



GASTRIC BAND WEIGHT LOSS HYPNOTHERAPY

I am pleased and proud to be finally rolling out this therapy following a month of working with my trial group of 7 people.

My Gastric Band Weight Loss Hypnotherapy is delivered as 3 month program:

3 weekly sessions followed by session 4 a fortnight later. I will then meet with you for a further 2 sessions, one per month, in order to provide continued therapeutic support and motivation. The program will provide tools and knowledge to help you create healthier lifestyle choices moving forward.

PROGRAM OUTLINE:

SESSION 1:

In Session 1 we will discuss your goals and the challenges you have had around food & exercise. We will agree on a realistic action plan and within the first session we discuss hypnosis and hypnotherapy techniques used, your role and responsibilities to ensure your success with the program. Please allow 2 hours for Session 1 to give us time for a thorough case history as well as preparatory hypnotherapy.

SESSIONS 2-4:

Sessions 2-4 will typically deliver the "pre-surgery consult", followed by the "hypo-surgery" and "gastric band hypo-adjustment". Throughout the programme we will address any self-sabotaging behaviours and mental blocks. Please allow 1.5 hours each for Sessions 2-6. There MAY be some variation as to the delivery of the program

depending on individual need (we may choose to delay OR bring forward the "hypno-surgery").

SESSIONS 5-6:

Sessions 5 and 6 will support clients through the period where they can typically start to lose motivation and provides psychological and motivational support along with reinforcement of healthy eating suggestions.

THINGS TO CONSIDER BEFORE COMMITTING:

I ask that you commit to being honest with yourself and me when it comes to addressing what has lead to your weight problem. We will need to address any emotional attachments to food and you will be asked to show commitment to making real changes to your diet and lifestyle, just as you would if you were on the wait list for a "real" gastric band. Yes, your "virtual" gastric band will help you to eat less but if you continue to make poor food and drink choices your weight loss may be minimal.

In addition to the initial 6 sessions I may recommend a further 3-9 sessions over a period of months to help ensure you stay on track, depending on the amount you have to lose and the support you need. The majority of clients will have anywhere from 30-100kgs to lose, as demonstrated by my trial group, and many will need longer term psychological and motivational support along with reinforcement of healthy eating suggestions. Client can choose to continue with monthly sessions after the 3 months on a pay per session basis.

Gastric Band Hypnotherapy is NOT a magic bullet but has been shown to help around 80% of participants.

It is important to note that no two people are the same and so you cannot compare one person's weight loss with another's. Each person have their own journey, own challenges and emotional causes to work on.

FIRST STEPS:

I am offering a FREE 30 MINUTE CONSULT to meet with potential clients to discuss the course of treatment in detail, and to ensure you are a match for the therapy and aware of the commitment and engagement needed to succeed. To book your free consult, you can contact me via PM, via phone on 021 264 3927, or email: kh-clinicalhypnosis@hotmail.co.nz

Gastric Band Weight Loss Hypnotherapy program fee:

\$600.00 payable in full at Session 1, OR \$300.00 payable at Session 1 AND Session 3.