



# Vita

HEALTH CARE



## ARPITA SALUJA

BSc, CChy, DChy, MNLP, SleepTalk® (Prof intern)

### Clinical Hypnotherapist & NLP Master Practitioner

Arpita's interest into sub-consciousness and its effect and important role in the field of mind and body healing motivated her transition from working in the corporate sector for over 18 years and to pursue her training in Clinical Hypnotherapy from the prestigious London College of Clinical Hypnotherapy (LCCH), UK & Asia.

Arpita is trained and holds a Masters in Neuro Linguistic Programming (NLP) from UK, certified by International NLP Trainers Association (INLPTA) UK. She is also trained in using Time Line as therapy.

#### **Hypnosis and NLP therapies may assist in a variety of medical & psychological problems:**

- Smoking Cessation/addictions
- Pain management
- Anxiety and Stress management
- Weight Management
- Nail Biting
- Nocturnal Enuresis (Bedwetting)
- Irritable Bowel Syndrome (IBS)
- Phobia/Fears
- Insomnia/Disturbed sleep
- Behavioural issues in childhood
- Snoring
- Hypnosis assisted birthing
- Performance anxiety
- Confidence building
- Stuttering/Stammering
- Dental-Bruxism, Gagging, Fear of needles
- Movement disorders - Parkinson's.

Arpita is also professionally trained (intern) in Goulding Sleep Talk® for children, a powerful process of positive parenting that empowers and allows parents to improve and balance their child's behaviour. She teaches parents to discover the Sleep Talk® process which allows them to improve their children's behaviours, attitudes and habits.

She has actively worked as a therapist in Australia, UK, Singapore and in India to help individuals achieve their desired goals and outcome in a positive way.

Arpita understands and appreciates diversity in individual thoughts, actions and behaviours and modifies and develops strategies to suit individual needs.

Arpita is a Professional member of Australian Hypnotherapy Association (AHA) and is on the National Hypnotherapists Register of Australia, is also a member of BSCH (British School of Clinical Hypnosis) (Assoc), UK and abides by the ethical standards of the associations.



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## What is NLP?

NLP stands for Neuro-Linguistic Programming. Neuro refers to your neurology; Linguistic refers to language; programming refers to how that neural language functions. In other words, learning NLP is like learning the language of your own mind! It's an approach to communication, personal development, and psychotherapy.

## What is Hypnosis?

Simply put, Hypnosis is a state of highly focused attention or concentration, often associated with relaxation and heightened suggestibility.

It's a genuine naturally occurring psychological phenomenon that has valid uses in clinical practice.

It's a state similar to what we usually experience just before we are falling asleep or waking up. This is the state where the conscious mind rests and the unconscious mind is active and listening.

## Have we experienced this or similar state before?

Yes, since it is a naturally occurring phenomenon and very similar to day dreaming, we experience it ever so often while driving or walking without realising that we have reached our destination. Also, while reading a book and turning pages and then realising that we have not actually read anything before. It's a trance like state where the patient feels sleepy but is actually not asleep. Patients are able to hear, talk, use hands, move etc while in trance.

## What happens in Hypnotherapy?

Since Hypnosis is a naturally occurring state, in the clinical setting, the Hypnotherapist initiates this state during therapy and utilises it to give suggestions to the unconscious part of the mind, where not only our involuntary movements but also our emotions and beliefs, experiences and learnings are stored. Any changes suggested and made by the patient in the unconscious part of the mind is long lasting and has minimal chances of rejection as compared to other talk therapies.

## Hypnotherapy & NLP Fee & Packages

**The first/initial 20 mins consultation is provided FREE for any queries and discussion.**

First session approximately 1hr to 1.5 hrs (case dependent) which is detailed history taking and introducing and teaching self hypnosis/relaxation to the patient. All other follow up sessions are approximately 45mins.

**Fee: \$130 per session**

all session recommendations are approximate and based on individual case by case basis.

### **HYPNOTHERAPY QUIT SMOKING:**

**2 sessions - \$350**

First/Initial session is approximately 1.5hr to 2 hrs, follow up session is approximately 1 hr (up to 4 sessions - if other issues are contributory factor for smoking)

### **IRRITABLE BOWL SYNDROME (IBS)\*:**

**6 to 8 sessions**

\*(IBS in adults diagnosis & management Apr 2008-1.2.3.1 (NICE (UK) guidelines updated 2017) recommends referral for psychological interventions including Hypnotherapy for people with IBS who do not respond to pharmacological treatment after 12 months.)

### **CHILDHOOD ISSUES:**

Nail biting, nocturnal enuresis (bedwetting), habits, bullying, separation anxiety, stammering, behavioural issues, etc...

### **HYPNOTHERAPY (7years upwards)**

**Approximately 4 to 6 sessions - \$550**

### **GOULDING SLEEP TALK® FOR CHILDREN:**

**Process - \$320**

Recommended for children 2 to 17 yrs.

Combined package for Sleep Talk® and Hypnosis available.

Free 20 mins initial consultation available to discuss

queries, information on how this works and package cost.

### **HYPNOSIS FOR WEIGHT MANAGEMENT:**

**4 to 6 sessions**

### **HYPNOSIS IN MANAGEMENT OF PAIN:**

**Approximately 4 to 6 sessions**

*The Goulding SleepTalk® Process is copyrighted: © Joane Goulding (2011-18)*



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