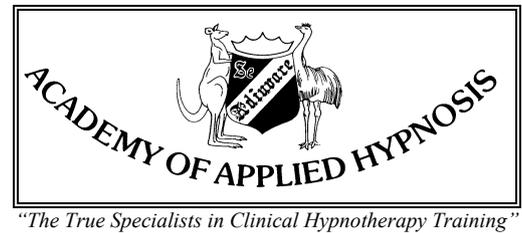


1st Flr 302 Pacific Hwy Lindfield NSW 2070
Telephone: (02) 9415 6500
ACN: 001 173 100 ABN: 41 001 173 100
Website: www.aah.edu.au
Email: admin@aah.edu.au

Executive Director: Dr Leon W. Cowen
AdvDipCH, PhD (Clinical Hypnotherapy)
WorkCover Approval Number: 8613



Hypnotherapy and Becoming a Non-Smoker

If hypnosis is known for anything it is for “stopping people smoking”. Whilst the therapeutic applications of hypnosis extend far beyond this specific treatment, hypnosis remains high in its public persona in the assistance it offers to become a non-smoker

It is said “it’s not hard to stop smoking, I do it 20 times a day”! The comment though somewhat facile outlines the reality within which the patient needs to want to be a *non smoker* (the term is carefully chosen). Hypnosis can assist in developing the motivation to become a non-smoker but therapy is faster if the client has the motivation. The term *non-smoker* is deliberate. Giving up smoking and stopping smoking retain the link to the undesired behaviour whereas, what do you call someone who has never smoked – a *non-smoker*.

A study by Elkins describes a 3 session regime in which “at the end of treatment, 81% of those patients reported that they had stopped smoking, and 48% reported abstinence at 12 months post treatment.”(Elkins and Rajab 2004, pp. 73-81.) Many clients require more than 3 sessions but the concept of the one session miracle for the majority is a myth. It is easy to “stop smoking” in one session it is a vastly different circumstance to become a non-smoker.

Barber reports the success of an integrated approach. His article states “Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent at follow-up (6 months to 3 years post treatment)”. (Barber 2001, pp. 257-66.) If the client is motivated hypnosis appears to have an ability to amplify that motivation and bring about the desired behavioural change.

For more information on how hypnotherapy can help your patients a copy of ‘What is Hypnosis?’ is available from admin@aah.edu.au or ring the Hypnosis Advisory Line on 9415 6500. The Hypnosis Advisory Line is also offered as a free service to the general public.

Article by:

Dr Leon W. Cowen

AdvDipCH, PhD (Clinical Hypnotherapy)

Executive Director

Academy of Applied Hypnosis

1st Flr 302 Pacific Hwy Lindfield NSW 2070

Telephone: (02) 9415 6500

Email: admin@aah.edu.au

Website: www.aah.edu.au

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