



**RACHEL ABRAMSON & ASSOCIATES**

**smoking • weight • career guidance**

Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

MANAGING ANXIETY PROGRAM

A PROGRAM TO HELP MANAGE ONE'S ANXIETY

OUR MOTTO:

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

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# MANAGING ANXIETY PROGRAM

## A PROGRAM TO HELP MANAGE ONE'S ANXIETY

### FEATURES OF THE MANAGING ANXIETY PROGRAM

The MANAGING ANXIETY PROGRAM is individually tailored to help people manage anxieties, such as general nervousness, sense of panic, fears, phobias, worries, intrusive thoughts and repetitive thoughts. It is based on Ericksonian Hypnosis, Solution Oriented Counselling and Neuro-Linguistic Programming.

In the first instance, Ericksonian hypnosis will be used for relaxation. Thereafter, it will be individually tailored to address the anxiety problem. Techniques will be discussed to keep the anxiety under control.

### THE FEES

Weekday consultations are \$87 per consultation. Sunday consultations are \$110 per consultation. Fees are payable by cash or cheque at the time of consultation and are G.S.T.-free.

Medicare rebates apply for those who have been referred by their GP, psychiatrist or paediatrician. Alternatively, rebates may apply for those with private health insurance, extra's cover.

### BOOKINGS AND ENQUIRIES

Appointments can be made on Sundays to Thursdays, 10.00 am to 6.00 p.m. We are located on 3<sup>rd</sup> floor, Suite 307, 566 St Kilda Road, Melbourne. (Near corner of Beatrice Street and tram stop 26). Onsite parking is available.

Bookings and enquiries can be made by telephone, text message (0418 149 506) or email ([rachela@ozemail.com.au](mailto:rachela@ozemail.com.au)). Further information can be obtained by visiting [rachel-abramson-and-associates.com.au](http://rachel-abramson-and-associates.com.au).