



The Maine Center for Hypnosis and Hypnotherapy

Hello and Welcome. This brief note is to reconfirm that you and I will be working together on the following date and time.

Date: _____ Time: _____

Goal: _____

Cost: \$100.00/1 person \$85/2 or more

Within my brochure are the directions to my office (and home), so please reference them or give me a call if you have any questions on finding me the first time. My other half's business sign "Gary's Garage/Kiote" is easily visible. You are more than welcome to bring a guest/friend with you. We will be together approximately one and a half to two hours, so please plan your time accordingly. If you have someone that wishes to participate in this session with you, the per person cost will be reduced, however, I need to know ahead of time.

In any session I do not move forward until you are comfortable and ready, and the first time together you will be listening to a 20-minute orientation recording. It allows an excellent, non-threatening way for you to understand the hypnosis process. The actual session is live and specifically tailored to your needs and issues.

In the event there are any smokers in your vehicle, I ask that they please keep all smoking materials, including stubbed out cigarettes, within the confines of your vehicle.

Please, if for any reason you find that you must reschedule or cancel, call me. A \$25 fee will be invoiced to your attention if you fail to show without calling. My driveway is rather long and steep, so in inclement weather, please call if you wish to reschedule or exercise caution when driving.

Please feel free to bring a beverage along if you'd like. This is a very casual setting, and I want you to be as comfortable and relaxed as possible.

Also enclosed is informational material as well as a form that I need you to fill out and bring with you. I look forward to our time together and I look forward to your victory.

Most sincerely,

Jackie

Jacquelyn Kahn, R.Hy
Certified Clinical Hypnotherapist

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**STOP Drinking - PREPARATION BASICS to
INCORPORATE HYPNOSIS IN YOUR QUIT STRATEGY**

- 1) A date and time must be set for the Alcohol cessation session - between this moment and then - you need to start a mental preparation, a countdown so to speak. **THIS IS NOW YOUR OFFICIAL DAY YOU QUIT!**

- 2) If you're quitting at the same time a partner is - I'm going to suggest something callous: It's every man or woman for themselves. Quit for the right reasons, quit for yourself. Don't allow the excuse of a partner having a slip to be your permission to slip. This isn't a kid's game. A partner can be terrific support - but they can also be a reminder of the places and times you each would share a drink together. You need to alter those circumstances.

- 3) Altering circumstances - changing routines - discombobulating your day - are all things I want you to do. It's natural to be on auto pilot ... circumstances when you'd reach for a drink. You need to distract yourselves from the settings that were conducive to having a drink. Think for a moment, if you burn your finger on the stove or something else hot, it hurts like the devil and can hurt for quite a while. If you get a distraction, the pain disappears. The mind is an extraordinary thing - use it to your advantage. Plan out your strategy for keeping your routines non-routine - until you establish new and comfortable routines that are sans drinking.

- 4) Clean your house of any and all drinking related items. Create coping mechanisms to distract you; crossword puzzles, books on tape, anything that can eat up time and keep your mind busy.

- 5) Lastly - keep your guard up. When working with groups, we learned the drink they thought would be the hardest to give up - ended up being their easiest. The incidental drink, however, caught them *off guard* - and they're guard was down. A recovering alcoholic has learned the hard lesson that you cannot have just one, and they constantly keep their guard up. You giving up alcohol is no different. Until you get accustomed to what is easy for you - and what is not, you take each step carefully, as if walking on thin ice. If you get careless, you might stumble, or worse yet, fall through.

I've worked with too many people over 15 years, quitting alcohol can be done, and probably a whole lot easier than you might be fearing. Get yourself in the right frame of mind. That doesn't mean there won't be a bad day from time to time . . . but that's all a part of life . . . and quitting drinking is all about the rest of your life. Good Luck!!!

My official quit date is: _____

Signature: _____

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