

THE QUIT SMOKING PROGRAMME

A PSYGLOBAL- SAMROHA PRESENTATION

Weekly Group Therapy Meetings



The One Time It Pays To Be a Quitter!

You don't need to hear from us that smoking is bad for you. Like most smokers, you probably already know it can lead to heart attacks, cancer, stroke, & deadly lung diseases. Infact, you may also have tried to cut down or quit altogether. Only to return to the habit eventually.

You are not alone.

Nine out of ten users fail when they attempt to quit on their own. Despite being well aware of the life threatening consequences of smoking and tobacco use, most people cannot quit because it is an **ADDICTION**.

Why isn't willpower enough?

Because nicotine is even more addictive than cocaine or heroin. Hence, when users try to quit, they experience severe withdrawal symptoms and become irritable, nervous, have difficulty concentrating, experience headaches, fatigue and tend to rely on excessive snacking to curb the urge. Often, smoking is such an integral part of one's daily routine that eating, meeting certain friends, entering a pub or a party, feeling stressed, bored etc. all "remind" one to light up.

Quitting may be hard. But it is possible. You don't have to quit alone.

The Smoking Cessation Programme

Our Group Therapy Programme aims to help smokers quit and lead a healthier, fuller life. It utilizes evidence informed psychotherapy techniques to deliver treatment interventions that have been scientifically researched for their effectiveness. Counseling & Psychotherapy is a more important component of treatment than is any form of medication for smoking cessation. Although medications may attenuate the adverse symptoms of tobacco withdrawal and can decrease the severity of overall craving for cigarettes, medications otherwise are limited in their actions. They cannot increase a smoker's motivation to quit which is critical to long-term abstinence. They also do not reduce the rise in craving experienced when smokers encounter "cues" or "triggers" for smoking in their environments. Counseling can help to reduce withdrawal and craving similar to what medications can do and can also enhance the effects of medications.

Not only will we help you prepare to quit but also support you in the days and weeks after you quit.

Is This Programme For Me? It is, if:

- You are willing to share your experiences with other participants.
- You are not pregnant
- You do not suffer from any other psycho-emotional disorder or severe psychological distress.
- Are above 18 years of age.

It Is Not If:

- You cannot attend meetings at the same time and day each week.
- Are reluctant to work on your issues in a group.
- Are dependent on alcohol or other drugs and use them excessively.
- Have other major psychological or emotional issues that need to be addressed.



Meeting Details

Session Schedule: 1 Assessment & Preparation Session followed by 10 Group Therapy Sessions . Every Saturday starting from 12th April, 2014 ; 5:00 PM to 6:30 PM

Fee: Rs. 500/- per person per session. You may choose to avail 1 free session by paying for 10 sessions in advance at the time of registering.

Please note that the fee is non- refundable under any circumstances.

Lead Facilitator: Mrs. Nitasha Borah (Licensed Clinical Psychologist & Arts Based Therapist with almost a decade of experience in the addictions field)

Venue: Indian Institute. Of Languages & Technologies, Dr Braganza Pereira Road, 1st Flr., Pissurlekar Tower, St. Inez, Electricity Colony, Near Taj Vivanta, Altinho, Panjim

To Participate: Since there are only 10 places available in the programme, we strongly advise you to register beforehand. You can register at the Meeting Venue before 12th April by paying the fees for the first session. For subsequent sessions, you can pay before each sessions starts.



For more details about the Programme, please do not hesitate to contact us at:
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