



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors



1358 Burnet Ave. Suite 1, Union, NJ

NEWSLETTER

NEXT

MEETING

Wednesday

Oct 21, 2015

Networking begins

6PM-7PM

BODY LANGUAGE

Presented by

PETRA



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BODY LANGUAGE

Petra was born in Germany, also lived quite some time in Switzerland, and now in Allentown, PA. A master of engineering by education and a voluntary fire fighter she became a hypnotherapist some years ago. She is certified by the NGH and OMNI (Instructor) by Jerry Kein, with further education about communication and body language by Bernhard Wirth and Paul Ekman for reading micro expressions.

In Switzerland Petra runs a company about communication and hypnotherapy (3 V Schweiz GmbH) and since earlier this year, a similar one in Allentown, PA (Lehigh Valley Hypnosis LLC.)

In this presentation Petra is going to touch on the basics of communication, the 3Vs which stand for the 3 channels of communication: the verbal, the vocal and the visual. In more depth we will analyze and understand especially the vocal and visual messages in working with our clients. Understanding these signals makes it far easier to read our clients as being in the conscious, analytical state, as well as in hypnosis. - Obviously the content of Body Language also has a positive influence on our everyday lives too, in business as well as the private environment

Dave Elman..... 'All Hypnosis Is Self Hypnosis by Christopher J Harrison

Dave Elman was born in the USA in 1900 and became interested in hypnosis at a very early age due to the influence of his father who was a student of hypnosis and the consequent witnessing of demonstrations of his father's hypnotic capabilities. His interest in hypnosis grew into his teenage years and then took somewhat of a back seat when he found out that a girlfriend's father forbade him from associating with his daughter for fear of any 'seductive powers' he may have over her. He returned to the subject as he approached adulthood and during this period he resolved to maintain an open minded attitude to experimentation and indeed would not accept any 'old theories' without personal proof or evidence. His young adult life took him into radio broadcasting where he became successful as a writer/broadcaster/producer, and it was during this period whilst producing a program that contained a 'live' hypnotist act that he realized that his knowledge on the subject was indeed greater than others and so he began to perform hypnotic demonstrations, mainly for charity. It was during one of these very successful demonstrations that he was approached by a group of doctors who were in the audience and had been taught hypnosis, but were not having much success with it in their practices. He subsequently attended one of their lectures on the subject and whilst he did not doubt the sincerity of their teacher, he was alarmed at the amount of misinformation that was offered to these medical professionals. Elman decided at that point in his life to draw up a course on hypnosis for him to personally teach to members of the medical profession. His style of induction was derived from that of a stage hypnotist's in that it was a rapid style and he figured that this was

necessary for doctors as they were always time constrained and he taught his students that they should be able to complete this phase in one minute. Elman taught his students two basic beliefs which revolved around the following statements.....Firstly, that any person can be hypnotized, provide that they are willing, and no fear is present and that there is the correct communication between the operator and the subject. Secondly, hypnosis is a state of mind in which the critical faculty is bypassed and selective thinking is established. In practice, his system was to get his client to simply close their eyes and to 'pretend' that they could not open them...and to concentrate hard on this pretense. This suspense of judgment was the entering wedge into hypnosis and the next stage, after a few rounds of fractionation, was to get the client to start counting backwards, (out loud) from 100, with the instruction that were to let the numbers drop out of their mind and within only a few numbers they will disappear completely. over the course of the next 17 years, up until his death in 1967, Elman taught probably thousands of medical professionals but always kept his teaching on a personal level. By that I mean that it is not apparent that he taught anyone else how to teach his methods. He only ever wrote one book that was originally titled.... 'Findings in Hypnosis' and later re-named ' Explorations in Hypnosis' and finally re-named simply 'Hypnosis'. The only other memento of his teaching is a set of six original tape recordings of his work and this, like his book, is still available. As I mentioned, throughout his life Elman would only teach medical professionals, but after writing his book he surely would have realized that it would have been read by thousands of non-medical people. It is also apparent that in the latter stages of his life he was invited to

As I mentioned, throughout his life Elman would only teach medical professionals, but after writing his book he surely would have realized that it would have been read by thousands of non-medical people. It is also apparent that in the latter stages of his life he was invited to give a lecture to an audience of non-medical personnel and he surprisingly accepted this offer. I wonder if he was latterly of the opinion that there was a new breed of non-medical hypnotherapists and they deserved to be taken seriously! 'All hypnosis is self hypnosis' is a basic statement that all books and teachers of hypnotherapy seem to agree on but not everyone knows that this statement was first attributed to the late.... Dave Elman.

Workplace Stress Killer At Work by Karen Martin

No-one is immune from an invisible killer which stalks silently through every office, factory floor and work-place. It doesn't discriminate against age, sex, race or occupation and its grip tightens as the social and economic pressures of 21st century life increase. An epidemic of stress-related illnesses has driven unprecedented numbers of the population to bail out of the workplace. Countless others resort to antidepressants to help them face the day. So, just what is going on in this age of unparalleled prosperity and comfort? Heart disease, stroke, hypertension, irritable bowel syndrome, migraines, crohn's disease, psoriasis, allergies, insomnia, depression, anxiety and even cancer can all be triggered or

aggravated by stress. It compromises the immune system and symptoms like exhaustion, muscular tension and an increased heart rate all put tremendous pressure on the body. Health is further undermined by mood swings, poor eating habits, lack of exercise and an inability to concentrate, which all take their toll on emotional wellbeing.

Most employers now recognize the commercial benefits of keeping employees happy and legislation goes some of the way towards offering protection from stress factors like overwork and poor working conditions. But corporate culture often demands long hours and there is no such thing as a job for life any more. Add to that our 'buy now pay later' credit-funded lifestyle and you have a recipe for stress overload.

On the one hand, stress gives us our drive and motivation to get out there and achieve our potential but too much of it has the opposite effect. Once there is a gap between our ability to cope with stress and the amount of pressure we are under, problems appear overwhelming, confidence shatters and performance goes into meltdown. Job security is compromised, relationships suffer and habits can easily turn into addictions. Ask around among friends and colleagues and you will find this grim scenario is all too commonplace. Being in a job which doesn't make the best use of your skills, working for a company which doesn't provide adequate training and being given too much responsibility causes stress (too little causes boredom which is also stressful). And so do 'toxic' companies where bullies thrive and staff are motivated by fear. It only takes one or two insecure, unsupervised personnel in key positions to make the working day an absolute misery for their colleagues.

Stage Fright by Del Hunter Morrill, M.S, C.C.H

There is an old saw that "speaking in front of others" is the second most terrifying thing a person has to do in his or her life. If it is the second, then what is the first? Some say death, and some say burning alive. What is it about performing that would make it almost as frightening as dying by fire? For the majority of the population, it is hard to imagine standing in front of an audience without feeling one's throat go dry, knees become weak and wobbly, and the stomach churn. Whether at work, in school or in a large performance hall, stage fright can take such a firm hold on people, that they can become temporarily immobilized and unable to respond. For many, the very thought of even having to offer their name in a group, or to make a brief announcement is so overwhelming that they will do anything possible to avoid being in such a situation. In many cases, performance fear can affect some people's normal and necessary activities to such an extent that they are unable to succeed in the work they have been given to do.

The fact that the greater part of our population experiences being in front of a group, or having everyone's eyes upon them, as terrifying, should not be surprising. After all, most of us have experienced the

stress of having to perform "properly" from the time we entered school and had to correctly answer the teacher's questions in front of all of our peers. Just the strain of having to "get it right," suffering the responses of our teacher, or even our classmates, is often enough to make most people nervous about being "in front" for the rest of their lives. There are other causes of performance phobias that can stay with people for the rest of their lives: ? Repressed severe stress that can surface in the form of irrational fear, typical, for instance, of people on a job where there is a lot of pressure to succeed, or at home, where a family member tries hard to please.? Another person's reactions to having to perform before others may inadvertently serve as a role model. ? More than one negative experience many have built up fear to the point that just the anticipation of being in a performance situation can cause a phobic response.

A seemingly unrelated issue may be involved, in which the inability to speak before the public without terror may be a symbol of the inability to speak up for oneself in other life situations. ? Continuous ridicule, depreciation, or dissatisfaction, especially by a parent, can lower a person's self esteem to the point where

they believe they have nothing worthwhile to say, or that whatever they say may be "wrong". A painful emotional experience in the past can produce an unreasonable fear of the same or similar situation either at a conscious or subconscious level.

his leads us to the question of what to do about it. Telling oneself to simply "get over it" doesn't work. And, for many people, just doing it more often does not lessen the fear. Such a fear can seem impossible to unlock, or even to understand. However, the competent hypnoterapist can help trace the majority of such performance phobias, and help the client release them forever. Working at the subconscious level, where the fear has "hooked in", is the most effective and quickest way to help a person through any fear, even if at a phobic stage. Hypnosis can do what will power alone cannot. Hypnosis can help a person achieve the relaxed, focused, and receptive state of mind that is necessary to change the negative programming that lies in the levels of the mind that we call the "u n c o n s c i o u s " or "subconscious" self. The problem with surmounting stage fright is that the conscious mind can come up with many justifications to support it. It

can argue, however irrationally, that the fear is a real thing, and that one is quite powerless to change it. But hypnotherapy side steps that. In a sports metaphor, it is like a football player who makes an end-run around the other team's guards in order to score a touchdown. The hypnotist makes an "end run" around the conscious mind's objections. By doing so, the client is more receptive to helpful suggestions and to accessing his or her own inner resources.

Often just giving suggestions that calms a person and encourages self confidence in performing situations is all it takes to help a conquer this fear. By "reprogramming" one's subconscious mind, stage fright can be laid aside, and the client is freed to "step into the spotlight" with far more confidence. What you think becomes what you now can do, instead of what you did before. Also, a trained hypnoterapist can act as a guide to help a person identify the specific event or person that caused the fear, and to sever its emotional ties. In a hypnotized stage of mind, the person confronts the fear, yet feels it now as a non-threatening experience. Once a "demon" is unmasked, it no longer has power.

In spite of being the focus of attention for centuries, the human brain continues to be enshrouded in mystery. One major discovery, however, has begun peeling back the veil and allowing scientists to see your brain's inner workings with new eyes. Contrary to previously held beliefs, your brain is highly adaptive and seems to operate in a perpetual state of change. This adaptability, termed neuroplasticity, is explored in the documentary "The Brain That Changes Itself," featuring psychiatrist and researcher Dr. Norman Doidge, author of the book by the same name. The concept of neuroplasticity was largely developed by neuroscientist Paul Bach-Y-Rita, who was the first to introduce sensory substitution as a tool for treating patients suffering from neurological disorders. For four centuries, it was believed your brain worked much like a computer with its functions set as firmly in place as any machine. Today's neuroscientists are proving your brain is continuously morphing in response to your needs. The perception that the human brain is hard-wired is not only wrong but "spectacularly wrong," according to Dr. Doidge. Your brain's neurons evolve in response to environmental stimuli, thoughts, emotions, illness, and injury. Ongoing studies reaffirm that when your brain cells become damaged, healthy ones are recruited to take over lost function. Neuroplasticity explains your brain's stunning capacity to overcome even the most severe challenges. In fact, this discovery is so profound it may revolutionize our understanding of human nature itself.

Mysteries of the Mind: Your brain contains somewhere in the ballpark of 86 billion neurons. About half of those neurons are located in your cerebellum, which coordinates muscular activity. Production of neurons begins in your third week of development at a rate of 250,000 per minute and continues through your early years of life. The interaction between all of these neurons — amounting to trillions of connections — is incredibly complex, and there are still more questions than answers. Some of the biggest unsolved mysteries of the mind include:

Consciousness: You are aware of your surroundings, capable of self-evaluation, thoughts, emotions, and other experiences. How consciousness works remains a mystery, in particular how the brain leads to subjective experiences that are unique to each of us.

Personality: How does personality develop? Is it a result of your environment or are you born with it? Personalities can be drastically altered by brain surgery or trauma, but the brain's role in personality is still poorly understood.

Memories: How your brain creates, stores, and retrieves memories is largely a mystery, particularly how you're able to recall a memory at will. Scientists have learned that your memories are not fixed — they can be weakened or strengthened by later events. Emotional experiences may strengthen or preserve memories of things that seem mundane at the time, and help you recall them at a later date.

Intelligence: How your neurons work together to solve problems, styles of learning, and factors influencing intelligence remain poorly understood.

Sleep and dreams: Your brain's activities during sleep and the purpose of dreaming are not well understood. During sleep, your brain cells actually shrink by about 60 percent, which allows for more efficient waste removal. Sleep loss results in loss of neurons, and proper sleep is important for brain detoxification. Sleep and sleep loss modify the expression of several genes and gene products that may be important for synaptic plasticity and memory, as evidenced by the study of animals in hibernation.

OBESE PEOPLE CAN'T HELP IT

By Emily Kent Smith for the Daily Mail September 13, 2015

Obese people's brains may be wired to want food similar to drug users
Researchers offered snacks to both obese and normally weighted people
Brain scans showed obese peoples' brains connected in two specific areas
By EMILY KENT SMITH FOR THE DAILY MAIL

PUBLISHED: 19:48 EST, 30 August 2015 | UPDATED: 01:39 EST, 31 August 2015

Obese people's brains could be hard-wired to want food in the same way that drug users are addicted to their habit, new research suggests.

The revelation that certain parts of the brain promote obesity could help manage the condition, scientists say.

For the study, researchers offered snacks to 39 obese people and 42 individuals of a normal weight.

As they were shown pictures of food, a simultaneous scan was carried out on their brains.

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The MRI results revealed that when obese participants looked at the images of food two specific areas of their brains connected.

The group of researchers, from the University of Granada in southern Spain and Monash University in Melbourne, Australia, presented their findings at the European College of Neuropsychopharmacology's annual conference in Amsterdam.

They found that obesity could be predicted by analysing a person's brain.

In the brain of an individual suffering from obesity, the dorsal caudate, which controls reward-based behaviour, and the somatosensory cortex, which tracks the energy value of food, connected.

The researchers found that a strong connectivity between these two parts of the brain caused a person to want fatty food which is high in calories.

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Yet, in a person of normal weight, different parts of the brain connected, such as the ventral putamen, which evaluates flavours, and the orbitofrontal cortex, which helps make decisions.

Analysis revealed that, over a three-month period, 11 per cent of an obesity sufferer's weight gain could be put down to the high connectivity between the dorsal caudate and the somatosensory cortex.

In Britain, one in every four adults suffers from obesity and one in every five children aged between 10 and 11 also has the condition. Globally, nearly 30 per cent of the world's population is now overweight.

A report produced last year by consultancy firm McKinsey and Company found that obesity costs the UK economy nearly £47billion annually.

Study lead researcher Dr Oren Contreras-Rodriguez, from the University of Granada, said: 'There is an ongoing controversy over whether obesity can be called a "food addiction", but in fact there is very little research which shows whether or not this might be true.

'The findings in our study support the idea that the reward processing following food stimuli in obesity is associated with neural changes similar to those found in substance addiction.

'These findings provide potential brain biomarkers which we can use to help manage obesity, for example through pharmacotherapies and brain stimulation techniques that might help control food intake in clinical situations.'

CANCER IS THE BEST THING THAT HAS EVER HAPPENED TO ME 9-1-15 Submitted by Dr. Pat Conte, MD

That's the incredibly surprising statement made by some former cancer patients. But they don't say it because they enjoyed the disease. Rather, it's because they triumphed over it and – spurred on by the challenge – found renewed meaning and purpose in life. These patients have almost always been healed thanks – in part – to an unlikely "treatment": through the expression of gratitude. But before we dive into it all, here are two facts you should be aware of when it comes to cancer and your health: The options to treat, cure, and prevent cancer are a lot more effective and diverse than most people realize. People who have just learned they have cancer often ask me what they should do. Well, there are about 50 things you can do and at least 20 that you should do. You, the patient, are the one in the driver's seat when it comes to your health. This means, of course, you can't necessarily rely on everything healthcare professionals tell you. Some surprisingly simple treatments—like the expression of gratitude—may do a lot more good than anybody realizes. In fact, new research shows treatments that include gratitude and other emotional and spiritual processes may be some of the most effective of all time when it comes to healing cancer.

The truth behind "radical cancer remission"

I'm not going to tell you to start singing about sunshine and walk around with a smile on your face. Not exactly, anyway. But I will tell you this: the simple truth is that there's an undeniable connection between your mind and body. It's most noticeable where fear is concerned. If you fear something, your body can't heal. Instead of resting and rejuvenating, you're locked in a state of fight or flight, which is the antithesis of healing. The very definition of "stress" is the physical state your body goes into when confronted with something you either have to fight or run away from. Wherever cancer is concerned, it's almost impossible to avoid feeling afraid. When most people get a diagnosis, they get immersed in fear and then they stay there. So what do you do to get past the fight or flight problem? According to Dr. Kelly Turner, researcher in the field of integrative oncology and author of *Radical Remission: Surviving Cancer Against All Odds*, you should practice something called "deepening spirituality."

There's no single way to do this. It can involve a variety of techniques. One individual interviewed by Turner was given two months to live after having tried all the conventional brain cancer treatments. So he went to Brazil, visited a spiritual healer, and learned how to meditate. He stayed there for two years, meditating three days a week for eight hours a day. When he went for his next MRI, it was completely clean and he's been cancer-free ever since. Another individual was diagnosed with breast cancer at age 35. She tried surgery, chemotherapy, and radiation. When her doctors told her she had only five years to live, she changed course and set out on a spiritual journey, a journey where she focused all her emotional energy on healing her cancer. Eighteen months later, her cancer had disappeared. She's been healthy now for 13 years. Dr. Turner says the countless individuals she found who had experienced radical remission shared a common link. That link was a deep commitment to positive thinking and gratitude. If meditation and spirituality don't appeal to you, look at it as a subtle shift in your thought process. Instead of a limited view of things that assumes the material world is all there is, you focus on divinely inspired thoughts that heal your body. (Just for the record, I don't believe the material world is all there is. While atheists believe this – it's a sort of religion with them – it can't be proved and from a philosophical standpoint it's obvious nonsense. There's no reason to believe that what we can perceive is all there is; it's very unlikely. Every animal – a mouse, a dog, an insect – probably thinks its "world" is the entire world. Animals have an excuse for such stupidity. We don't.) You can call it an old idea, even a cliché, but I urge cancer patients to practice not only prayer and meditation but positive thinking, or gratitude-based reasoning. However you view it, don't write it off as simple. Making sure your conscious thoughts (what you hear yourself think in your head) are in sync with your subconscious mind takes practice and persistence. You basically have to align your surface beliefs with those beliefs you carry deep down that you're not consciously aware of.

How to heal your body using only your mind:

A lot of this has to do with adopting certain thoughts and behaviors that effectively purge your body of toxins. You probably already know you can do this with diet and exercise. Supplements help a lot, too. But you can also clear toxins from your system with the following:

· **Meditation (and Self-Hypnosis) · Forgiveness · Releasing repressed emotions · Feeling love, joy, or happiness · Engaging in tangible acts of gratitude · Being of service to others**

Medical researchers get themselves in a tizzy when they look at the healing power of emotional therapy because it's hard to measure. Scientific researchers want to break the healing cycle down to measurable quantities and tiny little atoms and molecules. The results of spiritual or emotional treatments aren't always consistent and predictable. What works for one person may not work for another, and spiritual practice won't heal cancer for everyone. Frankly, it's not going to work for some people. It's one of the 20 things you need to do. You just can't measure emotional healing. That's why a lot of people describe this kind of remission as "spontaneous." According to Dr. Turner, that gives the wrong idea. It's not about sitting down for an hour and thinking cheerful thoughts about healing, then hoping your cancer is gone. It involves long-term changes to your life that are all steeped in positive thinking and gratitude.

Here are some practical ways to practice gratitude and develop a healing mindset:

1. Start and maintain a gratitude journal. What happened today that you feel grateful for? This simple exercise is extremely powerful. It directs your attention to what's good in your life, and – if you insist on a "scientific" explanation – this generates healthy body chemicals.
2. Find quotes that express the power of gratitude and positive thinking. Read them daily and share them with others. Write them down in your journal.
3. Thank your body daily for responding positively to healing treatments
4. Do yoga or meditation. You can find different teachers and different forms of these practices that fit your religious tradition. There are Christian meditators, for example. Read *The Cloud of Unknowing* or *The Imitation of Christ*. Muslims can explore Sufi traditions.
5. Establish a daily habit of showing gratitude for at least three things, no matter how small. (See #1.)
6. Take the time to thank the people on your treatment team and those friends and family members who support you.
7. Pray to whatever God or spiritual power you feel connected to.
8. Write thank you cards to members of your support group and send them via snail mail.

According to Dr. Turner, even spending just five minutes a day feeling grateful will release hormones throughout your body that boost your immune system. If you use these methods, keep in mind you still have to address the physical side of healing if you want to cure or prevent cancer. That means eating a diet of whole, organic foods, exercising frequently, and getting plenty of sleep.

Your mind/brain runs the whole show For doubters who frown at this type of thing, consider this: Every time Dr. Turner attended a medical conference, she asked doctors if they'd seen cases of radical remission in their practices. Without fail, hands would shoot up. But when she asked if any of them took the time to write an article for publication about those cases, those hands would drop. So it's conceivable that this is a much more common thing than previously thought. Doctors view these cases as anomalies and don't bother to report them. When I first got interested in so-called "spontaneous remission" I soon became convinced there's no such thing. These are nearly always cases where the patient used alternative treatments – including mind-body practices – and didn't tell his doctor. Or he told his doctor and the doctor refused to believe it. In fact, I've come across several instances where a patient told the doctor she'd healed herself with alternative treatments, and the doctor wrote down "spontaneous remission" on the patient's chart.

To read some of the inspiring stories Turner has uncovered, visit <http://www.radicalremission.com/>.

Fall Academy HypnoCounselor Certification Course Schedule for 2015

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.

Or Email Dr. De Marco at: tony@hypnoacademy.com or register at www.hypnoacademy.com

You may take 6 months to pay through PayPal Credit at www.hypnoacademy.com Details there

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 in-class study and homework assignments, which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified HypnoCounselor". You may call yourself Hypnotist, Consulting Hypnotists or 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, 2015 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

BEGINNING ON October 3rd 2015

October 3, 4, 10, 11, 17, 18, 24, 25, 31 and November 1

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 .

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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

2015 MEETING DATE

Wednesday: October 21st 2015

Networking: 6PM- 7:00 PM

Dinner: 7.15 PM

Presentation: 8 PM

COSTAS RESTAURANT

120 Chestnut Street, Roselle Park

Roselle Park, NJ

(One mile from former meeting place)

908 241 1131



NACH and NGH

Constantly Working For You

BODY LANGUAGE

By Petra

Don't Miss This One!!

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

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.

Presentation for October 21st, 2015 Meeting

BODY LANGUAGE WITH PETRA

This presentation, being held on October 21st, 2015 is a highly educational and entertaining presentation by Petra, a very exciting speaker. She has recently returned from Germany just in time to teach us the fundamentals of reading a person's body language whether it is a client or someone with whom we come in contact. We received information about Petra from Mr & Mrs Claude Horstmann, NACH members who were at her presentation in Pennsylvania, and strongly suggested that we attempt to bring her to New Jersey to present to our NACH Members. We are expecting a large turnout, so it would be a good idea to get our checks in early, so that we reserve your place.

Call Tony at 908 964 4467 and send your check for \$25 to NACH, 1358 Burnet Avenue, Union, NJ 07083. Looking forward to seeing all of you at this dinner meeting. The food is scrumptious and networking is enjoyable. Come meet old friends!!

President

Dr. Tony De Marco

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CALL: 908-964-4467

Seating limited to 30. Please send your check in on time. Just showing up causes problems with seating

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