



DiverseHypnosis

HYPNO-BAND

By Ghitta Basson

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5 Session Hypno-Band Programme

The Five Sessions

Initial Consultation session

This session is to find out if this is the correct method for you, to understand you better and for you to understand the system and process better.

Session 1

- The stages of the **Hypno-Band** system are explained
- Exploration of underlying issues and behaviours
- Release of underlying issues

Session 2

- Further exploration of specific behaviours and changing behaviours
- Hypnotherapy session is tailored using information from exploration of behaviours above
- You will receive a CD which must be listened to at least 4 times before your next session (usually 2-4 weeks later)

Session 3

- Review progress
- Introduction to the virtual Gastric Band surgery process
- Meet your surgeon and anaesthetist in hypnosis, who will explain in detail, how the procedure will be carried out
- You will continue to listen to your CD until the next session (usually 4-6 weeks later)

Session 4

- Review progress
- Re-cap the virtual Gastric Band surgery process
- Surgery takes place in hypnosis (including pre-med and recovery)
- You will receive a post operation information sheet, together with advice on behaviour modification and your eating habits
- You will receive a second CD which must be listened to each day until the next session (2-4 weeks later)

Session 5

- Review progress and new eating habits
- BMI checked
- Adjustment of your **Hypno-Band** if needed or reinforcement in hypnosis
- You will continue to listen to the second CD provided in session 4

NOTE: You will have to go on a liquid diet for a short while after the hypnotic surgery.



How does the Hypno-Band Hypnosis work?

You will be prepared for the Virtual Surgery by having several sessions of hypno slimming prior to the hypno band procedure and by the time you undergo your hypnosis session you will be fully equipped both mentally and physically. You will be induced into a hypnotic trance and your fully qualified hypnotherapist will take you through the procedure as if the operation is actually happening. You will smell the antiseptic smells of the hospital hear the sounds of the operating theatre and feel the operation taking place as a virtual experience. The subconscious mind is very powerful and also very susceptible and gullible and a practiced hypnotherapist can engage that part of your mind and make suggestions that, as long as you allow it, it cannot resist. Hypnotic weight loss is fast becoming a viable and cost effective alternative to surgery.

TESTIMONIAL: It's now been 12 months since I had the hypno-band fitted, and I am now at my ideal weight of 11st 3lbs or 66.67Kg



FEES

£499 for the entire 5 session course,
and recordings paid in advance.
That's a discount of £200!

Virtual Gastric Band Hypnosis 'v Actual Gastric Band Surgery

Actual surgery has a variable success rate and lots of those who have been operated on actually put weight on after the operation. The problem with surgery is that the recipients' mind stays the same and the issues that led to the overeating are still in situ.

Hypnosis deals with the mind and the problems that caused the overeating in the first place. Buying a hypnosis CD off the internet might work for some but it may not work for those with food issues and those who comfort eat.

Many obese people eat because of emotional issues and these will not be addressed in the operating theatre or by listening to a generic CD. There is no doubt that many people benefit from the actual surgical procedure but a great deal of people struggle as their underlying unhappiness and issues have not been dealt with. Working with a hypno-slimmer hypnotherapist one to one can help you to overcome these kind of issues.

I have tried every diet known to man, but this has really changed my life!

About Me

Ghitta Basson

I am a Clinical Hypnotherapist and Cognitive Behaviour Therapist using different skills and methods such as hypnosis, Psychotherapy, Emotional Freedom Technique, Neuro-Linguistic Programming and more to help you transform your body through your mind. I am continuously improving my skills to ensure I provide you with the most up to date therapy and techniques and belong to a therapy body adhering to their ethical code.

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LOCATIONS:

London Bridge
Elephant & Castle
Surrey – Whyteleafe

HYPNO-BAND FAQ

What is the HYPNO-BAND weight loss system?

The HYPNO-BAND System is a combination of Cognitive Behavioural Therapy (CBT) and hypnotherapy techniques that helps you explore, analyse and change your eating habits. Then using the mind/body connection we fit a “virtual gastric band” to your stomach, helping you to eat less and less often.

Does it involve surgery?

No! the HYPNO-BAND system is a non-invasive behaviour changing method using the techniques of hypnotherapy and cognitive behavioural therapy.

Does it hurt?

On the contrary. The HYPNO-BAND procedure is extremely relaxing and pleasurable.

Are there side effects?

No. There are no known side effects associated with undergoing this procedure.

So it's safe?

Yes! the HYPNO-BAND system is perfectly safe.

Will I be under the hypnotherapists' control?

Never. No hypnotherapist can make you do anything you do not want to do nor make you behave in a way you would not normally behave.

Am I suitable for the HYPNO-BAND weight loss system?

If you are over-weight and really want and are committed to losing weight then you should be suitable. The only exception would be if there is a physiological reason for your weight problems or if you are taking certain medications. Your suitability will be assessed at the initial session.

Will it work for me?

The key to success is YOU! No weight loss system will work unless you are committed to losing weight. You must be prepared to change your eating habits and life-style. If you are totally serious about losing weight then it will certainly work for you. The HYPNO-BAND system provides you with the tools and ability to lose weight and maintain a healthier body.

So how do I start?

Search for a Licensed Practitioner in your area by using our Find a Practitioner search or contact us via our contact page and we will start the process.

Is it guaranteed?

Like any medical or therapy procedure there can be no definite guarantees. Even a surgeon cannot guarantee that an actual gastric band will work. It should be noted that it is YOU that holds the key to losing weight. No system will work if you are not 100% committed. The mind is a very powerful instrument and by using the HYPNO-BAND system you will have the tools and power to change your eating habits. The only way to lose significant amounts of weight is to eat less! The HYPNO-BAND system helps you to change behaviour and life-style which in turn provides you with the ability to lose weight and stay that way!

What will happen in the sessions?

Hypno-Band is a 5 session programme which costs £450 + £50 for the initial session. Sessions are usually held 2-4 weeks apart, with the exception of the last session which is about 4/6 weeks after session 4.



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