



RACHEL ABRAMSON & ASSOCIATES

smoking • weight • career guidance

Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

STOP SMOKING PROGRAM

AN ERICKSONIAN APPROACH TO STOP SMOKING

OUR MOTTO:

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

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STOP SMOKING PROGRAM

AN ERICKSONIAN APPROACH TO STOP SMOKING

FEATURES OF THE STOP SMOKING PROGRAM

The STOP SMOKING PROGRAM combines Ericksonian hypnosis, Solution Oriented Counselling and Neurolinguistic Programming to help people quit smoking. It is individually tailored to each person's specific smoking problem.

In the first instance, Ericksonian hypnosis will be used for relaxation. Thereafter, it will be individually tailored to address the specific smoking problem. Techniques will be discussed to help you minimise the chances of smoking in future.

THE FEES

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

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 a.m. to 6.00 p.m. We are located on 3rd 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). Further information can be obtained by visiting rachel-abramson-and-associates.com.au.