

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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General Hypnotherapy Specialising in Trauma

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***1-3 sessions
is all it usually takes to:**

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.

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

Overcome fears: 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.

***Individualised Programs**

The Richards Trauma Process:

- A unique program for people who experience the after-effects of trauma or prolonged distress.

What makes this process so unique for participants?

- 3 x 90 minute sessions of empowering hypnotherapy
- no re-traumatising or exposure to past experiences - IT IS SAFE!!
- fast, lasting relief from the torments of the past: 3-4 weeks is all it takes to experience freedom!
- sessions are specifically tailored to each individual's needs
- no drugs or medications
- remarkable results!
- long-term success rate of almost 100%

Quit Smoking:

- 3 hypnotherapy sessions which deal with not just smoking, but also the underlying reasons.

Weight Loss:

- 5 hypnotherapy sessions which address the underlying reasons for uncontrolled eating
- Education
- Development of new lifestyle habits.

*** Participants need to genuinely engage in these programs and have an honest desire for change, to achieve optimum results**

About Newcastle Hypnotherapy

**Newcastle Hypnotherapy is owned
by Sue Vandenberg.**

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 Clinical Member of the Australian Hypnotherapists' Association and is credentialed 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