



STOP SMOKING CLINIC

STOP SMOKING IN LESS THAN ONE HOUR.
Most people can if they want to.

We utilize **CLINICAL HYPNOSIS** and **BRIEF COGNITIVE PSYCHOTHERAPY** to communicate with both the Conscious AND Subconscious Mind with no loss of consciousness or awareness.

We perform an **INDIVIDUAL EVALUATION** so we can recommend the appropriate therapy to meet your personal needs.

We offer a **NO CHARGE** return visit within two weeks, if there is a problem quitting.

NO WITHDRAWAL Symptoms or Nervousness or Weight Gain, in most cases. We teach you New Coping Skills to deal with STRESS.

Change SMOKING BEHAVIOR to NON-SMOKING BEHAVIOR. This is not accomplished with Lectures, Negative Conditioning, or GUM, or the PATCH, or MEDICATION.

We employ a unique **INDIVIDUALIZED** original **Clinical Hypnosis** approach to change ways of thinking and behaving about **SMOKING**.



THE FEAR CLINIC

ANXIETY is most often experienced with a Fast Pounding Heartbeat, a Dizziness or Light Headed Feeling, a Sudden Sweat, Nausea, Chest Pain, and a sudden Feeling of Dread.

Most of the time, when first experienced, we don't know why we feel so UNCOMFORTABLE. We look for a reason and often identify the Place, the Circumstance, the Situation, the Group, or the Person, as the CAUSE of this terrible feeling. This leads to AVOIDANCE of the dreaded situation which then can become a PHOBIA. People can become phobic and afraid of Flying, High Places, Crowds, Stores, Insects, Driving, Sex, Dentists, or almost ANYTHING.

FEARS, PANIC AND PHOBIAS CAN BE CONTROLLED using Clinical Hypnosis, Brief Cognitive Psychotherapy and Relaxation Therapy. This is short-term therapy to put YOU IN CONTROL. It usually takes 3 to 5 visits.

Often **INSURANCE** may cover part of the cost of treatment. We require payment in full at each session, but will fill out insurance forms at no cost if coverage includes our services. We do not accept credit cards or Medicare.

WE OFFER A BRIEF AND EFFECTIVE PSYCHOTHERAPY ALTERNATIVE UTILIZING:

CLINICAL HYPNOSIS and BRIEF COGNITIVE PSYCHOTHERAPY



BRIEF COGNITIVE HYPNOSIS & PSYCHOTHERAPY FOR TREATING PROBLEMS OF:

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- ADDICTIONS**
 - ALCOHOL**
 - ANXIETY**
 - CHRONIC PAIN**
 - COMPULSIONS**
 - DEPRESSION**
 - HABITS**
 - OVER-EATING**
 - PANIC ATTACKS**
 - PHOBIAS**
 - POST-TRAUMATIC STRESS**
 - PREPARATION FOR CHILD BIRTH**
 - PREPARATION FOR SURGERY**
 - SLEEP**
 - SMOKING**
 - WEIGHT**

STOP SMOKING IN ONE VISIT
No Withdrawal Symptoms in Most Cases!

Bruce Eimer, Ph.D., A.B.P.P.

Board Certified

Licensed Clinical Psychologist

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