

What is hypnosis and how does it work?

Hypnosis is a state of natural deep, relaxation and concentration. It helps you to use the power of your mind and your creative imagination to find new ways of dealing with problems and to alter unwanted patterns of behaviour.

The hypnotic state enables you to access the ability of the subconscious mind to resolve deeply rooted issues.

Hypnotherapy is a natural, drug free yet powerful way of dealing with problems. Supported by clinical research, it provides a rapid, personalised and permanent solution to many health issues.



Newcastle Hypnotherapy
Help for your mental health

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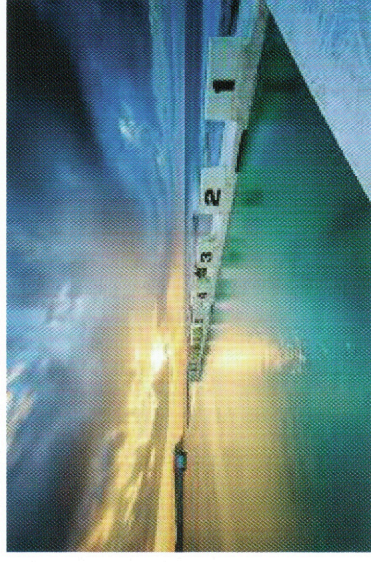


The Peak Body for Hypnotherapists in
Australia since 1949

Professionalism and Confidence



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Hypnotherapy can Help

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Hypnosis can help you:

Manage stress: hypnosis has a proven track record in reducing stress and anxiety.

Overcome depression: hypnosis can be effective in helping to reduce negative self talk and dark thoughts.

Control habits: eliminate or control (among other things) smoking, excess drinking, problem gambling and nail biting.

Manage weight: hypnosis can change your unhealthy eating habits and motivate you to exercise appropriately.

Enhance your performance: eliminate anxiety about public speaking, improve your sports performance, get motivated and overcome procrastination.

Overcome trauma: overcome panic attacks, phobias and fears.

Manage pain: hypnosis is a proven pain management tool, and studies have shown it to be an effective treatment for Irritable Bowel Syndrome.

Overcome childhood issues: including bed-wetting, nightmares, thumb sucking and more.

Learn: self-hypnosis and relaxation skills.

About Newcastle Hypnotherapy

Newcastle Hypnotherapy is owned by Sue Vandenbergh.

Sue is a registered nurse and has worked in the mental health/psychiatric field in the Newcastle and Lake Macquarie regions for over 30 years. She is well known and respected by other local health professionals.

Sue is a Professional Member of the Australian Hypnotherapists' Association and is credentialled by the Australian College of Mental Health Nurses as an advanced specialist in that profession.

Many people have overcome their limiting self-beliefs and unwanted habits with Sue's assistance.

Sue provides mental health nursing and counselling services through her other practice, SV Counselling Services.

For more information about Sue, her background and qualifications, go to:
www.newcastlehypnotherapy.com.au
or
www.svcounselling.com.au

How long does it take and how much does it cost?

How long?

Most problems can be resolved in 3 or 4 sessions of hypnotherapy, however complex situations may require more.

How much?

- * The first session usually takes 90 minutes, and costs \$130.
- * Subsequent sessions take around 50 minutes and cost \$100.
- * Fees are payable at the end of each session.
- * Credit and Debit card facilities are available. A charge applies.

Can Hypnotherapy be claimed?

- * Medicare rebates may be possible under the Enhanced Primary Care Program. Talk to your GP to see if you qualify for this program.
- * Some private health funds offer refunds for hypnotherapy. Check with your Fund to see if you are covered.

More details can be found at
www.newcastlehypnotherapy.com.au

Fees are correct at June 2015, and are subject to change