

## YOUR VISITS

All first visits are 2 hours long. We cover your past and present situation and talk about your future goals. You are educated on exactly how hypnosis works, the things you need to change to be successful and the homework involved on your part to succeed. Hypnosis is used on the first session as well as teaching you self-hypnosis to use at home. All subsequent visits are 1 hour long and amount of visits depends upon the individuals situation.

### FEES:

First session for Hypnosis.....	\$195.00
2 hours	
Follow-up visits.....	\$90.00
1 hour	
EFT sessions.....	\$90.00
1 hour.	
Reiki session.....	\$45.00
30 minutes	
Reiki and Hypnosis.....	\$95.00
45 minutes	
Smoking Cessation .....	\$275.00
2 hour visit	
Weight Management Program.....	\$495.00
6 sessions	

### **Payment by Cash or Check Only**

Please be on time for your appointment, or time may need to be deducted. A huge time slot is saved for you. I do require **12 hours advance cancellation notice**, or there will be a \$50.00 service fee charge on your next appointment. There are clients waiting for appointments and by you not making your appointment deprives others of being seen sooner.

## MISSION STATEMENT

Roxanne is dedicated to helping her clients by treating the Mind, Body and Spirit to enhance their well being in achieving their goals, make healthy choices, create a positive attitude, increase their self-esteem/confidence and teach them , as well as show them, the power they posses within themselves to be healthy and happy in their lives.

## ABOUT ROXANNE

Roxanne is a graduate of the Hypnodyne Foundation School of Hypnosis. She is a member of the National Guild of Hypnosis, National Association of Hypnotherapists, International Association of Counselors and Therapists, and the International Hypnosis Hall of Fame. She is certified in Basic, Advanced, Clinical and Master Hypnosis. Roxanne continued her education in the natural health field and is certified in Foot Reflexology, Holistic Massage Therapy and is a Reiki Master/Teacher/Practitioner as well as a Doula Birthing Assistant. She has been in private practice since 1987. Roxanne teaches women how to have painless/natural childbirth, she also conducts workshops for sports enhancement, smoking cessation, weight management, stress reduction and Attention Deficit Disorder. In 1999 Roxanne received an award for "Therapist of the Year" for her work with ADD/ADHD.

Roxanne also has 20 years of hands on work within the medical field that reflect her understanding of: Eastern versus Western Techniques.

Call for a "FREE" Consultation

# Central Jersey Holistic Health

## *Hypnosis Center*

*MIND \* BODY \* SPIRIT*



## Roxanne Cortese

Certified Clinical Hypno-Counselor  
A Complementary Healthcare Provider

2701 Park Avenue  
South Plainfield, NJ 07080

*Off: 908-561-1511*

[WWW.JerseyHolisticCenter.com](http://WWW.JerseyHolisticCenter.com)

Email: [CJ4yourhealth@comcast.net](mailto:CJ4yourhealth@comcast.net)

By Appointment Only

## HYPNOSIS

HYPNOSIS is an education-communication process that allows a person's conscious and subconscious mind to believe in the same message. You will learn to use the power of your mind to control your body and eliminate old unwanted habits and make wise choices, easily and effortlessly. Focus and concentration are the key elements taking you into hypnosis. Let's now look at how hypnosis can be applied personally.

"Hypnosis is when we bypass the conscious mind, the analytical filter, in order to deliver suggestions to the subconscious mind which are accepted and initiate change. Hypnosis is when we bypass the conscious mind, the analytical filter, in order to deliver suggestions to the subconscious mind which are accepted and initiate change."

### *What Does It Take To Work?*

- Bypassing the Conscious Mind
- Accept the Delivered Suggestions
- Imagination
- Desire / Passion
- Consistency
- Belief
- Erase Negative Words

Hypnosis is like a blueprint, a shovel or any tool. Use it and it works, stop and the benefit ends or is decreased.

"What the mind believes, the body achieves."

You "think" something, you believe it, the subconscious mind then accepts that information and creates your behavior to take action and create it.  
(negative or positive)

## HYPNOSIS IS SAFE

It is a natural and effective way for behavior modification. Imagine how many behaviors you would like to modify, change or alter. The possibilities are tremendous. Many of our issues when broken down are based on our behavior. Weight loss is not achieved directly related to hypnosis. You do not get hypnotized and then leave the session with fat left on the office floor. Hypnosis is the process that changes the way the person thinks and behaves which leads to the result of weight loss. Therefore, as behaviors change to be more positive and beneficial. Some of the areas we use hypnosis for in a personal way are;

- Stress Reduction
- Anxiety
- Fears/Phobias
- Weight Management
- Study Habits
- Test Anxieties
- Memory and Concentration
- Self-Esteem and Confidence
- Sports Enhancement
- Preparing for Surgery
- Pain Management
- Bad Habits
- Smoking Cessation
- Natural Childbirth
- Anger Management
- Creativity..... and much more

**Children . . . .***respond very well to hypnosis and some applications with children are;*

- Test Anxieties
- Sports
- Confidence / Motivation / Self-Esteem
- Anger
- Academic's
- ADD/ADHD
- .....and much more

## EFT. . . .emotional freedom technique

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on specific points of the body while you think about your specific problem / challenge - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bio-energy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

Emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

- Remove Negative Emotions
- Reduce Food Cravings
- Reduce or Eliminate Pain
- Implement Positive Goals
  
- Often works where nothing else will.
- Usually rapid, long lasting and gentle.
- No drugs or equipment involved.
- Easily learned by anyone.
- Can be self applied.

## REIKI AND HYPNOSIS

Using a combination of healing energy work and hypnosis at the same time. To promote healing and enhance change of mind, body and spirit.