

SMOKING CESSATION USING HYPNOTHERAPY

INFORMATION FOR NEW CLIENTS

This usually takes place in over two sessions.

The process starts with an Initial Consultation, which lasts approximately 1 hour, and the charge is £50. During this session, I ask for some information about you and your smoking habit. I give you an explanation of how the mind works (basic and interesting neuroscience), so you can understand how Hypnotherapy works. This consultation prepares you for the full 1.5 to 2 hour session to follow.

You receive an information pack and a Relaxation MP3 recording (or CD) for you to keep.

It is a very important part of the whole process that you listen to the Relaxation Recording every day or evening from then on, until when you have the Smoking Cessation session - which is usually held a week or so later.

The MP3/CD helps to you learn to relax deeply to the sound of my voice, and to reduce any stress levels. From this you will find it much easier to go into trance, which happens naturally with deep relaxation.

In the information pack, there is a questionnaire for you to fill in which focuses you on all the reasons you are now ready to be a non-smoker. Do have a good read through it all. Please fill in the questionnaire ready for the full Smoking Cessation session, which I need to see at the time.

The full (allow up to 2 hours) Smoking Cessation is charged at £120.

Sometimes, from the Initial Consultation, it becomes clear that there is some general stress and anxiety going on in the client's life. Maybe there is low mood or sleep problems troubling them. In this case, I may suggest a few general Solution Focused Hypnotherapy sessions before the Smoking Cessation, for the best overall results.

Commitment & some will power is required. Results vary from person to person.

I look forward to seeing you!

Clare F Hancock DHP (Ret) RGN, AfSFH

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