

THE MAINE CENTER FOR HYPNOTHERAPY

Your Name: _____ D. O. B. _____
Postal Mailing Address: _____ City: _____ Zip: _____
Daytime telephone: _____ Evening Telephone: _____
Your Occupation: _____
Date of Appointment: _____ Time of Appointment: _____

(Fill this sheet out to the best of your ability and bring it with you to your appointment. Directions below)

- 1) Why do you believe you smoke? _____
- 2) Why do you wish to Quit? _____
- 3) Amount of years you have smoked? _____ Packs per day? _____
- 4) If stress is a contributing factor to your smoking, where is the stress coming from? _____
- 5) One a scale of 1 to 10 (10 being the highest), please rate your level of commitment and readiness to become a non-smoker: 1 2 3 4 5 6 7 8 9 10
- 6) If the number you selected was less than an "8", what are your concerns and/or reservations? _____
- 7) What is your favorite/safe/happy place (real or imagined)? _____
- 8) What is your favorite color? _____
- 9) Can you visualize? Yes No Unsure
- 10) Are there any fears or phobias (other than the subject matter)? _____
- 11) Have you ever experienced Hypnosis before? Yes No
Have you ever experienced Meditation before? Yes No
Have you ever experienced Relaxation techniques before? Yes No
- 12) What in life makes you angry? _____
- 13) Have you thought about alternatives to smoking; i.e., routines, associations, etc.? Yes No
If yes, explain: _____
- 14) Which do you fear most, success or failure? _____
- 15) Any medical problems that we should be aware of? _____
The name of your Physician: _____
- 16) Will you be wearing contacts during the session? Yes No If yes, can your contacts be worn during sleep? Yes No Hypnosis creates REM patterns similar to sleeping.
- 17) Are you: Single, Married, Divorced, Significant other, Children, Grandchildren
How does everyone get along in the household? _____
- 18) Are there other smokers in your household? Yes No If yes, how do you feel it will effect your ability to become a non-smoker? _____
- 19) Do you feel you have support from family and co-workers in your commitment to become a Non-Smoker? Yes No Explain: _____
- 20) How do you envision becoming a non-smoker from the standpoint of hypnosis? _____
- 21) Will you be using Nicotine Replacement Therapy in conjunction with this program? Yes No
(Note . . . this is often recommended as an extremely beneficial tool)
- 22) Do you have any questions? Yes No _____
- 23) Even with hypnosis, do you believe there will still be some effort required on your part? Yes No

I give both my permission and my commitment to being hypnotized . . . and to sincerely working at becoming a non-smoker. I am ready to QUIT!

Signature: _____ Date: _____

DIRECTIONS: From Auburn - Minot Avenue (Route 11 south) thru Mechanic Falls to Poland. You will come to the intersection of Route 26 & 11 - look at your odometer - I am exactly 3 miles from that intersection on Route 11 South. Long driveway on your left and my other half's sign "Gary's Garage"
Dress comfortably/casually and bring along a cold beverage if you like.

**Jackie Kahn, 664 Bakerstown Road (Route 11), Poland ME 04274
207-650-7069 www.webwidewizardry.com jkahn829@aol.com**

(Put out and retain within your vehicle all smoking materials prior to entering my driveway)



The Maine Center for Hypnosis & Hypnotherapy

. . . so what's going to happen?????

As a clinical hypnotherapist for almost twenty years, I have worked with thousands of people seeking the magic wand to put a problem, bad habit, addiction, fear, and/or pain behind them. I know only too well that there is no magic wand . . . but there is magic, and it comes from within each person that I have been fortunate to work with. Unlocking that door within the subconscious is where hypnosis becomes very important and very helpful.

The understanding of WHY you have this problem in the first place, and WHY it has become difficult for you to overcome, becomes a very helpful first step in making the problem a non-problem. On a conscious level you may not understand or know the answer . . . but on a subconscious level, the answer AND the solution are there. A reprogramming of thoughts, motivations, triggers, etc., become the other component in realizing the victory.

In hypnosis you are not unconscious . . . and I can NEVER, ever make any suggestions to you that are not in keeping with your morals, ethics or goals. Hypnosis is about entering the Alpha state of brain wave activity . . . not unlike the daydream we all experience when driving a familiar stretch of road. In that state, there is less resistance to letting go of habits and attitudes and feelings. When one is hypnotized, there is every likelihood that you will hear my voice and probably many of the words that will be spoken to you. It is also as likely that you may drift in and out of a light sleep state . . . or your mind may wander to issues completely unrelated to your visit. All of this is perfectly natural. To successfully achieve your goals, you need only be in the lightest level of Alpha brain activity . . . but as hypnosis can be incredibly relaxing, I will guide you to an even deeper level. You, however, are always in control.

Unlike television and images from centuries ago, I do not stand and wave a watch in front of you. In fact it is my voice, combined with some relaxing music, that guides you into a very pleasant state of physical and emotional well-being. For those that have never experienced hypnosis before, I have them sit through a 20 minute orientation tape (all part of the original timetable), that illustrates what hypnosis is, and what it isn't. This is a cassette tape; and while it is playing I leave the room. It allows you private time to discover for yourself how effective the tool of hypnosis can be and it allows me 20 minutes to organize my thoughts so that you will have the most meaningful session. The session itself is always live and in all cases (except smoking cessation) the first session is taped. The tape then becomes your property to be used as a tool at home. (No hypnosis or meditation tape should every be listened to when driving a motor vehicle).

Regardless of the nature of the session, each client receives a reinforcement cassette tape. For some, this type of tool has become invaluable. It is natural to get "off track" on occasion, but it is within your power to focus your efforts and get yourself back "on track". A reinforcement tape in this case becomes extremely helpful. Lack of confidence and depression can often times make it difficult to reach your goals, and it is because of that that I make sure to incorporate large doses of encouragement and well being.

It is time to start winning. Define who you are, define your challenges and you will define your success. You deserve at least that much and you are worth that much!!!

Jacquelyn Kahn, R.Hy
Certified Clinical Hypnotherapist
664 Bakerstown Road
Poland ME 04274
207-650-7069