

9:00 AM-11:50 AM

(33091) SOUP TO NUTS WEIGHT LOSS!!!—All You Will Ever Need To Run A Successful 3 Month Weight Loss Program!!!

Laura Boynton King, BCH, CI *All-levels*

- Identify the unique benefits of using hypnosis for weight management & overall wellness
- The science behind overall “happiness” and weight management
- Use of hypnosis to create a healthy mind
- Tools for creating a natural desire for health & wellness for all of your clients
- Tips & tools for helping any client work towards self-love & creating lasting changes
- Tools to effectively work with clients using hypnosis and NLP
- Tried and proven exercises for helping the client release the past “diet/weight loss failures” and build a future roadmap for personal success
- How to do a customized plan including timelines, goals and affirmations
- Classify different food groups and provide examples

The reason why most diets fail, in my opinion, is that they impose unrealistic restrictions on how you live your life. Some advocate eating tons of protein; while others emphasize carbohydrates. In either case, you’re left with having to make rather drastic changes to the types of food you eat and when you eat it. In

this special presentation, we take an in-depth look at using the mind to help you achieve a healthy body. To quote Deepak Chopra, “The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.”

Lecture/Discussion/Q&A

(33092) PRACTICAL HYPNOSIS FOR THE ELDERLY—Clinical Techniques Of Hypnosis In Geriatrics

Maurice Kershaw, FNGH, BCH, OB *All-levels*

The senior citizen population in the US, Canada and throughout the world is rapidly increasing, year after year. Seniors can be guided to cope with aging problems physically, intellectually and emotionally and while doing so, can hope to add comfortable, rewarding years to their extended life. In this workshop, we will look at some hypnosis-oriented techniques for the geriatric client. Group sessions and individual strategies will be covered in a number of problems and settings relevant to the senior citizen. These will include activity and exercise, sleeping soundly, handling stress, aggravation and loneliness, anxiety, pain relief, sexuality and self-image. Your knowledge of hypnosis will tell you that very specialized techniques and understandings of the senior client are essential in treating the older citizen.

Lecture/Demonstration/Discussion/Q&A

CDs

Afraid You’ll Miss One Workshop by Going to Another? Don’t Worry!

CDs of *all* the Seminars

& Workshops will

be available to order

at the convention.

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WHAT PEOPLE HAVE TO SAY:

“It was nice seeing old friends and meeting new ones. I learned some techniques I had not seen or heard of before. Without the NGH convention there would be no way I would have known about them.”

—Melissa Shute, New Britian, CT

“NGH Convention 2016 really brought together a mix of veteran and new hypnotists, a myriad of topics, useful information and opportunities galore. I loved the knowledge skills gained, expanded repertoire of techniques, increased confidence and the fun. I even have new business so it’s a win all around.”

—Denise Simpson, Derry, NH

“The best year of presenters to date. Each class was better than the next and focus was on evidenced based practices so required for professionals.”

—Susan Raskin, Yorktown Heights, NY

“Everyone here is so friendly and supportive of each other and the profession. This is clearly a group of people who want to make the world a better place. The convention is a great way to come together to make that a reality.”

—Brenda Titus, Santa Ana, CA