



Brief Sheet - Simple Weight Loss

Definition *Simple Weight Loss*

What is Simple Weight Loss? We define Simple Weight Loss as being referred to 'Shape Management' and/or 'Food Management'.

What happens in a *Simple Weight Loss* Session?

The Clinical Hypnotherapist will take you into Hypnosis using a method which is right for you, it will be customised to achieve maximum results. Once you are in Hypnosis, we are able to communicate with the Unconscious mind to enable the process to work best for you. The first session will be the free Initial Consultation where we discuss the possible reasons, its merely a session where we both decide what the best possible cause of action.

Who's it for?

People who want to manage their shape by using Shape Management (increasing Healthy eating) or by using Food Management (managing hunger and cravings).

How many sessions do I need?

The approach may differ from person to person, depending upon how your brain works and the reasons behind your issue. It is not uncommon for a client to receive between 1 to 3 sessions of Clinical Hypnotherapy before the results may be seen. If the issue is deep routed however it may take further sessions.

Whats the cost?

All of my Clinical Hypnotherapy sessions are priced at £35 per session until October 2009. Each session lasts between 30 and 60 minutes each. ****NEW Weight Loss Program coming soon.**

Other Information

For Emotional Eating, we advise investigative sessions to find out the cause of the Emotional Eating and eliminate the core emotional hunger. Please rest assured Clinical Hypnotherapy is right for 95% of people, if its not right for you, I will refer you to somebody who may be able to help you, as, under the 'National Council for Hypnotherapy' Standards, I am committed to providing Best Care and Best Advice.

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