of it and b. they think they are going to do stupid things like quack like a duck and bark like a dog, in which case I always tell people I'd have to charge them extra. If you take the pressure off people fell better. But nobody is coming in here to do stupid things. It's not about me taking control of you. You have to let me help you."

*Nicol Merline is the owner of MTU Hypnosis, located at 8585 PGA Drive in Walled Lake. A no cost 45-minute screening, to determine the likelihood of success using the MTU Hypnosis process, is required of all prospective clients. To see client testimonials visit [www.mtuhypnosis.com](http://www.mtuhypnosis.com). For more information call 248-568-0831*