



NACH and the Greater NGH Chapter
National Association of Certified HypnoCounselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
**April 18,
2012**

NO MEETING IN MARCH 2012

For the present period we have scheduled our meetings for every other month. It appears that due to the economy it may be a hardship on members to attend meetings every month exclusive of Summer and Winter breaks. This new policy is subject to change depending upon the attitudes and desires of our Members. Let us hear from you with your suggestions. Attend meetings to Network and to support the growth of the NACH and Greater NJ Chapter of the NGH

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UPCOMING 2010 MEETING DATES

April 18 2012 & June 6, 2012

Use this as a positive reminder of our upcoming meeting dates!

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 infor@hypnoacademy.com with a copy to Nickeby@aol.com

DANGEROUS DRUGS: PHENYLPROPANOLMINE

I urge you to review the list of medicines with PPA and avoid these medications. All drugs containing PHENYLPROPANOLAMINE are dangerous. You may want to try calling the 800 number listed on most drug boxes and inquire about a REFUND. Please read this CAREFULLY. Also, please pass this on to everyone you know. STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain) among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

The following medications contain **Phenylpropanolamine**:

Acutrim Diet Gum Appetite Suppressant Acutrim Plus Dietary Supplements Acutrim Maximum Strength Appetite Control Alka-Seltzer Plus Children's Cold Medicine Effervescent Alka-Seltzer Plus Cold medicine (cherry or orange) Alka-Seltzer Plus Cold Medicine Original Alka-Seltzer Plus Cold & Cough Medicine Effervescent Alka-Seltzer Plus Cold & Flu Medicine Alka-Seltzer Plus Cold & Sinus Effervescent Alka Seltzer Plus Night-Time Cold Medicine BC Allergy Sinus Cold Powder BC Sinus Cold Powder Comtrex Flu Therapy & Fever Relief Day & Night Contac 12-Hour Cold Capsules Contac 12 Hour Caplets Coricidin D Cold, Flu & Sinus Dexatrim Caffeine Free Dexatrim Extended Duration Dexatrim Gelcaps Dexatrim Vitamin C/Caffeine Free Dimetapp Cold & Allergy Chewable Tablets Dimetapp Cold & Cough Liqui-Gels Dimetapp DM Cold & Cough Elixir Dimetapp Elixir Dimetapp 4 Hour Liquid Gels Dimetapp 4 Hour Tablets Dimetapp 12 Hour Extentabs Tablets Naldecon DX Pediatric Drops Permathene Mega-16 Robitussin CF Tavist-D 12 Hour Relief of Sinus & Nasal Congestion Triaminic DM Cough Relief Triaminic Expectorant Chest & Head Triaminic Syrup !! Cold & Allergy Triaminic Triaminicol Cold & Cough

I just found out and called the 800# on the container for Triaminic and they informed me that they are voluntarily recalling the following medicines because of a certain ingredient that is causing strokes and seizures in children: Orange 3D Cold & Allergy Cherry (Pink) 3D Cold & Cough Berry 3D Cough Relief Yellow 3D Expectorant They are asking you to call them at 800-548-3708 with the lot number on the box so they can send you postage for you to send it back to them, and they will also issue you a refund. If you know of anyone else with small children, PLEASE PASS THIS ON. THIS IS SERIOUS STUFF! DO PASS ALONG TO ALL ON YOUR MAILING LIST so people are informed. They can then pass it along to their families. To confirm these findings please take time to check the following:

www.fda.gov/Drugs/DrugSafety/InformationbyDrugClass/ucm150738.htm

Self Help Meditation - A New Way to a Better Life by Ed McDonough

Self help is about individual improvement and about the manner in which you can improve yourself, your state of existence and your life. It is connected to many different categories such as health, wealth, happiness, relationships, self esteem, abundance, and the list goes on. It is a concept based on one's abilities to gather the "mental" strength needed to improve their life. By being able to help one's self it allows them to regain control of their life, make improvements and help others with similar difficulties.

Self help, or Personal Development as it's sometimes referred to, starts when a person realize a certain aspect of them self (or their life) needs to be changed, added or improved upon.

This realization indicates that a time of great personal growth is approaching as they contemplate taking action towards making this change. This state of awakening is also known as self-empowerment which is the underlying force that will guide them to achieving their goal.

Natural Growth

As human beings we have little choice but to experience growth during our lives. I frequently tell people my life is an evolution, not a closed end or limited experience, because as I continually encounter growth; growth which I freely welcome.

And, when inner growth is the focus, one's external reality will reflect it in a positive way.

Personal growth is the natural course in everyone's life however many people are resistant to it because it is commonly associated with change. In this case, their life appears to be stagnant even though they are unknowingly experiencing some growth. On the other hand, when change is welcome in one's life, and personal development becomes a goal, the natural growth rate is enhanced and the positive results are greater.

Empowerment of Personal Development

Empowerment is a strong indicator that you believe you can achieve whatever you set out to accomplish. It is a function of the desire and commitment you need to reach the goal. It can also be viewed as giving yourself the authority to take personal responsibility for attaining your objectives. The most rewarding part of "helping yourself" is you decide what you want to bring into (or change) your life and how, where and when you'll get it. And, obtaining the goal increases your ability for continued growth at a faster pace because it builds self-confidence.

Empowerment is an essential part of Personal Development because it strengthens your capacity to satisfy your own needs, solve your own problems, and acquire the

necessary resources to take control over your life. The by-product of it is finding inner peace, obtaining greater happiness and the increasing your self-worth.

Self Help and Meditation

The most astonishing factor to Self Help and Personal Development, which is frequently overlooked, is tuning into your inner being for help and guidance through meditation. The true source of empowerment comes only from within and will only be recognized when the mind is silent and clear of thought. The guidance from the higher intelligence which inside all of us is only realized when we make the choice to access it and accept it into our life.

Affirmations, declarations and positive thinking are tremendous tools which can help you reach your self improvement goals though they are practically ineffective when used in the normal "awake" conscious state of mind. However, when the mind is quieted through meditation the effectiveness of these tools will increase dramatically. This is due to the greater focus and clarity achieved when in the meditative state.

In addition, meditation also gives you the ability to connect with your higher intelligence and use your mind in a genius like way. This added benefit gives you access to additional resources which lead to more effective and faster problem solving. In addition, you can also seek guidance from this amazing source when you need the answer to questions which are not available or ap-

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Helping Your Self

Individual improvement and self development begins by recognizing the need for change in your life. How the change manifests, and how you grow as a person, is proportional to the effort you put into it. Your desire and determination to make the change will dictate your success in reaching the goal.

Learning how to meditate, and how to use it to assist you in your Self Help needs, will not only speed the process, it will also help you to live a happier, healthier and more fulfilled life. It will help you become the person you desire to be and live life exactly the way you want.

How To Hypnotize Yourself Using The Betty Erickson Method Of Self Hypnosis

Self hypnosis allows you to access your own unconscious mind and achieve lasting and powerful change where it matters, in your unconscious.

The number one key drive of the human mind is homeostasis; keeping things the same.

If you cause change at a conscious level only, the unconscious mind, which makes up approximately 90% of your total brain power, will quickly restore things to the way they were.

So for any positive change to successfully occur, be it to stop smoking, weight loss, achieving goals, in fact the possibilities are almost endless, it needs to occur at an unconscious level.

Performing self hypnosis will allow you to control your own mind, and effect powerful and, most importantly, lasting positive change. To access your unconscious mind in self hypnosis you need to enter a self hypnotic trance, basically you need to remove your critical mind and allow you to access your unconscious.

A lot of beginners have difficulty with entering a self hypnotic trance, with the Betty Erickson method anyone can enter into a deep self hypnotic

trance in no time.

To perform the Betty Erickson method of self hypnosis:

Get your self in a comfortable position, sitting up or lying down, whatever makes you feel the most comfortable.

Keep your eyes open and say, out loud if possible as this quiets internal dialog, three things that you can see.

Then say three things that you hear, and three things that you can feel.

Try and throw in a few internally orientated observations as well, such as "I feel myself relaxing" when you in fact do.

Then say two things that you see, two that you feel and two that you hear (there is no magic in the order of the senses which you use. Any order of see, hear, feel will work fine, and feel free to change the order throughout the induction, the only rule is do not have the same sense back to back, so never end with a feeling on one loop then start with a feeling on the next).

Then say one thing that you feel, one that you see, one that you hear.

Close your eyes and notice as you relax deeply.

Give your suggestion, making sure they obey the laws of suggestion (that they are positive, and that you can believe them. So saying "I am thin" when you know you aren't will not be as effective as saying "with everyday that goes by i am getting thinner and thinner until I reach the weight that I want to be").

After you have done your suggestion wake yourself up.

A great way to do this is by telling yourself that when you count down form three to one you will wake up feeling refreshed, relaxed and alert, bringing with you all the positive suggestions of that session, then count yourself out.

Ideally perform self hypnosis everyday, before you go to bed, when you wake up, or whenever you have a spare 5 minutes. When you begin practicing self hypnosis you will find your life full of more joy and success than you have ever hoped for!

By Nathan Thomas

SELF-HYPNOSIS TOWARD

RELAXATION

Self-hypnosis is used to directly program your unconscious with affirmations and suggestions that would otherwise have been "edited" by your conscious mind. Before you begin, choose the stress-relieving suggestions such as "I am not afraid of subways," or "I am totally relaxed." You can use this programming as an effective method to help reduce stress and induce relaxation. Simply put, when you engage in anxiety hypnotherapy you are concentrating peaceful suggestions in order to improve the quality of your life.

Fall Academy HypnoCounselor Certification Course Schedule for Fall 2012

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

to print your registration form.

The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991)

Schedule: We are setting dates for the Fall 2012 sessions in the very near future

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 FALL session where excitement awaits you.

Basic Hypnosis.....

Advanced Hypnosis.....

Advanced Clinical Hypnosis Certification.....

EACH COURSE IS2 WEEK-ENDS

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 HELPS HEALING: SURGICAL WOUNDS MEND FASTER

By William J. Cromie Gazette Staff

Page 6

Marie McBrown was invited to test whether or not hypnosis would help heal the scars from her breast surgery. Marie (not her real name) and 17 other women underwent surgery to reduce their breast size. It's a common operation for women whose breasts are large enough to cause back and shoulder strain, interfere with routine tasks, or prompt social and psychological problems. The pain and course of healing from such surgery is well-known, and a team of researchers headed by Carol Ginandes of Harvard Medical School and Patricia Brooks of the Union Institute in Cincinnati wanted to determine if hypnosis could speed wound healing and recovery. "Hypnosis has been used in Western medicine for more than 150 years to treat everything from anxiety to pain, from easing the nausea of cancer chemotherapy to enhancing sports performance," Ginandes says. A list of applications she provides includes treatment of phobias, panic, low self-esteem, insomnia, sexual dysfunction, stress, smoking, colitis, warts, headaches, and high blood pressure. "All these functional uses may help a person feel better," Ginandes continues. "I am also interested in using hypnosis to help people get better physically. That means using the mind to make structural changes in the body, to accelerate healing at the tissue level." Four years ago, Ginandes and Daniel Rosenthal, professor of radiology at the Harvard Medical School, published a report on their study of hypnosis to speed up the mending of broken bones. They recruited 12 people with broken ankles who did not require surgery and who received the usual treatment at Massachusetts General Hospital in Boston. In addition, Ginandes hypnotized half of them once a week for 12 weeks, while the other half received only normal treatment. The same doctor applied the casts and other care, and the same radiologists took regular X-rays to monitor how well they healed. A radiologist who evaluated the X-rays did not know which patients underwent hypnosis. The result stood out like a sore ankle. Those who were hypnotized healed faster than those who were not. Six weeks after the fracture, those in the hypnosis group showed the equivalent of eight and a half weeks of healing.

How to hypnotize Not everyone is convinced by the results. Some experts claim that the differences can be explained by the extra attention - the increased psychological support - given to the hypnotized patients. So when she was ready to try hypnosis again on 18 breast surgery patients, Ginandes randomly separated them into three groups. All got the same surgical care by the same doctors. Six received standard care only, six also received attention and support and from a psychologist, and six underwent hypnosis before and after their surgery. Hypnosis sessions occurred once a week for eight weeks. Psychological soothing took place on the same schedule. Ginandes did not put the patients to sleep by swinging a watch like a pendulum while the patients lay on a couch. "That only happens in the movies," she laughs. "In hypnosis, people don't lose control and go into a zombie-like state where they can be made to do things against their will. They don't have to lie down, you can enter a state of hypnosis standing up, even standing on your head. Patients don't even go to sleep, rather, they enter a state of absorbed awareness, not unlike losing oneself in a good book or favorite piece of music." While in this state, Ginandes offered suggestions that were custom-tailored to different stages of surgery and healing. Before surgery, the suggestions emphasized lessening pain and anxiety. "You can even suggest to a patient that she can reduce bleeding during surgery by controlling her blood flow," Ginandes notes. Overall, the suggestions focused on things such as expectation of comfort, decreased inflammation, diminished scar tissue, accelerated wound healing, return to normal activities, and adjustments to self-image.

The women received audio tapes of these sessions so they could practice at home. At one week and seven weeks after surgery, nurses and doctors participating in the study visibly assessed and measured the wounds of all three groups without knowing which group the women were in. They took digital photographs for three physicians to review. Each patient also rated her own healing progress and how much pain she felt on scales of zero to 10. The result was clear. Marie McBrown and the women who had undergone hypnosis healed significantly faster than the others. Those who received supportive attention came in second. The researchers reported these results in the April issue of the American Journal of Clinical Hypnosis. This report, of course, doesn't prove conclusively that hypnosis will accelerate the healing of wounds. The biggest limitation of the study involves the small number of patients, which makes it difficult to generalize the results to other types of wounds. Then there is the possible effect of expectation, the belief of some patients that hypnotism will work. It's the same effect seen when people who take a sugar pill for a backache do as well as people who take medicine. It's going to require more studies involving many more people to get the majority of doctors to shout hurrah instead of hooey. Ginandes agrees. "Our study underscores the need for further scientific testing of hypnosis," she says. "Subsequent studies might clarify unresolved speculations about the mechanisms by which hypnotic suggestion can trigger the physical and psychological effects that we see." She and her colleagues suggest future experiments to compare the effects of simple hypnotic relaxation versus "targeted suggestions for tissue healing." They would also like to see more work done using hypnosis for people suffering from other kinds of wounds, such as foot ulcers caused by diabetes. Nevertheless, Ginandes believes that the study of healing after breast surgery "breaks the ground for studying a broad and exciting range of new adjunctive treatments. Since clinical hypnosis is a noninvasive, nondrug treatment, finding that it can speed healing of wounds and other conditions could lead to fewer visits to doctors' offices and faster return to normal activities. Also, further investigation might confirm our supposition that the mind can influence healing of the body."

According to available research papers, Hypnotherapy seems to be the most effective alternative treatment of warts. There are several published, controlled studies of the use of hypnosis to cure warts that have shown cure rates as high as 80%. Pre-pubertal children respond to Hypnotherapy almost without exception, although adults sometimes do not. Clinically, many adults who fail to respond to hypnotherapy will heal with individual hypnoanalytic (combination of hypnotherapy and psychotherapy) techniques. By using hypnoanalysis on those who failed to respond to hypnotherapy, 33 of 41 (80%) consecutive patients were completely cured. Self-hypnosis was not used. (1)

There was a particularly interesting report of hypnosis used to treat a 7-year-old girl who had 82 common warts. The warts had been present for 12-18 months and were not amenable to any of the routine medical treatments. Hypnotic suggestions were given for the facial warts to disappear before warts from the rest of the body. After 2 weeks, eight of 16 facial warts were gone, with no other changes. After three additional biweekly sessions, all 82 warts were gone. This was, to our knowledge, the first reported case of systematic wart removal in children and the researchers concluded that there is an intimate relationship between psychological mechanisms and the immune system.(2)

- (1) Hypnotherapy for warts (verruca vulgaris): 41 consecutive cases with 33 cures. Ewin DM Tulane Medical School, New Orleans, LA. Am J Clin Hypn (UNITED STATES) Jul 1992, 35(1) p1-10
 (2) Hypnotherapy of a child with warts. Noll RB Department of Pediatrics and Human Development, Michigan State University, East Lansing 48824. J Dev Behav Pediatr Apr 1988, 9 (2) p89-91

HYPNOSIS & HAYFEVER

Forty-seven subjects with known skin sensitivity to pollen and/or house-dust were divided into five groups and tested with four strengths of allergen. The prick-test method was employed. In the first part of the investigation a group of un hypnotized subjects were compared with a group who had suggestions made under hypnosis that their skin reactions to the allergen would not occur when tested a second time. A significant diminution in the size of the weal was obtained in the hypnosis group at the lower two strengths of allergen. In the second part of the investigation the subjects were divided into three groups. All were hypnotized, no suggestions regarding skin reactions were given to one group, the second group were given suggestions that only on one arm would the skin reactions be less or not recur, and in the third group the suggestion was made about the reactions on both arms. There was found to be a similar decrease in the response to prick-tests after hypnosis in all three groups.

Fry L. Mason AA Pearson RS. Effect of hypnosis on allergic skin responses in asthma and hayfever. BMJ 1964;114S.1 148.

HYPNOSIS & TINNITUS: All physical diseases including cancer, heart disease and even skin complaints have been helped with Hypnotherapy and Psychotherapy. Several reports have concluded that psychological factors should be taken into account in the treatment and management of tinnitus (1). The power of suggestion and mental imagery is a tool all too often overlooked but it can be of help. We found one study conducted in England which concluded that over one third of tinnitus sufferers who were given hypnotherapy found it helpful. The report concluded that hypnotherapy "seemed to help them tolerate their tinnitus better , although loudness and quality were unaltered." (2).

- (1) Is tinnitus a psychological disorder? Gerber KE; Nehemkis AM; Charter RA; Jones HC Int J Psychiatry Med (UNITED STATES) 86 1985, 15 (1) p81-7 Tinnitus--incidence and handicap. Lindberg P; Lyttkens L; Melin L; Scott B Scand Audiol (SWEDEN) 1984, 13 (4) p287-91
 (2) A controlled trial of hypnotherapy in tinnitus. Marks NJ; Karl H; Onisiphorou C Clin Otolaryngol (ENGLAND) Feb 1985, 10 (1) p43-6

CEU Credit Hours

2010 MEETING DATE

Wednesday: April 18, 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



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 THE GALLOPING HILL INN:

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.

Are You Taking Your Own Medicine?

The suggestion is what you use to communicate your goal to your subconscious. It is where you tell yourself what you want yourself to do. A good suggestion is the key to successful goal-oriented self-hypnosis. You can do self-hypnosis without the suggestion and still get the benefits of stress reduction and enhanced ability to concentrate. If you want to get more specific results, you have to use a suggestion. If you have been practicing self-hypnosis and can hypnotize yourself, you're ready to add the suggestion. (Remember, you don't need a deep trance.) Insert the suggestion in your routine after the deepening. The visualization goes along with, and right after, the suggestion. You will probably want to add both together. *Source: hypnosis.lifetips.com*

PLEASE SUBMIT ARTICLES THAT YOU WOULD LIKE TO SHARE WITH YOUR COLLEAGUES. TAKE THE TIME TO DO SOME ONLINE SCOUTING FOR ARTICLES

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