

REST EASY HYPNOTHERAPY



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Cara Beltrame

Clinical Hypnotherapist, NLP & EMDR

Rest Easy Hypnotherapy

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Australian Hypnotherapists Association (AHA PM2020019)

Australian Society of Clinical Hypnotherapists (ASCH) 1935V

Hi, I'm Cara Beltrame....

I'm a registered **Clinical Hypnotherapist & Neuro-linguistic Practitioner**, and founder of **Rest Easy Hypnotherapy**.

Hypnotherapy treatment programs are proven to help people heal from **allergies and allergic responses**, and move beyond the experiences of chronic **fears** and **phobias**, the symptoms and the **stress, anxiety and worry**.

A tailored Hypnotherapy and NLP treatment program, in combination with tools & techniques to practice in daily life, are effective in healing the experiences of the past that contribute to **allergies** and **fears**, easily and without stress or tension, and reducing the symptoms, so you can have **freedom**, move forward with **relief** and a **feeling of safety**.

I can assist you in healing the root cause of allergies – **no matter what the allergy is** – easily and effectively so you **no longer experience the physiological response**. I can also treat the debilitating symptoms. This is where Hypnotherapy and NLP are so effective for allergic responses as much of the healing occurs within the unconscious mind.

"We all need that extra bit of assistance and expertise every now and then. Cara supported me on journey of rediscovering my own self love and self worth and gave me some great tools to remind me of my innate power. I highly recommend Cara to work with you on your next self-empowering journey."



Monica (March 2020)

Let's go a bit further.....

There is a lot of scientific evidence that Hypnotherapy is an effective treatment for allergies

In recent years our knowledge of the **immune system** and the pathogenesis **of immune disorders has increased**. There has been much research on the complex connections between **the mind, the central nervous system** and the **immune system** and the effect of **mood on disease processes**. The cited paper¹ reviews the **evidence** on the effects of hypnosis on the allergic skin test reaction, on **allergies**, particularly **respiratory allergies** and hayfever, and on bronchial hyperreactivity and asthma. Hypnosis, which is generally regarded as an altered state of consciousness associated with concentration, relaxation and imagination, and amongst other characteristics an enhanced responsiveness to suggestion, has long been thought to be effective in the amelioration of various **bodily disorders**. It has seemed that the state of hypnosis is capable of a bridging or mediating function in the supposed dualism between **mind and body**. There has been great variation in the experimental and clinical procedures such as type of hypnotic intervention employed, the training of subjects and the timing of the intervention. Also, variability in the type of allergen used and its mode of application is evident. But despite these limitations, many of the studies have shown a **link between the use of hypnosis and a changed response to an allergic stimulus or to a lessened bronchial hyperreactivity**, and evidence for **a positive influence on the neurovascular component** of the **allergic response**.

*"I have tried hypnotherapy elsewhere and I have not received any results at all. I started at **Rest East Hypnotherapy** with **Cara** and it has been **extraordinary**. Cara is thorough in her assessment and treatment. Within 3 sessions I can utilise the techniques taught to me to **calm my mind** and **ease the debilitating symptoms** I suffered from on a daily basis.
Thankyou, Cara"*



Gab (Anaphylaxis to Pollen, Social Anxiety, Agoraphobia)

What are the different kinds of allergies?

Respiratory Allergies

It is surprising to many people that **allergies** have a big-time **psychological component**. For example, take someone who is allergic to a certain flower, which causes them to develop **asthma flare-ups**.



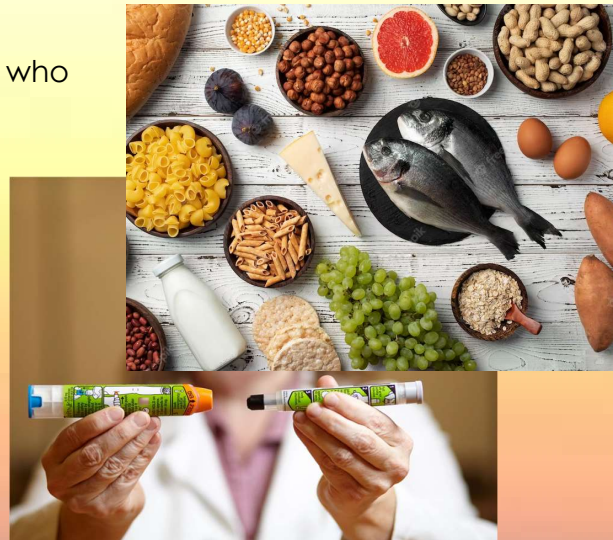
If they are shown this flower, encased in a glass vase so that he cannot inhale any of the flower particles to which he is allergic, the person might still wheeze!

Continue reading to find out how these kinds of allergies can be treated effectively

Food Allergies

The same kind of reaction can occur in patients who are known to be **allergic to particular foods**. For example, let's say someone is allergic to corn. If this person is given corn to eat, they will develop stomach aches. They will also develop stomach aches if she swallows a capsule that she is told contains corn particles.

However, some people who develop corn allergy symptoms will not develop a reaction if they swallow a capsule without knowledge that it contains corn, even if it does contain it.



Hypnotherapy treatments are effective for any kind of food allergy.

No matter what the allergen is.

Continue reading to find out how these kinds of allergies can be treated effectively

Pet Allergies

Let me explain a process: a person who is allergic to cats is guided into hypnosis and taught how to do hypnosis. While in hypnosis when this person is told that their skin will be scratched with needle tip dipped in cat dander, they will develop an allergic skin reaction (swelling and redness) even when the skin was scratched with water. On the other

hand, if the person is told their skin will be scratched with water, they will not develop an allergic skin reaction even when the skin is scratched with cat dander.

Continue reading to find out how these kinds of allergies can be treated effectively

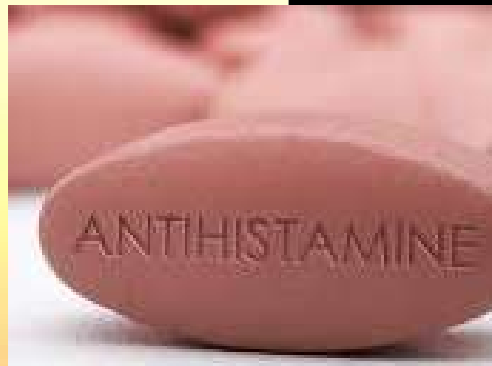


Mysterious Allergic

Reactions

What accounts for these “mysterious” allergic reactions? **Classical conditioning.**

You may recall Dr. Pavlov’s experiments with dogs in 1905.



In those experiments, Pavlov rang a bell, and then fed dinner to his dogs.

The dogs would salivate before they ate in preparation for digesting their food. Pavlov then found that the dogs salivated as soon as the bell was rung, even before they were served their food, because they had learned that the bell means dinnertime. Importantly, the dogs continued to salivate after the bell was rung, even when dinner was not served. Thus, they had developed a conditioned response.

Continue reading to find out how these kinds of allergies can be treated effectively

What is common in all allergies

Every person who experiences allergies has developed a **conditioned response** to their allergen (the substance that causes an allergy). The mere thought they were exposed to something that caused their allergies would lead them to develop symptoms, just like in the case of a child who started working with me after he developed - and suffered terribly - with asthma symptoms after he imagined eating a cheeseburger.

The situation becomes more complicated in situations wherein somebody has a true allergy, which is made worse with conditioning. For example, someone might be slightly allergic to a dog, but because of **classical conditioning** their **allergic reaction** might be **large** and may **prevent them from being around dogs at all**.

Hypnosis for Classical Conditioning

The good news is that within as little as 3 sessions of Hypnotherapy, the classically conditioned response can be dissolved, collapsed and end. Through this, a person who is thought to have a significant allergy can **“recover” almost completely** after learning how to change their **“allergic reaction”** through hypnosis.

Hypnotherapy helps someone who might suffer from **classically conditioned allergies** can be treated by imagining going back to the time when the person's body learned to react to the allergen. The memory of this event can be **“rewritten”** in hypnosis so that the person remains calm when the reaction first occurs, and this ensures that the **conditioned response never developed**. Guidance of a trained professional who has a lot of experience is important for this kind of work so that the **“rewrite”** does not affect an essential memory, such as that which encourages continuing to be **mindful and careful about exposure to potentially harmful allergens**.

In addition, for example, knowing that a **hay fever bout** is imminent can cause **anxiety and stress**, too, and this is where hypnotherapy can play its role in helping the sufferer **relax**, and feel safe, thereby **slowing the heart rate** and **regulating the nervous system**.

In addition to hypnotherapy, during a treatment consultation, I will also guide you to using tools and techniques to reframe unresourceful mindsets and beliefs. These positive mindset shifts change the way you think, what you believe about yourself and allergens in the environment, and ultimately how you feel and how your body responds, that can enable you to have a **healthy, happy and safe future**.

Testimonials

You can heal and move forward into a happy, healthy life ahead:

*“Cara is amazing! I felt safe and welcome from the first appointment - her **energy is very soothing and calming.***

*I wanted help with a **phobia & anxiety.** Cara really **understood** what I was going through and worked in a gentle and supporting way and at the **perfect pace** for me so that I never felt overwhelmed. I **always felt comfortable and I was filled with positivity in every session.** Cara provided me with technique’s that I can use in my day to day life to help me **feel grounded and calm.** I feel at peace **and safe in my body** now and I’m feeling **overall more confident** in myself.*

I’ll always be grateful to Cara.”



Rachel (Food Allergies, I.B.S, Germaphobia, Agoraphobia, Social Anxiety,)

*“I came to work with Cara because I had so many **food allergies.** I felt like I was having an **allergic reaction to everything I ate.***

*It governed my **whole life.** **Flare ups** would last for weeks, and I **couldn’t eat out,** and was so **worried** about spending time away from home. Through Cara’s treatment I was able to **heal the allergy from the root cause.** Now I can eat all kinds of foods (but choose not to eat gluten) **without any side effects.***

My body finally works, and my whole life is different.



Tahnee (I.B.S, Allergy to gluten, fodmaps, dairy and fried food)

*“It was fascinating to work with Cara on **phobia and trauma.** She is very caring and put me **at ease straight away.** She used different techniques to help me **overcome issues** and I gained **more confidence** after every session.*

I highly recommend her. Thank you Cara!”



Veronique (Chronic Fear of driving and being a passenger, Claustrophobia)

I have many testimonials on my website from people who have experienced huge shifts and healing – check out <https://www.resteasyhypnotherapy.com.au/testimonials>

Treatment Modalities

I utilise **hypnotherapy, NLP and EMDR** techniques to **guide and empower** a people to create ongoing and positive change to **their thinking, actions, relationships and external lives**, so they can **achieve their goals, experience freedom and success**.

I **provide mindfulness tools and techniques** to assist in daily life as well as **complementary guided hypnotic audios** to help keep clients focused on achieving their goals

Clinical Hypnotherapy is the technique of eliciting a trance state (hypnosis) to bypass the critical, judgmental part of the conscious mind, and then communicating directly to the unconscious mind to provide therapy - improve the **health and wellbeing of both the emotional self and the physical body**

NLP (Neuro-linguistic Programming) is a waking-state, talk-based therapy that empowers a client to utilise tools and resources to change the beliefs and thought patterns required for achieving their goals. It is one of the key principles in Performance Coaching.

EMDR (Eye Movement Desensitisation Reprogramming) is a technique used to alleviate the distress associated with **traumatic memories** by removing the negative emotions (anger, fear, panic, anxiety) associated with the trauma, through the use of bilateral side-to-side eye movements and hand tapping.

Matrix Reimprinting® is protocol for working with trauma, phobia, fears and hurts, through a technique that safely connects people with their past traumas and core beliefs, and elegantly enables them to transform these into supportive platforms for their lives.

The process includes the meridian tapping therapy **Emotional Freedom Technique (EFT)** in combination with regression work.

Matrix Reimprinting effectively heals the physiological stress, trauma, abuse, relationship patterns, phobias & allergies, and various other symptoms including almost every other physiological symptom.

More information can be found at www.matrixreimprinting.com

OldPain2Go® is an internationally recognised modality enabling sufferers of ongoing **Chronic Pain and Inflammation conditions** to take back control from old, unnecessary lingering pain messages.

A patient needs to be diagnosed by a medical professional who has prescribed or advised pain relief.

From this point I can work with patients to help them access the part of the mind that deals with their own healing processes and to action it to review these pain messages.

It is not a treatment. It is a non-medical intervention of self work.

Client feedback from the **OldPain2Go®** website oldpain2go.com shows that after their first appointment in **OldPain2Go®** modality:

94% of people have a **reduction** in pain perception.

Of those, **77%** have **NO PAIN** perceptible

Testimonials are found at oldpain2go.com

Further information on treatments for various conditions, including testimonials from clients can be found at www.resteasyhypnotherapy.com.au

Registered Associations and Qualifications

- I hold a Diploma In **Clinical Hypnotherapy** and **Neurolinguistic Programming (NLP)** from the Australian College of Clinical Hypnotherapy (ACCH) www.cloverinstitute.com.au
National accredited qualification.



- I am a qualified, registered member of International Organisation **Emotional Freedom Technique (EFT Tapping) Practitioner**
<https://www.matrixreimprinting.com>



- I am a qualified, registered member of International Organisation **Matrix Reimprinting**
<https://www.matrixreimprinting.com>



- I am a Registered member of International Organisation **OldPain2Go®** oldpain2go.com



- I hold a **Reiki I and II Qualification** from Australia's school with the strongest Reiki lineage **Usui Reiki Centre in Camberwell, Melbourne** <https://www.usuireikicentre.com/>

- I hold a **Master of Sleep Coaching** qualification from **Mindvalley University®**
<https://www.mindvalley.com/sleep>

- I hold a **Level 1 and Level 2 Qualification** in **Cultivating Feminine Energy** by **Tantric Healing Master Practitioner, Martina Hughes** at <https://martinahughes.com/>

- I am a **Registered Member** of both Australia's largest Hypnotherapy Associations which provide item numbers for Private Health Insurance claims (please check with your insurance provider that they cover Hypnotherapy, EMDR, NLP, or CBT)
 - 1. **The Australian Hypnotherapy Association (AHA)**
<https://www.ahahypnotherapy.org.au/find-a-practitioner/>
 - 2. **The Australian Society of Clinical Hypnotherapist (ASCH)**
<https://www.asch.com.au/find-a-hypnotherapist/>



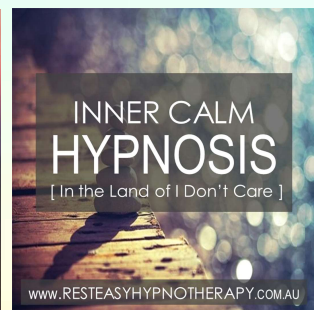
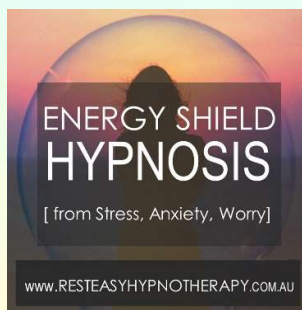
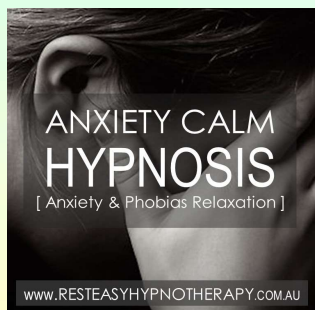
Take home Tools and Audios

All guided hypnosis audios which are for sale on my website are all **free and complementary** for all the people I work with for an unlimited time.

- * *Phobias Anxiety Calm*
- * *Recentering Meditation*
- * *Shielding from Stress, Anxiety or Worry*
- * *Inner Calm – 'In The Land of I Don't Care'*

Enter coupon code **TAKE15** on checkout to receive \$15 off all audios!

<https://www.resteasyhypnotherapy.com.au/shop>



Treatment Plans and Rates

All appointments are 1.5 hours (the first appointment can run over. Please allow for 2 hours).
.I offer a full package of **3 sessions** plus all take home tools and guided hypnosis audios.
Payment by instalments can be made.

Private Health claims and Tax Deductions

Private health rebates also apply. Please check with your provider.

if you use an **ABN** the entire cost can be claimed against business tax as 'Professional Development'

NDIS Provider Numbers

Therapy can be funded through NDIS Item #: 15_043_0128_1_3
Assessment Recommendation Therapy or Training - Counsellor Hour

3 convenient locations

GEELONG: 88 & 90 Gheringhap Street, Geelong 3220

GROVEDALE: @ Geelong Bowen & Remedial Therapies Clinic, 309 Torquay Road, **Grovedale 3216**

TORQUAY SURFCOAST area and online via **Zoom**.

*I have helped many people overcome or reduce their allergies
with this therapeutic approach, and you can too!*

I am happy to answer any questions about how I can help you, to make a booking or to arrange a phone chat.

Cara

Cara Beltrame

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Australian Hypnotherapists Association (AHA) – Registered Professional Member PM2020019

Australian Society of Clinical Hypnotherapists (ASCH) – Registered Professional Member 1935V

REST EASY HYPNOTHERAPY

...making change, success & rest easy...

with Cara Beltrame

WWW.RESTEASYHYPNOTHERAPY.COM.AU

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Australian Society of Clinical
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Change.Grow.Success

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ASSOCIATION