



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

STOP SMOKING PROGRAM

An Ericksonian Approach to Stop Smoking

OUR MOTTO:

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

Suite 307, 566 St Kilda Road, Melbourne
P O Box 300, Caulfield South, Vic., 3162
0418 149 506
rachela@ozemail.com.au
facebook.com/rachelabramsonandassociates
Twitter: @Rachel_Abramson
Skype: rachel.abramson.and.associates
ABN: 74 923 166 311
www.rachel-abramson-and-associates.com.au



STOP SMOKING PROGRAM

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WHAT IS THE STOP SMOKING PROGRAM

The STOP SMOKING PROGRAM helps smokers break free of the cigarette. Drawing on principles from neuroscience, Ericksonian hypnosis, Solution Oriented Counselling and Neuro-Linguistic Programming, goal-setting and habit formation, the STOP SMOKING PROGRAM helps smokers stop smoking.

WHAT WILL I GET FROM THE STOP SMOKING 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 smoking 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.

You will also learn (a) your unique smoking triggers; (b) strategies to manage your own triggers; (c) the power of helpful habits; and (d) uniquely tailored strategies to help you move towards your smoking goals.

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.

This service is eligible for a rebate under private health insurance 'extras' 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.