

PROGRAM COSTING & CONTENT

- Duration: 12 Weeks
(new intake at 3 week intervals)
- Total Cost: \$1650.00

Key Components:

- 4 x Clinical Hypnotherapy Sessions
- 4 x Clinical Nutritionist Sessions
- 3 x Functional Nutrition Webinar Sessions
- Health Assessment & Pathology Testing overseen by clinical nutritionist
- Food Diary & Personalised Meal Plan in conjunction with clinical hypnotherapist
- 1 week of Nutritionally Balanced Meals provided
- Treatment Plan with Regular Progress Reviews

Other Activities:

- Social Meet & Greet Networking Breakfast
- Online Discussion & Networking Sessions
- Food Labelling Information Sessions
- Manage Your Pantry interactive sessions
- Option for Continuing Post Program Support

think weightless think wellness



**A 12 Week
Clinical Hypnotherapy
& Nutritional Program**

to help you take back control
of your eating habits and weight
while maintaining wellness



mindfulme
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Presented by
Abrosia Therapies Wellness Clinic
Mind & Body Solutions
Progressive Health

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There are many reasons people don't achieve their weight loss goals.

A high percentage of these reasons can be emotional, habitual and/or psychological.

The purpose of hypnotherapy as part of this 12 week MindfulMe Program is to change the way you THINK about food.

It will help to identify your past relationship with food and dieting and support you on the path to taking back control of your weight and wellness.

Weight-management issues can often be the outcome of other underlying health concerns, which are identified through consultation and addressed through a personalised treatment plan.

This approach better rectifies the problems which cause symptoms, rather than only treating the symptoms themselves.

Working nutritional goals alongside hypnotherapy provides the body with a truly holistic and effective approach to improving overall health and wellness.

Weekly Schedule & Activities

WEEK 1

- Hypnotherapy Appointment #1 (90min Duration)

Establish receptivity & psychological reason for weightloss. Set clear goals and objectives for client. Identify dietary requirements for plan moving forward

- Nutritionist Appointment #1 (75min Duration)

Clinical questioning to establish the cause of symptoms. Physical assessment -weight, measure and photos & meal plan.

WEEK 2

- 1 Week supply of prepared meals delivery

- Hypnotherapy Appointment #2 (90min Duration)

Review & conduct weight management/appetite management specific hypnotherapy treatment.

WEEK 3

- Nutritionist Appointment #2 (60min Duration)

Clinical and lifestyle questioning post initial session. Provide client/patient with a treatment plan specific to their needs by the end of the session.

WEEK 4

- Hypnotherapy Appointment #3 (75min Duration)

Review first 3 weeks of plan & conduct weight loss/appetite control specific personalised treatment plan for the client.

WEEK 5

3 day food diary & pantry/ fridge management strategies

WEEK 6

- Nutritionist Appointment #3 (60min Duration)

Review of 3 day food diary & changes to pantry / fridge management

WEEK 7

• Nutrition Webinars & group discussion/ chat sessions.

- 1: mindful eating & social eating.
- 2: digestive health & fasting strategies.

WEEK 8

• Group Breakfast at Abrosia Wellness Clinic, preparing and eating together with the team from Abrosia using strategies learned so far.

WEEK 9 & 10

Educational sessions, webinars, group chat and networking with program peers for ongoing support.

WEEK 11

- Hypnotherapy Appointment #4 (90min Duration)

Review of hypnotherapy treatments so far, what works best, ongoing weight management / appetite plans & options for further treatment if required

WEEK 12

- Nutritionist Appointment #4 (60min Duration)

Final weight & measurements to assess progress and sustaining momentum, focussing on health & weight with tailored ongoing plan. Options for further treatment & support.



Stephanie Brown
Mind & Body Solutions
Clinical Hypnotherapist (AHA)

I am driven & committed to helping people live the best version of themselves in life. It never ceases to amaze me the potential that someone can unlock simply by identifying and changing their thoughts and / or behaviours. I aspire to help others see how rewarding and happy life can be, especially during and after challenges.



Maria King
Progressive Health
Nutritional Medicine Practitioner (BHSoc.)

I am a functional nutritional medicine practitioner and pride myself on providing an individualised service to meet my client's specific needs. I am extremely passionate about using food as medicine and supporting my clients on their journey to long lasting health improvements.