

# **STOP SMOKING USING HYPNOSIS**

## **Why should you use hypnotherapy?**

Hypnotherapy and NLP (Neuro Linguistic Programming) can alter the way you perceive quitting smoking. Enabling you to find becoming a non-smoker easier and making sure that being a non-smoker fits in with your life and lifestyle.

Hypnotherapy in itself can be deeply relaxing. It helps you to cope with anxieties and stress, which are often the cause of smoking in the first place. You are always in control. Learning how to relax fully and breathe properly can have profoundly beneficial affects on your life. I aim to make being a non-smoker more pleasant and enjoyable for you and something you truly desire and teach you a little about how to have more control over your emotions and your life.

You already know the reasons why you want to stop smoking, so take the first step today.

## **How does it work for you?**

I use hypnosis and other techniques to assist you in giving up smoking and becoming a non-smoker. I take a detailed case history from you and plan the session around your individual needs. I will help you work through any difficulties that you may foresee.

## **Frequently Asked Questions**

Q Q Can I get stuck in hypnosis?

A No, hypnosis is a natural state of focused attention. You may find it very pleasant and relaxing and I will be guiding you back to normal waking state near the end of the session.

Q How long will the session be?

A The session can last between 1-2 hours depending on your needs.

Q Do you offer any guarantees?

A No, it is unethical to guarantee something that is unique to each person. I do offer a free follow-up session within 3 months, but this is rarely necessary.

## **Who am I and how am I qualified to help you?**

My name is Jo Tricker. I qualified in Holistic Hypnotherapy in 1997, Psychotherapy in 2001, NLP in 2004 and qualified for my lifetime specialism in smoking cessation in early 2005 and anxiety and phobia specialism in early 2006.

I am passionate about hypnosis and continue to develop and update techniques as required by my memberships and beyond. I am a member of APHP (The Association for Professional Hypnosis and Psychotherapy) and NCH (National Council for Hypnotherapy).

I use hypnosis and other techniques to identify the most efficient way that I can help you change.

You can be confident in my commitment to you. All sessions are completely confidential.

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