

Thank you for contacting me and your interest in Hypnosis sessions.

Most people will at some stage in life have feelings of being overwhelmed by some situation or issues. This awareness and the conclusion to look for help is probably the hardest part on the path to find resolution or healing. Since Hypnosis is a completely natural state which you enter at least twice a day and probably much more often all by yourself, you are contemplating the fastest, most efficient and lasting way to find your solution - for good.

Please take time to read the information below, this is meant to set us up for the fastest success possible:

The principles of reaching into our reasons to overcome issues, habits, physical or emotional pain is something we can do relatively easily if we set this up properly. I believe in measurable results achieved in the shortest possible time and for this your cooperation is crucial right from the start.

Firstly we must think about our issue with honesty.

Sometimes we feel that we have worked through painful incidences (with or without professional help) and are not shy to report that we "have dealt with it". Most often this is a logical, conscious approach - the emotional contents gets rationalized away. This may seem sufficient for our analytical mind but will never be for our deeper self, which is now left alone to deal with it. This then can result in inner conflict and can break out through the mind/body connection and surface in all sorts of bio-psychological symptoms.

More often than the above is the fact that we are unaware of the reasons for internal conflict, sometimes because the origins are set outside of our conscious memory in very early childhood, the womb or even during a different incarnation (Past Life).

Professional hypnosis practices will engage you in a spiral of believe, during which you will find your own solution and because they have developed through you and are not given to you, they are your truth and it becomes relatively easy to engage new behaviour and let go of symptoms.

NUMBER OF SESSIONS:

Should you decide to book appointments please book three sessions in advance I am extremely busy and sometimes have a waiting period of 8 weeks or more and the sessions should not be scheduled too far apart. A good interval is about 10 days. If we manage to solve the issue during the first or second session or you decide not to continue for any reason we simply cancel the other session(s).

PREPARATION:

Just before the first appointment I would like to receive a "case history" from you by email. I would like you to write down everything that you can think of that might have lead to the situation in which you are in now, prompting you to contact me.

This should include as much information from as far back (childhood) as you can remember.

Receiving this just prior to the first appointment gives me a starting point which saves us a lot of time during the session and also gives you the opportunity to prepare and ensure that you won't leave out some information which might be vital.

It is important to be sincere about this exercise. Many of my clients "know" they are doing well because stored emotions come up. Also writing this "case history" serves to communicate with your subconscious mind, announcing that you are now ready to tackle the issue, that you are taking responsibility and are ready for positive beneficial adjustments. Please include your full birth date



with your details and anything which you feel could be connected to the problem.

Also be very honest with yourself whether you derive any advantages from your situation, however small. For example the “ill” person may gain sympathy and a great deal of attention; the over eater may get comfort from doing so. It is essential for you to see that there is greater benefit in solving your issue than in the “gain” you may perceive.

If you are only to some extent keen to solve your issue then you are likely to achieve it only to some extent.

Also what is required from you is to summarize your motivation and intent for the session. This, plus your write up about your "issue needs to reach me at least 48 hrs prior to the first session (claudia@mindworks.com).

During the sessions we will aim to reach the deep levels of relaxation where a part of your mind is highly alert while another part allows full focus and concentration. Hypnosis is not sleep, although your body may feel incredibly relaxed. You will remain in full control and remember everything you wish to. Here is one of the better explanations on the web [How Hypnosis works](#)

LOCATION: Google Maps: mindworks.com

PRICING OF SESSIONS:

The duration of the 1st session (session fee is R 1250.00) is scheduled for about 2 hours to 2 1/2 hrs. We discuss the presenting issue and any questions you might have about the process or hypnosis and hypnotherapy in general and we will have the first hypnosis session. Please schedule at least 1 ½ hours for the second (and following session(s)).

Payment can be in cash or you can make online payment from my office (please note I do not accept cheques and I have no credit cards facilities). Please note that there is no fee for sessions cancelled by email or sms up to 48 hours prior to the scheduled time. Thereafter you will understand that full charges do apply.

On the day of your appointment(s) please be on time and allow sufficient time and ensure that you have some to yourself afterwards as often the insights and understandings can be quite profound and if you have an experience like this, you will surely want to ponder on it.

AFTER EACH SESSION:

Within 24 hours please provide me with a short session summary of your experience, for your own good and for my client records. As mentioned, I like to achieve measurable results that will convince both of us. This is also a very important and therapeutic task.

A month after our appointments I would like you to do similar and summarize how the work we did has manifested in your life, thought patterns, emotions, habits and possibly in your body as a physical or biochemical change (where applicable).

WORKSHOPS AND INFORMATION:

You might also consider joining us on the one day workshop SELF MASTERY THROUGH AUTO HYPNOSIS which will introduce you to techniques so that you can work on many aspects with yourself. When we understand how the mind works and how to take ourselves in and out of the natural state of hypnosis, we start to be in charge of our thoughts, emotions and subsequently our life. Aspects like stress release, relaxation, mind focusing, concentration, improving sleeping patterns, etc are easily addressed by practicing Self Hypnosis. [Click here for a direct link to the website info](#)

You might also be interested to have a look at the site of the SA Institute of Hypnotism [The South African Institute of Hypnotism](#) and learn about the SELF MASTERY course: [Introduction to Self Mastery](#)

Please do not hesitate to contact me with any other questions or queries you might have.
Let the healing begin - I look forward to your response



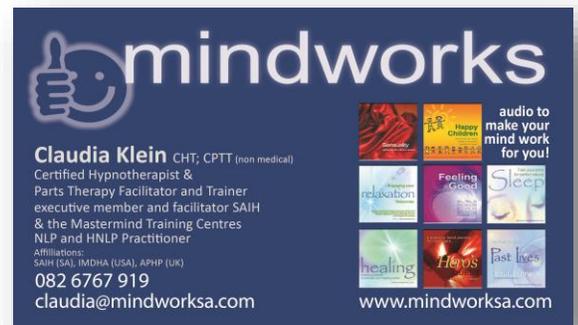
Follow this link to the TV interview on Hypnotherapy [Claudia: Sistahood Interview, 21June2010 - eTv Past Life Regression Session](#)

or enter "Claudia Klein" on YOUTUBE for other interesting videos

PS: Because I am managing the South African Institute of Hypnotism, teach Hypnotherapy at our Mastermind Training Centers in Cape Town and in Johannesburg and engage in other lectures and activities related to Hypnosis practices my time is limited to see clients. I attempt to concentrate on those really "difficult" cases, where due to my experience, we maybe have a faster chance to see you through.

I work closely with my associate Bianca Roffler, who is one of my former students and we work from the same premises. Should my diary not allow an appointment within your preferred timeframe or for straightforward smoking cessations, working with young children or other less complicated issues, I may suggest that you see her. Should neither option be to your liking you will find all my colleagues, (many of which I was involved to train) on

[Find a Therapist in the Western Cape on the SAIH website.](#)



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Claudia Klein CHT, CPTT (non medical)
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Relaxation, Feeling Great, Sleep, Healing, Hypnosis, Past Lives

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BIO: CLAUDIA KLEIN CHT^(nm) (SAIH), CPTT, CPTF, HNLP, NLP

Claudia Klein is an expert hypnosis practitioner and the owner and principal hypnotherapy instructor at the South African Institute of Hypnotism (SAIH) and the Mastermind Training Centers in Cape Town and Johannesburg, which are accredited by the International Medical and Dental Hypnotherapy Association (USA) and the UK-based APHP (The Association for Professional Hypnosis and Psychotherapy).

She is an international speaker, facilitates workshops and maintains her private practice in Cape Town where she works with individuals and groups. She has featured in various magazines, talk radio stations and television.

She has been involved in the field of Hypnosis and Hypnotherapy for 15 years and understands many of the challenges people face and is completely dedicated to bring understanding, self empowerment and lasting positive change to enrich people's life.

Her range of Hypnosis CDs, downloads and relevant merchandise are available through www.mindworksa.com.

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