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## Business briefs



Nicol Merline is the president of MTU Hypnosis in Walled Lake, which is celebrating 15 years in business this year. (Photo submitted.)

Nicol Merline, president of MTU Hypnosis, first entered the field of hypnotherapy after searching for a solution to her eczema. She was first introduced to hypnotherapy in the early 1970's through a class called "Mind Dynamics."

"Going in, I was most skeptical. I was a science and math teacher, and since I am very analytical and scienceorientated, I questioned everything," she said. "I would be what you would call the total skeptic."

After the two-day class, Merline was surprised to see her skin had returned to normal. She was hooked. "I wanted to learn all I could about hypnotherapy," she said.

Merline began traveling the country taking courses on hypnotherapy, and began conducting special courses on the principles of hypnotherapy for Livonia Public Schools. Helping students resolve negative attitudes, anxieties, low motivation, memory issues and

mental blocks was the objective.

"My keen interest in the field of hypnotherapy grew and grew, largely due to the popularity of these mind courses and the positive effects observed in the students," she said.

Merline has a bachelor's degree in education specializing in biology, and a master's degree in educational leadership. She is a board certified hypnotherapist, as well as a mental training coach for athletes and a stress management consultant. She also has a specialty in virtual gastric band hypnotherapy, emotional release systems and complementary medical hypnotherapy.

The most common issues she works on include smoking and weight loss. She also works with clients on fears, phobias, bad habits, self-confidence, sports optimization, public speaking, test anxiety, stress management, insomnia and pain management.

"I am so pleased to be able to continue to help people overcome life's most pressing personal problems through the powerful use of their own subconscious," she said.

*MTU Hypnosis is located at 8585 PGA Drive in Walled Lake. For more information, visit [www.mtuhypnosis.com](http://www.mtuhypnosis.com) or call 248-568-0831.*