



Debbie Nesbitt RN, CH, NLP

Positive Dynamics
10000 NE 7th Ave, Suite 210
Vancouver, WA. 98685

Directions to Positive Dynamics

From Portland

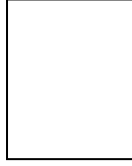
- I-5 North to Washington
- Take the NE 99th Street Exit (Exit 5)
- Left at bottom of ramp onto NE 99th Street
- Right on NE 7th Ave (signal by Chevron)
- Left into parking lot for H.H. Hall building (first left after the Chevron station)
- Suite 210 is across foyer from entrance

From Camas

- West on Hwy 14 to I-5 North
- I-5 North to NE 99th Street Exit (Exit 5)
- Left at bottom of ramp onto NE 99th Street
- Right on NE 7th Ave (signal by Chevron)
- Left into parking lot for H.H. Hall building (first left after the Chevron station)
- Suite 210 is across foyer from entrance

From Seattle

- I-5 South to NE 99th Street Exit (Exit 5)
- Right at bottom of ramp onto NE 99th Street
- Right on NE 7th Ave (signal by Chevron)
- Left into parking lot for H.H. Hall building (first left after the Chevron station)
- Suite 210 is across foyer from entrance



Positive Dynamics
10000 NE 7th Avenue, Suite 210
Vancouver, WA. 98685



*A Positive Approach
to Dynamic Change*

Hypnosis

Guided Imagery

NLP • EFT

Debbie Nesbitt
RN, CH, NLP

Certified in
Complementary Medical Hypnosis
Pain Management
HypnoBirthing®

www.positive-dynamics.com

Ready for a Positive Change in Your Life?

Perhaps You would like to:

- ➔ Quit Smoking
- ➔ Lose Weight
- ➔ Overcome Fears
- ➔ Improve Your Health
- ➔ Effectively Manage Stress
- ➔ Have a More Comfortable Birth
- ➔ Learn Pain Management
- ➔ Prepare For Surgery
- ➔ Increase Motivation
- ➔ Boost Your Immune System
- ➔ Increase Confidence
- ➔ Improve Relationships
- ➔ Address Negative Emotions

See how Hypnotherapy may help you achieve your goals!

Did you know that the American Medical Association approved hypnosis as a valid medical treatment in 1958? Research continues to show that hypnosis can be very effective in addressing medical, dental, psychological and even spiritual issues.

Debbie Nesbitt offers safe, confidential, client centered sessions using Hypnosis, Guided Imagery, Neuro-Linguistic Programming (NLP), and Emotional Freedom Technique (EFT).

Debbie is a Registered Nurse, Certified Hypnotherapist, and NLP Practitioner. She is certified in Complementary Medical Hypnosis, Pain Management, and HypnoBirthing®.

SO ... are you ready to make some positive changes in your life? Hypnotherapy may be just what you are looking for!

Call today for a **FREE** 30 minute consultation
(360) 513-9567

Check out the Positive Dynamics website for additional information and testimonials:

www.positive-dynamics.com

Frequently Asked Questions

What is Hypnosis?

Hypnosis is a relaxed, focused state of concentration. It involves focusing attention and awareness inward. In a state of hypnosis, a person is highly responsive to suggestion and can more easily access the resources of the subconscious mind.

What is Guided Imagery?

Guided Imagery is a way to access the subconscious mind through sensory-rich images with the intention of promoting mental and physical health.

What is NLP?

NLP is the art and science of personal excellence. It offers a roadmap for learning how to recognize excellence and apply it to your life.

What is EFT?

EFT is a technique that clears energy disruptions responsible for negative emotions. The process involves tapping on various energy points.

Disclaimer: Hypnotherapy can be used to support conventional medical / psychological programs. It is not intended to be a replacement for them. Debbie does not diagnose health conditions or prescribe treatments.