

KAZ THORPE -

HYPNOTHERAPIST, PSYCHOTHERAPIST & COUNSELLOR.



- Adv. Dip. Buddhist Psychotherapy
- Dip. Counselling & Groupwork.
- Dip. Holistic Hypnotherapy.
- Dip. Relaxation Therapies.
- Dip. Psychophysical Healing.

- Cert IV - Training & Assessment.
- Reiki Master & Teacher
- Accredited Myers-Briggs (MBTI) Practitioner

Kaz is a registered therapist on the **PACFA National Register of Psychotherapists & Counsellors**. (Reg. 20856).

She is also a clinical member of both the Counsellors' & Psychotherapists' Association (CAPA) and the Australian Counsellors Association (ACA).

Many health funds will provide benefits depending upon your level of cover.

Kaz' vast experience with many modalities ensures that you can access the right healing solution for you!!

For further information, check out our web site: www.bodhi-sattva.com.

Top 10 Reasons to Quit Smoking

1. I will reduce my chances of having a heart attack, stroke or getting lung cancer, emphysema, breast cancer and other diseases.
2. I want to have children.
3. I will have better smelling clothes, hair, breath, home, and car.
4. I will climb stairs and walk without getting out of breath.
5. I will have fewer wrinkles.
6. I will be free of my morning cough.
7. I will reduce the number of coughs, colds, and earaches my child will have.
8. I will have more energy and also slow down mental decline .
9. I will treat myself with the money I save from not buying cigarettes.
10. I will have more control over my life.



Kaz Thorpe

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THE SMOKING FLICK KIT



a personalised approach



If you're reading this brochure, you're more than half way there as real motivation to quit is a vital step to success.
CONGRATULATIONS!

Nicotine addiction is tricky and maybe you have tried to quit before. Or maybe you have quit only to light up again later?

One of the most successful therapy for addiction, such as smoking, is **hypnotherapy**.

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, whilst other chemicals (about 4,000 in all) may take another four or five days. Yet people may drift back to smoking after several months or years. This is because the **Psychological habit** of being a smoker is unbroken. The habit is lodged in the subconscious mind so that there is a constant desire for a cigarette which can gradually wear the ex-smoker down, until in a moment of stress or weakness they give in and light that first cigarette.

Hypnosis helps...

Hypnotherapy is designed to overcome the Psychological addiction. Hypnosis allows the habit of being a smoker to be replaced with the habit of being a non-smoker. Hypnosis will strengthen the desire and motivation of the person to stop smoking in exactly the same way that Hypnosis is used by sportspeople to increase their motivation and performance.

Source: Australian Hypnotherapist's Association

HYPNOTHERAPY WORKS!



Extensive research proved that single session hypnosis increased a smoker's success to quit by 1000% from 6% (will power alone) to 60%. Source: New Scientist, October 1992, Vol 136. .

KAZ THORPE - Personalised Hypnosis

Taking It to the Next Level

Further research reveals that more personalised hypno-therapeutic approach significantly increases hypnotherapy's effectiveness; e.g. - tailored hypnosis enabled 94% of 1000 subjects to stop smoking (when checked at 18 months). After 1 session 95% of those who received 'advanced therapy' had quit smoking.)

As a therapist with over ten years experience, I have developed unique and effective techniques so you can quit smoking once and for all!

My personalised approach, includes:

- 1 pre-session instructions to maximise success.
- 1 identification of your personal reasons for quitting and reinforcement of these under hypnosis.
- 1 developing clear post-session strategies to conquer cravings.
- 1 development of individual stress management techniques.
- 1 goal setting for a healthier you and,
- 1 reinforcement via self hypnosis (your session recorded.)

CALL TODAY TO GIVE SMOKES THE FLICK!

KAZ THORPE: 49562263

HAVE A PLAN FOR SUCCESS!

Smokers who plan to quit are more successful than those who don't. Step one - ring Kaz for your appointment to quit.. Step two : think about the following:

Nicotine withdrawal

The nicotine in cigarettes is what keeps you a smoker. When smokers stop their body goes into withdrawal . You may feel anxious, hungry and irritable. *What strategies could you use to overcome these short-term symptoms? Or ask Kaz for amazing suggestions.*

Know why you smoke

- * Emotions - when feeling stressed, upset, angry?
- * Pleasure - as a reward or to unwind?
- * Social - to fit in or relax in social situations?
- * Habit - you smoke when driving, drinking etc?

What are the reasons you smoke? How else can you meet that need?

What are the reasons you really want to quit smoking? What are rewards & benefits for you?

Write out your responses, compare the lists and smile!

for more
information
on lung cancer,
keep smoking.