

Friday, 20 July 2018

TESTIMONIAL

**To: Roberta O'Dea
Seddon Hypnotherapy Centre**

A member of my family was suffering from extreme stress and was feeling very depressed.

They felt their obligations were becoming insurmountable and it put them in a very dark place.

The problem for me was that they were not living in Melbourne and so I could not assist them other than by phone support.

I spoke to Roberta and she offered to have some phone time with them to see if she could help.

She booked in some time with them and had a couple of phone calls. She also provided to me some 'non-medication' options involving meditation and mindfulness.

I had mentioned these to my family member prior to Roberta's phone call and they had not been given any advice in this area from their local psychotherapists.

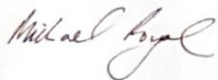
However, after Roberta's phone call, advice in this area miraculously appeared. It could have been timing or something more spiritual but it all came together for them.

I wish to thank Roberta for taking the time to talk me through the issues and to take the time to talk to my family member about the various things to think about – and a good book to read when he was able.

Not only do I have absolute confidence that Roberta had my family member's best interests at heart, I was fully in tune with what she recommended and the advice she gave.

Thank you so much Roberta!

Regards



Michael Royal

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David Hughes
Ascot Vale 3032
15/03/18

Roberta Connelly
Seddon Hypnotherapy Centre

Dear Roberta Connelly,

I want to thank you for helping me quit smoking, I had tried so many other methods including hypnotherapy in the past.

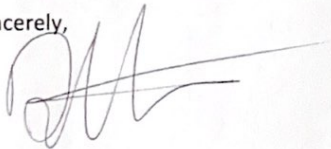
I was very sceptical as nothing had worked before.

Since having a session with, you I haven't had any urge what so ever to pick up a cigarette and I am so grateful that you could help me.

I would highly recommend Roberta to anybody looking to give up addictions.

I look forward now to a smoke free life and so does my family.

Sincerely,

A handwritten signature in black ink, appearing to be 'DH' with a long horizontal stroke extending to the right.

David Hughes



March 2, 2018

Dear Roberta,

I have never really understood how phobias work, and never ever had one before, but then I started getting ready to do a Triathlon and found out that I was having a total breakdown when I was practicing swimming in the ocean.

After working with you for only a few sessions, and implementing your advice, I am amazed that I can now go swimming at the beach and feel okay. I'm not breaking down anymore, where before I would need a good rest for a couple of days in order to get over the ordeal.

I am so grateful to your support and can honestly say that the sessions I have spent with you and techniques you have equipped me with have been life changing.

Kind Regards,

Mohamed Elmasri
MC Accounts
Bookkeeper and Registered BAS Agent