



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 lose weight! Psychological literature indicates that, with CBT, hypnotherapy is an effective aid in the battle of the bulge!

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



**APPLECROSS
PSYCHOLOGICAL
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Can't lose those last few kilos?

*HYPNOTHERAPY
CAN HELP!*



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What Is So Good About Hypnotherapy?

How many ways have you tried to lose weight? None of these are the perfect method; each has their failures and successes. Some people lose weight without any outside help whereas others need lots of support and guidance. To fail when you are trying to achieve your goal, or to ask for help, is not a sign of weakness.

Hypnosis, like any other method, has its limitations. Integral to the success of losing weight is a positive attitude. The decision to change and persevere in changing your behaviours 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. In research with programs incorporating CBT and hypnosis, these clients lost more weight than clients who had just CBT. As such, it is an effective treatment to help you lose weight.

What Can I Do To Prepare For Hypnotherapy?

First, it is important to think about your reasons for wanting to lose weight. 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 want to get into your old jeans that made you look and feel great. Maybe you would like more energy to keep up with the hectic demands of your lifestyle. You might like to set a good example for your children. It could be that your job requires you to attend a lot of functions and you would like some extra willpower to resist all the delicious nibbles and alcohol parading in front of you. 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 Psychologists.

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.

