



Rosalie Cronin  

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Wholistic Services

## New Client Pack

Wholistic Services Adelaide



## Welcome to Wholistic Services.

This pack is all about Wholistic Services,  
Rosalie Cronin and Hypnotherapy

### Rosalie Cronin:

"Wholistic Services Adelaide began after many years of study in various forms of counseling, therapy modalities, working in the Mental Health system in Psycho-Social Rehabilitation also working as a drug and alcohol counsellor, I am a qualified grief and loss counsellor, Reiki Facilitator, Theta Facilitator, Access Consciousness Facilitator, Master NLP Practitioner (Neuro-Linguistic Programming) which I believe is a very powerful tool for creating quick change.

I also hold a Diploma in NLP and I have a Diploma in counseling. I use EMDR as a trauma release for those suffering from trauma and long term abuse situations."

## Wholistic Services can assist with many issues:

Stress, Anxiety and Depression  
Stop Smoking and Other Habits  
Study and Learning Difficulties  
Skin Conditions eg. Excema  
Sleeping Conditions  
Sexual Disfunction  
Relationship Problems  
Negativity  
Weight Loss  
Financial Stress  
Eating Disorders  
Increasing Confidence  
Health Issues and Pain Relief  
Cancer  
Pre and Post Surgery  
Dental Procedures  
Pain Management  
Infertility  
Childbirth  
Auto- Immune Disorders  
Trauma

**Grief & Loss** - this doesn't necessarily mean death of some one near and dear, it could be a lost job, pet or circumstances not turning out the way you planned.

**Virtual Gastric banding** which is quickly becoming a very popular weight loss program. I have several weight loss programs I use and on your assessment we decide what one will work best for you.

I use **EFT** as a fast approach for getting lasting relief from many of life situations.

I also have a Diploma in **Clinical Hypnotherapy** of which is the major component of my business. Hypnotherapy makes for quick, long lasting change which takes effect immediately, and often in more areas than you imagined to when you first came for a particular issue.

*Together we work out a plan for your own self care, nurturing and comfort, using a range of modalities and therapies that you feel comfortable to use to empower you.*

As your level of relaxation, comfort and sense of joy and happiness in life increases you will find many of your health and life issues just disappear naturally.

Rosalie continues to study and research the effects of stress and how it plays out in the physical manifestation of illness in our bodies. Scientific and Medical Research has found that that over 80% of illnesses are directly caused by the stress we hold in our body. Rosalie uses many of the above techniques and more to get the results and lasting change for the health and happiness for clients.

Generally 3-4 sessions is enough for many health situations. Some long standing chronic health conditions will require more sessions.

**Rosalie Cronin:** "Together we assess the situation as we move along from session to session, and along with your willingness to address your current situation and your level of commitment to work through issues together, we arrive at the perfect outcome for you.

I love all of the work that I do and my commitment to you is that you will be nurtured and cared for in a professional holistic way. For clients that have not experienced Hypnotherapy before I will outline for you how I experience hypnosis myself and what you can expect from a session."

You may also find you are referred you to another practitioner if the medical condition requires more specific help.

## ABOUT HYPNOSIS

In hypnosis the client is guided into a form of deep-relaxation where the mind and body relax allowing access into subconscious mind where all change take place. Clients under hypnosis can hear every thing, know where they are at all times, are able to move and adjust at anytime and if they need and can open their eyes. It is a heightened form of relaxation and a state where accelerated learning can take place.

All hypnosis is self hypnosis, a hypnotherapist merely acts as a coach guiding the client into a state of deep relaxation. Once the client is relaxed and lets go of all critical judgements and critical thinking they are able to relate to how they *really feel*. The hypnotherapist is able then through use of specific language assist the client in being flexible to change.

Hypnosis is a communication and an education whereby the conscious mind and the subconscious mind agree.

When you daydream looking out into the distance, and are so focused on something that you can not pay attention to any thing else, (like being totally engrossed in a movie or a good book) your attention is so focused just on that, to the exclusion of anything else. You are in a altered state a trance state or commonly known as hypnosis.

You go through these altered states of consciousness or brain wave patterns regularly throughout the day and when you go to sleep at night. People generally think hypnosis is "stage hypnosis" and are wary of it. They think of it as entertainment, magic or some mystical power of control. This can not be further from the truth.

In reality a clinical hypnotherapist is there for you for your health and healing. It is a form of therapy that enables the client to find their conscious/unconsciousness state of congruency, their true feelings, and get in touch with what they truly want for themselves in an easeful, relaxed way.

[When you are congruent you know what you truly want, don't you?  
Through hypnosis you will know it, feel it and just be able to do it with confidence.](#)

Hypnosis assists the client in becoming clear and congruent with what you truly want and then through hypnotic language (specific and directional language) the hypnotherapist can help move the client into their own inner wisdom and knowledge and that is when they then move toward their desired goal.

## **APPLICATION OF HYPNOTHERAPY AND NLP**

### **EDUCATION**

Corporate Coaches, Trainers or Teachers use language and imagery to enable students to read faster, comprehend more easily, remember and absorb new information, reduce study anxiety and gain access to their own inner resources and wisdom.

### **DENTISTRY**

The dentist can use hypnotic language to relax clients and reduce pain, reduce and to facilitate rapid healing.

### **THE ATHLETIC**

Uses hypnosis (including self hypnosis) to increase and maintain training motivation as well as enhancing performance.

### **THE CLINICAL HYPNOTHERAPIST**

Uses hypnotic techniques to assist their clients to achieve their specific goal/outcome. Whether that be health, pain management, stress, anxiety, financial pressures, relationships or what ever is present as a problem.

### **THE FORENSIC HYPNOTHERAPIST**

Uses hypnosis to assist witnesses to access relevant information in criminal investigations.

### **THE CORPORATE WORLD**

Uses hypnosis and NLP for stress reduction, motivation, business development, training and of course conflict resolution.

This list is virtually endless, the application of hypnotherapy and NLP is continuing to expand worldwide.

### **HISTORICALLY**

Hypnosis as a healing therapy is noted as as early as 2000BC within the healing temples in India.

*Questions I get asked about hypnosis are:*

### **Do I black out? Or become unconscious?**

You are in a highly relaxed state you can hear what is being said at all times. You can choose to open your eyes at any time. This is a 'Deep trance,' which is the desired level of relaxation you need to be in. You will generally be in between Theta/Delta brainwave state. Positive reprogramming is extremely effective in creating positive change in this state. The practitioner will ask you at the start of a session whether you would like to be in a light, medium or deep trance.

### **Can I be brainwashed?**

A fully trained clinical Hypnotherapist is a professional who has your best interests in mind, and is there to help you with any problems you may be having. Generally, even under hypnosis no-one will do anything they really don't want to do.

Have you ever heard on the news of anyone been hypnotized to rob a bank? NO

### **Is Hypnosis safe?**

Hypnosis is a normal natural state of mind. The only difference in a therapy session is that together with a practitioner you will induce relaxation to get the subconscious to work for you. By accessing the clients unconscious resources, power and wisdom with a specific intent (selective thinking) the client has then the ability to create new behaviors that are more satisfying, and which are created and aligned to the conscious minds present identified needs and requirements.

### **Are the effects of hypnotic suggestions long lasting?**

The effects depends on many things: How serious and committed the client is to make positive change, and it is important to have rapport with your hypnotherapist, and take the time to make that happen.

### **Example: Rosalie Cronin:**

"I have worked with many people who want to give up the habit of smoking, but without the consent of the client and the willingness to want to stop smoking, it generally doesn't work first up, some put all their faith in the hypnotherapist.

The hypnotherapist is not a magician and cannot make you do anything you do not want to do. On the other hand clients come with the desire to make change and can stop smoking immediately. It is a relationship of mutual responsiveness, integrity and respect and willingness to take 100% responsibility for your health and wellbeing. Your hypnotherapist is there to help yo reach your goal/desire."

### **Can I get stuck in hypnosis?**

It is literally impossible to become "stuck" in a state of concentration/relaxation.

Can you imagine getting "stuck" reading a book?

You are just relaxed, conscious and alert.

Hypnosis is a pleasurable relaxing healing experience and aids health, well-being and your happiness in a very nurturing, easeful, comfortable way.

I wish you a life of many new possibilities.

You can contact me direct with any further questions and/or make a appointment visit my website

*Together we work out a plan for your own self care, nurturing and comfort, using a range of modalities and therapies that you feel comfortable to use to empower you.*

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