

OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

THE WEIGHT MANAGEMENT PROGRAM  
A PROGRAM TO HELP MANAGE ONE'S WEIGHT

OUR MOTTO:

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

P O Box 300  
Caulfield South Vic. 3162  
61 3 9578 9077  
0418 149 506  
ABN: 74 923 166 311  
[rachela@ozemail.com.au](mailto:rachela@ozemail.com.au)  
[rachelabramsonandassociates@gmail.com](mailto:rachelabramsonandassociates@gmail.com)  
[facebook.com/rachelabramsonandassociates](https://facebook.com/rachelabramsonandassociates)  
Skype: [rachel.abramson.and.associates](https://skype.com/rachel.abramson.and.associates)  
[www.rachel-abramson-and-associates.com.au](http://www.rachel-abramson-and-associates.com.au)  
[www.centreforcareerdevelopmentanderricksonianhypnosis.com.au](http://www.centreforcareerdevelopmentanderricksonianhypnosis.com.au)

# THE WEIGHT MANAGEMENT PROGRAM

## A PROGRAM TO HELP MANAGE ONE'S WEIGHT

### FEATURES OF THE WEIGHT MANAGEMENT PROGRAM

The WEIGHT MANAGEMENT PROGRAM is individually tailored to help people manage their weight. 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 individually tailored to address the weight 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 may 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 1<sup>st</sup> floor, 142 Auburn Road, Hawthorn. (Entrance is from Queens Avenue).

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