

The Adam May CBT Practice

**Friendly and encouraging Cognitive-Behavioural
Therapy, face to face, online & by telephone**

Dear Smoker,

There has been huge encouragement and pressure upon people to stop smoking over the past few years. This means that many continuing smokers are people who have tried to stop but been unsuccessful. I have developed an effective, 2-session Stop Smoking programme combining CBT and Hypnotherapy.

The first session involves taking a detailed history in order to obtain a clear profile of your smoking habit. You are encouraged to carry on smoking as before between the two sessions. Before you attend session two, please put away all ashtrays, lighters, and cigarettes. Clean your home and, so far as possible, make it smell fresh and free from the smell of cigarettes. Session two is entirely used for hypnotherapy. At this point you will be invited to make a commitment to maintain a non-smoking habit.

No smoking cessation programme can boast a 100% success rate because the decision to smoke or not to smoke is within your hands. Psychotherapists sometimes joke that their treatment never fails, but sometimes their clients let them down! Your smoking habit will be costing considerably more than our fee of £55 per session. If the cost of treatment is in any way a concern to you, please do not make an appointment. You are not yet ready to become a non-smoker. If you are asking yourself, "will it work?" please do not make an appointment. You are asking the wrong question: you should be asking, "How can I make sure it works?"

I will do my absolute best to help you become a non-smoker. I invite you to make a similar effort.

A handwritten signature in black ink that reads "Adam May". The signature is written in a cursive style and is underlined with a single horizontal stroke.

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