

# Psychology

**MARIE BOVET**

The psychology or coaching session is a special moment, especially for you. You will be listened to and supported, in complete confidentiality. Empathy, authenticity, acceptance and non-judgment are my core values. Psychological and physical health are intrinsically linked and the therapy takes into account both the mind and the body (holistic therapy).

Depending on the request, the psychology or coaching session may include hypnosis.

## **I CAN HELP YOU WITH THE FOLLOWING TOPICS:**

- 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.

#### **WHO IS IT FOR?**

For all teenagers from 13 years of age, adults and seniors affected by mental and/or physical health and all people wishing to achieve personal development.

#### **DURATION**

between 1 and 2 hours (agreed in advance).

#### **LOCATION**

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

#### **REIMBURSEMENT BY THE BASIC INSURANCE (LAMAL)**

I am a qualified dietician, the consultations of psycho-nutrition or psychology (and hypnosis within the framework of the follow-up) are reimbursed on presentation of a dietetic prescription filled by your doctor.

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 also a FSP psychologist, the psychology/coaching consultations (and hypnosis in the framework of 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 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.

**THERAPEUTIC OFFICE NEOLYS**  
**GRAND'RUE 42, 1820 MONTREUX, SWITZERLAND**  
**CABINET@NEOLYS.CH**  
**WWW.NEOLYS.CH**

## **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