

Hi, my name is Tracy Krogen. a Certified Consulting Hypnotist through the NGH since 2020. She graduated Summa Cum Laude from St. Catherine University with a Bachelor of Science in Social Work, and is currently in Graduate school to earn a Masters in Social Work.

My specialty is working with teenagers. The pressures that they have on a daily basis are manifesting in many different ways, such as motivation to do homework and to study, focusing on tests, sports performance, and relationships, just to name a few. I can work with teens to help them utilize the strength within themselves to take control of their education and confidence in themselves.

I also specialize in pain management and smoking cessation. You too will learn that you can then harness the power of the sub-conscious mind to embrace a new you.

I look forward to the opportunity to work with you, and I am excited to embark on that journey together.

Imagine you!