

Dianne “Dizy” Brown,
M.Ed. LPC, NCC, EFT-ADV, Hypnotherapy
Gateways: A Therapeutic Alternative
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I am a holistic practitioner believing that thought is creative and that we all possess an Internal Wisdom and Truth, but at times we need guidance to understand and to learn to listen to the wisdom within.

I integrate transpersonal with traditional theories. Special interests and trainings include:

- Women in Transition
- Addictions
- Anxiety Disorders
- Depression
- Cognitive Behavioral Therapy (CBT)
- Solution Focused Therapy
- Neurolinguistic Programming
- Spirituality and Mental Health
- Hypnosis
- Emotional Freedom Technique (EFT)
- Psychotherapy
- Mind-Body-Spirit Connection

EFT is, simply stated, a unique version of acupuncture where the therapist stimulates meridian points on your body by tapping on them with the fingertips, instead of using needles. The process is easy for the client to memorize and perform at home.

If you would like to experience taking responsibility for your own wellness, trusting your intuitions, letting go of past traumas, diminishing pain, reducing anxiety, phobias, fears or depression, give EFT and/or Hypnotherapy a try. It may be a transformational experience for you.

Blue Cross and Blue Shield of NC, Medicaid, and Med Cost billed for mental health appointments only.

BS Human Services, 1979
Masters Degree in Counseling, 1987
Certified School Adjustment Counselor, 1986
Certified Guidance Counselor grades 5-12, 1987-1999
Radical Forgiveness Training, 2001-2002
Licensed Professional Counselor, 2004, NC #4620
National Board Certified Counselor, 2005
NLP & Hypnotherapy Certification: American Hypnosis Training Academy, 2005
EFT Advanced Certificate of Completion, 2006