

REST EASY HYPNOTHERAPY



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Cara Beltrame
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Australian Hypnotherapists Association (AHA PM2020019)
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Overcoming Fear of Public Speaking & Cultivating Confidence

- Do you start to feel nervous the moment you hear that you have to give a presentation or a speech at a meeting or birthday party?
- Do you get physical symptoms like sweaty palms, a racing heart, constricted throat and a shaky voice just thinking about it?



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

There are many reasons why people are **afraid of speaking in public** some of them are **feeling judged, lack of confidence, fear of making a mistake or saying the wrong thing**.

A tailored Rest Easy Hypnotherapy treatment program is very effective in helping people move beyond the experiences that cause ongoing **chronic fears, phobias** and the symptoms of **stress, worry & anxiety**. **Fear of public speaking** is a specific form of **anxiety** and is **quite common**.

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 **fears, and phobias, easily and without stress or tension**, and reducing the symptoms, so you can speak to groups or publicly. This is where **Hypnotherapy and NLP** are so effective for **chronic fears and phobias** because much of the healing occurs within the **unconscious mind**.

When working with Rest Easy Hypnotherapy you can:

- Heal the experiences of the past from the **root cause that** contribute to **fear of public speaking**.
- **Eliminate the triggers** that result in **public speaking fears & phobias**.
- Promoting feelings of **calm and peacefulness** that can effectively **neutralise your speech anxiety** the next time you face a similar situation.
- Learn to **detach yourself** from these **physiological reactions** and can help you **rehearse the skills** that are needed to become a **confident and calmer public speaker**.
- Fostering connections between areas in your life where you are **already confident** and skilled and **transfer experiences and learnings** to other areas of your life where you don't feel as empowered. Connecting with **what motivates you** and utilizes this to help you **(re)discover your strengths and abilities**.
- You will learn how to **feel better about yourself** and build your **self-confidence** in all situations and experiences.
- Building your own personal motivation to **pursue the goals in your life that** you really want, and have them. These long lasting changes can be made so you can have the life you want.



In addition to hypnotherapy, during a treatment session I will also show you **tools and techniques to reframe unresourceful mindsets and beliefs**. These **positive mindset shifts** change the way we think, what we believe about ourselves, and ultimately how we feel, and enable us to have a **healthy and happy future**.

*"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 (March 2022)

Testimonials



“ Cara helped me to address the **fear** I had about **singing in front of others**. For years I didn't want anyone to hear me sing even though it was a **huge passion and love** of mine. I was fixated on external **validation** so much that that it **fed my fear**. With Cara's assistance we worked through the **origin of the fear**.

Cara taught me to **trust myself**

As a result I was able to sing in public for the first time in decades. I **let go** of the **worry & fear** about what **others might think** and **do it for myself**. It felt amazing! Thanks so much Cara for helping me to **bring back my passion**.
I can't wait to sing more in the future”



Julie – Fear of Speaking and Singing in public (October 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 - Extreme Fears & Trauma (March 2023)

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



Monica - Fear of Public Speaking (May 2021)

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 a powerful technique for working with trauma, phobia, fears and hurts, that safely connects people with their past traumas and core beliefs, and simply 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, fears & phobias, and various other symptoms including almost every other physiological symptoms.

More information can be found at www.matrixreimprinting.com/what-is-matrix.aspx

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** <http://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*
- * *Shielding from Stress, Anxiety or Worry*
- * *Inner Calm – 'In The Land of I Don't Care'*
- * *Confidence and Self Esteem Info Pack*

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 income 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

Victims of Crime Tribunal

Applications to the tribunal can be made. I have numerous clients who have been awarded funding for Hypnotherapy treatment through the tribunal. Invoices are sent to the tribunal directly.

3 convenient locations

GEELONG: 88 & 90 Gheringhap Street, Geelong 3220

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

TORQUAY SURFCOAST and online via **Zoom**.

Within a few short sessions with Cara you too can heal your fear of public speaking once and for all, and experience freedom and success

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

with Cara Beltrame

WWW.RESTEASYHYPNOTHERAPY.COM.AU

asch
Australian Society of Clinical
Hypnotherapists
Change.Grow.Succeed.

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ASSOCIATION