Dr. Dianne Ruth, a recognized hypnotherapist now provides hypnotherapy exclusively by phone for addiction, anxiety and depression sufferers.

(Newswire.net -- December 13, 2014) San Diego, California -- Dr. Dianne Ruth, a recognized hypnotherapist with Dynamic Resources, now provides hypnotherapy exclusively by phone for the treatment of addictions, behavior modification, anxiety and depression. She is offering highly professional and verified phone hypnosis service to busy clients, stay-at-home parents and people with disabilities. Also a very convenient solution for those who live in distant country areas. The best thing is that sessions can be enjoyed literally from anywhere: home, office, beach, car, train and even while on vacation.

The other reason Dr. Diane Ruth decided to introduce the practice of hypnosis by phone services, is an increasing demand from clients who prefer this absolutely private and confidential as well as practical method of therapy. More significantly, the method applied by Dr. Ruth is utterly safe, non-invasive, natural, drug-free and without any side effects. Also, what's not to be ignored is its price that is far lower than price of other types of therapy.

Impressively high level of success, 97 percent, within three to five months on average, according to clients' report, is just another strong indicator of the benefits of this method. In addition to saving time, money and making it available to everyone, Dr. Ruth’s therapy is emerging as the most helpful and trustful technique for people to recover and find enduring healing.

“Did you know that 90 percent of all life coaching is done by phone? And best of all, related therapies and hypnosis over the phone, is just as powerful and effective, if not more so, because of the greater degree of privacy and confidentiality that I offer”, explains Dr. Ruth.

Dr. Diane Ruth, who personally, triumphed over a seven-year battle with multiple anxiety disorders, holds a PhD in Clinical and Counseling Psychology. She is extremely dedicated to her vocation and constantly focused on acquiring new knowledge and skills as evidenced by an enviable collection of certifications, which she has in various fields. Among others she is also an Anxiety Care Coach and Short-Term Lifestyle Counselor, a Board Certified Clinical and Medical Hypnotherapist as well as a Board Certified Neuro-Linguistic Programmer (NLP). In addition, she has certifications and trainings in areas including guided imagery, Eye Movement, Desensitization and Reprocessing (EMDR), Thought Field Therapy, (TFT), Emotional Freedom Techniques (EFT, also known as “tapping”), Core Transformation, metaphysics, past life regression, future life progression and more.

This just proves that Dr. Dianne Ruth is truly committed to her work, and the biggest reward is certainly a large number of satisfied clients whom she helped to defeat their problems and to learn how to manage stress on daily basis.

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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