

ALAN KONELL Hypnotherapy

Corporate Wellness Hypnosis Programs



Hypnosis clinics and programs on smoking cessation, weight loss and stress management for wellness-oriented organizations

919-967-8444

www.AlanKonellHypnotherapy.com

Reducing Health Care Costs through Hypnosis

Here at Alan Konell Hypnotherapy, we provide three distinct hypnosis programs to address lifestyle changes that are proven to reduce health care costs. These programs are **Smoking Cessation, Weight Loss and Management, and Stress Reduction.**

Using hypnosis programs to help employees is not new. Companies including WalMart, General Motors, Century 21 and many more have utilized hypnosis programs to benefit their employees.

For organizations committed to realizing ROI through multi-tiered wellness interventions, hypnosis is a *proven effective* tool within their wellness strategy.

While smoking, obesity and chronic stress are physical issues, these health risks are all regulated and “scripted” by unconscious emotional patterns. Effectively changing these unconscious patterns significantly increases the probability for success.

Hypnosis is the most direct method for changing habits by directly addressing sub-conscious patterns. Period.

Call us today at **919-967-8444** to help your employees make the lifestyle changes they want to make while optimizing your wellness program to realize maximal ROI.

Stress Reduction & Management

Wellness professionals universally accept that stress is a major contributor to psychological and physical disease. Reducing stress can positively affect health, wellness and the avoidance of chronic disease.

A Carnegie Mellon University study concluded that stress wreaks havoc on the mind and body. According to the study, stress is associated with greater risk for depression, heart disease and infectious diseases. They showed that high levels of stress lead to greater inflammation in the body. Inflammation is now considered the primary factor in the development of chronic disease. (Sheldon Cohen, et al. Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk. PNAS, April 2, 2012)

The Stress Avoidance and Reduction Program

A three-hour seminar combining education, demonstration and practice in which participants will learn how to think about stress in a way that facilitates using the power of their mind to avoid and reduce stress. Also, we will explore simple strategies for engaging the circumstances of our life so as to significantly reduce the degree and frequency of the stress response. All participants will be taught three distinct methods of self hypnosis and receive a free MP3 of a self hypnosis session.

Smoking Cessation

For organizations committed to employee wellness by assisting them in their efforts to stop smoking, we offer a 2-3 hour on-site

Smoking Cessation Clinic.

The Clinic combines education about how hypnosis effectively helps people quit smoking, with live, guided hypnotic experiences that incorporate proven smoking cessation protocols.

The Smoking Cessation Clinic also provides a customized take home "support package" including an MP3 recording for participants to use at home.



Hypnosis is the most effective way for giving up smoking, according to the largest ever scientific comparison of different methods. In a meta-analysis, statistically combining results of more than 600 studies of 72,000 people from America and Europe comparing various methods of quitting, **on average, hypnosis was over three times as effective as nicotine replacement methods and 15 times as effective as trying to quit alone.** (University of Iowa, Journal of Applied Psychology." How one in five give up smoking."October, 1992.)

Weight-Loss

Hypnosis has proven to be effective both as a stand alone treatment and supplemental treatment for weight-loss.

Wellness minded-organizations know the stats about obesity and it's impact on the workplace and health care costs. Obese employees:

- Cost private US employees an estimated \$45 billion annually in medical expenditures and work lost.
- Have been shown to have 42% higher health care costs than non-obese coworkers
- Tend to have greater work absenteeism due to illness then their coworkers who are at a healthy weight.

Weight Loss Program

A 2-3 hour clinic combining education about how hypnosis interrupts emotional eating and reinforces healthy habits, with live guided hypnosis experiences plus a free MP3 hypnosis recording and a free download of Alan's e-book, "12 Secrets to Losing Weight and Keeping it Off."

Weight Loss Continuing Program

The above program plus a series of additional hour-long sessions and free MP3 recordings addressing "How to Love Exercise," "Making Good Choices," "No More Cravings," "Healthy Metabolism," "Complete Mind-Body Integration" and Permanent Weight Loss." These sessions can be presented in any combination.

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At **Alan Konell Hypnotherapy** we work with companies as small as fifty to as large as several thousand. Our programs will accommodate your company's standards and needs.

Call today to set-up a meeting to learn how these simple programs can be instrumental in making a huge difference in your company. You may be amazed with just how much our hypnosis programs can contribute to your employees' wellness and your ROI.

After just one visit, I have already lost over 30 lbs! No diets, just common sense! Alan "suggested" to me during our session that I knew the right way to eat to be healthy and that's all I needed. I feel so great and everyone has noticed how much better (and happier) I look. I am excited to have more visits with Alan to see what positive changes are next! -Leslie S.

Alan Konell, M.S.W. has worked with individuals, couples and families as a coach and hypnotherapist for more than 35 years. He is a Certified Trainer in Neuro-Linguistic Programming and the author of Relationship Tools: Transforming the Way We Live Together, The Six Week Pain Solution: A Radically Effective New Approach to Fibromyalgia, Back Pain, Migraines and More, and Twelve Secrets to Losing Weight and Keeping it Off.



Alan Konell, M.S.W.
alan@alankonellhypnotherapy.com
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