

Doc Hypnosis Launches "Hypno Life," a Weekly Podcast on Clinical Hypnosis, Now on 1100 KFNX and Spotify

Dr. William Deihl and Dr. Jennifer Couldry host a weekly program on clinical hypnosis, sound therapy, and neuroscience to help listeners understand and change the patterns behind how they think, feel, and behave

Phoenix, Arizona Mar 23, 2026 (IssueWire.com) - *Hypno Life: Train Your Mind. Change Your Life.* is a new recurring podcast hosted by Doc Hypnosis's Dr. William Deihl and Soul Echo Therapy's Dr. Jennifer Couldry. The program airs every Saturday at 11 am on 1100 KFNX in Phoenix and is [available globally on Spotify](#). Each episode covers a different aspect of the mind and how retraining it can lead to lasting change.

About the Show

Hypno Life explores how the subconscious mind and nervous system drive the patterns behind everyday life. Each week, Dr. Deihl and Dr. Couldry examine why common approaches to stress, burnout, self-doubt, and emotional struggles often fall short, and what actually needs to change for lasting results.

Drawing from [hypnotherapy](#), CBT, NLP, clinical [sound therapy](#), and IEMT, the show looks at how subconscious patterns and nervous system responses shape the way people think, feel, and behave. Episodes have covered topics such as what hypnosis actually is, how the nervous system responds to prolonged stress, why high achievers and caregivers often struggle with burnout, and how deeply held beliefs can create resistance to success. As the show grows, Dr. Deihl and Dr. Couldry continue to bring new topics into the conversation.

About the Hosts

Dr. William Deihl, founder of Doc Hypnosis, specializes in behavioral change, CBT, NLP, and performance psychology. His clinical work focuses on reprogramming subconscious patterns.

Dr. Jennifer Couldry, founder of Soul Echo Therapy, specializes in music medicine, clinical sound therapy, and nervous system science. Her work addresses the physiological roots of stress and emotional dysregulation.

The series draws from multiple clinical disciplines to examine the root causes of patterns that traditional approaches often leave unresolved.

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