



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 WEIGHT MANAGEMENT PROGRAM
A Program to Help Manage One's Weight

OUR MOTTO:

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

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THE WEIGHT MANAGEMENT PROGRAM

A Program to Help Manage One's Weight



WHAT IS THE WEIGHT MANAGEMENT PROGRAM

The **WEIGHT MANAGEMENT PROGRAM** helps people who are mildly, moderately or significantly overweight reach their weight goals. Drawing on principles from neuroscience, Ericksonian hypnosis, Solution Oriented Counselling and Neuro-Linguistic Programming, the **WEIGHT MANAGEMENT PROGRAM** helps people reach an ideal weight for their height and body structure.

WHAT WILL I GET FROM THE WEIGHT 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 weight management 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) some simple rules for identifying an ideal weight for your height and body structure; (b) simple ways to measure progress, without necessarily relying on bathroom scales; (c) principles of healthy eating; and (d) uniquely tailored strategies to help you move towards your weight goals.

You may find additional benefits of having attended this Program, depending on how much weight you need to lose. These benefits may include improved self-confidence, greater ease and freedom of movement, reduced joint pain.

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.