

# REST EASY HYPNOTHERAPY



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**Cara Beltrame**

Clinical Hypnotherapist, NLP & EMDR

**Rest Easy Hypnotherapy**

hello@resteasyhypnotherapy.com.au

www.resteasyhypnotherapy.com.au

**+61 0408 374 161**

ABN: 53 359 164 032 - Trading As 'Cara Beltrame'

Australian Hypnotherapists Association (AHA PM2020019)

Australian Society of Clinical Hypnotherapists (ASCH) 1935V

## Study, Focus, Learning & Assessments

Lack of focus and concentration can lead to **procrastination**, and **forming negative beliefs** about who you are. This keeps you from **attaining your goals and full potential**.

**Concentration** is the effortless ability of an individual to focus on a single task or thing

**Concentration** is also the ability to recall information successfully.

This state is free of all outside distractions, of **pure concentration**.

With repeated scientifically-based hypnosis sessions, you can train the mind to shift gears at will and slide into a higher state of mental focus. According to one study, people who have undergone Hypnosis for Study & Learning focus better on a single task without concerns about the surroundings.



# How Does Hypnotherapy Work?

**Hypnotherapy for studying** is the **perfect skill** to learn if you want to **improve** your study **habits and perform better in exams**.

The brain wave pattern produced by a trance or hypnotic state produces **focus and concentration**, these are precisely the attributes need to **learn and recall** information at will. If you feel disorganised in your study, you'll find that poor habits are overcome, your attitude will change and you'll become **enthusiastic about learning**.

Relaxation techniques with **Hypnotherapy** are designed to help you **reach a state** where your conscious part of the mind is **relaxed** and accessing the subconscious part, which is highly receptive and more open to suggestions.

**Rest Easy Hypnotherapy** for studying and exams will teach you skills that will provide a lifetime of benefits.

*Hypnotherapy helps sharpen the mind and improve memory*

## Hypnosis Calms the Mind

A human **brain** is an incredible tool, yet it occasionally **lets us down**. We cannot concentrate on a problem, forget tasks, become distracted, or feel mentally worn down and groggy at the close of the day.

With hypnotherapy, you can **boost your levels of focus and concentration** by eliminating such distracting factors.



For example, some people seem to have the power to **pass exams with ease**, recalling all kinds of figures and facts without putting in a substantial amount of effort or work. It is not that such individuals have more brainpower but because they can use their in a **relaxed and focused** way.

Hypnosis creates a “**calm mind**” state that teaches your mind to narrow your focus and concentration exclusively on your goal.

Hypnotherapy helps you **live in the moment**, helping you **tune out distractions**.

Hypnotherapy helps to **overcome anxiety, lack of sleep, stress, and ADHD**.

## Works on the Subconscious

**Hypnotherapy** helps you unlock your **powerful subconscious mind's full potential** to **eliminate mental and environmental distractions** and focus on studying without distractions until you have completed the task.

This mental shift allows you to tap into the **flow-state of mind** you have whenever you're **concentrating** on any **activity you love**. It applies the same mindset to other less enjoyable tasks, whether it's leading a team with **good decision-making** or **speed reading** for an exam the following day.

With repeated consultations, time and practice, the **positive effects of hypnosis** continue to build. That allows you to enter a deeper state of concentration and focus **at will** for better outcomes.

## Rest Easy Hypnotherapy for Studying & Assessments

Some of our clients have no difficulty with studying and learning, yet when faced with a test or exam they have difficulty recalling the information they need. Most actually know the answers, but are so tense they can't recall them. This is often a result of **anxiety** before the exam rather than actually during the test. Being **successful** in exams is dependent not only on your knowledge but also your **state of mind**.



**You are what you think.** It is common for us to concentrate on our **perceived weaknesses** rather than our **talents and strengths**, Hypnotherapy can change this. The words and language we use in everyday conversations and in the internal dialogue that plays in our minds **reinforces the belief** that we have a “**bad memory**”. This has a huge impact on our ability to remember and recall important information when we need to. Hypnotherapy **changes this internal dialogue and belief** resulting in better recall and better outcomes.

Your subconscious mind has a perfect memory so being successful in study, exams and tests is less about memory and more about **recall and nerves**. This is where hypnosis will help.

Using hypnosis you'll be able to **approach exams without anxiety**, with a focused mind, have **confidence** and **achieve success**.

You'll **perform at your best** during tests, your **concentration will improve** and you'll think more clearly and **creatively**.

## Rest Easy Hypnotherapy for study & assessments at will:

- **Remove the mindset blocks** that keep you from achieving your goals and having success, once and for all.
- promote a **calm and relaxed mindset** allowing you to make the most of your study time
- increase your ability to **concentrate** when **learning, listening or reading**
- keep you **focused** on your study and the outcomes you want
- promote **better recall and memory**
- **stop you from procrastinating** and;
- **motivate you to enjoy study**
- increase your **confidence** so you can more easily **achieve success**
- **Tools and techniques** that can provide a **lifetime of benefits**
- **Complementary guided hypnosis audios** to keep for an unlimited time to have you locked into the **mindset that gives you great outcomes!**

"I can't believe it! I got **straight A's!**

Before seeing Cara I was feeling **so much pressure** in Year 12 VCE. I was **worrying** about my assessments. I felt so **distracted** by the **pressure** and found it **difficult to focus on studying**. Every time I had an assessment I felt really **anxious and nervous**. Since working with **Cara** I feel so **confident and excited**. I can't wait to start studying **Law, and working as a Lawyer**.



Kane (December 2023)

"I highly recommend Cara's work!

If you are **serious** about wanting **lasting change, clearing out negative emotions & pain**, replaced with a new **positive mindset**,

**Rest Easy Hypnotherapy** is definitely worth it!"



Joel (August 2023)

"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 for change**.

I **highly recommend Cara** to work with you on your next **self-empowering journey**."



Monica (September 2021)

## Treatment Modalities

**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 releasing the negative emotions (anger, fear, panic, anxiety) associated with the trauma, through the use of bilateral side-to-side eye movements and hand tapping.

**EMDR is a proven and effective therapy for sleep disturbances and insomnia.**

**Matrix Reimprinting®** is protocol for working with trauma, phobia, and fears.

Many people who experience sleep disturbances and insomnia don't realise that this **nightly experience of wakefulness** creates **intense fears and worries about sleep**, and also **sleep phobias**.

**Matrix Reimprinting®** safely connects people with these past experiences and their core beliefs, and easily 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, and various other symptoms including almost every other physiological symptoms.

More information can be found at [www.matrixreimprinting.com/what-is-matrix.aspx](http://www.matrixreimprinting.com/what-is-matrix.aspx)

**OldPain2Go®** is an internationally recognised modality enabling sufferers of ongoing **Chronic Pain and Inflammation conditions which prevent them from having quality rest and sleep, and** 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](http://oldpain2go.com) shows that after their first appointment in **OldPain2Go®** modality:

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

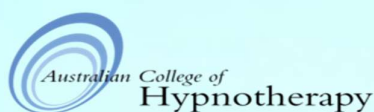
Of those, **77%** have **NO PAIN** perceptible

Testimonials are found at [oldpain2go.com](http://oldpain2go.com)

Further information on treatments for various conditions, including testimonials from clients can be found at [www.resteasyhypnotherapy.com.au](http://www.resteasyhypnotherapy.com.au)

## Registered Associations and Qualifications

- Diploma In **Clinical Hypnotherapy** and **Neurolinguistic Programming (NLP)** from the Australian College of Clinical Hypnotherapy (ACCH) [www.cloverinstitute.com.au](http://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](http://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/>



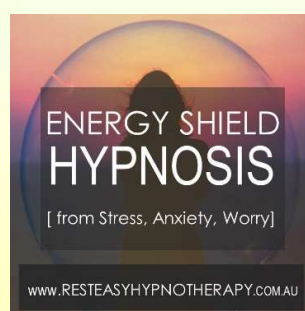
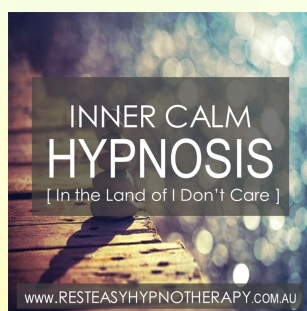
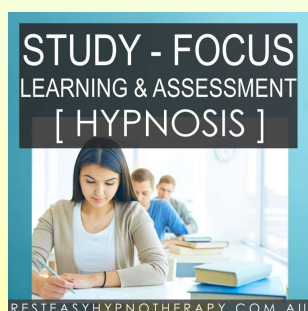
## Take home Tools and Audios

**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.

- \* *Studying, Focus, Learning & Assessments Hypnosis Audio*
- \* *Inner Calm – ‘In The Land of I Don’t Care’ Hypnosis Audio*
- \* *Shielding from Stress, Anxiety & Worry Hypnosis Audio*
- \* *Deep Easy Sleep Hypnosis Audio*

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 complementary guided hypnosis audios to keep you locked into that positive change.

Payment by instalments can be made. Multiple packages can be purchased.

## 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 as a business tax deduction as 'Professional Development'

## 3 convenient locations

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

*Cara*

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*with Cara Beltrame*

*Making your 2024 success EASY*

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