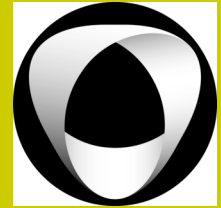


NACH and the Greater NGH Chapter

National Association of Certified HypnoCounselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT
MEETING
Wednesday
June 18th,
2014
 Networking 6 PM
 Dinner 7:15 PM

NEW RESTAURANT LOCATION

As a result of the unfair actions of our former meeting place, a new restaurant, Costas, (Roselle Park....one-half mile from the old place on Chestnut Street) has been selected for our next meeting on June 18th. Several of our members said that the food is excellent and Tony met with the owner, Nick, at Costas and agreed to a \$22 flat price for a scrumptious buffet. The menu is included in this Newsletter on Page 6. We only have to guarantee 25 dinners so the exposure is reasonable. **Joe Peoples** will be presenting: (in his own words) "I am drawn to using hypnosis in a forensic manner, using a variety of methods to peel the onion and get to the cause of issues that are out of the conscious awareness of the client. This would be especially useful for those new to hypnosis, bridging the gap between induction and using the correct intervention. Less pre-talk and more exploration, once the subconscious mind is engaged. Some of the methods I use are NLP Strategy elicitation, Meta Model questions, Guided Imagery, conversations with Parts. I'll keep it light, using tidbits from sessions, with clients." Our June Newsletter will contain more detail. Please send in your \$22 checks

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Special Opening Act

Bob Hertzendorf, with his special brand of comedy, will start the evening with smiles, chuckles and a gang of laughs

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 tony@hypnoacademy.com. Remember to email us some interesting articles that you think the members would enjoy. Share your findings.

Date: February 4, 2014

With nearly one-third of Americans suffering from chronic pain, prescription opioid painkillers have become the leading form of treatment for this debilitating condition. Unfortunately, misuse of prescription opioids can lead to serious side effects -- including death by overdose. A new treatment developed by University of Utah researcher Eric Garland has shown to not only lower pain but also decrease prescription opioid misuse among chronic pain patients. Results of a study by Garland published online Feb. 3 in the *Journal of Consulting and Clinical Psychology*, showed that the new treatment led to a 63 percent reduction in opioid misuse, compared to a 32 percent reduction among participants of a conventional support group. Additionally, participants in the new treatment group experienced a 22 percent reduction in pain-related impairment, which lasted for three months after the end of treatment.

The new intervention, called Mindfulness-Oriented Recovery Enhancement, or MORE, is designed to train people to respond differently to pain, stress and opioid-related cues. MORE targets the underlying processes involved in chronic pain and opioid misuse by combining three therapeutic components: mindfulness training, reappraisal and savoring. Mindfulness involves training the mind to increase awareness, gain control over one's attention and regulate automatic habits. Reappraisal is the process of reframing the meaning of a stressful or adverse event in such a way as to see it as purposeful or growth promoting. Savoring is the process of learning to focus attention on positive events to increase one's sensitivity to naturally rewarding experiences, such as enjoying a beautiful nature scene or experiencing a sense of connection with a loved one. "Mental interventions can address physical problems, like pain, on both psychological and biological levels because the mind and body are interconnected," Garland said. "Anything that happens in the brain happens in the body -- so by changing brain functioning, you alter the functioning of the body."

To test the treatment, 115 chronic pain patients were randomly assigned to eight weeks of either MORE or conventional support group therapy, and outcomes were measured through questionnaires at pre- and post-treatment, and again at a three-month follow-up. Nearly three-quarters of the group misused opioid painkillers before starting the program by taking higher doses than prescribed, using opioids to alleviate stress and anxiety or another method of unauthorized self-medication with opioids. Among the skills taught by MORE were a daily 15-minute mindfulness practice session guided by a CD and three minutes of mindful breathing prior to taking opioid medication. This practice was intended to increase awareness of opioid craving -- helping participants clarify whether opioid use was driven by urges versus a legitimate need for pain relief. "People who are in chronic pain need relief, and opioids are medically appropriate for many individuals," Garland said. "However, a new option is needed because existing treatments may not adequately alleviate pain while avoiding the problems that stem from chronic opioid use."

MORE is currently being tested in a pilot brain imaging trial as a smoking cessation treatment, and there are plans to test the intervention with people suffering from mental health problems who also have alcohol addiction. Further testing on active-duty soldiers with chronic pain and a larger trial among civilians is planned. If studies continue to demonstrate positive outcomes, MORE could be prescribed by doctors as an adjunct to traditional pain management services.

MEMBERS: Please submit articles for our upcoming Newsletters such as Rhoda Kopy has done.

Dr. Pat Conte, our 'resident medical doctor' submits articles very often. Please make our job easier.

When you see something interesting just put it in an email and send to nickeby@aol.com

STEM CELLS, CANCER & STRESS DOCTOR'S CORNER with Pat Conte, M.D.

At the 2014 Annie Appleseed Cancer Conference in West Palm Beach, Florida, Chris Wark, told the story of his recovery from cancer. He began his speech by saying, "I have nothing to sell you. I paid my own way to be here. I'm here to share my story with you in person and to share the information that saved my life." Chris is the author of a blog called "Chris Beat Cancer" At the age of 26, newlywed Chris got the bad news that he had Stage Three colon cancer. He'd felt low energy and got strange abdominal aches that would come and go, but it was hard for him to tell exactly where the pain was coming from. Doctors found a tumor the size of a golf ball in his intestine. They rushed him onto the operating table and took out a third of his large intestine, after which they told him, "We took out everything we could see, but you need months of chemo." Right after surgery the first meal the hospital fed Chris was a sloppy joe. He didn't know much about nutrition at the time, but he thought to himself: "This doesn't seem like the best meal for me right now. Maybe some applesauce or soup or something." Nevertheless, he ate the sloppy joe because he hadn't eaten for a couple days and was hungry. Chris said he has heard many cancer patients tell him about their regrets after undergoing conventional treatment. They tell him, "I knew I shouldn't have done it." He believes it's crucial for cancer patients to listen to their inner voice and to have the courage to follow it. Chris prayed, "God, show me what to do. If there's another way, show me." Two days later he received a book in the mail out of the blue. The title of the book was *God's Ultimate Way to Health*. It tells the story of a man who beat colon cancer without any conventional therapy whatsoever -- natural methods only. Chris knew the book was an answer to his prayer. He radically changed his diet, threw out all of his junk food, juiced, and went raw vegan. He said, "When you do alternatives, you're swim-

ming against the current. Cancer isn't a physical battle. It's a mental battle. I stayed the course. I found a naturopath and took every supplement I could afford." He also did high dose vitamin C by IV. After working with the naturopath for 90 days, Chris added some cooked food to his diet, including three servings of animal protein per week. The food and supplement regimen changed his bioterrain so that it became inhospitable to cancer cells. He also dealt with a hidden cause of cancer: stress. Chris told the audience, "You have to create a peaceful, quiet life, and forgive everyone who has ever hurt you. Grudges give you a sick heart, which will give you a sick body. You have to heal your heart!"

Another speaker, psychotherapist Daniel Weber, Ph.D., also addressed the issue of stress. The title of his talk was "Stress, Inflammation, and Cancer." There's a link between cancer and unmanaged stress, which can rip the immune system to shreds. To make matters worse, a cancer diagnosis adds to a patient's stress. Dr. Weber said that stress is only pressure. It's how we react to that pressure that determines whether good or bad things will happen. Stress tells us that something needs to change -- that what we've been doing may not be in line with what we should be doing. Dr. Weber firmly believes that cancer patients and others should learn from stress because "cancer is an opportunity to change. That's all it is. It's another stressor that gives us an opportunity to change our lives."

That's a profound insight! If the cancer patient changes nothing or chooses the wrong kind of change, a successful outcome is doubtful. Dr. Weber strongly urges stressed out people to *resolve* the stress. Don't self-medicate. Change! Stress often goes together with depression, which Dr. Weber said "isn't a single disease but many. It's a physiological problem. What goes on in your gut affects your psyche 100 percent. Do emo-

tions cause cancer? No. A *failure to learn* from emotions can cause cancer. Malice is destructive. But standing up for yourself and arguing can be healthy." Bringing stress under management is essential for any cancer patient trying to recover from the disease. Granted, that's easier said than done. He suggested several ways, including exercise, yoga, tai chi, and qigong. Stress is a two-edged sword. Dr. Weber asserted: "When stress is too much, we break. When there's not enough stress, we wither." He explained it this way: "If your challenge is greater than your skill, that causes stress. If your skill is greater than your challenge, that also causes stress. (For example, brilliant people staring at a TV in a retirement home.) Bring your skill and challenge into balance."

Dr. Weber concluded his remarks with this meditation: "Be like water: empty your mind, be formless, shapeless, like water. When you put water into a cup, it becomes the cup. Water flows, dissolves, dances, falls, rises, is one with everything. In the river it's never the same. Water can flow or it can surge. Water can be still or can pour from the heavens. Water is benign or passionate. Be water, my friends."

Another speaker, Dr. Ashwin Mehta, M.D., addressed the topic of stress indirectly in his talk about "Optimum Sleep During Cancer Treatment and Beyond." His subspecialty is sleep medicine. Stress can ruin the quality of sleep -- and good quality sleep is essential for recovery from disease. Deep sleep is a time when the immune system rebuilds itself.

How your brain "defrags its hard drive"

Here's another way to look at it. Dr. Mehta said that the deep state of sleep known as REM (for Rapid Eye Movement - the eyes move rapidly beneath the closed eyelids) is like "defragging the hard drive." If you've ever watched a computer screen when a hard drive is defragged, you've seen the cha-

otic jumble of file fragments on the hard-drive as they're put into good order. Something like that apparently happens during REM sleep. Dr. Mehta remarked that chronic pain and poor sleep are linked. People who suffer from chronic pain and negative moods generally aren't satisfied with the quality of their sleep, which can lead to a downward spiral. That being the case, pain management and a change of attitude are crucial. He offered many tips to improve the quality of sleep and warned, "Don't watch TV just before you go to sleep." Instead, he suggested a bedtime ritual that might include breathing exercises, muscle relaxation, guided imagery, and chamomile or passion flower tea. For general stress relief, he recommends such things as meditation, yoga (but not "hot yoga"), acupuncture, massage, and tai chi. Dr. Mehta's grandmother once gave him a piece of homespun advice: "After lunch, rest a while. After dinner, walk a mile." He explained that afternoon naps are important and helpful unless you're having poor quality sleep at night. He added that mild exercise in the evening can be part of a winding-down ritual that leads to a good night's sleep. What if you wake up in the middle of the night? Dr. Mehta says not to worry about that because it's normal. Just as it's o.k. to have a nap in the afternoon, it's also o.k. to be awake during part of the night. He said, "Don't try willfully to fall asleep. Sleep is a surrender, a letting go. What's needed is serenity, contentment, gratitude, and tranquility to get you in the mood for the surrender that leads you to drift into sleep." What if you just plain can't get to sleep or wake up in the middle of the night and can't get back to sleep? In that case, Dr. Mehta said it's not good to spend too much time in bed when you're not sleeping. It's better to get up for a while and go back to bed when you're calm, relaxed, and serene.

By Andrew Scholberg

After a Lengthy Induction...Good...very good. Listen to my voice...only my voice...allow your desire to have control over your emotions to join with my thoughts and suggestions for controlling your emotions...let them combine and get stronger together...Good. There are things we do in life that we know are not in our best interest...but we do them anyway...yet there comes a time when we realize we must dispel these unhealthy, negative behaviors... by making new choices...because that is what all behaviors are; choices...after they become habits, behaviors don't feel like choices...but they are choices, and you can elect to make new choices for behaviors...just like when you make a new choice for a car...or an outfit...or a job.....Relax, take a deep breath and relax. Good.

Now I want you to imagine a time in the future when you may be in a situation where you are getting angry with someone...perhaps a situation familiar to you... (*wait 20 secs. or so*)... Good... Imagine yourself on the verge of losing control; as you have in the past...Good... Now, before that loss of control occurs, imagine yourself taking a very long, deep breath...so deep that your chest expands...your shoulders rise...Good...You can do that now, if you like, or just imagine yourself doing it.....Now when your lungs are filled, imagine yourself slowly counting to ten, and slowly releasing the breath with each number...you can do this now, or just imagine it... One...slowly begin releasing...Two...keep it under your control, you will be heard...Three...your chest is slowly falling, you don't need to control anyone...Four...your shoulders are coming down slowly, you release feelings of fear...Five...your chest deflates a little more, you respect yourself and the other person...Six...your shoulders relax a little further, you know that you matter...Seven...you are already feeling more calm, you don't need to be right...Eight...you're feeling self-control again...Nine...you handle this in a calm manner...Ten...you are relaxed, calm, focused, and in control of yourself... Good...very good. You feel a warm, peaceful flowing sensation, like tropical, sparkling ocean water, running slowly down through the top of your head, down your center, down your legs and to your feet...This warm wave further relaxes you...You feel so good...so calm...so peaceful...so happy with yourself...cemented in your resolve to have self-control...This warm, peaceful wave signals that you have regained control of yourself... I like the use of this metaphor. Focus on it a bit more. Strengthen it and make it a trigger for calmness and control. You do use the word 'signals' and that is good. I would repeat to the client "Every time you imagine the warm, peaceful wave you immediately become calm and in complete control of your emotions and feelings" I would squeeze the right wrist while saying this, and then I would say "The man that controls his feelings and emotions, controls his life. Control your feelings and emotions. Take back your power. Control your life. You have the power (say about 16 times....lol)....you are the power!

Now with that person you are free to make a new choice...you choose to respond calmly to them...you don't react...you choose to respond...you choose to handle your interaction with respect for both of you...imagine yourself responding in such a way...(*wait 20 secs. or so*)... You respect them...respect their right to have a different viewpoint than you...and if they are hurting you in some way, you acknowledge to yourself that they may be coming from a painful place, and are hurting you out of this pain; or may be unaware of the hurt they are inflicting...this empathy makes you feel so good...You have complete control of your responses...and each new

response is a choice... old reactions were bad habits...they are gone...Your new self-control gives you choices for responses...so many choices...freedom to choose...Your new self-control gives you choices for responses...Take a deep breath, exhale and relax...Good. You are proud of your new self...you've left '*(insert first name)* the Reactor' behind and have become '*(insert first name)* the Responder' our relationships are so much better...you have a new respect for yourself...you have a new respect for others, and they sense it...they experience it when they disagree with you or confront you...when you disagree with them or confront them...This is your new way of behaving, and it feels so right. This new you feels so right, you feel so strong, so empathetic and understanding...you shine...the sparkling ocean wave that flowed through you makes you shine like a diamond...

...Now imagine looking into a full-length mirror at this new you...you are happier...you are smarter...the reflection is the person you are now, and are forever... someone with self-control... someone so serene...someone whom others enjoy being in healthy communication with at all times... (Proceed to Awakening Techniques)

Note: Linda West is a graduate of the Academy of Professional Hypnosis who wrote this script half way through the course. She is now a successful practitioner, having excelled in class and carried it forward into her practice.

Please share items of interest with our members. If you have a favorite script, send it in for others to use. It was said a long time ago that in order to hold on to something, one must give it away. We are not talking about livelihood materials but some tips or tidbits that may help your colleagues. If you are conducting any free group seminars, we can list the date, time, location and topic for you. If you have some meaningful suggestions about the NACH or topics or presentations, please email them to us so that we may review and consider same.

Costa's Ristorante Buffet Package

120 Chestnut Street Roselle Park, NJ 07204

(908) 241 - 1131

Package Covers 25 to 150 People



Cocktail Hour

All Cold Antipasto Dishes Including:

Pasta Salads, Roasted Peppers, Cherry Peppers, Fresh Mozzarella, Marinated Artichoke Hearts, Zucchini Marinade, Mushrooms, Seafood Salads, Sicilian Caponata, Soppresata, Prosciutto, Olive Siciliane, Stuffed Peppers, Marinated Eggplant, Pizza, Tossed Salad & Garlic Bread

Dinner

-Hot Chafing Dishes Include-

Pastas

Penne Filetto do Pomodoro
Tortellini Alfredo
Linguini with Olive Oil & Garlic

Poultry

Chicken Francese
Chicken Marsala

Also Includes:

Filet of Sole, Barbecue Ribs, Sausage & Peppers,
Beef Burgundy and Eggplant Parmigiana

Package Includes Coffee, Tea, Soda & Dessert (Cake or Pastries)

Fresh Fruit can be served for an additional \$1.00 per person
Unlimited Beer & Wine (on tables), an additional \$6.00 per person
Open Bar (includes Beer & Wine), an additional \$13.00 per person
One extra hour, an additional \$4.00 per person

Special Package Only \$18.95 (Plus Tax & Gratuity)

ACADEMY OF PROFESSIONAL HYPNOSIS
CERTIFICATION CLASSES BEGIN ON May 24TH

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. Tony De Marco at..... (908) 964-4467. Classes held at 1358 Burnet Avenue, Union, NJ 07083

Or Email Dr. De Marco at: tony@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) 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". You may also use the titles 'Certified Hypnotist' or 'Hypnotist' or 'Consulting Hypnotist. 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 next session where excitement awaits you.

MAY-JUNE SCHEDULE 2014

May 24/25 & May 31/June 1, June 7/8, 21/22 & 28/29

Saturdays & Sundays 9 AM—5 PM

(10) Class days plus many hours of Homework depending on your own personal effort.

Classes are conducted at 1358 Burnet Avenue, Suite #1, Union, NJ 07083

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

2014 NEXT MEETING

Wednesday: June 18, 2014

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place:

COSTAS RESTAURANT

120 Chestnut Street

Roselle Park, NJ

(One mile from former meeting place)



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 COSTAS RESTAURANT 120 Chestnut Street, Roselle Park NJ 07204

908 241 1131

Parking is in the Municipal Lot in the street directly across from Costas

PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping Hill Road toward Union. Restaurant is straight down Chestnut St. on right side, 1 mile from 5 Corners.

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.

NOTE: Beer Wine and Liquor is available but not included in the \$22 price. Come to enjoy the new meeting place and excellent food. Meeting with our colleagues and friends is invaluable. Networking has proven to be rewarding in every profession.

AFFIRMATIONS

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
I am the captain of my ship

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.

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
I release my habit of self-criticism
Every choice I make is the right one
My own expectations are exceeded
I release myself from harmful judgments
My existence is important to the Universe

President

Dr. Tony De Marco

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Reservations

Members.....\$22.00

Non-Members.....\$25.00

**CALL: Tony or Angela
(908) 964-4467**

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

www.hypnoacademy.com

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