

# VALADE HEALING ARTS CENTER

Daytime and evening  
appointments are available.

If needed, in-hospital therapy  
is provided.

**313-647-3320**

Cheryl Beshada, CMHt  
Certified Medical  
Hypnotherapist



Valade Healing Arts Center  
19229 Mack Avenue, Suite 30  
Grosse Pointe Woods, MI 48236

Phone: 313-647-3320

Fax: 313-647-3322

[stjohn.org/ValadeHealingArts](http://stjohn.org/ValadeHealingArts)



**VAN ELSLANDER  
CANCER CENTER**

  
ST. JOHN  
HOSPITAL  
& MEDICAL  
CENTER

## Medical Hypnosis

We welcome the chance to help  
you live a healthier life

# Medical Hypnosis

The purpose of medical hypnotherapy is to compliment traditional medical treatment. Our goals are to work in harmony with patients, physicians and their medical staff in ways that are unique and specific to each individual and each individual medical condition. Some conditions may require physician approval. We use hypnosis, guided imagery and self hypnosis for the following conditions:

Smoking Cessation  
General Anxiety  
Control Stress  
Relief for Fibromyalgia  
Pre Surgery Anxiety  
Adapting to Organ Transplants  
Self Hypnosis  
Adapting to Menopause  
Weight & Shape Management  
Comfort for Arthritis  
Relaxation for Irritable Bowel Syndrome  
Dental Hypnosis - Glove Anesthesia  
Habit Modification  
Pain Management

Comfortable Pregnancy & Childbirth  
Relieve Panic Attacks  
Comfort during MRI Procedures  
Post Surgery Recovery  
Imagery for Wellness  
Insomnia  
Working in Harmony with Dialysis  
Adjusting to Physical Rehab and Prosthesis  
Working in Harmony with Chemotherapy  
Working in Harmony with Radiation Therapy  
Relief for Spasmodic Torticollis  
Trichotillomania

**Programs can be created to compliment medical treatment and lessen negative effects of most medical conditions**

**SCHEDULE:** 1½ hour appointments are scheduled as needed according to individual goals and conditions. Each session is individual so that you receive personalized attention. Daytime and evening appointments are available.

**INVESTMENT:** \$85 per session and includes state of the art CDs.

**CALL:** 313-647-3320 to schedule your appointment or free phone consultation.

