

## **Brief Sheet – Smoking Cessation**

### **What happens in a \*Smoking Cessation\* Session?**

The Clinical Hypnotherapist will take you into Hypnosis using a method which is right for you, it will be customised to achieve maximum results. Once you are in Hypnosis, we are able to communicate with the Unconscious mind to enable the process to work best for you. The first session will be the free Initial Consultation where we discuss the possible reasons, causes, motives, and results, its merely a session where we both decide what the best possible cause of action.

### **Who's it for?**

People who want to stop smoking. Clinical Hypnotherapy sessions give your unconscious mind the tools for you to be able to stop smoking altogether. Often, we can substitute a cigarette for another healthier option (if required) or we may be able allow you to forget that you ever did smoke therefore eliminating the craving.

### **How many sessions do I need?**

The approach may differ from person to person, depending upon how your brain works and the reasons behind your issue. It is not uncommon for a client to receive between 1 to 6 sessions of Clinical Hypnotherapy before the results may be seen. Although in most cases, they will see instant results.

### **Whats the cost?**

All of my Clinical Hypnotherapy sessions are priced at £35 per session until October 2009. Each session lasts between 30 and 60 minutes each.

### **Other Information**

Please rest assured Clinical Hypnotherapy is right for 95% of people, if its not right for you, I will refer you to somebody who may be able to help you. Please read the section under 'About Me', 'standards' for information re: guarantees. For more information, please book your free Initial Consultation.

**Simône Bradshaw**

Clinical Hypnotherapist (Trainee)  
35 Harcourt Road, Gosport, PO12 3NR

Tel: 07518 825 588

[relax@simonebradshaw.com](mailto:relax@simonebradshaw.com)

[www.simonebradshaw.com](http://www.simonebradshaw.com)

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