

Dr. Olga Stevko

*Clinical Hypnotherapy and NLP
Change Your Thoughts, Transform Your Life*

Frequently Asked Questions

Q: What makes you different from other practitioners, Dr. Olga?

A: I'm the only practitioner in the US I am aware of who combines a Medical Doctor's training, Hypnosis, NLP and Clinical Nutrition. While each of these disciplines can be powerful individually, the combination of Hypnosis, NLP and Nutrition make rapid shifts in beliefs and behaviors, which transforms body chemistry and generates healing and growth at the cellular level.

Q: What is Hypnosis?

Hypnosis is a focused state of relaxation. Hypnosis is natural, and many people are in a state of hypnosis (TV, computer, daydreaming) almost daily. A skilled Hypnotherapist can use hypnosis as a tool to speak with the client's unconscious mind and thoughts, making it easier to uncover root causes of client's issues and conflicts. This enables the Hypnotherapist to provide positive suggestions to transform limiting beliefs and behaviors for the client.

Q: Why isn't Hypnosis more popular?

A: Hypnosis is very popular, and has gained broad acceptance for Weight Loss, Stopping Smoking, Surgery, Stress Reduction, and numerous health and personal growth issues. Most insurance companies recognize Hypnotherapy and re-imburse for sessions, and Hypnosis has been recognized as a form of therapy by the American Medical Association in 1958. Hypnosis and Guided Imagery (a form of Hypnosis) are utilized in many hospitals to prepare patients for surgery. Every Hospital in Australia has a Hypnotherapist on staff!

Q: Can anyone be hypnotized?

A: Virtually anyone can be hypnotized if they can relax and have a trusted relationship with their Hypnotherapist.

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Q: Can you be forced to do something against your will with Hypnosis?

A: No-the unconscious mind will only allow you to do things consistent with your values, desires, and moral standards.

Q: What is NLP?

A: NLP (Neuro-Linguistic Programming) is the practical science of modeling human excellence, which includes processes that quickly transform limiting beliefs and behaviors to create successful results.

NLP is the foundation of many forms of brief therapy, and is used throughout the world to help people many quick and powerful changes. NLP is taught in many Fortune 1000 Companies to improve management skills, leadership skills and sales training.

Q: Why is changing limiting beliefs so important?

A: Most of our beliefs are formed from early childhood experience by the age of six, and these patterns are formed around basic human needs-survival, love, self worth and value. We model the things we see and do around us, and while these patterns may serve us at that age, they often don't serve us as we grow and life complexity increases. Many people also develop conflicting belief patterns, which, if not resolved, can lead to numerous health issues and have people feel "stuck" in life. Empowering beliefs of self love, self worth, deep connections with others, sense of purpose, being fully present, transform peoples lives and enable them to achieve remarkable things.

Q: Why do you use Hypnosis, NLP and Clinical Nutrition for your clients?

A: Everyone is unique. Some people respond better to Hypnosis or NLP, and client experience tells me even the same person may respond better to one or the other for a specific issue. Working at all levels of conscious and unconscious thinking, especially with complex or lifelong patterns of unwanted behaviors, always gets the best result. Improving Nutrition enables these processes to work even more rapidly and effectively.

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Q: What qualities should someone look for in a Practitioner?

A: A proven track record of client results and a sense of comfort and trust in the Hypnotherapist are the most important characteristics I would look for. Additional questions would include: Are they willing to consult with you prior to a first appointment? Do they understand your issues? Is their approach customized for your needs? Do they have medical and health training if you are coming for health issues? Are their clients providing testimonials for them?

Q: Do you work with western medicine or are you an alternative?

A: I have had MD's, Psychiatrists, Psychologists, Chiropractors, Naturopathic Doctors, and others as my clients, and I also work together with all of these professional to help clients. My practice is complementary in many cases, or can be an alternative if traditional healing methods are not what the client prefers to pursue, or traditional western techniques are not getting the results the client wants.

Q: What kinds of people come to you?

A: My clients come from every area of life, including CEO's, seniors, teachers, MD's, other health practitioners, business owners, attorneys, students, teens, writers, executives, musicians, real estate agents, mothers. I can help people focus on any area of their life to get better results using these processes.

Q: What products do you have to help people?

A: In addition to my private sessions, group sessions, seminars, and corporate training, I also offer hypnosis programs on CD for weight loss, preparation for and healing after surgery, optimal health and healing, relaxation and stress release, and improving music performance. These CD's provide a very good alternative to clients who don't have the time for private sessions or can't afford them, and they are available on my website at www.drolga.com

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Q: Can your clients continue their practice outside of your sessions?

A: My clients listen to CD's for daily reinforcement and to help create lasting changes. I also teach a number of self practices, including Self Hypnosis, Emotional Freedom Technique, and other powerful techniques to promote change and wellness.

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