

Letter of recommendation

I took my son, who has ADHD and Pediatric Bipolar disorder, to see Jay during Spring, 2014. Jay did several sessions with him and also pulled my daughter in as well on one of the sessions.

Our hope was for my son to learn self control and tools to help him achieve that. I want my son to be happy, healthy, do well in school, have a high self esteem, and make friends. Without having to be medicated. So someone recommend I contact Jay to see if hypnotism would be helpful.

My son was not the most cooperative person to get relaxed. Hes a very good boy, but calm and still are not in his vocabulary. Jay was very patient and made my whole family very comfortable. Jay explained everything that would be covered and really got down on my son's level. Which was greatly appreciated. He gave my son a sensory tool to help him focus on certain things. Jay taught him to basically self hypnotize so he could calm himself down when he started getting rambunctious before he gets himself in trouble. Jay also helped my daughter recognize some things in herself and ways she could not only tolerate his behavior but also help him through it. Jay also helped her recognize some concerns she had about herself and gave her ways to help her feel better about herself. Jay really got the whole family in on it which was so helpful for all of us.

My son is going in to third grade this fall. He still has to work on his reading a little more, but he is pretty much on track. He is medication free. He still needs reminders to calm himself down, but I very rarely get to the angry stage with him anymore. My daughter is so patient with him and knows when she needs to give herself a time out from him before it turns into World War Three. Kids will still be kids.

I would not recommend just any hypnotist. I would definitely recommend Jay. He understands people and genuinely gets to know the people he works with and how best to help them. He is a fantastic man and hypnotist.

Briana Hathaway