



**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

**THE STRESS MANAGEMENT PROGRAM**  
A Program to Help Manage Work and Life Stress

OUR MOTTO:

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

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# THE STRESS MANAGEMENT PROGRAM

## A Program to Help Manage Work and Life Stress



### WHAT IS THE STRESS MANAGEMENT PROGRAM

The **STRESS MANAGEMENT PROGRAM** helps people who are feeling stressed or tense at home or work. It also helps people who find themselves clenching or grinding their teeth. Drawing on principles from neuroscience, Ericksonian hypnosis, Solution Oriented Counselling and Neuro-Linguistic Programming, the **STRESS MANAGEMENT PROGRAM** helps people better manage their work and/or life stress. This Program also helps relieve bodily tension, especially that in the jawline. In so doing, people will find that they no longer clench or grind their teeth.

### WHAT WILL I GET FROM THE STRESS MANAGEMENT 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 stress and/or tension, you may learn strategies for (a) managing stress in the home and workplace; (b) managing domestic and workplace conflict; (c) graceful self-assertion; (d) self-care; (e) work/life balance; as well as (f) ways of minimising the impact of future stresses on your health and well-being. Once we have formally assessed your source of stress and/or tension, we will be able to advise you what other strategies you may learn.

### 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](mailto: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](mailto:rachela@ozemail.com.au).