



Tom Nicoli BCH, CI

Bio

“Hypnosis is frequently misunderstood. A person cannot be hypnotized unless they are willing. It is a natural state-of-mind each of us experiences every day.

Hypnotism traces back historically before 1500 BC, to ancient Greece, India, Asia and Hebrew, in addition to Hippocrates, ‘the father of medicine’, who described the power of positive thought brought about by hypnotism as the healing power of nature, when ‘the affliction suffered by the body, the soul sees quite well with the eyes shut’. “

Award-winning, Board Certified Hypnotist Tom Nicoli is an author, public speaker, expert witness, certified instructor and innovator in the industry of hypnotism.

Nearing his 20th anniversary as an internationally trained hypnotist, Tom’s practice has helped clients from every walk of life in tackling several of life’s most complex behavioral and physical challenges, to attain profound results.

Nicoli has successfully hypnotized more than 5,000 people throughout his nearly 20 years’ experience. His clients typically seek relief from a personal issues including but not limited to simple behavioral challenges, addictions, weight loss, motivation, and chronic emotional and physical disorders.

A contributing author to a variety of publications and adjunct faculty member of the National Guild of Hypnotists (NGH), Nicoli is a dynamic seminar leader and lecturer, with frequent expert guest appearances on television and radio programs worldwide including *NBC News, Dateline NBC, Talk of the Town, The Jordan Rich Show* and the popular Massachusetts cable television show *Healthy Hypnosis*.

Tom Nicoli owns and operates A Better You Hypnosis, Inc. in Woburn, MA, where he conducts private office sessions. His vast clientele includes professional athletes, celebrities, and international nobility, spanning the US, and globally in Switzerland, Dubai, Europe and Canada.

CREDENTIALS & TRAINING INCLUDES

- Certified: **Basic & Advanced Hypnotism - Seven States Hypnotherapy** (NGH/National Guild of Hypnotists Approved Training)
- Certified: **Pediatric Hypnosis** - Mottin & Johnson Institute of Hypnosis, Bridgeton, MO (NGH/National Guild of Hypnotists Approved Training)
- Certified: **Board Certified Hypnotist** - UK Academy of Therapeutic Arts and Sciences, London, England. (NGH/National Guild of Hypnotists Approved Training)
- Certified: **Hypnosis Instructor** - UK Academy of Therapeutic Arts and Sciences, London, England. (NGH/National Guild of Hypnotists Approved Training)

AWARDS INCLUDE

- Presented with The 2003 NGH (National Guild of Hypnotists) Charles Tebbetts Award - Spreading the Light of Hypnotism
- Presented with The 2004 NGH (National Guild of Hypnotists) Achievement Award
- Presented with The 2005 NGH (National Guild of Hypnotists) Special Recognition Award

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PUBLICATIONS INCLUDE

Books:

- A Better You by Hypnosis
- D.E.P.T.H. of Behavior - The Truth About Weight Loss

CONTRIBUTING WRITER FOR PERIODICALS INCLUDING:

- *The HypnoGram*
- *HypnoGenesis Magazine*
- *Tee Time Golf Magazine*
- *Body-Mind-Spirit Magazine*
- *The Official Guide of Hypnotism*

MEDIA APPEARANCES INCLUDE:

- *Dateline NBC* - NBC News Transcripts, Dateline NBC 4402 words, JOHN LARSON; KATIE COURIC, **Losing It! The Ultimate Diet Challenge**
- *The Boston Herald*, ALL EDITIONS, Pg. 051, 428 words, By HEATHER V. ENG: **LIGHTS OUT; Alternate Ways to Quit Cigarettes: More than Smoke and Mirrors**
- *The Boston Herald* **You're Getting Very Speedy (Woburn hypnotist helps teen swimmer cut his time)**
- *NBC News Transcripts, Dateline NBC* (7:00 PM ET) - NBC, 7818 words, JOHN LARSON **Losing It! The Ultimate Diet Challenge; Dateline follows six dieters as they try different methods of weight loss before a high school reunion**
- *Poughkeepsie Journal* (Poughkeepsie, NY), Pg. 5C, 507 words, D.J. Reese **Snap Into This Trance: Hypnosis Can Work For You**
- *NBC News Transcripts* 393 words
- *The Boston Herald* , 779 words, By Gayle Fee and Laura Raposa with Sean Westmoreland. **INSIDE TRACK: Bush marshals Daytona as Ben sets the pace**
- *Dateline NBC*, NBC News Transcripts, (7:00 PM ET) - NBC, January 4, 2004 Sunday, 237 words, JOHN LARSON
- *Yearbook of Experts* (R) Associated Press, 463 words, **Holiday Season Means Getting Fatter for Many**
- *NBC News Transcripts, Dateline NBC* (10:00 PM ET) - 312 words, JOHN LARSON
- *The Berkshire Eagle* (Pittsfield, Massachusetts), January 6, 2006 Friday, HEADLINES, 1003 words, Scott Stafford, Berkshire Eagle Staff **Looking Deep Into Hypnotherapy**
- *The Poly Post*; POMONA, CA, 456 words, By Jocelyn Smith, **Hypnosis No Longer a Joke**
- *SHAPE Magazine*, October 1, 2005, No. 2, Vol. 25; Pg. 34; ISSN: 0744-5121, 1167 words, Fain, Jean **Listen up to lose pounds; A Better You Weight Loss**
- *Organic Style*, June 1, 2005, No. 5, Vol. 5; Pg. 96 ; ISSN: 1530-7824, 2399 words, Rosenbaum, Lara **Weight Loss Methods 25 Ways to Lost Fat Easily and Naturally!** (Weight Loss Methods) (Cover Feature)
- *NBC News Transcripts, Dateline NBC* (10:00 PM ET) - 3110 words, JOHN LARSON **Losing It! The Ultimate Diet Challenge: Update on diets of six Quincy High School grads**

More Information: www.tomnicoli.com/press

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