

Welcome to your take control and live strong program



take control
live strong



What is Hypnofit?

At Hypnofit our vision is to be the most reputable and recognised provider of alternative therapies for the treatment of Depression , Anxiety and Stress.

It became apparent to Hypnofit Founder Helen Mitas that there was a need to provide people with viable alternatives when struck with Depression, Anxiety and Stress. Many people felt that they were either stuck with feeling overwhelmed, depressed and anxious or that the only option was to take medication with no definite end in sight.

At Hypnofit, the focus is to free people of feelings and attitudes that may be inhibiting to their natural immunising

or other vital processes naturally and safely. At Hypnofit, we help create a strong mental expectancy and reduce stress, thereby normalising the actions of the automatic nervous system.

Many people want to overcome their Depression & Anxiety but do not know how to do it. At Hypnofit we take you through this journey every step of the way safely and naturally.

Ultimately everyone wants to be happy, but many of us make common mistakes that limit our ability to live a fulfilling life.



results

Take Control

DEPRESSION IS ONE OF THE GREATEST PROBLEMS AND KILLERS OF OUR TIME EFFECTING 15% OF THE POULATION OF MOST DEVELOPED COUNTRIES

3 COMMON MISTAKES IN NOT LIVING A FULFILLING LIFE

1. Not getting informed
2. Trying to 'do it alone'
3. Treating the symptoms, not the source

We live in a society where there is so much to do and limited time to get it all done. Subsequently, we place our own needs last and then when everything gets really bad physically, emotionally and mentally, we look for a 'quick fix'. This means that we don't get informed about all the choices available to us. We look to our GP for guidance and they usually only have 1 or at best 2 solutions for us which usually involve medication. Although medication is absolutely necessary for some ailments, it is not the best for others. Medication treats symptoms but doesn't get to the cause of those symptoms.

Rather than using drugs to suppress symptoms, we need to find the root causes of problems and eliminate them forever. Sadly, many people would rather be medicated than acknowledge and deal with their real fears.

Hypnofit gives you the facts and provides you with alternatives and real choices. Hypnofit has a variety of programs to make sure that you are supported every step of the way along your wellness journey enabling you to live the life you deserve.

WHAT SHOULD I EXPECT FROM MY INITIAL SESSION

Your initial appointment will typically be a counselling session where your trained therapist will find out everything there is to know about your specific circumstances, issues, priorities and the best solution available to help you achieve your goals.

This quality of therapy can support you to get to the source of what's holding you back from reaching your full potential in a caring and supportive environment.



IS THERE ANYTHING EXPECTED FROM ME DURING MY FIRST SESSION?

A positive and open mind will assist the process as well as total honesty to yourself and your therapist.

You will also need to commit to the process of change recognising that there needs to be change to get change.

commitment

WHAT ARE THE PROGRAMS ABOUT?

The Hypnofit Programs are comprehensive Programs that walk you step by step through the stages of your wellness journey. You'll receive coaching and mentoring from a Therapist and Wellness Leader who has worked with thousands of people from all over the world.

HOW LONG ARE THE SESSIONS?

The first session may be from 60 – 90 minutes, whilst the rest of the sessions may be anything from 45 to 60 minutes.

HOW LONG DO WE WORK TOGETHER?

As this type of therapy accesses the subconscious mind, change can happen very quickly compared to other forms of treatment. We will work together for as long as it takes for you to be able to access your own internal tools and resources to achieve your full potential. You will be able to manage the daily events in your life from a position of strength, rather than reacting to these events as if you are a victim. The amount of time we spend together will depend on what outcome you want to achieve.

PROGRAMS

Standard	-	7 customised sessions
Premium	-	12 customised sessions
Elite	-	12 customised sessions + 12 coaching sessions

What others have said about the programs

Name Withheld - Depression & Anxiety *Templestowe Victoria*

“..I wanted to let you know my FANTASTIC news – I’ve been offered a place in the law degree at Melb Uni for next year!!! I just heard today and am so emotional about it, the feeling is unreal. I felt so “released” by my sessions with you and have kept your blogs and read them often to keep me inspired. It feels overwhelming to know that my future is changing before my eyes. I could not have done this without you and your inspirational work.The other wonderful thing is that this is the first time in twenty years that I have done something truly for me. My ex-husband has had no part in it and I have been able to liberate myself from his control and design a completely new future for myself!!

Thank you, thank you – I feel truly blessed to have met you and to have been given the confidence and “light” to start my life over.

With all my thanks and best wishes...”

Christine M – Depression & Anxiety *Nunawading Victoria*

“..A very big thank you to Helen for her empathy, her compassion and her huge desire to help and most importantly to heal people. I have been suffering from depression and severe anxiety for longer than I care to remember. I have been on anti-depressants for a very long time and seen various therapists and psychologists but always walked away feeling hopeless. After my time with Helen, I feel like a totally different person. For the first time in what feels like forever, I feel totally at peace within myself, I feel happy, content, confident and ready to take on the world. I have taken a huge step forward in my life and am going back to school this year which at the age of 43 is quite daunting, but thanks to Helen’s amazing work and caring I know that I can do anything I set my mind to. She is also in the process of helping me to wean myself off my anti-depressants, which I truly never thought possible. When I first went to see Helen, I looked at her with tears in my eyes and said to her that I felt she was my last hope. From the bottom of my heart I cannot thank you enough for what you have done for me...”

Live Strong

THE USE OF ANTIDEPRESSANTS HAS TRIPLED IN THE LAST DECADE WITH SPENDING SOURING BY 130%

Who is Helen Mitas?

Helen is a Clinical Hypnotherapist and Wellness Leader based in Melbourne, Victoria.

Helen has the passion and expertise to help you overcome your battle with depression & anxiety as well as release destructive habits such as smoking and overeating.

HELEN'S QUALIFICATIONS

- Diploma of Hypnotherapy
- Master NLP Practitioner
- Master Time Line Therapist
- Certificate of Sports Nutrition
- Certificate IV in Workplace Training and Assessment
- Graduate Diploma in Education
- Bachelor of Commerce
- Member of Australian Hypnotherapists


Helen Mitas
Founder of
Hypnofit



VIEW THEIR STORIES

<http://www.hypnofit.com.au/success-story/depression-anxiety/>