



The Morpheus Clinic *for* Hypnosis

We Make Hypnosis Make Sense.

Our Mission

The Morpheus Clinic for Hypnosis was founded by Luke Chao in 2006. We strive to offer the most client-centred and results-focused hypnotherapy services available in Canada. Our approach to hypnosis communicates reality-based ideas, never fantasies. We teach our clients how to view themselves and the world like somebody who received proper guidance earlier in life.



We advocate:

- Hypnosis as an emerging profession
- Non-pharmacological mental health interventions
- Directive approaches that provide clear, specific guidance



Luke Chao

Founder of The Morpheus Clinic *for* Hypnosis

NOTEWORTHY PROJECTS

- Author of *The Skeptic's Guide to Hypnosis*
- Host of *The Hypnosis Nerd* and *How to Be an Adult* podcasts (Spotify, Apple)
- Featured in *Toronto Star*, *Cosmopolitan*, *Buzzfeed News*, *CityTV*, *Authority*



After graduating from the University of Toronto with an Honours Bachelor of Arts in English Literature, Luke opened The Morpheus Clinic for Hypnosis in 2006. Since then, he has become a Certified Instructor with the National Guild of Hypnotists, training dozens of new hypnosis professionals, and has seen thousands of clients. His approach to hypnosis is thoughtful, pragmatic and human-first. Although informed by many schools of thought, he only practises the style of hypnosis that uses verbal suggestion to instill new ideas. His clients include CEOs of large private firms and internationally recognized celebrities.

Contact Luke

☎ 416-556-4068

✉ luke@morpheusclinic.com

Our Team



Luke Chao

Hypnotist, Instructor

Luke is the founder. He is an outspoken advocate for non-pharmacological interventions, particular philosophy, for mental health.



Pascal Langdale

Hypnotist

Certified by the National Guild of Hypnotists (NGH) in 2023, Pascal is a hypnotist trained by Luke. He is also a voice actor and acting coach.



Kate Voss

Hypnotist

Kate began her journey at the clinic working the front desk. She soon felt called to the practice and became a certified hypnotist in 2025.

Testimonials



“The one word I would choose to describe my experience with this clinic is: life-changing.”

— Rebeca P.



“I go to this fine hypnosis clinic twice a month. The staff there is amazing. I feel welcomed and taken cared of. Luke is an excellent hypnotherapist. He lightens up my emotional baggage every time I go there. :)”

— Ricardo S.

The Morpheus Difference

Serene Location

We are located in a serene, spacious facility near Hospital Row.



49 Elm Street, Toronto



Radical Transparency

We write in-depth treatment plans to show clients what “higher-quality thinking” entails before their first session.

Group Hypnosis

In addition to private sessions, we have immersive group hypnosis nights, led by Luke Chao, three nights a week.



Our History

2006

Luke opened The Morpheus Clinic for Hypnosis as a **sole proprietor** at 15 Elm Street in Toronto

2008

Luke started **training and certifying** new hypnosis practitioners, hired his first associate and incorporated as Morpheus Hypnosis Ltd.

2017

Surpassed 5,000 clients hypnotized or assessed

2019

Started providing detailed **treatment plans** for new clients, a Morpheus innovation

2020

Began **The Hypnosis Nerd podcast** and expanded to **online sessions**

2022

Relocated to **49 Elm Street**, where we opened the world's only purpose-dedicated venue for **group hypnosis**

2023

Started the **How to Be an Adult** podcast

2024

Launched **The Self-Actualizers Club**, our membership program for hypnosis enthusiasts, and acquired the hypnu™ app

2025

Surpassed 10,000 clients hypnotized or assessed

Social Media & Online Presence



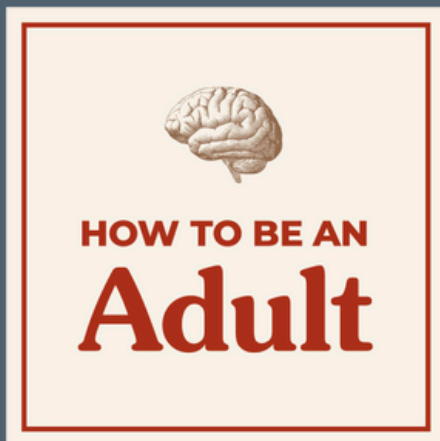
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How to Be an Adult

Our podcast offers practical guidance for living excellently.

Available on Apple Podcasts and Spotify.



hypnu™

Our hypnu™ app makes hypnosis easy. Find free hypnosis sessions and more.

Available on the App Store (iOS) and Play Store (Android).

Hypnosis Certification Training



One of the most enlightening and hands-on experiences I've ever had



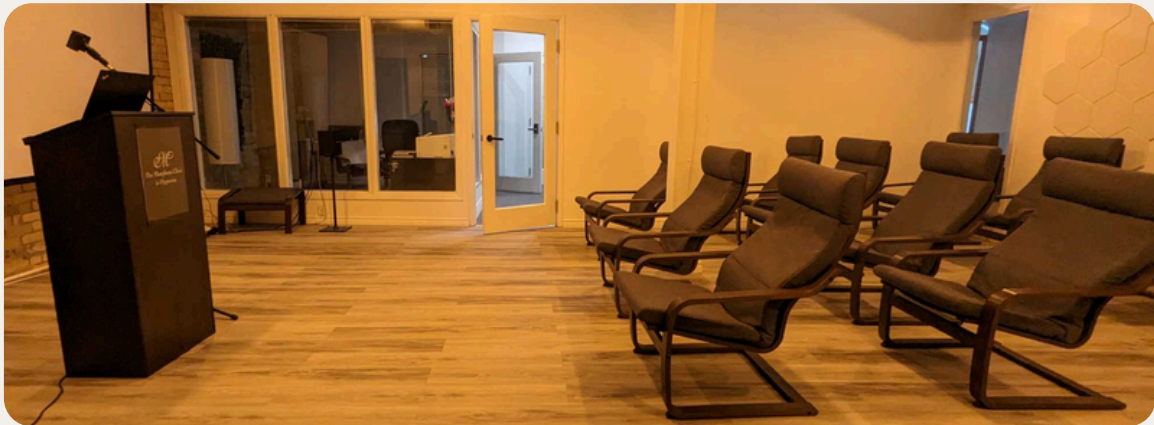
12 weeks



<10 students



NGH certified



Our hypnosis certification program is informed by **19 years of clinical experience**, teaching students the **fundamentals of hypnotism** to begin or advance their careers as **confident practitioners**.



This course leads to a **Certified Consulting Hypnotist** certificate with the **National Guild of Hypnotists (NGH)**