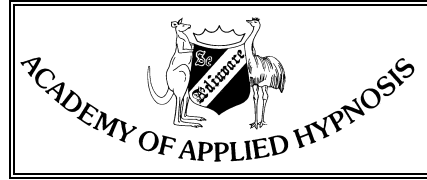
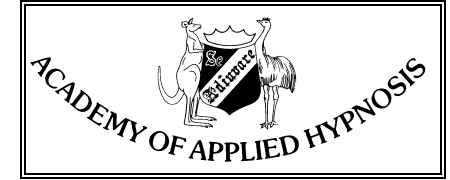


1<sup>st</sup> Flr 302 Pacific Hwy Lindfield NSW  
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A C N : 001 173 100  
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**Executive Director: Leon W. Cowen**  
Cert IV C H, Dip Hyp Mast (USA), Grad Dip App Hyp (AAH), MAHA, MATMS



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## REGISTRATION FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: (B) \_\_\_\_\_ (H) \_\_\_\_\_

Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_

Self Hypnosis Course commencing \_\_\_\_\_

Fee: \$895.00 (GST included) Payment Enclosed \_\_\_\_\_

Charge my  Bankcard  Visa  MasterCard

Card No

Cardholders Name: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Cardholders Signature: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## COMPREHENSIVE SELF HYPNOSIS

The benefits of self hypnosis in the areas of relaxation and stress management are well known, and the true benefits of self hypnosis extend so much further than just this.

Self hypnosis is a living skill, allowing you to expand the power of your inner mind and use your own resources to realise your full potential in any area that is important to you.

Self hypnosis allows you to concentrate your energy, by giving positive suggestions direct to your subconscious mind. Its benefits are as limitless as your imagination.

### Who uses self hypnosis and why?

There are many applications for self hypnosis. Below are some examples:

- Students for memory and concentration improvement.
- Sports people to improve focus and raise skill levels.
- Artistes (singers, dancers, musicians, etc) to improve performance.
- Those with chronic conditions to improve quality of life (pain control and stress management).
- Some people use it for daily meditation to maintain overall wellbeing.
- Those on a spiritual path use it as a developmental tool.

Dates: To be advised

Time: 6 p.m. - 7.30 p.m.

Venue: Academy of Applied Hypnosis  
1<sup>st</sup> Flr, 302 Pacific Highway, Lindfield

Fee: \$895.00

5% discount applies when two people register together and all fees are paid upon registration.

Health Fund rebates are available.

Courses are tax deductible under the conditions set out in the relevant sections of the Income Tax Assessment Act.

### ***Conditions of Enrolment***

Enrolment is by order of application and payment. Fifty percent minimum deposit is due on registration. Balance of course fee is payable at the commencement of the course.

The enrolment fee is not refundable but may be transferable to another course.

Course continuity is of extreme importance. Should you miss a lecture or wish to adjust your timetable, a surcharge of twenty percent (20%) of the course fee may be payable.

Library facilities are available to all students for a small fee. Books borrowed must be returned by the due date, otherwise a fee will apply.

Notes are provided. Bring a pen or pencil and extra paper if you wish.

Presenter: Francesca Graham Grad Dip App Hyp.  
Geoffrey Williams

Our course consists of eight sessions of approximately one and a half hours each. In the first four sessions, you will learn the basic skill of self hypnosis.

Topics include:

- \* An Introduction to Self Hypnosis
- \* Variable Techniques - Developing Your Own Methods
- \* Involvement of Senses and Awareness
- \* Achieving Your Goals Through Self Hypnosis
- \* Group Discussions, Demonstrations
- \* Practical Experience

The second part of the course is structured to continue development of the basic skills and to refine them.

Advanced topics include:

- \* Pain Control and Control of Bleeding
- \* Waking Hypnosis, Time Distortion
- \* Personal Regressive Therapy
- \* Group Discussions, Demonstrations
- \* Practical Experience



The following programs are also presented by the Academy.

- \* Hypnosis for Better Marks
- \* Hypnosis and Business
- \* Past Lives Experience
- \* Certificate in Past Life Hypnotherapy
- \* Certificate in Advanced Clinical Hypnotherapy
- \* Certificate IV in Clinical Hypnotherapy (Reg.910980NSW)
- \* Diploma in Clinical Hypnotherapy (Reg. 91099NSW)
- \* Advanced Practitioner Certificate & Diploma in Clinical Hypnotherapy