



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NGH CONVENTION JUST AROUND THE CORNER

THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 10-12, 2012 Best Western Plaza Hotel - Marlborough, MA.

I can't believe its almost that time of the year again. Already making plans and choosing what courses to take. You can look on line at WWW.NGH.net and start surfing all the new workshops and presenters for this year. Take part of your vacation this year to attend. It is the best thing you can do for yourself, your profession and business. You will always come home feeling confident, renewed, energized and applying all that you learn immediately. There is such a feeling of positive energy at the convention every year and the friends you meet from all over the world is fantastic. Come join us at this years convention. So sign up now and get your hotel reservation early.

**NEXT
MEETING**
Wednesday
**June
20TH**

NEXT MEETING DATE

June 20th, 2012 Networking begins at 6PM Buffet at 7:15PM

Galloping Hill Inn, Union New Jersey

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CONTEMPLATED PRESENTATION

It would be great if any member would suggest topics/speakers that they would like to have presented at our meetings. Right now we are contemplating a meeting dedicated to a technique demonstration by a teacher with ample time for members to work hypnotically with each other in the form of a supervised practice . This would give you an opportunity not only to learn a new technique or brush up on one with which you are already familiar but would like to gain more confidence in it's application

The Possibilities in Hypnosis, Where the Client Has the Power

My husband, Richard, smoked [cigarettes](#) for 50 years, having failed several attempts to quit on his own. When a friend told him in August 1994 that hypnosis had enabled her to quit, he decided to give it a try.

It didn't work; I wasn't hypnotized," he declared after his one and only session. But it did work; since that day, he has not taken one puff of a cigarette.

Gloria Kanter of Boynton Beach, Fla., thought her attempt in 1985 to use hypnosis to overcome her fear of flying had failed. "When the therapist brought me out, I said it didn't work," she recalled in an interview. "I told her, 'I heard everything you said.'"

Nonetheless, the next time she and her husband headed for the airport, she was not drenched in sweat and paralyzed with fear. "I was just fine," she said, "and I've been fine ever since."

Like many others whose knowledge of hypnotism comes from movies and stage shows, my husband and Mrs. Kanter misunderstood what hypnosis is all about.

While in a hypnotic trance, you are neither unconscious nor asleep, but rather in a deeply relaxed state that renders the mind highly focused and ready to accept suggestions to help you accomplish your goals.

Hypnosis has been mired in controversy for two centuries, and its benefits are often overstated. It does not help everyone who wants to quit smoking, for example; then again, neither do other kinds of treatments.

And the patient's attitude is critical. In the words of Brian Alman, a psychologist who practices hypnosis in San Diego, "The power of hypnosis actually resides in the patient and not in the doctor." Roberta Temes, a clinical hypnotist in Scotch Plains, N.J., insists that hypnosis cannot make people do anything they don't

want to do. Hypnosis can succeed only in helping people make changes they desire, she said in an interview.

In her book "The Complete Idiot's Guide to Hypnosis," Dr. Temes points out that success in achieving your goal is the best proof that you were really hypnotized. She also suggests a second or third session if you didn't quite reach your goal after the first try.

What Hypnosis Can Do

In effect, hypnosis is the epitome of mind-body medicine. It can enable the mind to tell the body how to react, and modify the messages that the body sends to the mind. It has been used to counter the nausea of [pregnancy](#) and [chemotherapy](#); dental and test-taking [anxiety](#); pain associated with surgery, root canal treatment and childbirth; fear of flying and public speaking; compulsive hair-pulling; and intractable [hiccups](#), among many other troublesome health problems.

Writing in The Permanente Journal in 2001, Dr. Alman said that "useful potential" for benefiting from hypnosis "exists within each patient." "The goal of modern medical hypnosis," he said, "is to help patients use this unconscious potential."

Dr. Alman described a 65-year-old concentration camp survivor who repeatedly choked when she tried to swallow, though examinations of her esophagus revealed no obstruction. After three hypnotherapy sessions, her problem was solved. "I was liberated from my esophagus," the patient said. You may not even have to be face to face with a hypnotist to benefit medically. Dr. Temes said hypnosis could be helpful even if done with a cassette tape or CD, or by telephone, which she offers as part of her practice **PG.5**



The Client Has the Power

By [JANE E. BRODY](#)

Published: November 3, 2008

Why We're FatBy Jan Garavaglia, M.D.

So why is obesity happening? The obvious, clichéd-but-true answer is that we eat too much high-calorie food and don't burn it off with enough exercise. If only we had more willpower, the problem would go away. But it isn't that easy. When warned about the dangers of overeating, we get briefly spooked and try to do better. Then we're offered a plateful of pancakes smothered in maple syrup, our appetite overpowers our reason, and before we know it, we're at it again. Just why is appetite such a powerful driver of behavior, and, more important, how can we tame it? Within the past few years, science has linked our ravenous appetites to genes and hormones.

Among the hormones that fuel these urges are ghrelin and leptin, known as the "hunger hormones." Ghrelin is produced mostly by cells in the stomach lining. Its job is to make you feel hungry by affecting the hypothalamus, which governs metabolism. Ghrelin levels rise in dieters who lose weight and then try to keep it off. It's almost as if their bodies are trying to regain the lost fat. This is one reason why it's hard to lose weight and maintain the loss. Leptin turns your appetite off and is made by fat cells. Low leptin levels increase your appetite and signal your body to store more fat. High leptin levels relay the opposite signal. Many obese people have developed a resistance to the appetite-suppressing effects of leptin and never feel satisfied, no matter how much they eat. Basically, your body uses these hormones to help you stay at your weight and keep you from losing fat — which is another reason why dieting can be so difficult.

Lack of sleep promotes obesity by messing with these hunger hormones. If you skimp on sleep, ghrelin levels rise, making you hungry, and leptin levels dip, which signals a need for calories. During my internship, I was

chronically sleep-deprived because I had to be at the hospital and stay up all night every third night. I gained a lot of weight that year; now I know why. Years later, after I gave birth to my son Alex, I put on a lot of pounds, too — twenty pounds left over from the pregnancy, and twenty pounds from being up all night with him. He had colic (fussiness) and never slept more than twenty minutes at a time the first six months of his life. My weight started coming off more easily when I got more sleep. Besides ghrelin and leptin, many other hormones play a role in appetite.

Scientists have been looking for ways to control all these hunger hormones, but so far nothing usable has panned out. Hunger isn't the only reason people eat and eat and eat. Stress, depression, boredom, loneliness, and even joy all come into play. And some of us may just be inclined to gain weight while others are not, due to genetics. Scientists are unclear as to how much of a role genetics plays in how chubby you are, but estimates range from as low as 20 percent to as high as 90 percent. In studies of twins, researchers have found that siblings wind up with similar body weights, whether or not they are raised in different families, and that adopted children are much more likely to grow to the size of their natural parents than their adoptive ones.

Scientists speculate that part of the reason so many of us are susceptible to layering on fat is due to the "thrifty gene." Supposedly, it's a gene passed down from our prehistoric ancestors who could eat a lot and build up reserves of fat to survive frequent famines.

Genetically, this made sense when you didn't know if your next meal would be tomorrow or a week from now, but when your next meal is whenever you drive by a fast-food restaurant, that's a problem. Another cause of obesity, one that really fascinates me, has to do with a virus called the adenovirus-36. It comes from

the family of common viruses that causes colds, pneumonia, diarrhea, and pinkeye and is present in 30 percent of obese people and 5 percent of non-obese people. Scientists found that when human stem cells are exposed to adenovirus-36, they turn into fat cells. This discovery is more evidence that our expanding waistlines are due to factors other than weak willpower and, theoretically, could lead to the development of a vaccine to prevent obesity.

Often, hard-to-budge weight is a symptom of a hidden medical problem. You could have hypothyroidism (sluggish thyroid function), a condition that slows down your metabolism and makes it tough to lose weight, or Cushing's disease, characterized by high levels of the hormone cortisol in the blood. A glut of cortisol triggers weight gain, mostly in the trunk and face. Some women have polycystic ovary syndrome (PCOS), a treatable condition that involves a hormone imbalance. And about 30 percent of people who are obese have binge-eating disorders. Sufferers don't just munch on a few potato chips, they inhale the whole bag, and they do this kind of thing habitually. Even certain medications, some of which may be sitting in your medicine cabinet right now, can put on pounds.

Common offenders include some antidepressants like Paxil and Zoloft; mood stabilizers; diabetes drugs; blood pressure agents; steroids; anti-seizure drugs; certain hormones; and antihistamines.

So perhaps there is a medical issue that spells weight trouble, or our genes and hormones may be conspiring to make us eat more, or maybe we're infected with a virus that makes us fat. Should we throw up our hands and say, "Well, I can't do anything about it, so I'll just stay fat"? No, because obesity will affect your health, and it may kill you eventually. You will just have to work a little harder to get your weight under control.

WITH HYPNOSIS OF COURSE

**TO
YOUR
HEALTH**

I found a great place to purchase organic essential oils that are made as you order it. Good price. Go to my website and look up his link. Highly suggest his oils. Roxy

THE MIND OPERATES AT 4 DIFFERENT BRAINWAVE STATES OR FREQUENCIES

These different states are classified according to the speed of the **predominant brainwave signals** from one neurological point to another at any one point in time. This speed and frequency is measured in 'Hertz' and the figures are obtained using an Electrocardiogram (EEG) machine.

- Beta:** This is where our mind usually operates in **daily life**. In such a state we have full conscious awareness and attention of everything around us and usually only one side of brain is operating. Beta is usually typified by brainwave cycles of **15 to 40 Hz** (cycles per second) Higher cycles of Beta Frequency usually equate to stress, anxiety and 'over thinking' as the conscious mind becomes misguided or reacts negatively to a given situation. High brainwave beta frequency also equates to hypertension, increased heart rate, increased blood flow, cortisone production and glucose consumption. Generally speaking, you do not want to experience the high beta state too often if you are concerned about your health. (Some techniques are included below to ensure this does not happen)
- Alpha:** A **mild daydream or light relaxation state**. Operating in Alpha can be exemplified to when you are driving a car and just cruising around or when you get captivated into a good book and sort of lose track what is happening around you. Meditation is usually aimed at achieving Alpha and the brain operates in cycles between **9Hz & 14Hz**. Alpha is typified by partial conscious awareness and partial subconscious predominance at the same time. It is useful to absorb information when in Alpha and is considered to be highly desirable for more effective studying. Alpha promotes more of the left side of the brain to be used for processing.
- Theta:** **Deep relaxation** where the **conscious mind** is, for the most part, 'switched off', and the subconscious mind is left to flourish. This is usually typified by sleep, dreaming, very deep relaxation and is where most hypnotists aim at taking their clients down to. Theta shows brainwave cycles operating at **5hz to 8hz**. Theta is where ideas, visualizations and suggestion are more likely to enter the subconscious mind and consciously we become less aware of what is going on around us.
- Delta:** **Extremely deep relaxation/sleep** with complete subconscious operation. Delta is experienced in the deepest of sleeps and is interesting because it is proven that the physical body begins to recuperate and recover at a heightened level. You can be in waking delta if you are in an advanced state of meditation. This state is associated with 'kundalini' experiences. Delta is typified by slow brainwaves at **1Hz - 4Hz**. It is interesting to note that a very skilled hypnotist who can take the client into Delta, is able to perform such phenomena as using hypnosis as a replacement for anesthesia during various medical surgery and this has been documented on numerous occasions medically and scientifically.

The Possibilities in Hypnosis, Where the Client Has the Power

Ellen Fineman, a physical therapist in Portland, Ore., had had five surgeries to repair a retina that kept detaching. Hoping that a sixth attempt would hold, she used a hypnosis tape prepared by Dr. Temes for patients undergoing surgery.

The hypnosis tape “was very calming and reassuring,” Ms. Fineman said in an interview.

“It told me that I would be in the hands of professionals who would take good care of me and that I’d have minimal [swelling](#),” she said. “This time the surgery went superbly — no inflammation, no swelling and no more detachment. The surgeon was amazed and asked what I had done differently this time.” While not everyone is easily hypnotized, nearly everyone can slip into a therapeutic trance, Dr. Temes maintains. Another of her patients, Dr. Susan Clarvit, a New York psychiatrist, thought she could not be hypnotized — she was too scientific, too rational a person, she said. “But I was desperate,” Dr. Clarvit said in an interview. “I was pregnant with my second child and too nauseated to be alive. Dr. Temes asked me what I held most often, and I said a pen. She hypno-

tized me so that when I held a pen I had an overall feeling of wellness. I held a pen all the time, even while driving, and didn’t feel nauseated.”

Under hypnosis, Dr. Clarvit was given a posthypnotic suggestion that linked holding a pen to feeling well. Such suggestions enable people to practice a new, desired behavior after being brought out of the trance. Someone trying to overcome snacking on sweets might be told, “When you are hungry, you will eat vegetables.” The suggestion to a smoker might be “you will drink water when you want a cigarette,” and someone terrified of public speaking might be told “you will do [deep breathing](#) when you feel scared.” Many patients are also taught to practice self-hypnosis to reinforce the new behavior. Dr. Karen N. Olness, a professor of [pediatrics](#) at Case Western Reserve University who is the president of the International Society of Hypnosis, said that “self-hypnosis training in children is an effective and practical strategy to prevent [migraine](#) episodes.”

Indirect Benefits

Sometimes patients with well-established illnesses can benefit

indirectly from hypnosis.

Dr. Alman told of a woman with [multiple sclerosis](#) who was treated with hypnosis for [depression](#) that had failed to improve with [antidepressants](#). Almost immediately, he reported, not only did the woman’s depression ease, but her gait and speech improved markedly.

He explained that for many patients the medical problem is so complex that specific directions and commands may be ineffective. The benefit from hypnosis may rely more on unleashing unconscious processes within the patient. He suggested that there exists “a wealth of material in the patient’s unconscious that can be used in healing” but lamented the fact that although medical hypnosis can often produce rapid change even in difficult cases, it is “underutilized as a therapeutic tool.”

As with any other profession, some Hypnotists are more talented than others. Dr. Temes suggests that word of mouth may be the best way to find someone practiced in hypnosis for the kind of problem you’re trying to solve.



**DR. PAT CONTE GRAPHICALLY EXPLAINS
THE 7 MAJOR CHAKRAS AND HOW TO HEAL
THEM AT THE NACH APRIL MEETING**



THINNER BAND HYPNOSIS....IMAGINARY GASTRIC BAND SURGERY

On April 30, 2012, Tony spent the afternoon with NGH Certified Instructor Stephanie Ho's hypnosis certification students in Flushing, New York (Little Chinatown). He spoke several hours about the wonders, value, and techniques of hypnosis. Tony also hypnotized the group for about 1&1/2 hours with his White Light Induction and some creative imagery. Arrangements are being made to license Chinese hypnotists as Thinner Band Hypnosis Practitioners here and in China. His 205 page Practice Manual and 50 page Client Workbook are presently being translated into Chinese, Spanish and Hindi. If any hypnotists are interested in becoming Thinner Band Hypnosis Licensees, you may contact Tony at 973 595 0460 and visit his website at www.thinnerbandhypnosis.com or via email tony@thinnerbandhypnosis.com

Fall Academy HypnoCounselor Certification Course Schedule for 2012

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

TQ; 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.

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 HypnoCounselor". 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.

FALL SCHEDULE 2012

Basic Hypnosis..... October 6/7 & 13/14

Advanced Hypnosis..... October 20/21 & 27/28

Advanced Clinical Hypnosis Certification..... November 3/4 & 10/11

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 .

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

CEU Credit Hours

2012 MEETING DATE

Wednesday: June 20th, 2012

Networking: 6PM- 7:00 PM

Dinner: 7.15 PM

Presentation: 8 PM

**Meeting Place: Galloping Hill Inn, Union, NJ
(908) 686-2683**



NACH and NGH

Working Together

The Appointment Book is the best place to write down the years meeting dates. This is where we set up our days. Please remember that the meetings are always on the 3rd. Wednesday of the month.
You receive (3) CEU credits for attending meetings.

DIRECTIONS: To Galloping Hill Inn, 325 Chestnut Street, Union, NJ

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make 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, make a left turn on Salem Road and go to the end.

A FEW OF MY FAVORITE AFFIRMATIONS FOR SELF-ESTEEM

- I am valuable
- I am intelligent
- I refuse to give up
- I respect myself
- I can do anything
- I let go of the past
- I am as free as a bird
- I am free to be myself
- I am good and I know it
- I am a talented person
- I have confidence in myself

SELF-HYPNOSIS

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 calm in 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 hypnosis you are concentrating peaceful suggestions in order to improve the quality of your life.

- I am the captain of my ship
- My heart is open and ready
- I am coming out of my shell
- I am a success in all that I do
- I pay more attention to myself
- I am achieving all of my goals
- I believe in my gifts and abilities
- I release my habit of self-criticism
- Every choice I make is the right one

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**Please send your check in on time.
Just showing up causes problems
with seating**