



Smoking Cessation Programs Using Hypnosis

*Successful behavior
modification
starts on the inside*



UNITY[®]

WELLNESS GROUP, LLC

*Wellness programs for the
enlightened business.*

Why Hypnosis Works When Other Programs Fail

Have you ever tried to change an unhealthy habit and failed because you couldn't stick with it?

Often it's your subconscious mind, not your lack of willpower, that is keeping you from succeeding. Your subconscious mind influences what you think and feel. Hypnosis can be helpful in overcoming undesirable habitual behaviors such as smoking and overeating. It also has a proven track record of reducing or eliminating common fears and phobias (such as public speaking and fear of flying). Hypnosis is also being used in a medical environment to help patients suffering from disease and chronic pain.

Hypnosis is a good option for employees who:

- 🌀 Are looking to quit for the first time but have trepidations
- 🌀 Have tried to quit smoking but failed because they became very irritable, nervous or emotional
- 🌀 Have tried to quit smoking before but failed because they gained a substantial amount of weight
- 🌀 Enjoy smoking and feel like quitting is giving up a friend

Frequently Asked Questions About Hypnosis

What is hypnosis?

Hypnosis is a naturally occurring state of mind in which we communicate suggestions to our subconscious mind. Our subconscious mind is the part of our mind that influences what we think, how we feel and the choices we make. This is also the part of our mind that controls our habits.

The hypnotic process enhances:

- 🌱 The ability to imagine
- 🌱 The ability to remember
- 🌱 The ability to accept suggestions

Hypnosis is effective, because it deals directly with part of the mind that keeps the habit intact. Hypnosis strengthens the will to quit and works on underlying impulses to weaken the desire to smoke.

What are the benefits of hypnosis?

- 🌱 Enables deep relaxation, which reduces stress
- 🌱 Eliminates negative thinking
- 🌱 Increases energy levels
- 🌱 Boosts the immune system and helps us to heal more efficiently
- 🌱 Strengthens useful habits or behaviors



Will I lose control in the process?

The idea that anyone “loses control” during hypnosis is a fallacy. All hypnosis is SELF-hypnosis. Hypnotists are trained to move their clients toward their desired outcomes using hypnotic induction techniques but the process is up to the individual.

What can I expect?

A hypnotic trance is similar to a daydream or a focused state that results from being engrossed in an engaging event, like reading a good book. Since hypnosis is a natural state of mind, individuals are often surprised that they hear every word. Unless one enters a deep state, he or she may not feel any different than when they are relaxed.

Everyone is different. Some people who have experienced a hypnotic trance say they felt “mellow” or “light” or even euphoric.

Will hypnosis work for me?

There is no magic to achieving success with self-hypnosis. Anyone who can follow directions can reach a hypnotic state and work with their subconscious mind. Much of work is learning to let go and just allow.

Smoking Cessation Program Options

Unity offers Basic and In-depth Group intensive options for employees who want to quit smoking and live a healthier lifestyle.

Basic Group Session – Up to 10 people

On site smoking cessation groups are a convenient option for employees and organizations. The group hypnosis approach has proven to be an effective, supportive and motivating forum for making lifestyle changes. It is generally designed for people who are extremely motivated to quit.

Session details

- Four, 90-minute group hypnosis sessions generally start around \$75 per session, discounts are provided for larger groups

In some instances, half and full day seminar can be offered as group session alternative.

Group Plus Intensive

This program is designed for individuals who need more ammunition and insight to quit. Basic group sessions plus four individual sessions are used together. This intensive approach allows individuals to delve deeper into their subconscious to understand their addiction and neutralize the negative physical and emotional effects.

Session details

- Four, 90-minute group hypnosis sessions
- Four, 60-minute individual sessions

On site Individual sessions are generally priced \$100 per session for employees, discounts are provided for larger group.

Unity Wellness Group offers effective wellness programs that optimize the health of your employees, increase productivity and lower your overall healthcare costs.

Unity's Programs:

- Stress reduction programs
- Smoking cessation using hypnosis
- Nutrition workshops
- Weight management using hypnosis
- Wellness talks
- Ergonomic education
- Customized yoga and meditation programs
- Mindfully-Based Stress Reduction Courses
- Work productivity programs

Contact us today at **708-469-7256**
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