

# Stopping Tobacco Use - Terry Moore, MSW

## Background

I've been using hypnosis in my work since 1982. Over time, I've refined how I do things – but the overall intention to facilitate personal change remains the same. For the most part, I use hypnosis to help people with anxiety, depression, self-image, phobia, and performance worries. Every so often, people contact me to ask about stopping smoking or stopping tobacco use.



## Improvements

I've recently been reflecting on how to improve my approach to this issue. What came to consciousness is that we had been trying to accomplish quite a lot in two sessions. The first session was especially stressful for clients. Up to now, we'd been:

1. Getting acquainted
2. Talking about personal tobacco history & the motivation to stop
3. Answering questions about the nature of hypnotic induction and the experience of hypnosis
4. Delivering an intervention – within hypnosis – to support stopping smoking
5. Burning a take-home compact disc with the voice recording of the hypnosis portion of the session

It always seemed rushed, but I was trying to be efficient. Looking back, it was not likely the optimal experience that I had wanted it to be for a new client who had decided to stop tobacco use.

## Here's the plan

Consequently, here's the stop tobacco service package I can offer you now:

- **Foundation Session:** all the items listed above in bullet points 1, 2, 3 & 5. Additionally, I will provide an introductory session of hypnosis to form a foundation for the remaining elements of my stop tobacco package. The focus will be to establish a safe working relationship between you and me, to support personal growth, and to enable you to experience hypnosis. I will also ask you to set a stop date for your use of tobacco, and review things that you can do to prepare. The fee for this session is \$120.00 – session length: approximately 50 minutes.
- **Smoking Cessation Service:** two sessions, ideally 7 to 10 days apart. You must have already completed the Foundation Session. The first of these sessions will focus on the task of stopping all tobacco use completely. Practical ideas, problem-solving, and hypnosis will be used. The hypnosis portion of the session will be recorded for you. The second session will be used to review any concerns that arise after stopping tobacco, and to provide coaching and hypnosis in support of life-long success. You'll receive a second recording at the end of your session, as well. The 2-session Smoking Cessation Service is priced at \$195.00 – Each of the two sessions is approximately 50 minutes. Payment for the service is due at the time of the first of the two sessions.

## Oh, and a couple other things

It is critical that you determine for yourself that you are ready to stop tobacco. No one else can do that for you, as far as I can tell. It's okay if you are scared that you might not succeed, or that the first few days might be challenging. That's normal. But, you must decide, and commit to that goal.