

David Watkins, L.M.H.C.,
Licensed Mental Health Counselor
Certified Diplomate in Clinical
Hypnotherapy
License #MH0002103

David Watkins, M.Ed., is a Florida Licensed Mental Health Counselor, specializing in the use of Hypnotherapy. His practice focuses on short-term treatment for anxiety, phobias, and recovery from traumatic experiences.

He provides hypnosis for smoking cessation and weight management in the context of a healthy, sustainable lifestyle. In addition, he uses hypnosis to help clients manage chronic pain, and prepares patients for surgery, with the goal of reducing the need for anesthetic, and promoting faster, more comfortable post-operative recovery.

He is used as a resource by other therapists on a time-limited basis to help clients overcome obstacles that sometimes obstruct traditional therapy approaches.

With over 30 years of experience as a psychotherapist, David now works limited hours at the Center for Psychological Wellness Inc. His clients enjoy a supportive, caring relationship devoted to helping them achieve their goals.

David is a Diplomate of Clinical Hypnotherapy, certified by the National Board for Certified Clinical Hypnotherapists.