



SELFIFY
Counselling &
Hypnotherapy

Contact:

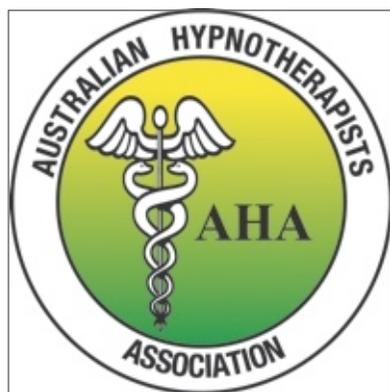
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AUSTRALIAN HYPNOTHERAPISTS ASSOCIATION

Free Advisory Line 1800 067 557

The Australian Hypnotherapists Association (AHA) was formed as the Peak Body for hypnotherapists in 1949 by a group of therapists that had been in practice for many years.

The Association set a high standard of proficiency and only skilled therapists of high qualification and integrity, using approved techniques, are admitted to membership and then only when they have passed stringent examinations to the satisfaction of the examining body.

The AHA is the National Registration Body for individual hypnotherapists. Registration with a professional Peak Body such as the AHA, reflects a hypnotherapists willingness to demonstrate to the public a strong desire to be accountable. Registration is the only formal process that members of the public can rely on in relation to standards and accountability.

The Association is in complete agreement with the medical profession in its opposition to the type of 'hypnotist' who makes wild and exaggerated claims. A Hypnotherapist who is a member of the AHA is governed by a sworn code of conduct: to take the deepest possible interest in every client; to be at all times conscientious, persevering, kind, patient, thorough and trustworthy; to treat all information acquired during the treatment as highly confidential.

Over the years AHA Hypnotherapists have successfully treated many thousands of clients who suffered from a multitude of conditions. Most of these clients consulted them only after they had been unable to find relief by other means.

The members of this association are providing a specialist service quite distinct from that of the general medical practitioner, psychiatrist, or psychologist and are qualified in this specialised field.

Hypnotherapy: Releasing The HABIT



**IF YOU GENUINELY
WISH TO QUIT,
THE ANSWER IS
HERE.**

Can I stop Smoking ?

The facts are... 90% of lung cancer deaths are caused by smoking... and OTHER peoples smoke (OPS) is now being recognised as a greater killer of Australians than AIDS and heroin combined.

Nicotine addiction is not the main problem in stopping smoking. Nicotine can be out of your system in as little as three to four days... With this in mind, one might ask why it is that people can give up smoking for one, two, or maybe three months and then drift back to cigarettes.

The reason is simply that they have never overcome the 'Psychological Habit' of being a smoker and/or that smoking now helps them cope with stress in their lives. The habit is lodged in the subconscious mind, so that there is a constant desire for a cigarette. It is the nagging desire that this habit creates which will gradually wear the ex-smoker down, until a moment of stress or weakness, they give in and light that first cigarette...



Hypnosis helps....

Hypnotherapy is designed to overcome the psychological addiction. Hypnotherapy allows the habit of being a smoker/drinker to be replaced with the habit of being a non smoker/drinker. Hypnotherapy will strengthen the desire and motivation of the person to stop the habit, in much the same way that Hypnotherapy is used by sports people to increase their motivation and improve their performance.

IT DOES NOT MATTER..

How heavily you smoke, how long you have smoked / drank alcohol, or how often you have unsuccessfully tried to stop.

IT DOES MATTER...

That you have a strong desire to break the habit, that it must be your own decision to stop.

Members of the Australian Hypnotherapists Association have been helping people stop smoking since 1949...

If you are serious about quitting, you can use this proven method.



The intention of this habit release programme is to get a state where the desire won't occur

HOW DOES IT WORK ?

In a comfortable daydream-like state, we are able to restructure thoughts, feelings and responses...

A good deal of suffering is the consequence of negative thoughts and impulses from the past which can sabotage ones health, happiness and efficiency. By the time one has reached adulthood, one has built up negative modes of thinking, feeling and acting which persist like bad habits and like any habit they require effort to break. In hypnosis we replace these negative attitudes with positive ones.

HOW DOES IT FEEL ?

Most people have the idea that if they are hypnotised they are unconscious, asleep, or out of control. In fact when in hypnosis, your mind is alert, you hear every word from the therapist and remember what has been said. You reject any suggestion made by the therapist, if it is against your beliefs...

The physical feeling of hypnosis is one of comfort and relaxation. It is this feeling of relaxation and comfort that can be used to free people from the stress and anxiety that plagues so many lives today.