

EXPERT  
KNOWLEDGE  
ABOUT  
REAL TOPICS



**Karen Gray** is a certified professional hypnotist, registered nurse, and director of Green Mountain Hypnosis, a client-centered practice using the most up-to-date evidence-based hypnotic techniques to promote health and wellness.

Karen specializes in helping people break free from whatever is holding them back so that they can live full and happy lives. Her background in nursing brings a unique perspective to the mind-body connection. Karen works with clients across the country using convenient and effective online sessions to eliminate stress and anxiety, unwanted habits, and limiting beliefs that stand in the way of their success. She also offers clinical hypnosis for a number of health-related issues.

## Taming your Inner Critic: Using Hypnosis to Stop Negative Thinking

Friday, September 30  
12-1 pm

Watch live on WebEx\*

Presented by Karen Gray

Negative inner dialogue is something that affects us all. Learn how to tame your inner critic and release negative patterns and limiting beliefs using principles of hypnosis and neurolinguistics programming.

To register scan the QR code or go to:

<https://dhvideo.webex.com/dhvideo/j.php?RGID=rdOd85cc06af8bca51676db9733d3ad86>

For questions contact Employee Wellness:  
(603) 650-5950 or [livewellworkwell@hitchcock.org](mailto:livewellworkwell@hitchcock.org)



**Learning Outcome:** At the conclusion of this presentation, (at least 75% of) participants will be able to describe at least two key issues associated with reframing negative inner dialogue.

**Accreditation:**

**Physicians:** Dartmouth Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Dartmouth Health designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** Dartmouth Health Nursing Continuing Education Council is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity carries 1.0 contact hour.

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