



Barbara Bauer

**PROMOTING HEALTH WITH MEDICAL AND
SYSTEMIC HYPNOTHERAPY & COACHING
BREATHING TECHNIQUES & MEDITATION**



Exclusive Offer for Contributing Members of the VIC Staff Associations/Unions

ONLINE medical and systemic hypnotherapy

Hypnosis is a scientifically recognized effective and solution-oriented method, which has a long tradition. The client is in a waking state of focused attention, initiated by health-promoting verbal instructions, which can lead to relief or even complete elimination of impairments and problems. Its effective use has also proven to be very helpful in coaching.

Methodological competence

My work is guided by techniques developed by Milton Erickson and refined by Richard Bandler as well as by Dr. David Grand. They are among the most modern treatment techniques in hypnotherapy, brainspotting and coaching.

Pricing and payment – special offer for online sessions

- ❖ First consultation (30 minutes) - **FREE OF CHARGE**
- ❖ Second consultation (60 minutes)
130 Euro (- 10% discount) → **117 Euro**
- ❖ Hypnosis/Coaching sessions (60-75 minutes per session)
160 Euro (-10% discount) → **144 Euro**

Sessions are in English or German

These are the most frequent concerns of the patients in my practice

- Relieving irritable bowel syndrome
- Treating sleep disorders
- Preventing migraines
- Overcoming fears and phobias
- Smoking cessations
- Managing “energetic lows”
- Learning breathing & meditation

➔ Check out www.barbarabauer.ch/en



Tomorrow is soon, so let's start today!

Barbara Bauer

Certified Hypnotherapist and Coach

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Our cooperation

www.barbarabauer.ch/gut-zu-wissen/unsere-zusammenarbeit/

www.barbarabauer.ch/en/good-to-know/our-cooperation/