

Kick the Habit COLOURFULLY

Giving up is one of the most difficult challenges for any smoker. It does not give preference to sex, age or position and will-power has little, if anything, to do with it.

You only need to watch old films to see what an important role cigarettes played in dramatising emotions — Humphrey Bogart would chain smoke, accentuating how nervous he was before a shoot-out with the mob.

However, even after millions have been spent on advertising the facts on the effects of smoking on our health, there is no miracle cure. But there are ways to stop.

The use of chromotherapy has proved very successful. It involves

the use of colour therapy and relaxation techniques.

Valerie Austin-Hall, a qualified hypnotherapist, uses this method at her practice in Upper Harley Street. She combines just one hypnotherapy session with a specially designed video which has the British Life Assurance Trust seal of approval.

The video uses PPH (Psychoptical Pulse Harmonies) which presents new programming below conscious perception, directly to the subconscious mind through its own language: basic units of colours and shapes. Encoded messages within these colours and patterns are instructing your subconscious.

Hypnosis is a pleasant state of altered consciousness used as a tool to give important messages to the



SMOKE GETS IN YOUR EYES:

subconscious. Using this combination the subconscious is re-programmed and comes into line with what the conscious mind desires.

More than three years' research on smokers shows that a remarkable 92.6% stopped smoking and were still not smoking six months after therapy.

"The success rate is so high and the problem can be treated in just

one session," Valerie says, "because it is rarely a trauma that was behind a person starting to smoke, but just a decision. Therefore the most important step in giving it up is to make that decision to stop. The treatment does the rest."

For more information phone Valerie

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All In The MIND



Accessing the memory can seriously help police enquiries.

"Whilst I have been practising hypnotherapy it still surprises me, even now, how a person retains everything that has ever happened to him or her since they were born, filed away in their subconscious, and these memories can be accessed through their subconscious while in hypnosis. The problem arises when the subconscious stops the conscious gaining access to these memories or indeed not allowing the

information in at all for reasons of its own, which have to be dealt with in order to clear the client's problem."

By combining just one hypnotherapy session with a special video based on PPH (psychoptical pulse harmonies) techniques, Valerie achieves remarkable results helping people to give up smoking.

retain that vital piece of information needed to clinch a deal.

Valerie Austin-Hall, who practises hypnotherapy in Upper Harley Street, says the problem is widespread. "When a lack of concentration is stopping a person from performing his or her work it is usually down to the subconscious mind trying to send out a message or warning, usually due to stress or trauma that has occurred, or a problem that may not be at the conscious level. Life can be very problematic without clear concentration."

Valerie stresses that in hypnosis it is possible to find out the subconscious reasoning and therefore change this action for a more appropriate method of getting conscious attention. Hypnosis is a valuable tool to help recover lost jewellery or important documents which have been mislaid and forgotten.

When lack of concentration becomes a problem in your work and puts paid to your promotional prospects or business opportunities, it's time to find out if it's just plain boredom or a psychological problem.

It's easy to confuse loss of concentration with poor memory, as the symptoms are similar. It becomes difficult to recall information, causing problems such as sheer panic when trying to store information either by reading or listening. The more you try, the more impossible it becomes until just by trying to attempt a task brings confusion and a breakdown in concentration.

These effects can be disastrous whether it's a secretary who makes numerous mistakes, or a student who can't learn a new trade or language, or a businessman unable to

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