

# Hypnotherapy hits the slot

DESPERATE pokies addicts are turning to hypnotists to cure their gambling habit.

Hypnotherapists and gambler help services have reported remarkable success rates with patients, some of whom were referred by doctors.

Using techniques similar to those used to tame smokers, the new-age practitioners have turned compulsive pokies players into gambling wowsers.

President of the Australian Clinical Hypnotherapists Association, Jenet Kirby, said she had cured a number of addicts.

Ms Kirby said she used relaxation techniques to help patients kick the habit. "We see if we can find out where it all started and why it is happening," she said. "It's a very comfort-

## Danny Buttler

able and relaxed state; it's similar to daydreaming.

"You're still in control, you're very much aware of what's going on around you."

Ms Kirby said unlike stage hypnotists who purport to put audience members into an unconscious state where they will do their bidding, hypnotherapists say patients are always in control.

"Your mind is open to suggestion and your senses are heightened," she said.

The therapy is being used by mainstream counselling services, with Gamblers Help Southern finding hypnosis has helped clients stay away from the gaming venues.