

“Dear Katherine, I would like to thank you for all your help and advices, I really needed them. Today after the end of the therapy, I can see the difference in me. I feel more confident, happy and I can say also that I am a different person. I can manage my stress and even if sometimes I have difficulties in dealing with other human beings, immediately I take control of the situation and I managed to communicate easily with my family.
Again, many thanks and I also thanks for giving me an opportunity to meet you.”

Ms A M – 48 years old (23 Nov 2009)
[Conditions: Stress / Confidence / Fear / Eczema]

“I really appreciate Madam Katherine that taught me what hypnosis is about and it gives me the knowledge and method to use it.
Now, I had no more issues about lost of sleep, and I definitely will continue to practice the method in my life.
Definitely, I will introduce this to any of my friends who has sleeping disorder or any other issues.
Finally, thank you for all!”

Ms P Y – 56 years old (14 Nov 2009)
[Condition: Insomnia]

“Dear Katherine, the first thing that it is important for me to tell you is that because I like you, and I felt from the start a positive chemistry towards you. I could be open to the success of the treatment.

As I mentioned to you, your voice played no small part in this, I am very focused on what I hear, and your voice is breathy and soothing while still having strength and purpose.

The session had taught me new things, as well as reinforcing things which I already knew. I have learned how important breathing is. There is simply no room for me to give myself positive suggestion or guide my thoughts if I am tight and tense. In the past, I have tried to force negative thoughts away, pushing my thoughts towards more positive ones. This is simply not effective when already blocked by tension. So one step of producing in myself first, a relaxed state, breathing deeply, etc., is one I cannot skip.

I have known for many years that how one thinks of a particular issue, problem or situation determines whether that issue has a positive or negative character.

This time however, I feel and hope that I have learned methods, acquired tools with which I can continually work towards achieving a more positive, open perspective towards issues which have troubled me.

It occurs to me that much of what has been on my mind dissipates when I am on vacation (although not at all of it). So I have decided to try something new; calling every day a “holiday”. Let’s see what happens!

Thank you for your personal efforts to understand and work with my particular situation. Overall, this has been a very positive and effective experience for me. Now I have got some work to do on it.”

Best regards
Ms S M – 52 years old (02 Nov 2009)
[Conditions: Anxiety / Stress / Confidence]

“I feel good and confident about myself after the six sessions with Katherine. I felt that all my negative thoughts about myself have replaced with positive ones. Now I know I have more self-control on my diet and no longer under the power of bingeing that I used to have. I have also gained energy from these sessions, which I used to feel tired easily without any reason.”

Ms S Lim – 33 years old (28 Oct 2009)

[Condition: Weight management]

“Dear Dr Chua & Katherine, I have the opportunity to start my therapy with Dr Chua. I really enjoyed the first three times with him. Appreciate the opportunity given to me to meet up with Katherine after the demise of her husband. He was always present during my therapy and I know that Katherine felt the same too.

I’m really happy with the result today because I’m feeling more confident and specially feeling great. I came here with a serious skin disorders and finally understood that the problem was not outside. I was always looking for external causes but in the end, the real problem was inside my mind and now I feel more than happy. Thank you so much. I decided to continue in the future put to use as a part of my routine.”

Ms A M - 48 years old (26 Oct 2009)

[Conditions: Eczema / Confidence]

“Dear Katherine,

The whole therapy has made me a changed person. I would say I am very much in control of my fear and anxiety. A more relaxed and calm person now. Also seen myself able to slow down in life sometimes and take a step back to relax myself. Really learned a lot and know that once I am in control, I should fear nothing.”

Mr N C - 27 years old (20 October 2009)

[Conditions: Anxiety / Fear]

“I feel a lot better since my session with Katherine. I tend to be able to take things in my stride better than before. Thank you!”

Mr O Y - 29 years old (19 Oct 2009)

[Condition: Anxiety]

“This hypnotherapy session have done amazing good things for me. I come to treat my sleeping problem. Now, I could sleep well and the most important of all is my relationship with my husband.

We live separately because of my negative attitude towards him and now we are planning to be together again by the end of the month with the help of Katherine Wong. Thank you so much.”

Ms T P – late 40’s (18 Oct 2009)

[Conditions: Insomnia / Anxiety / Relationship]

“One week or so before coming to Hypnae Center, I was having strong feelings/thoughts that I need help. I need change. Then I saw the advertisement in the Straits Times/Mind your body, I decided to come. I am glad I came. Now, I am more peaceful. My mind is not so racy or full. I felt some quietness within me. I feel light. At night, my mind is also less troubled or in a mess. I sleep better. On one or two nights when I have not had a proper sleep, I don’t fret. I just got up, do some work or watch T.V. then get back to bed. I feel happier also. And I would like to take this opportunity to thank Katherine for guiding me through these hypnosis sessions. May God continue to bless her and her work be fulfilled.

Thank you”

Ms R – 61 years old (13 Oct 2009)
[Conditions: Confident / Assertive / Positive]

“She is more confident at doing things on her own. Self motivate and more open-up.”

Ms I T (Mother of Miss M N)
[Conditions: Confidence Building / Concentration]

It helps me to be confident and I can relax. In examination, I can do my paper properly and I am more confident on doing my math and other subjects. I feel more relax in exams now.

Miss M N - 12 years old (29 Aug 2009)
[Conditions: Confidence Building / Concentration]

“I have learned from Katherine that hypnosis is not a magic but an approach to eliminate the negative thoughts that I have. It is all about how I think and how I want things to be. Thanks to Katherine that I now learn to “manage” my thoughts. I used to fear of heights and felt depressed. Now I feel really great! I truly enjoyed the sessions and greatly appreciated the efforts Katherine has put in for me!”

Ms G L - 43 years old (26 Aug 2009)
[Conditions: Confidence Building / Phobia of Heights]

“I have been feeling more positive about myself... I’m no longer as easily upset as I used to be. I think that I am more sure of who I am and what I have to do, and I know that I can do it. Thank you😊”

Miss P L – 15 years old (25 Aug 2009)
[Conditions: Self-esteem / Negative thoughts]

“Through the six sessions, hypnosis have helped me in having a clearer view and thoughts in how to deal with life in general, not only the problems I’m facing. I have learned to consciously be aware of the ‘devil’ or negative thoughts of mine. And have been practicing to be in better control over them and to stay positive. As therapist had said, a lot still have to depend on one self willingness and practices to reach a satisfying result. I am sure I will continue to use what have been taught and said in practice to be where I want to be. Thank you.”

Ms S N J Y - 33 years old (20 Aug 2009)
[Conditions: Relationships / Procrastination / Fear / Concentration]

“I have been taught to calm myself by concentrating on deep breathing – which I do often now. I try to let go of my negativity, not by concentrating on it. When the negativity comes – it is ok, just let it come for awhile, and move on. I am focusing more on the positive – not the negative, loss, lack of things.”

Mrs T L - 60 years old (5 Aug 2009)
[Conditions: Relationships / Negative Thoughts]

“Dear Katherine, since I did hypnosis, I found myself wanting to stay positive all the time. Even though I got my “low” moments, I will try to convince myself (on what you have taught me to) that “there is really no problem” and that all my problems are

phantom. Each night before I sleep, I would picture your gentle face and your kind voice would ring in my head "Go to sleep like a baby...." Then I will pray to God about it and it sort of helped me to relax and brought me to slumber. Thank you for your patience and I am glad to say that the therapy does help to relieve my anxious mind."

Ms C T – 38 years old (7 July 2009)
[Conditions: Insomnia / Positive Thinking / Anxiety]

"I can control my anger, relax better, focus better, I learnt how to control my temptation for things and to become a better friend, son and student. I've learnt to resist the temptation of stealing and now I just ask and I can get it! It's been six great hypnosis lessons!"

Mstr I T - 10 years old (2 July 2009)
[Condition: Anger Management]

"Daydream less, concentrate more, think more, not get angry easily, more creative, be more positive."

Miss S S – 7 years old (27 June 2009)
[Conditions: Concentration / Anger Management]

"I'm feeling great now compared to my 1st session here. I've managed to curb my urge to play jackpot and been able to tell myself "I'm not interested". This had given me a new lease in life. On top of losing the urge to play jackpot, I'm now able to handle stress at work. I'm now more organized in my work, able to sit down and think / analyze before jump start on decision-making. I'm now more confident in what I want in life and what I want to do. Thank you for your guidance and listening ears."

Mr E T – 32 years old (26 June 2009)
[Conditions: Gambling Addiction / Stress Management / Relationships]

"I feel better after going for this six session therapy. I felt better, more relax, more confident, less frightened and willing to do something with the help of my therapist. I find this program very helpful to me. Feeling great! I will continue to be more relax like before."

Miss M T – 11 years old (15 June 2009)
[Conditions: Anxiety / Stress Management / Anger Management / Confidence Building / Fear of Darkness]

"After few sessions we could see improvement on the child. He's able to control his temper. Willing to take advise and behaves better."

Mrs A L – Mother of Mstr G L, 7 years old (12 June 2009)
[Condition: Anger Management]

"Dear Katherine, I am really glad that I took the step forward in seeking your help in the management of my anger and the damages that it has caused with my eldest son. I have seen improvement in the quality of my life. It is like life has slowed down and there is a veil of calmness blanketing me when I experience flashes of anger. I am especially glad that my son is seeking joint therapy with you so that we can grow together in managing our anger and improving our relationship and bond. After today's session, I look forward to bring on my own and taking charge of my own anger and managing it instead of the other way around. God Bless!"

Ms S C – 41 years old (8 June 2009)
[Conditions: Anger Management / Relationships]

“Before embarking on a six session program with Hypnae Center I was ALWAYS filled with anxiety, in everything I did! It was so drastic that others would comment that I thought too much, that I looked so stress that I had to loosen up. But, to me... it was so in-built that I thought they were talking rubbish! Everyday I would attempt to tell myself positive things, but I never got a better result. It got to a point where I simply had to seek help, I couldn't live with myself if I continued to let this happen. Ever since the program, everything is anew. Not just anxiety... but literally everything! The way I look and approach things... I always thought I had a defect due to all my negative experiences in life, but that wasn't so! It was all the negative talk that brings me down! When I dance, when I read, in everything I do... I remember it all so clearly, I don't feel scared or anxious. It may sound too good to be true, but it is because I want to improve and my desire to be better remains, that's why hypnosis worked like a charm for me. Thank you Dr Casey and Katherine for your help! Without which I wouldn't be who I am today.”

Ms K T – 19 years old (28 May 2009)
[Condition: Anxiety]

“Dear Katherine, since coming here for the hypnosis therapy, I am feeling much relaxed and calmer. I am able to overcome those fear feelings and negative thoughts. I feel better now. Those butterfly feelings are very minimal now. Thank you.”

Ms J A – 46 years old (15 May 2009)
[Conditions: Panic Attacks / Anxiety / Negative Thoughts / Fear]

“After the very 1st session, surprisingly to know I'm able to receive my hubby calls and start to have a conversation which has been quite a while I haven't spoken to him through the phone.
Also realized while teaching or even going through my son's homework I'm able to talk to him slowly, not so anxiously, even the tone to him also had been softer.
I am able to hold my anger or not so easy to 'hot up' also part of the new life to me after hypnotherapy.
During the last session even though I had uncomfortable feeling over my stomach, but after the session, the feeling is gone and I felt so comfortable. Amazing! Thank you.”

Ms K M L – 42 years old (28 Apr 2009)
[Conditions: Anger Management / Relationship]

“I experienced unhappiness and was extremely down with problems I had in a relationship. The worst thing of all is that I had sleepless nights. I find myself angry most of the time and became extremely suspicious. I decided that I need help with the trouble I was going through to find “my old happy self” back again. I want to be happy again. In fact, the 1st hypnosis session works on me. Almost immediately I find I am able to divert my attention rather quickly whenever I start to think or behave negatively. Most important to me of all, I slept through the night since.”

Ms S N – 35 years old (17 Apr 2009)
[Condition: Anger Management]

“I've arrived at the Hypnae Center in a state and wasn't able to control for some time. At times I feel I was getting better but at times I just let it take over me. I had heard about hypnotherapy but remain a skeptic.

After completing the six sessions, or rather, even after the first session, I began to feel little differences in me. The way I felt, the things I react to, my reactions to things are all slightly different. The effects of hypnosis are not visible or immediately apparent to people around me, but is more so within me. I feel more relaxed, more able to give myself time to react to a situation instead of just reacting. I feel more in control and believe that there will be a satisfactory solution for most things. I give myself more time and space instead of being in a hurry all the time.

I'll continue to practice and maintain what has been taught to me. Thank you Katherine!"

Ms J T - 36 years old (15 Apr 2009)

[Condition: Depression]

**"I am able to let go better.
I am able to recognize myself better!
I am able to give assistance better!
I am able to tolerate others better!"**

Ms I V - 60 years old (23 Mar 2009)

[Conditions: Sleeping problems / Weight Management]

"Before coming here I felt really hopeless and anxious. Now I do not feel that bad. After the first session I felt there was some improvement in my anxiety. Although I'm not feeling really great right now, I am not feeling that stressful like before the treatment. I hope to see myself become a positive person from now on and to see improvement in my happiness following my hypnosis session here with my therapist – Katherine Wong. Thanks very much for your help Katherine."

Mr L K S – 61 years old (16 Mar 2009)

[Conditions: Depression / Fear of death and ageing]

"Dear Katherine, I have found tremendous improvement in my life since embarking on the hypnotherapy sessions with you. In particular, I have gotten my anxieties out of my life which has resulted in better quality of life for me! I am now able to "live the moment" and chart my life forward.

I have also learnt how to do self-hypnosis which is of immense value to myself. I will continue to apply this method of therapy on myself for continual improvement of my life!

Thank you so much for the guidance. You have made a wonderful difference to my life!"

Mr R T – 39 years old (13 Mar 2009)

[Conditions: Anxiety / Confidence Building]

**"To my dearest Katherine: When I first came to Hypnae Center, I'm not only feeling stressful but also having doubts with hypnosis. But, after the 3rd session I notice some changes in myself when I can control my frustration, keep reminding myself "it's no big deal". After the 5th session, I'm no longer bothered so much (though not completely) on the mess at home created by my parents. Today is my last session here and during the therapy, I'm feeling great and extremely relaxed. I'm more confident now and I'm ready to go out of my house to start my new life and start working. I'm really very happy that I'm "free" from stress now. All the thanks to Katherine, my therapist who has help me a lot. I really really appreciate it. THANK YOU VERY MUCH!
And all the staff @ Hypnae Center who are so friendly and helpful: Thank you very much! Take care!"**

Ms L M L - 39 years old (13 Mar 2009)

[Conditions: OCD / Anxiety]

“Dear Katherine, I walked into the center with the weight of the whole world on my shoulders, my mind was troubled and it felt as though I kept attracting endless problems into my life. I can’t say for sure that hypnotherapy cured me 100%, but I can say I’m improving bit by bit, and that is already an achievement for me. Thank you for your great patience, time and effort. I know that you sincerely wanted to lift me up from the ruins and help dispel all the negative thoughts that filled my entire mind. No matter how small the improvement is right now, I believe I can overcome everything and be back on my feet eventually. Thank you once again!”

Ms H - 29 years old (23 Feb 2009)

[Conditions: Confidence Building / Self Esteem / Anxiety]

“When I first came to Hypnae Center, I was lost in my direction (life’s). I needed change but I was overcome with fear, anxiety. I’ve lost about 50% of self confidence. Hypnotherapy have made me gain my confidence and made me see my directions clearly, without any setbacks. Mapping out my directions for the future is no more a problem and I can feel at ease within myself. It motivates me.”

Ms F B - 56 years old (31 Jan 2009)

[Conditions: Confidence Building / Self Esteem]

“Dear Katherine, what I really liked about the hypnosis was getting positive reinforcement in such an intense way. It gave me the ability to catch myself when I get down, feel frustrated, angry whatever. And I can say to myself I will be okay or I can do this or don’t give up. I can stay calmer longer than before and I can calm down faster than before. I will take this experience with me into my future. Thank you and all the best.”

Ms D W – 39 years old (10 Jan 2009)

[Conditions: Self Esteem / Anger Management / Anxiety]