

Lifepath Psychology

the journey is the reward



Healthy Living Hypnotherapy Information

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Hypnotherapy for weight loss and healthy living is the use of hypnotherapy techniques to address your unconscious issues with regards to body weight and appearance.

Your unconscious is there to protect you. There may be many reasons that your unconscious does not 'approve of weight loss'. All of these reasons have resulted from past conditioning through life experiences.

Some reasons may include:

- Your unconscious may think fasting and dieting is really bad for you (maybe from something you read). This may explain why dieting hasn't worked or you find it difficult to follow through.
- Your unconscious may think losing weight will mean you move out of a long established comfort zone into new dangerous territory. So even after losing weight you will feel uncomfortable and immediately put it back on.

Whatever reasons behind unconscious hindrance to weight loss, it is important to bring your unconscious on side about weight loss and convince your unconscious that weight loss, i.e. living healthily, is actually really good for you!

Hypnotherapy for weight loss is about confronting your unconscious about the real reasons for weight loss. It's about addressing any unconscious hurdles that are actually preventing your from losing weight and keeping it off permanently.

At Lifepath Psychology our Healthy Living Hypnotherapy package consists of approximately 3-5 sessions, depending upon client needs.

First Session

When you attend your first session we will:

- Have a discussion about your requirements and goals.
- Gather personal information such as sleeping patterns, lifestyle information, medical symptoms or medication, any treatments involving other healthcare providers.
- Explain how the hypnotherapy process will work.
- Examine the real reasons you want to lose weight as well as the real reasons that are holding your back from achieving weight loss.

Subsequent Sessions

The practical application of clinical hypnosis can then begin. We will imprint new patterns of thinking and doing to help you lose the weight for your health and keep it off.

the following popular session structure may give you an idea of what to expect:

- A welcome chat to encourage comfort and relaxation.
- Induction - the hypnotherapist will then lead you into a state of deep physical and mental relaxation.
- Once deeply relaxed, the hypnotherapist can then begin 'change work' using techniques and approaches discussed and agreed to help you towards your goals.
- Once the 'change work' is complete, the hypnotherapist will begin the transition to wakefulness, in which you are gradually brought out of your trance.
- Time for any questions you may have and a summary of the session and any progress made thus far.

The aim is to give you mental tools that will keep you focused on healthy habits and building true inner confidence in your physical appearance.

To book a free 10 minute hypnotherapy suitability consultation at Lifepath Psychology please feel free to call 6496 0039, or email admin@lifepathpsychology.com.au, and one of our friendly staff will more than happy to assist.

