

# Stop Smoking Group Hypnotherapy Course

Many smokers find the thought of stopping in a single session impossible (it is possible!) and fear the prospect of becoming a non-smoker. Some smokers require more time than one session and need a more gentle and collaborative approach to stopping. Group work provides a supportive environment with fellow smokers all aiming for the same goal; it can be incredibly empowering and successful! This is a challenging, thought provoking, and fun course that can enable you to stop smoking for good!

Our stop smoking workshops run on Friday evenings from 7pm until 8.30pm, over 3 consecutive weeks.

**THE NEXT COURSE WILL START ON FRIDAY 12TH JANUARY AND RUN ON THE 19TH AND 26TH JANUARY.**

Maximum 8 participants per group \*

Cost: £105 for 3 sessions

(Deposit of at least £35 required 7 days before the course commences) \*\*

## Feedback from a satisfied non-smoker

*Having tried to stop smoking many times unsuccessfully, and having used many stop smoking aids (pills, potions, patches, vapes\_ hypnotherapy was going to be my last attempt at stopping. I wish it had been my first! I have not smoked a cigarette since then. Life changing.*

Anon, Oxford (Following individual hypnotherapy with Susan)

## What do I need to bring?

- Cigarettes and/or tobacco.
- A strong desire to stop smoking.
- An open mind!

\* The course is more effective in a group, so if we do not have enough participants signed up to your chosen dates, we will not run it and we will ask you to attend an alternative course. If you cannot attend the alternative course, we shall refund your payment.

\*\* If you cannot attend the course, we cannot refund the deposit.

# Stop Smoking Group Hypnotherapy Course Details

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## Week 1

In the first session, we will challenge your deep-rooted beliefs about smoking. We will cover topics such as: where did my beliefs come from? How have I reinforced these? When I want to stop smoking, why do I continue?  
Introduction to hypnotherapy. Relaxation techniques practiced.

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## Week 2

In the middle session, we'll focus on reinforcing a new belief system. Through hypnotherapy and challenging debate with the facilitator and other participants, old beliefs can change to new beliefs!  
Confidence boosting hypnotherapy.

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## Week 3

The final week will consolidate what you have learned for a long-lasting solution.  
Review and reflect on the process of stopping smoking.  
Stop smoking hypnotherapy!