



At Terra Vista Hypnotherapy, we help you manage stress, anxiety, and overwhelm — naturally and effectively — through personalized hypnotherapy and compassionate coaching. Whether you're a busy professional on the edge of burnout, a caregiver who puts everyone else first, or someone quietly struggling with anxiety, insomnia, or feeling stuck, know this: you are not alone, and you don't have to navigate it alone.

Hypnotherapy Services

- [Menopause Relief Hypnotherapy](#) – Reduce hot flashes, improve sleep, and feel more balanced during menopause.
- [Stress Management](#) – Release tension, reframe unhelpful patterns, and build resilience for daily life.
- Confidence Coaching – Boost self-esteem, overcome self-doubt, and feel empowered in your personal and professional life.
- [Dating & Relationship Coaching](#) – Break old patterns, attract healthier relationships, and improve communication skills.
- [Stop Smoking Hypnosis](#) – Overcome cravings, break the habit, and breathe easier — naturally.
- [Weight Loss & Healthy Habits](#) – Reframe your relationship with food, increase motivation, and maintain lasting results.
- Sleep & Insomnia Support – Quiet your mind, fall asleep faster, and enjoy deeper, more restorative rest.
- [Virtual & Online Hypnotherapy](#) – Access powerful, personalized hypnotherapy from the comfort of your home.

All hypnotherapy sessions are available in person in Abbotsford, BC, or virtually online.

Certified Clinical Hypnotherapist



Terra Pellat

Certified Clinical Hypnotherapist

As a certified clinical hypnotherapist and life coach, I blend proven subconscious techniques with down-to-earth guidance to help you reset your nervous system and build inner resilience.

[Book a free consultation to get started](#)