

## What is Hypnotherapy?

Hypnotherapy, as practised by well qualified experienced therapists, is an effective treatment for a wide range of conditions.

It utilises the natural and normal (but powerful) state of deep relaxation (hypnosis) to access the deeper levels of the mind so that you can achieve your goals.

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Established 1989

Integrated Hypno-Psychotherapy

Registered with

UKCP, EAP, EAHP and WCP



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Clinical Member of UKCP

## Your Local Practitioner

Your local practitioner has trained with the **National College of Hypnosis & Psychotherapy**, one of the longest established (1977) and most respected hypnotherapy/hypno-psychotherapy training institutes in the world.

Your practitioner is a member of the National College Student and Alumni Guild.

## Membership Levels

**Licentiates NCSAG(Lic):** have completed all requirements for the Certificate in Hypno-Psychotherapy **(CHP(NC))**

**Full Members MNCSAG:** have completed all the requirements for the Diploma in Hypno-Psychotherapy **(DHP(NC))**

**Fellows FNCSAG:** have completed all the requirements for the Advanced Diploma in Hypno-Psychotherapy **(ADHP(NC))**



*Stop Smoking  
with  
Hypnotherapy*

Brookhouse Hypnotherapy Ltd

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# Stop Smoking

## How can hypnotherapy help?

To find the most effective method to stop smoking Frank Schmidt and research student Chockalingham Viswesvaran from the University of Iowa conducted a meta-analysis, utilising the results of more than 600 studies totalling nearly 72,000 people. The results, which were published in the Journal of Applied Psychology and included 48 studies of hypnosis covering 6000 smokers, clearly showed that hypnosis was three times more effective than Nicotine Replacement Therapy.\*

Hypnosis is a natural, normal process that enables change to be made quickly and completely.

The therapist will work with you, tailoring their treatment to your needs to enable you to become a non-smoker.

It is a positive process you've probably had enough of the negative messages surrounding smoking!

You may be given a follow up CD to listen to at home which will help consolidate the changes you have made.



Is it the right time for you to become a non smoker?

### Frequently asked questions:

**Q. Will I be aware of what is happening and will I remember everything?**

*A. Yes to both*

**Q. Will you re-programme my mind?**

*A. This is an outdated concept of hypnotherapy— in reality, your therapist helps you to access the resources you already have and helps you to do this for yourself.*

**Q. What is your success rate?**

*A. We are not ethically allowed to quote statistics, but all NCSAG practitioners monitor their results to ensure they are offering the best service.*

\* New Scientist vol 136 issue 1845 p6

## Why stop smoking with hypnosis?

You already know all the reasons why stopping smoking is a good thing for you to do (health, money, the smell, non-smoking places..), so we won't go into that again. Here are some reasons why hypnosis may be the way for you to achieve this:

- ✓ hypnosis is a pleasant, relaxing experience during which you are completely in control
- ✓ your therapist can guide you towards the goal that you desire
- ✓ with hypnosis, you will be able to be a non-smoker without gaining weight
- ✓ you can be confident in your therapist's experience and commitment to you
- ✓ instead of sacrificing something you like doing, you will be helped to feel free from something that just isn't wanted any more