



SELFIGY

Counselling &
Hypnotherapy

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AUSTRALIAN HYPNOTHERAPISTS ASSOCIATION

Free Advisory Line 1800 067 557

The Australian Hypnotherapists Association (AHA) was formed as the Peak Body for hypnotherapists in 1949 by a group of therapists that had been in practice for many years.

The Association set a high standard of proficiency and only skilled therapists of high qualification and integrity, using approved techniques, are admitted to membership and then only when they have passed stringent examinations to the satisfaction of the examining body.

The AHA is the National Registration Body for individual hypnotherapists. Registration with a professional Peak Body such as the AHA, reflects a hypnotherapist's willingness to demonstrate to the public a strong desire to be accountable. Registration is the only formal process that members of the public can rely on in relation to standards and accountability.

The Association is in complete agreement with the medical profession in its opposition to the type of 'hypnotist' who makes wild and exaggerated claims. A Hypnotherapist who is a member of the AHA is governed by a sworn code of conduct: to take the deepest possible interest in every client; to be at all times conscientious, persevering, kind, patient, thorough and trustworthy; to treat all information acquired during the treatment as highly confidential.

Over the years AHA Hypnotherapists have successfully treated many thousands of clients who suffered from a multitude of conditions. Most of these clients consulted them only after they had been unable to find relief by other means.

The members of this association are providing a specialist service quite distinct from that of the general medical practitioner, psychiatrist, or psychologist and are qualified in this specialised field.

Mindfulness Based Weight Management



IS YOUR WEIGHT
CONTROLLING YOU,
A
SOLUTION IS
HERE.

Can I lose weight permanently ?

While weight retention can be attributed to inherited physiological factors, in many cases attention to three points can result in long term weight loss.

Eating habits

Restrictive diets do not work and often result in rebound weight gain. Eating with awareness and focussing on hunger cues will allow your weight changes to occur naturally, building skills that will keep weight off long term.

Exercise

Just like dieting, being too prescriptive with exercise is difficult to maintain. Finding enjoyable ways to move your body is essential for good health and wellbeing.



Attitude to weight loss

Preoccupation with your body weight and size overlooks the most important aspect of weight management... a positive attitude and a willingness to explore any subconscious motivations that may be sabotaging your attempts to lose weight. Without a genuine desire to look deeper at the reasons why weight maintenance is proving to be so difficult for you, any effort is going to have short term results.

How does it work ?

There are six sessions, weekly, set in a group format. The purpose of this format is to create a community of support.

Each session has a basic format of: group discussion, presentation of the session topic, relaxation / hypnotherapy focussed on reinforcing the topic of the session. Each topic builds on the previous sessions, leading to a level of change that is meaningful for you i.e. sustainable, through a Mindfulness perspective.

The intention of the programme is to take the focus away from diet and weight loss, to one of living a harmonious and balanced lifestyle. This is achieved by dealing with learning from the past that may be getting in the way of the present, changing disruptive habits if you like. Within the programme there are a number of flexible options that will allow for individual requirements.



What is Mindfulness ?

All too often we are focussing on past events or what might happen in the future, instead of being connected with what is happening right now. When we are present in the present moment, this awareness allows one to **act** in the moment, rather than **react** through habits..

What is Hypnosis ?

Part of the programme consists of hypnotherapy and relaxation exercises. For many people that are habitually tense, a deep relaxation on its own can be quite therapeutic. Relaxation is good food for the immune system and so beneficial for general health. Relaxation will be part of home activities that you will be required to participate in.

HOW DOES IT WORK ?

In a comfortable daydream-like state, we are able to restructure thoughts, feelings and responses...

In hypnosis we work on replacing negative attitudes and beliefs with positive ones.

HOW DOES IT FEEL ?

Most people have the idea that if they are hypnotised they are unconscious, asleep, or out of control. In fact when in hypnosis, your mind is alert, you hear every word from the therapist and remember what has been said. You reject any suggestion made by the therapist, if they conflict with your beliefs...

The physical feeling of hypnosis is one of comfort and relaxation. It is this feeling of relaxation and comfort that can be used to free people from the stress and anxiety that plagues so many lives today.