

Burton Stop Smoking Clinic

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...About the Burton Stop Smoking Clinic

The one-session 'Stop Smoking Clinic'...

At the Burton Stop Smoking Clinic we have developed a one-session stop smoking system that effectively utilises the latest techniques in Hypnotherapy, NLP (Neuro Linguistic Programming) together with CBT (Cognitive Behavioural Therapy). Utilising these techniques allows us to tailor each session individually, sometimes using a combination of each therapy, or simply just one.

We work with you to help understand your particular requirements and this will actually determine the structure of your individual programme.

The programme itself has evolved over many years whilst helping a considerable number of people give up smoking for good, and not is just as a short-term "fix" or solution.

...How it works

The session itself lasts approximately 90 minutes, on a one-to-one basis with a highly skilled Specialist, a Smoking Cessation Practitioner experienced in this field of therapy.

The first part of the session is focused entirely on you and, in particular, your own history of smoking and how it has become such an integral part of your life. The discussion will include an evaluation of your own level of commitment to becoming a non-smoker and the techniques you may have tried to help you give up smoking in the past. The second part of the session is pure hypnosis, during which you can enjoy total calm and relaxation knowing that you are at last getting smoking out of your life.

Most of our work comes via recommendation, as once a client breaks the habit of smoking, they go on to tell other people of their success.

At Burton Stop Smoking Clinic we only ask that you have the desire and motivation to give up smoking for good and once you do have that desire, we will show you precisely how to become, and remain, a non-smoker

...What is Hypnosis...?

Hypnosis is a totally natural state of mind during which you develop a deep state of relaxation very similar to the feeling of comfort you experience when relaxing and preparing for sleep. If you have tried meditation or yoga in the past you may well have experienced something of a similar nature.

Many people claim they have never been hypnotised, but will admit to having 'drifted off' while thinking of something special, possibly forgetting large portions of a car journey (highway hypnosis) or even when deeply absorbed in a book you may have found yourself drifting off somewhere else. These are all what is known as natural trance states.

...Hypnotherapy

Firstly, it is important to emphasize that a person cannot be hypnotised unless he or she agrees to do so – you, the Client, are always in control.

Within a therapeutic setting, hypnosis is induced by a Hypnotherapist through various methods of relaxation. As a result of this, the person is drawn into a relaxed and comfortable state of mind, providing the client and the therapist with the ideal conditions in which to make therapeutic changes.

...What is NLP (Neuro-Linguistic Programming?)

NLP is a behavioural technology, which simply means that it is a set of guiding principles, attitudes and techniques about real life behaviour.

It allows you to change, eliminate or adopt new behaviours as desired, together with the ability to choose your mental, emotional and physical states of being.

...What is CBT? (Cognitive Behavioural Therapy)

The principles of CBT remind us that the responses to situations and events we experience during our lives are influenced by our underlying thoughts and beliefs.

CBT allows us to examine and challenge those thoughts and beliefs so that we can bring about changes in our behaviour which our helpful to us.

Appointments can be made at The Natural Healthcare Centre on **01283 516 444**