

4 Special Elective 3-Hour Workshops

Tuition: \$25; 5 for \$100

SUNDAY, AUGUST 14

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; 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

VISIT THE NGH CONVENTION BOOKSTORE!

Each year participants tell us one of the things they like best about the NGH Convention is the chance to purchase the books and tapes of our featured speakers. You will be able to choose from a wide assortment of books, audio and video tapes not easily found elsewhere.



*Complimentary Coffee & Pastries
will be available to all attendees
7:30-9am Fri, Sat, Sun*

WHAT PEOPLE HAVE TO SAY:

“Absolutely fantastic. I learned new techniques and had new insights into techniques and modalities I already use. The speakers were all very encouraging and all of them did their best to give of themselves generously. Thank you NGH for a wonderful experience.”

—Wendy Lalwy, Liberty, MO

“The variety of choices is extraordinary. Each year I feel like a kid at Disney World - going for the 1st time...and it's been over 20 years for me.”

—Debra Taubenslag, East Brunswick, NJ

“Outstanding as always, the conference gives depth and breadth to the subject of hypnosis, quality education, great networking. Always good to meet friends old and new.”

—Amanda Ferguson, Chelmsford, MA

“Invaluable educational experience. A gathering of like minds. A venue to network with professionals from all over the world, to share ideas, make new friends, to fire up your passion about what we do.”

—Maureen Allen, Hampstead, NH