



# 1 Day Group Hypnotherapy Workshops

For the following individual topics:

Bad Habits such as Smoking, alcoholism, obesity, phobias and allergies negative attitudes, drug abuse and Stress Related Problems like Insomnia, depression, anxiety, anger tantrums, tension headaches, bereavement, thus achieving greater confidence to perform better at both work and play.

## An example of a Group Hypnotherapy Workshop :-

### 1-DAY STOP-SMOKING HYPNOTHERAPY WORKSHOP

09.00 – 17.00

*(Venue and date to be determined once enough  
quorum is achieved for a class)*

Introduction to the auto-suggestive science  
and the mind body connection.

Group Hypnotherapy with the application of  
systematic programming of the sub-  
conscious mind, utilizing the great powers of  
suggestion and imagery for your voluntary  
ending the smoking habit.



#### WHY QUIT?

Nearly everyone knows  
that smoking can cause  
lung cancer, but few  
people realize it is also a  
risk factor for many other

kinds of cancer as well, including cancer of  
the mouth, voice box (larynx), throat  
(pharynx), esophagus, bladder, kidney,  
pancreas, liver, cervix, stomach, colon and  
rectum, and some leukemias.

Smokers are twice as likely to die from heart  
attacks as are nonsmokers. Based on data  
collected from 1995 to 1999, the US Centers  
for Disease Control (CDC) estimated that  
adult male smokers lost an average of 13.2  
years of life and female smokers lost 14.5  
years of life because of smoking.

*Hypnotherapy & Self-Hypnosis are the most effective ways  
to help you quit smoking.*

*Hypnotherapy identifies the reasons and excuses for your  
smoking habit to determine a sure strategy to quit.*

*By teaching you self-hypnosis with simple relaxation  
skills, something else you can do in a difficult situation in  
the time it takes to light a cigarette, it provides a real  
alternative to the satisfaction you get from smoking.  
Hypnosis can effectively remove the desire to smoke, and  
replace it with feelings of calm, control and contentment.*

*Hypnosis breaks both the habit and the psychological  
dependency of smoking and nicotine addiction. Hypnosis  
is safe, natural and does not use drugs or other addictive  
substances*

*Chooi-Chin worked successfully with smokers for almost  
20 years, probing deep into the client's life history and  
psychological habit, looking for the cause, garnering the  
make up of the emotional self-image and then  
considering the pattern of the physical addiction, all of  
the components associated with smoking.*

*No matter what you have done to stop smoking, be it  
counseling, nicotine patches/gum, pills or inhalers, or  
even go 'cold turkey', it will do you good to consider that  
hypnosis can be the best method to quit for you as the  
research findings and testimonies below had attested to it.*

### Visible and Immediate Rewards of Quitting

Quitting helps stop the damaging effects of tobacco on your appearance including:

- premature wrinkling of the skin
- bad breath
- stained teeth
- gum disease
- bad smelling clothes and hair
- yellow fingernails

Kicking the tobacco habit also offers benefits that you'll notice immediately and some that will develop gradually in the first few weeks. These rewards can improve your day-to-day life substantially:

- ✚ Food tastes better.
- ✚ Sense of smell returns to normal.
- ✚ Ordinary activities no longer leave you out of breath (climbing stairs, light housework, etcetera.)

### The Cost of Smoking

The prospect of better health is a major reason for quitting, but there are others as well. Smoking is expensive. At today's rates, a 20-a-day smoker will spend £31,025 over the next 20 years. Holidays you could have enjoyed; savings you could have built up; a home, car or important possessions you could have owned; toys and experiences you could have brought for your children.

### Trainer/Presenter/Hypnotherapist:-

Chooi-Chin, a Corporate Communicator/Business Developer with entrepreneurial track-record, Motivational Trainer and Speaker, embarked on her hypnotism career since 1994. She holds certifications of Master Hypnotist and Hypnotherapy. She is a Certified Hypnotherapist with the National Guild of Hypnotists, Merrimack, New Hampshire, USA

A renowned forerunner in the art of hypnotism in Malaysia, Chooi-Chin has been regularly interviewed on the radio, TV and other news media through which she has shared the insights of her invaluable knowledge with the public giving lectures, talks and demonstrations to audiences ranging from corporations, hospitals, universities, clubs and societies to spiritual groups. A UK resident since 2001, she has international public speaking experience, presenting and demonstrating the mind-mastery auto-suggestive sciences to wide ranging sophisticated audiences in Malaysia, UK, US, Thailand, Singapore, Indonesia, Kenya, Vietnam & Sri Lanka

### SMOKING CESSATION SUCCESS RATES

### A TESTIMONIAL

SUCCESS RATE	METHOD
94%	94% of 1000 people stop smoking with hypnotherapy for 18 months or more. Von Dedenroth, T (1968) <i>American Journal of Clinical Hypnosis</i>
88%	Success with hypnotherapy based on one years' follow up. Kline, M.(1970) <i>International Journal of Clinical and Experimental Hypnosis</i>
67% - 88%	Published research findings by Watkins, Sanders and Crasilneck and Hall for Hypnotherapy.
*60%	Single session hypnosis using latest relaxation methods
*30%	Suggestion hypnosis only or just listening to cassette tapes.
*29%	Exercise and breathing therapy
*25%	Aversion therapy
*24%	Acupuncture
20%	Nicotine patches + seeing a counsellor
*10%	Nicotine gum
*6%	Will power alone

\* as reported by the New Scientist

#### What people say about our stop smoking session:-

"This is to thank you, Chooi Chin, for the very effective hypnotherapy you administered -- I have not smoked a single cigarette for over a year. When I came to you last year, I was smoking 40-60 cigarettes a day for the last 40 years. My family and friends are incredulous -- and very grateful to you, as am I".

Sarla Langdon of Markmaid.com, Swansea, Wales, United Kingdom

For further information and to reserve your place on Chooi-Chin's dynamic weekend courses - click on the appropriate links below:-

[www.hypnotismpower.com/SelfHypnosisCourse.htm](http://www.hypnotismpower.com/SelfHypnosisCourse.htm)  
[www.hypnotismpower.com/1dayGrpHypnoWS.htm](http://www.hypnotismpower.com/1dayGrpHypnoWS.htm)  
 Email : [chingoh@hypnotismpower.com](mailto:chingoh@hypnotismpower.com)

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