



The Academy
of Integrated
Hypnotherapy



Weight Loss Programme & Virtual Gastric Band Certificate

Many people struggle with emotional eating and find it hard to become motivated to tackle their weight issues. Hypnotherapy can help provide motivation, explore the roots of emotional eating and help reframe a client's experience and beliefs. Virtual gastric bands remain very popular and provide an effective solution for some clients. Weight loss clients need on-going support and this course teaches you how to develop and market a weight loss programme.

This course explores:

- What causes weight gain and obesity
- How to manage the initial consultation and client expectations
- Didactic work with weight loss clients
- Increasing client confidence and motivation
- Using solution focused approaches
- Using CBT
- Using anchors
- Using mindfulness
- Improving the mind-body connection
- Using parts therapy
- Self-hypnosis
- Developing a weight-loss programme.
- Fitting and getting the best results from a virtual gastric band

This course is supported by:

- 1 hour-long Zoom tutorial
- Scripts
- Assignment marking
- Client handouts and forms
- Certificate on completion of assignments
- Badge of certification



With every Academy of Integrated Hypnotherapy course you are assured the quality which comes from Dr. Claire Jack's extensive teaching and research experience, as well as her considerable experience as a hypnotherapy practitioner.