

## ***Markus Psychological Services, P.C.***

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***Howard E. Markus, Ph.D., CGP***

*Licensed Psychologist*

*Certified Group Psychotherapist*

*Ph. (585) 750-8094*

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November 12, 2014

I am writing in support of Helga Rahn, a well-trained and highly qualified hypnotist with whom I have collaborated on many occasions. Helga offers both stand-alone and adjunctive assistance in resolving a wide range of clinical and non-clinical conditions and presenting problems. Helga is a deeply caring person who is passionate and dedicated to helping people live the healthiest, most fulfilling life possible. Her skills can benefit a wide spectrum of clientele, ranging from the "worried well" to those struggling to cope with chronic medical conditions, severe trauma, and entrenched psychological distress. Helga is equally skilled at addressing health issues such as weight loss, smoking cessation, and stress management.

As a psychologist, I have long been aware of the clinical utility of hypnosis as an alternate or adjunctive treatment modality. In fact, the field of psychology has endorsed the clinical effectiveness of hypnosis for a range of psychological conditions. Although Helga is not a psychologist by training, her awareness and sophisticated understanding of human psychology is an asset to her professionalism and effectiveness. Helga is adept at explaining how hypnosis works and what appropriate goals may be. I have referred many patients to Helga when it became evident that an unconscious, entrenched intrapsychic block was impeding the progress of psychotherapy. In many instances, Helga was able to help the patient identify, address, and resolve the issue that was unconsciously hampering their development and functioning. Helga's work routinely facilitates goal achievement and enhanced treatment outcomes in my psychotherapy practice.

I highly recommend Helga and appreciate the role that she, as a clinical hypnotist, can serve in fostering health and well-being. I respect Helga as a colleague and professional. I sincerely hope that more health care providers will consider the value-added nature of clinical hypnosis and collaboration with Helga Rahn.

Sincerely,



Howard E. Markus, Ph.D., CGP

NYS Licensed Psychologist

Certified Group Psychotherapist

***Westfall Professional Park  
900 Westfall Road, Suite D  
Rochester, NY 14618***

September 17, 2008

Letter of recommendation:

Helga Rahn is a professional hypnotist who sees patients for a wide variety of conditions on referral from medical doctors. She also sees clients who are self-referred for non-medical problems. I am well acquainted with her and have referred patients to her. She is a very competent and caring person and very talented at what she does. She is a particularly great asset for those patients (and their doctors) with conditions that are refractory to conventional treatments or those who need extra care and attention.

Hypnosis is an alternate or additional therapy for numerous medical conditions, many of which are not classically felt to be psychosomatic. We all have patients who we feel are not going to get better from our care alone, because there is something going on inside them that is working against them getting well. These and many more can be helped by hypnosis and specifically by Helga Rahn. I recommend her without reservation for the care of any patient who has undergone a thorough, conventional medical evaluation and has been diagnosed with a specific medical problem for which they would be referred. I am sure she will add to your ability to successfully treat and please your patients. I think she will reflect well on your practice.

Sincerely,

A handwritten signature in blue ink, appearing to read "James H. Stewart MD". The signature is stylized and cursive.

James H. Stewart, MD,  
Cardiovascular Diseases and Internal Medicine  
Jacksonville, FL