

# Open mind on healing

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CLINICAL hypnotherapist and counsellor Bruni Brewin knows that a lot can be achieved with the power of the mind.

For the past 20 years Ms Brewin has used the power of the mind to treat a range of problems. She said she was excited to see hypnotherapy growing as a viable form of health care.

She was particularly pleased that health insurer Medibank Private recently included hypnotherapy in elements of its cover.

"For the past nine years as national president and four years as national secretary of the Australian Hypnotherapists' Association (AHA), I have put in a lot of effort into promoting the acceptance and use of hypnotherapy," she said.

I was delighted to receive notification from Medibank Private that following completion of a successful audit, we have been offered an agreement for an association provider number for hypnotherapy provided by a clinical member of the AHA for the benefits of their members.

"We hope that this will flow on to other private health funds now that we have shown that we meet the new



Hypnotherapist Bruni Brewin has been healing problems including anxiety in the area for more than 20 years.

accreditation rules for provision of services to health fund members."

Part of Ms Brewin's experience comes from past positions such as a trauma and pain management therapist and child sexual assault counsellor.

She is also an advisory team

member for Depression Services and Working Well internet forums offering help for people with depression.

"Many issues are able to be helped with hypnosis if you know what you are doing," she said.

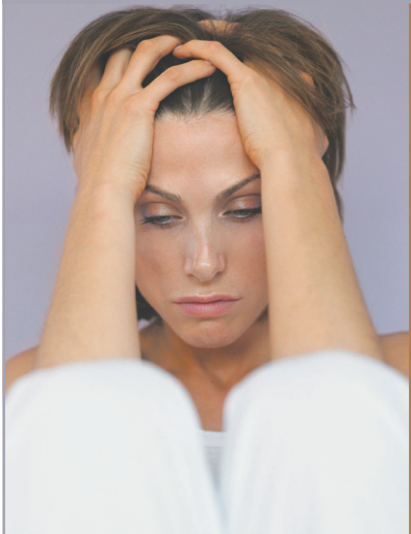
"The longer you practise, the

more intuition you develop to help people.

"Issues range from releasing anxiety, fears and phobia, to insomnia, cigarettes, marijuana and weight issues. Gambling and alcohol are problems often associated with anxiety."

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## 'Oh Hell... another day... HOW WILL I EVER COPE?'



### What is GROW?

GROW is an organisation which holds weekly meetings of small groups of people who have experienced depression, anxiety or other mental or emotional distress. Members come together to help each other deal with the challenges of life. Some people come to GROW while struggling with a life crisis such as the loss of a job, a loved one or a relationship.

It can be extraordinarily liberating, challenging and affirming to share problems with others who are accepting and facing similar issues!

One in five adults in Australia experience a mental disorder at some time in their life (ABS). Changing thinking and behaviour patterns while sharing thoughts and feelings with

understanding people is considered a very effective way to treat mental and emotional distress. This is GROW's approach based on 51 years experience.

A voluntary, community-based organisation, GROW began in Hursville, Sydney in 1957. It now has groups throughout Australia and overseas and its success has been validated by independent research (see GROW's website).

GROW also has a residential program for people who need more than a weekly meeting, at the Grow Community West Hoxton.

For more information on the Grow Community call 9609 0579.

**Monday nights @ Doctor James Pirie Community Centre, Cnr. Bigge St & Moore St, Liverpool (entrance facing Bigge St park) @ 7pm**

FOR MORE INFORMATION & DETAILS OF YOUR NEAREST GROW GROUP PHONE 9633 1800



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