

San Diego Cancer Research Institute



About Anna O'Connor, Ph.D., M.A., CHT **Dr.anna@icloud.com**

Dr. Anna O'Connor is a certified hypnotherapist who enjoys working with people using hypnotherapy techniques to help them reach their personal goals. Hypnotherapy assists an individual to achieve a trance-like state during which they experience a heightened state of focus and concentration. Under hypnotherapy, clients feel more calm and relaxed and are more open to suggestions, such as personal affirmations. Hypnotherapy reinforces thoughts and behaviors aligned with achieving personal goals, resulting in positive lifestyle changes.

Dr. O'Connor's hypnotherapy practice includes:

- Medical Hypnotherapy*
 - Pain Management
 - Relaxation and Stress Management for Test (MRI, etc.) and other Medical Procedures
 - Lifestyle and Behavior Changes Prescribed by your Physician
 - Remembering to Take Prescribed Medications
- General Relaxation and Stress Management
- Improved Sleeping Techniques
- Motivation to Attain Goals

* Physician referral is required for Medical Hypnotherapy services.
Contact Dr. O'Connor for physician referral forms:
Email: Dr.anna@icloud.com