

Achieve the Weight You Choose with Hypnotherapy

The Weight, Hypnotherapy, and YOU (WHY) Weight Reduction Program puts YOU IN CONTROL!

- **Get control over WHAT you eat**
- **Get control over HOW you eat**
- **Get control over EMOTIONAL eating**
- **Get control over your MOTIVATION to exercise**
- **Get control over your MIND with the power of self-hypnosis**

This program puts the control into your hands and enhances the choices you make about food and exercise. Incentives to succeed are built into the structure of the program, because you do not advance to the next step until you are successfully reducing your weight and shedding those excess pounds! Once you have achieved a reduction of at least SIXTEEN pounds, you have all the tools and methods you need to continue the program on your own, or, if you prefer, schedule additional sessions.

The Eight Sessions

Session 1: Interview and introduction
Session 2: Reframing compulsive eating
Session 3: Training in self-hypnosis
Session 4: Stopping emotional eating with stress management

After Session 4, you will schedule each subsequent session when you have reduced your weight by at least four pounds. Once you reduce your weight by four pounds, schedule the next session right away. You are in charge, so you work at your own pace. You don't advance to the next step until you are ready and are actually losing weight.

For each of the following sessions, you'll receive a customized recording of the hypnotherapy portion of that session. Listen to the recording as often as you wish to reinforce and enhance your progress.

Session 5: Making sensible food choices
Session 6: Creating an intelligent relationship with food
Session 7: Boosting motivation to exercise
Session 8: Pulling it all together for lasting results

Price

The price for each session (45-50 minutes) is \$100. We do not collect payment for the entire program (8 sessions) upfront. Instead, you pay for EACH session as you complete it.

This program is offered by **Chad L. Cross**, PhD, NCC, MAC, SAP, CCH, LADC, MFT-I. Chad is a Certified Clinical Hypnotherapist. For more information about counselor credentials and education, or about the WHY program, please visit our website: <http://crossroadswellness.net>

It is strongly recommended that anyone initiating a weight control program be under physician care and consider working with a nutritionist and/or personal trainer in conjunction with hypnotherapy.



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