

Yes, you can stop smoking with the help of hypnosis.

Hypnosis is the original mind/body medicine dating back to before 5000BC. It was Aristotle who said "Before you heal the body and its symptoms, you must first heal the mind".

Modern scientific clinical hypnosis is extremely effective in changing habit patterns, and this is underpinned by the documented research and acceptance by the major medical associations and religions of the world. Clinical hypnosis is widely used in education, psychology, medicine, dentistry, counselling, sports etc.

How does Clinical Hypnosis work?

Hypnosis is a state of relaxation and concentrations at one with a state of heightened awareness induced by suggestion. It is a non-addictive power for good and it is a natural manifestation of the mind at work.

Hypnosis works, but will hypnosis enable me to stop smoking?

Yes! Hypnosis works and it will work for you to help you stop smoking and become smoke free. In essence, hypnosis is a means of communication between the conscious mind and the sub-conscious mind. Smoking habits and symptoms are controlled by the sub-conscious mind. Through the use of hypnosis we can access the sub-conscious mind and remove the unwanted habits.

During a clinical session, how will I know I am hypnotised?

There is no such thing as a hypnotised feeling and most clients on completion would say they "felt deeply relaxed and aware". Others may feel a lightness or tingling feeling, others feel a heaviness whilst others report they didn't feel anything. However one positive side effect that people notice is the positive change in their behaviour.

You have nothing to fear except fear itself. Be honest with yourself. Look at your fears of becoming smoke free and you will probably realise that the only fear between you and being smoke-free is your fear of going through the pain of not smoking.

Hypnosis Makes it Easier to Quit the Smoking Habit

Is Hypnosis safe and is there any cause for concern?

Clinical Hypnosis is completely safe. Conscious hypnosis is not sleep, therefore you are aware and can speak and respond to the positive suggestions administered during the session.

A person who does not want to be hypnotised cannot be hypnotised, or be induced to do or say anything which violates personal standards of behaviour or integrity. Yes, hypnosis is safe and hypnosis is a proven, ethical therapeutic clinical procedure.

How does Hypnosis help me stop smoking and become smoke free?

Smoking habits are acquired over a long period of time and are activated by the subconscious mind, therefore they can only be de-activated by the subconscious mind, and hypnosis works by giving access and the ability to communicate directly with the source of your addiction. It is the only logical method of dealing with smoking and it usually only takes one or two sessions for you to stop smoking and enjoy life smoke free.

**Hypnosis works for good and it lasts.
Hypnosis works and most people
Stop Smoking in just 1-2 sessions
Visualise yourself smoke free**

**Take action NOW
Ring 087 7734914**

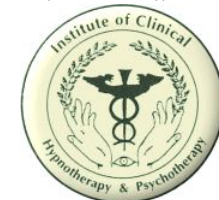
STOP SMOKING Permanently with Hypnotherapy

*Are you ready to become
smoke free easily and for good?*



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**Approved by the
Institute of Clinical
Hypnotherapy & Psychotherapy
and National Psychotherapy Register**

Why do people continue to smoke?

People know that smoking is bad for them and if hypnosis works so well, then why do people continue to gamble with their health, knowing that they could add years to their lives if they quit now before its to late?

The simple answer is a big “fear”. Let me give you some examples:

- The fear of not being able to relax, and losing control without a cigarette - Hypnosis helps take away the cravings we fear.
- The fear of being irritable, angry, moody and generally too stressed - Hypnosis removes the feelings of wanting a cigarette.
- The fear of being haunted by unwanted cravings - Hypnosis helps ease that feeling of needing a cigarette.
- The fear of putting on weight - What the subconscious mind can conceive and visualise in hypnosis, you can achieve, remaining at your present weight.
- The fear of losing pleasure, companionship, security and rituals - With hypnosis that feeling of being deprived of a cigarette fades very quickly.
- The fear that you need cigarettes to live and cope with life’s daily pressures and challenges - Usually, after one session of hypnosis, most people will feel more confident and determined that they can and will achieve their goal.
- The fear that you may have to go through pain and discomfort - People discover that they have simply stopped smoking and with hypnosis it was all very easy. You will be taught tools and techniques to help you stay smoke free easily and permanently.

Hypnosis works for Good

ICHP Smoking Cessation works because it removes the desire and need to smoke. Therefore, you won’t need nicotine gum, nicotine patches or stop smoking pills. There is no need for needles, inhalers or plastic cigarettes. All you have to do for hypnosis to work for you is to relax comfortably with your eyes closed and co-operate with your hypnotist’s suggestions – could anything be easier?

With our professionally designed ICHP system the majority of clients remain smoke free after one or two sessions.

Free Back-up Support and reinforcement

During your first hypnotic session we will administer powerful hypnotic suggestions to activate your subconscious mind to respond and co-operate with reinforcement of the clinical session. Then a pre-recorded stop-smoking session will reinforce the programme. Once you have achieved success in our Stop-Smoking Programme it is essential to reinforce the programme that led to the cessation of the habit.

Reinforcing Hypnotic Subliminals

Also, the subliminal messages (stop smoking suggestions audible only to your subconscious mind) are reinforced during your free reinforcement sessions at home.

Reinforcing your Smoke Free Status

Remaining Smoke Free is a skill that you will learn in the clinic and like any skill, it needs to be practiced to gain mastery.

Most People Become Smoke Free in Just One or Two Sessions

The reason we have such a high success rate is because hypnosis works for good and our back-up support is our professional testimony that most people leaving our clinic are smoke free is just one or two sessions.

Who are the I.C.H.P.

Since the approval of Clinical Hypnosis in the 1950’s by the American Medical Association, hundreds of ethical associations have been training their members in hypnosis. Millions of people have found hypnosis to be an effective way to stop smoking, lose weight and to change their lives.

The Institute of Clinical Hypnotherapy and Psychotherapy was established in Ireland in 1979. Over the past twenty five years it has dedicated itself to the research and development of Hypnotherapy. All our members are examination qualified and have obtained Diplomas and Advanced Diplomas in Clinical Hypnotherapy and Psychotherapy. So, you can be assured you are getting the best that Hypnosis has to offer.

Our Approach

We in the ICHP have combined the very best of traditional hypnosis and neuro-linguistic programming (NLP) which gives out stop-smoking programme an extremely high level of effectiveness.

We also use the new energy psychologies such as EFT to enhance our programme’s value in enabling you to quit the smoking habit easily and for good..