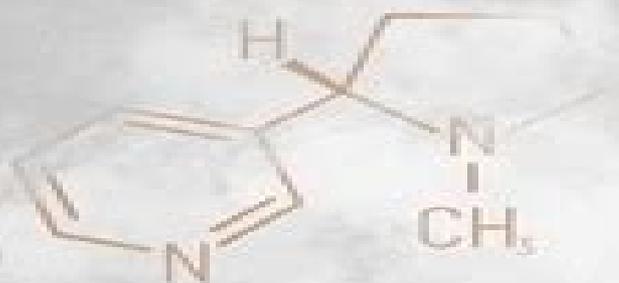


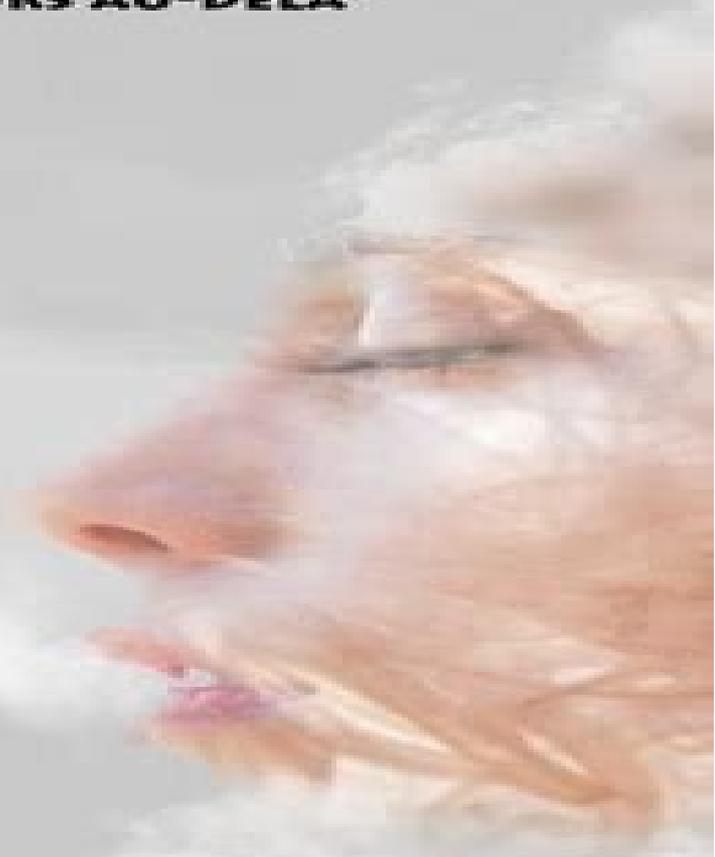
**JEAN-LUC ROQUET**

# **HYPNOSE ET TABACOLOGIE**

**ACCOMPAGNER LES FUMEURS AU-DELÀ  
DU SEVRAGE**



**SATAS**



# Hypnose Et Tabac

**Samak Francine Helene Samak**

## **Hypnose Et Tabac:**

Dites stop au tabac ! Lou Angel, Le tabagisme est la cause de nombreux problèmes de santé de l'incapacité et la mort travers un large spectre y compris les maladies cardiaques le cancer et les maladies pulmonaires chroniques **Redevenir non fumeur.euse** Jean-Luc Roquet,2024-03-27 Redevenir non fumeur car vous l'avez certainement de nature vous aide non seulement à arrêter de fumer mais surtout retrouver votre état originel de non fumeur L'auteur professionnel de santé tabacologue accompagne depuis plus de 15 ans le difficile parcours des personnes vers le sevrage tabagique Il transmet ici la quintessence de sa pratique conjuguant la science médicale l'hypnose thérapeutique et les thérapies brèves Sans remplacer la prise en charge par un professionnel de santé permettant un soutien psychologique et un traitement médicamenteux si nécessaire Redevenir non fumeur accompagne le fumeur dans sa démarche d'arrêter l'invitant à comprendre ce phénomène d'addiction complexe se questionner sur ses motivations ses peurs ses ressources travers des expériences faire au quotidien des explications concrètes et documentées des exemples Il contient en outre une séance audio d'autohypnose et une séance audio d'hypnose de sevrage tabagique telles que celles que l'auteur pratique en consultation , *Le Grand Livre de l'hypnothérapie* Evelyne Josse,2024-09-25 L'hypnose suscite un engouement toujours plus grand auprès des professionnels de la santé Les troubles anxieux et dépressifs les traumatismes psychiques les deuils les difficultés professionnelles le manque de confiance et d'estime de soi les troubles du comportement alimentaire les troubles du sommeil et les problèmes sexuels sont quelques unes des indications de l'hypnose en psychothérapie Au niveau somatique l'hypnose apporte un réel soulagement dans les douleurs chroniques et aiguës l'asthme le colon irritable les allergies le psoriasis l'eczéma etc Elle est également utilisée comme thérapie adjuvante dans l'accompagnement des maladies graves telles que le cancer Certains dentistes et anesthésistes y recourent lors de soins et d'examen médicaux douloureux ou lors d'opérations chirurgicales Ce Grand Livre de l'hypnothérapie a pour ambition de couvrir un large éventail de problèmes rencontrés par les hypnothérapeutes tant dans les champs de la santé mentale que physique Il propose également des thèmes peu abordés dans les livres d'hypnose performances sportives aide aux examens TOC accouchés ainsi que les patients dits particuliers dans leur prise en charge spécifique enfants personnes âgées personnes handicapées Les auteurs parmi les plus grands spécialistes actuels de l'hypnose se sont réunis pour offrir au lecteur un recueil riche de scripts techniques et procédés hypnotiques **Mon programme d'auto-hypnose pour arrêter de fumer** Olivia Favre,2021-11-05 En 1 mois arrêtez définitivement de fumer grâce au programme d'Olivia Favre L'hypnothérapie vous permettra de vous débarrasser en douceur du besoin de fumer alors dites non au tabac dès aujourd'hui et une bonne fois pour toutes Vous voulez arrêter de fumer et mettre toutes les chances de réussite de votre côté Vous avez déjà essayé mais sans succès Olivia Favre hypnothérapeute vous coachera avec son programme en 1 mois Grâce aux instructions jour après jour enrichies de 8 séances audio d'hypnothérapie de 20 minutes chacune sortez en douceur de la dépendance au tabac Alors dès aujourd'hui débarrassez-vous définitivement du besoin de fumer Programme labor

en concertation avec un pharmacien *Hypnose et tabac* Francine Hélène Samak,2014-07-01 Comment radiquer la dépendance au tabac habitude que certains ne hésitent pas nommer addiction L'hypnose est parmi de nombreuses méthodes celle qui est la moins nocive et la plus naturelle et qui compte beaucoup de bons résultats D'où cela vient-il En partie de l'état hypnotique lui-même et pour une bonne partie grâce à la relation interindividuelle qui s'installe dans la session d'hypnose

**Hypnose Et Tabac** Samak Francine Helene Samak,2016 **Efficacité de l'hypnose pour l'accompagnement de l'arrêt du tabac** Hugo Joachin,2020 Introduction L'addiction représente un problème de santé publique majeur aussi bien à l'échelle individuelle que collective Concernant l'addiction au tabac un français sur quatre environ consomme du tabac de manière quotidienne Parmi cette population de consommateur une partie présente un trouble de l'usage aussi L'hypnothérapie est une technique qui a bénéficié d'un nouvel élan depuis quelques années Un rapport publié en 2015 par l'INSERM a d'ailleurs confirmé son efficacité dans la prise en charge de certains troubles mais n'a pas confirmé son efficacité dans la prise en charge de l'addiction au tabac Parmi leurs conclusions il était proposé d'élaborer des études qualitatives pour mieux appréhender l'ensemble des dimensions thérapeutiques hypnotiques Ainsi il nous a semblé intéressant de réaliser et analyser une étude de cas de sevrage tabagique Matériel et méthode Il s'agit d'une étude de cas qui valorise l'apport de l'hypnose dans le cadre d'un accompagnement de l'arrêt du tabac 1 mois et 2 ans de suivi Le critère de jugement principal était l'évaluation de l'impact sur la consommation tabagique de trois séances d'hypnose Les critères de jugements secondaires étaient l'évaluation du ressenti global sur les séances d'hypnose de l'envie de poursuivre le suivi par hypnose de l'existence de bénéfices secondaires de l'hypnose Les critères d'inclusion étaient tabagisme actif disponibilité pour trois séances une semaine d'intervalle disponibilité pour des exercices quotidiens avoir une addiction au moins légère selon le DSM V se sentir prêt à diminuer voire arrêter sa consommation L'intervention hypnotique consistait en trois séances réalisées chacune une semaine d'intervalle Le recueil de données s'est fait par enregistrement audio retranscrit et questionnaires en format papier et informatique Résultats 1 mois de l'intervention la patiente n'avait pas repris la consommation de tabac sans difficultés apparentes 2 ans de l'intervention la patiente a rapporté ne pas avoir fumé pendant 7 mois après l'intervention puis a repris progressivement sa consommation au cours d'une contrainte Aussi elle utilise les bienfaits de l'hypnose pour gérer certaines situations anxieuses Elle souhaiterait réaliser de nouvelles séances d'hypnose pour gérer ses envies actuelles qui ne sont pas contrôlées par les traitements substitutifs Enfin ces séances lui ont permis d'avoir plus confiance en elle et sur ses capacités d'arrêter sa consommation de tabac Conclusion L'hypnose semble être une option thérapeutique intéressante dans l'accompagnement de la prise en charge d'un trouble de l'usage tabac De nouvelles études sont nécessaires pour confirmer ces résultats *Journal de la Société contre l'abus du tabac* ,1900 **contre l'abus du tabac procès-verbaux sommaires** ,1900 *Interventions et thérapies brèves : 10 stratégies concrètes* Yves Doutrelugne,Olivier Cottencin,2016-04-05 Si les thérapies brèves sont une méthode alternative aux approches traditionnelles et permettent une solution rapide pour un certain nombre de troubles psychologiques elles

bouleversent toutefois la relation d aide dans le domaine psychologique m dical et psychiatrique mais aussi social C est pourquoi il est n cessaire d apporter au th rapeute un clairage clinique approfondi lui permettant de mieux ma triser toutes les dimensions de ces th rapies Par leur approche tr s pragmatique de ces diff rentes situations les auteurs r pondent ainsi aux questions que se posent les th rapeutes sur des th mes aussi vari s que les troubles anxieux la d pression l alcoolisme l utilisation de la th rapie br ve sous contrainte dans un service ferm ou avec des patients psychotiques Pour cette nouvelle dition enti rement mise jour et augment e l accent est mis sur l apport des th rapies br ves dans les troubles du comportement alimentaires anorexie boulimie vomissements et dans l arr t du tabac Un chapitre est par ailleurs consacr d sormais la th orie du mim tisme et des neurones miroirs et son int r t dans la mise en place des th rapies br ves Cet ouvrage s adresse ainsi aux psychiatres psychologues psychoth rapeutes quipes soignantes et travailleurs sociaux

**Revue de l'hypnotisme et de la psychologie physiologique** Edgar Bérillon,1900 Includes proceedings of various congresses and societies on hypnotism

**L'Auvergne qui guérit** René Crozet,1980 *Revue de l'hypnotisme et de la psychologie physiologique* ,1895

**Arrêter de fumer** Constant Winnerman,2011-09-01 Ce livre vous fera partager le quotidien d un homme qui a fermement d cid d arr ter de fumer et ainsi commencer une nouvelle vie sans tabac Par l analyse de ses propres ressentis et l approfondissement des diff rentes phases du sevrage tabagique l auteur nous rappelle que toutes les ressources n cessaires pour voluer sont d j en nous Et que finalement renoncer au tabac c est tout simplement apprendre se respecter et s aimer davantage devenir tout naturellement un peu plus Soi

*Lutter contre le tabagisme* Albert Hirsch,1988 [Le tabac en son temps](#) Didier Nourrisson,1999

**Les représentations de l'hypnose des patients fumeurs ayant eu recours aux techniques hypnotiques pour leur sevrage tabagique, en Ile de France** Marie-Lou Ercole,2017 Contexte et Objectif Le tabagisme chronique premi re cause de morbi mortalit en France conserve une pr valence stable en d pit des mesures l gislatives et actions de sant publique Les m decins g n ralistes sont souvent d munis dans la prise en charge des patients tabagiques L hypnose ne fait pas partie des moyens d aide au sevrage recommand s par la HAS du fait du manque d tudes scientifiques prouvant son efficacit dans cette indication Les repr sentations de l hypnose sont S auvent fauss es par les m dias pour les patients mais aussi pour les m decins L objectif tait d explorer les repr sentations de l hypnose des patients dans cette indication et am liorer la compr hension des m canismes d action de l hypnose Mat riel et m thodes Il s agissait d une tude qualitative ph nomologique conduite par entretiens semi directifs Les patients ayant eu recours l hypnose pour sevrage du tabac ind pndamment du r sultat obtenu ont t recrut s via 5 g n ralistes form s l hypnose clinique en lie de France par la SFMG Etaient exclus les patients mineurs ayant une addiction associ e ou un traitement psychiatrique en cours Les entretiens ont t enregistr s puis transcrits mot mot Le codage des donn es a t effectu en s aidant du logiciel Nvivo 11 L analyse des donn es a t r alis e par triangulation R sultats 18 patients ont t recrut s dont 15 femmes et 3 hommes Leurs CSP mode et lieux de vie niveaux de c6nsommation tabagique et nombre de s ances d hypnose taient vari s La saturation a t

objectif de s le 12e entretien Les patients rapportaient un d but de consommation tabagique l adolescence motiv par un effet de groupe Ils mettaient en avant leur d pendance psycho comportementale dans un contexte soci tal en mutation dans son rapport au tabac La position de l entourage par rapport au tabac jouait un r le cl dans le sens positif ou n gatif tout au long de leur syndrome de d pendance mais aussi pendant leurs tentatives de sevrage Ces tentatives taient principalement motiv es par des probl matiques de sant et ils accumulaient fr quemment diff rents moyens d aide Le recours l hypnose leur demandait de surmonter des repr sentations tronqu es par les m dias Le fait que l hypnose soit pratiqu e par un m decin tait un crit re primordial de r assurance et de confiance Ils estimaient cette confiance indispensable au bon d roulement des s ances et la r ussite de l hypnose Ils renaient que l hypnose leur avait permis de modifier leur rapport au tabac et d analyser leur consommation Tous les patients taient satisfaits de leur exp rience exprimaient un bien tre suite aux s ances et une grande partie recommandait l hypnose leur entourage Les patients qui utilisaient l auto hypnose y voyaient un outil d aide efficace pour la gestion du stress et des envies de cigarettes Suite l hypnose il existait une incidence syst matique sur la consommation de tabac une diminution pour la moiti et un sevrage pour l autre Conclusion L hypnose permettait aux patients de surmonter leur d pendance psycho comportementale au tabac via un renforcement de la d cision du changement une d construction de leur attachement durable au tabac via des suggestions personnalis es et l acquisition d une capacit d auto soins travers l auto hypnose La technique hypnotique m dicale pourrait se superposer celle de l entretien motivationnel et s inscrire dans le principe d ducation th rapeutique du patient

**Santé publique** Collège universitaire des enseignants de,2015-08-18 En conformit avec le programme de DFASM dipl me de formation approfondie en sciences m dicales et avec les Epreuves Classantes Nationales ECNi cet ouvrage rassemble l ensemble des connaissances fondamentales en sant publique Il comprend 2 parties une partie Connaissances qui aborde tous les items de l UE 1 et d autres UE relevant de la sant publique L ouvrage est organis en 7 sections regroupant les items par th matique pid miologie clinique qualit des soins et s curit du patient conomie de la sant et syst mes de sant addictions risques infectieux risques cardiovasculaires et cancers Chaque chapitre commence syst matiquement par un rappel des objectifs p dagogiques puis d veloppe la th matique tay e de points cl s de notions retenir de tableaux et de figures avec un acc s aux textes des recommandations et sites internet par flashcodes une partie Entra nement qui propose des dossiers progressifs r vis s et des questions isol es renouvel es offrant un v ritable outil d entra nement et d auto valuation L ouvrage s inscrit dans la collection Les r f rentiels des Coll ges dont le format et la maquette en deux couleurs offrent une clart de lecture et facilitent la compr hension et la m morisation Cette 3e dition propose une mise jour compl te des donn es m dicales et un renouvellement des entra nements Cet ouvrage est le r sultat du travail collectif de professeurs de sant publique de la France enti re sous l gide du Coll ge universitaire des enseignants de sant publique

**Procès-verbaux sommaires** Congrès International Contre L'Abus du Tabac,1900

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