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## UPFRONT - HOW YOU CAN QUIT

### **Amber Tyson tackled her smoking habit by choosing hypnotherapy.**

Cigarettes were both the bane of my existence and the most treasured parts of my day. I hated loving them.

So I was more than a little sceptical when I called clinical hypnotherapist Matthew Favaloro as a last resort in my quest to quit smoking permanently. Apparently I'm not the only one.

What frustrates Matthew most about the lack of awareness of what hypnotherapists have to offer is that so many people try and fail to quit for years before they make it to a hypnotherapist, when they could have saved themselves a lot of trouble and potentially, a lot of life. Amazingly, he is able to claim a 98 per cent success rate.

### HOW DOES IT WORK?

The explanation Matthew gives is so straightforward that I was even a little suspicious. "Hypnosis is a normal, natural process that we go into at various times through the day and more prominently at night when we fall asleep," he says. "We all cross over a point in consciousness called the hypnoidal point, an alternate state of awareness when one is half awake and half asleep, relaxed and comfortable, safe and secure, aware yet not bothered.

"I use this natural state of altered awareness (hypnosis) to facilitate change with positive commands. The hypnotic state is when you are open to specific professional suggestions and commands from me for attaining the therapeutic results that you want."

Yes, all good, I thought, but we are talking about smoking, me smoking? Matthew says, "No, I can't make you do anything you don't want to do." Reassured, I sat back in a fabulously comfortable chair as Matthew selected some music that he said would stop me being distracted by the silence of my imminent calmness. Then we began. No watches, no pendulums, no spooky voice modulations, not even a single chicken impersonation. Just a rapid descent to the hypnoidal point, some logical affirmations about how much I desire a life without cigarettes and a quick click of the fingers to open my eyes again.

I was fully aware at all times, just very relaxed and effortlessly focused on what Matthew was saying. Even now, two weeks later, that super-enhanced, calm focus kicks in every time I think about cigarettes or see someone smoking. I remember how glad I am to have quit, smile to myself and marvel at how the urge to smoke is so ... absent.

This is why I am confident that this time round, I've really quit. Time will tell, of course. I will probably have to exercise self-discipline at some stage but I am left shaking my head at all the time I've wasted when it could have been so simple, so long ago.

### WHY NOT GIVE IT A TRY?

Beyond smoking, hypnotherapy can help with a range of problems, the most common of which are panic attacks, overeating and other eating disorders, exam nerves, bedwetting, insomnia, migraine, nail-biting, compulsions, phobias, anger, alcoholism, depression, grief and relationship difficulties. It can also help build up your memory, and feelings of assertiveness and self-esteem.

Hypnotherapy is a safe and drug-free process when used by a qualified practitioner. Check that your hypnotherapist is a member of a registered association such as the Australian Society of Clinical Hypnotherapists (ASCH)

You can visit Matthew Favaloro at: <http://www.alternatives.com.au>