

## **HELP WITH ALCOHOLISM AND DRUG ADDICTION**

Any addictive or habitual problem can be treated effectively and permanently with hypnosis—even a chemical dependence.

Physical addiction is a part of it... but it's only a part of the problem. If it was the primary cause of an addiction then gradually stepping down the dosage would work to end an addiction - but it doesn't.

Conventional counseling based on 12-step programs help somewhat, but according to most statistics - most fail 88% of the time.

The same goes for in-patient programs. Addicted patients get through withdrawal - but once they get back into the "real world" the same habits resurface. That's why people waste tens of thousands of dollars repeating inpatient programs again and again.

Hypnosis by contrast is safe, reliable and quick.

Most people succeed with hypnosis. Whereas most people fail with anything else.

The reason is this: People become addicted to substances for a reason. They serve a purpose. People use drugs to relax, or to escape from an unpleasant reality, or to relieve pain, or to energize themselves, or to bond with friends, to assert their individuality or to give themselves a little treat at the end of the day.

The purpose that underlies an addiction is not bad. Everyone needs to relax once in a while. Everyone needs a treat sometimes. People need to feel independent and they also need to feel a part of a group. People need to escape sometimes.

These needs are natural, normal and healthy.

You are not broken.

It's just that your way of taking care of those needs aren't healthy.

Clinical Hypnotists help you reprogram your subconscious mind, which is the seat of your behaviors, including habits and addictions. By understanding the underlying reasons why you personally have been doing what you do - we are able to substitute new, healthier ways to relax, unwind, escape or whatever it is you need to change.

When you subconsciously accept that you can take care of the underlying need with something else, then there is no need for alcohol or other drugs. The urge either goes away, lessens or is replaced with an urge for the healthier substitute.

And because you are giving yourself what you really need - the change is permanent!

We have had tremendous success with people who were addicted to alcohol, cocaine and other drugs. And, just like cigarettes most were able to kick it quickly and with little or no withdrawal symptoms.

## **Research Proving Hypnosis Works for Addictions**

### **Significantly More Methadone Addicts Quit with Hypnosis. 94% Remained Narcotic Free**

Significant differences were found on all measures. The experimental group had significantly less discomfort and illicit drug use, and a significantly greater amount of cessation. At six month follow up, 94% of the subjects in the experimental group who had achieved cessation remained narcotic free. A comparative study of hypnotherapy and psychotherapy in the treatment of methadone addicts. Manganiello AJ. American Journal of Clinical Hypnosis 1984; 26(4): 273-9.

### **Hypnosis Shows 77 Percent Success Rate for Drug Addiction**

Treatment has been used with 18 clients over the last 7 years and has shown a 77 percent success rate for at least a 1-year follow-up. 15 were being seen for alcoholism or alcohol abuse, 2 clients were being seen for cocaine addiction, and 1 client had a marijuana addiction. Intensive Therapy: Utilizing Hypnosis in the Treatment of Substance Abuse Disorders American Journal of Clinical Hypnosis, Jul 2004 by Potter, Greg.

### **Raised Self-esteem & Serenity. Lowered Impulsivity and Anger**

In a research study on Self-hypnosis for relapse prevention training with chronic drug/alcohol users. Participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs (SARRTPs). individuals who used repeated self-hypnosis "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups. American Journal of Clinical Hypnotherapy (a publication of the American Psychological Association) 2004 Apr;46(4):281-97)

### **Hypnosis For Cocaine Addiction Documented Case Study**

Hypnosis was successfully used to overcome a \$500 (five grams) per day cocaine addiction. The subject was a female in her twenties. After approximately 8 months of addiction, she decided to use hypnosis in an attempt to overcome the addiction itself. Over the next 4 months, she used hypnosis three times a day and at the end of this period, her addiction was broken, and she has

been drug free for the past 9 years. Hypnosis was the only intervention, and no support network of any kind was available. The use of hypnosis in cocaine addiction. Page RA, Handley GW. Ohio State University, Lima 45804. American Journal of Clinical Hypnosis 1993 Oct;36(2):120-3.

To schedule your Hypnosis Session call Dr. Dave Hill, DCH, now at (510) 785-8152.

Maximum Power,

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