Successful Hypnotherapist, Dr. Dianne Ruth, announced she’s converted her entire practice exclusively to hypnosis and hypnotherapy by phone.

(Newswire.net -- December 10, 2014) San Diego, California -- Dianne Ruth, PhD, has been treating patients for anxiety from her office in the San Diego area for many years. She has now announced that she is converting her entire practice to Phone Hypnosis, which is proven to work well over the telephone. Dr. Ruth reports that concentrating on phone sessions will save patients time and money as well as enhance the privacy of their sessions. The change will also make treatments possible for everyone no matter where they are located.

Dianne Ruth is a Doctor of Clinical and Counseling Psychology with many certifications, 24 so far. She has a 97% success rate using life coaching and holistic counseling methods. According to the National Institute of Mental Health (NIMH) the average rate of success with mainstream traditional therapy is only 20%. Dr. Ruth has a deeply personal approach to her practice. She even answers her own phone. Clients can reach her directly most of the time. Her voice mail is completely confidential with no one else having access to it. Her professional credentials are supported by a personal history of coming to her current field of anxiety care after having conquered a seven-year bout with anxiety and panic disorders. She has been there. Dr. Ruth’s story of her years in “Anxiety Hell” is told on her website dynamicresources.net

Hypnosis sessions by phone makes a great deal of sense and Dr. Ruth’s new policy of conducting all hypnosis sessions over the phone adds an important element of convenience for patients with extremely busy schedules as well those who prefer not to drive to and from appointments. All the patient has to do is close their door at the office or at home, get comfortable in a favorite chair, and have their session on the phone in total privacy.

Hypnosis is done with the voice. Many people who have tried it will report their eyes were closed the entire time. It isn’t necessary to look at the hypnotherapist. It is necessary to listen. In her explanation of what hypnosis is, Dr. Ruth explains, “The hypnotic trance state is a normal, natural, and frequently spontaneous state of mind. According to experts, we are in this commonplace trance state several hours every day. For example, whenever we become absorbed in a good book or movie, reminisce or go into memory, think about the future, daydream, are in pain, become emotional, get absorbed in a hobby or project and lose track of time, we are in hypnosis. During phone hypnosis you remain fully conscious, but are able to tune out distractions.”

Hypnosis can be used to deal with many concerns or problems. Some of these are changing thoughts or behaviors, stress management, emotional and panic problems, nerves, smoking, some weight control issues, inferiority complexes, sleeping difficulties and other situations where there is a psychological factor at work. Personal development can be helped with hypnosis or hypnotherapy in areas such as increasing energy, job advancement, positive thinking, self-esteem, performance sports and other activities. The number of sessions required to accomplish desired results will vary with the problem and the individual patient and should be discussed during the initial consultation.

About Anxiety Treatment & Care Doctor in San Diego

Hypnotherapy over the Phone. Drug Free All Natural Anxiety/Depression Solutions, Help & Relief, Coaching, Lifestyle Counseling, and Hypnosis by phone with a 97% Success Rate. For more information about phone hypnosis Call or Visit Dr. Ruth at her website. Her site also contains a comprehensive list of resources including tips on how to do self-hypnosis.

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