



Living Smoke Free Hypnotherapy Information

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Hypnotherapy to live a smoke free life is the use of hypnotherapy techniques to address your unconscious issues with regards to smoking.

At Lifepath Psychology, our therapists use hypnotherapy in conjunction with established therapies such as Cognitive-Behavioural Therapy (CBT), to enhance the effectiveness of these treatments. CBT focuses on changing the thoughts and behaviours to overcome a problem. Research has demonstrated that hypnotherapy with CBT can enhance the effectiveness of treatments for smoking cessation.

CBT helps to change the thoughts and behaviours to overcome a problem. Hypnosis complements CBT by helping you to focus on suggestions for healthy ways of thinking and dealing with stressful situations as a non-smoker.

Customised session(s) will help you cope with cravings and triggers, while reinforcing your motivations to become a non-smoker.

Your therapist will use CBT together with hypnotherapy to enhance the effectiveness of your quit plan. Successful quitting depends on keeping your motivation levels up. The decision to change your behaviours, become a non-smoker and stay a non-smoker ultimately depends on you.

At Lifepath Psychology our Living Smoke Free package consists of approximately 3 -5 sessions, depending upon client needs.

First Session

When you attend your first session we will:

- Have a discussion about your requirements and goals.
- Gather personal information such as sleeping patterns, lifestyle information, medical symptoms or medication, any treatments involving other healthcare providers.
- Explain how the hypnotherapy process will work.
- Examine the real reasons you want to become a non-smoker as well as the real reasons that are holding your back from achieving this goal.
- Commencement of a Living Smoke Free Personal Plan.

Subsequent Sessions

The practical application of clinical hypnosis can then begin. We will imprint new patterns of thinking and doing to help you become a non-smoker.

The following popular session structure may give you an idea of what to expect:

- A welcome chat to encourage comfort and relaxation.
- Induction - the hypnotherapist will then lead you into a state of deep physical and mental relaxation.
- Once deeply relaxed, the hypnotherapist can then begin 'change work' using techniques and approaches discussed and agreed to help you towards your goals.
- Once the 'change work' is complete, the hypnotherapist will begin the transition to wakefulness, in which you are gradually brought out of your trance.
- Time for any questions you may have and a summary of the session and any progress made thus far.

The aim is to give you mental tools, together with the physical tools, developed through CBT that will keep you focused on being a non-smoker and incorporating healthy habits.

To book a free 10 minute hypnotherapy suitability consultation at Lifepath Psychology please feel free to call 6496 0039, or email admin@lifepathpsychology.com.au, and one of our friendly staff will more than happy to assist.

