



ACADEMY

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Universities

## Reduce Stress – Improve Work Performance

### Studies

**85 percent of all human illness and disease are caused by STRESS**

(American Medical Association, 2007)

**90 % of all visits to doctors are for stress-related disorders.**

(The American Institute of Stress in Yonkers, New York)

This is a 2-day Stress management training that emphasizes on an in-depth understanding of the importance of prevention and treatment strategies in managing stress.

### Course Benefits

**At the end of the course participants will;**

1. Understand how harmful stress is and the damages it inflicts on their physiological and mental health;
2. Able to identify the various stressors and triggers of a modern lifestyle from the mental and physiological perspectives;
3. Learn how to reduce or relieve stress through the up-to-date knowledge on *Nutritional and Anti-Aging Medicine;*
4. Learn powerful coping strategies on how to reduce stress using *Clinical Hypnotherapy*
5. Able to implement the acquired knowledge to cope with their continuous stress leading to increased productivity, improved relationships and more quality life.

## **COURSE CONTENT**

### Day 1 – Physiological Stress

- Why many chronic health problems are created by elevated Stress?
- The CORTISOL connection – the Stress Hormone & the Process of Ageing
- The link between Stress & OBESITY
- Why acidic conditions lead to chronic health problems
- How major dietary Excesses cause health problems - Excess sodium, Excess calcium, Excess Refined carbohydrates, Excess Sugars
- How the latest scientific knowledge on Nutrition and Anti-Aging medicine can help reverse many chronic health problems;
- What dietary plans are suited to reducing/relieving damages caused by stress;

### Day 2 - Mental Stress

- Identifying psychological & Historical stress triggers
- Cognitive Distortions & Emotions
- The impact of Verbal Abuse & Dysfunctional Relationships
- The Mindset of Healing - Mind Body Therapy
- Dealing with minor distresses – Catharsis and Stress
- Enhancing Immune System functioning
- The Value of Relaxation – Clinical Hypnotherapy to reduce stress
- Building Self-worth, Confidence & Self-Esteem

### Course Methodology

This is a practical-oriented workshop using short lectures, group dynamics and experiential exercises focusing on learning in moments of enjoyment. This workshop will be conducted by two practicing therapists sharing their latest clinical, evidence-based knowledge used in treatment.

### Duration of Course

2 days (9.00 a.m. – 06.00 p.m.)

### Course Facilitator

Dr Zaitun Sulaiman (PhD Psychology)

Practising Psychotherapist & Reg. Clinical Hypnotherapist (GHSC 2890)

Course Fee: RM8500.00 (Group of 20 – 25 participants)

**For further information please fill up the inquiry form or contact us at 03-42700107 or email: [zaitun@ctawellness.com](mailto:zaitun@ctawellness.com)**