

Smoking cessation Program - InVision Wellness.com

1. Sign up for change / step into process with volition!
2. List reasons for quitting and observe your relationship with tobacco, smoking behavior.
3. Prepare for change. Consider this change as not being about smoking. It is about gaining control.

You will experience resistance internally and perhaps externally, this is common. This is where therapeutic intervention comes in. Resistance can manifest as depression, anxiety or other emotional mood shifts. Again, consider this as part of the initial phases of getting well.

What will get in the way of you quitting? External resistance can also be family members who do not support your efforts or other sabotaging processes.

Please be as honest with yourself as possible to look at these areas that you sense will get in the way of you quitting. It might help you to categorize areas of resistance in the following areas:

1. Work
2. Recreation activities (physical activities)
3. Relationships (intimate, colleagues, neighbors, social circles etc).
4. Devotional practices (free time, down time, time you have to yourself)
5. Physical (relationship to food, alcohol, weight management, sexuality, substance abuse, general state of wellness physically).
6. Emotional (varying states of worthiness, self-esteem, levels of sensitivity, feelings of abandonment, perceived fears that do not manifest).
7. Mental states or personal awareness levels. (negative belief systems or self talk, or ability to remain accountable to self and others by being honest – true to self.
8. Spiritual / religious areas of your life

NOW:

1. List those areas in your life that are the least probable areas where you will lose control. Go into areas of your life (by using your imagination) where you see yourself having the most control and list what gives you the most control. This control can apply to areas where you are least apt to smoke, and probably the least threatened or giving up your personal power. These areas would be where you feel the most confident, secure and a freedom to be you without fear of being judged etc.
2. List those areas in your life that are the most probable areas where you will lose control. Go into these places by using your imagination where you see yourself having the least control and list what happens to your control. Where does it go, and under what circumstances?

Quitting is rather easy. Start observing yourself as a person who is entertaining new ideas, shifting those ideas, taking charge of areas that up to know were perhaps subconscious actions that you chose to keep hidden from your conscious awareness. Rather than focusing on the concept of quitting smoking, START visualizing the gaining of control in your life. You are introducing yourself to a commitment to change in your life.

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You probably have read information about what happens physiologically when one smokes. For instance, when you smoke your heart rate soars and your whole nervous system is stimulated into greater agitation. A cigarette gives you a two minute fix of dopamine (brain chemical that feels good) combined with 48 hours of an agitated nervous system. You keep going back for that good feeling to counteract the agitation.... only to increase the agitation. Cigarettes hold out a promise of relaxation that they NEVER deliver!

I'll go over some information and instruct you on how to work with various parts of your nervous system in facilitate healing.

My approach utilizes Hypnotherapy, Rational-Emotive Behavioral and Transpersonal Intervention:

1. You will go into a heightened state of awareness where your critical mind relaxes and we can work directly and deeply with your imagination and subconscious to create new beliefs, patterns and habits. Hypnotherapy offers the client the opportunity of accessing self-discovery techniques and self-empowerment methods. Freedom is gained from fear-based programming and assumed limitations. The more the client allows this natural process of change and self-discovery to manifest, the more rapid the growth. Hypnosis is a natural state of mind, so you do not have to work at it for the technique to be effective. Hypnotherapy is very a successful technique when a client is strongly motivated and desires change. The power of hypnotherapy resides in the client. The hypnotherapist activates the client's imagination in order to achieve physical, emotional, mental and spiritual balance.
2. Rational emotive behavioral therapy focuses on bringing forth irrational belief systems which typically lead to unhealthy negative emotions and physical responses. Solutions are discovered which lead to more productive and healthy rational and emotional alternatives.
3. Transpersonal therapy addresses the study of humanity's highest potential, and with the recognition, understanding, and realization of unitive, spiritual, and transcendent states of consciousness. Transpersonal psychology stands at the interface of psychology and spiritual experience. The central concept in Transpersonal Psychology is self-transcendence, or a sense of self-identity which is deeper or higher, broader, and more unified with the whole. The root of the term, transpersonal or literally "beyond the mask." In this approach, the focus is on 'embracing' change/presenting problems rather than struggle with them. In this way one discovers that there is a 'silver lining' to everything that we experience. Our systems are continually attempting to achieve a state of balance and wellness. By moving back into a learning mode, a state of self discovery as a child does in their innocence, we are able to expand our awareness, hence improve our quality of life.

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Better Health After Quitting	
Time after last cigarette	Physical Response
20 minutes	Blood pressure and pulse rates return to normal.
8 hours	Levels of carbon monoxide and oxygen in the blood return to normal.
24 hours	Chance of heart attack begins to decrease.
48 hours	Nerve endings start to regrow. Your ability to taste and smell increases.
72 hours	Bronchial tubes relax and the lungs can fill with more air.
2 weeks to 3 months	Improved circulation; lung function increases up to 30%.
1 to 9 months	Decreased rates of coughing, sinus infection, fatigue, and shortness of breath; regrowth of cilia in the airways, increasing the ability to clear mucus and clean the lungs and reducing the chance of infection; overall energy level increases.
Long-Term Effects	After a year, risk of dying from heart attack and stroke is reduced by up to 50%.