



## Setanta Hypnotherapy Clinic

18 Derby Road, Peel, Isle of Man, IM5 1HW  
Tel: 01 (624) 842938

### Who are we?

The Institute of Clinical Hypnotherapy & Psychotherapy (ICHP) was established in 1979. Over the past two and a half decades it has dedicated itself to the research and development of hypnotherapy. All of our members have obtained Diplomas and Advanced Practical Diplomas in the field of Clinical Hypnotherapy & Psychotherapy. Both Xavier and Mary are fully qualified members of ICHP so you can trust that you are in the hands of professionals. **Website: <http://www.hypnosiseire.com>**

### Hypnosis

Hypnosis is an altered state of awareness characterised by a feeling of calmness. In this relaxed state you are more open to accept your own suggestions for change.

### How the mind works.

The mind works on two distinctly different levels: the conscious level and the subconscious level.

The conscious mind is the waking reasoning mind the part of you that tells you what you can and cannot do. It is the part of you that you use to learn new things. Once you have learned something you don't want to have to think about it anymore so you assign it to the subconscious or inner mind. The inner mind takes care of things like breathing, heart beat and all learned activities such as walking, driving and habits like smoking.

Anything assigned to the inner mind is automatically executed without you ever having to think about it. The reason why most people find it difficult to stop smoking, simply by willing themselves to, is because they are trying to use the conscious mind to change something that is under the control of the subconscious or inner mind.

### Hypnotherapy to affect change.

By learning how to enter the state of hypnosis you relax your conscious mind to such an extent that it will not interpret, interfere, filter or influence any work you do directly with your subconscious mind. While you are in the state of hypnosis you are more open to accept the suggestions you want for yourself.

### Hypnosis demystified.

Hypnosis is not sleep which means you are fully aware at all times. You are in full control at all times. All hypnosis is self hypnosis so you never at any time hand control over to the therapist. Many people report "It didn't work for me – I never went under." Because they imagine hypnosis to be something they witnessed a stage hypnotist doing to someone on stage or on TV. Whether or not people can tell the difference between the waking state and the hypnotic state the positive results speak for themselves.

Except the mentally handicapped, and those who resist or choose not to be hypnotised, everyone can enter the state of hypnosis. Entering the state of hypnosis is something you choose to do and as nobody can force you to fall asleep nobody can force you to fall into hypnosis.

Some people fear that they could be influenced to do things against their will or nature but in reality you would spontaneously come out of the hypnotic state the instant any such behaviour was suggested to you.

If hypnosis had the power to control people then hypnotherapists everywhere should be able to get their bank managers to give them as much money as they wanted whenever they wanted it!

## The two types of Treatment

### Suggestion Therapy

This form of therapy works well with problems like smoking, nail-biting, pre-test/exam nerves, weight problems, confidence, memory boosting, etc. and involves the elimination of symptoms through relearning at the subconscious level. The Stop Smoking Programme involves one session of approximately 90 minutes and usually requires up to three sessions each of 50 minutes duration for other problems.

### Analytical Therapy

Analytical hypnotherapy is the treatment used to address deep rooted emotional problems which are causing the distressful symptoms. This form of therapy aims at revealing and addressing the root cause underlying the problem or symptom. Addressing the root cause of a problem involves unearthing feelings repressed as a result of trauma suffered earlier in life. Releasing the repressed emotion is the key to lasting relief. The release is usually obtained within eight to ten sessions if not sooner.

### Hypnotherapy can successfully treat:

SMOKING, DRINKING, SLIMMING, NAIL-BITING, SOME SKIN DISORDERS, ALLERGIES, NERVOUS TENSION & ANXIETY, PHOBIAS, FEARS & COMPULSIONS, NIGHTMARES, INSOMNIA, SEXUAL PROBLEMS, SHYNESS & BLUSHING, NERVOUSNESS & DECISION MAKING, PUBLIC SPEAKING & CONFIDENCE, MIGRAINES, ADDICTIONS & SUBSTANCE ABUSE, ASTHMA, BLOOD PRESSURE, CLAUSTROPHOBIA, EATING DISORDERS, EMOTIONAL PROBLEMS, FRUSTRATIONS, GUILT FEELINGS, HEADACHES, INHIBITIONS, IRRITABLE BOWEL, MENSTRUAL TENSION, PAIN CONTROL, PANIC ATTACKS, SHAME, , STUTTERING, TINNITUS, TWITCHING, ULCERS, , CONCENTRATION, COMMUNICATION, CREATIVITY, EXAM NERVES, MEMORY, MOTIVATION, RELAXATION, SELF-ESTEEM, STUDY, SPORTS MOTIVATION, FEAR OF CHILDBIRTH, INFERIORITY, SALES IMPROVEMENT, DENTAL ANXIETY, PROCRASTINATION, HEALTH IMPROVEMENT, FEAR OF FLYING, FEAR OF INSECTS & SNAKES, IMPOTENCE, TEMPER CONTROL, DEPRESSION, STRESS

## **STOP SMOKING for good Therapy**

Smoking is something you learned to do. Like everything you learned to do you assigned it to your subconscious mind so you now do it automatically without even having to pay attention while you do it. Just like when you first learned how to drive there was so much for you to have to remember to do you thought you would never be able to master it but now you drive without even thinking about it. Your body got used to a certain level of nicotine in the blood stream and when the level decreased significantly usually within an hour of smoking your last cigarette the subconscious or inner mind activates the smoking habit and you replenish the nicotine level in your blood. You have trained yourself to maintain this level of nicotine in your blood stream and in order to stop smoking you need to replace the old smoking routine with a healthier alternative. The new learning will need to be reinforced daily by listening to a CD made especially for this purpose. Each CD is tailor made to suit the individual it was made for. You will be given your personalised CD at the end of the Stop Smoking session and required to listen to your CD daily for a period of no less than 60 days after the session. At the end of this period the new learning will be firmly in place and your natural behaviour as a non-smoker will be automatically activated without you ever having to think about it again.

## **Free introductory Consultation**

A free introductory consultation is given to anyone expressing a sincere desire to stop smoking. This allows you to meet your therapist and find out exactly what is involved and allay any fears or misconceptions you might have. You will be given a CD during this introductory consultation which will teach you self hypnosis and prepare your mind for the treatment. You are required to listen to the CD at least once a day for at least one week prior to returning for the session to stop smoking for good.

## **Information Pack**

If you are seeking analytical hypnotherapy you will be sent an information pack when you make your first appointment. The pack will contain an explanation of the treatment provided at the clinic and a CD to help you get the most from your hypnotherapy sessions. By listening regularly to the CD you experience hypnosis and learn how to hypnotize yourself.

## **Stop Smoking Therapy Fee:**

**If you smoke 20 per day then you are spending roughly £5 per day on cigarettes. It means you are probably averaging about £35 per week. Your monthly expenditure on cigarettes is at least £140 per month or £1680 per year and this isn't counting all the times you smoked more than 20 in a day.**

**Wouldn't you rather invest your time money and effort into something more meaningful and more beneficial to you?**

**The Therapy to help you Stop Smoking costs £140 which is equivalent to the monthly expenditure of a person smoking 20 cigarettes a day.**

- The fee is payable at the start of the session by either cheque or cash.
- If required, a booster session would cost £70

**A minimum of 24 hours notice must be given of a cancellation or the full session fee is payable.**

## **Setanta Hypnotherapy Clinic Peel**

Private Practice of

**Xavier Nathan**

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Members of the Institute of Clinical Hypnotherapy (ICHP) and Psychotherapy and National Hypnotherapy & Psychotherapy Register (NHPR) in Ireland, National Council for Hypnotherapy (NCH) & Association for Professional Hypnosis and Psychotherapy (APHP) in UK

***Using the power of the inner mind  
to***

**STOP SMOKING**

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