

## Hypnosis is more than you think!



Hypnotherapy has been approved by the medical and scientific establishment as far back as the nineteenth century, and especially since the 1950s. The world's most respected medical associations have long recognized the validity of hypnotic phenomena and the effectiveness of hypnosis as a therapeutic intervention. Instruction in hypnosis has been recommended for medical and psychology students, and thousands of physicians, psychologists, and dentists have received training in hypnosis from universities, medical schools, and leaders in the field.

**Hypnosis is a medical tool. Like all tools, you need to practice with it in order to become proficient. Hypnosis for smoking withdrawal is a series of 4 sessions in which you are introduced to the basic techniques of self-hypnosis and given instructions to practice.**

**Dr. Paul DiKun CAC– Ed.D– Ph.D**  
**2233 Spring Garden Street every Friday from 6am-1pm**  
**Call LEHB to schedule an appointment.**  
**(215) 763-8290**

**Helen extension 226 (Specify for Smoking Cessation)**

**Or**

**You Can Also Schedule an Appointment at Dr. DiKun's Office**  
**2824 Hulmeville Road, Bensalem, PA 19020**  
**by calling (215) 638-4520**

**If you are serious about it:**



**Or The Alternative is:**



**YOU DECIDE!!!**