

Book Now Buttons:

**2 Hour Coaching & Hypnotherapy Session**

A power session to smash through problems and challenges. Includes a personalised hypnosis during your session. You will walk away with achievable and implementable actions to help you achieve your goals. The session also includes a recording of your hypnosis audio.



**Quit Smoking (A Habit Breakers Program)**

A three step program that includes a 7 day pre-session Action Plan to prepare your mind and body for quitting; a 2 hour personalised session; and post-session support tools. For more information [visit here](#).



**1.5hr Behaviour Support Sessions For Clients With ADHD And/Or Autism Spectrum Disorders**

Weekly or fortnightly sessions that focus on empowering clients with the skills and strategies to manage challenging behaviours and increase confidence. These sessions are particularly helpful when the client is experiencing a time of transition – eg, changing schools, family separation, leaving school, starting a new job, etc.

Sessions are Client-Led to increase the client's confidence and communication skills as they share what has been happening in their world since the previous session. Any behavioural and emotional challenges are discussed, as well as the impact and consequences of any actions.

Sessions are also Goal-Oriented. Agreed overall ongoing program goals and actions are reviewed each session. Sessions are also Solutions-Focused. I assist the client to determine their own solutions and learnings from negative or challenging experiences. The client's actions and learnings are reviewed at their next session.



**Anxiety, PTSD And Trauma (3 – 4 Sessions, 1.5-2hrs Per Session)**

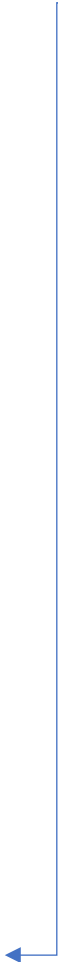
Utilising the proven technique, The Richards Trauma Process™ (TRTP™) that powerfully addresses major trauma, PTSD, anxiety and depression and resolves these issues quickly, effectively and very safely using medical Hypnosis and NLP. TRTP™ works where the trauma is stored - in the conscious mind and in the body.

This process clears underlying, unconscious core beliefs from past experiences and upbringing which keeps a person stuck in patterns of thoughts, emotions and behaviours. Removes emotional charge from past traumas, to a place of empowerment and shifts the client from fight/flight/freeze and moves them to an empowered, calm state - on all levels. Watch this [video](#) for more information.



**Weight Control Mindset Program**

Achieve real, long lasting results by changing the way you think and feel about yourself, food, eating and exercise. Programs are tailored to the client and are offered as 3, 4 or 6 personalised fortnightly sessions and incorporate wellness coaching and hypnotherapy. We also provide realistic 'operating theatre' experience for the gastric band hypnosis session to help people reduce portion sizes.



The book now button for the Quit Smoking Program, links to Link to <https://calendly.com/simone-hamilton/quit-smoking-complimentary-consultation>