

I was diagnosed with BPD and after several years of certified DBT therapy I have transitioned to a private life coach and hypnotherapist, and my condition has stabilized and improved even more since switching to the "no evidence based" hypnotherapy treatment. I also was rejected by every CBT and DBT therapist after I moved counties and tried to reestablish care during the pandemic. They said they were not taking new patients. My life coach was ready and available and has been on call for me for almost a year solid while I've been on countless waiting lists and even rejected by other licensed therapists who said to me "I'm sorry but I don't specialize in trauma and I can't help you" that is literally what the last licensed therapist I met said to me word for word. That's when I stopped looking for a licensed therapist through OHP and stayed with my hypnotherapist who understands how to really work with and honor the spirit, body, and mind affected by trauma!!!