

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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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 to minimise the chances of it returning will be discussed.

THE FEES

The fee for this Program is \$110 per consultation. A concession rate of \$80 per consultation applies for students, unemployed, part-timers and retirees. Fees are GST-free and are payable by cash or cheque at the time of consultation.

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 Mondays, Fridays and Saturdays at 1st floor, 142 Auburn Road, Hawthorn. (Entrance from Queens Avenue).

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