

# LONG Kathleen

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workshop 1h30

## Rapid Reversal techniques

- a. **Objectives** : create in a very short time the lever for change
- b. **Content** : My workshop will describe some rapid reversal techniques. I have used in patients in general practice with examples of patient cases. The techniques are very easy to use in a general practice setting.
- c. **Keywords**: reversal techniques

## CV

General Practitioner and Cosmetic Practitioner with a small private hypnosis practice in Glasgow

President of the European Society of Hypnosis. Executive board member of the British College of Aesthetic Medicine (BCAM).

She graduated from Glasgow University with MBChB, later obtaining an MPH. NLP Master Practitioner and qualified in Myers Briggs Type indicator. Motivational coach to the Scottish National Netball team in European and World competitions. She hypnosis to help mental focus and recovery from injury as well as to improve performance, is giving workshops and lectures on communication in education and in the health service in Scotland, Belgium, Sweden, Ukraine, Italy, Germany and England. In General Practice where she works most, she looks for therapy that can work quickly.