

NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT MEETING
Wednesday
Feb. 15, 2012
Networking 6PM
Dinner 7:15PM

FEBRUARY 15 TH: Next Stop: Rejuvenation Station With Pat Crilly

Do you scrutinize your face in the mirror each morning searching for any new lines or wrinkles? Do you hear yourself saying, "I'm too old for this" about activities that you used to enjoy or did easily? Does your doctor dismiss your health concerns as "getting older" without any suggestion for relief other than a pill? We don't age simply with passage of time. It is how we pass the time that ages us or keeps us young. Anti-aging is not just about getting rid of a few wrinkles. It's about rejuvenating from the inside out starting with our DNA. Come join Nurse Crilly to learn about and experience an uplifting mini-session with this new cutting-edge, non-invasive technology that takes your anti-aging and rejuvenation to a whole new level. It is called the **Trinfinity8** and it revitalizes the body's ability for self-healing. The **Trinfinity8** is the quintessential holistic tool for high level wellness in the 21st Century. Some of you may be thinking this is far afield of hypnosis. Think again. Come find out for yourself. Pat has been a Registered Nurse for more than 35 years. She has integrated complementary and alternative modalities with nursing to bring a unique skill set to her current practice as a WellBeing Consultant .

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UPCOMING Spring 2012 MEETING DATES

February 15, 2012 April 18 & June 20

No sessions December & January, March, May and July & August

Call for Presenters!

In the efforts of the NACH to steadily build our organization, we are calling for any NACH member in good standing to submit his or her name and topic for presentation at our dinner buffet meetings. We shall consider all submissions. This is your chance to participate in our growth. Also, any member in good standing may suggest a topic to be presented and we will search for presenters to accommodate your request. Email all correspondence to nickeby@aol.com

RESEARCH ON HYPNOSIS

Over the years there have been many research studies completed that show that hypnosis does indeed work. There have also been many that show how effective hypnosis is for a wide variety of specific treatments. Here are just a few examples of some of these studies.

Real Brain Effect

Recently (2009) Hull University researchers found that hypnosis has a 'real brain effect' when analysed doing certain activities on brain scans under hypnosis. One psychologist, Dr. Michael Heap concluded that the study backed the theory that hypnosis "primes" the brain to be open to suggestion. The study leader Dr. William McGeown reflected that "This shows that the changes were due to hypnosis and not just simple relaxation. Our study shows hypnosis is real."

Hay Fever

In 2005 a Swiss team at Basle University taught 66 people how to do self hypnosis to treat hay fever. This largely consisted of visualising being on cool snowy mountainous terrains. After a year the researchers found that the volunteers who had been using self hypnosis reported far fewer symptoms related to hay fever than their fellow volunteers. Hypnosis significantly helped them alleviate symptoms such as a runny nose.

Professor Langewitz reasoned that hypnosis might work by altering blood flow and helping alleviate congestion in the nose that can occur with hay fever. He said: "It is known that you can alter blood flow with hypnosis".

Medical journal Psychotherapy and Psychosomatics.

Weight Loss

A study showed that, when comparing the results of adding hypnosis to other weight loss treatments across many different methods, adding hypnosis increased weight loss by an average of 97% during treatment. It also showed that hypnosis increased the effectiveness after the treatment by a whopping 146%. This shows that hypnosis works even better over a period of time.

Journal of Consulting and Clinical Psychology, 1996

A study of 60 women divided into hypnosis and non hypnosis control groups, found that the groups using hypnosis lost an average of 17 pounds, while the non-hypnosis group lost an average of only 0.5 pounds.

Journal of Consulting and Clinical Psychology, 1986

IBS

In a recent review of available controlled studies in the field of gastroenterology conducted at the University Hospital of South Manchester, scientists discovered that hypnotherapy is clearly beneficial for patients suffering from gastrointestinal disorders such as irritable bowel syndrome and peptic ulceration.

Whorwell P.J. Use of hypnotherapy in gastrointestinal disease. Br J Hosp Med (ENGLAND) Jan 1991, 45 (1) pg.27-9

Scientists at the Gastroenterology Unit, Frenchay Hospital, Bristol came up with similar results. 33 patients with irritable bowel syndrome were treated with four 40 minute sessions of hypnotherapy over 7 weeks. Twenty of the group improved, and eleven

of these were shown to be completely free from all symptoms. The researchers concluded that hypnotherapy in groups of up to 8 patients was as effective as individual therapy in the treatment of irritable bowel syndrome. Meaning that sessions did not need to be specifically tailored to each individual – giving more credibility to effectiveness of pre recorded sessions.

Harvey RF et al. Lancet (England) Feb 25 1989, 1 (8635) pg.424-5

Skin Disorders

Dermatitis and many other skin complaints such as psoriasis and eczema are widely considered to be stress related diseases. Hypnotherapy is well known to be very effective at treating emotional stress. Psychological tests have revealed that dermatitis sufferers are usually more anxious people, and as their levels of anxiety are reduced, their skin condition improves. Most clinicians and researchers agree that stress affects the course of dermatitis and eczema, and reducing stress levels has a positive effect on the course of the disease. Several documented case studies have directly revealed that hypnosis can offer a successful treatment for sufferers.

Kantor SD Psoriasis Research Institute, Palo Alto, California 94301. Cutis (US) Oct 1990, 46 (4) pg.321-2

Warts

There have been many studies on hypnosis being used to treat warts. Often they have seen success rates as high as 80%. For some reason success rates seem even higher for children. There was a particularly interest-

ing report of hypnosis being used to treat a 7 year old girl who had 82 warts. These warts had been present for about 18 months and would not respond to regular medical treatments. After 2 weeks, 8 of 16 facial warts were gone. After three more fortnightly sessions, all 82 warts were gone. The researchers concluded that the hypnotherapy was very successful, and that there must be an intimate relationship between psychological mechanisms and the immune system.

Department of Pediatrics and Human Development, Michigan State University, East Lansing 48824. J Dev Behav Pediatr Apr 1988, 9 (2) pg.89-91

Healing Wounds

Research at the Harvard Medical School showed that hypnosis increased the rate of recovery on patients who had undergone surgery. The research was compared to patients who had received the same surgery but without hypnosis.

Cromie, W.J. (2003) Hypnosis Helps Healing. Harvard University Gazette, May 8th 2003

Pain Control

Researchers at the University of Iowa Roy J. and Lucille A. Carver College of Medicine, used functional magnetic resonance imaging (fMRI) to find out if hypnosis alters brain activity in a way that might explain pain reduction.

The researchers found that volunteers under hypnosis experienced significant pain reduction in response to painful heat. They also had a distinctly different pattern of brain activity compared to when they were not

HYPNOSIS BRIEFS

BRAIN SCAN SHOWS HOW HYPNOSIS WORKS

Malcolm Ritter

HOW can a hypnotist paralyze your hand just with words? By making a part of your brain butt in on the process that normally makes your hand move, a study says. So the brain region that's ready to move your hand ignores its usual inputs and listens to this interloper, which says, "Don't even bother," the research concluded. It's "a kind of reconnection between different brain regions", said Yann Cojan, a researcher at the University of Geneva. Cojan is an author of the study in Thursday's issue of the journal *Neuron*. It used brain scans to show what happened when 12 volunteers tried to move a hand that had been paralyzed by hypnosis. Results showed the right motor cortex prepared itself as usual to tell the left hand to move. But the cortex appeared to be ignoring the parts of the brain it normally communicates with in controlling movement. Instead, it acted more in sync than usual with a different brain region called the precuneus. That was a surprise, Cojan said. The precuneus is involved in mental imagery and memory about oneself. Cojan suggests it was brimming with the metaphors the participants had heard from the hypnotist: Your hand is very heavy, it is stuck on the table, etc. So, he said, it might have been telling the motor cortex, "Oh, but your hand is too heavy, you can't move your hand." It's as if the motor cortex "is connected to the idea that it cannot move (the hand) and so ... it doesn't send the message to move,"

Cojan said. For the research, 12 participants had their brains scanned while doing a task that required them to push a button with one hand or the other. For some sessions, they were hypnotized and told their left hands were paralyzed. For other sessions, their mental status was normal. For comparison, six other participants simply pretended their left hands were paralyzed. Dr Richard Frackowiak, a brain expert at the University of Lausanne in Switzerland who didn't participate in the study, called the new work a "very valuable addition" to research into hypnotic paralysis. Amir Raz, who studies hypnosis and the brain at McGill University in Montreal, said he found the work interesting. But he wondered if the results might partially reflect general effects of being under hypnosis, rather than the paralysis suggestion itself.

HYPNOSIS AND HEADACHE PAIN

In a study conducted by Mr. Anderson (1975), migraine patients treated with hypnosis had a significant reduction in the number of attacks and in their severity compared to a control group who were treated with traditional medications. The difference did not become statistically significant until the second six-month follow-up period. In addition, at the end of one year, the number of patients in the hypnosis group who had experienced no headaches for over three months was significantly higher. In a controlled trial conducted by Mr. Olness (1987), self-hypnosis was shown to be significantly more effective than either propranolol

or placebo in reducing the frequency of migraine headaches in children between the ages of six and twelve years of age. In a research conducted by Mr. Schlutter (1980), hypnosis was also found to be effective in dealing with the relief of tension headache. Alladin (1988) reviewed the literature on hypnosis, identifying fully a dozen different hypnotic techniques that have been used in the treatment of chronic migraine headaches. Of these, hypnotic training emphasizing relaxation, hand warming (which, according to Anderson, 1975) seems the simplest method of establishing increased voluntary control of the sensitive vasomotor system) and direct hypnotic suggestions of symptom removal have all been shown to be effective in reducing the duration, intensity and frequency of migraine attacks during a ten-week treatment course and at thirteen-month follow-up when compared to controls.

A study (Gutfeld, G. and Rao, L., 1992) was conducted on 42 patients suffering from chronic headaches. These patients, all of whom had responded poorly to conventional treatments, were split into two groups. One received hypnotherapy to relieve their daily headaches; the rest acted as a comparison group. The hypnotherapy group experienced reduced frequency and duration of headaches, cutting the intensity by about 30%. "These results are impressive in such a difficult, hard-to-treat group of patients," commented Egilius Spierings, M.D., Ph.D. director of the headache section, division of neurology at Brigham and Women's Hospital.

A NATURAL PALLIATIVE FOR PAIN

Hypnosis can help relieve many types of pain -- including chronic pain, cancer pain, headache and labor pain -- by decreasing the intensity of the pain signal perceived by the brain, although the exact location where hypnosis interferes in the pain perception process still is unknown, says Dr. Schulz-Stubner. It is most effective when used in combination with more standard modalities of pain relief, and in an individually modified manner. Studies show that when hypnosis is employed preceding invasive medical procedures, patients experience less pain and anxiety.

Dr. Schulz-Stubner would not use hypnosis to replace anesthesia, at least in a North American population, where we seem to hold stereotypes about hypnosis as entertainment. However, he notes that it is a good way to provide sedation and comfort while a regional block provides anesthesia for the part of the body the surgeon is operating on. Hypnosis can also make the placement of the blocks more comfortable.

Spring Academy HypnoCounselor Certification Course Schedule for 2011

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TO: All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at..... (908) 964-4467.

Or Email Dr. Gatto at: info@hypnoacademy.com Or go to www.hypnoacademy.com

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The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991) Ask us for a copy of our New Jersey State License

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the SPRING session where excitement awaits you.

SPRING SCHEDULE

Basic Hypnosis..... To be scheduled

Advanced Hypnosis..... To be scheduled

Advanced Clinical Hypnosis Certification..... To be scheduled

EACH COURSE IS2 WEEK-ENDS SATURDAY & SUNDAY 100 hours of in class study

NEW INCOME

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR CLIENTS, FAMILY AND YOURSELF .

Feel free to copy this schedule of classes and send it to your local newspaper under "around town" to help us spread the word.

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Hypnosis and Surgery

Hypnosis has a long history of involvement with surgery. At around the time the first anaesthetics were being discovered hypnosis was beginning to be used by a number of surgeons to perform supposedly pain-free operations: in the early nineteenth century James Braid, John Elliotson and James Esdaile were all reported to have successfully used hypnosis on surgical patients (Völgyesi, 1966). With the development of ether and other anaesthetics which worked reliably with large numbers of patients hypnosis was sidelined. Recently however there has been a resurgence of interest in using hypnosis alongside modern anaesthetics. Hypnosis can be used adjunctively with conscious sedation techniques (where the patient is not made unconscious but is only lightly sedated), or it can be used prior to a general anaesthetic to reduce anxiety and promote wellbeing. A number of high quality studies have looked at the use of hypnosis in surgery, and they will be examined in more detail here.

Lang, Benotsch, Fick et al (2000) Lang and colleagues conducted a randomised controlled trial on 241 patients undergoing invasive surgery to the arteries, veins, or kidneys. Three test treatments were compared: self-hypnotic relaxation, attention control, and standard care. Approximately 80 patients were randomised to each of these groups, matched for disease severity. The surgery was conducted under conscious sedation - patients were given Midazolam which leaves them awake but sedated. The standard treatment group consisted of treatment as usual. The attention control condition included an additional member of the surgical team paying special attention to the patients needs, providing the feeling of control and swift response to the patients requests. The hypnotic condition involved an additional member of the surgical team acting as in the attentional control condition, but additionally administering a rapid hypnotic induction, giving suggestions for a sensation of floating, and encouraging the patient to use self-generated imagery. Pain, anxiety and drug use were assessed. In particular, after the surgery patients had access to a 'patient controlled analgesia' device which delivered pain medication at the touch of a button - the amounts requested and delivered were recorded. The time it took to complete the procedure was significantly shorter in the hypnosis group compared to the standard treatment group, with the attention group in between. Patients in the attention and standard treatment group reported that their pain got steadily worse as the operation went on, but in comparison patients in the hypnosis group continued to remain relatively pain free over the same period. Patients in the hypnosis and attention groups requested and received approximately half the amount of pain medication than patients in the standard care group.

Montgomery, Bovbjerg, Schnur et al (2007) Montgomery and colleagues conducted a randomized controlled trial in a group of 200 women undergoing breast surgery (biopsy or lumpectomy). Patients were randomly assigned to a hypnosis group, or an empathic listening group. The hypnosis group received a 15 minute psychologist-conducted hypnosis session in the hour before the surgery (suggestions were given for relaxation, peace, and reduced pain, nausea and fatigue), and the empathic listening group received a 15 minute nondirected listening session with a psychologist before the surgery (patients led the discussion and the psychologist provided supportive/empathic comments).

Patients in the hypnosis group experienced significantly less pain, nausea, fatigue, discomfort and emotional upset as can be seen in the graph above (data taken from original paper). Of six drugs (painkillers and sedatives) given to the patients during and after the operation, patients in the hypnosis group needed significantly less of two of them, and equal amounts of the others. The authors measured the amount of time patients spent in the operating room, and drug costs, and determined that total costs for patients in the hypnosis group were \$3146.90, versus \$3919.51 per patient in the attention group. These figures demonstrate the cost-effectiveness of a brief pre-surgical hypnosis intervention.

DOES HYPNOSIS WORK?

You're growing tired. Your eyelids are getting heavy. You're feeling very sleepy...

Most of us recognize these words as the Hollywood script of a hypnosis session. Typically portrayed as the tool of comics and hucksters ("At my command, you will crow like a rooster") or nefarious, mind-controlling villains, hypnosis has a serious type-casting problem to overcome.

Beyond the stereotypes, is there any validity to hypnosis as a therapeutic technique? Hypnotherapy—or medical hypnosis—has a long history as a controversial treatment for physical and psychiatric ailments. Many leading medical figures since the 18th century (including Austrian physician Franz Mesmer, for whom the verb "mesmerize" was coined) experimented with putting patients into trance states for healing purposes. Determined to know whether this new medical treatment was genuine or a hoax, King Louis XVI of France commissioned a panel of experts, including Ambassador Benjamin Franklin, to investigate Mesmer's claims. In 1784, the "Franklin commission" released its report, which found "mesmerism" to be "utterly fallacious" and without merit.

"It has taken centuries for medical hypnosis to regain credibility," says Penn State psychology professor William Ray. "In the 1950s, reliable measures of hypnotizability were developed, which allowed this research field to gain validity. We've seen more than 6,000 articles on hypnosis published since then in medical and psychological journals. Today, there's general agreement that hypnosis can be an important part of treatment for some conditions, including phobias, addictions and chronic pain."

Ray's own research uses hypnosis as a tool to better understand the brain, including its response to pain. "We have done a variety of EEG studies," says Ray, "one of which suggests that hypnosis removes the emotional experience of pain while allowing the sensory sensation to remain. Thus, you notice you were touched but not that it hurt."

Despite increasing recognition by the medical establishment, popular myths about hypnosis persist, such as the belief that it is a truth serum, that it causes subjects to lose all free will, and that hypnotists can erase their clients' memories of their sessions. In truth, hypnosis is something most of us have experienced in our everyday lives. If you've ever been totally engrossed in a book or movie and lost all track of time or didn't hear someone calling your name, you were experiencing a hypnotic trance.

The hypnotized person is not sleeping or unconscious—quite the contrary. Hypnosis (most often induced by a hypnotist's verbal guidance, not a swinging pocket watch) creates a hyper-attentive and hyper-responsive mental state, in which the subject's subconscious mind is highly open to suggestion. "This doesn't mean you become a submissive robot when hypnotized," Ray asserts. "Studies have shown us that good hypnotic subjects are active problem solvers. While it's true that the subconscious mind is more open to suggestion during hypnosis, that doesn't mean that the subject's free will or moral judgment is turned off."

Are some people more easily hypnotized than others? "Yes, although the reason is not clearly understood," explains Ray. "Hypnotic responsiveness doesn't seem to correlate in expected ways with personality traits, such as gullibility, imagery ability or submissiveness. One link we've found is that people who become very engrossed in day-to-day activities—reading or music, for example—may be more easily hypnotized."

In the late 1950s, Stanford University was the first to establish a reliable "yardstick" of susceptibility (aptly called the Stanford Hypnotic Susceptibility Scales). Through subsequent studies, researchers learned that 95 percent of people can be hypnotized to some extent (with most scoring in the midrange on the Stanford Scale) and that "an individual's score—reflecting the ability to respond to hypnosis—remains remarkably stable over time. Even twenty-five years after their initial Stanford Scale tests, retested subjects were getting almost the same scores, the same level of hypnotic responsiveness."

Understanding the exact mechanism behind hypnosis may require decoding the workings of the unconscious mind. While it may be near-impossible to arrive at that knowledge, hypnosis has come a long way since it was debunked by The Sun King's commission. Who knows? If he could review the case today, Benjamin Franklin might even be persuaded—"You're getting sleepy...You're eyelids are getting heavy"—to change his mind.

CEU Credit Hours

2011 MEETING DATE

Wednesday: February 15, 2012

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

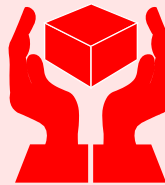
Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683

happening each year. The days turn



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS: To 325 Chestnut Street, Union, NJ 07083

DIRECTIONS: PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road toward Union. Restaurant is at the far left corner of the intersection.

ROUTE 22: Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn right on Salem Road and go to the end.

STATEN ISLAND OR LONG ISLAND: Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, turn left on Salem Road and go to the end.

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Please send your check in on time. Arriving unannounced may cause a problem with seating. Thank You!