

# Packages of Care for ME/CFS/chronic conditions

## ***Why a package?***

Experience has shown that clients get better results with a consistent approach and focus. You know exactly what to expect and how much it will cost. My packages offer considerable savings over the standard 'ad-hoc' price too so you pay less and get more results. I offer a range of solutions for different needs which can be tailored to you – so, no more 'practitioner-hopping' trying to find solutions...

## ***How does my package for chronic conditions make a difference?***

I use a systematic approach that considers all aspects of the body-mind – not just your physical symptoms but the real causes which may be trauma in your past history which has predisposed your body for 'fight or flight' response. This sets in motion a 'domino effect' of hormonal & blood sugar imbalances and neuro-physiological changes which affect your energy, your immune system and mental wellbeing. It is clear that one size doesn't fit all with these chronic multi-factorial conditions and the approach to healing must be holistic, ie. tailored to you and your particular symptoms and underlying causes.

## ***Why choose me?***

As someone who has recovered from chronic fatigue and depression myself, I bring both personal experience and the wealth of knowledge I have amassed in that time to bear on every client I work with. I am a graduate in Nutritional medicine and biochemistry/physiology, a PhD in Clinical Hypnotherapy and bodyworker. I particularly specialise in alleviating trauma and I do so using a range of highly proven techniques: Emotional Freedom Technique (EFT), Eye movement desensitisation and Reprogramming, EMDR, Havening etc) within the framework of somatic (body-based) therapy.

## **It's as easy as 1,2,3**

1. Book your free no obligation 30 min phone Health Profile Assessment
2. If satisfied, arrange the Full Health Review consultation with me (1.5 hours) for £125 where we will examine your health history I will suggest solutions and packages.
3. Book your package and begin your journey to health!

## **A range of packages**

You can choose from the basic **6 session package** and thereafter add more on in **groups of 3 sessions** as required. This depends on what stage you are at and your needs. Once you have finished your package you can book occasional follow-up sessions as and when required.

## 6 session 'Rebalance' package

- 6 x Specialist Psychosensory therapy with Wellbeing Coaching sessions £700
- ongoing email support free
- Bonus 1: 'Trauma and the Biology of Loss – based on my book 'The Scar that Won't Heal' on CFS/ME and other chronic conditions. free

**Total Investment £700**

This will give you a really excellent foundation to the recovery process enabling you to have a clear pathway to health and wellbeing; perfect for those who are in the early stages of a condition or needing minimal support.

### Optional extras

All packages can be tailored to your personally with extra treatments (EFT , Nutrition/Hypnotherapy added if required)

*Packages can be paid monthly or in advance. Payment per session is not usually accepted as it is ineffective. Please note any nutritional assessments or tests, with a member of my team will be charged separately, as will any supplements.*

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**Yes please I would like to sign up for the 6 session 'Rebalance' package**

**Upfront (save £50): £700**

**Or 2 payments of £375 i.e per 3 sessions total = £750**

**Signed ..... Date.....**

**\*If paying by standing order please make arrangements to pay:**

**Patricia Worby, Halifax 11-06-97 00280389**

**All instalments to be paid at least 48 hours before first session in group**

**Thankyou**

**9 session package – ‘Revitalise’**

➤ 9 x Specialist Somatic therapy with Wellbeing Coaching sessions	£1050
➤ ongoing email support	free
➤ + Bonus 1 pdf ‘Trauma and the Biology of Loss’	free
➤ + Bonus 2 pdf ‘Trauma and Chronic Pain’	free
<b>Total Investment</b>	<b>£1050</b>

This will give you a thoroughly guided recovery enabling you to be supported all the way to breakthrough. Perfect for those who at a more advanced stage needing more specialist support.

**Optional extras**

All packages can be tailored to your with extra treatments (EMDR/EFT / Hypnotherapy added) and may include referrals to members of the team if required

**Yes please I would like to sign up for the 9 month ‘Revitalise’ package.**

**Upfront (save £75!):** £1050

**Or 3 payments of £375 i.e. per 3 sessions total =** £1125

**Signed .....** **Date.....**

**If paying by standing order please make arrangements to pay**

**Patricia Worby Halifax 11-06-97 00280389**

**All instalments to be paid at least 48 hours before first session in group**

**Thankyou**

**12 session 'Recovery' package**

➤ 12 x Specialist Somatic therapy with Wellbeing Coaching sessions	£1400
➤ Ongoing email support	free
➤ + Bonus pdf 'Trauma and the Biology of Loss'	free
➤ + Bonus 2 pdf 'Trauma and Chronic Pain'	free
➤ + Bonus 3 pdf 'Trauma and the compulsion to repeat'	free
<b>Total Investment</b>	<b>£1400</b>

The ultimate recovery package which enables you to breakthrough to recovery and true wellbeing. Perfect for those who are needing full specialist support.

**Optional extras**

All packages can be tailored to you with extra treatments (EFT, EMDR /Hypnotherapy) added and may include referrals to members of the team if required

**Yes please I would like to sign up for the 12 month 'Breakthrough' package.**

**Upfront (save £100!) :** **£1400**

**Or 4 payments of £375 i.e. per 3 sessions total =** **£1500**

**Signed .....** **Date.....**

**If paying by standing order please make arrangements to pay**

**Patricia Worby, Halifax 11-06-97 00280389**

**All instalments to be paid at least 48 hours before first session in group**

**Thankyou**