

## Keep The Change - Cobourg

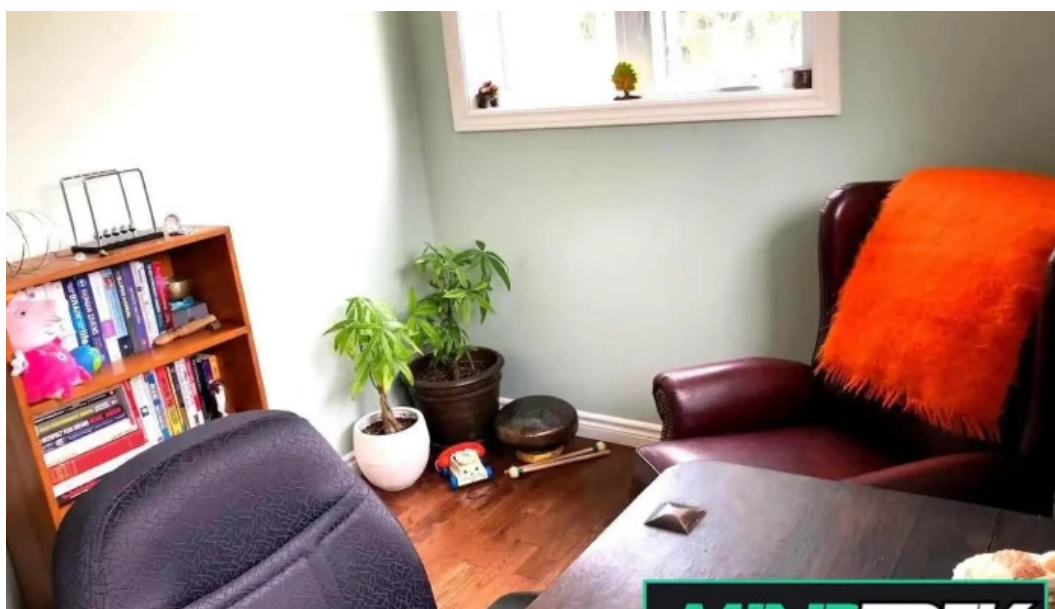
Hypnotherapy Service In Cobourg

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## *Hypnotherapy Service In Cobourg*

### *Keep The Change - Cobourg*

**Discover the Transformative Power of Hypnotherapy at Keep The Change in Cobourg, Ontario**

If you're seeking a path to personal growth and healing, look no further than **Keep The Change**, a renowned hypnotherapy service located in the heart of **Cobourg, Ontario**. This exceptional practice, led by the compassionate and dedicated **Christine Ingram**, has garnered rave reviews for its effectiveness in helping clients overcome various challenges through the power of hypnosis.

## Accessibility and Convenience

One of the standout features of Keep The Change is its commitment to accessibility. The facility boasts a **wheelchair-accessible car park**, ensuring that everyone can benefit from the life-changing services offered here. Whether you are visiting for a face-to-face session or opting for online consultations, you can count on a welcoming environment designed for your comfort.

## A Passionate Hypnotherapist

Clients consistently praise Christine for her genuine passion and care. As one client noted, "Christine is an extremely caring hypnotherapist who is passionate about the work she does." With a remarkable ability to help individuals release long-held phobias and traumas, Christine has earned a reputation as a top-tier professional in her field, often receiving a **10 Star ? Hypnotherapist Rating**.

## Life-Changing Results

The impact of Christine's hypnotherapy sessions is profound. As shared by a satisfied client, "In just a few sessions, I have been able to let go of old unhealthy patterns and release traumas stored in my body." Many have reported increased self-esteem, greater clarity in perception, and a newfound sense of calm and grounding. The transformative experiences reported by clients like Jo Ann highlight the therapeutic potential of hypnotherapy when guided by an expert.

## Connection and Trust

Building rapport is crucial in therapy, and Christine excels in creating a trusting relationship with her clients. Tim from the United Kingdom shares, "Christine has such a natural way of building rapport... working with someone I trust is everything." This trust is vital for enabling deep, effective work during sessions, whether conducted in person in Canada or via Zoom.

## A Holistic Approach to Healing

Christine's holistic approach extends beyond just addressing immediate concerns; she focuses on clearing old patterns and beliefs that may hinder progress. One client reflected, "Christine is amazing at what she does! The impact she has had on my life swells my heart with gratitude." This level of dedication underscores Christine's commitment to her clients' overall well-being and healing journey.

## Conclusion

If you are ready to make meaningful changes in your life, consider reaching out to **Keep The Change** in Cobourg, Ontario. With a focus on accessibility, personalized care, and transformative results, Christine Ingram stands out as a leading hypnotherapist dedicated to helping you unlock your full potential. Don't hesitate to contact her today and embark on a new path towards healing and personal growth.

**You can come to our business at**

1040 Division St #6, K9A 5Y5 Cobourg, Ontario - Canada (CA)

The phone of this **Hypnotherapy service** is +1289-251-3951

And if you want to send a WhatsApp, you can do so at +1289-251-3951

**Visit us during the following hours:**

Day Hours  
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10?AM–8?PM  
Tuesday  
10?AM–8?PM  
Wednesday  
Closed  
Thursday  
Closed  
Friday  
10?AM–8?PM  
Saturday  
10?AM–8?PM  
Sunday  
10?AM–8?PM

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**Images**



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## Tags

*Accessibility, Wheelchair-accessible car park*

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