

# STOP SMOKING



## HELP IS HERE!

**FREE INITIAL CONSULTATION AND ADVICE**  
HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

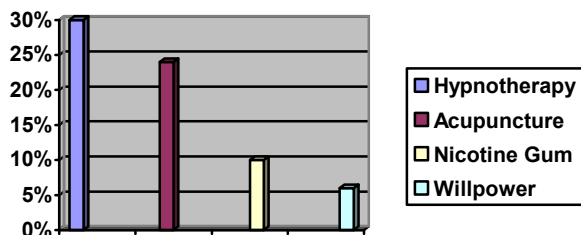
### **How can Mindscape Therapies help me stop smoking?**

**You already know all the benefits of stopping smoking. Hypnotherapy can make it easy!**

Mindscape offers a **holistic service of hypnotherapy** and other therapies such as **NLP**, to support physical and emotional health and well being, as well as to help you achieve your personal goals.

**I also have additional post qualification training in Stop Smoking Mastery in hypnotherapy.**

### **Success rates of stop smoking treatments**



According to Iowa University, **hypnotherapy is 3 times more effective than nicotine gum and 5 times more effective than willpower for stopping smoking.** The New Scientist (1992) reported hypnotherapy had success rates of up to 60% in a single session. **However, new and even more powerful techniques** have since been developed, which routinely **enable even higher success rates.**

### **What does hypnotherapy involve?**

Hypnotherapy simply involves inducing a deep state of relaxation, where you remain responsive and in control, and habits can be eliminated. Because hypnotherapy harnesses a natural state of awareness, it is a safe and effective therapy.

### **How does hypnotherapy differ from other treatments?**

Hypnotherapy is totally drug free, and has no known side effects, other than relaxation! It breaks the habit, rather than replacing it with the same addictive substance, like patches, gum or inhalers. Hypnotherapy is highly effective at reducing and often even eliminating any cravings for nicotine.

As all the nicotine, tar and carbon monoxide are eliminated within a few days of not smoking, with any withdrawal effects peaking at just 24 hours, **if you can stop for that short time, you've kicked the habit!**

Clearly, when people return to smoking after this time, there are other factors involved. **Hypnotherapy effectively tackles these additional factors**, such as feeling you need a cigarette if stressed, the association between alcohol, certain places, friends or situations and smoking, or the temptation to have 'just one'. Positive and effective hypnotic suggestions are given to combat all of these factors. I also provide you with a CD to reinforce you stopping smoking.

**All of this means you can look forward to a smoke free life!**

## **FAQs**

### **Do you guarantee stop smoking?**

I guarantee a success rate of either 100% or 0% – if you smoke even one cigarette, I may have helped, but I have not 'cured' you of the habit! Stopping smoking is down to you and how you use the boost hypnotherapy gives you. Motivation is still required, even though your cravings should be much reduced or non-existent!

### **How long will the treatment take?**

Stop smoking treatments last up to two hours, including a free twenty minute consultation for you to ask any questions, and to ensure you wish to proceed.

### **What if I'm not quite ready to stop?**

Please contact me whenever the time is right for you. In some circumstances, I may offer hypnotherapy to improve motivation with a view to stopping smoking.

### **Can I use nicotine replacement aids along with hypnotherapy?**

I respect your choice in this, though I believe it is preferable to cease using nicotine to break the habit – hypnotherapy often eliminates cravings anyway.

### **Will hypnotherapy stop me from putting on weight when I stop?**

I give you positive suggestions for replacing cigarettes with healthier habits, rather than using food to compensate. Any weight gain is generally less than smokers fear, and is much less harmful to health than smoking.

### **How much does it cost?**

My rates are always competitive – please see my website for details, including any special offers... If you stop smoking 20 cigarettes a day, you will save around £2000 in a year at current prices! Just imagine what you could spend that on!

## **Why choose to work with Mindscape Therapies?**

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

**I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.**

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

**I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.**

Please contact me for a **FREE** initial consultation, information or advice, or to book your stop smoking session.

**Competitive rates.**

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