



**RACHEL ABRAMSON & ASSOCIATES**

**smoking • weight • career guidance**

Psychologists, Career Counsellors, Hypnotherapists and Relationship Counsellors



OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

THE STRESS MANAGEMENT PROGRAM

A PROGRAM TO HELP MANAGE WORK AND LIFE STRESS

OUR MOTTO:

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

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# THE STRESS MANAGEMENT PROGRAM

## A PROGRAM TO HELP MANAGE WORK AND LIFE STRESS

### FEATURES OF THE STRESS MANAGEMENT PROGRAM

The STRESS MANAGEMENT PROGRAM combines Ericksonian hypnosis, Solution Oriented Counselling and Neurolinguistic Programming to help people manage their work and life stressors. This Program is individually tailored to help each person manage their specific work and life stressors.

In the first instance, Ericksonian hypnosis will be used for relaxation. Thereafter, it will be used to help manage stress. As part of this work, we may discuss ways of handling conflict, self-assertion, self-care practices and work/life balance. Techniques will also be discussed to help you minimise the impact of future stresses.

### 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 each 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 a.m. to 6.00 p.m. We are located on 3<sup>rd</sup> floor, Suite 307, 566 St Kilda Road, Melbourne. (Near the corner of Beatrice Street and tram stop 26). Onsite parking is also 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).