

Zanne Bech M.S. Health Psychology
NGH Certified Hypnotherapist
Family and Addiction Counsellor

Curriculum Vitae

2017

Author – Children’s e-book: Albert & Daisy – How To Be A Good Friend

2016

Opened Clinic Betterlife branch in Beverly Hills

2014

MS Health Psychology from The Open University

2010 –2015

Author - E-BOOKS on Weight management, Stress management and Alcohol management.

CEO and Founder of www.businessbetterlife.com - an online health care platform for private subscribers.

Founder and CEO of Academy Betterlife - education and e-learning program for hypnotherapists.

Developed outpatient aftercare treatment for drug and alcohol addiction - 4 Steps and Hypnosis.

Developed App with hypnosis

Approved by Danish health insurance company as a provider

Certified Hypno Birth Practitioner.

2004 – 2010

Approved by the Danish Government – RAB Certified

Private practice as a family Counselor, coach, NGH certified hypnotist and hypnotherapist

1998-2004

Foster care for teenage mothers and their babies. Mentor for young people with a diagnosis of ADHD

Teacher at schools – focus on addiction and “good lifestyle”

2004

NGH certified hypnotist

2003-2004

CEO and Founder of www.quit-addiction.dk. Online Treatment for alcoholism, smoking, obesity and stress.

Service for companies that want employees to be able to receive treatment anonymously online with 12 steps program/principles.

1998

Developed a herbal detox supplement.

Developed detox system for drug addicts, to be used under anesthesia.

CEO and Founder of two treatment centers and a family center.

1997

CEO and Founder of Halfways House.

Developed a special treatment program for young addicts.

Developed a special treatment program for children of alcoholics.

Developed AMF program – Denmark’s official education program for addiction and family counselors.

1989-1996

introduced and started NA (Narcotics Anonymous/self help groups) in Denmark.

CEO and Founder of “Egeborg” treatment center for drug and alcohol addiction with capacity of 300 inpatients +

Family Treatment Centers and halfway houses.

CEO and Founder restaurant (all staff former addicts).

Arranged charity concert – raising money to help the homeless.

CEO and Founder of education and training center in California. Developed special course for Addiction counselors.

1980-1989

Board member at Von Veritas (Denmark's first 12 steps treatment center) Manager of The family Program.

Certified Addiction Counsellor – 12 steps program.

Private training as a psychotherapist.