

# Weight Loss Courses Richmond Surrey



Location

**East Midlands, Nottinghamshire**<https://www.freeadsz.co.uk/x-329274-z>

Kate Hudson-Hall Dip.THP (NSHAP), DipAdvHYP – (NSHAP), AFA.Dip (ASET) Mind body slimming coach Kate Hudson-Hall developed Imagine Yourself Slim in 2009, with great success in assisting people to cut out crash dieting, helping them to stop overeating and working on encouraging control around food and causing motivation for exercise. Kate has trained extensively in hypnotherapy/psychotherapy and Neuro-Linguistic Programming and holds a diploma in Therapeutic Hypnosis and Psychotherapy (Dip.THP) and an Advanced Hypnotherapy Practitioner Diploma (Dip.AdvHYP) with the National School of Hypnosis and Psychotherapy (N-SHAP).Kate is also a full member of The General Hypnotherapy Register (GHR). Kate practices according to the General Hypnotherapy Standards Council code of ethics and has full Professional Indemnity Insurance.Kate is a certified Practitioner of the Usui System of Reiki Healing and is also an Emotional Freedom Technique (EFT) practitioner, she has found the EFT on its own is an extremely powerful treatment, but when combined with hypnotherapy and NLP it's virtually.

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