

BREAK THROUGH THE SCOURGE OF ADDICTION

Mind Balancing Protocol using Hypnosis, Mind Coaching and NLP techniques

All modules are online, live and
customised to your needs

Module 1: Understand the Dynamics of Addiction

- Find out why you are in addiction and how to interpret the indicators
- Understand the cravings and urges in a new light
- Realise that you are not broken
- Addictions such as smoking, alcohol, illicit substances, gambling, eating, pornography etc.

Module 2: Engage with the Experience of a Better You

- Learn how to dismantle your limits and resistances
- Understand the misconception of self-esteem
- Start to expand your boundaries
- Experience the beneficial effects of hypnotherapy on sleep, stress, energy, focus, confidence and work performance

Module 3: Recognise Your Instinctive Needs and Harness Your Purpose

- Embrace the challenge of finding your natural direction in life
- Uncover the benefits of facing your fears, rather than fighting them, and convert them into strengths within your work and your relationships

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Module 4: Highlight the Common Mistakes that Keep You Locked into Your Addiction

- Realise the dangers of trying to give up the focus of your addiction
- Identify the steps to begin to dismantle the prison of failure
- Relapse is not a setback but a springboard to accelerate your success
- Learn how to regain control in your life which will reflect in your inspiration and passion

Module 5: Think Outside the Box

- Explore what you truly want and chart your course to recovery
- Discover the five easy steps to give you the insight to achieve your goals
- Think outside the box, step outside and leave your box behind for good

Module 6: Free Yourself From Excuses

- Reinforcing your new direction and staying on course
- Stand proud and truly accept where you are now
- Reclaim your life and feel the power within

Module 7: Transform Your Negative Memories and Negative Past into Wisdom

- Take control of your past and release the negative influence it has had on you
- Re-establish your command and lay the solid foundations of your future success
- Re-claim your position as the powerhouse of your dreams and aspirations. Be the leader of your own life

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Module 8: Release the Chains and Step Forward with Pride and Confidence

- Dissolve the negative guilt and shame and find balance again
- Dismiss all self-judgement and criticism from your daily ritual
- Formulate what you must now say when you talk to yourself

Cost of Programme: €1500 (payment plan available)

Duration: 8 weeks

Method of delivery: Online sessions. Your live sessions will be with Fiachra Morrison, founder and Expert Hypnotherapist at the Hypnosis and Therapy Centre

To arrange your 15-minute assessment session please email info@hypnosisandtherapy.ie or visit our website!



HYPNOSIS AND
THERAPY CENTRE