

Scientific Studies Show Hypnotherapy Can Boost Weight Reduction

A review of studies published in leading medical journals between 1985 and 1998 offers compelling evidence that hypnotherapy is the added ingredient that helps people stay on track with weight control.

- Hypnotherapy is effective in weight reduction when used in conjunction with behavioural therapy.
- Effective hypnotherapy programs generally consist of six to eight or more sessions of group or individual hypnotherapy.
- Study participants who scored highest in hypnotisability had the most significant weight reduction results.
- In studies comparing a control group to a hypnotherapy group, the group exposed to hypnotherapy lost more weight and kept the weight off longer.
- Hypnotherapy helped people correct faulty thinking and associations around food and helped them get control over non-hunger-related eating.
- In a study comparing behavioural therapy to hypnotherapy, both groups of participants showed the same results at the end of the study. At follow-ups at eight months and again at two years, however, only the hypnotherapy group continued to lose weight.
- Hypnotherapy can be administered by a therapist or via hypnosis tapes or self-hypnosis; all three methods proved effective.
- Hypnotherapy helped study participants remember specific weight reduction goals and behavioural recommendations.
- Unlike most programs, which focus only on diet and exercise, hypnotherapy might include suggestions for ego strengthening, decision making, stress management, self-soothing, mental rehearsal, and enhanced motivation, all of which are helpful in successful weight management.



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Weight Reduction Program

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Welcome to the *Weight, Hypnotherapy and YOU (WHY) Weight Reduction Program (as adapted by Harmony Hypnosis)*. The WHY Program was designed for people just like you who sincerely want to reduce their weight and are willing to make lasting lifestyle changes to reach and maintain their preferred weight.

The six sessions of the WHY Program were developed by Dr. Judy Pearson, a licensed professional counsellor, master trainer, practitioner of Neuro-Linguistic Programming (NLP), and a master clinical hypnotherapist. Dr. Pearson developed the program based on interviews and therapy sessions with numerous clients who struggled with weight reduction, interviewing people who had successfully reached their goal weight and consulting with nurses, nutritionists, motivational coaches, social workers, counsellors, and psychologists.

You will receive assignments at each session which make up a sixty page workbook over the course of the six sessions. These assignments are intended to complement the work you do with your practitioner. Each assignment focuses on a specific cognitive skill, a mindset if you will, related to successful weight control. Each assignment will contribute to your success, so give each one your full attention and motivation. If you have any questions or concerns about any assignment, be sure to discuss them with your practitioner.

WHY Program Overview

The WHY Program assists clients with the psychological and motivational aspects of weight reduction. Its purpose is to alleviate compulsive eating and enhance the motivation to exercise and reduce weight. The program focuses solely on these aspects of weight reduction, and on alleviating the client's current behaviours that are the source of overeating and obesity. It is a solution-oriented, brief psychotherapy approach

that focuses on the "here and now" of current behaviours related to food, eating habits, coping skills, and physical exercise. It also allows clients to work at an individual pace.

Every client who completes the WHY programme will reduce his or her weight by at least sixteen pounds (eight kilos) but you must be committed to getting results and results are only possible by completing the program. This is due to the accountability factor. After the second session, you cannot return for each subsequent session until you have lost four pounds (or two kilos). Doing so can mean an interim of about two or three weeks between sessions – sometimes longer – because you work at your own pace. Some clients will complete the program in three or four months while others will take a year. You can also place your remaining sessions on hold if life circumstances mean you are required to take a break.

There is no time limit by which you must complete the sessions. You have a standing invitation to return to complete the program at any time, even if overall fees have been increased since your last session. At Harmony Hypnosis we do not ask for the whole cost of the program upfront but will only take fees for therapy given. Clients are responsible for reporting their weight accurately.

Lasting Results

The WHY program was designed to give lasting results because when you have completed the program you will know self-hypnosis, have a method for stress management, and have four weight related hypnotherapy CD's and a Stress Reduction CD, all to provide the skills and tools needed to sustain change over time. You are encouraged to become self-reliant in weight management. In six sessions you will have acquired methods, information and tools that will last for a lifetime.

Typical Session Strategy

Session 1: Intake Interview, Reframing Compulsive Eating and training in self-hypnosis.

Session 2: Stopping Emotional Eating with Stress Management.

(After session 2 you will schedule each subsequent session when you have reduced your weight by at least four pounds. You are in charge so you work at your own pace.)

Session 3: Making Sensible Food Choices.

Session 4: Creating an Intelligent Relationship with Food.

Session 5: Boosting Motivation to Exercise.

Session 6: Pulling It All Together for Lasting Results.

Part of your agreement to participate in the WHY Program is that you select a nutrition plan approved or recommended by a physician, nurse, or nutritionist. The task you have undertaken is not easy. It is time-consuming and life-changing, and you are worth it. You have what it takes. Believe in yourself and see the results!

