



- Negative impacts from family of origin on attitudes and practices about food, eating and body size
- Birth and pre-natal issues and the problems with the “nourishment barrier”
- Ways to use healthy foods to increase your metabolism and reduce hunger

Course materials include a TRIM-LIFE book, workbook, CD or flash drive of guided hypnosis techniques, and a copy of Diane Zimmeroff’s book on co-dependency, [Freeing Yourself from the Victim Trap](#).

A light, nutritious meal is included.

Participants are invited to join an on-going monthly support group. This is an important way to ensure on-going success in reaching and maintaining your weight release goals!

Program cost: \$350 including materials
(subject to change)

Sign up with a friend for a \$50 discount!

Please visit my website for program dates and registration information.
chuckwaylandtherapist.com



About Me

I am a husband, father, clinical social worker, proud community member, and seeker of embodied, authentic awareness. For over 15 years I have been counseling and supporting clients to identify wellness goals that move them toward possibilities, including greater fulfillment and satisfaction.

- I am a graduate of UM School of Social Work and the Wellness Institute in Issaquah, WA, where I earned my Heart-Centered Hypnotherapy Certification and take part in on-going training.
- I am in private practice and available for individual, family, group therapy and hypno-therapy consultations.
- TRIM-LIFE is also taught individually.

Imagine the Possibilities!

A healthier body, mind, and essence are within your reach!

406-396-7834

chuckwaylandtherapist.com



TRIM LIFE[®] WEIGHT RELEASE PROGRAM

Addressing the Root
Causes of Overeating

Chuck Wayland, LCSW, CHT
Turning Toward Possibilities



Why TRIM LIFE?

If you feel trapped in a cycle of dieting, binge eating and food restriction, then consider a new approach losing weight.

This unique program will empower you to manage both your hunger and your weight by addressing body, mind and spirit.

TRIM-LIFE helps you adopt a new relationship with food that is no longer controlled by the whims of your emotions.

Learn self-hypnosis and relaxation techniques that will allow you to change your inner programming to manage hunger.

Powerful hypnosis techniques “install” new operating systems deep into the subconscious that target the main causes weight gain.

The TRIM-LIFE program helps you identify and release feelings that promote cravings and unhealthy eating behaviors.

TRIM-LIFE’s nutritional education will empower you to make healthier food choices.

Diets Don’t Last!

Identify what you are truly hungry for and begin attracting that into your life!

What is Weight Release?

You already know about diets. Diets tend to create short-term weight loss, but not the long-term changes you seek. The yo-yo effect of weight loss followed by weight gain is very common with dieting and can lead to feelings of failure, inadequacy, and defeat.

Weight Release is a term that avoids the concept of loss or gain that can lead to shameful feelings. TRIM-LIFE supports letting go of unhealthy habits that lead to emotional eating. You will set realistic weight release goals for your body type and measure success by how your clothes fit, not by a focus on a scale!



Why Hypnosis?

Hypnosis is a safe, natural process using subtle suggestions to allow the body enter a deeply relaxed, trance state that quiets the critical, conscious mind, providing access to the subconscious mind where our deeply held beliefs and behaviors reside. When relaxed, the subconscious mind can be “re-programmed” with kinder, gentler core-beliefs and tools to support new behaviors. Daily practice of self-hypnosis using the guided session provided facilitates rapid integration of new beliefs and behaviors.



What to Expect from TRIM-LIFE

TRIM-LIFE is a 6 week course that meets weekly for 2 hours in a small group format. Weekly sessions include education on nutrition, goal setting, check-ins on progress and challenges, and practice of relaxation and hypnosis techniques. Here is a sample of what you can expect to learn:

- How to change your blood-sugar levels to reduce your habit of eating empty calories
- Mindfulness techniques to appreciate and savor your food
- Safe and effective relaxation techniques to reduce stress
- Healthy nutrition and proper eating habits using a Hunger Meter
- Effects of hormonal imbalances
- Causes of emotional eating including impacts of stress, trauma and PTSD
- Hypno-behavioral therapy tools that help shrink your stomach to its normal size to control over-eating
- Advanced motivation and goal setting

