

## Fees

For individuals £50 - £120 for 60 mins  
Please see my "New Clients" webpage for  
my notes on fees.

I generally see people weekly, especially to start with.

## How long will it take?

I work short term, medium term and long term. Everyone's situation, their needs and what they want from therapy, is very different, and can also change. So this is a hard question to answer. Through discussing your wishes and expectations in an initial session it is possible to make a rough estimate.

## Contact:

Please feel free to phone me if you would like any further information.

If I'm not available, please leave a message and I will get back to you.

07785 183213

Alternatively e-mail me at -  
[jim@jim-robinson.co.uk](mailto:jim@jim-robinson.co.uk)

Or visit my website for more information  
[www.jim-robinson.co.uk](http://www.jim-robinson.co.uk)

## Need Help?

I see people with a wide variety of issues. They may be general, like personal development, loss of self-esteem or meaning, or for specific difficulties such as

Depression / Anxiety  
Stress / Anger  
Problems with relationships  
Past abuse  
Trauma / PTSD  
Grief / Bereavement / Illness  
Sexuality  
Addictions and Compulsions around -

### Food

- Over eating / weight control
- Eating disorders

### Substances

- Alcohol / Drugs
- Smoking

### Behaviours

- OCD
- Anger
- Self Harm
- Sex / Porn

I have seen many couples over the years for Marriage / Couples counselling.

Therapy crosses the boundary between Science (relief of symptoms) and Art (exploration of meaning).

# Smoking

Jim Robinson

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Counsellor &  
Psychotherapist

Gestalt / Humanistic / Holistic approach

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## The struggle to change

If you are feel stuck with your wish to stop smoking and can't seem to manage it, no matter how many times have you tried, then this might be of interest to you. It is not a quick fix approach and requires a degree of commitment that can only come from a real preparedness to work for change.

It is a creative and developmental approach that focuses on self-knowledge and self-repair. So, even if you don't stop smoking you will still have gained something really valuable.

Our problems arises from how we approach change. One part of us (our head) attempts to take control, "I will stop smoking today!" Then there's lots of struggle and trying before another part of us just takes over and does what it wants, usually it's a conspiracy between our feelings and body. The result is that we beat ourselves up for failing yet again, for being weak and useless.

### How come we are like this?

Why is it that we are split into parts that don't talk or listen to each other? This is about how trauma, in its specific and widest sense, splits our head, heart and body apart. It is the self's survival strategy. Trauma arose when life was too much to bear and the only way we could survive was to desensitise ourselves by splitting these connections. This is true for all of us to some extent!

This may have derived from a particularly event, but more commonly it was from being overwhelmed by an accumulation of difficulties, with the result that we ended up believing deep down that we are 'not good enough' in some way. This explains why we

can be so self-destructive. A part of us believes that we are "not worth caring about" so we might as well carry on killing ourselves.

We get so accustomed to living with these 'splits', with not knowing or understanding our feelings, with having shut down our thinking and desensitised our bodies, that we think the way we are is 'normal'. We resist looking too deeply at ourselves, we deny the possibility of change because it hasn't worked before. Also at some level we don't want to face the pain that we intuit is behind it all.

### So, what to do?

Taking responsibility for ourselves, becoming more aware and understanding ourselves can be a tough process at times. So we need the wish to change to have permeated deeply. If this is where you are then the next step is to find support for this work of deepening your self-awareness and self-understanding. None of us can do this alone. But change and development are surprisingly possible!

### How do we become more aware?

With support we can look more closely at what we are feeling, thinking and how our bodies are tense. This is all about attending to our here and now experience. We can start to see how our thoughts are influenced by our feelings, our feelings by our thoughts and how our bodies hold all our tensions. Fear and anxiety are always instantaneously there in the body as tension.

As we start to re-connect up our heart, head and body it enables us to see a little more about what is going on. This new awareness can then be digested and integrated and we become a little stronger. We can then see

more of our insecurity. We can then come to see and understand ourselves from a new perspective. Here the patterns of our experience makes sense and we can see the logic behind our behaviour.

We have many layers in us, and usually we are only aware of the surface, what happened today, what I want for supper, what a pain my partner is, how awful life is. We want life to be different from how it is, this is the place of being a victim. We all have this part of ourselves.

As we see deeper below the surface we start to understand the hurt, anger or distress we've been living with for maybe all our lives. It's by attending to this 'victim' place as deeply as possible that we repair ourselves. This is about taking responsibility for ourselves, about seeing and understanding our 'what is', our reality.

### We can't 'do' Change

We can't change by willing it with our heads along, it needs the whole of to be involved in the process. The innate wisdom of our subconscious governs it all together with our developing awareness and understanding from connecting up our head, heart and body. Change is something we notice after it has happened.

As we reconcile our past we live more in the present and less in fantasy. As we integrate ourselves we become more whole, healthier, able to take fuller responsibility for ourselves, in touch with what all of us wants. Life becomes more satisfying and enjoyable, then we *can stop smoking*.