

# Goal Image Focusing Technique™ (GIFT)

## A Six-Step Plan to Help Clients Manage Their Weight

with **Richard Harte**, CMI, OB, DNGH

The *GIFT* program offers a “PLAN” for all Consulting Hypnotists to use with all their clients. It’s focus is on Imagery, Self-Talk and Internal Motivation that affords the hypnotist a specific number of sessions (4-6) when working with private clients and can be offered as a two hour workshop with a one-hour follow up one week later. Whether working privately or with groups for weight loss, the *GIFT* program has been designed so that clients design their own treatment plan and take responsibility for its success or failure

### Reversing the Weight Loss Problem in the United States

The *GIFT* Program has been designed to remove most of the existing barriers to success by teaching people how to see themselves objectively, how to form clear and realistic goals and how to design action plans to reach those weight loss goals. Most significant, the program teaches people very specific imagination and persistence skills to help them maintain their success. With these tools in hand, individuals will have a clear and vivid path to follow. They’ll know what’s expected of them and what they have to do. This will lead to greater accountability, more confidence and reduced stress.

#### You will be able to:

- Learn and implement a new cognitive-behavioral weight management program for individuals and groups
- Learn how to do an individual and group assessment that will teach clients how to take responsibility for designing their own personal weight management program

- Participate in a new research study sponsored by National Guild of Hypnotists which will enable you to publicize the results of the study over time
- Enhance your earnings significantly by becoming expert in implementing group weight loss seminars (Note: this is especially significant in today’s difficult economy)
- Discover the significance of the “internal motivation factor” versus external motivation in managing client’s weight problems

come-producing opportunity available to Consulting Hypnotists today

- Become a weight management expert and increase your income substantially working with individuals and groups
- Enhance your professional credentials by participating in an ongoing research study sponsored by the National Guild of Hypnotists
- Make an impact on a severe weight problem that is getting worse every day in the U.S.



#### GOAL IMAGE FOCUSING TECHNIQUE™ (GIFT) A Six Step Plan To Help You Achieve Your Weight Loss Goal



- Teach your clients the importance of working within their imagery ability in order to persist and sustain their positive eating and exercise behaviors over time
- Monitor your clients behaviors throughout and after the training.

#### Key Benefits

This practical eye-opening one-day course – taught in a Train the Trainer format - will allow you to master the most profitable in-

**The Problem** — Much has been written for some time about the severity of the weight problem that exists today. Mental health professionals write new books with suggested diets and solutions and doctors have been prescribing for years with marginal success. The weight problem and stresses associated are still here so apparently all the books etc. have not been terribly helpful. Diabetes is on the rise and being overweight is a major contributor to this deadly disease.

**The Solution** — Staying focused on the weight problem has created an excellent opportunity for all Consulting Hypnotists to do the research necessary using hypnosis and imagery to make a positive impact on this problem, especially with groups. This *NEW* workshop called *GIFT* allows for that opportunity. The program’s focus is on internal motivation, self esteem issues and accountability. You will be taught how to design and implement a two-hour workshop for groups with a one-hour follow up one week later. This one-day workshop will be taught in a Train the Trainer format whereby participants will be asked to work with each other doing and then helping each other design effective treatment plans for individuals and groups. You will be teaching the process to each other as they would to groups.

**Monday, August 10th**  
**Cost: \$175**  
**Session begins at 9 AM**



**Richard Harte**, has designed and implemented numerous Stress Management programs and a very specific program called Goal Image Focusing Technique™ (GIFT), geared toward helping individuals and groups with weight problems. These programs have been offered to companies such as Motorola, Estee Lauder, Mutual Benefit Life and as a benefit to the union members of OPEIU-AFL-CIO. In addition, he pioneered the Harte-Coller Imagination/Persistence Inventory, a test for measuring persistence, now in the 21st year of a research project linking imagination and persistence. Richard Harte is the designer of the NGH core-curricula and has trained more than 800 NGH Certified In-

structors since 1990.

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