

# Smoking Cessation by individualized Imagination and Utilisation: a Concept 4-6 sessions

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# Content

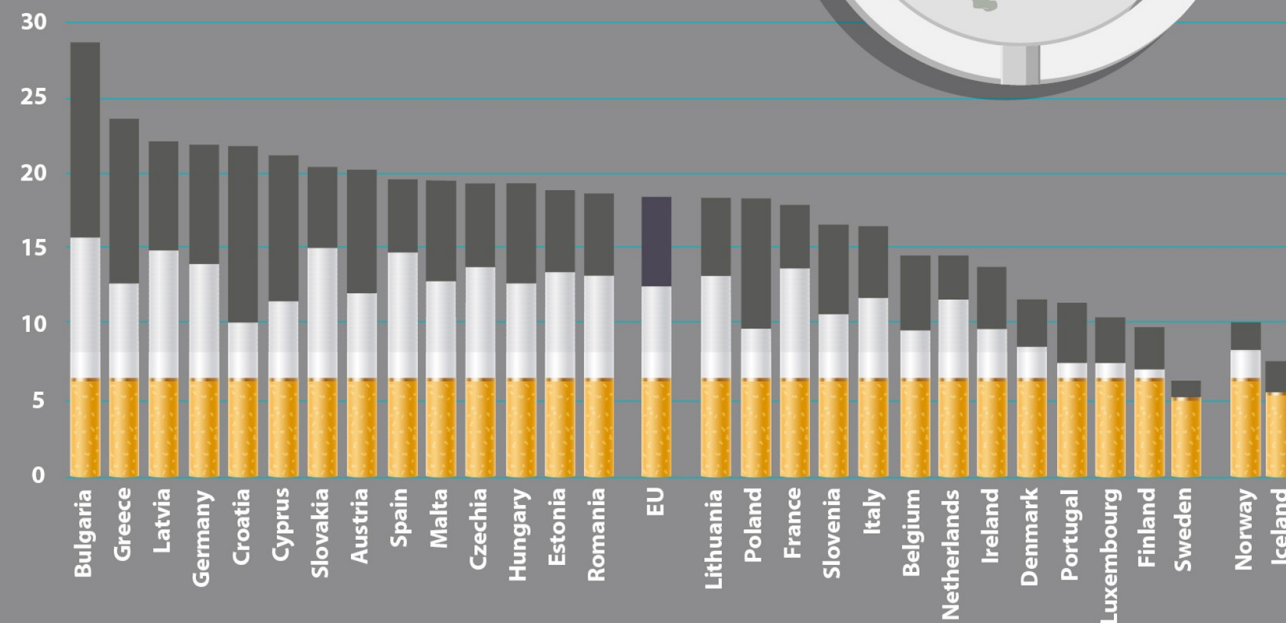
- ❑ Habit or Addiction ?
- ❑ Motivation
- ❑ **Time Progression in Trance: 3 steps**
- ❑ Relapse-Prophylaxis
- ❑ Helping things
- ❑ Self Hypnosis
- ❑ Metaphors



# Proportion of daily cigarette smokers by level of consumption, 2019

(% people aged 15 and over)

Fewer than 20 cigarettes per day 20 or more cigarettes per day



Belgium: data with low reliability

ec.europa.eu/eurostat 

If you are  
interested  
in statistics

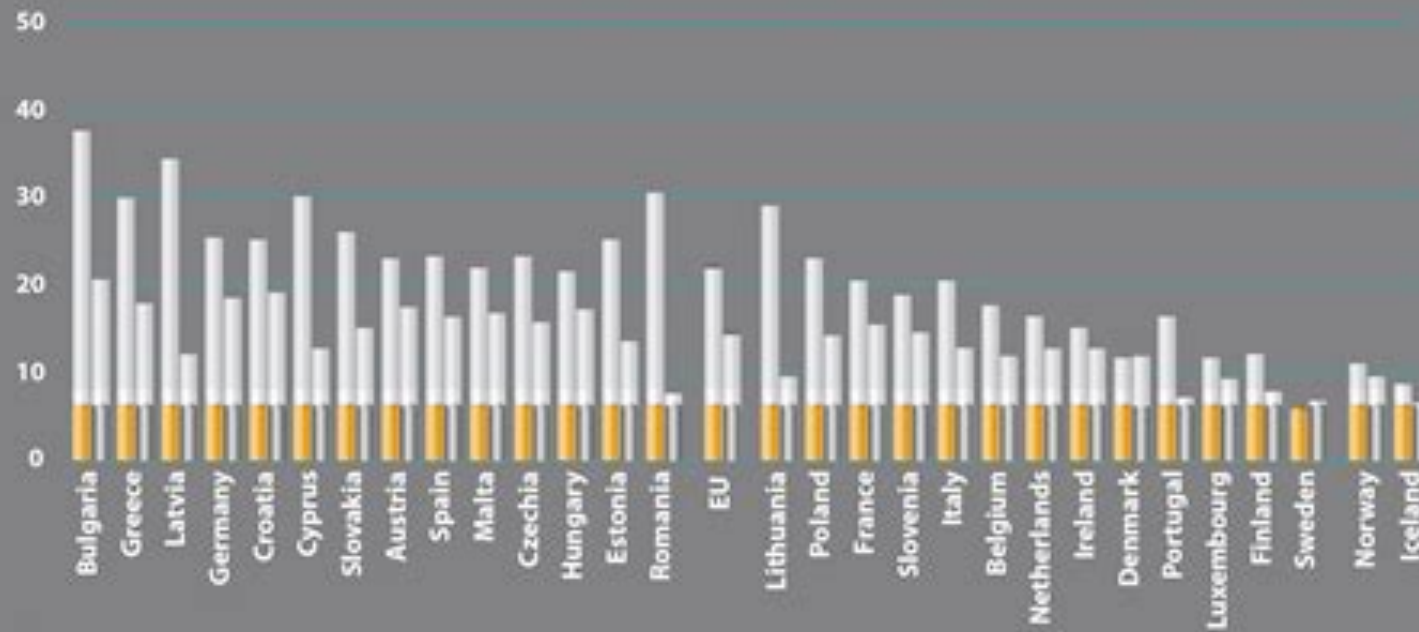
UK 11,8 %, Glasgow City: 17,3 %, people aged 18 and over  
<https://www.ons.gov.uk/>

If you are still interested in statistics

## Proportion of daily cigarette smokers, by sex, 2019

(% people aged 15 and over)

Males Females



Ranked on the overall proportion of daily smokers.

# Habit or Addiction ?

■ How soon after awaking do you **have to** smoke your first cigarette ?

(Fagerström Test for Nicotine Dependence:

1. Question + “have to”)



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# Indication / Contraindication

- Indication: Habitual smokers, and smokers who need the cigarette to cope with stress and / or negative feelings

For addicted smokers, this concept could only serve as an additional aid

- Contraindication: comorbidities (i.e. alcohol abuse, depression) are to be treated in advance of this concept.

Of course, all contraindications for the use of hypnosis and imagination also apply here

# Motivation

Which reasons ?  
... to smoke // ... to quit  
  
formulated precisely  
  
to be utilised later in trance



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# Motivation

## To smoke:

- To relax / to calm
- Because of a habit
- Alibi for a break
- As a reward
- For weight control
- To make nice things even more nice
- ....

## To quit smoking:

- Health (precise !)
- Hating being dependent  
-> freedom
- Good model for kids
- Fitness
- Feeling responsible
- Money
- ....

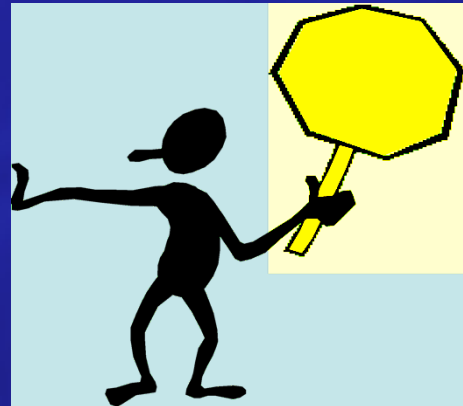
RauS = Rauchstopp-Studie Germany: Werse, B., Kuhn, S.,  
Lehmann, K. & Stöver, H. (2024) 6.192 adults

# STOP - or in a slow way ?

- STOP immediately - or reduce smoking ?
- If reducing:  
extend smoke free breaks,  
create smoking to become  
more difficult

„Controlled smoking“  
(Frederiksen, 1979)

Minimizing damage  
(Stöver, 2021)



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# Time Progression in Trance : 3 Steps

- 1) Imagine that you have already achieved your goal in the future
- 2) You merge with this imagination
- 3) Look back to the present day:  
What has helped ?

# Congratulation !

- You have already taken the first step !
- Already after 48 hours your sense of smell and taste recovers !



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# Relapse-Prophylaxis

- a relapse tells me, I have to learn something more
- detect and defuse possible "traps"
- Plan for special situations: what will I do if...
- Experience the positive behaviour in trance



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# Helping things 1

- To say goodbye to the cigarette
- Exercises (weight !)
- Drink (straw)
- Main Goal =  
quality of life



# Helping things 2

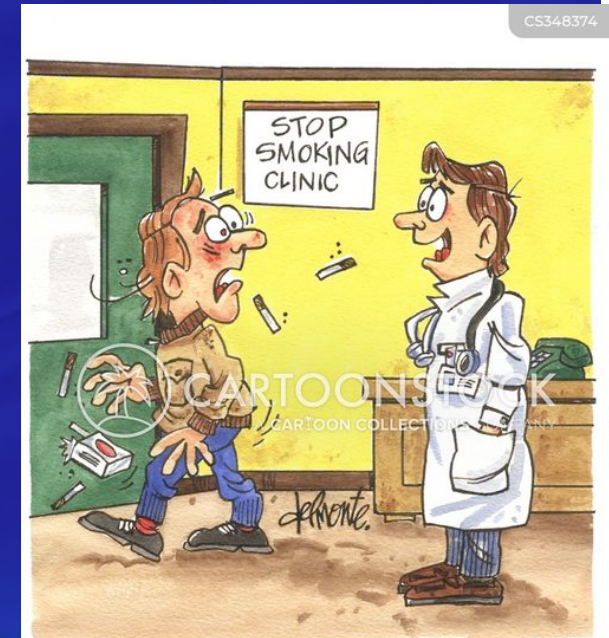
- Pay your enemy
- Nicotine substitute
- If necessary: connect the cigarette with disgusting things
- Exercises to relax
- Ego-State concept
- Self Hypnosis



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F.Szabo



"Now remember - one of those cigarettes in the pack contains the cyanide capsule."

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# Self Hypnosis: done !

- Imagine yourself smoke-free and feel that
- With the help of sound recording or without



# Self Hypnosis: Tree

- Aim: to relax, to get energy, strength ... Utilising this symbol as a resource
- Become the tree, if okay
- Or lean on, hug
- Take whatever you need
- Easy, without performance stress

(learned from Luise Reddemann)



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# Self Hypnosis: Baby

- Aim: to become satisfied on an oral level
- Feed your (inner) baby  
The bottle is always filled

(learned from Ursula Grohs)



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# Self Hypnosis: King/Queen



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- Aim: to become satisfied on a narcissistic level
- Enjoy being a king/queen looking at your kingdom, loved by the people, ...

(learned from Ursula Grohs)

# Metaphors 1

If an inner part is to be convinced:

- Rowing boat: the team must work together – you tell the way and the speed
- Orchestra: all musicians must work together – you are the conductor



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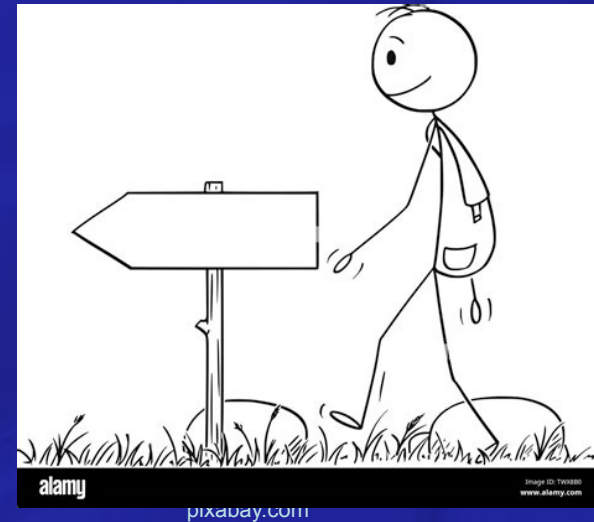


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# Metaphors 2

To increase the motivation  
for self hypnosis:

- How do you make a hiking trail ?
- How do you make a muscle stronger ?



# Aim = Quality of Life

- Treat yourself at least as well as a plant you like !  
(Nicotine = insect poison)



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-> “ I care well about myself “

# References

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- [https://euda.europa.eu/drugs-libray/fagerstrom-test-nicotine-dependence\\_en](https://euda.europa.eu/drugs-libray/fagerstrom-test-nicotine-dependence_en) : Fagerstrom Test for Nicotine Dependence.
- <https://quitsmokingcommunity.org/best-quit-smoking-apps-in-2025-complete-guide/> : a guide to find the right apps

In case this topic would come up in the discussion:

How do Europeans quit using tobacco,  
e-cigarettes and heated tobacco products ?

Data from Eurobarometer survey 2020

28.300 participants  $\geq 15$  a, 28 European countries (EU + UK)

51,1 % of current tobacco smokers and 27,1 % of exclusive EC/HTP users reported having ever made a quit attempt.

75,8 % of former and current smokers who made a quit attempt did so unassisted; 28,8 % used a cessation aid with at least one attempt; most popular: nicotine replacement therapy or other medication (13,4 %) and ECs (11,3 %).

<https://bmjopen.bmj.com/content/12/4/e059068> - open access