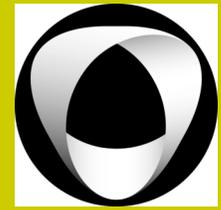




NACH and the Greater NGH Chapter
National Association of Certified Hypno-Counselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
Feb. 17,
2016

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**WISHING YOU AND YOUR FAMILIES A
HAPPY, HEALTHY AND
PEACEFUL HOLIDAY SEASON**

Mindfulness Therapy....author unknown....submitted by Dr. Pat Conte

FOR STRESS RELIEF

MINDFULNESS TECHNIQUES

Mindfulness meditation is a technique that lets you discover what is going on in your mind, of becoming aware of your inner thoughts. Mindfulness stress reduction techniques are effective therapy in stress management. People who benefit from mindfulness tend to be those who feel that the world is just too fast, whose minds are filled with racing thoughts and who worry about the future or dwell on the past but never seem to be in the moment. Mindfulness meditation is used in the treatment of depression by letting the person become aware of automatic thoughts and how they arise. Awareness of the triggers for thoughts helps to stop rumination, the habit of going over past negative situations. Mindfulness exercises are an important tool in cognitive behavioral therapy.

MINDFULNESS THERAPY

The idea underlying the Mindfulness based cognitive therapy is that in order to fix a problem, you first have to become mindful of the problem. This idea is central to a lot of New Age thought, but is also verified by clinical psychology. Mindfulness therapy is about catching your own subconscious thoughts while you are thinking them. Many people are so busy worrying, stressing out or criticizing themselves that they never have time to think about what they are thinking. People often catch themselves reacting blindly in situations, they feel as if they get taken over by some kind of automatic pilot, as if they are watching their lives being run by somebody else, that they are not in control of what happens after somebody says or does something.

Often what they are reacting to is an intrusive memory of past abuses or past mistakes or an overwhelming fear of what will happen if they are unable to cope. When that happens, people are not reacting to things as they actually are, but reacting to a memory of similar things in the past that went wrong. In order to deal with this fear they automatically and blindly launch into old routines and behaviors, even though those behaviors are not appropriate any more. They are being forced to perform the whole routine from beginning to end.

This is because their own subconscious mind has taken over in order to 'protect' them from what it thinks is an immediate danger. At the end of the performance the person finds everyone looking at them, or they find themselves emotionally distraught and the new feelings of shock or shame only reinforces the original fear and makes it worse next time.

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AIM

Guided Mindfulness is a way of taking back control of what is going in your life. The basic technique is simply to become aware of what is happening in your body and in your mind from moment to moment, simply to observe, to allow what is happening to happen, without making any value judgments about whether it is good or bad. The goal is to observe, not to try to influence or alter anything. It is an attitude to life as much as it is technique of meditation. It is very similar to the technique of Fascination, a focused, almost obsessive curiosity about what is happening in your mind, and where your thoughts come from. Mindfulness guided meditation aims to allow you to create a compassionate relationship with yourself, by eliminating self criticism and recognizing persist negative thoughts. By allowing yourself to become a passive observer of your own inner events, you can become aware of automatic responses in behavior or thinking..

Exercise and Stress

Taking frequent effective exercise is one of the best physical stress-reduction techniques available. Exercise not only improves your health and reduces stress caused by unfitnes, it also relaxes tense muscles and helps you to sleep.

Exercise has a number of other positive benefits you may not be aware of:

- It improves blood flow to your brain, bringing additional sugars and oxygen that may be needed when you are thinking intensely.
- When you think hard, the neurons of your brain function more intensely. As they do this, they can build up toxic waste products that can cause foggy thinking (you may have experienced the feeling that your brain has "turned to cotton wool"). By exercising, you speed the flow of blood through your brain, moving these waste products faster.
- Exercise can cause release of chemicals called endorphins into your blood stream. These give you a feeling of happiness and positively affect your overall sense of well-being.

There is also good evidence that physically fit people have less extreme physiological responses when under pressure than those who are not. This means that fit people are more able to handle the long- term effects of stress, without suffering ill health or burnout.

THE MAGIC ERASER

A Stress Script by Academy Graduate, Dawn Gaita

Good. Very good. Just relax. Listen to my voice, only my voice. Allow your thoughts of calmness, to combine with my thoughts and suggestions and permit them to become one, to gain strength together. And now, you focus on what is important for you to be able to face, accept and eliminate negative and painful experiences you have had in your past. So listen and completely immerse yourself in the positive thoughts and suggestions for erasing your painful experiences.

We all have inside of us a little child. A scared little child. I would like you to see yourself as what you would imagine the little child inside of you to look like. I want you to see all of her features, her hair, her smile. I want you to reach out your hand to that child and pull her close to you, protecting her as a mother should. I want you to feel the softness of her skin. Smell the freshness of her hair. Sense the innocence about her. Now you are going to guide this child through her early childhood. Sense the age of this child and imagine what she is experiencing at this age. You are her mother, you protect her from any negativity she comes across. Hold her hand and walk her through that year. What do you see her enduring? How are you protecting her? Whatever comes her way you completely protect her. You are in control and the outcome is always a positive one. Walk her through another year, who do you see, what do you feel? As you encounter any painful situations, you whisk her up and take her away. Protect her, love her. Feel her arms wrapped around you and yours around her. Take her somewhere safe, somewhere peaceful. Imagine yourself at a lake or a beach. Feel the fresh air blowing through your hair. Hear the birds or the seagulls sing. Sense the tranquility in the air. As you stand there holding her, she looks into your eyes and thanks you. She hugs you. Then she says something you have been waiting to hear for so long. So long. What are those words that you have longed to hear?

Good. Very good. Continue to listen to my voice and feel safe and secure. Now take the child by the hand and continue moving forward into early adolescence. What does she look like. See her, feel her, smell her. Imagine that she is so happy, so happy that you are still with her to protect her, to love her. Imagine that you are walking through another year. Imagine that this year is on a chalkboard. A chalkboard of life. Step back and take a look at the chalkboard. Ask the child to tell you what pictures hurt her. Tell her not to be scared and to trust you. Look her deep in the eyes and tell her you love her and that you protect her. Feel her trust in you. As the young girl points to pictures that hurt her, you take an eraser and make them go away. Take the eraser and just wipe them away. Assure her that they are gone forever and can never come back.

Good. Very good. The two of you step back and look at the board. There are a few blank spaces and they look empty. So the young girl grabs a piece of chalk and puts it into your hand. She smiles and tells you to fill in the blanks. See yourself filling in the blanks. The young girl smiles with approval. You both step back and look at the chalkboard and smile. You are both satisfied with the pictures. You reach down and embrace her, she feels so safe and secure. She now knows that the magical eraser can erase any painful experiences she may have had. You know that all you have to do is use the eraser. As you go through life and face scary situations you now know that they are on a chalkboard and all you have to do is use the eraser. You know that you can protect yourself and the child from any harm because you have the eraser.

See yourself in the future, picture something you might feel is painful happening. Your mind immediately goes to the chalkboard of life. You have the eraser and are able to face any painful situation. Your mind responds to these suggestions readily and without resistance.

Now, take a deep breath, exhale and relax. All these suggestions that I have given you are now strongly implanted in your subconscious mind. They are a part of you now, and remain with you from now on and for the rest of your life. In fact, with every breath that you take, the suggestions are growing stronger and stronger. You feel free and safe. You feel free and safe. You feel free and safe. You are free and safe!

NOTE: This article was written by Dawn Gaita a graduate of the Academy of Professional Hypnosis, while she was in the second week of training. We trust that it stimulates you into free thinking and recognizing the extensive power that you have over your body, mind, and life. Enjoy the thoughts.

Managing The Seemingly Inevitable Holiday Season Stress by Elizabeth Scott, M.S.

While this season is meant to bring feelings of love and cheer, it's also the harbinger of holiday stress for many. In fact, according to a [poll conducted on this site](#), more than 80% of us find the holiday season to be 'somewhat' or 'very' stressful -- that ranks navigating the holidays right up there with asking for a raise! What is it that has us all so hot and bothered?

What Causes Holiday Stress?

Doing Too Much- All things in moderation, as the saying goes. The problem with the holiday season is that we often experience too much of a good thing. While stress itself is necessary for our survival and zest for life (researchers call this positive type of stress "[eustress](#)"), too much stress has a [negative impact on our health](#), both mental and physical. Too many activities, even if they are fun activities, can culminate in too much holiday stress and leave us feeling frazzled, rather than fulfilled.

Eating, Drinking and Spending Too Much - An overabundance of parties and gift-giving occasions lead many people to eat, drink, and be merry -- often to excess. The temptation to overindulge in spending, rich desserts or alcohol can cause many people the lasting stress of dealing with consequences (debt, weight gain, memories of embarrassing behavior) that can linger long after the season is over.

Too Much Togetherness - The holidays are a time when extended families tend to gath-

er. While this can be a wonderful thing, even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance between bonding and alone time. Many families also have '[roles](#)' that each member falls into that have more to do with who individuals used to be rather than who they are today, which can sometimes bring more dread than love to these gatherings.

Not Enough Togetherness - For those who don't have these family issues, [loneliness](#) can be just as much of a problem. As the world seems to be gathering with family, those who rely more on friends for support can feel deserted and alone.

Seasonal Affective Disorder (SAD)- An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by a type of depression known as [seasonal affective disorder](#). It's a subtle, but very real condition that can cast a pall over the whole season and be a source of stress and unhappiness during a time that people expect to feel just the opposite.

Minimizing The Holiday Stress
The great thing about holiday stress is that it's predictable. Unlike many other types of negative stress we encounter in life, we know when holiday stress plans to will begin and end, and we can make reduce the amount of stress we experience and the negative impact it has on us.

Here are some tips you can try to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one:

Set Your Priorities -Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact and eliminate superfluous activities. For example, if you usually become overwhelmed by a flurry of baking, caroling, shopping, sending cards, visiting relatives and other activities that leave you exhausted by January, you may want to [examine your priorities](#), pick a few favorite activities and really enjoy them, while skipping the rest.

Cut Corners-If you can't fathom the idea of skipping out on sending cards, baking, seeing people, and doing *all* of the stuff that usually runs you ragged, you may do better including all of these activities in your schedule, but on a smaller scale.

Change Your Expectations For Togetherness With family and friends, it's important to be aware of your limitations. Think back to previous years and try to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit the number of parties you attend or throw, or the time you spend at each? Can you limit your time with family to a smaller timeframe that will still feel special and joyous, without draining you?

- Also, when [dealing with difficult relatives](#), it's okay to [set limits](#) on what you are and are not willing to do, including forgoing your visits or limiting them to every other year.

Set A Schedule - [Putting your plans on paper](#) can show you, in black and white, how realistic they are. If you find a time management planner and fill in the hours with your scheduled activities, being realistic and including driving time and down time, you will be able to see if you're trying to pack in too much. Start with your highest priorities, so you will be able to eliminate the less important activities. Be sure to schedule in some time to take a walk in nature each day if at all possible, as exercise and exposure to daylight can drastically reduce or even eliminate the symptoms of [SAD](#).

Breathe!- This sounds like a no-brainer, but sometimes we forget to [take deep breaths](#) and really give our bodies the oxygen we need. It's great if you can take ten minutes by yourself to do a [breathing meditation](#), but merely stopping to take a few deep, cleansing breaths can reduce your level of negative stress in a matter of minutes, too. If you visualize that you are breathing in serenity and breathing out stress, you will find the positive effects of this exercise to be even more pronounced.

American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders. 4th ed. Washington, D.C.: American Psychiatric Association, 1994.

Stress Reduction Script *Author Unknown*

Going deeper and deeper now. Becoming more and more relaxed. Going deeper and deeper and becoming more and more relaxed with every breath you take. With every breath you take you are becoming more and more relaxed. With every breath you take you go deeper and deeper. You will listen to my suggestions and accept them on every level of your body and mind. It is what you want and it is what I want for you.

And as you continue to breathe deeply and slowly you continue to relax. Your whole body is your nervousness and stress and tension will disappear. It will totally disappear. It is disappearing right now. It is disappearing right now.

Every part of your body is relaxed now. You feel calm, serene and completely at ease. From now on you will be able to release the stress and tension and nervous energy bottled up inside your nervous system. You will be able to do this easily and effortlessly. Easily and effortlessly. And you will be able to use this energy in positive ways as you need it. And you will be able to do this easily and effortlessly. Easily and effortlessly. Any problems that you may have will be solved easily and effortlessly.

You will release any thoughts you might have about the way you have handled past conflicts. It is only this that has caused you to have tension and stress in your body. And you will release this tension and stress by thinking

thoughts of positive and constructive nature.

And you will be content with yourself and within yourself. You will be content because you know that you are doing your best every day and you are getting better and better at handling your tension and stress each and every day in each and every way. And now you meet each of the problems that may arise during the day with confidence and enthusiasm, using all that you have learned. Thoughts that used to bother you in the past will no longer bother you.

You will feel a new sense of peace and freedom because you are learning to accept yourself and who you are. You will no longer think negative or destructive and self-defeating thoughts about yourself. You are doing the best you can each and every day. That's all you can ask of yourself.

And so, each and every day you do your best in each and every way and this gives you a good feeling of satisfaction and accomplishment. And you do this easily and effortlessly. And these suggestions are accepted on every level of your body and mind.

With the knowledge that you are doing the very best that you can, you find that your body relaxes and your mind relaxes each and every day. This allows you to live life with a clear mind and feeling of freedom. And you live life being in the now, being in the moment, completely content

Using Color to Improve Stress

Practice "color breathing," a meditation that can be performed during times of stress.

Choose the colors **blue** and **green**, which reduce stress.

Keep the color in your thoughts as you inhale and exhale slowly. See, feel and think the color.

Quick Stress Relief

You can use self-hypnosis for quick relaxation in stressful situations. You can use deep breathing to relax and release your muscles. You can fix your mind on the "dan tien," the center of the body in traditional Chinese medicine, which is about three finger widths below the navel.

Or, you can program yourself to relax on cue.

Do a standard self-hypnosis session, using induction, relaxation, and deepening. When you reach a state of deep relaxation, say to yourself: I reach this state of calm relaxation whenever I want by saying the word "relax."

Then go ahead with a gentle trance termination. Do this a few times on consecutive days.

You will find this technique invaluable in dealing with everyday stresses. Any time you feel yourself under a lot of stress or pressure, stop for a moment, take a deep breath, focus your mind on the dan tien, and say to yourself "relax." You will be able to recapture the feeling of relaxation without going through the hypnosis procedure. This is a form of post-hypnotic suggestion.

This will allow you to calm down and think clearly. You will then have the clarity of mind and self-confidence to solve your problem or ride out the situation. This is a great technique for those of you who have test anxiety to use right before you take the exam.

with yourself. **EDITOR'S NOTE:** 'are'. eg. 'you are able' in-
Substitute another word for 'will' in this script such as
instead of 'you will be able'

Self-Hypnosis for Pain Relief by Christine Haran

In the movies, hypnosis usually involves someone falling under the magical spell of a villainous character. The hypnotized person then goes into a trance and carries out the hypnotizer's nefarious plans. In a medical setting, however, self-hypnosis—in which people induce a hypnotic state by themselves—is a tool that people can use to achieve a sense of control, rather than lose it. In fact, studies show self-hypnosis can help people manage pain, anxiety, addiction and phobias, among other problems.

"There is nothing mystical or magical about hypnosis," explains David Spiegel, MD, a professor at the Stanford University School of Medicine in California. "It's just a state of altered and highly focused attention."

Dr. Spiegel, the past president of the Society for Clinical and Experimental Hypnosis, says that by learning how to attain a hypnotic state on their own, people can gain control over what's happening in their bodies. Below, he discusses the role of self-hypnosis in pain management.

What is self-hypnosis?

All hypnosis is really self-hypnosis. The person inducing hypnosis doesn't do anything to a person or control them in any way. Medical professionals are just teaching people how to narrow their focus of attention, turn inward and put outside of conscious their awareness of some things that would ordinarily be in consciousness.

The only time I formally hypnotize a patient is the first time when I am assessing their hypnotizability. After that, I teach people how to enter the state for themselves. Since hypnosis is not sleep, but rather highly focused attention, it's a state you can enter into very quickly if you've got the ability. You can monitor what you're doing while you're in it, and you can choose to end it when you want to.

How do you determine someone's receptiveness to hypnosis?

I do a five-minute test called the hypnotic induction profile. I give people a series of standard instructions for hypnotic experience. I'm basically seeing whether they have the capacity to experience these hypnotically instructed alterations in perception, sensation and motor control. To evaluate their sensory alternation, for example, I ask them to imagine that their hand is light and floating up in the air. If they pull it down, it will float right back up.

It turns out that hypnotizability in adult life is an extremely stable trait. It's as stable as IQ. The peak period of hypnotizability in the human life cycle is children between the ages of 5 and 10. Most 8-year-olds are in trances most of the time. You know, you call them in for dinner and they don't hear you. So it's actually quite easy for most children to go into hypnotic state.

Some people have it as adults, some don't, and it's easy to measure. It's not affiliated with a lot of personality characteristics, but people who are more hypnotizable tend to rate themselves as more trusting of others. They are more likely to get absorbed in movies or novels or plays. They are people who have had early life experiences of imaginative involvement with parents. But people who have experienced physical punishment are more likely to be hypnotizable as well.

What are some of the techniques you use to teach self-hypnosis?

Typically we ask people to look up and close their eyes. There is something about disengaging from the usual scanning visual awareness that seems to help people cut off their usual anxious preoccupation with the world outside, and turn inward. So we recommend that they close their eyes, take a deep breath, let their bodies float and then imagine they are floating or looking at an imaginary screen or hearing sounds that they may not ordinarily hear.

How can hypnosis be used to alter someone's perception of pain?

There are three main strategies. One is physical relaxation. When people are in pain, they are also often tense. Muscle tension tends to exacerbate the pain by pulling on the area that hurts. So rather than fighting the pain, if one can focus on an image that conveys relaxation, like floating, the pain can be reduced. The second strategy is sensory alteration. You can actually change your perception of pain. For example, you can imagine that your hand that hurts is in a pool of cold ice water in an icy mountain stream. If you focus on the cool tingly numbness instead of the pain, you learn to filter the hurt out. Another technique is distraction. You can focus on sensations in some other part of your body, and therefore reduce the attention you're paying to the pain.

How often do you have to self-hypnotize to maintain pain relief?

I encourage my patients to do it for two to three minutes every one to three hours if they've got pain, and then anytime the pain starts to get worse. So it is a technique you can carry with you anywhere and use when you need it.

Has the effect of hypnosis on pain been studied?

There is really solid evidence that self-hypnosis is helpful. We did a trial some years ago for women with metastatic breast cancer that showed that teaching self-hypnosis resulted in a significant reduction in pain compared to patients who were not taught self-hypnosis.

Elvira Lang, MD, at Harvard Medical School, did a trial involving 240 people who were having a painful invasive interventional radiology procedure that involved having little cameras inserted through the arteries. All participants were offered pain medication. One group was also offered training in self-hypnosis. Another group had a nurse assigned to them, but no training in self-hypnosis, and the third group had routine care.

The study showed that the patients who received the hypnosis training had far less pain and virtually no anxiety, whereas anxiety was going through the roof for the other patients. The hypnosis patients had fewer complications with the procedure. They used far less medication, and it took 17 minutes on average less time to get through the procedures. So they were more comfortable, less anxious, had fewer problems and got out sooner.

What kind of studies still need to be done?

We need more studies evaluating outcome in different contexts, as we would with any other medical treatment. We need to look at pain in children undergoing medical procedures; pain control during surgery; pain for different sorts of problems, from gastrointestinal to arthritis to other serious chronic pain problems.

Secondly, we need more studies about how hypnosis affects people's perception of pain. We're learning that there are specific parts of the brain that are affected by hypnosis for pain relief. One of them is the anterior singular gyrus, a part of the brain that helps us focus attention. That seems to be actively involved in hypnotic analgesia. Parts of the brain that actually process physical sensation also appear to be involved.

Thirdly, I think we need some studies of the effect of hypnotic interventions on the practice and cost of healthcare. In Dr. Lane's hypnosis study, for example, she found that each procedure cost, on average, \$338 less if you taught the patient self-hypnosis. So there are tremendous economic implications, which also need to be studied more.

Do you think that self-hypnosis should be taught more regularly?

Absolutely. It's a safe, effective procedure with virtually no side effects. A lot of people get scared about the idea of hypnosis or think they are being controlled. It's really a way of enhancing your control over your body. I think it ought to be part of any pain treatment program. I also think it should be more a part of medical education.

I do think as we do more studies on hypnosis, medicine will become more accepting of the idea that this isn't mumbo jumbo. This is science. It's a way in which we can use our own brains to help ourselves feel better.

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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 Spring, 2016 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

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February 6, 7, 13, 14, 20, 21, 27, 28 and March 5th & 6th

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NOTICE

After this upcoming Feb. Certification

Course the tuition shall be raised \$300 to \$2,685. Take advantage of the current tuition of \$2,385 by registering now. Use Paypal Credit for free 6 months financing without payments until the expiration of the 6 month period

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

2016 NEXT MEETING DATE

Wednesday: February 17, 2016

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place:

**Costas Restaurant, 120 Chestnut St., Roselle Park, NJ
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.

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PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping Hill Road toward Union. Costas 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.

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