

Hypnosis

MARIE BOVET AND JULIE BOVET

The word hypnosis describes both a particular psychic state and a (therapeutic) technique. Hypnosis is an «altered state of consciousness» that is completely natural. We all experience this state on a daily basis, mostly without realising it, for about 20 minutes a day.

It is an ancient technique, used for healing in Western societies for at least 200 years. Scientists have worked hard to demystify hypnosis, to show that it is not magic, witchcraft or shamanism, but a capacity that we all have, within us, to make our brain work in a different way to heal ourselves.

In the state of hypnosis, our imagination is activated and is much more present than usual. The brain does not distinguish between imagination and reality, which has been proven with studies using magnetic resonance imagery. The brain of the person in hypnosis who is asked to recall a memory as accurately as possible is activated as if he or she were actually seeing, moving, smelling and touching.

The brain waves generated in hypnosis are different from those in the waking state. They are called «theta waves» and are related to the functioning of our subconscious mind. The hypnotic state is between our usual waking state and sleep. It allows us to access the subconscious part, where habits, beliefs, emotions, resources and all our memories are stored. It is in the subconscious that the transformation will take place, at a deeper level, which will allow for long term sustainable changes.

Hypnosis is like a journey, which will take you to the discovery of yourself, of parts of you that normally are not accessible.

The therapy aims at awakening your resources, reharmonising your inner balance (in order to be in tune with yourself), activating self-healing, regaining control over your life and making yourself secure from within (thus banishing the fear of abandonment, rejection and insecurity).

THE FIRST HYPNOSIS SESSION TAKES PLACE IN THE FOLLOWING WAY

We will first of all discuss the problem(s) that bring(s) you, then your knowledge of hypnosis and your questions and possible apprehension(s). If necessary, to reassure you, before the «formal» entry into hypnosis, we will be able to make your imagination work and you will be able to realize its power. The only tool that will guide you will be the voice. Soon you will have your eyes closed and the relaxed state will be used to facilitate the process. At any time you have the ability to come out of the hypnotic state, you are in control of your experience.

MARIE BOVET CAN HELP YOU WITH THE FOLLOWING TOPICS (PSYCHOLOGY AND EATING BEHAVIOUR):

- Weight problems: overweight, underweight, yo-yo effect
- Emotional eating, snacking, compulsions/ binge eating, physical and/or psychological restriction (dieting)
- Eating disorders such as anorexia, bulimia and binge eating
 - Regain your healthy weight without dieting, accept your weight and your morphology
 - Improve your relationship with food and your body
 - Stop sugar or junk food addiction, eliminate obsessions, regain control
 - Identifying and respecting one's food sensations, rediscovering the pleasure of eating
- Management of emotions, stress and anxiety (anxieties, phobias, panic attacks)
- Body image disorders (dissatisfaction and/or poor body perception, complexes)
- Mood disorders: depression, overwork/exhaustion/burnout...
- All types of sleep disorders
- Pain, fibromyalgia
- Trauma
- Addictions (reducing/quitting alcohol, tobacco or other substances as well as support during abstinence)
- Obsessive-compulsive disorder (OCD)
- Tinnitus, bruxism (teeth grinding), nail biting or hair pulling
- Any request related to personal development: getting to know oneself; increasing motivation, self-confidence, self-esteem, self-love, self-affirmation, intellectual performance (attention, concentration, memory) and sports performance; improving relationships with others and within a couple; improving one's lifestyle (diet, hydration, physical activity, sleep); learning tools for relaxation, etc.

JULIE BOVET CAN HELP YOU WITH THE FOLLOWING TOPICS (SPECIALISED IN NUTRITION):

- Weight problems: overweight, underweight, yo-yo effect
- Emotional eating, snacking, compulsions/ binge eating, physical and/or psychological restriction (dieting)
- Regain your healthy weight without dieting, accept your weight and body shape
- Improve your relationship with food and your body
- Stop sugar or junk food addiction, eliminate obsessions, regain control
- Identifying and respecting one's food sensations, rediscovering the pleasure of eating

- Eating disorders such as anorexia, bulimia and binge eating
- Body image disorders (dissatisfaction and/or poor body perception)
- Improving health through diet, hydration and physical activity
- Addictions (reducing/quitting alcohol, tobacco or other substances as well as support during abstinence)

WHO IS IT FOR?

Almost everyone is receptive to hypnosis and enters in it more or less quickly. Only people with severe psychiatric disorders (schizophrenia, psychotic episodes, inability to concentrate) should not use it.

REIMBURSEMENT WITH MARIE BOVET REIMBURSEMENT BY THE BASIC HEALTH INSURANCE (LAMAL)

I am a certified dietician, the consultations of hypnosis within the framework of the follow-up can be reimbursed with the agreement of a doctor on presentation of a dietetic prescription.

You can find the link to download the dietetic prescription [HERE](#).

Payment method on invoice, sent directly to your insurance company..

REIMBURSEMENT BY COMPLEMENTARY INSURANCE

I am a FSP psychologist, hypnosis consultations as part of the follow-up are reimbursed by your complementary insurance, depending on the type of contract chosen. Ask your insurance company for a definitive answer about the reimbursement of consultations. Assura and Groupe Mutuel generally reimburse the sessions well.

Payment method TWINT or cash

PRIVATE CONSULTATIONS (WITHOUT INSURANCE)

Price 160 CHF/hour

Reduced price 130 CHF/hour for schoolchildren/students, persons receiving disability insurance and old-age pension insurance on presentation of proof

Payment method TWINT or cash

Any appointment missed or not cancelled at least 24 hours in advance will be charged at CHF 100.

DURATION

A hypnosis session lasts between 1 and 2 hours including the preliminary interview (duration agreed in advance).

HOW MANY SESSIONS?

Everything is possible in one session. Sometimes one session is enough, sometimes several are necessary. We will do our best to support you, as quickly as possible, in your goals for change and well-being.

LOCATION

Consultations can take place at the Neolys office, at your home, by phone or online.

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PRIVATE CONSULTATIONS (WITHOUT INSURANCE)

Price 130 CHF/hour

Reduced price 100 CHF/hour for schoolchildren/ students,

persons receiving disability insurance and old-age pension insurance on presentation of proof

Payment method TWINT or cash

Any appointment missed or not cancelled at least 24 hours in advance will be charged to your insurance or you will be charged CHF 70 (for non-refunded persons).

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OFFER
**« HYPNOSIS
DISCOVERY » SESSION**

**FIXED PRICE OF 150 CHF FOR
ABOUT 1H30**

MARIE BOVET

Psychologist FSP, Certified
Hypnotherapist, Registered Dietician

- Psychologist FSP, Master in Clinical and Health Psychology
- Hypnotherapist, OMNI contemporary hypnosis practitioner
- Qualified Dietician, Bachelor in Nutrition and Dietetics



JULIE BOVET

Registered Dietician, Certified
Hypnotherapist, Dancer-Therapist

- Qualified Dietician, Bachelor in Nutrition and Dietetics from the Geneva School and Nutritherapist, certified in oligotherapy and naturopathic approach
- Hypnotherapist, OMNI OMNI contemporary hypnosis practitioner
- Dance and movement therapist (in progress), dancer since I am 8 years old