

Stopping Smoking with Hypnosis

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Your Essential Questions Answered

Every week, we get calls from people just like you wanting to know more about the details of how hypnosis can assist them with stopping smoking. It's natural to want to seek the best information about such an important choice, and we're glad to provide you with some preliminary information. If you don't see your question addressed, please ask; we'll respond to your inquiry as best we can.

What should I look for in a provider of hypnosis?

I recommend that you seek services from a trained & licensed mental health professional. You will find many names in the phone book under the listings Hypnotist or Hypnotherapist. Be aware, however, that some individuals are *not* licensed by the State Dept. of Health. The use of the title 'Dr.', or other cryptic/undefined letters in the ad, does not necessarily mean that the person is a physician or mental health professional. Always ask; it is your right to do so. I myself am a licensed clinical social worker, certificate #31, issued by the Department of Health & Human Services.

Additionally, I am Certified and an Approved Consultant in Clinical Hypnosis through the American Society of Clinical Hypnosis [www.asch.net], the largest North American professional group setting standards for education & continuing studies in hypnosis. Membership is limited to physicians, dentists, psychologists, social workers, and graduate students.

How does hypnosis make me stop smoking?

It doesn't! It can't. Anyone that would tell you otherwise is giving inaccurate information. Actually, hypnosis is a powerful and *useful tool* in the entire process of becoming smoke-free. It facilitates the process, and will likely make the achievement much more comfortable. Hypnosis does not have the power to 'make' anyone do anything. Neither is it brainwashing, nor is it a form of mind control over you or anyone else

How does hypnosis help me to stop smoking?

In a number of ways. Hypnosis can assist with the reduction of stress and tension, which many people use as a cue to smoke. It can help us identify other healthy ways of responding to our legitimate needs - ways that are smoke-free. It can help us see ourselves - experience ourselves - as being successful on a long-term basis with this important change. It can also help remind us and reconnect us to skills and resources we might not have consciously considered

for ourselves.

Will I be able to experience hypnosis?

Everyone has the capacity to experience hypnosis. There are no special tools or extra skills one must have before experiencing hypnosis in a useful and safe manner. The only 'tool' is the human voice. The only requirement is your resolution to make this change for yourself. Many people wonder if they will be able to relax enough, or whether they will be able to overcome having been told that they were a 'poor subject' or 'inhibited' in the past. The fact is that anyone with the desire to have the experience, with a therapist that he or she trusts, will be able to be hypnotized.

Will I be asleep or unconscious?

No. You will be aware of your surroundings and what is happening the entire time. You remain fully in control at all times, though you will likely find a deep sense of relaxation and comfort. Most people report a feeling of pleasant refreshment at the end of a session of hypnosis.

Will I share private or embarrassing information during hypnosis?

No. Again, you are in full control. No one can make you disclose what you are not ready to share with a therapist.

What are the steps to stopping smoking --

Through the use of hypnosis -- at your office?

The first step, of course, is to decide for yourself that you are ready to make *all of the adjustments needed* to become smoke-free now. Failure is almost inevitable when you are stopping against your will. Many people wait until there are no other major stresses in their lives. Now is a time to gather support from family and friends.

Then what?

Begin laying the groundwork for becoming smoke-free. Begin noticing what needs that smoking has been fulfilling, and what you really want for your life. Begin to consider what practical changes you might need to make in your day-to-day routine in order to be successful. Some people discover that they need to make new plans for spending time with friends, new ways to enjoy their coffee breaks, new ways to end a meal, new ways to deal with boredom or nervousness. Don't worry that you are not perfect with all of these things - just be an observer and begin to determine what you need for yourself.

Is there a guarantee?

No. It is a violation of Nebraska law for a health care provider to guarantee

specific results.

What happens at the sessions?

I recommend **two** 50 minute sessions. Each session is essential to the process of you becoming and permanently remaining smoke-free. Both sessions will start with conversation and assessment, followed by hypnosis, and ending with re-orientation & questions. During the first session, we become acquainted, establish your personal motivations for stopping smoking, review your personal plan for getting and using support, and answer any remaining questions you may have about hypnosis. Then we begin to introduce you to hypnosis - making a personalized CD for you to take home and listen to between sessions. With this CD, you will reinforce the learning of self-hypnosis for comfort and stress-reduction. I ask people to return for the second session within about 7 to 10 days, and make a special request. **I will ask you to smoke your last cigarette no less than 48 hours before your second session, sometimes sooner.** Typically, previous clients have said this is not a significant challenge, as they have been practicing with the home audio. Almost everyone succeeds easily. The second session is devoted entirely to reinforcing the positive action of quitting at least 2 days prior to this appointment. It is also audio taped.

What's the cost?

Professional charges for the two-session intervention is \$225.00

Please go to our Intake forms page, and download the special forms for smoking cessation clients.