



# 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

**NEXT**

**MEETING**

**Wednesday**

**June**

**18 TH**

HYPNO-SLEUTHING: How to better determine cause of issues

### With JOE PEOPLES

June 18th, 2014 Networking begins at 6:00 PM

**New location: COSTAS RESTAURANT (see last page)**

Getting to the cause of issues that are out of the conscious awareness of the client is often a challenge. This is where hypnosis can be used in forensic and investigative manners, with less pre-talk and more exploration, once the subconscious mind has been engaged. Joe will share a variety of techniques he uses, such as NLP Strategy elicitation, Meta Model questions, Guided Imagery, conversations with Parts, to bridge the gap between the induction and using the correct intervention. Joe promises something for everyone, sharing actual experiences, in a casual and fun way.

#### IN THIS ISSUE

- Hypnotherapy in Medicine -P2 (Thailand Report)
- Hypnotherapy Continued P3-5
- Hypnotherapy in Medicine P6
- Hypnosis & Sleep P7
- Einstein's Life Lessons P 8
- Student Homework Assignment Mary Ann Columbus P 9-10
- Hypnosis Certification P 11
- Directions to Costas P 12

#### JOE PEOPLES



#### BOB HERTZENDORF

### Special Opening Act

Bob Hertzendorf, our loyal & venerable member, with his special brand of comedy, will start the evening with smiles, chuckles and a gang of laughs

## Hypnotherapy in Medicine (Thailand Report) by John Krukowski

### Hypnosis ability to cure physical illness

Hypnosis makes no claim that it can cure physical illness. Hypnosis simply has the ability to stimulate the human mind to it's fullest potential to cure the body. Each persons mind has the ability to make the condition better or worse. Depending on the given strength of that persons mind and how advanced the medical condition is the expected outcomes will change.

In example, doctors and others have seen people give up and die quickly there after. Doctors and others have also see people fight and survive much longer than expected. It has also been observed seeing people recover completely.

We generally accept that humans use about 5% of their brain day to day. That is simply referred to as the conscious mind. The subconscious mind makes up the remaining 95%. Everything other than cognitive thought is subconscious. This includes the regulation of hormones, body temperature, pain management, blood flow, and other functions that can be manipulated with modern medicine. Antibiotics and anti-viral medicines are excluded because they deal with foreign organisms. In short medicines that effect how people feel only mimics what hypnosis does naturally. However the manual administration of medicine may exceed the body's natural ability to produce it on it's own. Unlike administration of medicines, there are no side effects with hypnotherapy because nothing is being introduced into the body.

### Understanding how hypnosis works

In short the human brain is the ultimate expert on the human body. It knows what to do when we are sick even if we as humans have not discovered the answer yet. When you watch a DVD at home, all most people know is put it in the player and push the play button. The need to know exactly what is happening is not necessary. Just the general concept it has to do with lasers is about all most know. The same is true that Hypnotherapists don't know or need to know exactly what is going on inside the human mind such as what chemical changes are occurring and so on. All that is necessary is knowing how to reach the desired outcomes push the right button.

Research continues mostly by drug companies to understand how the human brain works. As technology improves the brain is slowly giving up it's secrets. This is not so much driven by the desire to know but more by finding a way to make a profit from it.

### Hypnotherapy at a cellular level

The human mind has the ability to affect change at the cellular level. The changes observed are the result of collective cell stimulation. The mind can select a specific group of cells and ignore others. All that is required is the proper suggestions to achieve this. The need to be in a hypnotic state is not required.

**Example 1:** If you are traveling down a road and suddenly you encounter the smell a food that you particularly enjoy, your mouth will start to salivate in anticipation of the food. If the desire is strong enough you will stop and indulge. If you don't stop then once you pass out of the range the desire will pass. This is not hypnosis however it does reflect that the suggestion of eating that food will cause a physical reaction that starts at the subconscious level.

**Example 2:** Sexual arousal can start with the suggestion of impending sexual activity and/or for some observing sexual activity of others as in pornography. Without physical sexual stimulation the body prepares for sex. Males will start to have an erection. Females will start to secrete vaginal lubrication and experience vaginal lengthening. The process of physical sexual arousal will continue until the suggestion is removed.

**Example 3:** The sound of a crying baby will cause nursing mothers to lactate even if it is not their baby. By identifying specific hypnotic suggestions the body will respond accordingly. In short giving proper hypnotic suggestions the body will produce or do what it needs to combat illness. An example may be slowing or stopping the blood flow to a tumor causing changes in the tumor. This essentially is no different than the suggestion that would cause males to get an erection by redirecting blood to the penis. Knowing what suggestion is the key. **Go to Pg 4**



### The Client Has the Power

By JANE E. BRODY

Published: November 3, 2008

## Hypnotherapy in Medicine—Thailand continued

erection by redirecting blood to the penis. Knowing what suggestion is the key.

Here is a short client history that clearly shows the ability of the brain to control blood flow:

In 2003 a young female client came to me with a fear of needles. She wanted to donate some of her eggs as a way to make some money. The procedure required several blood tests prior to egg harvesting. When it came time for her blood to be drawn her arms became pale cold and clammy. Her fear was so profound her subconscious actually stopped the blood flowing to her arms as an effort to discourage the needles. When it was explained to her that her subconscious was causing her arms to change and at the same time the suggestion was given,

***“If they can’t find the blood in your arms the other places they will look are much less pleasant.”***

After the suggestion the blood visibly returned to her arms in about 30 seconds. She was not in a hypnotic state when the suggestion was given. After that her fear of needles was dealt with using hypnotic suggestions.

### **Hypnotherapy vs psychotherapy vs psychiatry**

Hypnotherapy greatly differs from psychotherapy and psychiatry. Psychotherapy and psychiatry deal with the conscious mind.

The conscious mind is much more technical and requires a more technical approach. This is very time consuming with slow recovery. Most if not all mental illness starts at the subconscious level. Hypnotherapy is the only therapy that goes directly to the subconscious source. Hypnotherapy on average takes 25% of the time of conscious therapy. This is because the subconscious mind is vastly more powerful than the conscious mind. Psychiatrists and Psychologists often send their toughest cases to qualified hypnotherapists.

Psychotherapy works by stepping through the problems or tasks and talking about them along the way. Looking at things from many viewpoints and seeing what response is given. This helps to identify and to focus on the problem. This is a long and drawn out process. If you were to give the example of building a house, everything and every step from deciding where to build to getting the material to putting on the last coat of paint must be covered.

Psychiatry most typically is the introduction of mind altering medicines. This often only masks the problem with the hope that the afflicted person will sort things out on their own. Unfortunately due to the low number of Psychiatrists in Thailand it leaves few other options. Medications that were intended for short term therapy have been and are being used in long term therapy. This is still a conscious approach.

**Go to Pg 4**

### **Other common applications of Hypnotherapy**

**There are several applications of hypnotherapy. Not every hypnotherapist does the same therapy. Below are listed many of the more common therapies.**

**One of the most common and recognized is smoking cessation. It is the only method that breaks the mental addiction to nicotine.**

**Weight Management.**

**Sexual dysfunction including erectile dysfunction, premature ejaculation, frigidity.**

**Stress and anxiety management.**

**Obsessive compulsive disorder OCD.**

**Sleep disorders.**

**Eating disorders.**

**Antidepressant withdrawal.**

**Diabetes.**

**Fibromyalgia**

**Irritable Bowel Syndrome**

**Pain Management**

**CAVEAT:** In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines

**TO  
YOUR  
HEALTH**

**Hypertension**

**Hypno-oncology**

**Multiple Sclerosis**

**We are sure that you can add over a 100 other issues that hypnosis will address, eliminate, or alleviate**

**The author of this Thailand article utilizes the term ‘hypnotherapist’ and in NJ we use hypnocounselor, hypnotist or consulting hypnotist per the terms of the 1994 Exemption granted by the NJ Board of Psychological Examiners for the practice of hypnotism**

## THAILAND CONTINUED : HYPNOTHERAPY: THE SUBCONSCIOUS APPROACH TO HEALING

Hypnotherapy deals with the subconscious. The approaches are completely different. It is much like the Trojan horse. All resistance is in the conscious mind. The 'I can not' and the 'I will not' exist in the conscious mind. Hypnotherapy simply bypasses that and goes to the source. The subconscious is very simple and will only respond to simple ideas. So instead of giving step by step instructions on building a house, that is simply replace with the concept '**build a house.**' The person accepts the suggestion and sets about building the house. They will only stop and ask for directions if they truly do not know what to do along the way. The subconscious also tends to be lazy and often makes mistakes although all intentions are good. So by helping the subconscious mind to find a new and better idea is one of the keys to hypnotherapy.

It is not necessary for a Hypnotherapist to have a degree in psychology or other conscious approaches. Hypnotherapy is unique and should not be confused with conscious therapy. There is at least one group that does not agree with this and some professionals view them as a bit arrogant. Ultimately it is each persons decision if this is necessary to have both or not.

### Body language

Body language is direct communication from the subconscious. learning how to read it is a significant part of Hypnotherapy. Body language

tells the hypnotherapist how the subconscious is responding to suggestions and alters the suggestions as needed to get the desired outcome. When working with someone it is important to remember that the subconscious of the person who you are working with is reading you too. Never forget communication goes both ways.

Applications of hypnosis in medicine (summary)

There are several applications of hypnosis in medicine. In some cases hypnosis works better than conventional medicine such as Irritable Bowel Syndrome.

Fibromyalgia, Hypertension, Hypno-oncology, Multiple Sclerosis, and pain management are several typical examples that hypnotherapy is commonly used.

Dealing with pre and post surgery anxiety, as well as general anxiety in medical settings.

There are also several cutting edge applications under development or proposed.

Proposed, Alzheimer's: Use of hypnosis to see what changes occur in the brain thus allowing the brain to point the way to a cure for traditional medicine.

Under development, Stroke: Accelerate the recovery process and or improve expected outcomes with hypnosis.

Keep in mind that hypnotherapy is not practicing medicine and should not

replace medicine. It is simply a tool that can be used to assist. Think of it as medicine of the mind.

### Irritable Bowel Syndrome (IBS)

(General outline of therapy) IBS is caused mostly by anxiety. The afflicted person responds to a trigger (trigger: a sight, sound, touch, sensation, or smell that is related to "x") that starts the syndrome.

The first step is to remove that and other triggers at the subconscious level.

The second step is to show that their thoughts contribute to the syndrome.

The third step is teach them that they can control the syndrome and to replace the negative triggers with positive triggers.

Hypnotherapy has been proven to be the most effective method. There are several reports available on the Internet that reflect more recent but similar results. One such website is <http://www.aboutibs.org/Publications/HypnosisPalsson.html>

### Fibromyalgia

(General outline of therapy) Fibromyalgia seems to be caused by miscommunication between the mind and body. The symptoms are exaggerated by the anticipation that they will occur. There are three steps to this therapy.

The first step is to remove the pain and discomfort.

The second step is to re-

The second step is to re-train the brain not to expect the pain and discomfort.

The third step is maintenance with one session every 4 to 6 months.

This therapy works best in conjunction with other therapies. Chiropractic treatments to realign bones pulled out of location by muscle spasms. Therapeutic deep tissue massage (not Thai massage) to remove any trigger points in the muscles to allow them to relax completely. There are other therapies that work but chiropractic treatments and therapeutic deep tissue massage have shown the best results in supplementing hypnotherapy for fibromyalgia symptoms.

### Hypertension

(General outline of therapy) Hypertension can be caused by external stimuli or internal obstructions of blood flow. Hypnotherapy will only affect hypertension related to external stimuli. As a result hypnotherapy becomes a quick and easy diagnostic tool to establish if the source of hypertension is internal or external. Typically the change is from 8 to 42 points with most being in the 22 to 30 point range on both systolic and diastolic.

The therapy focuses on stress and anxiety management. It also focuses on relaxation techniques that the client can use.

**Go to Page 5**

## Thailand Report on Hypnotherapy continued

It also focuses on relaxation techniques that the client can use. Hypnotic suggestions focus on causing the muscles to be more relaxed and dilation of arteries and veins. The results are lasting, however an occasional followup visit every three to six months may be suggested for people who have high stress lives.

### Hypno-oncology

Hypno-oncology is a method of using Hypnosis to motivate positive emotions and positive thinking "I CAN." The first program of this type was developed and offered at La Grange Memorial Hospital in La Grange Illinois. The "I CAN" program merges self help techniques with instruction in self Hypnosis. Based on the finding that the state of mind has a significant effect on medical outcomes. People who are engaged in healthy minded living simply do better medically, even if they have a life changing disease.

Each person has their own perception of the condition they are experiencing. Because of that personalized suggestions are used within the parameters of the program. See appendix A for a typical case history.

### Multiple Sclerosis

This therapy is focused on suppressing emotions that may advance the condition. Inward thinking as compared to outward thinking. Apparently some research has suggested that negative emotions accelerate the

advancement of the condition. This therapy is very similar to Hypno-oncology.

### Pain Management

Pain management with hypnosis is very effective for short periods of time. However once a person is taught how to control the pain with self hypnosis the pain can be controlled indefinitely. Hypnosis naturally produces endorphins and endorphins have been shown to be up to twenty times more effective than morphine.

Because hypnosis is so powerful, hypnotherapy for pain management should only be performed when the pain producing condition is diagnosed and ordered by a doctor. Simply pain is the body's alarm that something is wrong. Shutting off the alarm without knowing why is ethically wrong.

Often clients seeking other forms of hypnotherapy report that pain they had disappeared

completely during the session as an unexpected side effect. Because the focus of that particular therapy was on something other than pain, any discomfort they had returns within the next several hours.

A common use in hospital settings is pre surgery. Assuming a pre surgery patient is suffering from significant pain and they are taking medications to control the pain. The mixing of pain medications together with general anesthesia may prove to be life threatening.

By seeing a hypnotherapist the patient may be able to reduce or eliminate the pain medication prior to surgery thus reducing the chance of complications in surgery.

Waking surgery has been done in operating theaters for patients who are allergic to anesthesia.

Hypnotherapy and mental health

Hypnotherapy has been proven to be helpful with mental illness. To understand how this works mental illness must be first classified as mild, moderate, or severe.

Mild may be defined as loss of a loved one or the inability to cope with a situation and phobias.

Moderate would be defined as mental illness other than a desire to harm themselves or others. They are still able to distinguish reality from imagination.

Severe may be defined as the inability to separate reality from imagination and or a desire to harm others or themselves.

Hypnotherapy is very effective in mild and moderate cases with results often occurring much quicker than conscious therapy.

Severe mental illness is best left to a psychiatrist as they can introduce medications to initially assist. After the patient has been stabilized and brought down to moderate levels, then hypnotherapy can be used in conjunction with psychiatry.

**.NOTE: The original 551 page report was made to the Medical Science Department, Bangkok, Thailand. Report written by Jon Krukowski, C.H. Nothing herein is the opinion of NACH.**

## TO MEMBERS

### IMPORTANT

NACH has now moved its meetings to Costas, a new restaurant, about 6 minutes from the old location. This was as a result of the fiasco which was reported to you in the April Newsletter. We took a sizeable loss of approximately \$600 because the old restaurant breached its oral agreement that had been in place for 15 years.

With Costas, we only have to guarantee 25 guests @\$22 for members. Please make every effort to attend, firstly because the NACH is the focal point for keeping old friends together for networking, and because the NACH champions the cause of hypnosis for you all the time, and lastly because the monetary losses are quite personal.

Thanks, Tony

## HYPNOTHERAPY IN MEDICINE

Paul Gustafson

**Acceptance:** In spite of tremendous medical advances there remains the consistent question as to why some clients recover and flourish while others don't. The healthcare assembly line is rolling faster now than ever before. Despite technical success there is underlying concern about a client's emotional state, how they view themselves being ill, and what expectations they may have for recovery. The model of modern medicine is quite authoritarian. Our culture has taught us to look outside of ourselves for healing. We believe that we get health from others, that the healer or physician has all the power, we hope. This model minimizes the importance or even the consideration of our own abilities. It also creates the expectation that everything is achieved on a conscious level. This approach can leave us feeling dependent and vulnerable. Until recently hypnosis had been on the outside looking in. It has mostly been viewed as dark and mysterious or as a manipulative stage act going for the cheap laughs. Things are changing quickly. Research is bearing out what many have been claiming for decades. Hypnotherapy is now widely practiced in 21st century medicine, psychiatry, dentistry, athletics and business.

**How It Works:** Our bodies routinely fight off illness. We self-heal and repair in spite of how we often disregard our own health. With hypnosis we are able to enhance our ability to heal and recover. We can manage symptoms with less medication, control own comfort and level of relaxation and use creative imagery to look forward in time envisioning resolution. The subconscious mind is our storage facility as well as our control center. It balances our breathing, heart rate, blood pressure and co-ordinates every step we take. It's a very powerful place. Once ideas or beliefs hang around long enough they begin to take root and grow into action. Think of the subconscious mind as a greenhouse. In a fertile climate you can grow roses or poison ivy with equal success. Hypnotherapy is the process of stepping into the greenhouse, pulling out the weeds by the roots and leaving positive healthy replacements. What our mind conceives or body achieves.

**All About You:** The healing potential of hypnosis lies within. It's not something administered to you from a hypnotherapist, but rather this power resides in all of us. The therapist is the tour guide helping you tap into your own skills and abilities. We all go in and out of hypnotic trance several times a day. It's a very natural thing. Hypnosis is just the act of enabling this process and then offering suggestions and imagery supporting the desired change or improvement. Once you understand how easy it is, self-hypnosis is an effective way to either augment medical intervention or to fine tune and improve many areas of your life.

**Applications:** There has been resurgence in the medical use of hypnosis as well as an increased knowledge and sophistication with how it is used for both inpatient and outpatient clinical applications. With better understanding the shift has going from authoritarian to empowering clients to add their own healing touch to the plan of care. Clients in an Intensive Care setting benefit from hypnosis with a deeper more quality rest speeding up their recovery process. Cardiac clients are better able to balance their blood pressure, regulate their breathing and heart rate. Hypnosis helps Oncology clients make immediate inroads with symptom management issues such as reducing stress and anxiety, altering sensory perception, minimizing pain or pressure, relieving nausea, vomiting, respiratory distress and even preventing hair loss. In addition hypnosis offers clients increased confidence and self-image as well as helping them look forward in time to either envision a healthy resolution, accepting a chronic condition or even finding the inner peace and guidance to manage end of life transition.

Sleeping well is a crucial factor contributing to our physical and mental restoration. SWS in particular has a positive impact on the immune system. During periods of SWS, growth hormones are secreted, cell repair is promoted, and the defence system is stimulated. If you feel sick after a hard working day, you often simply want to get some good, deep sleep. A wish that you can't influence through your own will – so the widely held preception. Sleep researchers from the Universities of Zurich and Fribourg now prove the opposite. In a study that has now been published in the scientific journal *Sleep*, they have



using to our physical and mental particular has a positive impact memory and the functioning of During periods of SWS, growth creted, cell repair is promoted tem is stimulated. If you feel sick working day, you often simply good, deep sleep. A wish that you through your own will – so the ception.

from the Universities of Zurich prove the opposite. In a study that lished in the scientific jour- demonstrated that [hypnosis](#) has a positive impact on the quality of [sleep](#), to a surprising extent. "It opens up new, promising opportunities for improving the quality of sleep without drugs", says biopsychologist Björn Rasch who heads the study at the Psychological Institute of the University of Zurich in conjunction with the "Sleep and Learning" project.

### Brain waves – an indicator of sleep quality

Hypnosis is a method that can influence processes which are very difficult to control voluntarily. Patients with [sleep disturbances](#) can indeed be successfully treated with hypnotherapy. However, up to now it hadn't been proven that this can lead to an objectively measurable change in sleep. To objectively measure sleep, [electrical brain activity](#) is recorded using an electroencephalogram (EEG). The characteristic feature of slow-wave sleep, which is deemed to have high restorative capacity, is a very even and slow oscillation in electrical brain activity. 70 healthy young women took part in the UZH study. They came to the sleep laboratory for a 90-minute midday nap. Before falling asleep they listened to a special 13-minute slow-wave sleep hypnosis tape over loudspeakers, developed by hypnotherapist Professor Angelika Schlarb, a sleep specialist, or to a neutral spoken text. At the beginning of the experiment the subjects were divided into highly suggestible and low suggestible groups using a standard procedure (Harvard Group Scale of Hypnotic Susceptibility). Around half of the population is moderately suggestible. With this method women achieve on average higher values for hypnotic susceptibility than men. Nevertheless, the researchers expect the same positive effects on sleep for highly suggestible men.

### Slow-wave sleep increased by 80 percent

In their study, sleep researchers Maren Cordi and Björn Rasch were able to prove that highly suggestible women experienced 80 percent more slow-wave sleep after listening to the hypnosis tape compared with sleep after listening to the neutral text. In parallel, time spent awake was reduced by around one-third. In contrast to highly suggestible women, low suggestible female participants did not benefit as much from hypnosis. With additional control experiments the psychologists confirmed that the beneficial impact of hypnosis on slow-wave sleep could be attributed to the hypnotic suggestion to "sleep deeper" and could not be reduced to mere expectancy effects. According to psychologist Maren Cordi "the results may be of major importance for patients with [sleep problems](#) and for older adults. In contrast to many sleep-inducing drugs, hypnosis has no adverse side effects". Basically, everyone who responds to hypnosis could benefit from improved sleep through hypnosis.

Albert Einstein was an immortal of science who made noteworthy changes and contributions in the 20th century. He was an inspiration for the remarkable scientists subsequent to him thanks to his brilliant discoveries. Einstein received the Nobel Prize in Physics in 1921 “for his services to Theoretical Physics, and especially for his discovery of the law of the photoelectric effect.” Aside from his triumphant academic career, Einstein was a distinguished teacher not only to the confines of the classroom, but as well as to the globe. His works were indeed immortal and superior from his lessons on the subject of life. For that superiority, everybody ought to remember at least 10 quotes from him, which brings forth valuable lessons about life.

### **Lesson 1: Cultivate a Curious Mind**

“I have no special talent. I am only passionately curious.” Do not hold back curiosity. It has a reason for its existence. Keep a questioning mind.

### **Lesson 2: The Worth of Perseverance is Intangible**

“It’s not that I’m so smart; it’s just that I stay with problems longer.” The price of perseverance is beyond the corporeal things. It cannot be measured. It cannot be sold. It has no price.

### **Lesson 3: Devote Attention To One Thing At A Time**

“Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.” Do not do several tasks at once. It is in doing one task at a time that excellence is achieved.

### **Lesson 4: Give Weight to Imagination**

“Imagination is everything. It is the preview of life’s coming attractions. Imagination is more important than knowledge.” Imagination is cheaper than free. It is in imagination that one recognizes the knack he has.

### **Lesson 5: Mistakes Are Inevitable**

“A person who never made a mistake never tried anything new.” More often than not, mistakes are stepping stones to new discoveries. It is part and parcel of living.

### **Lesson 6: The Future is Not Ours to See**

“I never think of the future – it comes soon enough.” The future is a result of the things we do today. Thinking what lies beforehand is not a bad scheme, but most of the time the present is being neglected.

### **Lesson 7: Value is Superior to Success**

“Strive not to be a success, but rather to be of value.” Success is a goal worth striving for. However, creating value has an enduring effect for people to remember.

### **Lesson 8: Change Triggers Another Result**

“The definition of insanity is doing the same thing over and over and expecting different results”. Different results occur when you change the way you do things. Only unwise people will expect a different result from doing the same thing over and over again. Different results will only be possible by way change.

### **Lesson 9: Information is not knowledge.**

The only source of knowledge is experience

### **Lesson 10: Understand the Basics**

“You have to learn the rules of the game. And then you have to play better than anyone else.”



**This is a typical homework assignment for students at the Academy of Professional Hypnosis. They are given various 'life' scenarios and then instructed to conduct an hypothetical, confidential interview of the client ,and thereafter write an appropriate script to help the client. This assignment was submitted by student, now graduate, Mary Ann Columbus P9**

**CLIENT PRESENTS: MAGGIE, A 60 YEAR OLD WIDOW CANNOT SLEEP WELL AT NIGHT. WHAT ARE THE REASONS? DOES SHE HAVE CHILDREN? WHAT DO YOU THINK YOU SHOULD FIND OUT ABOUT HER LIKES OR DISLIKE? WHAT KIND OF SCRIPT WOULD YOU WRITE. DO IT. AND TELL ME IF YOU RECOMMEND ANYTHING. IF YOU DO, WHAT?**

*In the course of the interview Maggie disclosed that her husband basically did everything for her. Where ever they went, he did the driving. He paid the bills, balanced the checkbook, filed the taxes, and maintained the house and yard. Maggie met her husband when they were in college and got married shortly thereafter. She has spent her life making a home and taking care of her three children who are now grown and out of the house. Two of the three live local but are occupied with their own families and relationships. One of her children lives on the west coast. Her husband had died suddenly and shortly after the funeral, Maggie was surrounded by many friends and family. However, life for everyone else has gone back to the normal routine but Maggie feels lonely and overwhelmed by everything. She hesitates in asking for help from her children as she feels like she's bothering them. Also, since her friends still have their husbands, she feels isolated from them since she now feels like a "third wheel". In consulting with Maggie, it was discussed that there are several things that she needs to consider. First and foremost, she needs to build up her confidence. While her husband did assume a lot of the responsibility, she needs to realize her contributions to the household and that she has the ability to either continue with the house that she has or consider a completely new arrangement, perhaps in a condo situation where a lot of the maintenance is taken care of for her. The move can also represent a new beginning for her. In any event, her belief in herself will help her to succeed in whatever she ultimately chooses.*

**The script:**

Now Maggie, allow yourself to relax even further as you listen to my voice. With every breath you take, you feel your body relaxing more and more. And as you listen to my voice, you may hear other noises in the background; however, those noises only help you to relax more and to go deeper into relaxation. The reason that you are here is that you are ready to take control over your life. You have spent a lifetime taking care of everyone else and now it is time for you to take care of yourself. That's right, it is now time for you to look deep into yourself and address those things that you need in order to move forward to a happy, productive and successful life. This is your time.

You reflect on the many years in which you raised your family, guiding and nurturing your children which molded them into the responsible adults that you are so proud of. Now, think back to when you became a mom for the first time. While anyone can tell you about what it is to handle and care for a newborn child, you know that it's one thing for someone to tell you how it is, but it was not that easy; yet you managed to learn in record time what to do and how to handle every situation. Likewise, you are now once again faced with a newborn, and that newborn child is named Maggie....it is the next phase of your life and it now stands before you in need of your nurturing, guidance and protection. And as you have done in the past you do so again, for as you care for this child, the more you grow and become strong. Stronger than you have ever been....you are strong, because you refuse to let that child down. You strongly move forward into the next phase of your life.

Like the first time that you became a mom, you did not know everything there was to know on the day that your child was born, but Maggie, you learned step by step and as situations arose,

you successfully dealt with them; and you used each and every experience to learn and applied what you learned and experienced, not only with the first child, but with the next two children that followed. So now you are faced with a child that has many needs...needs for sustainability, protection, confidence and belonging. Remember what it was like when you were a first time mom, you may have asked for advice and/or help from others and maybe in some cases people gave you advise that you didn't ask for. In any event, you were able to filter the information and use what you felt was appropriate and right. Nothing was set in stone, as you went along, you learned what worked and what didn't work and you adjusted and adapted as necessary. Now imagine for a moment, and when I say "imagine" I mean to visualize; to hear; to feel; to sense; or to just simply know. So, now again, imagine what it would be like to enlist the assistance of an expert to help you with your finances. You are receiving help in organizing your expenses and setting a budget which makes you feel very confident that you are able to understand and manage your finances...and when you are confident, you feel so much stronger and in control of your life. When you are confident, so many other things also fall into place. When you are confident, you find that it is easy to learn new things and your ability to learn grows with each new task that you encounter. You are now confident driving to new places, knowing that you will arrive where safely at your intended destination. When you are confident, you also find that you have a renewed desire to pursue a new hobby or join a group or club that enables you to meet new people that share the same interests or have shared similar life experiences. And when you do this you once again have that wonderful feeling of belonging, knowing you are not alone. You are not alone. You are not alone. Think about just how exciting it is to meet new people....new faces and new possibilities. Take a moment now and allow yourself to again experience how it feels knowing that you have complete control of your life; happy because you are confident and secure in knowing that you belong and are supported (pause 60 seconds). Because you are confident and secure, you find that you are empowered in dealing with new situations, even if they are not the things that you may not have dealt with in the past. Maggie, you are empowered and you are strong. Strong because you easily learn and adapt to new situations that arise in life. Strong because you know how to enlist the help of others when necessary in order to take control of your life. You are confident. You are confident. You are confident and enjoy learning new things; and you face each new day with a sense of optimism and gratitude.

### AFFIRMATIONS

You live each day with optimism and gratitude  
You confidently address new situations as they arise.  
You enlist advice and help of others when necessary  
You are eager to learn new things  
You are excited about meeting new people

**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.

## Fall Academy HypnoCounselor Certification Course Schedule for 2014

### ACADEMY OF PROFESSIONAL HYPNOSIS

#### CERTIFICATION CLASSES BEGIN ON September 6th 2014

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 SEATING IS LIMITED....RESERVE NOW

Or Email Dr. De Marco at: [tony@hypnoacademy.com](mailto:tony@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) 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.

#### SEPTEMBER—OCTOBER SCHEDULE 2014 **Beginning September 6th**

**September 6/7, 13/14, 20/21, 27/28 & October 4/5**

**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 CLIENTS , FAMILY, AND YOURSELF

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 HypnoCounselors, (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. Thank you: Editor

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

**2014 MEETING DATE**

**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  
Roselle Park, NJ  
(One mile from former meeting place)  
908 241 1131**



**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 CEU credits for attending meetings.

**DIRECTIONS: To COSTAS RESTAURANT 120 Chestnut Street, Roselle Park NJ 07204**

**Parking is in the Municipal Lot in the street directly across from Costas 908 241 1131**

**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 to the end.

**MEETING IS ON JUNE 18TH AT 6:00PM with JOE PEOPLES & BOB HERTZENDORF**

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

**August 10-12, 2014 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 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.

**www.ngh.net 603 429 9438**

**President**

**Dr. Tony De Marco**

**Office: (908) 964-4467**

**E-mail: tony@hypnoacademy.com**

**Web: www.hypnoacademy.com**

**ADVISORY BOARD**

**Ed Hamowy, A.C.H.**

**Pat Conte, MD, A.C.H.**

**Editor**

**Tony**

**973 595 0460**

**E-mail: NICKEY@AOL.COM**

**Meeting Coordinator**

**Angela Roberts, A.C.H.**

**Photographer**

**Joe Peoples**

**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**

**908 964 4467**