



RACHEL ABRAMSON & ASSOCIATES

smoking ● weight ● career guidance

Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



OUR HIGHER ORDER CALLING:

TO HELP PEOPLE REACH THEIR FULL POTENTIAL:

PERSONALLY, PROFESSIONALLY, ENTREPRENEURIALLLY AND MONEY-WISE

MANAGING ANXIETY PROGRAM

A Program to Help Manage One's Anxiety

OUR MOTTO:

- BE PROACTIVE.
- TAKE CHARGE OF YOUR CAREER.
- LOOK AFTER YOUR HEALTH.

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MANAGING ANXIETY PROGRAM

A Program to Help Manage One's Anxiety



WHAT IS THE **MANAGING ANXIETY PROGRAM**

The **MANAGING ANXIETY PROGRAM** helps people with their anxieties, (including general sense of nervousness, sense of panic, fears, phobias, worries, intrusive thoughts and repetitive thoughts). Drawing on principles from neuroscience, Ericksonian hypnosis, Solution Oriented Counselling and Neuro-Linguistic Programming, the **MANAGING ANXIETY PROGRAM** helps people better manage their unique form of anxiety.

WHAT WILL I GET FROM THE **MANAGING ANXIETY PROGRAM**

The hypnotic trance state is very relaxing. It is just like having a massage for the mind. It is also a state in which therapeutic goals can be reached much more quickly than we could without the benefit of having had hypnosis.

The hypnotic trance state is also akin to the state we are in when we are in stage 4 sleep. This is a deep sleep state where one's mind and body can heal and repair itself. Just by having hypnosis, then, you will find that you are able to start the healing process. You will also learn how to tap into stage 4 sleep through the art of self-hypnosis.

Depending on the underlying sources of your anxiety, you may learn (a) what causes anxiety; (b) how anxiety manifests itself in the brain; and (c) strategies uniquely tailored to manage your anxiety.

THE FEES

Weekday consultations are \$87 per consultation. Sunday consultations are \$110 per consultation. Fees are payable by cash or cheque at the time of consultation and are G.S.T.-free.

Medicare rebates may apply for those who have been referred by their G.P. or psychiatrist. Alternatively, rebates may apply for those with private health insurance, extra's cover.

BOOKINGS AND ENQUIRIES

Further information may be obtained by visiting <http://www.rachel-abramson-and-associates.com.au>, phoning 0418 149 506 or emailing rachela@ozemail.com.au.

Appointments are held at suite 307, 566 St Kilda Road Melbourne from Sundays to Thursdays, 10.00 a.m. to 6.00 p.m. We have onsite parking and we are near tram stop 26 (on the corner of Beatrice Street).

When you are ready to book your appointment, you can ring/text us on 0418 149 506 or email rachela@ozemail.com.au.