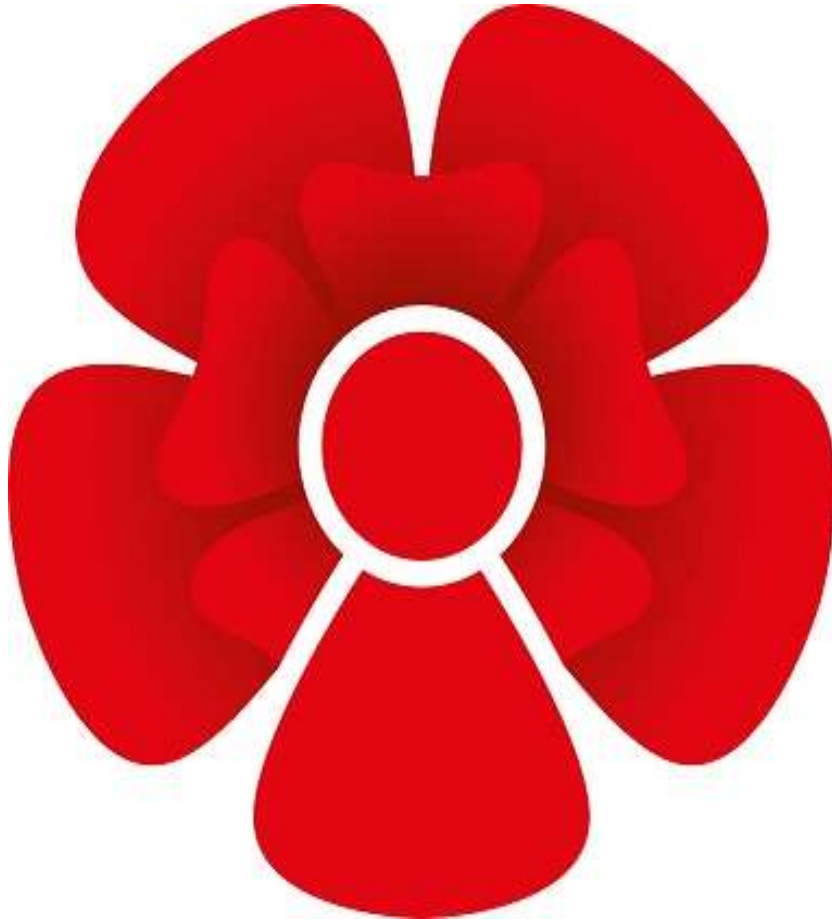


HSOH School of Hypnotherapy



SMOKING CESSATION ONLINE TRAINING MANUAL

Smoking Cessation Online Training

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INTRODUCTION

There are a couple of ways that you can work to help clients quit smoking. We'll take a look at these and then focus on covering the preferred method in detail.

This is a clinical, Direct Suggestion session.

First we'll take a moment to consider charges and how the addiction of smoking begins.

Charges - When you are working with smokers do not be cheap. Charge a higher rate than your normal therapy. Smokers spend a lot of money on cigarettes i.e. anything from £70 per week plus. The more you charge the more you will have a success rate. If you charge £150, in 2 weeks your client would have their money back. It's about value; the client needs to value the therapy as hypnosis is not a magic wand; the client must put in their own effort to achieve their goal.

Understanding Smoking - When someone first starts smoking, they need to practice to get better. Their body needs to decide if this is a food or poison and so the first cigarette makes them feel dizzy and sick, as it thinks its poison. The SC then produces chemicals to fight the poison. The next time they have a cigarette their SC knows what chemicals to produce so they do not feel dizzy and so on. The SC gets very clever and starts to know when they are likely to have their first cigarette i.e. with the first coffee in the morning. So as the smoker gets up the SC starts to produce the necessary chemicals to fight the poison. They then have cravings.

1.Aversion Therapy

This is when you talk about dying or make people believe that chocolate tastes of slugs etc.

Aversion therapy for smoking tends to go down the route of getting the client to imagine they are in hospital and their family are there watching them die. They are told that smoking is disgusting and sometimes given an association with horrible taste smells etc.

Of course there is a degree of success with aversion therapy, though generally it is short-term; people are not silly they are aware that smoking is harmful and yet so far this has not stopped them.

We know that smoking is harmful to our health, and may in fact be killing us, but we still do it, just as we know that really chocolate doesn't taste of slugs.

(Example of negative effects - I have also had clients come to me because of aversion therapy and it upset them so much that as soon as they left the hypnotherapists room, they promptly lit up a cigarette due to stress. Every time they lit up they found themselves getting more stressed and thinking about dying.)

2. Focussing on benefits

This works with the concept "What is in it for me?" and involves you and the client focusing on the benefits of quitting, a technique designed to produce long term better results.

e.g. Healthier, richer, freedom, get your client to tell you their benefits for them – remember must be client focussed.

Preparation

On booking in your client ask them not to have a cigarette 2 hours prior to your appointment as you will be teaching them a technique to turn off the craving for a cigarette.

You need to establish their habits as well as making sure that the client really does want to give up. Both are important. It's no use if the client is only there to give up because his/her partner has forced them to. Hypnosis can't motivate someone to give up smoking. If your client is very motivated you can help. They really need to want to do it. You should ask your client for details about their age and how many they smoke per day/week before you start the therapy.

Questions

During the consultation use open/meta questions.

Examples:-

Do you want to give up smoking?

What's motivating you to give up? (Reasons why now)

How long have you been smoking? How many per day?

Have you given up before/? How?

What got you started again?

When do you have your first cigarette? (Change habit/actions)

What are the benefits of giving up that are important for you?

What are you going to miss? (disadvantages) Particularly now that smokers can leave their work environment to have a cigarette break.

What are you going to do instead?

How are you going to exercise more? (Healthy eating?)

(Discover achievements, what they are proud of.)

Weight - When a smoker gives up smoking they tend to put on weight. You will need to discuss this with them. It is because not only do they eat more but also when you stop smoking your metabolism slows down. Smoking speeds your metabolism up, every time you light up a cigarette your heart rate increases. Smokers often think that smoking relaxes them when in fact it speeds everything up. The metabolism does return to normal but usually this will take about a year. Ask the client what they are going to do about this; for example discuss increasing their exercise i.e. walking. Multivitamin B speeds up metabolism (I always advise clients to go to Holland & Barrett the staff are correctly trained and I feel very professional at their jobs. Remember herbs and vitamins are drugs and we need to take the correct amount for our size and shape). A glass of pineapple juice in the morning 4oz can help with the metabolism.

Explain hypnosis and Arm Assurance. Go on to explain the IMR . **Number of sessions?**

The reasoning for only 1 session of therapy for smokers. The idea of building a whole therapy and charging £250 with back up sessions or 1 session which in my opinion encourages the client to give up straight away. You can do a 2 session therapy, the first appointment would be to deal with giving up smoking and the second to help the client deal with stress. A lot of smokers who have given up for years will go back to it when something stressful happens in their lives. On the second appointment you would teach your client self hypnosis. (£150 first session, followed by £70 for the second).

FORMAT OF THERAPY

Kinaesthetic swish before inducing hypnosis

Induce hypnosis,

Perform Arm Assurance test,

IMR

Regression if required.

Creating new behaviours

Script

Once you have dealt with what has come up (and used NLP techniques) then ask the subconscious mind if your client will now become a permanent non-smoker yes or no? If you get a yes then proceed to the script.

Example - "Subconscious mind - Can you go inside and make all the adjustments necessary for 'client' to become a permanent non-smoker. And when you have done that just let me know by moving that finger".

Deliver the smoking script. Warning: don't record the smoking script as you will be giving your therapy away. There are take-away CD's or MP3's for use with the smoking therapy, so give these away instead.

This method yields a great deal of success. Sometimes clients will come back and if this happens, then you will need to assess the situation and deliver therapy with more conviction.

If you choose to specialise in helping smokers, there are more detailed techniques available on the Parts Therapy CPD course we run.

INDUCTIONS AND SCRIPTS

PROGRESSIVE RELAXATION

Take a nice deep breath and just close your eyes.

Now I want you to notice your breathing ...notice how it feels to slow your breathing down (*Pause*). Now notice your feet ...toes ...just allow them to relax (*Pause*). Now allow that relaxation to flow, up your ankles ...calves ...thighs ...just let your legs feel loose limp and relaxed..... (*Pause*). Notice your stomach and you may find a comfort, growing inside you.....that's right. Now let that comfort flow up your chest (*Pause*), across your shoulders, down your arms, hands, fingers. Notice your neck all those little muscles in the back of your neck, just allow your neck to feel comfortable relaxed. Let that relaxation flow to your head, forehead, eyes, mouth (*Pause*) and as you continue to relax in this way I will count slowly up to seven and as this count progresses you will find that you get tired and sleepy.....

And it doesn't matter if your mind wanders onto more pleasant things. It doesn't even matter if you lose awareness altogether. All that matters now is your own relaxation. So just be comfortable. Settle yourself right down and just let yourself drift gently and easily into that relaxation as I count slowly up to seven. I will start that count for you now.

One relax....

And already you can feel yourself calming down. Becoming much more relaxed now. More and more relaxed. More and more relaxed.

Two relax.....

You're feeling comfortable. Beginning to feel peaceful too. Just feel that relaxation working its way through your body. Bringing every part of you to rest. Settling yourself right down.

Three relax....

And now just breathe a little slower, and deeper now. And each deep breath you take is making you more and more relaxed. More and more relaxed.

Four relax....

Just feel your whole body getting heavier and heavier now. Almost as though you are sinking pleasantly down. Just sinking down into sheer comfort. As each deep breath you take relaxes you more... and more.... and more.

Five relax....

You are feeling drowsier and drowsier, - tired and sleepy, - heavy and relaxed, - beautifully relaxed. Peaceful, sleepy, relaxed.

Six relax....

Every part of your body is coming to rest now. Just settling down now. Just settling down into sheer comfort – feeling tired, - sleepy, - relaxed. Tired, - sleepy, - relaxed.

Seven relax...

Just continue drifting now, - deeper and deeper into that relaxation. And I am going to leave you in silence now, just for a few moments, so you can settle yourself right down. And when I talk to you again in a few moments time, you will be much more relaxed, far more relaxed than you are now. So just rest quietly for the next few moments, until you hear my voice again.

But in the meantime, even the loudest of noises will not concern you, or disturb you in any way. Even the loudest of bangs will not have any importance for you. All that is important now is your own relaxation. So just rest quietly now, until you hear my voice again, in a few moments' time.

(You should be at about 9 minutes)

AT LEAST ONE MINUTE OF SILENCE HERE

Okay as I now slowly count from one to five, just let yourself drift, deeper and deeper, more and more, into that relaxation.

1....2.....3.....4.....5 (*note increase time between counts*)

Just rest and relax now, that's right, just rest and relax.....

IMR - Subsequent Sessions With No Count.

While you're resting in this very pleasant way, I want you to notice how it feels just to relax, notice your legs heavy and relaxed, your head comfortably resting in that chair, now notice your hands as I gently change positions of your hands

(PLACE CLIENTS HANDS IN CORRECT POSITION)

Now I want you to concentrate all your attention on those hands, and as you do so, I want you to notice everything you can about those hands. Notice the position I have put them in. Whether your hands feel warm or cold. Whether they feel comfortable or not in that position. I want you to notice all of these things.

Now notice your fingers. Whether they are together or apart. Whether they are bent or straight. Whether they feel comfortable or not.

Now notice your fingertips. And as you notice your fingertips, notice just how sensitive they are, because through your very sensitive fingertips you can pick up information about the surface they are resting on. You can tell whether that surface is rough or smooth. Whether it's hard or soft. Whether it's warm or cold. Whether it has a pleasant feel to it or not. All of these things you can pick up through those very sensitive fingertips.

As you notice these things, I want you now to choose just one finger. Any finger you like. And as you do this, just concentrate on that one finger that you have chosen. And as you concentrate on it, notice that one finger feels far more sensitive than all the rest. It feels different. It is beginning to feel lighter, much lighter. The more you concentrate on it, the lighter it becomes, feeling as though it wants to float up into the air. As though it is uncomfortable where it is and wants to find comfort by floating up into the air. It's getting lighter and lighter as it begins to float up into the air.

(KEEP GOING UNTIL FINGER BEGINS TO LIFT)

The higher it floats, the more comfortable it becomes. And it is so comfortable in that raised position, I want you to leave it floating there while I talk to you for a while.

I want the subconscious to keep control of that finger and I want to ask the subconscious mind some questions. If the answer to my question is yes I want the subconscious mind to make that finger twitch so I can clearly see and if the answer to my question is no I want that finger to stay still and comfortable in the air (REPEAT)...

Subconscious mind, do you understand that (client's name) has come here today to become a non smoker? Yes or no?

Is there any reason for <client> to continue smoking? Yes or no?

If yes, then ask, will you show (client) what they need to see (so they can become a permanent non-smoker Yes or no?

Will (client) then become a non smoker? Yes or no?

When you've asked the subconscious does it understand that your client has come here today to be a non-smoker yes or no you've got to get a yes. Proceed to create new behaviour's.

If you get a no you would then say, "Subconscious mind, is there any reason for 'client name' to continue smoking yes or no?" If the subconscious says yes, you then proceed with, "Subconscious mind, will you show the client what they need to see so they can become permanent non-smoker." You should get a yes.

You will then proceed to regression. It is not always necessary to install a safe place with smokers. If you feel confident enough just proceed straight to regression, just say, "I am going to count from 1 to 7 and on the count of seven the subconscious will take you to the event you need to see so that you can become a permanent non-smoker". Deal with what comes up you may need to use Inner Child and/or Gestalt/Cutting Ties.

At this point you may need to ask more questions.

Always treat the subconscious with respect.

When you have asked all questions Thank the subconscious mind for the perfect work that it does for your client. And continue either with regression or Creating new behaviours.

Creating New Alternative Choices / Six Steps to Reframing

When you are ready to create new alternative choices and have asked all the questions with the IMR proceed

I want you now to go inside and find the part of you that helps you **(to smoke...)** and when you have found that part just let me know PAUSE.....wait for a response...

Now I want that part to let you know what it is genuinely trying to do for you and when you know just let me know.....PAUSE

Now I want you to go to your higher self and have your higher self produce 3 new alternative choices that are readily available, practical and sensible for you to use and will help you to achieve your goal **to stop smoking**)PAUSE.....**(when you have a response proceed)** now a second alternative choice WAIT..... and now a third.....

I want you now to go to that part of you that runs the behaviour of helping you to **(smoke)** and ask that part if it is willing to take responsibility for these new alternative choices which will help you to achieve your goal and just let me know PAUSE**(make sure that the part is willing and then proceed)**....

I want you now to run a movie in your mind and in that movie I want you to see yourself going about a normal daily routine see yourself using your new and alternative choices whenever you need to and just as you see it now that's how it will be.....run that movie now and just let me know when you have finished.....PAUSE **(wait for response)**.....Now bring all the parts round the chair of your higher self and check that all the parts are happy

working together to help **(your client's name)** achieve your goal.....PAUSE
**(wait for IMR)(and then check that the subconscious is happy with the new
alternative choices and that it will help (client's name) to be in control and
achieve their goal.....thank the parts and ask them to all go back knowing
that they are working together to help (clients name) to achieve their
goal.....)**

Thanks the subconscious and suggest that the finger is feeling comfortable
relaxed and fine.

SMOKING CESSATION

Listen very carefully to my voice. You find it so easy to listen to my voice. You hear my words echo deep in your mind. Each and every word echoes hundreds of time so that each and every word becomes firmly embedded in your mind. Each of the suggestions that I make to you echoes deep in your subconscious mind hundreds of time. You can feel the suggestion that I make growing stronger and stronger, more and more powerful with each and every breath you take.

Deeper and deeper, deeper and deeper. You are feeling deeply relaxed. You are comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

And while you are resting in this very pleasant way, I am going to give you some instructions and suggestions. And these instructions and suggestions are going to be carried out automatically. And as you relax deeper and deeper, reflect for a moment on all the success that you have had in the past. ***(Now take your time to make your client feel good about themselves, for example their work and achievement, their family. Make sure they feel good and proud).....pause... then continue.*** The many positive goals that you have already reached and achieved. I want you to feel proud of yourself, proud of all the positive aspects of your life. Feel proud of yourself and know without a doubt that just as you have been successful in the past and have reached many positive goals, you will continue to be successful in every area of your life. In every area of your life.

You are now motivated and more determined than ever before to reject all that is unhealthy and harmful to you: bad habits, tension, stress and the habit of smoking cigarettes.

You now reject this habit of smoking cigarettes. You have all the right reasons to be a non smoker. You are doing this for yourself, for your health and well being and that feels right.

And just as you have been successful in the past you will continue to be successful and reach every positive goal that you set for yourself and you have today decided to choose to be a non smoker. One of the more sensible people

in the world. You have chosen this day, and this time, to become a non-smoker. And so, from this moment, I instruct you to become a non-smoker. As from this moment, you are now a non-smoker. Years ago you were a non-smoker, and so, once again, you are now a non-smoker. As from this moment, you are a non-smoker, you are a non-smoker.

Throughout your years of smoking, you developed habits. You formed routines. For example, you may have linked cigarettes with cups of tea or coffee, with eating, relaxation, boredom, or a whole host of other things. But from this time onwards, you are a non-smoker, and all these habits, these subconscious habits which show themselves in this way, must immediately be broken. Those links must be broken. Those associations must be broken. And you are to return back to the ways and the habits that you know all non-smokers have. From this moment on, you are a non-smoker, and you are going to act, think, and behave like all non-smokers act, think and behave. And of course, you will receive all the benefits that all non-smokers receive.

You are now a confirmed positive non smoker with no desire or craving ever to smoke again. With no craving or desire for a cigarette you will find that being a non smoker is far easier than you ever thought possible.

As a non-smoker, you will have no desire, or craving, ever to smoke again.

(REPEAT THIS FOUR TIMES.)

At all time, your throat and chest will remain comfortable, relaxed and fine.

(REPEAT THIS FOUR TIMES.)

(REPEAT BOTH ONCE MORE)

With no craving or desire for a cigarette you will find that being a non smoker is far easier than you ever thought possible.

With no craving or desire for a cigarette you will find that being a non smoker is far easier than you ever thought possible.

I want you now to see and feel an image of yourself. In this image you are going about a daily routine, whether at work, at home or at play, but whatever you are doing you are doing without a cigarette or a packet of cigarettes near

you. You are a non smoker, and as a non-smoker you will not even consider having a cigarette with you. Whatever you are doing, you are doing with a smile on your face, because no longer are you polluting your body with nicotine. You are very happy about this.

See that picture clearly and well. Because as you see it, this is how it will be. You have made up your mind to be a non-smoker and it feels great. Your body now rejects smoking cigarettes; your lungs no longer want those poisonous fumes. They want to feel clean air, feeling clear and healthy once again. Even as you lie there now they begin to feel cleaner and fresher.

Smoking is an unhealthy, antisocial, financially crippling habit. And nobody in their right mind wants anything to substitute or take the place of a habit like that. As a non-smoker, you do not need to do anything instead of smoking. Your diet will remain the same. You'll not turn to sweets, or anything else. You will not take anything instead of nicotine. Your diet will remain the same. You will find yourself taking exercise to speed up your metabolism. You will find you have much more energy feeling much more alive, exercising regularly, getting fitter, healthier.

But of course you are totally aware that you are just one cigarette away from becoming a nicotine addict again. You do not want this and therefore you will be sure that you never, ever take even one puff of a cigarette. You will use your new alternative choices and you will find the more you use your alternative choices the more you want to use your alternative choices.

The very thought of you smoking is now disgusting, the very thought of you smoking is now disgusting, the taste unappealing and unappetizing. The very thought of you smoking is now disgusting, the taste unappealing and unappetizing.

As a non-smoker, you will become healthier, happier, and proud of what you've done. Hour by hour, you'll become very pleased and proud, and content with your achievement. You are proud to be a non-smoker. And you'll become more proud as each day passes. You'll also feel healthier, more energetic, more alive. Much more alive. You'll feel happier too. Happiness and contentment, knowing that you are one of the more sensible, more contented, healthier people. And of course, because you do not have this

drain on your finances, you'll also become wealthier. So you'll be happier, healthier and wealthier. And you will even smell sweeter.

As a non-smoker, you'll have the wonderful ability to remain calm and relaxed at all times, and in the very best of humour. **(REPEAT).**

People will notice how pleasant you are, and in what a good humour you seem to be, with no signs of irritability or bad temper at all. Just a wonderful ability to remain calm and relaxed at all times. And in the very best of humour.

You are a non smoker. Proud of yourself. Your desire for a cigarette is gone. You are free. It is easy, natural. Your body feels stronger and healthier. Your lungs are well and strong. Every cell in your body feels renewed and full of life. You know that you will NEVER smoke again. All desire for a cigarette is gone. You are a non smoker. Good health is important to you.

You feel absolutely wonderful about your decision to quit smoking. You drink plenty of water. You drink plenty of water. You know that you will remain a non smoker for the rest of your life. You do this for you.

From now on you're going to be happy, healthy, and determined never ever to smoke again. And you're going to be more determined about this than you have ever been about anything in your life before, in the full knowledge that you are only one cigarette away from smoking. You are going to be determined, and confident, that you will never smoke again. Confident that you will never need to smoke. Very confident that you will never gain any pleasure from smoking. From this time onwards, you are changed. You are a non smoker now. A determined non smoker. A confident, happy, good-humoured, calm and relaxed non smoker.

Feel now a tingle of confidence and determination from the tips of your toes, going up your feet, your legs, your stomach, your chest all the way to the top of your head. Absolute confidence and determination NEVER EVER TO SMOKE AGAIN.

Automatically, easily, naturally, the instructions and suggestions I have given to you will be deep in your subconscious and conscious mind and you will be free of any desire or craving ever to smoke again.

In a few moments I am going to count from one up to five and slowly awaken you, and you will awaken happy, confident and determined non smoker. And all the suggestions and instructions I have given you, as far as possible, will automatically be carried out. Even though you may not remember them, or you may have forgotten them after a short period of time. Even this does not matter. You'll just feel confident that everything I have said will be carried out. One slowly calmly easily and gently you are returning to your full awareness again.....***Continue to awaken your client....***

SCRIPTS FOR TAKEAWAY RECORDINGS

SMOKING TAKEAWAY 1

While you're resting in this very pleasant way, I want you to imagine that you are out in the country, and that you are resting on the top of a hill. Ahead of you, you can see beautiful fields and farmyards, stretching out in front of you. And the sun shines brightly down upon the fields, and the animals as they graze. And beyond them is a golden beach, with the blue water lapping up on the shores of that beach.

You are resting on the top of this hill, and you are determined to continue a journey - a journey which you've recently started. And this journey is going to take you into this very lovely, healthy atmosphere.

You turn round and look behind you, and there, you see a town, covered in a murky, misty, smoky atmosphere. And where the mist does occasionally subside, so the buildings are grimy. The trees are dying. Every part of it looks filthy, dirty and polluted, as this filthy, whirling, smoky atmosphere engulfs the whole of the area.

And as you know, a few days ago, even your stomach, your lungs, and your whole body, used to be like this. But you became a non-smoker. You walked away from that filthy, polluted, undesirable state, and now you're walking towards better health, fresh air, and the wonders that nature intended you to walk to. At this stage, you felt a little tense, a little anxious. So you've rested and you've re-thought. And now, you feel very happy, and you feel very pleased. You've calmed right down, and you feel relaxed. And now you're going to carry on with your journey, getting nearer and nearer to your goal - allowing nothing to take you off this very successful path. You've climbed the hill. All that's left is the straight walk down and into health and happiness, and

of course, wealth. Never again are you going to allow yourself to be tempted by anyone as regards cigarettes, or any form of substitute. From this time onwards, you're going to become health-conscious. And in being health-conscious, you're going to feel happy, calm and relaxed. You're even going to look upon food in a different light. You're not going to gorge yourself with food in compensation for anything at all. Food is a means of fuel, like petrol in a car. You never fill your car and overflow it with petrol. You're not going to fill your body, and overflow it with fuel either.

Now you're going to be healthy, happy, wealthy and content. Now, you're going to eat correctly - the correct foods and the correct proportions. Now, you're going to turn yourself into a much better citizen. You haven't just stopped smoking. What you've done it turn yourself into a much better, far more intelligent human being than you were some days ago. Now you don't pollute yourself, condemn yourself to a life of misery and ill-health. Now you're going to be healthy, happy, fine and relaxed. Never again to worry over pollution. Now you're going to be determined to enjoy your better health, and your better wealth, and feel happy, calm and relaxed, from this day onwards.

So now I'm going to count up to five, and as I do this, so I will count you out of this sleep-like state. But you'll still feel as relaxed and calm as you do now, and you will remain this way. You will remain calm and relaxed, completely unflustered, from this time onwards. When I reach the count of five, awaken, happy and relaxed, free from any form of tension whatsoever - completely free from any desire to put anything at all unhealthy within your body. 1,2,3,4,5.

SMOKING TAKEAWAY 2

While you're resting in this very pleasant way, I'm going to give you some further instructions, and you will find that these instructions will automatically begin to carry themselves out. You'll find that these instructions will automatically begin to carry themselves out.

A few days ago, you became a non-smoker, and because you became a non-smoker you must immediately receive all the benefits that all non-smokers receive. Because you became a non-smoker, you must receive all the benefits that all non-smokers receive. You must, for example, at all times feel calm and relaxed, and free from any of the hazards that smoking develops. At all times, you must feel calm and relaxed, free from any form of tension. From this time onwards, you must feel calm and relaxed. Free from tension of any kind.

You're going to feel calm and relaxed. Free from any form of tension. **[REPEAT TWICE MORE]**

You are to feel happy, proud and content with your new way of life. **[REPEAT FOUR TIMES]**

You are also to find that you will not be influenced by the actions of other people or the temptations that may be put in your way. **[REPEAT THREE TIMES]**

From this time onwards, you are to remain calm and relaxed. Every part of you is to feel free from tension, free from anxiety. And you are to feel healthy, fine, calm and relaxed at all times. You are to feel healthy, fine, calm and relaxed at all times.

I am now going to count up to five, and on the count of five you will awaken feeling calm, happy and relaxed, free from any form of tension whatsoever. I will now count from one to five, and on the count of five you will awaken calm, happy and relaxed. 1,2,3,4,5.

KINAESTHETIC SWISH

When booking a client in for smoking cessation I always say that they must have their last cigarette at least 2 hours before their appointment. As long as they do this they should be craving for a cigarette. On arrival I use this technique to turn their craving down.

I ask them to think of a scale or dial from 1 – 10 and 10 is where they really, really want a cigarette and 1 they have just had one and have no need for a cigarette.

I then say I need to touch you here and here (at the top of their arm and just above their elbow). I touch both places and say “is that okay?”

Now place your hand on the top of your clients arm and anchor the dial. Get them to gauge it on a scale or dial from 1 – 10. Ask them to turn the dial up. Hold for about 5 seconds.

Remove hand and break state.

Now get them to recall a positive memory and place your hand just above their elbow. Make sure you use all their modalities and have fun yourself be very upbeat. Anchor for about 20 seconds.

Remove hand and break state.

Place both your hands back on the anchor points hold them and ask them to count backwards from 5 down to one out loud. When they have done that ask them to sing a simple song out loud (I tend to use a nursery rhyme ie. Row, row, row your boat gently down the stream). As they are singing remove your hand from the anchor just above their elbow and gently brush your other hand downward into the positive anchor.

When they have finished singing ask them to take a nice deep breath and as they breathe out, ask them what number the dial is at now. The dial should have gone down if not repeat until the dial does go down.

Hopefully the dial is not at a 1 yet! I then say to the client I want you to do this technique now. I tell them to put their hand on the top of their leg and gauge

their dial. Anchor for about 5-6 seconds then instruct them how to break state. Now using their other hand I ask them to anchor their happy state by touching just above their knee.

Then instruct them on counting and singing and how to 'knock' one anchor into the other.

Repeat as necessary. I then forward them a 'canned response' email so that they can use this technique themselves if they feel stressed or find themselves craving for a cigarette.

SCRIPT FOR SECOND SESSION IF REQUIRED

Smoking 2

While you're resting in this very pleasant way, I am now going to give you some instructions and suggestions. And the reason for giving you these instructions and suggestions is that, a few days ago, you decided that you want to become a non-smoker. And although you came here, and entered this relaxed condition, and did very well in your efforts to refrain from smoking, you have encountered difficulties. It has been hard to keep it up. So this time, I want you just to rest there for a few moments, letting the anti-smoking thoughts and instructions that you had before drift through your mind. Those that you can remember, even though I am talking to you, will begin to drift through your mind.

And I'm going to instruct you once again, that from this moment on, you are to become a fully-fledged non-smoker. And you are to be like all other non-smokers. You are not to be different from any other non-smoker. There are no two different types of non-smoker. A non-smoker is a person who does not smoke, in any form or manner. And from this moment in time, you are to become a non-smoker. You are to become a determined, confident non-smoker. From this moment on, you are to be determined, that you will never smoke again. Determined that you will never smoke again.

From this moment in time, you are to be determined, that you will never smoke again.
[REPEAT THIS FOUR TIMES]

You must never have the desire or craving ever to smoke again. [REPEAT THIS FOUR TIMES]

This time, you are going to feel confident, and become determined, that you will not be tempted, in any way, to smoke. Even if others around you smoke. You are going to become determined, and confident, that any little temptation that may occur over the next few days, you will easily be able to cope with.

Many people smoke, and put themselves in bad situations, but you are going to feel confident and determined, that no matter what happens to anyone else, irrespective of anyone else's opinions, you can, and you will, remain a non-smoker. You ARE a non-smoker, and you are going to stay a non-smoker. And you're going to be more determined about this than anything else. You're going to be determined, and confident, that you're going to be a non-smoker. A happy, proud non-smoker. Hour by hour, day by day, you're going to be pleased, and proud with your efforts. You're going to feel that wonderful sense of achievement, that wonderful sense of success. This is something that you are going to be successful with. You are going to be a successful non-smoker. You are going to be a happy, healthy, younger-looking

person. By not poisoning your system, or taking drugs in any form or manner. You're going to be successful, content and happy and you will not allow yourself to be influenced by any other person that smokes. You will never want, or feel the need, ever to smoke again.

Tonight, when you sleep in your bed, you'll dream. And in that dream, you'll see yourself as a non-smoker. And all the suggestions and instructions that you were given on your first visit here, will filter their way back through your mind and implant themselves even more strongly on your mind. So that by morning, you'll feel as though you had not smoked for a long, long time. By tomorrow morning, after tonight's dreams, and the suggestions filtering through your subconscious mind, you'll feel as though it has been days, weeks, since you last smoked. From this time onwards, you will never feel the need or desire to smoke again.

Now I'm going to count up to seven. And on that count of seven, I want you to open your eyes and awaken, feeling totally refreshed. Feeling calm and relaxed. Happy and confident, very confident, that this time you will remain a non-smoker. On the count of seven, open your eyes and awaken, confident that you are, and will remain, a non-smoker. 1, 2, 3, 4, 5, 6, 7.

We hope you have enjoyed this short course and hope you will train with us again in the future. You can find out more about our training below.

FURTHER TRAINING

HSOH School of Hypnotherapy provides both online and classroom-based training.

Our Training Centre

Our training centre is located in Hampshire, U.K. We offer a full Diploma training course to become a fully qualified hypnotherapist as well as CPD (Continuing Professional Development) training.

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FURTHER RESOURCES

How To Be A Hypnotherapist

Written by Lorraine Gleeson to accompany her accredited Diploma course this book is available in paperback and eBook formats. You can purchase your copy from:

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