



# Assertiveness Training

## For Symptom Relief & Health

### By Karine Solloway

#### (London College Of Clinical Hypnosis)

### Cost Venue & Date

**Cost Per Person:** RM 80.00

**Venue:** University Malaya, Block H,  
Level 2, Faculty of Postgraduate  
Medicine

**Date:** 9th July 2009 (Thursday)

**Registration:** 6.30 p.m.

**Duration:** 7 – 10 p.m.

For LCCH Students/Graduates and  
AFPM Members: RM40 Only

**For more details contact: LCCH**

**03-7960 6439 / 03-7960 6449**

For many individuals, taking charge of their lives, making clear decisions, responding to others' needs in a mature adult way, can be challenging. By acquiring strategies for change through setting out a 'personal life plan' individuals can effect both physical and mental advances in behaviour.

This Workshop offers a range of communication skills to enhance your understanding of the components of assertive behaviour and to enable you to provide your clients and yourself with a practical structure for change.

These therapeutic techniques can be deployed either in a group setting or one-to-one. Through Hypnotherapy, Assertiveness Training becomes more rapid and efficacious.

### What you will learn?

- Rights and self-beliefs: changing negative thinking
- Body language: body cues for enhanced therapeutic efficacy
- Active listening
- A comprehensive protocol for modelling assertive behaviour
- Assertive therapeutic interventions: dealing with passive, indirect or aggressive people
- Negotiation and setting limits
- Future orientation: helping the client / yourself to maintain assertive behaviour

### Who should attend?

- Anyone who wants to have a better understanding of hypnosis and assertiveness for well being.
- Doctors, Health Care Personnel and Students.



London College of Clinical Hypnosis Malaysia  
Hypnosis & Training Solutions (M) Sdn Bhd (759055-T)  
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## Booking Form: Assertiveness Training for Symptom Relief & Health by Karine Solloway (London College of Clinical Hypnosis)

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Please fax this form to: **Fax: +7960 6419** , Or Email to [info@hypnosis-malaysia.com](mailto:info@hypnosis-malaysia.com)

**Please make all cheques payable to: Hypnosis & Training Solutions (M) Sdn Bhd**

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