

Weight Management & Hypnosis

Here is some general information about *weight management and hypnosis*. The sessions are recorded, and you receive a compact disc to take home.

Hypnosis for weight loss is not the magic intervention that is often portrayed in newspaper ads, or other media. Hypnosis -- on the other hand -- is a useful tool for introducing ideas, giving guidance, and helping provide support for personal change. I have seen a significant increase in my practice in the last several years in the number of individuals who ask for hypnosis for weight loss. Some lose significant amounts of weight, some lose a moderate amount. There are no complicated contracts to sign. Pay as you go.

Here's what seems to make a positive difference in weight loss supported by hypnosis:

- **no significant medical restrictions to exercise**
- **a plan for regular activity -- simple or complex -- but a plan**
- **supportive home environment [no sabotage]**
- **other emotional issues under control**
- **persistence**

You should also know that the typical client for weight loss comes for about 3 to 5 sessions over the course of several weeks or months. Insurance [in most cases] will not reimburse for habit control. Talk it over with the customer service dept of your plan.

Fees: first session -- \$150; subsequent sessions -- \$105

Terry Moore, LCSW
Licensed Clinical Social Worker
www.acpcounseling.com