



### **Dr. Marilyn L Barton**

**B.Ap.Sc (Psych), Grad. Dip. (Couns),  
D. Psych (Clinical), Dip. Clin. Hypnosis**

Applecross Psychological Services proudly offers our clients hypnotherapy in conjunction with our usual Cognitive-Behavioural (CBT) and other therapies to help you become more assertive! Psychological literature indicates that, with CBT, hypnotherapy is an effective aid in the development of assertive skills.

Inside, you will find information on hypnosis, how we use it to aid assertiveness training and how you can prepare for your session with Dr. Marilyn Barton.



**APPLECROSS  
PSYCHOLOGICAL  
SERVICES**

Level 1, 31 Moreau Mews, Applecross  
Western Australia 6153

P: 08 9364 3762

F: 08 9364 4999

E: [info@apswa.net.au](mailto:info@apswa.net.au)

W: [www.apswa.net.au](http://www.apswa.net.au)

*Can't say NO?*

*HYPNOTHERAPY  
CAN HELP!*



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## How Could Hypnotherapy Help Me To Be More Assertive?

Hypnosis, like any other method, has its limitations. Integral to successfully integrating assertive skills is a positive attitude. The decision to become more assertive, and persevere, ultimately depends on you. Furthermore, research has shown that hypnotherapy is the most effective when you believe that it will have the effect you desire.

## How Does It Work?

Contemporary clinical hypnotists do not use a swinging watch. They tend to use hypnotherapy in conjunction with established therapies such as cognitive-behavioural therapy (CBT), to enhance the effectiveness of these treatments. CBT focuses on changing the thoughts and behaviours to overcome a problem. Psychological research suggests that using hypnotherapy can help you integrate assertiveness skills into your everyday life.

## What Can I Do To Prepare For Hypnotherapy?

First, it is important to think about your reasons for wanting to become more assertive. It is hard to persevere with a task that you do not see as making your life better or strive towards a goal that you're not really interested in. Perhaps you would like to have an evening free to yourself without feeling guilty. Maybe you would like to stop feeling like you're running on an empty tank. It might be that you don't want to resent the people around you, but if you don't say no, they'll keep burdening you with all their problems, extra work or errands. Before coming to therapy, it is important to think about these things. That way, you can judge for yourself whether therapy has helped you meet your goals.

Second, call Applecross Psychological Services (Monday - Thursday, 9am - 5pm) to book a hypnotherapy session.

## Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologist.

## How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

