

ANNE L. SHAPIRO, Ph.D.

Dear Colleague,

As a licensed clinical psychologist in practice for thirty years, I have been extremely impressed with the use of hypnosis as an adjunct to traditional psychotherapy. It has been tremendously helpful to my patients with issues and symptoms one might typically expect would be aided; e.g. reduction of anxiety, improved sleeping and weight loss. Recently, I expanded my referrals for hypnosis to include my long-term patients with whom I have felt somewhat "stuck", utilizing the services of a long-time colleague, Deborah Maccarone. I have been pleased to find that Ms. Maccarone has been able to help them to shift in ways which have had a powerful and profound effect on the therapy.

Feedback from patients has supported my findings. Patients have reported that Ms. Maccarone has a capacity to make them feel completely safe, supported and understood which created an environment that allowed for growth. I believe that she has an intuitive gift that makes her use of hypnosis incredibly that much more personal, focused and transformative. I would recommend that all clinicians consider utilizing this tool in support of traditional psychotherapy.

Sincerely yours,

Dr. Anne L. Shapiro
Clinical Psychologist

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