

REST EASY HYPNOTHERAPY



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Cara Beltrame

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Rest Easy Hypnotherapy

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Australian Hypnotherapists Association (AHA PM2020019)

Australian Society of Clinical Hypnotherapists (ASCH) 1935V

What holds Men back from the freedom of Healthy Masculine?

There are so many questions and conversations now days about men being too feminine and women being too masculine, how to be sexually as a man, and where has attraction gone?

What's a man to do with all that?

Here are some foundational basics

Firstly, the terms masculine and feminine have nothing to do with men, women, or gender.

Animating more feminine qualities as a man will attract women who animate more masculine qualities and vice versa.

Another way of saying that, is men who lead with feminine qualities, have those qualities or energy more towards the front of their body. Initially this will create attraction, and although it may be very strong physically, emotionally and sexually... It will die out if these qualities are not your native or natural disposition at the very core of your being.

Many people I work with often just want to be themselves, to be what feels natural to them. This is an incredibly crucial point AND, is often a source of major confusion.



Masculine and Feminine

We all embody masculine and feminine qualities. Most men are more masculine than feminine, however many men who I treat don't know how to demonstrate healthy masculine qualities.

Many men haven't learned how to express healthy masculine

We express ourselves from the place of learned experiences, both conscious and unconscious, that have accumulated throughout life.

We learn through behaviours emulated from family, friends, partners, TV, society and culture, and these learned behaviours become our behaviours, habits and traits. These experiences teach us how to make decisions, create values, and beliefs.

The problem with this is, so much of what men and boys learn are through fear and bad experiences. We learn to make choices to avoid "bad things" happening. This is a form of **avoidant behaviour**, and not your **authentic behaviour**.

At the time, these choices often feel natural, normal and authentic. We believe we are being true to ourselves, being who we are.... Until we became aware that there is something else driving our choices.

FEAR.

By making decisions to avoid fear we begin to create a shell of protection around ourselves, to protect ourselves from getting hurt. This usually starts at a young age, before seven, mostly unconsciously, until we become aware of these habits and patterns, and that, ultimately, we are disconnected from what we truly are, and what we desire and want is further from our grasp.

Especially sexually and in relationship.

This is what leads many men to cultivate more feminine energy, as there are limited healthy masculine role models available to boys and men.

Often as boys are maturing, the only 'Masculine' role models are men who were macho, abusive and degrading, particularly towards women.

Because of the fear of being a "**bad guy**", boys and men unconsciously choose more feminine qualities, to be softer, gentle and as NICE as we could be, to create connection and alignment with women.

Of course you didn't want to be seen as a "**bad guy**", so what choice but to adopt more feminine qualities?

There is a feminine role in every man, yet many men choose them for the wrong reasons. By not wanting to be seen as a "**bad guy**", many men are afraid of being rejected or pushed away for being what they thought was masculine.

Many men don't have a clear distinction on what healthy masculine energy or qualities looked like, through lack of positive role models. This creates confusion, frustration and anger inside, and great resentment towards women and relationships.

Many men feel lost in this

They don't know who they are, or who they are meant to be. They aren't happy even though they believe they are doing their best to be a "good man", which they genuinely want to be.

This is the point where many men come to work with me...

Many men don't know how to "be themselves" authentically, in a masculine way

Cultivating Awareness

Becoming aware of what healthy masculine qualities looked like in a man is essential for the growth and awareness for men and boys.

Some examples of **healthy masculine** qualities include:

- Integrity
- Honesty
- Courage
- Humour
- Leadership
- Direction
- Clarity
- Presence
- Awareness



Being supported to find your own expression of those in your body and life, can become the gateway to growing beyond the limited version of masculinity that permeated earlier life.

Being in touch with feminine energy does not hold a man back or make him less of a man. It makes him a great man.

Feminine qualities include:

- Vulnerability
- Compassion
- Empathy
- Understanding
- Warmth
- Connection
- Ability to receive
- Openness.



A man without feminine qualities and capacities is limited in his ability to show up as a man, to support his woman and to create a loving relationship that is nourishing for both.

I often hear men say things like “What is the point of a relationship?” “Why bother?” and “It’s not worth the hassle”!

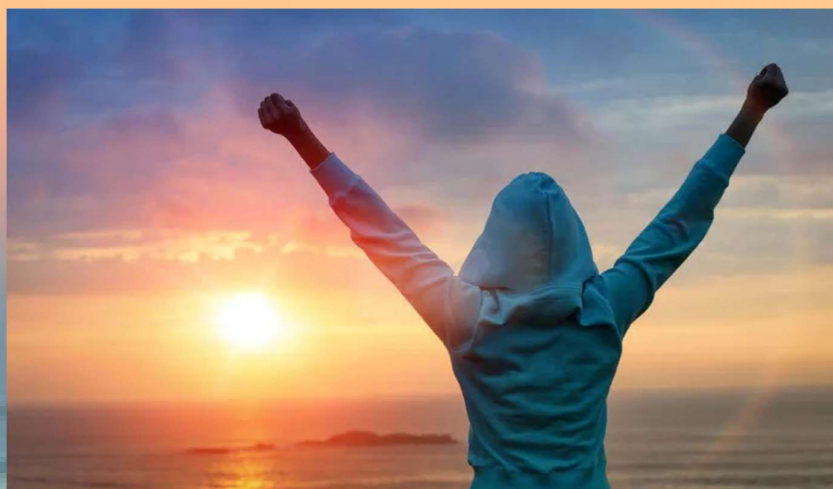
If you’re saying these things to yourself or others in your life, then you have missed the point.

The value of a loving woman in your life is exponential. Nothing in your life will expedite growth, transformation and keep you on purpose more than a relationship with a great woman.

This is all very real, very easy to change and you can start right now

A little attention, intention and courage and a man can be on his way immediately.

It's time for a new way to emerge



Hi, I'm Cara Beltrame....

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



By working with **me** you can transform and discover your **Confident and Healthy Masculine Man Inside** by:

- Unpacking the past and the **“toxic masculine”** programming men and boys absorb.
- **Cultivating integrity, clarity, purpose, leadership, presence, and direction** as a man.
- Solutions for **transforming relationships**, cultivating a willingness to inspect behaviours and patterns, to be present to the feelings in your body, and to acknowledge what comes up.
- Develop an awareness of the dynamics and flow in **how women communicate**. There are many signals that men aren't taught to look out for.
- **Learning clear communication** with other men, women and children, hearing though the words and feeling their message.
- **Healing masculine in relationship** so a union can move forward, each fulfilling different roles, giving meaning and depth to love.
- **Experience healthy masculine love, strength and integrity**, and feel confident about shining it into the world.
- **Mindfulness tools and techniques** to assist in daily life as well as **complementary guided hypnotic audios** to help keep focused on achieving their goals

This is where **Hypnotherapy and NLP** are so effective to help transform into a **Confident Healthy Masculine Man** because much of the healing occurs within the unconscious mind.

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, so we can feel confident in all situations, challenges & experiences, and in your **healthy masculine**.

*You too can discover your confident, healthy masculine.
It starts with you. Be the change.*

"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 (Complex Trauma, Social Anxiety, end of relationship)

"I've been on a **journey** on discovering my **healthy masculine identity** for a while now. **I was very fortunate to come across Cara.**

Her hypnotherapy is very calming and **highly effective.**
She has helped me **transform my mindset** in everything I do.

A game changer for me.

I highly recommend Cara"



Adam (April 2020)

"I worked with **Cara** to assist me in identifying and learning to understand my **childhood trauma.**

Cara, in her **loving yet professional manner**, enabled me to firstly **identify the trauma** which then led me to be able to openly admit (after years and years of denial) that this trauma had indeed taken place which in turn has enabled me to **heal**, which has given me a peace that I didn't think was attainable. I'm sure there are more layers to peel off but Cara's work enabled **the initial breakthrough and subsequent healing**, for which I will be **forever grateful"**.



Danny (Trauma PTSD)

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 technique 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, 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** <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/>



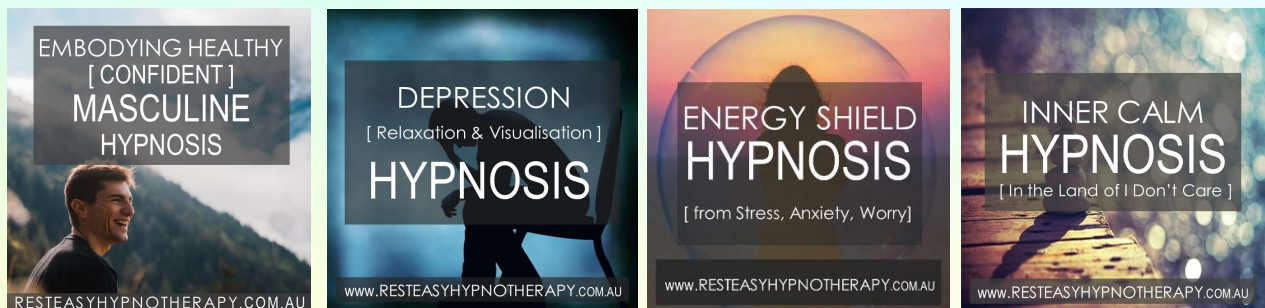
Take home Tools and Audios

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.

- * *Embodying Confident Healthy Masculine*
- * *Inner Calm – 'In The Land of I Don't Care'*
- * *Shielding from Stress, Anxiety or Worry*
- * *Depression Relaxation*

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.

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'

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

GEE LONG: 88 & 90 Gheringhap Street, **Geelong 3220**

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

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

with Cara Beltrame

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Change.Grow.Succeed.

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