



RICHMOND HEIGHTS



Nurse Leader and Care Designer
RN, BScN, GDM, MBA

HYPNOTHERAPY & COGNITIVE BEHAVIORAL THERAPY

Benefits

Hypnosis can be an effective way to cope with stress and anxiety and as for cognitive behavioral therapy (CBT) it helps people learn to identify, question and change how their thoughts, attitudes and beliefs relate to the emotional and behavioural reactions that cause them difficulty.

- Pain control
- Hot flashes
- Behavior change
- Cancer treatment side effects.
- Mental health conditions

Contact Us

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