



# SCOTTSDALE HYPNOSIS

## Calm & Control Program

### Hypnotherapy for Stress & Anxiety

*Clients / Individuals / Professionals*

The Calm & Control Program is designed calm and relax stress & anxiety.

There are 4 different ways to do the program.

#### **The 6 Hour Program**

The 6 Hour Program has 5 personal sessions (office or zoom). In addition all clients receive mp3 files of your personal session to reinforce your sessions.

#### **The 4 Hour Program**

The 4 Hour Program has 3 personal sessions.  
In addition all clients receive mp3 files of your personal session to reinforce your sessions.

**Call 602.614.4471 for a FREE Consultation.**

Sessions are done in office or on Zoom online sessions.

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