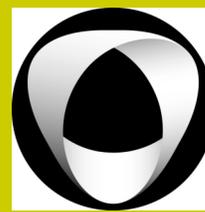




NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NGH CONVENTION IS JUST AROUND THE CORNER

NEXT
MEETING
Wednesday
October
15

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THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 8-9-10, 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. Call 603 429 9438 www.ngh.net

2014 MEETING DATE

Wednesday, OCTOBER 15 th, 2014

HERTZENDORF & PEOPLES CHARM THE JUNE MEETING CROWD

We had a dynamite meeting in June at the new location Costas Restaurant. The entertainment was kicked off with the stern faced Bob Hertzendorf telling his delightfully risqué jokes. The laughter abounded. The main topic of Hypno-Sleuthing was delivered by Joe Peoples, our resident photographer who incorporated NLP with hypnosis in an extremely relaxed fashion. Everyone raved about the tastiness of the food and the fact that the table arrangement favored a certain 'closeness' and feeling tions were high with a synered room of 33 guests. This that room. The next size antee of 55 guests.



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**

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.

June 19, 2014: A short session of hypnosis might lead to a better night's sleep, says a team of Swiss researchers. After listening to a sleep-promoting audio tape containing hypnotic suggestion, women who are suggestible to hypnosis spent two-thirds less time awake, and about 80 percent more time in deep sleep compared to those who slept without the hypnotic suggestion. "There have been many reports that hypnosis can be a good thing for promoting sleep," said study co-author Bjorn Rasch, a professor with the department of psychology in the division of biopsychology and methods at the University of Fribourg in Switzerland. "However, usually they've been based on people just subjectively indicating how well they feel they've slept as a result," Rasch noted.

The new study is the first to assess via measures of brain-wave activity "the positive impact hypnosis has on deep sleep and to show that it is, in fact, real," he said. At issue is the desire to boost so-called deep sleep, also known as slow-wave sleep. This type of sleep "often correlates with the most restorative sleep -- it's a time for your brain to process and rejuvenate from the challenges of the day," explained Dr. Kim Hutchison, assistant professor of neurology and sleep medicine at the Oregon Health and Science University in Portland. "Over the course of people's lives, with age, the amount of deep sleep drops off significantly. And by the time you're 50 or 60 you hardly have any, depending on the person," said Hutchison, who was not involved in the new research. "With age, non-refreshing sleep becomes a very common complaint, and one of the reasons can be not getting enough slow-wave sleep." To explore how hypnotic suggestion might help improve deep sleep, the Swiss team enlisted 70 healthy Swiss women aged 18 to 35. All participated in a series of five in-laboratory experiments, successively staged once a week for five weeks.

None of the participants had any history of sleep trouble. None were taking any kind of sleep medication. Some of the women, however, were deemed (in pre-study testing) to be "highly suggestible" to hypnosis, while others were categorized as "low suggestible" patients. For each experiment, the women were outfitted with electrodes to monitor brain-wave activity and sleep patterns. While lying in a bed with the lights off, the women were exposed to varying audio tapes of about 13 minutes in length. Some provided a hypnotic suggestion to sleep deeper, while others were designed to be neutral in content. The women were allowed to fall asleep during or after the audio feeds, and all were woken up after they had spent a total of 90 minutes napping. Hypnosis did not improve sleep in those deemed low-suggestible to hypnosis, the study found. However, women in the highly suggestible group slept 67 percent more and saw their "deep sleep" time rise by roughly 80 percent following exposure to audio hypnosis. Other phases of sleep did not appear to be affected by hypnotic suggestion. However, the team further observed that slow-wave activity during the deep sleep phase was "significantly enhanced" following hypnosis. This suggests that not only does hypnosis boost deep sleep quantity, it may also improve deep sleep quality.

The team acknowledged that the study only included female participants. This was by design because men have a tendency to be less suggestible to hypnosis overall. However, men who are highly suggestible would probably derive similar sleep benefits from hypnosis, Rasch's team said. And given that roughly half the general population is believed to be moderately suggestible to hypnosis, the team concluded that hypnosis could ultimately prove to be a very useful -- and side-effect free -- way to help improve sleep. "I have to emphasize that we did not focus on sleep-disorder patients," said Rasch. "These were all healthy people. So while our findings are really promising, we do not yet have proof that hypnosis will help people who suffer from sleep disturbances. I would say it would. But it's not yet proven," he added.

"Also, although the impact of hypnosis on suggestible people was really clear and, I would say, amazing, I do not think that hypnosis would ever completely replace the need for sleep medication for those who need it," Rasch said. "It could certainly reduce the need. But I don't expect miracles from hypnosis. It's a technique to consider. But in really strong cases of sleep disturbance a medical intervention might be necessary." Hutchison believes hypnosis can play a role in helping some people sleep better. "I have found hypnosis can be helpful, even for non-susceptible patients," she said. "Because it gives them something to focus on, and helps them to relax and quiet their mind before sleeping." Hutchison added that "there's anecdotal evidence that the relaxation achieved can help improve sleep quality. In fact, I have been recommending sleep hypnosis phone apps for about the past five years."

NOTE: This script was written by a Basic student at the Academy of Professional Hypnosis. From the very first weekend students are placed into a 'baptism by fire' in that they begin writing scripts immediately. At the Academy, we welcome mistakes and class critiques and class suggestions. We believe that a student must hit the ground running and practice, practice, practice, not only with script writing but actually using the scripts in student-to-student class room practice. The testimonials & success of our graduates confirm this

As you drift deeper in this wonderful state of relaxation, my voice will go with you implanting wonderful suggestions deep within your subconscious mind. Life can be rather trying at times. While growing up we are not always taught the necessary coping skills to successfully handle life's little challenges. Without the proper coping skills, some of life's little challenges can turn into very stressful and horrible experiences.

Take a deep breath, a very deep breath and as you breath out, feel, see, hear a protective white light coming down from the heavens enveloping you in a protective shield. You feel so safe and secure, emotionally calm and safe from any past experience you may have encountered. Imagine a white cloud floating above you. This cloud shall become a repository for selective past memories which you have. In a moment I will ask you to travel back to the time you were born and to travel back from that time to the present moment. When I ask you to travel back from the moment you were born, I would like you to take any stressful or horrible experiences you may have had, and place those stressful and horrible experiences in the cloud above you. As you fill the cloud up with all those stressful and horrible experiences, the cloud will grow darker and darker until it turns black.

Now I would like you to travel back to the moment you were born and slowly travel back to the present moment taking, placing all stressful and horrible experiences into the cloud above you. See Feel Imagine all your stressful and horrible experiences entering into the cloud. Know that the lessons learned from these experiences will stay with you and serve as a learning tool and will not effect you emotionally in any form or fashion. And as all your stressful and horrible experiences fills the cloud above you, the cloud grows darker and darker in color. I will be silent for ten seconds as you fill the cloud with all your stressful and horrible experiences. (pause 10 seconds) And now all your stressful and horrible experiences are contained in the dark black cloud. They are no longer a part of you. You are now back in the present moment and have successfully placed all your stressful and horrible experiences in the cloud.

See, Feel, Imagine the dark black cloud moving away from you, rising into the sky travelling faster and faster towards the sun. The cloud is so very close to the sun, to close to the sun now! The dark black cloud filled with all your stressful and horrible experiences is being destroyed, burnt up, dissolved totally and completely by the sun. Those stressful and horrible experiences you once owned are gone forever. Gone forever from your life. They can no longer effect you in any form or fashion.

You feel free! You feel free! A great burden has been lifted off your shoulders and you feel wonderful as if you have be reborn will all the knowledge and intelligence needed to enjoy life positively. You now trust yourself to make all the right decisions in life given the information at hand. You are confident and self-assured. You handle all of life's situations calmly and with a relaxed attitude, knowing that all situations work out to your advantage in the end.

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.

WE OF THE NACH HAVE A VOICE IN HYPNOSIS IN NEW JERSEY AND IN THE USA

Every hypnotist in NJ has had their best interests represented in NJ by the NACH in various ways, which sometimes do not come to your knowledge. You know of the extensive and hard-fought battle that Dr Gatto and I waged beginning in 1994 which resulted in our Exemption to Practice in the Regulations of the NJ Board of Psychological Examiners but you have no knowledge of ethics and legislative matters that are processed as we do not make these public. You may not know that we have interceded for NACH members to present seminars at the National Guild of Hypnotists Annual Convention. Nor you may not know that Dr Gatto and I never drew a check from the dues of the NACH but on the contrary not only spent \$25,000+ of our own personal monies to obtain the Exemption To Practice, and thereafter expended yearly monies to sustain our dinner meetings. We believe that our Networking and camaraderie is extremely important and the power of an organization is essential. Others may claim credit or be on the 'knock' for they do not realize that but for the dedication and intercession of the NACH through the auspices of Dr. Gatto and myself, the NGH, and the National Federation of Hypnotists, Local 104, that they would not be practicing hypnosis in the State of New Jersey. We do not ask anything from you except kind words when you speak of the NACH. And yes, for those of you who have not sent in your \$35 yearly dues, it would be a good idea to send in a check with the attached form. As you well know, Angela Roberts does an excellent job in organizing the memberships rolls, collecting and recording dues and contact details, and greeting you at the dinner meetings, plus numerous other activities. She is presently preparing your Membership Cards and getting ready to mail them out. All of this involves expenditures for which I assume personal responsibility. We thank the many loyal, dedicated members who, year after year, do support our organization. Sincerely, Tony

July 10, 2014: Men who experience hot flashes are unlikely to talk much about it, but they may find relief from their silent suffering if they are willing to try an unusual treatment, according to findings from a Baylor University case study. After seven weeks of hypnotic relaxation therapy, a 69-year-old man who had uncontrolled hot flashes following prostate cancer surgery showed a drastic decrease not only in hot flashes but also an impressive improvement in sleep quality, according to the study. The Baylor study—funded by the National Institutes of Health—is published in the *International Journal of Clinical and Experimental Hypnosis*. "Men are more reluctant to report hot flashes, and it's not as prevalent. There are fewer ways to deal with it," said study author Gary Elkins, Ph.D., director of Baylor's Mind-Body Medicine Research Laboratory and a professor of psychology and neuroscience in Baylor's College of Arts & Sciences. "If a guy has hot flashes, you can't say, 'Well, why don't we put you on estrogen?' But it's a pressing problem." Men's hot flashes are, of course, not related to estrogen, the primary female sex hormone, Elkins said. They occur in men with a history of prostate cancer—the second most common malignancy in men—or another disorder causing a testosterone deficiency.

Up to 80 percent of prostate survivors experience hot flashes, and about 50 percent of those experience them as severe and needing treatment. What's more, hot flashes due to prostate cancer tend to be more frequent, more severe and more prolonged than those women experience. Elkins has done extensive research showing that hypnotic relaxation therapy greatly benefits postmenopausal women and breast cancer survivors who suffer from hot flashes. Current treatments for men are varied, ranging from hormone therapy to acupuncture, but outcomes have been mixed—and safety of some treatments remains in question, Elkins said. The man in the Baylor study—referred to as "Mr. W"—was a married African American who suffered nightly hot flashes in 1999 because of androgen deficiency. He found some relief through testosterone injections—but in 2010, he was diagnosed with prostate cancer and forced to discontinue hormone therapy. Shortly after his prostate was surgically removed, he again began suffering hot flashes. He underwent seven weeks of drug-free, hypnotic relaxation therapy involving clinically trained therapists and introducing self-hypnosis, with results measured in self-reporting and physiological testing done through wearing skin monitors with electrodes, Elkins said. By treatment's end, he experienced a 94 percent reduction in hot flashes. His sleep quality improved by 87 percent, measured by a standardized test, and although the sleep quality had dropped at a 12-week follow-up, it remained in the "good quality of sleep" range, according to the study.

In an audio recorded interview with Elkins after several weeks of the therapy, "Mr. W" said he was at first skeptical and apprehensive, but "my wife said, 'Try it. What have you got to lose?' . . . It has helped tremendously. One time, I got so relaxed I thought I could hear myself snoring, but I could hear the young lady that was taking me through the steps of hypnosis of where I'd go to be most comfortable." As part of the process, he kept a diary, initially chronicling up to 160 flashes a week—a "tremendous heat" and profuse sweating. But over the course of the treatment, those dropped to about 15 a week, he said in the interview. Besides being guided through steps by a therapist, he took part through self-hypnosis, visualizing fishing at his favorite Texas lake. He donned imaginary rubber boots, waded into the water and enjoyed a cool breeze as he cast a line and fish began to nibble.

The therapy "eliminated the flashes, calmed me down, cooled my body off," he said. "During one session, I needed a blanket . . . The self-hypnosis was empowering. "The new research follows previous published studies by Elkins that found a marked decrease in hot flashes among postmenopausal women and also among breast cancer survivors who have undergone hypnotic relaxation therapy. It reduced hot flashes by as much as 80 percent, and research findings by clinically trained therapists show it also improved participants' quality of life and lessened anxiety and depression. (Quality of life included such issues as work, sexuality, social and leisure activities, mood and concentration.) "And that's all without the increased risk of breast cancer or heart disease associated with hormone treatments such as estrogen or progestin," Elkins said.

The weekly sessions of hypnosis of 187 women over a five-week period involved hypnosis by clinically trained therapists. The women also practiced self-hypnosis using audio recordings to visualize a snowy path or cool mountain creek. During the treatments, the women wore skin monitors with electrodes and kept diaries of when they had hot flashes, how often, how severe they were, and what might have triggered flashes, such as stress, spicy foods or being in a hot room. Women also were encouraged to individualize their therapy. An example: One woman's imagery was walking to a lake from her porch to sit on lawn chairs with her family at sunset. Previous research has shown that people vary when it comes to being "hypnotizable"—responsive to hypnosis—but the consensus is that most people are at least moderately so. Besides having few or no side effects, hypnotic relaxation therapy is cost-saving and allows patients to be involved in their own healing. "There's no 'One size fits all,'" Elkins said, noting that for women, hormone replacement therapy improves bone health and lowers the risk of some types of colon cancer. "But hypnotic relaxation therapy has

Fall Academy HypnoCounselor Certification Course Schedule for 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 or Angela Roberts at (908) 964-4467. Email tony@hypnoacademy.com Or go to www.hypnoacademy.com

to print your registration form. Visit www.hypnoacademy.com to view our easy Payment Plan and also the 6 month interest free PayPal complete deferred payment Plan

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.

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.

Tuition of \$2,385 includes an extensive 300+ page Academy course book plus scripts and further materials for the National Guild of Hypnotists plus a one year free membership in the NGH, the world's largest hypnosis organization with 14,000+ members.

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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: October 15th, 2014

Networking: 6:30—7:30 PM

Dinner: 7.30 PM

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

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

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.

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

MAY FREEDOM ALWAYS RING

United States of America



United We Stand!

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President

Dr. Tony De Marco

Office: 908-964-4467

E-mail: nickeby@aol.com

Web: www.hypnoacademy.com

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ADVISORY BOARD

Ed Hamowy, A.C.H.

Pat Conte, MD, A.C.H.

E-mail: nickeby@aol.com

Editor Tony

Tony

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Angela Roberts A.C.H.

Photographer

Joe Peoples

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CALL: 908-964-4467

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

. Thank You!