About Michigan Hypnosis Institute, LLC

Michigan Hypnosis Institute offers South East Michigan Hypnotherapy services, based in Redford, MI. They also serve the entire United States via live video sessions. The institute specializes in helping people make positive life changes, so that they can achieve their goals, without letting old issues hold them back from their dreams.

About Michael D. Milson, CC.Ht

Michael D. Milson is a Certified Clinical Hypnotherapist with a specialization in helping people lose weight without giving up the food they love. He is a member of and been certified by the American Hypnosis Association. Michael trained at the Hypnosis Motivation Institute, a non-profit nationally accredited hypnosis training college and clinic of hypnotherapy, as well as continuing to train each year with dozens of other professionals throughout the industry. Michael also likes to give back to his community, running Facebook groups to help his fellow hypnotherapists with free resources and networking opportunities.

Check Out Michael's HMI Alum profile on Hypnosis.edu

Education, Certifications & Awards

Education

- **Associates of Occupational Studies in Mind-Body Psychology** with honors from Hypnosis Motivation Institute, Tarzana, CA.
- **Diploma in Clinical Hypnotherapy** with honors from Hypnosis Motivation Institute, Tarzana, CA.
- **Vocational A-Level in ICT (Information Communication Technology)** from York Technical College, York, N. Yorks, UK.

Certifications

- **Advanced Master Practitioner of Clinical Hypnotherapy**
- **Advanced Master Practitioner of Neuro-Linguistic Programming (NLP)**
- **Advanced practitioner of Sanomentology**
- **Certified Clinical Hypnotherapist**
- **Certified in Advanced Handwriting Analysis**
- **Certified in Emotional Freedom Technique (EFT or tapping)**
- **Certified in Past Life Regression (PLR)**
- **Certified Master Life Coach**
- **Certified Master Practitioner of NLP**
- **Certified Specialist in:**
  - Anxiety
  - Confidence
  - Fears and Phobias
  - Hypnosis and Childbirth
  - Hypnosis for Weight-Loss
  - Pain Management
  - Smoking Cessation
- **Certified in Virtual Gastric Band Hypnosis the Complete Mind Therapy Approach**
- **Complete Mind Therapy (CMT)**

- **Complete Unconscious Reprogramming for Emotional Disease & Distress (CURED)**
- **Drug Release Therapy (DRT)**
- **Hypnotic Over-Ride Pain Elimination (HOPE)**
- **Hypnotic Plastic Surgery (HPS)**
- **Inner Revision Therapy (IRT)**
- **Master Practitioner of Rapid Instant Change Hypnosis (RICH)**
- **Mind Emotion Liberation Techniques (MELT)**
- **Person Centered Psychotherapy (PCP)**
- **Psycho/Physio Energetic Alignment of Changing Emotions (PEACE)**
- **Reiki Master/Teacher (attuned by Lisa Powers)**
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For even more, please check out my education photo gallery on Facebook.

Awards

- **Directors Award**
- **Academic Achievement Award**
- **Clinical Achievement Award**

Professional Memberships and Affiliations

Dedication to professional growth and commitment to the field is showcased through Michael D. Milson's affiliations with esteemed organizations in hypnotherapy and related fields.

- **American Hypnosis Association (AHA)**
- **International Certification Board of Coaches and Hypnotists (ICBCH)**
- **American Union of NLP (AUNLP)**
- **The Association of Professional Hypnotherapists & Psychotherapists (APHP)**
- **The Association of Complete Mind Therapists (ACMT)**
- **The Professional Organization of Stage Hypnotists (POSH)**
- **Association of Professional Stage Hypnotists (APSH)**
- **Former member of the Hypnotherapists Union Local 472 from 2014 to 2022**

Resources

Preparing for Your Hypnotherapy Session

Is This Your First Session with MHI?

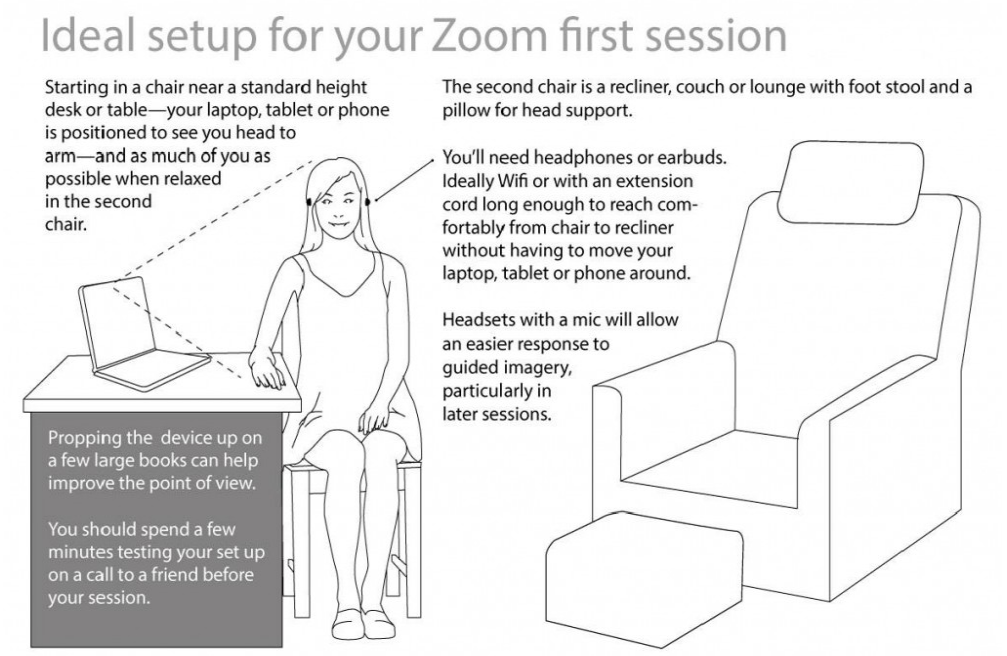
When you schedule your first session, after your Strategy Call, there are a few questions you may have about how things will go and what is expected of you, etc.
If this is your first session with MHI then don't worry, it's going to be a lot of fun. Depending on your reason for seeking out Hypnotherapy, your first appointment could be anywhere from 1 to 2 hours in length. This allows us enough time to get everything taken care of, make sure all your paperwork is completed and really get a firm grasp on why you're here, how hypnosis can help you, and how your journey may progress from there.
We will go over everything in more detail during your strategy call, but you may be required to do a few things or bring something in to your first session, for example, smokers may be required to bring in their last pack of cigarettes if they have not already disposed of them, as well as removing all smoking related items from their home, car, office etc. and refrain from smoking at all the day of their appointment.
If you've experienced hypnosis before with someone else, then great, please let us know how that worked out for you, what they did, what you liked, and what worked or didn't work for you.
For those completely new to hypnosis, check out our FAQ page to see some commonly asked questions.
In your first session we will go over some basics, discuss hypnosis, how the mind works, go over your problems and how hypnosis will help, then we will test your suggestibility, guide you into hypnosis and assist you with some positive changes that will help you on your journey to reaching your goals.

Zoom Video Calls

What do you need?

A computer/laptop, tablet or good size phone will work fine. Even better if you have some kind of stand/tripod to hold your device at the right angle so you can see it and it can see you clearly. From the tip of your head down to about your waist is good. Full body is even better.
Your internet should be fast enough that you get good video and audio signal without interruptions but we can work around that if it were to happen.
You should be joining the Zoom call 5-10 minutes before your appointment time so that you can make sure everything is working right and confirm your setup will work, without eating into your appointment.
There will also need to be a backup phone number in case the Zoom call goes down for some reason, due to internet or other technology related problems, so that I can call you we can continue the session via phone.
Information regarding the Zoom access link can be found within the emails sent to you, which may include a link and a password to access the video call.
Please ensure you are well hydrated (with water preferably) and will not require a bathroom break during the session.





Your room setup

Your location must meet certain requirements, so that we can have an uninterrupted session, and you should be free of interruptions during your session.
The ideal setup would be a dining chair and table or standard desk and chair, with a nearby recliner.
However, if you you have a good recliner with a headrest and flat arm rests that are comfortable to rest your arms on without being too low down. That will work great too!
The area should be well lit and your device and camera should have a clear line of sight to you at all times, so that I can see from the top of your head all the way down to your mid torso at least, with your arms and hands visible too. See diagram for example.

Headphones can be useful if you have a long enough cable, or preferably wireless/Bluetooth headphones, as it will assist with you focusing only on the session and tuning out the world around you.
If you need to use regular speakers just make sure you can hear them clearly and there is no feedback into your microphone and that will work just as well.
However your room is we will work out a way to set it up for the optimum session environment.
As in the diagram, I will at one point have you sit like the person against the desk with the arm flat on the desk. If your camera is unable to see your arm and head in full shot, then you may need to prop the arm up higher. Using a stable pile of books to support your arm from elbow to finger tips is best or a large firm cushion/pillow.

Hypnotherapy Done Remotely, is it as Good?

Hypnotherapy works great via phone, Zoom, and in-person session, in the same way, it all depends on the techniques used and how the session is tailored to fit the client.
We use a variety of techniques that are adapted to fit each client and type of session.

Is it safe, private, secure?

Hypnosis is very safe as it is a natural state that we enter several times throughout the day.
Doing a Hypnotherapy session over Zoom is just as safe as an in-person session.
We also have in place various secure systems, from the booking of appointments to the session calls themselves. Everything is made as secure as we can, so your session and information remains 100% confidential and secure.

Recent Publications

Books

- Confidence Unleashed: The Key to Unlocking Your Potential and Reaching Your Goals
- 15 Weight Loss Tips for the Holidays

Articles/Blogs

- On Michigan Hypnosis Institute Site
- On “I Used to Smoke”™ Site
- On Virtual Skinny Jab™ Site
- On HypnoFear™ Site

Answering Peoples Questions

- On Quora

Testimonials

“I recently had the pleasure of experiencing a hypnosis session with Michael D. Milson.
One of the first things that struck me about Michael was how easy he is to talk to. He took the time to listen attentively to my concerns and goals.
Throughout the session, Michael displayed a high level of professionalism. His knowledge and expertise in the field of hypnosis were evident, and I felt confident in his abilities.
While maintaining a professional approach, he also created a relaxed and comfortable atmosphere, making it easy for me to open up and share my thoughts and emotions. It felt like talking to a trusted friend who genuinely cared about my well-being.
I left the session feeling empowered, with a renewed sense of confidence and clarity.
I cannot recommend Michael D. Milson enough for anyone seeking a hypnosis session. His professionalism, friendliness, and genuine care make him an exceptional practitioner. If you are looking for someone who will listen, understand, and guide you towards positive change, Michael is the person to see.” - Jamie Quinn

Video testimonial: Client Testimonial from Jamie Quinn – A Fabulous Session

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“*Very helpful with sleep issues!* “ - Betty Rakowski

“Michael at MHI is the REAL deal! The main reason I am seeing Michael is to help me make more sales at my new sales job. I’ve only had about 4 sessions, and I am seeing effortless changes. For example, I’ve closed the most deals I’ve ever closed this week so far. Plus, I sold a painting as an artist outside of my sales job! I HIGHLY recommend Michael to everyone wants to see tangible results in their lives.” - Su Wai

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Contact Information

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Press Releases

- 2023-07-14 - New Cutting-Edge Pricknosis Training Enhances Hypnotherapist Michael D. Milson's Expertise
- 2023-07-06 - Revolutionary Virtual Skinny Jab™ Solution Unveiled as Natural Alternative to Controversial Weight-Loss Injections
- 2022-09-29 - Michigan’s Michael D. Milson Graduates with Honors from HMI’s AOS in Mind-Body Psychology Program
- 2019-01-01 - Introducing Michigan Hypnosis Institute, LLC: Redford’s Premier Hypnotherapy Center Specializing in Smoking Cessation