



## A VALUABLE TOOL FOR PARENTS

### NEURO-LINGUISTIC PROGRAMMING and HYPNOTHERAPY FOR LEARNING ADVANCEMENT

#### What is Neuro-linguistic Programming?

Neuro-linguistic Programming (NLP) is a structured form of hypnotherapy used to surface and address issues around learning such as anxiety, self-esteem, and self-confidence. Hypnotherapy is a broad set of tools designed to access the unconscious mind unlocking resources and resolving conflicts that lie below the surface of everyday awareness.

#### Is it guaranteed?

National Hypnosis has continued success and many happy customers, however success in any process lies in a number of factors first and foremost the child's willingness to participate. That said, children tend to truly enjoy and benefit greatly from our NLP techniques.

#### Is it permanent?

As we address the presented problem there are often underlying issues that surface. For example, where it may look like a child has a learning issue they may in fact, have unconscious test anxiety. By addressing the layered roots of a problem we ensure change is permanent.

#### How many sessions to see results?

You will see results in one session, but like any learning, multiple sessions are usually needed. Normally, it takes three (3) sessions for a final outcome. One to do the change work, the second to remove any outstanding issues that may have surfaced and the third to provide an opportunity for further positive change. Our ethical session minimum is two sessions. An initial assessment is always made and discussed with the parents.

#### After three sessions is it necessary to follow up?

More sessions are needed only if something new presents itself. People of all ages often get excited about the ability to make positive changes quickly and we often hear back from people with new issues to address. Our successful business model is based on happy customers that come back for continued positive results.

#### What is the cost?

The initial session is \$175.00. Each additional session is \$150. Three session packages paid in advance are \$450. While we allow for sessions to be gifted we reserve the right to not work with

someone if the presented issues falls outside of our practice area. Each session is between 60 and 90 minutes.

#### Is NLP / Hypnotherapy something my child can do for themselves?

We provide the child with tools that they can use in the future for maintenance as well as other issues that may surface as they face new challenges. We have dealt with learning issues, sleep disorders and depression in children and each of those children left with tools to manage any bumps in the road.

#### What issues can be addressed through NLP and hypnotherapy?

NLP and Hypnotherapeutic techniques are designed to help with numerous behaviors and experiences such as attention issues, phobias, anxiety, and issues of self-esteem and self-confidence. Advanced NLP techniques are used for adult issues including post-traumatic stress. Our practitioners have a wide toolset to deal with issues great and small.

#### Does the parent attend the session?

Parents can quietly attend the session. Generally in our experience better outcomes are attained more quickly if the child only focuses on the session. Our recommendation is always that the needs of the child drive this decision. Some children want their parents in the session, others would prefer privacy. We can do both.

#### Why go to a Certified Hypnotherapist / NLP practitioner?

A CHT or Certified Hypnotherapist must have over 300 hours of training which includes formal classes and mandatory CEU credits for annual recertification by IACT (International Association of Counselors and Therapists) and NGH (National Guild of Hypnotists) Our Certified Hypnotherapists average several weeks of continuing training each year.

#### Is this process covered by insurance?

We do not accept insurance however for adults we can provide receipts for FSA and HSA reimbursements.

#### Which forms of payment are accepted?

We accept VISA, Mastercard, personal checks and cash.

#### What if I have more questions or want to make an appointment?

Please call **703-948-0619** or visit our website **NationalHypnosis.com**. You will find many testimonials covering different issues clients have successfully overcome.