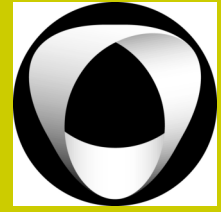




**NACH and the Greater NGH Chapter**  
**National Association of Certified Hypno-Counselors**  
**1358 Burnet Ave. Suite 1, Union, NJ**



# NEWSLETTER

## NGH CONVENTION IS JUST AROUND THE CORNER

**THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION**

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

Yes, its almost that time of the year again. Now is the time to make plans and choose what courses to take. You can look on line at [WWW.NGH.net](http://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 all the fun at this years convention. So sign up now and get your hotel reservation early.

**NEXT**  
**MEETING**  
**Wednesday**  
**September**  
**19**

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### 2012 MEETING DATES

**September 19 & November 21**

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

**NO MEETINGS IN JULY AND AUGUST HAVE A GREAT SUMMER**

## HAPPY 4TH OF JULY

**MAY FREEDOM**

**ALWAYS RING**



## SHOULD WE USE HYPNOSIS SCRIPTS? ARTICLE BY JON RHODES

As well as being a clinical hypnotherapist, I am also a former professional musician. One of the things that our band was well known for was our ability to perform improvised 'jams' at a concert. When the time was right we would occasionally break into a piece that was improvised on the spot. I think we were able to do this because we had all learnt to play hundreds of well known songs together as a unit.

These songs laid a strong foundation for our collective knowledge. We were able to take elements of these songs and create something new. I feel the same way about hypnosis scripts. What is wrong with using some scripts to learn how other clinical hypnotherapists approach their work? You may not agree with the script, but you will still learn from them. I have looked at many scripts in the past and learnt how not to write a script! Usually there are at least a few nuggets of ideas to be had from a hypnosis script, and sometimes you find a script that is pure gold – something that you wish you had written yourself.

Less experienced clinical hypnotherapists may wish to repeat the script verbatim. However quickly

they often find that they begin to stamp their own style and personality on the script, and sort of half improvise around it, changing things to suit their personality, and the personality and the needs of the patient. This may then lead to the development of what some describe as a more 'pure' form of improvised hypnotherapy.

However I do not think that an improvised session is necessarily better than a session that is read verbatim off a script. Just because of the fact that it is improvised does not mean it is a better quality. I would strongly argue that a session read verbatim off a good quality script with confidence and passion will be far more effective than an ad-libbed session where an unsure therapist runs out of things to say and forgets what he has already suggested. Even worse should the therapists mind go blank.

A script also provides a record of the therapy given to a client. When recording the details of sessions for future reference, it can be difficult to remember every suggestion that was given if it was 100% improvised, and difficult to follow a coherent treatment strategy (but not impossible) if you are dealing with a large amount of clients. It is also easier to monitor the success of various strategies for the benefit of future clients as well.

In today's litigious society, it is becoming

even more necessary to provide full details of treatment given to a client. Imagine how it would feel if you were in court and could not provide the details of what suggestions you gave a client.

Hypnosis scripts are a bit like a cooking recipe. You can follow them to the letter and gain good results. Over time you may wish to start experimenting and adding your own strengths and personality into the mix, gradually altering the recipe. After a while you may find that this has evolved into your own unique gourmet meal, full of flavor and personality. Having the recipe in front of you, even if you ad lib around it, can help ensure that you don't miss out any of the essential ingredients.

Some hypnotherapists ultimately prefer heavily relying on scripts, whereas some do not. I don't think there is any right or wrong, as long as the words are delivered with confidence, care and energy. Each patient is unique, that is true, but the same can also be said for each hypnotherapist.

An approach that works well for one hypnotherapist may not necessarily work for all hypnotherapists. Find your style, and allow that to evolve over time. You may find that now you rely heavily on scripts, but over time you deviate further and further away as you develop as a hypnotherapist. Or you may discover your own unique way of blending the use of scripts and your own ad-libbed therapy as you experiment and learn. Whatever your current situation and your path, your therapy is still perfectly valid if you do decide to utilize hypnosis scripts.

**PRACTICE  
PRACTICE  
PRACTICE**

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## GOT THE STUDY BLUES? ARTICLE BY MARC GRAVELLE

Have you ever found yourself reading or studying and thinking "what did I just read?" This is a common occurrence. It happens often to people to who have a lot of material to absorb.

The key to understanding why this happens is knowing what hypnosis really is. One way to think of hypnosis is that it is an escape mechanism from mental or physical overload. This overload could result from intense mental concentration for too long.

### Hypnotic Trance

A person can actually put themselves in a hypnotic trance by studying intensely for too long a period of time.

Surprised? Sound strange? That this is a common occurrence is an understatement. We can slip into and out of hypnosis many times throughout our day. Some examples are when we daydream while driving, losing something that we just had in our hand, locking our keys in our car, locking ourselves out of the house or apartment. And, of course, reading something and thinking "what did I just read?"

Many people set themselves up for this experience by deciding to study

non-stop for an hour or two, or even longer. Truth is, after 40-50 minutes of intense concentration, our concentration begins to wane, or diminish. This has nothing to do with intelligence, but with how the mind works. When we overload ourselves the mind begins to wander, which is a sign of impending overload.

So a good, workable strategy is to study for no more the 40-50 minutes and take a little break and refresh yourself. That will also give your mind a chance to absorb the material the material you just studied. A good way To refresh is to stand up do some light stretching (stretching brings one out of hypnosis). A good way to keep track of time is to use a simple kitchen timer.

### Eye-Minded, Ear-Minded, or Kinesthetic

We all have a learning style. That is, some can easily read silently and comprehend well, or efficiently. This type of person is what is known as Eye-Minded. Others learn or understand better by reading verbally aloud (Ear-Minded). Yet others retain information better by writing things they want to remember

(Kinesthetic). Some can be any combination of two of these styles.

So it's very important to know what your personal style is. Many can experience frustration if they are studying in a style that doesn't suit them. To find your own most efficient style, experiment with the three. It won't take long to find the one, or combination which suits you best. Then use it consistently.

### Blood-Sugar

Another obstruction to effective studying is when people experience a blood-sugar drop. This can occur if someone doesn't eat often enough, or consumes too much sugar, or if they have a condition known as hypoglycemia (which is diagnosed by physicians).

Regardless of the reason, when a person experiences a blood-sugar drop, it can seriously affect his ability to maintain his concentration. Indicators of a blood-sugar drop are when one feels irritable, anxious, or nervous for no seeming reason. Of course, not being able to concentrate is itself a possible indicator of a sugar drop.

The solution to this is quite simple: make sure you have had a meal or

time.

### Memorize

If there is information, facts or formulas you need to remember there is a simple way to make sure you will remember. It is the (magic) number 21. Anytime we repeat something 21 times we "burn" it into our memory. One of the ways the mind learns is through repetition. Of course this takes some effort but it is well worth the time. You will guarantee your recall.

Speaking of recall, did you ever notice that when you're trying to remember something (a name, date, phone number etc.) that the "harder you try, the more difficult it becomes?" A good tactic for when this happens is to tell yourself "I'm going to let it go, it'll pop into my head." It usually does.

So, to cure the study blues, make sure you are not in hypnosis, limit each study session to 40-50 minutes, find your study style, keep up the blood sugar, and use repetition to memorize.

## MAGIC AND MASTERY ARTICLE BY TOM DOTZ

One of the biggest lies used in NLP is that anything can be done by anyone. It's a useful lie properly understood, but few people take the time to get that understanding, and instead just fall in love with the magical thinking implied.

It's this love of magical thinking that leads us to a world where the competition is to make the most extreme offer for anything and everything for less time and less effort and less money.

"Just one rule to a flat stomach." "I made \$5,000 a month on the Internet." "Housewife loses 40 pounds with no effort - Fat burning pill." "Brain mastery while you sleep." My favorite, of course: NLP Practitioner Certification in three days." Sound familiar? Panacea, one simple solution preferably in a pill, and mostly, no thinking required.

The funny thing about NLP is that the technology is so powerful that even a novice can produce results that seem miraculous to the uninformed. So how is this a problem? It's a problem because it leads too easily down the primrose path to grandiosity and magical thinking

(it's all quantum, baby!). Grandiosity on the part of the practitioner or, more often, the "trainer" who finds him or herself in front of an audience being revered and adored and starts to believe they really are a miracle worker. And the audience starts to believe it, too. Then weird things happen.

Lose forty pounds in six weeks with no effort - not even a pill? Well, to counter example one of my straw men above (a good NLP practice), a friend of mine was reading his first NLP book, "Core Transformation." He turned to his girlfriend and said "Hey, try this out." He read the basic process to her, leading her through a series of questions. At the time they both thought it was kind of interesting, and that was that.

Six weeks later she realized that she had dropped 40 pounds in weight. This was something she had very much wanted. She wasn't aware of having made any conscious effort, but when she thought back - profoundly puzzled and curious - she remembered how going through the Core Transformation process had reorganized the way she thought about certain things.

(this story was first documented in a "First For Women" magazine article some years ago). This can happen even though Core Transformation is not about weight loss - it was simply an interesting side effect of a deceptively powerful NLP process.

Deceptive how? In this sense: the Core Transformation process seems on the surface like just a series of questions and answers - what difference could that possibly make? Yet it is at base an elicitation of your most deeply held core values and a realization of the importance of them.

This process of realization usually leads to a reorganization of your behavior and thinking to take greater account of the importance to you of your values and identity. Living more and more in accord and congruence with who you are at the most fundamental level greatly reduces the friction in your life. It makes choices and changes easier and more natural. You move faster and with greater confidence.

In everything? Of course not. Life will continue to throw challenges your way as long as you're breathing. Like Zorba said, "Life is trouble. Only death is not."

The funny thing about NLP is that the technology is so powerful that even a novice can produce results that seem miraculous to the uninformed. So how is this a problem?

## BRAIN SCAN SHOWS HOW HYPNOSIS WORKS by Malcom 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 paralysed 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 hypnotised and told their left hands were paralysed. For other sessions, their mental status was normal. For comparison, six other participants simply pretended their left hands were paralysed.

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.



As you can see in the photos, there was a very nice attendance at our June 15, 2012 NACH-NGH Greater NJ Chapter. Tony gave a brief explanation of the concept and procedures of his version of Tad James' Time Line work. He performed a demonstration with Phil Grimm working on real and bothersome issues. This is the first time that Tony shared this technique with persons other than Academy students, and the attendees were extremely attentive and appreciative of Tony's desire to enhance the skills of hypnotists and to his dedication to our profession.

## 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.

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

Or Email Dr. Gatto at: [info@hypnoacademy.com](mailto:info@hypnoacademy.com) Or go to [www.hypnoacademy.com](http://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.

**Basic Hypnosis.....Oct. 6th and 7th and 13th and 14th, 2012**

**Advanced Hypnosis.....Oct. 20th and 21st and 27th and 28th, 2012**

**Advanced Clinical Hypnosis Certification..... Nov 3rd and 4th and Nov. 10th and 11th, 2012**

**EACH COURSE IS .....2 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

While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified Hypno-Counselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

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

# CEU Credit Hours

## 2012 MEETING DATE

**Wednesday:** September 19th, 2012

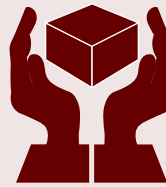
**Networking:** 6:30–7:30 PM

**Dinner:** 7.30 PM

**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 325 Chestnut Street, Union, NJ 07083

**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.

*May we be of good health and thrive in all we do with our family and friends*

# HAPPY 4TH OF JULY

# MAY FREEDOM ALWAYS RING

United States of America



United We Stand!

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**CALL: 908-964-4467**

**Please send your check in on time.**

**Just showing up causes problems with seating**

**. Thank You!**