



About Roberta

My name is Roberta Fernandez. I am certified:

- by the National Guild of Hypnotists as a Board Certified Hypnotist
- by the National Guild of Hypnotists as a Certified Instructor
- by the National Guild of Hypnotists in their Complementary Medical Certification in Pain Management from the American School of Clinical Hypnosis, International
- as a Consulting Hypnotist and NLP Master Practitioner by the Minnesota Institute of Advanced Communication Skills
- as a 5-Path Consulting Hypnotist and Certified Professional Hypnosis Instructor with the Banyan Hypnosis Center

I am the author of *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*. I have 30 years experience in consulting, education, training, and finance, working across public and private sectors. Past clients include Kemps, Pentair, Sam's Club, Starwood VO, JP Morgan Chase, the MPCA and DNR, and many government and educational institutions.

Having used hypnosis successfully in so many ways for myself, I feel compelled to help others become more positive, productive, and purposeful in achieving their life goals.

Roberta Fernandez, BCH, CI, CPHI
952-934-1315

Roberta@FAREHypnosis.com
www.FAREHypnosis.com

FARE Hypnosis CENTER
8353 CRYSTAL VIEW RD #201
EDEN PRAIRIE, MN 55344



BREAK FREE from Pain

The cost of pain - medical and mental health care, drugs and procedures - is a huge drain on resources of time, money and morale for many organizations. There is a multitude of scientific research that illustrates the efficacy of hypnosis in pain management.

Provide your employees with this important tool to help them self-manage their pain in a safe way with no negative side effects.

Break Free from Pain

Corporate Group Fees	
Minimum Participants	Cost Per Person, Per Session
5-9	\$50.00
10 -19	\$40.00
20 - 50	\$30.00

Four Sessions

Each participant completes a pain survey

Session 1: Hypnosis education, goals and expectations, group experience (90 minutes).

Sessions 2 - 4 are held once per week (60 minutes).

Participants practice self hypnosis, stress management and pain management techniques and are given suggestions for pain relief based on survey results.

Participants receive a digital copy of the book *Breaking Free from Pain and Opioids: Discovering the Hypnosis Option*

Do You Know?

- In 2010, the annual cost of treating and managing pain in the United States was estimated to be between \$560-\$635 billion, including medical care and economic costs due to disability days, lost wages and productivity.
- One in four employees with low back pain cost employers \$51,400yr per 100 employees in medical and lost productivity. Lost work time and presenteeism costs employers another \$34,600 per 100 workers.
- Prescription drugs are the second-most abused category of drugs in the United States, following marijuana.
- Nearly one-third (29%) of people age twelve or older who used illicit drugs for the first time in the past year began by using prescription drugs non-medically.
- Of the 21.5 million Americans twelve or older that had a substance use disorder in 2014, 1.9 million involved prescription pain relievers and 586,000 involved heroin.
- Back pain is the leading cause of disability in individuals under age forty-five.
- Adults reporting low back pain were three times as likely to be in fair or poor health, and more than four times as likely to experience serious psychological distress compared to those without low back pain
- The four most common areas of chronic pain are:
 - Low back pain (27%)
 - Severe headache or migraine (15%)
 - Neck pain (15%)
 - Facial ache or pain (4%)

About Hypnosis

Hypnosis is a heightened state of awareness and focus, when a person is open to new thoughts and ideas.

Our goal is to help participants utilize this natural state of mind intentionally and purposefully by teaching them self-hypnosis. This enables them to reach their goals easily and more effectively, and empowers them by providing tools for their self-care.

Hypnosis is a 100% consent state. The person is always in complete control and will only accept ideas that are congruent with their values. No one can not be forced to do or say anything that they would not normally do outside of hypnosis. It is non-invasive and has no negative side effects. There are many scientific studies and research on the efficacy of hypnosis for pain, fears, worry, sleep and other physical ailments.

FARE Hypnosis offers group programs and workshops to help employees use the power of their own minds to manage their stress and pain, stop smoking and lose weight. Among them are:

Strain Drain
Breathe Deep
FARE Weight
Breaking Free from Pain

Programs on other topics such as confidence building and organizational change are individually designed to meet the needs of your goals and culture.

Helping employees gain control over their own physical and mental health can change their lives for the better and save your organization money.

