



OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

THE RETREAT PROGRAM

A DELIGHTFULLY LUXURIOUS WAY TO MANAGE STRESS AND ANXIETY

OUR MOTTO:

- BE PROACTIVE.
- TAKE CHARGE OF YOUR CAREER.
- LOOK AFTER YOUR HEALTH.



P O Box 300
Caulfield South Vic. 3162
61 3 9578 9077
0418 149 506
ABN: 74 923 166 311
rachela@ozemail.com.au
rachelabramsonandassociates@gmail.com
facebook.com/rachelabramsonandassociates
Twitter: [@Rachel_Abramson](https://twitter.com/Rachel_Abramson)
Skype: [rachel.abramson.and.associates](https://www.skype.com/en/contacts/voice/rachel.abramson.and.associates)
www.rachel-abramson-and-associates.com.au
www.centreforcareerdevelopmentanderricksonianhypnosis.com.au

THE RETREAT PROGRAM:

A DELIGHTFULLY LUXURIOUS WAY TO MANAGE STRESS AND ANXIETY

FEATURES OF RETREAT

RETREAT is a group program to help participants manage overwhelming stress, worries or anxiety. It draws on Ericksonian hypnosis, Solution Oriented Counselling and Neuro-linguistic Programming to provide participants with a delightfully luxurious way to manage their stress or anxiety.

The first meeting will be an introductory meeting. Participants will also experience group hypnosis for relaxation. This is a delightfully mild form of relaxation where the mind remains alert whilst the body feels relaxed.

In second and subsequent meetings, group hypnosis will be tailored to those present in the group. And will particularly address each participant's unique forms of stress and/or anxiety.

This Program is run once a week for six weeks, followed by a further six meetings held on a fortnightly basis. By the end of this Program, participants will feel more relaxed, calm and centred. Moreover, they will have the knowledge, skills and ability to maintain this 'space' on their own. Groups are limited to eight participants.

WHERE AND WHEN

RETREAT runs for two hours, once a week for six weeks. A further six meetings are held on a fortnightly basis. It is held at our 2nd floor group room, 142 Auburn Road, Hawthorn. Groups are limited to eight participants.

THE FEES

If you have been referred by a GP or allied health professional, fees are \$25 and GST-free. Medicare rebates may apply.

Otherwise, fees are \$27.50, including 10% GST.

BOOKINGS AND ENQUIRIES

Bookings and enquiries can be made by email (rachela@ozemail.com.au), telephone or text message (0418 149 506).