

OUR MISSION:

TO PROVIDE A PROFESSIONAL SERVICE, USING BEST PRACTICES.

STOP SMOKING PROGRAM  
AN ERICKSONIAN APPROACH TO STOP SMOKING

OUR MOTTO:

- BE PROACTIVE.
- TAKE CHARGE OF YOUR CAREER.
- LOOK AFTER YOUR HEALTH.

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# STOP SMOKING PROGRAM

## AN ERICKSONIAN APPROACH TO STOP SMOKING

### FEATURES OF THE STOP SMOKING PROGRAM

The STOP SMOKING PROGRAM combines Ericksonian hypnosis, Solution Oriented Counselling and Neurolinguistic Programming to help people quit smoking. It is individually tailored to each person's smoking problem.

In the first instance, hypnosis will be used for relaxation. Thereafter, hypnosis will be individually tailored to address the smoking problem. Techniques to minimise the chances of smoking in future will be discussed.

### THE FEES

The fee for this Program is \$110 per consultation. A concession rate of \$80 per consultation applies for students, unemployed, part-timers and retirees. Fees are GST-free and are payable by cash or cheque at the time of consultation.

Rebates may apply for those with private health insurance, extra's cover.

### BOOKINGS AND ENQUIRIES

Appointments can be made on Mondays, Fridays and Saturdays at 1<sup>st</sup> floor, 142 Auburn Road, Hawthorn. (Entrance is from Queens Avenue).

Bookings and enquiries can be made by email ([rachela@ozemail.com.au](mailto:rachela@ozemail.com.au)), telephone or text message (0418 149 506). For your convenience, appointments can be made on Mondays, Fridays and Saturdays.