

POETRY AND HYPNOSIS

Unleashing the Power of the Subconscious Mind **A Writing and Hypnosis Workshop for Poets**

with Valerie Martínez, CMS-CHt
Poet, Board-Certified Medical Support Clinical Hypnotherapist
Member, International Board of Hypnotherapy, FIBH#10324-829
www.brightlinehypnotherapy.com

Online via Zoom

THURSDAY, MARCH 19, 2026

5:30 – 7:30 Mountain (MDT)

Workshop Fee: \$45

Limit: 15 poets/register early to secure your place

Hypnotherapy works in the language of the subconscious mind—imagery, metaphors, symbols, sensory detail. This is an ancient practice; for thousands of years shamans, monks, prophets, and poets have tapped into the power of the subconscious through the language of poetry. The very nature of poetry, with its rhythms, images, inferences, and repeating patterns, is designed to reach the mind on a different level than everyday prose. **Hypnotherapy works similarly**, delivering to the mind therapeutic suggestions and images that promote personal, transformational change.

In this workshop, Valerie Martínez takes poets on a writing and hypnosis journey that illuminates how hypnosis can be a powerful tool for healing. If you are grappling with [*personal and/or professional challenges*](#), join us to learn how employing your natural, poetic abilities, in the hypnotic state, can shape a new, healthier path forward.

Valerie Martínez is a poet and a board-certified Medical Support Clinical Hypnotherapist (CMS-CHt). She is the author of six books of poetry and taught poetry and literature to college/university students for over 20 years. After retiring from teaching, she turned to training as a hypnotherapist. Her own hypnotherapy, starting in the early 2000's, has been so transformational that she wants to spend her retirement years helping others in the same way. Learn more about Valerie here: www.brightlinehypnotherapy.com and www.valeriemartinez.net

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