



# NEST Embrace Self Therapy Program

‘AFTERSCHOOL CLUB’



BY

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## WHAT IS EMBRACE SELF THERAPY "NEST"?

(Program design varies slightly depending on the type of booking, e.g.: individuals, groups)

As parents, educators, or therapists we all want children to have a good sense of well-being, a positive attitude, self-confidence, resilience, good friendships, 'efficiency/reach for the goal attitude' and the ability to process emotions healthily (with a good pinch of gratitude thrown in to weigh the scale!). The concepts practised and thought during the 'NEST' are what most would consider 'common sense, yet it sometimes takes a person other than an actual parent, to reinforce these 'simple' ideas that you are most likely already trying or tried to instil in your (sometimes resistant!) dear little loved ones. That is where NEST Embrace Self Therapy comes in!

## WHAT IS "NEST" AND WHAT DOES IT OFFER?

1. Help in building each student's self-esteem.
2. Provide children with methods of managing and reducing anxiety or fear (promoting feelings of calm and focus).
3. Teach children how to 'focus on themselves (i.e., shift away from negative opinions or behaviour of others).
4. Explain the inclinations of the human mind focusing on unpleasantness (thoughts, habits) that often come from past experiences or possible negative scenarios that may happen in the future, highly concentrating on how to interrupt that pattern of thought.
5. Help in the development of the children's ability to adopt an optimistic outlook.
6. Will teach how to use mindfulness techniques and why to use them.
7. Teach why and how to be kind to oneself and others (self-care is good yet selfishness can be damaging).
8. Help to learn how to identify unhelpful thoughts, and assist children to reframe their beliefs so they can develop a growth mindset.
9. Provide strategies for improving each student's emotional set point (i.e. teaching children how to feel calmer/happier more often).

**To learn more about NEST please visit: <https://dorotaazimov.com/embrace-self-therapy-nest/>**

### Which pupils can it help?

- Aged 7 years or older
- Have a cognitive ability of at least a 5 year old
- Have a receptive language ability of at least a 5 year old
- Have no history of psychosis
- Are willing to engage with the program
- Are willing to make a CHANGE
- Are not under the influence of illegal substances
- Do not have *significant* other issues/needs

Group programs run with a minimum of 4 to 8 pupils per group. It is suggested that pupils within a group are of the same gender and approximately the same age. 20% discount for booking more than 2 groups.

## What issues can it help with?

There are currently two group programs available:

- Exam anxiety (Based on NEST principles where children will experience Hypnosis) (4-5 weeks)
- NEST Embrace Self Therapy Program (The whole program runs for 2 school terms; should the child wish to stop at any time of the process the remaining hours will be refunded)

Further programs are being developed. If you have an 'issue' you would like a group package for, please contact Dorota Azimov (Director of Embrace Self Ltd) to discuss this. Not all issues are suitable for group programs.

## How to refer a group of pupils

If you are a school and would like to refer a group for the NEST program, please contact Dorota Azimov at [hello@dorotaazimov.com](mailto:hello@dorotaazimov.com) who will provide you with more details.

## What's involved?

Once a group has been referred, Dorota Azimov will arrange an initial assessment session where she will come into the school and speak with staff (and parents if appropriate) before conducting a session with all the pupils in the group. Assuming each pupil is suitable, the sessions will run for approximately 6 weeks, with a 30-45 minute session conducted within the school every week. The practitioner will bring all necessary equipment so all the school need to provide is a quiet and private space where the session will not be disturbed. As part of the programme, each pupil in the group will be given necessary props, as well as hypnotherapy media links to support their sessions which they will be asked to listen to at home (ideally supervised by a parent, if possible). At the end of the program, a brief report will be submitted to the school which will include evaluation data and impact measures (upon request).

## Fees

Programs can be booked by the school and paid for in advance or in instalments (agreed upon). If booked as an afterschool club (financed by parents) fees are to be paid in advance via the school booking system and transferred to Embrace Self Ltd before the start of the first session.

10% discount for schools, first term group booking (NEST - HYPNO-Mindfulness and relaxation program designed for children). For more details, please refer to <https://dorotaazimov.com/embrace-self-therapy-nest/>

All fees must be paid by bank transfer prior to the start of the first session unless otherwise agreed. Bank details are:

Starling Business Account – Embrace Self Ltd | Sort code: 60-8371 | Account: 51202019|

**Questions or queries**

Should any queries arise regarding the NEST programs or any other aspect, please contact Dorota at 0772723385 or [hello@dorotaazimov.com](mailto:hello@dorotaazimov.com)

