

ANDREW AUSTIN'S WEIGHT LOSS HYPNOTHERAPY AND NLP

Saturday, June 25th, 2011, 9.00 AM to 6.00 PM
Hotel Chancery, Lavelle Road, Bangalore - 560001

The Mind Dynamics of Weight Loss – An NLP Perspective for Overcoming Binge Eating and Comfort Eating, Losing & Keeping Weight OFF

This workshop is for both therapists and non-therapists wishing to know more about the *inner game of weight loss* and *successful slimming*. This is not about diets or exercise, but is rather about the "head stuff" that blocks so many people from achieving their outcome.

Some of the issues explored in this workshop:

- Metaphors of digestion and metaphors of emotional information
- Emotional eating, comfort eating, depression and eating behaviours
- Guilt re-imprinting and IEMT techniques
- Schacter's models of over-eating
- The influence of guilt and shame upon over eating
- *The endless cycle of the yo-yo dieter*
- The strategy of the anorexic and bulimic eater

Who should attend:

- Hypnotherapists and NLP practitioners
- Clinicians who wish to assist clients with change
- **Individuals who have failed with conventional diet plans and slimming clubs and are keen to lose weight and keep it off!**

Some of the issues addressed on this training:

- Emotional eating - comfort eating, depression and eating behaviours
- "But I've always been big boned!"
- I know what I *should* eat, but I can't help myself."
- The influence of guilt and shame upon over eating.
- The endless cycle of the yo-yo dieter.
- The strategy of the anorexic and bulimic eater.
- "I hate exercise." (*So does the trainer!*)
- "I hate my body."
- "I always appear so happy on the outside, but on the inside I am not."

For More Information regarding NLP & Weight Loss, please visit:

<http://www.weightlosshypnotherapy.co.uk/>

Investment:

Rs. 3,500 + 10.3% Service Tax = Rs. 3,861/- per participant
Cheque / DD in favour of Use Time India Pvt. Ltd.

Submit your registration online at:

https://spreadsheets0.google.com/spreadsheet/viewform?hl=en_US&hl=en_US&formkey=dHFwcjVmcmZOTEIxeEpObFRWcF9VMGc6MQ#gid=0

Organized in Bangalore by
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About the Course Instructor



Andrew T. Austin. He's a Clinical Hypnotherapist, Neurolinguist, and Registered Nurse with strength and experience in treating neurological disorders, specializing in schizophrenia. He is described by **world-renowned hypnotherapist** Bill O'Hanlon as "**The British Milton Erickson.**"

Andrew is a highly sought after therapist, international speaker, instructor and trainer. He is the **celebrated author** of the best selling book, ***The Rainbow Machine.***

"Andy is known for his never-ending creativity and sense of humour, along with the precision and range of his work." His no-nonsense approach to teaching and **high standards** as a therapist are both refreshing and **inspirational.** And he's coming to Bangalore, in June 2011 so that you can learn from him.

His animated style as a presenter will **keep you glued to every word** he speaks. This edge-of-your-seat workshop is **energizing, fascinating, highly informative** and - as always - full of pleasant surprises. His remarkable skills as a therapist and Neurolinguist are apparent from the very first moment he begins to speak.

Andy's uncanny ability to spot the gaps in many models, and to artfully bridge those gaps with new insights and methodologies, creates a seamless roadmap towards change that is **nothing less than genius.**

Direct, opinionated, funny, brilliant and controversial are among the words commonly used when describing Andrew Austin. Make sure you **grab this rare chance** and take advantage of this one of a kind workshop - and let what you learn from this man speak for itself. **Come and join others just like you** and learn for yourself, the mental techniques and tools of preventing overcoming binge eating and over eating and **ensuring weight loss and keeping it off, for good.**