

If
you're
ready...
~
hypnosis
can
help!

Hypnosis for Smoking Cessation

James E. Myers, PsyD
Licensed Clinical Psychologist

Clocktower Therapy Center
2663 Farragut Dr. ~ Suite A
Springfield, IL 62704
Ph 217-793-0680
Fax 217-793-0684

Hypnosis Basics

What is it?

Hypnosis is a method of using deep therapeutic relaxation and suggestion to access your inner resources in order to enhance motivation, decrease discomfort and enable smoking cessation. Hypnosis will be combined with a variety of other techniques to minimize any discomfort and to optimize the chances for success.

What can I expect?

All participants are both screened and seen individually. A telephone screening is required to prepare the smoker for the hypnotic session and to ensure that you are an appropriate candidate for hypnosis. Based on the results of the screening interview, pre-session/preparatory "homework" may be assigned.

What will happen?

Prior to the first session the participant will fill out a questionnaire detailing patterns of use. During the first session, further information will be gathered and used to begin to develop behavioral interventions to complement the hypnotic trance. Strategies including stimulus control, contingency management, eye movement desensitization and reprocessing (EMDR) and mindfulness will be implemented to decrease triggers, lower potential for cravings and increase motivation. Hypnosis will be introduced and self-hypnosis taught. Homework will be given to be completed between the two sessions.

The second session will build on the first session and on the homework. Techniques introduced in the first session will be modified and enhanced and the bulk of the hypnotic work will occur, personalized for optimal effectiveness. With hypnotic relaxation, the participant is able to access his/her inner strengths and deepest potential to actualize the goal of smoking cessation. Most people find the deep relaxation of the hypnotic trance extremely pleasurable. The participant leaves the session with the motivation, the mindset, the tools and knowledge needed to continue the ongoing challenge of cigarette cessation.

Will it work?

Hypnosis cannot be used against your will! Its success depends on the skill of the hypnotherapist and on the willingness and dedication of the participant. If both are high, the probability of success is high.

What will it cost?

The cost of the two session treatment is \$300.00.

How do I begin?

Call Dr. Myers' receptionist at 217-793-0680 to arrange a confidential screening at no charge.



Dr. Myers has certification in Clinical Hypnosis by the American Society of Clinical Hypnosis

Member:

- American Psychological Association
- American Society of Clinical Hypnosis

Clocktower Therapy Center

2663 Farragut Dr. ~ Ste. A
Springfield, IL 62704
Phone: 217-793-0680
Fax: 217-793-0684