

90.6% Success Rate for Smoking Cessation Using Hypnosis

*Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at the follow-up periods of (6 months to 3 years post-treatment). **This represents a 90.6% success rate using hypnosis.***

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.

As **Counsellors** and **Psychotherapists** who specialise in **Clinical Hypnotherapy**, we can offer a professional and personalised hypnosis quit smoking program that enables people to achieve complete freedom from smoking in the shortest possible time.



Free Aftercare Support Service

Even though the majority of people stop smoking in just one session, we include a **FREE aftercare support service**, which means for the first 90 days we will provide as much support as necessary to ensure everyone remains smoke-free. It doesn't get any better than that.



What is included with the program?

Along with the face to face sessions, our **Be Smoke-Free** program includes a package folder containing everything needed for the journey forward as a non-smoker. Along with two audio CDs, there is a host of resources, tips, tricks and techniques one can use along the way.



The Be Smoke-Free CD is a full hypnotic and subliminal recording that reinforces the hypnotic parts of the treatment. It is used for added support, particularly in the first couple of weeks. It also acts as a resource to help one remain a non-smoker for life. Additionally, we have included a full version **Yoga Nidra** Relaxation CD to help people stay calm and relaxed during the process.

There is no need to rely on willpower or other artificial methods; we can quickly and efficiently reprogram the subconscious mind in a way that alters the way one thinks and feels about smoking.

For a free consultation call or e-mail us on:

Phone: **(02) 4380 0333** or mobile: **0422 330 575**.
Email: admin@atmans.com.au website: www.atmans.com.au