

## Hypnotherapy for Smoking Cessation

### Using Hypnotherapy for Smoking Cessation

This intensive will be of interest to Hypnotherapists who currently offer smoking cessation programmes but would like more information, resource 'tools' and techniques to incorporate for their clients benefit.

This 2-day 'Intensive' will be facilitated by Christine Blessing (Course Director - Northern College of Therapeutic Hypnosis Ltd) and Jackie Swift (Senior Lecturer - Northern College of Therapeutic Hypnosis Ltd, Specialist Hypnotherapist). Christine and Jackie are currently involved with developing and running courses in using hypnosis for stress management in both the business and voluntary/community sector.

#### **Stop Smoking:**

From 1st July 2007 smoking in all indoor public places will be banned - this includes the work place. Smoking could also be banned at certain outdoor locations that are considered to be 'substantially enclosed' &ndash; this could include places like railway stations and sports stadiums. Where people can smoke will become more limiting and therefore more people will consider stopping.

This in-depth 'intensive' will explore:

- Why people smoke
- What happens when people smoke
- The ill effects of smoking
- Reasons to stop smoking
- Conventional methods and aids to stopping
- Information, resource 'tools' and hypnosis / other psychotherapeutic techniques to utilise and incorporate within a smoking cessation programme
- Dealing with relapse

Cost: £160 (2-days inc.vat) includes notes,tea/coffee & biscuits

**Book your place now**

**Other Courses include:-**

**Using Hypnotherapy within the palliative care of cancer patients**

**Using Hypnotherapy for stress management**

**Using Hypnotherapy within the treatment of eating disorders**

**Using Hypnotherapy for smoking cessation**

**Using Hypnotherapy for pain management**