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Jacqueline Sidman

The Sidman Institute, USA

How the sidman solution uses the subconscious mind to heal physical, emotional and behavioral problems

Jacqueline Sidman has made the discovery of how by working directly within the subconscious mind in an innovative way a wide variety of problems can be eradicated. The results of her work have proven that anxiety and related problems are released. The body immediately relaxes, and this deep sense of relaxation allows the body to return to a symbiotic state of good health, including unwanted emotional reactions and repetitive patterns of behaviors to disappear. The Sidman Solution is distinctly different from any other hypnotherapy or psychotherapy technique because it does not adhere to traditional boxes of diagnoses and it doesn't categorize people by disorder. It involves discriminating listening to the feelings expressed by the subject and addressing his or her model of the world in concept and terminology. When considering training, this technique is not easily conferred. The value of this contribution is that the discoveries made with the Sidman Solution will open the door to what may become a more effective method of healing those suffering with all types of physical, emotional and behavioral problems.

Biography

Jacqueline Sidman earned her PhD in Clinical Hypnotherapy in 2000 from American Pacific University, now Kona University. Prior, she achieved her BA and DCH in Clinical Hypnotherapy from the American Institute of Hypnotherapy in 1989 in Irvine, CA. She formed The Sidman Institute in Irvine, CA in 1998, a decade after she began, and has served over 10,000 clients over the past 25 years. Her experience in a wide variety of physical, emotional and behavioral problems in her private practice has shown considerable success. The Jacqueline Sidman Health Foundation, a non-profit 501(c)(3) organization, was founded by her in 2007. The purpose of the foundation is to research how working directly with the subconscious mind can have positive, often immediate, effects on one's physical and mental health. She has been recognized by the Journal of Reproductive Medicine for her successful treatment of Interstitial Cystitis, and her study on depression and anxiety was published by the American Psychological Association.

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