

C.H.A.N.G.E. – Counseling, Hypnotherapy And Naturally Generated Excellence

Beverley S. Bley, L.P.N., C.M.Ht., Certified Master Hypnotherapist

“Kicking Your Butts Forever” Smoking Cessation Hypnotherapy Program

Stop smoking more easily and naturally through Hypnotherapy!

The habits and problems that have contributed to your inability to stop smoking will be overcome. Our Kicking Your "Butts" Forever program eliminates your smoking habit enabling you to enjoy a longer, healthier, happier and more productive life.

We utilize the strength of your subconscious mind to focus easily, naturally and more comfortably on the positive benefits that your mind and body will experience as a non-smoker. The program provides a balance of physical, emotional, psychological and motivational information tools and resources that enhance your rate and level of success when you are motivated to stop smoking. We provide you with the necessary tools to accomplish and **permanently** maintain your goals to stay and remain cigarette-free.

First Visit: (1 hr. - \$65*) A preliminary and orientation visit to help you better understand the complexities of your relationship with cigarettes. We will give you a DVD for you to review at home that will help you understand the workings of “Your Mind and Hypnosis”. You will also receive specific instructions in regard to your second visit.

Second Visit: (2 1/2 hrs. - \$145*) We will review and discuss what you have learned about yourself and your relationship with smoking since your first visit. You will actually "say good-bye" to your cigarettes and will experience a Hypnosis session during the last 30 minutes of the visit. We will provide you with a copy of your hypnosis session for you to play nightly at home, between this visit and your next one, which will be in approximately 7-10 days.

Third and Fourth Visits: (1 to 1-1/2 hrs. - \$145*) You will be hypnotized again each time, and given the new CDs with instructions as to how to use them. Those visits focus on your making the transition from being a non-smoker to being a **permanent** non-smoker. They re-enforce the benefits that you are now enjoying as a non-smoker and resolve your remaining vulnerabilities. We will also explore and deal with the issues that have perhaps, taken you back to cigarette smoking in the past and teach you how to refocus if you feel vulnerable. The fourth visit is usually 2-3 weeks after the third and completes your transition to being a permanent non-smoker by providing you with the necessary tools and methods to implement at any time that you may need to refocus. If you have concerns in regard to eating behaviors or weight gain they will be addressed and resolved at one or both of these visits.

There is never an extra charge for phone calls in between your visits or for the CD recordings of your hypnosis sessions conducted during your second, third and fourth visits.

*Evening and weekend appointments are available at an additional \$25 charge. The additional charge does not apply if your visit ends before 6 PM, Monday through Thursday, or 5 PM on Fridays.

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Phone: (610) 797-8250 change@4change.com www.4change.com

Frequently Asked Questions

Q. How does hypnotherapy help me become a non-smoker?

A. Hypnotherapy is a very natural and yet powerful technique of focused relaxation that enables the subconscious mind to be receptive to positive suggestions. It is a client-centered process, in which the specific issues of the individual are addressed based on their particular goals, motivations, and vulnerabilities.

Q. Can I be hypnotized?

A. Anyone of normal or higher intelligence can be hypnotized. The suggestions and instructions which are placed into the subconscious mind while the subject is in a relaxed state of mind enables and accomplishes changes in habits or behaviors. It is not necessary to be in a deep trance in order to obtain positive results. The therapist does not have "control of your mind" and you would not do anything that would be against your free will or moral standards.

Q. Will I Gain Weight When I Stop Smoking?

A. If you've had problematic weight gain issues with prior attempts to stop smoking they will be explored during your preliminary visit and followed up diligently during your last two visits. If your body weight is normal and you find that you do gain a few pounds that weight gain should be temporary as the body readjusts to a healthier lifestyle, as long as your eating habits are as healthy as they were before.

What Are People Saying?

"Beverley was certainly correct when she said that stopping smoking is one of the most challenging things that a person does in their life! However, she was also correct in saying that Hypnotherapy makes it easier. Although I had stopped smoking several times before and then started back again, the intensity and thoroughness of this program will prevent that from happening this time." (G.E.)

"I'm now a nonsmoker, which I am ecstatic about. I've already recommended the 'Kicking Your Butts Forever' program to others." (L.C.)

"I was very impressed with how much Bev helped and supported me as I went through the transition from being a smoker to being a permanent non-smoker. She focused on my specific needs and vulnerabilities, giving me the tools that I needed for success." (S.H.)

"Hey Bev! Hope you are doing well... thank you so much for all you have done for me! Still smoke free since Aug 1st! And baby due end of March!! So Exciting." (L.V.)

I always felt that I could call Beverley at any time if I needed support or help. It also made me feel stronger when Beverley went away for a weekend and I had to handle things myself "just until Monday"! (F.L.)

"I am now a non-smoker, which I am ecstatic about. I have already recommended Beverley." (L.C.)

"Thank you for our sessions and helping me to achieve my goals!!" (R.D.)

"I was very impressed with how much Beverley helped and supported me as I went through the transition from being a smoker to being a permanent non-smoker. Her program focused on my specific needs and vulnerabilities giving me the tools that I needed for success." (S. H.)

"I am very pleased with the results, haven't smoked a cigarette since I said goodbye to them ay Bev's office!" (R.W.)

"Beverley has improved the living environment around myself and my children (who now live smoke-free), has helped me keep a promise to my deceased mother, and has added years to my life by ending my smoking!" (B.W.)

"Beverley was certainly correct when she said that stopping smoking is one of the most challenging things that a person does in their life! However, she was also correct in saying that hypnotherapy makes it easier. Although I had stopped smoking several times before and then started back again, the intensity and thoroughness of this program will prevent that from happening this time." (G.E.)

If you have any additional questions about this program or would like additional information on our other programs, feel free to call or email us at any time: (610)797.8250 - change@4change.com. We have programs and options available to you depending on your needs and resources. You can be assured that we will design a program that will address your individual needs and your budget so that you can begin your rewarding journey of C.H.A.N.G.E. starting with your very 1st visit.

Q. How do I know whether I am a good candidate to be successful when I stop smoking?

A. Whether you have stopped smoking once, or many more times before, or have never tried to stop smoking, one of the most important aspects to insure long-term success is your knowing, understanding, and accepting that for you, there is no such thing as "just one" cigarette. If you still believe that you can smoke a cigarette once in awhile, when you get stressed or just on special occasions, you are probably not a good candidate for any smoking cessation program at this time.

Q. Will I still experience cravings or urges to smoke cigarettes after I have been hypnotized?

A. After the hypnosis session some people report an absence of any desire to smoke. Others state that even though they may have some "cigarette thoughts", that they are manageable and pass relatively quickly.

Q. How many visits will it take?

A. The KICKING YOUR "BUTTS" FOREVER program consists of 4 visits to insure long lasting, permanent results. You will be free of cigarettes after your second visit.

