



I am passionate about empowering people to overcome unhealthy habits and compulsions and smoking is a prime health and fitness destroyer, as well as a slow killer. Smoking is not generally a difficult habit to correct with Hypnotherapy unless there is a strong emotional attachment to the behaviour and most cases I have worked with have been pretty straight forward, textbook cases. I work with you to deal with the habit element, the cravings (emotional AND physical) as well as smoking as a stress response and (perceived) relaxant and to find practical and realistic resources that will work for you and your lifestyle and daily routine.

Hypnotherapy places the subconscious and conscious mind on the same page and should make it a lot easier to work through occasional cravings or challenges. Your subconscious mind is the one that governs your unconscious behaviours (such as habitual and unhealthy behaviours), as well as containing your potential and inner resources. We all know "consciously" that certain habits and behaviours are damaging to us but it becomes a lot easier to correct when we deal directly with the part responsible for the behaviour.

I offer A COMPLETE CESSATION APPROACH, a two-session package, covering:

- Hypnotherapy explained, Qs and As
- Detailed case history, including discussion of smoking habits
- Facts about smoking
- Smoking Cessation Hypnotherapy

Please allow 2 hours for the initial therapy session, and for the follow up session 1-1.5 hours I recognize that everyone responds differently to hypnosis and will benefit from a follow-up session to repeat and re-enforce the therapy. Package fee is \$200.00

The success of hypnotherapy has nothing to do with how long you have smoked or how much, but whether you are truly ready and motivated to give up, so you do need to be ready to take control AND put in your own work moving forward. All tobacco should be disposed of prior to the session, otherwise you could be setting yourself up to fail. The session is self contained therapy and the amount of sessions you will ultimately need depends on your own personal circumstances and relationship with tobacco, response to hypnosis etc.

A lot of people ask about the "success rate" for my Smoking Cessation Hypnotherapy. Recently, I collated all my records for clients seen for smoking cessation between 2011-2016 and have in that time seen 100 clients, with 51 of those clients seen during 2016.

*Of the 100 clients seen, I know of 10 clients who didn't stop the habit. That in turn means 90% MAY have been successful.

**Out of the 10 who carried on smoking, 5 had received the follow-up session, the other 5 did not avail themselves of it for whatever reason and so I can't know to what extent it might have helped.

***Only 24% of the 100 clients treated took advantage of/needed the follow-up session.

****66% of the total number of smoking cessation clients appear to have been successful after the first 2 hour session, without the need for the follow-up (working on the basis that "no news is good news").

So here's what I can tell you based on the above: *my approach appears to work for nearly 90% of clients treated (on the basis that "no news is good news") **around a quarter of clients (and quite possible more) WILL need the follow-up session to reinforce the therapy and it appears to be successful for 80% of that group.

Please bear in mind my statistics are only as good as the feedback I receive back from my clients, so the above figures could in reality vary. If I am not made aware there remains an issue, I am unable to help. ALL feedback is important to me so that I can adapt my approach to work for as many clients as possible.

I am sometimes asked if I work with groups (and I did work with group sessions in my early days of practising) but in my experience it is far more effective to work one on one to fully get to the bottom of what is going on for that person and do my very best therapeutically, and for that reason I no longer offer group sessions for therapy.

I am also occasionally asked if I offer a "money back guarantee" in relation to my Smoking Cessation Hypnotherapy and feel it pertinent to share my stance on that concept: I don't offer a money back guarantee as I cannot guarantee Hypnotherapy will work for everyone, regardless of the presenting issue. No single therapy can reasonably be expected to work for 100% of patients so it's not a claim I am prepared to make. Every client is different and there are many variables and personal responsibility is an important factor where therapeutic outcomes are concerned.

The above is not a "disclaimer" as I have every faith in my ability to deliver and I do my very best for each client I work with. However to me, offering a money back guarantee is blatant self promotion, dis-empowering to a client and can absolve them of taking any personal responsibility for resolving their issue.