



### **Dr. Marilyn L Barton**

**B.Ap.Sc (Psych), Grad. Dip. (Couns),  
D. Psych (Clinical), Dip. Clin. Hypnosis**

Applecross Psychological Services proudly offers our clients hypnotherapy in conjunction with our usual Cognitive-Behavioural (CBT) and other therapies to help you quit smoking! Psychological literature indicates that, with CBT, hypnotherapy is an effective aid in the finally kicking the habit.

Inside, you will find information on hypnosis, how we use it to aid smoking cessation and how you can prepare for your session with Dr. Marilyn Barton.



**APPLECROSS  
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*Struggling to Quit?*

*HYPNOTHERAPY  
CAN HELP!*



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## 'I've Already Tried Quitting. What Is So Good About Hypnotherapy?'

How many ways have you tried to give up smoking? None of these are the perfect method; each has their failures and successes. Some people give up without any outside help whereas others need lots of support and guidance. This just demonstrates how addictive a habit smoking really is. To fail when you are trying to quit, or ask for help, is not a sign of weakness.

Hypnosis, like any other method, has its limitations. Integral to success in giving up smoking is a positive attitude. The decision to quit and persevere in abstinence, ultimately depends on you. Furthermore, research has shown that hypnotherapy is the most effective when you believe that it will have the effect you desire.

### How Does It Work?

Contemporary clinical hypnotists do not use a swinging watch. They tend to use hypnotherapy in conjunction with established therapies such as cognitive-behavioural therapy (CBT), to enhance the effectiveness of these treatments. CBT focuses on changing the thoughts and behaviours to overcome a problem. Psychological research suggests that using hypnotherapy along with CBT can enhance the effectiveness of treatments for smoking cessation.

## What Can I Do To Prepare For Hypnotherapy?

First, it is important to think about your reasons for wanting to give up smoking. It is hard to persevere with a task that you do not see as making your life better or strive towards a goal that you're not really interested in. Perhaps you want to give up smoking because you don't like coughing, or those yellow stains you're getting on your teeth. Maybe you can no longer justify the money you're forking out every week for smokes when the same money could get you a holiday. It could be that you want to set an example for your children, or you don't want to get cancer or the host of other nasties that plague for your favourite habit. Before coming to therapy, it is important to think about these things. That way, you can judge for yourself whether therapy has helped you meet your goals.

Second, before coming to therapy, get rid of all your smokes (including the ones behind the couch!).

Third, call Applecross Psychological Services (Monday - Thursday, 9am - 5pm) to book two hypnotherapy sessions on two consecutive days.

## Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists.

## How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

