



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

SLEEP WELL PROGRAM

A Program to Help You Get a Good Night's Sleep

OUR MOTTO:

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

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SLEEP WELL PROGRAM

A Program to Help You Get a Good Night's Sleep



WHAT IS THE SLEEP WELL PROGRAM

The SLEEP WELL PROGRAM helps people who have difficulty falling asleep or staying asleep. Drawing on principles from neuroscience, Ericksonian hypnosis, Solution Oriented Counselling, Neuro-Linguistic Programming and helpful habits, the SLEEP WELL PROGRAM helps people get a good night's sleep.

WHAT WILL I GET FROM THE SLEEP WELL 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 sleep goals can be reached much more quickly than we could without the benefit of having had hypnosis.

The hypnotic trance state is akin to 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 harness your body's natural ability to heal itself. As part of this benefit, you may find yourself feeling less stressed, tense or anxious as we continue our work together. You will also learn how to tap into the benefits of stage 4 sleep through the art of self-hypnosis.

Depending on the nature of your unique sleep difficulties, you will learn (a) the power of helpful habits; (b) how helpful habits can be used to sleep well; and (d) uniquely tailored strategies to help you get a good night's sleep.

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.