

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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FEATURES OF THE STRESS MANAGEMENT PROGRAM

The STRESS MANAGEMENT PROGRAM is individually tailored to help manage work and life stress. It combines Ericksonian hypnosis, Solution Oriented Counselling and Neurolinguistic Programming.

In the first instance, hypnosis will be used for relaxation. Thereafter, Ericksonian hypnosis will be used to help manage the stress problem. As part of this work, handling conflict, self-assertion, self-care practices and work/life balance may be addressed. Techniques to minimise the impact of future stresses will also 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 is from Queens Avenue).

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