

Research: hypnosis and quitting smoking

In a recent stop smoking study, where smokers attended individual hypnotherapy for stop smoking over three sessions, 81% had stopped smoking after the treatment ended, and at a 12 month follow-up nearly 50% remained smoke free. And 95% of the people were satisfied with their treatment.

References:

(1) *Elkins GR, Rajab MH. (2004) "Clinical hypnosis for Smoking Cessation: preliminary results of a three session intervention." International Journal of Clinical and Experimental Hypnosis 2004 Jan; 52 (1):73-81*