

ANXIETY DISORDERS ASSOCIATION OF VICTORIA

Presents

Dr Janet Hall, CLINICAL PSYCHOLOGIST



Date: Thursday, 25th March 2010
Venue: Northcote Town Hall, 189 High Street, Northcote
Roof Top Function Room
Time: 7.30 p.m. to 9.00 p.m.
Cost: \$20.00 non- members and \$10.00 ADAVIC members
Topic: How Hypnosis Can Help With Anxiety

This presentation by Dr Janet Hall will answer these common questions:

What is the main advantage of hypnosis?
What Hypnosis is. What Hypnosis is not.
Can the hypnotist control you and make you do unethical or foolish things against your will?
How do you know if you have been hypnotised?
Is hypnosis magic? Is hypnosis a therapy in its own right?
How does hypnosis work?
What effects might people experience in hypnosis?
How can these effects be useful in helping people overcome their anxiety?
What is the difference between hypnosis which is conducted by another person and self- hypnosis?
How can you maximize the chances of hypnosis helping you to succeed?
How can you sabotage the positive effects of hypnosis?
Is everyone equally hypnotizable?
How can you know if you are a highly hypnotizable subject?
How do you choose a reliable and expert hypnotherapist?

Dr Hall is an experienced and highly qualified Clinical Psychologist who uses cognitive behavioural techniques, hypnosis and insight therapy to help people with anxiety and depression, stop- smoking and weight loss, relationship difficulties and sex therapy. Dr Janet is also author of eight books, has recorded 34 CDs and is a media spokesperson often on radio, television and in print media.

BOOKINGS ESSENTIAL!
MONIES NON REFUNDABLE
Bookings can be made by calling ADAVIC (03) 9853 8089
Or email us at adavic@adavic.org.au



LECTURE
Anxiety Disorders Association of Victoria, Inc.
 ABN 70 607 186 815
 Ph: (03) 9853 8089



▶ I would like to attend the following lecture: (Please circle):

A. 'How Hypnosis Can Help Anxiety' – Janet Hall – March 21st 2010)

Cost: \$20, ADAVIC Members \$10

Please Complete the Following Details

No. of people attending: _____

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- Cheques to be made out to *Anxiety Disorders Association of Victoria*.
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