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*Certified Hypnotherapist
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WHAT IS HYPNOTHERAPY?

Stanford psychiatry professor, David Spiegel, recently conducted a study using brain imaging machines in which it was demonstrated that hypnosis is a neurobiological phenomenon that causes decreased activity in the dorsal anterior cingulate cortex, an area of the brain for evaluating contexts. Reducing that activity allows you to suspend judgement and fully immerse yourself.

Plus, there is a change in parts of the brain that give people the ability to separate the thoughts in their heads from the feelings in their bodies. So you can think of something that makes you stressed, while at the same time imagining yourself floating and comfortable.

There is also a region located very deep in the brain that controls self-consciousness. People in a hypnotic trance have this region turned down, and that has therapeutic potential. You can learn new ways to react to problems and find different more effective solutions.

Hypnosis is underutilized in healthcare in the US and it can be a viable alternative to the use of painkillers, which have proven to be addictive to millions of people. It is a way of teaching you to enhance control over your brain and body.

TESTIMONIALS

I could not sleep because of the pain and I started to take too much medication to get rid of the pain...For the first time in many years since I have been having this hypnotherapy, I have been able to free myself from chronic pain that previously I could only reduce with medication that had side effects that damaged...my body internally.
Petra O. (Bakersfield, CA) - original in Spanish

During the session, [Madison's] peaceful, soothing, relaxing voice helps you reach that state of hypnosis by helping you visualize or imagine that special serenity we all have in us. Afterwards I leave stress free, positive attitude and feeling proud of what I accomplished on that session... I can't say enough to appreciate the work she has helped with.

Adan. R., Inglewood CA (OIF veteran)

[Madison] seems to be extremely tuned in and sensitized to what the underlying issue is, and quite talented at providing a visual journey for my mind's eye that is spiritual and healing. I often have... a changed response to the original stimulus. *C. Frost, Los Angeles, CA*

The relaxation I get from hypnosis allows me moments of no pain. I would like some control over my stress and pain, I believe, and I feel some of that freedom with [Madison]. *Eddie E., Torrance, CA*

I have felt that we have made amazing progress in each of the areas that we have worked on. Every day that I can stop the pain... I say a silent, but fervent, thank you to you. *Heatherlynn G., Los Angeles CA*

Now that I look back, it was probably one of the most relaxing moments I have had in a long time. Even though I was fully aware of my surroundings, I was in such a relaxed and opened state of mind that when I opened my eyes, I felt very refreshed and had a sense of clarity. I definitely learned that hypnotherapy actually works - if you go into it with an open mind...
Eddie S., Venice, CA

[Madison] is a very empathetic and intuitive person and she seemed to be able to draw out things about myself I hadn't known before, in a safe and nurturing way. My treatments were enhanced because of her warmth and caring. I feel she is a very ethical and honest person, and this adds to the integrity of the sessions. *Karen Y., Redondo Beach, CA*

WHO IS DR. BRIGHTWELL?

I always treat every client as a unique and special individual who I can empower to find their own inner guidance and healing ability. I love what I do, and I feel this is my purpose in life. I specialize in helping people with chronic pain, addictions and trauma. It is my belief that addictions, pain and trauma are closely linked, and it is my mission to break the cycle of despair that keeps people trapped in pain, whether it is emotional or physical.

I have a behavioral approach to counseling, and I believe in working to help the client by looking at where they are right now and enabling them to move forward in a more positive direction with their lives. I have a very creative approach to my work and enjoy using expressive arts to help people discover a new self-identity. My unique experience as a performing artist helps me to find creative ways to move people out of their negative patterns of behavior and transform their lives.

As well as being a Doctor of Psychology and a licensed MFT in California, I am also a certified hypnotherapist. I trained at the Hypnosis Motivation Institute and I have been helping clients for over 12 years using medical hypnotherapy, guided imagery, NLP, and Rational Hypnotherapy (a type of hypnotherapy certified by the NACBT that uses a blending of CBT techniques with guided imagery).

I recently moved to Asheville from Los Angeles, CA, and am delighted to share my experience with clients in NC.