

HOW TO FIND US

Access Hypnotherapy is based in a very quiet housing estate in an office at the side of my house. This is the best type of environment for hypnosis as the sound of traffic from the outside of an office building would be distracting.



FROM SOUTH LINK ROAD

Coming from Bishopstown, take the first exit signposted for Ballincollig. At the next roundabout, take a left onto the Killumney Road. Go straight through the first set of traffic lights and take the right turn at the next traffic lights. Take the first right turn into an estate called Beech Park. My house is No 1 Aisling Close which is the last right turn at the end of Beech Park



In case you have problems finding us, please call **086 2666670** for directions



consultation fees

Our Quit Smoking Session is 2 ½ hours long approx. As part of the session, we will be recording a personalised SELF HYPNOSIS CD to reinforce the positive benefits as you will be listening to this cd once a day for 28 days.

quit smoking session

Normal Fee.....€250
Special Reduced Rate
(Unwaged, OAP's, Students).....€195

additional sessions

With some people, we discover that smoking is just a symptom of a deeper emotional problem which may require more sessions to resolve.

Normal Fee.....€85
Special Reduced Rate
(Unwaged, OAP's, Students).....€60

payment method

Please note, we only accept cash.

important notes

All therapy is totally private and confidential

In some cases, where medically based problems are presented, it may be necessary to consult with your GP with your permission.

Minors (under 18) must be accompanied by an adult.

As with all therapy, there are no cast-iron guarantees - just as when you go to your GP, he does not give you a 100% guarantee that what he prescribes will work. We simply use our expertise, our ICHP training and our experience, together with your help and co-operation, to achieve the best outcome for you.

complaints procedure

If a client has any genuine cause for concern, then they have immediate access to the Legal and Disciplinary Committee of the professional organisation of which we are members, namely The Institute Of Clinical Hypnotherapy & Psychotherapy. The client is encouraged to put their concerns in writing, including all relevant information and submit them without delay to

Legal & Disciplinary Committee,
I.C.H.P.,
9a Main Street,
Ongar,
Dublin 15



HYPNOSIS

is

THE MOST EFFECTIVE METHOD

to

STOP SMOKING



change Your Mind, change Your Habits



Access
HYPNOTHERAPY

For Appointment Phone
Mobile (086) 2666670

1, Aisling Close
Ballincollig, Cork

Web: www.accesshypnotherapy.com
E-mail: info@accesshypnotherapy.com

YOU CAN BE SMOKE-FREE!

Hypnosis is three times more effective than nicotine replacement gums, patches or inhalers!

WHY DO YOU SMOKE?



Not really too sure?

SO WHY DON'T YOU JUST STOP?

The simple answer is FEAR

- FEAR that you'll have to give up your crutch or pleasure
- FEAR that you won't be able to enjoy life or handle stress.
- FEAR of putting on weight
- FEAR that you'll have to go through awful trauma to get free of cigarettes.
- FEAR that you'll never get completely free of the awful craving

Smoking is nothing more than a habit
Habits are controlled by the subconscious mind
Hypnosis accesses the subconscious mind to quickly and easily remove the old habit.
It removes the craving and stops the feeling of wanting a cigarette

SO, ARE YOU READY TO BECOME SMOKE-FREE ?



You'll Feel Healthier
You'll Breathe Easier
You'll Have More Money
Your Clothes Won't Smell
Your Sense Of Smell Improves
Your Sense Of Taste Improves



**What Is Smoking Doing For You?
NOTHING !**

NO NICOTINE PATCHES NO NICOTINE GUMS NO NICOTINE PILLS

AND HERE'S THE REALLY GOOD NEWS

An average smoker smoking 20 cigarettes a day will save over

€3,000 per year



What is hypnosis?

Hypnosis is simply a state of deep relaxation and you will be able to hear everything that is being suggested.

Can anyone be hypnotised?

Yes. In fact, most people experience hypnosis several times a day (eg. Daydreaming, reading a book, etc.)

Can I be made to do something against my will?

No, absolutely not. Anything suggested to you in hypnosis which is against your morals, ethics, wants or desires will be rejected.

Can I become 'stuck' in hypnosis?

No! There has never been any case of this ever reported.

Is it like stage hypnosis where people do silly things?

Hypnosis as used by a competent and qualified therapist bears no resemblance to anything you would ever have seen in a stage show. A stage show is only concerned with entertaining the audience

How many sessions will I need?

To give up smoking, most people require only one session lasting about 2 and a half hours.
In a small number of cases, smoking may just be a symptom of a deeper emotional problem which may require additional sessions to resolve.
As part of our professional code of ethics, we undertake to discharge a client from therapy at the earliest possible juncture.

