Weight Management

Designing effective and successful weight loss interventions using hypnotherapy and Meridian Energy Therapies

According to the 2004 Royal College of Physicians, the Faculty of Public Health and the Royal College of Paediatrics and Child Health report : "*Storing Up Problems: The medical case for a slimmer nation"* –

"Over half the UK population is either overweight or obese, in 2002 70% of men and 63% of women. Overweight young people have a 50% chance of being overweight adults and children of overweight parents have twice the risk of being overweight compared to those with healthy weight parents. If current trends continue, conservative estimates are that at least one-third of adults, one-fifth of boys and one-third of girls will be obese by 2010".

These uncomfortable statistics tell us what we already know – that losing weight and keeping it off is really difficult, fraught with problems and often unsuccessful.

Hypnotherapy and Meridian Energy Therapies (such as EFT and Choices) can make effective weight management a reality for our clients. However, in order to be successful, the therapy has to be carefully structured and address almost every aspect of our client's lives – because it is their lives that are making them fat!

This two-day course will be led by **Deborah Bromley** who has made this area of work a specialist subject. Learn how to deliver effective weight loss protocols to your clients by incorporating:

- Successful habit reversal
- Identifying and addressing emotional eating
- Past life components
- The skills of willpower
- The core issues of being overweight
- Craving control
- Designing a slim and happy future

Dates and Venue

30th/31st January 2010
Central London venue to be confirmed

Cost

£200, split between a £50 registration deposit and £150 on 30th January 2010.

Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and advance payments refunded) up to 21 days prior to the start of this course.

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ENROLMENT FORM (Weight Management – 30/31.01.10)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:		First Name:	Title:
Address:			
Post code:		(Tel Day)	(Tel Mob)

Payment method – please tick and complete either Section 1 or Section 2 below:

1 ☐ I enclose a cheque, payable to ICH, for £……; **or**

2 ☐ I wish to pay by debit/credit card(Note 1) and my details are as follows:

Card type:									Card issuer (eg HSBC):											
Card number:																				
Your name and initials (as they appear on your card):																				
Start date:									Expiry date:											
Security No(Note 2):									Issue number (if applicable):											

SIGNATURE: …….. DATE: ……..……..……

1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.

2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.