



SELFIGY

Counselling &
Hypnotherapy

Contact:

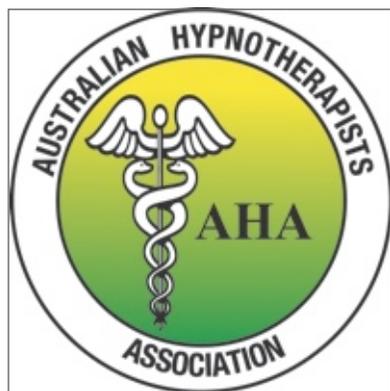
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AUSTRALIAN HYPNOTHERAPISTS ASSOCIATION

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 hypnotherapists 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.

Hypnotherapy: Releasing The Weighting Game



**IS YOUR WEIGHT
CONTROLLING YOU,
THE
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

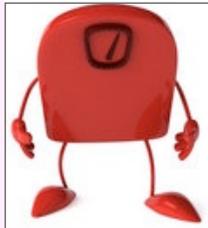
Strict diets are not necessary and are often difficult to maintain long term. Maintaining a balanced diet and having sensible sized portions, should be sufficient.

Exercise

Maintaining a sensible level of fitness is necessary for a healthy lifestyle. But it makes sense to exercise in a manner that is going to be maintained.

Attitude to weight loss

Often the area that is overlooked and frequently the most important. If there is not a genuine desire to lose weight, any effort is going to have short term results.



While one might consciously want to lose weight, subconsciously there may be a motivation to retain weight, that will continuously foil attempts to lose weight.

This programme incorporates all three of these factors:

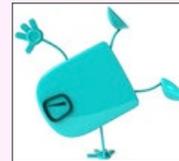
How does it work ?

Eating habits are covered in a video, by a trained nutritionist. Additionally a one-on-one session covers eating and exercise, that focuses on individual requirements.

Hypnosis and counselling, over six sessions, is focused on: reducing the amount eaten; the manner of eating; releasing the psychological dependence on retaining weight.



The key component of the programme is the hypnosis based Virtual Intra Gastric Balloon TM. This hypnosis approach, avoids the need for any physical intervention. Instead, using the power of your subconscious mind, the possibility for releasing weight is harnessed.



The intention... releasing weight and maintaining the change.



What is an actual Intra Gastric Balloon ?

This is a non surgical procedure, that involves inserting a silicon balloon into the stomach via the mouth, this is then filled with a sterile saline solution. This results in a reduction of the effective volume of the stomach and creates a feeling of being full.

Hypnosis helps....

HOW DOES IT WORK ?

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

A good deal of suffering is the consequence of negative thoughts and impulses from the past which can sabotage ones health, happiness and efficiency. By the time one has reached adulthood, one has built up negative modes of thinking, feeling and acting which persist like bad habits and like any habit they require effort to break. In hypnosis we replace these negative attitudes 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 it is against 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.