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Un approfondimento sulla dipendenza da fumo, sulle cause che la determinano e sull'aiuto che l'ipnotica può fornire per smettere.

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Psicologo clinico di indirizzo breve strategico - Terapeuta EMDR

Ipnotica e Fumo - Lorenzo Aragione Psicologo

Smettere di fumare con l'ipnotica è possibile ed ha percentuali di successo sbalorditive: scopriamo come e con chi praticare questo metodo. Inutile negarlo, tutti i fumatori adulti e coscienti maledicono il giorno in cui, per sentirsi più grandi o per essere accettati dagli amici, hanno acceso la loro prima sigaretta .

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L'ipnotica offre la possibilità di riformulare i pensieri; fornisce alla mente nuove informazioni e nuove associazioni sul fumo. Il primo uso dell'ipnoterapia per aiutare le persone a smettere di fumare è stato descritto dallo psichiatra Herbert Spiegel in un articolo pubblicato nel 1970.

Smettere di Fumare con l'Ipnosi: Ecco Come * Istituto Watson

Liberati dal fumo con l'ipnosi! Telefono: +39 3355902480. Elio Degrandi, uno dei più esperti ipnotizzatori a livello mondiale, ha messo a punto (in collaborazione con Maurizio Massini, psicoterapeuta e ipnoterapeuta) un metodo che consente, in una sola seduta della durata di due ore, di smettere di fumare. Sino ad oggi, solo il 2% dei soggetti che si sono sottoposti a questo trattamento ...

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Tra i tanti metodi utilizzati, l'ipnosi per smettere di fumare è uno di quelli. L'ipnosi è una pratica antica dove un individuo (ipnotizzatore) induce uno stato fisico e mentale alterato dalla condizione normale in un altro individuo (ipnotizzato). L'ipnositerapia è l'utilizzo dell'ipnosi in ambito clinico. Nel pensare comune, l'ipnosi è intesa come una branca pseudo ...

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Ipnosi e Fumo: l'Ipnosi Clinica nella Disassuefazione dal Fumo si può attivare seguendo tecniche Immediate o Progressive, a livello Individuale o di Gruppo.

Ipnosi e Fumo - Smettere di Fumare con l'Ipnosi Clinica

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Ipnosi e fumo. Numerosi studi confermano l'efficacia dell'ipnosi ericksoniana come forma di intervento per la disassuefazione dal fumo, attraverso un percorso specifico e personalizzato, costituito da diverse fasi: 1- Individuazione e potenziamento delle motivazioni profonde che spingono la persona a smettere di fumare.

Ipnosi e fumo - Dott.ssa Lucia Firinu Psicologa ...

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Ipnosi E Fumo - old.dawnclinic.org

Ipnosi e Fumo. Le conseguenze del fumo. Il fumo rappresenta una delle più grandi minacce alla salute pubblica dei nostri tempi. Si stima che le il numero delle vittime si attesti intorno ai 7 milioni l'anno. Anche il fumo passivo produce gravi conseguenze: nel 2004, ...

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