

# QUIT SMOKING!

## LEHB can help you with our three Smoking Cessation Programs

### Certified Tobacco Treatment Specialist

Barbara holds a National Certificate in Tobacco Treatment Practice and is a licensed Social Worker. She is also a Field Liaison for the Rutgers University Graduate School of Social Work, helping students maximize their learning potential.

Barbara's experience and background in Tobacco Treatment is extensive through her work as a counselor and presenter, both locally and nationally. Barbara understands just how difficult it can be to quit smoking, which is evident in her counseling style that includes motivational Interviews and behavioral change. She forms a supportive partnership with each of her clients to help them quit smoking at their own pace using proven cessation techniques.

Barbara is available to speak with for any questions about Tobacco Addiction and Quitting Smoking or to get you started on the Quit Journey.

**All sessions are done by phone.**

### Hypnosis Dr. Steven Rosenberg

You've tried to quit smoking a hundred times. You've tried them all... patches, lozenges, pills or prescriptions. You've tried everything and yet, you're still smoking. Well don't give up. Hypnosis is a proven and effective method to quit smoking. Though a relaxed state, you will be able to reach your subconscious level, and change the way you think. Hypnosis opens the channels of communication between you and you. You cannot be made to do something you do not want to do when you are in a hypnotic state. So there is no possibility that someone can take control of your mind when you are under hypnosis. But in a truly relaxed and focused state, you become willing to accept the suggestions that will lead you to a smoke-free life. You can begin your life as a non-smoker right now! Live a healthy, smoke-free life. All you have to do is open your mind to the possibility.

**1 FREE in-person session. 8080 Old York Road. Elkins Park, PA 19027**

### Hypnosis Dr. Paul DiKun

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.

**4 FREE in-person sessions . LEHB Main Office - 2233 Spring Garden St.  
OR Dr. DiKun's Office - 2824 Hulmeville Road, Bensalem, PA 19020**

**Please call LEHB at 215-763-8290 to request an appointment.**