

Why Should I Quit?

Increase Your Life Expectancy:

Research has shown that smoking reduces life expectancy by seven to eight years.

To Save Money:

Consider how much you smoke a day/week/month and add it up. Also consider the cost of health care from smoke related illnesses including minor infections such as colds and/or bronchitis. If you quit smoking now imagine how it could potentially save you hundreds maybe thousands of dollars over the years in money spent buying cigarettes, frequent visits to your doctor as well as time missed from work.

Your Health:

Nicotine is a powerful physically addictive drug which effects the entire body.

- **Cardiovascular disease** -The main cause of death due to smoking.
- **Cancer**-Smokers are more likely to get cancer than nonsmokers. Particularly lung cancer, throat cancer and mouth cancer.
- **COPD**-Chronic obstructive pulmonary disease (a condition that block airflow and makes breathing more difficult.
- **High blood pressure**-Increasing the risk of heart attacks and stroke.
- **Fertility Problems**-Couples who smoke are more likely to have problems conceiving.
- **Macular Degeneration**-Heavy smokers are twice as likely to suffer gradual loss of eyesight.
- **Periodontal Disease**-Smoking increases your risk of swollen gums, bad breath and teeth falling out.
- **Physical Appearance**- Smokers have paler skin and more wrinkles.

WHAT IS H.E.L.P.?

Hypnotically Enhanced Learning Principles (HELP) is a form of psychotherapy that combines Solution Focused Hypnosis, based upon the teachings of Dr. Milton Erickson, with Cognitive Therapy.

Solution Focused Hypnosis is a non-directive hypnotic treatment modality that allows individual control over one's own trance state while enhancing opportunities for relearning at a subconscious level. In essence, HELP employs these principles and procedures to improve the mind-body connection that will ultimately help you stop smoking.

Cognitive Therapy addresses underlying irrational beliefs that maintain troubling symptoms including panic attacks, depression, and anxiety. By objectively addressing these underlying beliefs and irrational assumptions, individuals are able to identify alternative explanations for their symptoms, and live more productive lives. HELP employs these principles to help you address your smoking behavior and allow you to become a permanent non-smoker.

The Program:

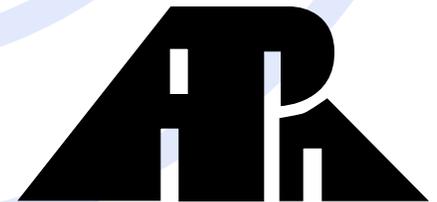
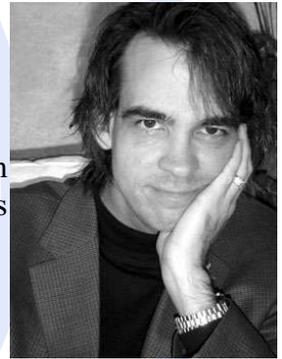
This is a ten-session group therapy experience held one to two times weekly with active participant involvement including hypnosis and group dialogue designed to assist with smoking cessation. Educational brochures will be provided to all participants.

Cost: \$30.00/session

Location: Augusta Psychological Associates office in Waynesboro. Patients will be selected on a first-come, first-serve basis.

Your Facilitator:

Dr. David Reid is a Licensed Clinical Psychologist with specialized training in both Solution Focused Hypnosis and Cognitive Therapy. HELP is a systematic treatment program developed by Dr. Reid, which combines both hypnosis and cognitive therapy to effectively treat emotional disorders such as panic, anxiety, and anger management.



AUGUSTA PSYCHOLOGICAL ASSOCIATES

Starting Soon

Time: To be announced

Call and Register Now!

540.949.4202