

# WEIGHT LOSS and MANAGEMENT



## HELP IS HERE!

**FREE INITIAL CONSULTATION AND ADVICE**

HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

### **What can Mindscape Therapies offer?**

Mindscape offers **a holistic service of hypnotherapy and other therapies**, which can support physical and emotional health and well being, as well help you achieve your personal goals.

### **How can Mindscape Therapies help with weight control?**

We all know that reducing or managing our weight simply involves maintaining the right balance of calorie intake and activity. **But for many of us, it's just not that simple.** Overeating is not the same as other habits – we have to eat to live, food forms the basis of many social occasions and rituals, and for most of us in this society, there's no shortage of food. **There are many reasons why we eat, and often it's not through physical need or hunger.**

We may eat when stressed or low, or to manage uncomfortable feelings. We may eat to reward ourselves, or to socialise. It may be down to bad habits – not cooking proper meals, not eating healthily enough. We may eat just because it's enjoyable!

Mindscape will work with you to identify realistic goals for weight reduction, look at your eating patterns, identify reasons other than physical need or hunger why you may be eating, and plan how you can make changes to your eating and exercise patterns.

**Hypnotherapy** will be used to support you in making these changes, as it is a powerful medium for positive change.

**Hypnotherapy can help you achieve and sustain not only a healthy weight, but a positive body image and more self confidence too!**

### **What are the advantages of using hypnotherapy?**

Hypnotherapy can safely and effectively support you in replacing undesirable habits and thoughts with more helpful ones, to **gain the healthy body and lifestyle you desire.**

Hypnotherapy simply involves inducing a deep state of relaxation, where you remain responsive and in control at all times. When in this relaxed state, the mind is more receptive to positive change and suggestion.

Hypnotherapy works with the subconscious mind, where memories, emotions and habits are stored. This enables us to replace negative feelings and destructive habits with more positive and adaptive thoughts, feelings and behaviours.

Hypnotherapy can also uncover, identify and change any subconscious reasons for excessive eating, enabling you to better understand your feelings and motivations, and thus to **alter behaviour** which may have seemed unchangeable, frustrating or self defeating.

Using hypnotherapy, I install more appropriate coping strategies, alongside effective positive suggestions about choosing healthier foods, taking care of yourself, increasing your motivation to exercise, developing a positive image of yourself, and enjoying increased confidence and self esteem as needed.

**Hypnotherapy can make things that bit easier for you** – it often improves motivation to change your eating habits, to stick to a moderate exercise and eating plan, and can reduce cravings for unhealthy food, replacing it with an increased motivation to consume healthier foods.

I also use **NLP** to install more positive thought processes and choices, and **occupational therapy** can be useful for looking at your lifestyle and routines. Where traumatic issues contribute to any issues with food, **EMDR** can also be helpful.

**You have access to all these therapies as part of your treatment and support with Mindscape.**

## **How many sessions are needed?**

Because weight gain – and loss – is a gradual process, I strongly recommend you commit to a course of a minimum of 4-6 treatments, over the course of a few weeks or months, to enjoy the benefits of hypnotherapy, whilst of course eating a calorie controlled, balanced diet. Taking in fewer calories than you burn is the **only** way to lose weight, though hypnotherapy can make the process a lot easier.

## **How can Mindscape help people with other issues around food?**

I also work regularly and successfully with people with **eating disorders** such as anorexia, bulimia and binge eating, and with strong aversions to certain (usually healthy!) foods. Hypnotherapy can also be helpful where people have phobias about eating in public, or of being sick (emetophobia).

I continue to work in the NHS, and have a good understanding of the problems people with eating disorders face. I can also work with you on associated issues, such as anxiety, depression or trauma, using hypnotherapy and EMDR as appropriate.

## **Why choose to work with Mindscape Therapies?**

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

**I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.**

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

**I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.**

Please contact me for a **FREE** initial consultation, information or advice.

**Competitive rates.**

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