

Mind Motivations™& The Australian Academy of Hypnosis™ Newsletter

August 2010



Greetings to one and all. Since the last edition of the Newsletter, there has been a number of new additions to the mailing list, many of the new readership are from the USA. A very special

welcome to all of the new names added. Please keep in mind that this is your newsletter and we would welcome any stories, thoughts, comments, articles or inclusions that you may wish to submit. It would be interesting for everyone to know how hypnosis and hypnotherapy is going in your part of the world!

This month sees the announcement of the new Australian Academy of HypnosisTM Online Student Resource Centre. There is the full announcement included later on in the newsletter. This is a resource that will continue to grow and I would encourage everyone to visit, have a look around and make yourself comfortable!

In the preceding month, I was honoured to be elected to the role of Chairperson for the PHWA and John Vernes has been elected as the Vice-Chair. Congratulations to the all of the new Committee members and an especially large Thank You to the outgoing Committee. In many instances, the work of a committee is not an easy job but from my previous experiences in a range of committees; I have to say that it is rewarding work. To know that you do something of benefit for both yourself and others and support the work of the organisation is a pleasing experience and I would strongly recommend the experience and the opportunity to everyone. Give it a go - I am sure that you will find that you are pleasantly surprised.

This month's script of the month selection is 'Fear of Thunderstorms' (Kersunophobia). As with most scripts, this one lends itself rather well to being adapted to other issues.

I would like to take a moment to explain about the emails that you receive regarding upcoming training announcements on behalf of either Mind MotivationsTM or the Australian Academy of HypnosisTM. You will have noticed that these emails are always addressed to 'Dear Xxxx' and sent only to your email address. In response to these I receive many replies that indicate that the recipient thinks the email has been sent only to them. For the most part, these emails are compiled through 'computer magic' by compiling a base text (the body of the email) and our database listing of names and email addresses. This means that, in most cases, everyone (350+) on the database will receive the email. By restricting these to individual email addresses (and personalising the email to the individual), we are protecting the privacy of the everyone's addresses and also negating the threat of a SPAM-bot collecting these email addresses and sending unwanted or malicious intent emails. You will notice in some of the emails that I make specific request that you respond or reply to another email address (ie. Rick or John's email address). In these cases, Rick or John has asked that I send emails to the listing (or a subset of the listing). If this is included in the body text of the email, please do not just hit 'Reply' as the email will come back to me. Better to select 'forward' and enter the relevant email address in. This way, the email gets to the right person, quickly.

Ok, enough from me....

Take care and stay well!

Michael Werts Editor MM_Newsletter

In Brief:

Next WA Monthly Training is happening on 28th August -Subject is: **Hypnosis for Children**

Sepember's monthly training in WA is being held on 25th and the subject is Conscious/
Sub Conscious Mind Interfacting

Next Power Hypnosis
Course MELBOURNE
10, 11, 12, 13
Seotember 2010.

Next FIVE Day Power Hypnosis Course - SYDNEY 25 to 29 Oct 2010.

Next FIVE Day Power Hypnosis Course - BRISBANE 22 to 26 Nov 2010

PERTH - PART III of the last Clinical Hypnosis Certificate course being conducted on 20, 21, 22 AUG

PERTH - Certificate
of Clinical Hypnosis PART I - 14, 15 Aug.
PART II - 20, 21, 22
Aug 2010-08-06



Conquering your fears of the road

http://www.theboltonnews.co.uk/news/8228755.Conquering_your_fears_of_the_road/

A HYPNOTHERAPIST is offering nervous Bolton motorists a novel way of conquering their fear of driving.

Stan Holt, a hypnotherapist for the past six years, is using hypnosis to help drivers beat any phobias they may have with travelling by road.

Mr Holt, aged 62, of Bradford Park Drive, said: "People find themselves in many stressful situations every day.

"Sometimes these situations become more serious and people develop fears and phobias of, for instance, flying, public speaking, examinations and dentists. Driving is another.

"Some drivers avoid certain roads, motorway driving and going over bridges or through tunnels.

"Hypnotherapy is able to help people in stressful situations to get rid of their fears and stress."

It works by helping people relax which then enables a hypnotherapist to talk to the parts of the brain that cause nervous disorders, fears and phobias.

Mr Holt retrained for a diploma in hypnotherapy after he retired as a lecturer in European Studies at Oldham College in 1999.

He said: "I developed an interest in hypnotherapy when I was taken to a hypnotherapist called Mr Mirza at the age of 13 and he changed my life.

"Shortly afterwards, my mother went to him to stop smoking and she has not smoked for nearly 50 years.

"I became very interested in hypnosis at the time but, of course, young people were not taken seriously in those days.

"When I retired, I took it up as an interest originally and decided to do it professionally later."

Mr Holt has helped several people deal with their driving nerves so far, including one who had a fear of driving on the motorway, another through tunnels and even one who did not like driving up hills.

He said there is little scepticism over his approach because people who use it seek him out first.

He said: "People come to me wanting help with their issues so they are interested in what I have to say. I take an holistic approach which includes confidence building, dealing with the particular issue and teaching the client techniques for dealing with stress."

Hypnotherapy helps saved by the bell star overcome anxiety during pregnancy

http://www.thetherapylounge.com/hypnotherapy-news/c-3779/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-news/c-3779/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-news/c-3779/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-during-pregnancy/hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-hypnotherapy-helps-saved-by-the-bell-star-overcome-anxiety-hypnotherapy-hypno

Former star of Saved By the Bell Tiffani Thiessen found help in overcoming anxiety

http://www.thetherapylounge.com/hypnotherapy/overcome-anxiety during her pregnancy via hypnotherapy, reports online celebrity news blog All Voices.

Earlier this week, Thiessen gave birth to her first child, her daughter Harpen Renn Smith. Thiessen is best known in the UK for her role as Kell Kapowski in the hit 90's sitcom *Saved by the Bell*, though in the US she is equally well-known for her role in *White Collar*, a crime-comedy drama on Fox.

Before going into labour, MSNBC's *US Weekly* reported that Thiessen had said she wanted to "give a girl scout effort to hypnobirthing" and use hypnotherapy in place of pain medication during the birth. Speaking to *Pregnancy* magazine, she said that she was "really excited about it" but that she and her husband (Actor Brady Smith) were "very, very open to however the child is supposed to come out."

Following the birth of her daughter on June 15th it seems that her initial plan had been scaled back somewhat, as instead of replacing medication, Thiessen used hypnotherapy as a complementary relaxant - overcoming anxiety and stress, rather than ignoring pain. *All Voices* reports that both she and her husband used hypnotherapy to help make the birth of Harper Renn as calm as possible.



Three Day - Advanced Hypnosis Training Fri, Sat, & Sun 17th, 18th, 19th, September 2010 Technology Park Brodie Hall Drive Bentley

9am - 4.30pm Daily

Due to increasing international commitments it will be quite some time before Rick will be able to personally conduct another training session after this one in September. So by significant request this three day training will be conducted by Rick during an interim return to Australia from the USA, as an enhancement for the advertised Three Day July AMD training. These three days will focus significantly on hypnosis for physical and psycho somatic conditions and the appropriate inductions and techniques to use to work effectively in this area. This training is available for all present and previous students of the academy.

For thirty students only this is Three Days of Practice, Technique Improvement, and re familiarisation of Mesmerism, Magnetism, Fascination, Rapid Inductions and Mind Body Connection for therapeutic use for all students who have fully completed their Certificate of Hypnosis with the academy.

There is always something new to learn!

Rick will conduct all three days of this training for those who wish to attain greater practical skills and a better understanding of the deeper levels of hypnosis. There is always something new to learn or a new adaption to an old way of trance induction. Come along, get some re education, and brush up on your skills. A new training manual is included and a personalised Certificate of Attendance will be awarded to all attendees on the last day of the training. The fees for the entire three days are \$660 inc GST or \$600 if paid in full before the **7**th of **September**, or \$250 per day incl GST if you cannot complete the entire three days.

If you would like to register please pay your fees as below then complete this form and post it to: Rick Collingwood. The Australian Academy of Hypnosis™, PO Box 7798 Cloisters Square. WA 6850.

DO NOT SEND MONEY OR CHEQUES: Fees can only be made into the academies bank account by direct deposit or bank transfer.

Commonwealth Bank

A/C Name: Mind Motivations

BSB: 064 012 A/C No: 10131014

To pay by Visa or Mastercard go to www.PayPal.com and pay into the account hypnot@iprimus.com.au You do not have to be a member of PayPal to use their secure credit card payment system.

<u>Please include your name</u> when paying fees and immediately email Rick at hypnot@iprimus.com.au and you will get an email confirmation of your attendance.

As an added bonus, upon confirmation of your booking you will receive Five Free pre 1900 Hypnosis - Mentalism and Mesmerism Ebooks.

To avoid any confusion please direct all enquiries for this training ONLY to Rick by email – hypnot@iprimus.com.au

After you have paid your fees YOU MUST email Rick and an acceptance letter and training information will be sent to you via email.

Complete The Form Below and Return By Post After Your Fees Are Paid.

The Australian Academy of Hypnosis PO Box 7798 Cloisters Square WA 6850

×					
Enrol me for this Three Day September 2010.	Training conducted in Per	th on Fri, Sat,	Sun, 17 th	, 18 th ,	& 19 th , (
Name:					
Postal Address					
		Post Code			
Phone	Mobile .				
Fmail					



A Note from Abroad.... A Word from Rick....

Dear Student - welcome to August.

I am writing this contribution from Los Angeles where I am conducting the first USA five dayhypnosis training and the student enrolment has been better than expected and the results even better than that. It will never cease to amaze me how many so called hypnotists or hypnotherapists have no idea of how to perform a rapid induction or how to induce Mesmerism, and now there are a few Americans who have the skill; students came from as far away as Montana and Alaska, and now the Academy can truly claim to be international.

I apologise for the date change of the 3-day training that was scheduled for the 13th, 14th, & 15th of August but there were too many other things going on at the same time to give all interested parties the opportunity to take advantage of it.

I would like to congratulate the new committee of PHWA and thank the past committee for their diligence and tenacity in keeping the association together under what were sometimes adverse circumstances and I am sure that the association will continue to forge ahead as the primary hypnosis body for Western Australia.



I would also like to remind all students that the training and resource centre is now fully functional www.mindmotivations.com and there is student а and practitioner forum and many free downloads, online training DVDs, articles, and mentoring available, and this will soon include live Skype and on line training sessions. It is a free resource for any student of the academy and any valuable input or articles are welcome. If you have something you would like to contribute please email it to either myself, John Vernes, or Michael Werts and I will ensure that it is included as soon as possible with a notation of whom and where it came from.

It appears at this stage that I will return to Australia at the end of August and hopefully I can keep my feet in one place until the end of November before returning to the US for more training in San Diego and Los Angeles.

In finishing I would like to thank Michael for another great newsletter and for taking up the position of Chairperson for PHWA. I hope to see you all soon.

Kind Regards Rick Collingwood



Hypnotherapy helps dementia sufferers, claims study

http://www.thetherapylounge.com/hypnotherapy-news/c-3356/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-study/hypnotherapy-helps-dementia-sufferers-claims-hypnotherapy-helps-dementia-sufferer-sufferer-hypnotherapy-helps-dementia-sufferer-hypnotherapy-helps-dementia-sufferer-hypnotherapy-helps-dementia-sufferer-hypnotherapy-hypnoth

Research from the University of Liverpool has found that hypnotherapy http://www.thetherapylounge.com/ can help those suffering from dementia retain and improve their quality of life.

The Daily Mail reports that forensic psychologist Dr Simon Duff investigated the effects of hypnosis therapy on dementia sufferers in comparison with conventional health-care methods, as well as in comparison to group therapy. According to his research, hypnotherapy helped dementia sufferers retain their mental faculties in comparison with those who received standard treatment.

According to Dr Duff, "those having regular hypnosis sessions showed real improvement across all of the areas that we looked at [whilst] the group who received 'treatment as usual' showed a small decline over the assessment period."

He says that dementia sufferers who received hypnotherapy showed an improvement in concentration, memory, socialisation, relaxation, motivation and daily living activities.

"Participants who are aware of the onset of dementia may become depressed and anxious at their gradual loss of cognitive ability," said Dr Duff, adding that hypnotherapy could help sufferers relax so that they can concentrate on positive activities. *The Daily Mail* reports that Dr Duff is now conducting further research into how hypnotherapy can help treat dementia patients to establish how effective it is in the long term, particularly as the illness progresses.

You're feeling sleepy...and slim

http://www.dailymail.co.uk/home/you/article-1278478/Health-notes-Youre-feeling-sleepy-slim.html

It's the season in which many of us contemplate going on a diet. But the dismal truth is that while we may shed a few pounds, the weight loss seldom lasts. A colleague of mine who'd struggled with her weight for decades has found the answer to a new and healthy relationship with food in hypnotherapy, as she reports below.

'I've always had a battle with my weight. Weight Watchers worked at first but over the years that I did it, I realised food had come to rule my life. If I overindulged, I'd panic, feel guilty and avoid the weekly weigh-in. Then the pounds would creep back on. I actually ended up heavier than when I started.

'In November 2009, I decided to try psychotherapist and hypnotherapist Susan Hepburn's Hypno Diet, which promises to reprogramme your mind with a healthy approach to eating. Over her 23 years in the field she's worked with A-listers and leading sportspeople, but to say I was sceptical would be an understatement.

'I began with a session at Susan's London clinic where I confessed my eating habits and long dieting history. We discussed what triggered my overeating – often emotions – and my problem with portion control. She asked me to close my eyes and keep visualising myself at a time when I was happy with my size. Then the hypnosis started. As I breathed slowly, she told me never to diet or weigh myself again, to eat smaller portions more slowly and really savour my food. I'm to delete the clutter from my mind that food has caused, not to eat for comfort or when stressed, to drink two litres of water a day and really embrace exercise. During the 25 minutes the session lasted I felt fully aware, although Susan explained that I'd been in a hypnotic state.

'Susan gave me her book and CD, telling me to listen to it every day and practise my self-hypnosis meditation. I had to

keep a food diary, writing down what foods I ate and how I felt at the time. She said I had to be self-disciplined and want it to work, although she warned that I might notice only small changes at first. In fact, after the session, I got off the tube a

stop earlier without really thinking about it and walked the rest of the way back to the office. I felt positive, though still sceptical.

'I tried to follow Susan's instructions but it was the start of the Christmas party season, and soon "eat, drink and be merry"



took over from the CD. Come the new year and, feeling miserable, I asked Susan for help. Looking at my food diary, she pointed out that after a couple of glasses of wine, my good eating habits would evaporate and I'd stuff myself with fattening foods. Then I'd feel hopeless and return to my negative habits until I listened to the CD again. Susan asked me to give up alcohol for a month, cut down on the wheat products I craved and listen to the CD daily.

'This time, I really wanted the Hypno Diet to work. Four months later, I still listen to the CD every morning and visualise the new me – and I'm getting better at meditation. I don't eat wheat and only drink alcohol occasionally. My portion sizes have halved and I eat slowly. When I feel full, I stop eating – a first! And one square of chocolate gives me the sweet kick I crave. I've started running and walk for 30 minutes every day. Although I don't weigh myself, I know it's working because my clothes are looser by about a dress size. Best of all, the diet-linked stress and anxiety has gone.'



Hypnotherapy Is New Celebrity Quit Smoking Fad

http://www.ukmedix.com/champix/hypnotherapy_is_new_celebrity_quit_smoking_fad5448.cfm

Quitting smoking using hypnosis or hypnotherapy seems to be the number one celebrity way to quit smoking in 2010. Kate Moss http://en.wikipedia.org/wiki/Kate_Moss who we wrote about recently at Ukmedix News has confessed to using hypnotherapy as a smoking cessation tool as have Matt Damon http://en.wikipedia.org/wiki/Matt_Damon, Ben Affleck http://en.wikipedia.org/wiki/Ben_Affleck and Drew Barrymore http://en.wikipedia.org/wiki/Drew_Barrymore.

As a remedy to quit smoking hypnotherapy has had proven results with a certain people. The fact that you are prepared to sit there and pay for a session of hypnosis to quit smoking shows that you are serious and committed about ridding yourself of your harmful habit. On the other hand quitting smoking specialists have warned that hypnotherapy does not just solve the problem for you and that you must also be committed and prepared to make an effort. Walking into a hypnotherapists clinic with the attitude that they will solve your problem for you is not the right way to go about quitting.

Some people have confessed that hypnotherapy did absolutely nothing for them and that they still felt the desire and urge to carry on smoking just as much, however, if you have attempted to quit smoking many times and failed there's no harm in giving hypnotherapy. In fact you should always

experiment with different smoking cessation remedies until you find one that works with you. Some people have been successful smoking cessation using medications like Champix http://www.ukmedix.com/champix/, others have relied on nicotine replacement therapy, some have quit cold turkey whereas others gradually reduced their cigarette intake until they learn to live without them.



Talking to people about how they quit smoking can be very inspirational and motivational. On the Ukmedix Forum http://www.ukmedixplus.co.uk/forum/viewtopics.cfm/Forum/51/ft i/General%20Smoking%20Discussion it is possible to discuss your smoking cessation attempts and pick up quit smoking tips and advice.

The worst decision you can make about your smoking habit is to ignore it and pretend that it's not really a problem. If you do that it will eventually catch up with you and almost certainly kill you!

Hypnosis brings entire school together

http://timestranscript.canadaeast.com/whatever/article/1063221

Standing in front of a stage before 450 people while simultaneously driving a sports car is quite a trick. Then having to hold a crying baby just before starting your acting interview can be quite a challenge, that is unless someone is controlling your every move. What difficulty is it to nurture hundreds of chimps and then momentarily star in a beauty pageant when every step is guided by the power of suggestion? Let the subconscious mind be influenced, all of course in good fun for the volunteers and the audience.

Last weekend MacNaughton hosted the Gathering of the Clans, it was a school fundraiser that has been going on for about three years now. This year there was a dance, bingo, inflatable games and along with some karaoke and even a hypnotist. The Gathering of the Clans was a long fundraiser and it went very well the entire night, but there is probably little doubt about what the highlight of the evening was. The hypnotist was what every one was talking about afterwards. People both in the audience and on the stage were

having a great time. There were some who I had never seen so much as crack a smile laugh hysterically during the performance. Whether in control of themselves or not it seems a lot of people came out of their shells that night.

It was a very funny performance, the hypnotist's name was Ian Stewart. He put on a really good show but it did make me wonder. The biggest two questions I had was were the people really hypnotized? Though more importantly how could I have told if I was hypnotized? I did find it really hard to decide what my thoughts were on potential of hypnotism. All scepticism aside though there was probably a mix of actual hypnotism and acting. It seemed some were really in a state where they could be affected by suggestion. As for my second question I can get as far as "I think therefore I am" get to the philosophy of reality that I really have no way of understanding. If anyone asks me about it I'll just nod and agree with whatever they thought about reality.

With the hypnotist's help a lot of students were given a chance to witness the oddities of the human subconscious and the funny ways they can be expressed. Gathering of the Clans showed us what it is like for someone to forget their own name, or unimaginably tired exhausted. For the entire performance the volunteers were living a dream-like life. We saw them do this and then that in what seemed to have no order. We saw their understanding of their world change and bend to the hypnotist's will and to ultimately that of the audience. Maybe next year I'll have the chance to go up on to the stage to try my luck at being hypnotized.





Patches, Gum and Hypnosis

Smokers looking to quit have more options than they think, but do they work?

http://www.mtsusidelines.com/patches-gum-and-hypnosis-1.1493578

I've been looking for ways to save money. In a rush to graduate, I've piled on classes and cut my hours at Save-A-Lot. Some money saving strategies have benefitted more than my bank account.

My roommates and I are glad to have weatherproofed our house when February's ice storms blew through, and canceling cable's got me practicing my mandolin again, to my roommates' chagrin.

Going green seems to be the thing, and thinking of all the money I was saving had me feeling good for doing my part. Then I checked my account balance. I had over drafted. Again.

I needed a cigarette. Where was all my money going? Three puffs later, I had my answer. Up in smoke.

Smoking isn't cheap, but quitting comes with a price tag, too. Packs of nicotine gum range from \$30 to \$50, and packs of nicotine patches range from \$30 to \$160.

According to the quitting calculator at smokefree.gov, I could put the \$84 I spend on cigarettes every month toward these products, but a June 2000 study by the U.S. Surgeon General found the success rate of both gum and patches to only be around 7 percent.

Cold turkey is the most cost effective way to quit, but I've never found this method successful. I tell myself I'll be able to quit if I just stop buying cigarettes only to end up bumming smokes from every smoker I see. There's got to be another way.

What about hypnosis?

Hypnosis conjures, at worst, images of the occult or, at best, whimsical stage shows where participants engage in acts of embarrassment under the supervision of a hypnotist.

Neither aspect has much to do with quitting smoking.

"What I like to do is demystify because how most people got the information in their mind about hypnosis is really comical," John Morgan tells me, chuckling across the phone line. Morgan became a practicing hypnotherapist thirty years ago. Not long after, he started hosting a seminar that travels from town to town, promising to help people quit smoking and lose weight through hypnosis. Morgan says these seminars attract between 60 and 600 attendees depending on the size of the city and the listenership of the radio stations he advertises on.

One such seminar came through Nashville on February 3. If you missed out, Morgan explains that hypnosis is simply "accelerated learning."

"There is a part of our mind that learns without knowing how, and what it learns are patterns," Morgan explains.

To understand how hypnosis is effective, he says you have to know a little about human behavior and how it settles into comfortable patterns.

"Patterns control your life," Morgan stresses.

I guess this makes sense on a philosophical level, but I want to get down the nuts and bolts. What is hypnosis on a physiological level?

"It's a state of mind between being asleep and being awake," explains Benjamin DeFoor, Murfreesboro hypnotherapist. "Your brain operates on different frequencies when you are awake and asleep.

When you are asleep, you are in what is called a delta state with your brain operating below 3 hertz. Awake, you're between 12 and 15. When you are in hypnosis, you are in a theta state operating between 3 and 7 hertz."

Both hypnotherapists point out that the mind is more "suggestible" in a hypnotic state. Don't worry, that's not to say a hypnotist can control a hypnotized mind.

"A hypnotist is sort of like a Sherpa on a mountain tour," Morgan adds. "He basically guides you into a frame of mind where it's easier to make changes."

Smoking is just one of the changes hypnotherapy aims to bring about. Since opening Murfreesboro Hypnosis Center a year and a half ago, DeFoor regularly helps clients quit smoking, lose weight, fight depression and lessen anxiety. He also uses hypnosis to keep athletes



and businesspersons focused. In very rare cases, he has used hypnotism instead of anesthesia on patients undergoing dental surgery.

"Should I ever have to undergo surgery and depending on its severity, I would like to hypnotize myself. And, of course, film it to prove it," DeFoor says with a grin.

How effective is hypnotherapy?

"That's my number one most asked question," Morgan laughs. "I tell them my success rate is 100 percent – I don't smoke and I don't carry around excess weight."

DeFoor was a little more direct. He estimates about sixty percent of his clients quit smoking.

"My worst success rate, and every hypnotherapist's worst success rate, is smoking," DeFoor says. "And I'll tell you why – most smokers don't want to quit."

Many of DeFoor's clients have been made to sign up by their spouses. These people have been pressured into coming and are unwilling to quit.

Hypnotism is not a method of mind control. Both DeFoor and Morgan make it clear that there a certain amount of willingness required on the part of the hypnotized.

Matt McGill, MTSU Alumnus, is a prime example of this. When he was 17 years old, his parents sent him to a hypnotherapist when they found out he smoked. I asked if he had any success.

"Of course not," McGill smirked. "I knew it wouldn't anyway – my mind is a trap and I'm still smoking,"

Did it work for me?

In writing this article, I've killed a few packs of cigarettes. It's not that I am unwilling to quit or undergo hypnosis, I was just priced out.

Quitting at Murfreesboro Hypnosis Center costs \$120 per session. There is a special rate for smokers to ensure they quit: a free third session.

At \$60, John Morgan's seminars are much cheaper, but they only come through town occasionally. My job kept me from attending the recent seminar that came to Nashville.

It's like that song by Metric; "Buy this car to drive to work, drive to work to pay for this car."

I have to work to pay for hypnotherapy. Because I had to work, I didn't have time for hypnotherapy.

I really am a creature of habit in both action and thinking. Assuming hypnosis works, putting the money I would spend on future packs of cigarettes towards quitting would probably save me money. Spending so much up front is just a little too intimidating.

I'm more comfortable letting my wallet and health bleed out slowly. In John Morgan's words, I'm committing "...suicide on the installment plan."

Coast babies by hypnosis

 $http://www.goldcoast.com.au/article/2010/07/06/235541_gold-coast-news.html$

Brandon and Alyssa Mackay are trying hypnotherapy in the hope that Alyssa will become pregnant Picture: DAVID CLARK

COUPLES using invitro fertilisation are turning to hypnosis to help them to conceive.

The treatment is already popular in the US, and Gold Coast hypnotherapist Alan Patching is pioneering it in Australia.

Mudgeeraba couple Alyssa and Brandon Mackay hope hypnotherapy will make their fifth round of IVF a success.

"He (Mr Patching) talks to you in a soothing voice and gets you to imagine things," said Mrs Mackay, 29.

"You imagine your uterus as a room, as a nursery. I think of the things I want to happen and how it would make me feel if it were to happen."

Mr Patching said it was thought to help IVF conception by reducing stress in the crucial, nerve-racking fortnight after implantation and during the first trimester.

"That stressful nightmare (in the first fortnight) is the very thing that's stopping them ... proceeding to become pregnant," he said.

Two overseas studies had found the chances of getting pregnant through IVF doubled with hypnotherapy but Mr Patching said there was

not enough scientific evidence to prove a link and hypnotherapy was not an alternative to medicine.

"We never know if we've caused the success," he said.

Fertility Gold Coast IVF clinic manager Donna Close said hypnotherapy might help couples relax but would not improve their chances of pregnancy.



"IVF is about the ability of an egg and a sperm to make a baby -- no amount of hypnotherapy is going to change that," she said.

"Common sense tells you that if you are more relaxed it should be a little bit easier for you but there is no literature to tell us that the anxious patients don't get pregnant."

Mr Patching, the regional director of the American-based Hypnofertility Foundation, said he had treated four Gold Coast women in the past 18 months and four others in the UK and the Middle East.

He said half of the women had become pregnant.



Hypnosis used to break addictions

http://www.newsleader.com/article/20100619/NEWS01/6190315/Hypnosis-used-to-break-addictions

STAUNTON — In the conference room at Montgomery Hall Park, hypnotherapist Wallace Lossing — a kindly, confident man in his 70s with a full head of white hair, a beard and a bright smile to match — told his client to relax.

The client, who asked not to be named because she's determined that no one find out she ever smoked, removed her ankle bracelet, leaned back in one of the high-backed leather chairs and put her feet up on another. She closed her eyes and breathed deeply.

She was the sole student to arrive for the second of a two-part Hypnotherapy: Stop Smoking class Staunton Parks through Recreation. Lossing chalked the absences up to scheduling confusion — the dates changed after registration began — and proceeded to guide the client into a second state of hypnosis to help reinforce her smoking cessation.

Hypnosis is gaining credibility as a tool to treat various conditions in conjunction with other treatments. In 2001, the Scientific American reported 18 separate studies found patients receiving psychotherapy plus hypnosis for obesity, anxiety, depression, insomnia and other disorders showed greater improvement than 70 percent of patients receiving psychotherapy alone

Lossing said hypnosis allows him to guide people into the recesses of their minds and uncover their — usually emotional — reasons for smoking or overeating.

"Hypnosis ... is the most wonderful tool that I've discovered in treating a human being because it helps them to heal those hidden causes," said Lossing, who said two or three visits is usually enough for a client who truly wants to quit smoking. "Weight loss is a different

ball game. Usually there is a more emotional thing with obesity than smoking."

With clients eager to lose weight, he meets with them regularly — sometimes up to a year — for hypnotherapy sessions to uncover reasons for overeating. He also encourages clients to use a daily weight-loss supplement he sells. Depending on the amount of undesired weight, private programs usually cost about \$1,500. He offers before and after photos to show his clients' success stories.

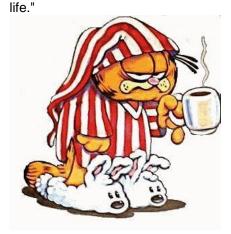
Em Yoder. licensed а professional counselor working in Staunton and Harrisonburg, is one story he brags about. After looking into Lossing's practice and referring patient there for smoking cessation, she underwent hypnotherapy for weight loss. Yoder said it helped her look honestly at the reasons for her weight gain and the changes she needed to make in her life. Yoder dropped 38 pounds from her 195 pound frame and has kept most it off for almost two years. She attributes the success to the hypnotherapy and the dietary supplement combined.

"When you're under hypnosis, it's like you understand exactly what's going on. You're aware of the person you're working with, you're aware of your thought process," said Yoder.

Not 'sleepy,' hypnotized

Lossing sat a few feet away from the recovering smoker in the leather chair. In a gentle, raspy, grandfatherly voice, he described a scene in which she was working in her garden, listening to music and feeling her muscles relax with each breath she took. He described her packing for a beach trip, and after arriving, seeing turtles crawl out of the sand toward the sea. He describes a fast-approaching storm over the sea.

"Use your will power to divide the storm so it goes around you," he instructed, describing the storm passing — as, symbolically, should her addiction — leaving fresh, clean air behind. "Feel the improvement in your lungs already, because now you are a nonsmoker and that storm is gone from your



The hypnosis lasted about 20 minutes, and after she re-emerged, she left, thanking "Wally" and smiling.

Lossing — who is certified to make body braces and to practice and teach hypnotherapy - offers hypnosis and energy healing services at the Body Easy Physical Therapy Centre in Mint Spring. He said he prefers to work with clients one-on-one because those sessions are more effective. Still, he teaches group classes as a means of reaching new clients, because group classes for smoking are cheaper at \$55 than the \$377 for two or three private sessions.

Lossing said the stage tricks many people associate with hypnosis do practitioners like himself a disservice by making the therapeutic tool appear hokey.



He describes himself as a Christian with a God-given gift of healing and a "gift of gab," but he said he can only hypnotize people who are willing to be hypnotized. While a person is under hypnosis, he can't compel people to do something they wouldn't otherwise do.

Lossing trained Yoder, the professional counselor, in hypnosis, and she uses the practice on her own clients. She said hypnosis is a valuable tool for health care practitioners, but she believes it's most effective when combined with other therapies.

"I think that the hypnosis can lead to ... the core of what the issue may be, and then I think there are many people who have found that helpful," said Yoder, who knows some people who have eventually slipped into old patterns after a short-lived success resulting from hypnosis. "The combination of hypnotherapy and psychotherapy

certainly gives us a broader experience of self-understanding that can also help people become cognitive ... of the changes that have to happen."

Hypnosis experts agree.

The Society for Clinical and Experimental Hypnosis said hypnosis should not be the only intervention for any disorder, although there is strong evidence it boost effects the psychotherapy for some conditions, according the 2001 Scientific American article, "The Truth and the Hype about Hypnosis" written University of Tennessee psychology professor Michael Nash. Nash is a fellow with both American Psychological Association and the Society for Clinical and Experimental Hypnosis and editor of the Oxford Handbook of Hypnosis.

The American Psychological Association supports hypnosis as an effective adjunct therapy for treating obesity, but there is little evidence it helps smokers lay off the cigarettes.

In an interview, Nash advised people to pursue hypnotherapy through people who are licensed and certified clinicians in the area of their treatment, such as a counselor, physician or dentist, though he said being hypnotized by a non-clinician practitioner isn't dangerous.

"The risk really, I think, is mostly just not getting the expertise that you could use for the problem. You want to go to somebody who can consider all possible approaches."

Still, hypnosis is growing in popularity and acceptance. Staunton parks and recreation will offer a self-hypnosis class in July, which will be taught by instructor Trish Pray. Wallace Lossing will teach another hypnotherapy for smoking cessation class through Augusta County Parks and Recreation next month.

Hypnotherapy London. The Benefits of Hypnotherapy in London

http://www.lonad.com/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-in-london-the-benfits-of-hypnotherapy-in-london/2010/05/18/hypnotherapy-london-the-benfits-of-hypnotherapy-london-hypnotherapy-london-hypnotherapy-london-hypnotherapy-london-hypnotherap

Hypnotherapy is using the status of hypnosis to manage a medley of medical and psychological problems. It is supposed that 85% of general public will respond at some level to clinical hypnotherapy. Hypnotherapy is natural and safe, with no detrimental side effects.

Hypnosis is efficient for a wide-range of conditions. The ability of hypnosis lies in its ability to tap the potential that exists in each of us on a subconscious level. No other therapy can challenge to address such a wide range of natural, mental and emotional issues as hypnosis. Authentic hypnotherapists know how to considerately release blocks and fears, and create a new inner belief that will set the wheels in motion to make changes in the way you think, feel and behave.

Hypnosis can be used for treating anxiety disorders, fears and phobias, downsizing stress, building confidence, depression, weight loss, smoking cessation, Concentration/Memory problems, Stress management, Motivation, Addictions and even for improved performances in sports. The list of uses for hypnosis can

seem incessant! It also helps your children with many of the issues a child goes through, For example: nightmares, building self-esteem, improve sleep and also, as with adults, anxiety disorders.

Hypnosis helps you to deal with pain. Your pain limit level will fall. You'll be able to withstand an unique amount of physical pain that would normally defeat an ordinary person. Hypnosis has been used for pain relief for centuries, and even today is used in surgical procedures.

Hypnotherapy and NLP techniques helps you to have a full new perspective on your future and you can have more charge of yourself whether that is to lose weight, stop smoking, develop your memory and play improved golf or even a Phobia. These are the powerful combined techniques which are helpful of taking back control of your life.

For a number of years, Nicola Dexter has been carrying out Hypnotherapy in London and has a wealth of experience in all of the latest techniques



NHS wants to reward people for having Weight Loss Hypnotherapy

http://www.in2town.co.uk/NHS-wants-to-reward-people-for-having-Weight-Loss-Hypnotherapy

Weight Loss Hypnotherapy has been in the news a lot recently as more and more people have become aware that Weight Loss Hypnotherapy can help them lose weight. Recently a 56-year-old woman spoke about how she lost three stone with Weight Loss Hypnotherapy and now the NHS are starting to listen.

The NHS knows that if people lose weight it will save the NHS a great deal of money. In this country we are seeing more and more Obese people which is causing the NHS a great strain on their finances with more and more people having major health problems due to being overweight.

The National Institute for Health and Clinical Evidence (NICE) who came up with the idea to reward people to stop smoking to help reduce the strain on the NHS finances have now looked at extending the scheme to reward people who have Weight Loss Hypnotherapy to lose weight.

One suggestion has been put forward where people who use Weight Loss Hypnotherapy to lose weight could be given £425 after a successful scheme in Kent took place helping people to lose weight.

Claire Hegarty a well known Hypnotherapy Weight Loss expert said: "I think such a scheme would be great and would in the long run save the NHS money. People find it hard to lose weight but with Weight Loss Hypnotherapy they can become their ideal weight."

Scottish Journalist Experiences Weight Loss Hypnotherapy

http://www.in2town.co.uk/Scottish-Journalist-Experiences-Weight-Loss-Hypnotherapy

Weight Loss Hypnotherapy is appearing more and more in the media recently with more and more people using Weight Loss Hypnotherapy or Virtual Gastric Band Hypnotherapy to lose weight instead of diets that are not working and due to the cost of having a Gastric Band fitted and the risk of having a Gastric Band operation, Weight Loss Hypnotherapy has become an important and cost effective tool to lose weight.

Journalist Ellen Arnison who writes for The Scottish Daily Record, which is a leading publication in Scotland, decided to try Weight Loss Hypnotherapy for her to find out the real reason why this weight loss technique has become popular.

Ellen a 43 year old woman with three children decided she wanted to try Weight Loss Hypnotherapy after finding that her maternity dresses still fit her 'snugly' and decided it was time for drastic action in her bid to lose weight "I'm really not very good at diets, they just make me hungry and obsessed," says Arnison. "Exercise is all very well but with a crawling baby, two older sons and a job, it's not easy to find the time or energy."

Ellen decided that she did not want to take the risk of having an operation to have a Gastric Band fitted which carries a number of risks and decided she would go with the safer option of weight loss hypnotherapy.

Weight Loss Hypnotherapy convinces patients that they have had a Gastric Band fitted to help them lose weight-allowing people even with no self-control to lose weight.

Three weeks after having Weight Loss Hypnotherapy, Arnison says that she feels thinner; "My scales tell me I've lost seven pounds. I see myself in the mirror and think, 'it doesn't matter about the extra bits, they'll be gone soon," she says. "Almost every meal I've had, I've not finished and I have certainly not fancied sweets or cake."



Weight Loss Hypnotherapy expert solves weight problems

http://www.in2town.co.uk/Weight-Loss-Hypnotherapy-expert-solves-weight-problems

A leading Weight Loss Hypnotherapy professional has said she has solved the problem people have with losing weight by using Virtual Gastric Band Hypnotherapy and Weight loss Hypnotherapy combined with her own special technique which guarantees that even a person with no self control when it comes dieting will lose pounds after pounds.

Weight Loss Hypnotherapy and Gastric Band surgery have become more and more common recently as people struggle with their weight. Celebrities are now turning to Weight Loss Hypnotherapy and Gastric Band operations to help them become their ideal weight more quickly and more easily than diets can offer them.

A well-known Hypnotherapist has revealed her secret in helping her clients lose weight – I've created and developed this unique technique called TranceBand where I teach clients how to increase and decrease the size of their stomach meaning they have complete control of what they eat, when they eat and when they become full, so they lose weight easily without any restrictions or having to count mouthfuls

Claire Hegarty who has clients come to her from all around the United Kingdom to lose weight uses Virtual Gastric Band Hypnotherapy, which is also known as Weight Loss hypnotherapy to help people who struggle with diets to lose weight.

When the client first meets Claire, the hypnotherapist first assists them in being in the right place both mentally and emotionally, assisting them in removing any unwanted habits, addictions, emotions, behaviors and any unhealthy relationships they may have with food. Claire looks at whether the client is eating through stress, boredom, and punishment or over indulgence, low self esteem, low confidence or perceived lack of control before taking them on the road to their goal of becoming their ideal weight.

Claire assists the person in learning how they can use hypnosis to increase and decrease the size of their stomach meaning a person eats until they are nicely full, they get full more quickly and are in control of how much food they eat rather than the food controlling them. They can still go out for meals, eat starters and enjoy their food, as a person is happy, confidence and eating the right food for them for the right reasons

This new approach has proven to be such a huge success that Claire has clients coming from all over the UK who have tried for years to lose weight with traditional diets but have failed and are worried about going through a medical procedure of having a Gastric Band fitted as well as the cost of having an operation if they went private.

Celebrities such as Sharon Osbourne and Fearne Britton have undergone potential dangerous operations to have real gastric bands fitted but although Sharon and Fearne did not receive any complications, the surgical procedure can lead to complications such as causing discomfort with patients and has unfortunately claimed the lives of Gastric band patients including the life of Bernadette Reid, Suzanne Murphy 29, and Marilyn Wardrop 54, to name a few and one life loss to an invasive procedure is one life to many.

There is a range of post-operative problems reported with gastric bands, and over 80% of patients will experience one or more of the following symptoms:

- Nausea and vomiting (50%)
- Reflux or regurgitation of food (35%)
- Slipped band (25%)
- Obstruction or blockage (15%)
- Constipation
- Diarrhoea
- Difficulty swallowing

If these complications cause you serious discomfort your band may need to be adjusted or removed. This involves further surgery, exposing you to all the associated risks once again.

By having Virtual Gastric Band fitted it allows the patient not to undergo a surgical procedure and most importantly it is 100% safe without any risk.

Claire Hegarty said: "Any operation has an element of risk with some being more risky than others but with people who wish to lose weight and who have failed with diets, Virtual Gastric band Hypnotherapy has no risk associated to it. The patient is not having to go into hospital and they are not having to have an operation which makes the procedure of Hypnotherapy to lose weight 100% safe."

It is not only the Virtual gastric Band procedure Claire provides her clients with. It is important that her clients understand about their relationship with food, there is no point in having a Virtual Gastric Band fitted or even a real Gastric Band fitted if the client does not understand about their relationship with food. Once they have had the Virtual gastric Band fitted, Claire then works with the client to understand their relationship with food and helps them lead a healthier lifestyle.



Weight Loss Hypnotherapy helped woman lose 3 stone

http://www.in2town.co.uk/Weight-Loss-Hypnotherapy-helped-woman-lose-3-stone

A woman is celebrating today after Weight Loss Hypnotherapy helped her to lose an amazing 3 stone. The woman from Southend, Essex said she went from a size 22 to a size 14 all thanks to Weight Loss Hypnotherapy.

Suzie Gibbs, 56, a rail announcer from Southend, Essex said she was hypnotised into imagining that she was exercising in her sleep as part of the weight loss hypnosis procedure.

The rail announcer explained that she had tried everything to lose the weight and found that diets were not working and decided to try Weight Loss Hypnotherapy.

"It sounded a bit weird but to be honest I was desperate within a week I'd lost a pound and I carried on gradually losing weight. My muscles felt more toned and tight all over," she said

"Within a few months I actually wanted to work out during my daytime hours - something I'd never felt before in my entire life. I took up walking, cycling and joined a gym," she added.

"I do watch what I eat, but exercise has been the biggest factor in the changes I've seen in my body. It's truly astonishing and I'm thrilled with the results" she said.

0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0

Unlocking the healing power of hypnosis

http://www.metronews.ca/toronto/comment/article/527485--unlocking-the-healing-power-of-hypnosis and the property of the prop

Most of our images of what a hypnotist does come from bad TV — but in the right hands, this technique is not about making people "very sleepy" so they can squawk like chickens.

For Edmonton social worker Terri Cooper, it's a powerful but simple technique that helps people change things in their lives

Cooper, now 43, was always a natural at counselling others. "I was one of those teenagers that everyone brought their problems to." She went on to study social work at the Edmonton campus of the University of Alberta.

For more than a decade, she worked with families in crisis. It was difficult work, especially since few wanted her advice. "It's hard to work with people who don't really want to see you."

Cooper wanted to help people in a more empowering way. While she was flipping through the want ads six years ago, she saw an advertisement for a two-day course on hypnosis.

The basics she learned showed her the technique had a lot of potential — and made her realize she needed to learn more. So Cooper began taking more courses in hypnosis and a psychotherapy technique called neuro-linguistic programming.

Cooper then quit her job and opened a private practice, offering hypnotherapy and social work counselling.

Most clients come to her with a short-term goal of changing a behaviour like quitting smoking, improving body image or increasing their confidence.

Cooper begins with an assessment to find out her client's goals and to make sure they don't need more intensive therapy for a serious mental health issue.

At the first session, Cooper tries to get her patients to talk about what they want. She gives then homework, asking them to put these plans into writing.

Session two involves actual hypnosis. To induce the relaxed but aware state, she varies her technique, depending on the person. Some don't like to close their eyes, so she uses what's called a waking hypnosis. Many find fixed-eye induction works best: They stare at something for a long time, listen to Cooper's voice, and count backwards.

Once hypnotized, Cooper incorporates the words her client has given her to suggest a change in behaviour. She often makes CDs of her suggestions so clients can use it later at home. She also sells hypnosis MP3s on her website.

Cooper believes the hypnotic state is not magical or strange. We do it all the time when we concentrate or when we're driving. Since our minds are highly suggestible in this state, it is an important time to suggest to ourselves new ideas.



Hypnobirthing: Does it Work?

http://blogs.babble.com/strollerderby/2010/05/25/hypnobirthing-does-it-work/

Ready for a blissed out birth? A method of childbirth preparation called Hypnobirthing is garnering international attention for, purportedly, giving women the pain relief of an epidural without taking any actual drugs.

Riiiiiiaht.

I'm totally the touch-feely, woo-woo type. I've spent more hours naked in the woods bonding with my inner child than I care to admit. For more than a decade, I've been training in mind-altering meditation techniques.

You had better believe I used them in labor.

I also, 30 hours into labor with my first child, had an epidural. With the second, all the pain relief I got came from my mad skills at self-hypnosis and a tub of warm water. The midwives would not even give me two Advil after I'd pushed out my 10.6 pound daughter.



Let me tell you: a steady drip of drugs to the spine is very different from deep relaxation exercises.

I'm all for Hypnobirthing, and Birthing in Awareness, or whatever path you want to take to a blissful birth experience. But I think any woman who goes into labor thinking her breathing exercises will take all the pain away is in for a rude awakening when the contractions start.

Childbirth is hard. It's hard with drugs and hard without them; in a hospital or at home. I'd encourage any pregnant woman to lay hold of any safe tool that will make that passage easier for her. In that sense, Hypnobirthing and it's ilk are a great tool: the side effects are nil, and for some women the benefit is huge.

Better yet, the tools you learn in these classes can also help you keep your cool when you're going through the rough patches of parenting. There won't be a friendly nurse with an IV there to back you up at 4 a.m. when your sick baby has been screaming for 8 hours, but you can always take a deep breath.

Did you birth in drug-free bliss using Hypnobirthing, or a similar technique? Would you try it with a future pregnancy?

Mel Gibson, Trained In Hypnosis

http://living.one india.in/insync/2010/mel-gibson-hypnosis-240610.html



Master of many trades, Oscar winner Mel Gibson, have always spell bounded the views with his acting skills but now, he is all set to hypnotize you.

The 54-year-old star, has mastered the power of suggestion and the trick to put people into a trance from a leading Australian expert **Rick Collingwood** who was a guest to the actor for 10 days. In these ten days, Mel took hypnosis lessons from him.

Collingwood was very happy with his new found student. "Mel's a natural, he's got the look as well as piercing blue eyes. He's going to be a great hypnotist," Collingwood said.

"Mel's brother Chris has been into...hypnotism for a long time and he talked to Mel about

it over the phone and Mel got interested, too," he added.

Now, Mel has an additional tool to lure his people and ladies will sure renew their love for the actor. Mel Gibson's eight children are super excited on the new skill of their father.



The Australian Academy of Hypnosis™

Student Resource Centre

The Academy's Training and Resource Centre is now live and active at www.mindmotivations.com.

The Training and Resource Centre is free for all students and contains the following sections.

- Student Forum. The Student Forum is for communication and the sharing of ideas among students. There is also an allowance for non topic chit chat in the forums. Feel free to begin a new topic anytime you please.
- 2. **Free Hypnosis E Books.** There are many titles in this section that are completely free for all students to download at their leisure.
- 3. *Hypnosis Scripts*. This section contains more than 450 hypnosis scripts for free download
- Hypnosis Videos. This section has training sessions recorded on Video and will continue to increase in size.
- On Line lectures. This section is still under construction and will soon be filled with many pre recorded lectures and soon to come on line live training tutorial sessions. Pre-recorded lectures will be free and a small fee will apply for attendance of live training, on line, sessions
- This section gives you direct access to arrange a personal training or mentoring session with a tutor of your choice. Fees apply and you can discuss this with your trainer.



To access the Training and Resource centre log into www.mindmotivations.com with your username and password.

All students have an allocated username and password – If you can't remember your password then request a new one using the email address you registered on the monthly newsletter student database. If your username and password do not work for any reason please email Ryan at sales@resonanzrecordings.com and he will issue you a new password.

Once you have logged in go to the front page and look below the Video at the top LH side of the page of the page. You will see a number of Red Links; the link at the bottom of the stack will say Students Only On Line Training and Resource Centre, click on the link and you are in.

If you have any Scripts or DVDs or other relevant hypnosis information that you think would help to complete or enhance any aspect of the forum please email them to Rick Collingwood at hypnot@iprimus.com.au

Enjoy the new Training and Resource Centre

Kind Regards

Rick Collingwood Michael Werts John Vernes



Wanted: one stolen gargoyle

(Believe it....or not! Ed)

http://www.kvoa.com/news/wanted-one-stolen-gargoyle/

VAIL- Thieves stole a sentimental statue from Patty Wilson's front yard. Now she and her daughter are taking extraordinary steps to get their giant beast back.

The beast is a 650 pound solid cement gargoyle.

Patty Wilson says, "My husband bought it for my 45th anniversary. My husband has passed away since then. So it means a lot to me."

Wilson says she brought the statue to Tucson from Pennsylvania. And it stood guard in her front yard until last month when, in the dark of night, someone stole the creature.

The commotion awakened Wilson and her daughter Susan. Susan went outside to see what was going on. And she says a truck took off with the statue.

Susan says, "I yelled at them that I needed the gargoyle back. The next day I went to **hypnosis** and I had myself hypnotized to see if I could remember the [license] plate."

Susan says she did remember. But, "that plate went to a car that they had reported that plate stolen off of in Phoenix."

Now the Wilsons are running a want ad.

Patty says, "I really can't understand people that would steal, I guess that's what they did, things out of people's yards."

She says the gargoyle couldn't possibly mean as much to the thieves as it does to her.



(Technology 1...)

Paul McKenna iPhone apps: possibly terrifying, definitely expensive

http://www.electricpig.co.uk/2010/07/26/paul-mckenna-iphone-apps-possibly-terrifying-definitely-expensive/

Would you like to stop your mind from racing and feel calm? Would you like to stop the disruption of waking in the night [screaming]? Then you probably shouldn't have spent £6 downloading that Paul McKenna iPhone app.

However, if you are waking up in cold sweats because you've spent £6 on McKenna's "I Can Make You Sleep" iPhone app, then non other than Paul McKenna has just the app for you. The instant confidence app is a much more reasonable £5.

McKenna's iPhone app for confidence features, among other things, a panic button, and a 'confidence trance', which is, for the uninitiated, "a mind-programming hypnotic trance". Perfect for when you're on the go.

Ok, so we're expecting all of you who've used McKenna's multimedia hypnosis products to tell us about how it 'really works'. But aside from McKenna's mad hypno-skillz, is the iPhone app worth it? Is the app well built? And most importantly, how effective is this 'confidence trance'? We'd really like to know, but are just not feeling, well, confident enough, to sacrifice the cost of our Monday



(Technology 2...)

Premature Ejaculation Aided With Use Of Hypnosis iPad App

(From the 'There Really Is An App For Everything Department' – Oh Dear! Ed.)

http://www.gizmodo.com.au/2010/07/premature-ejaculation-aided-with-use-of-hypnosis-ipad-app/

It's a serious condition, premature ejaculation, so I'll have no sniggering in row two please commenters. For \$6, British hypnotherapist Darren Marks will help you "take control of your mind and body and become a great lover".



It features hypnosis sessions in both audio and video, which supposedly dissipates the anxiety and nerves that may be the reason why you're having problems in that area. As you can probably tell from the screengrab above, this is aided with the use of comforting images, but the meditation-like audio and video snippets are worth the money alone – this is something that usually costs a bundle in therapy. Out now for the iPad, for \$US5. And if you have problems with erectile dysfunction? There's an app for that too.



Script of the Month

Fear of Thunderstorms

The phobia of thunderstorms (kersunophobia) nearly always results from negative programming during the formative years or an unpleasant experience involving thunderstorms, therefore it is particularly helpful to use regression to go back to the source of the problem and re-evaluate it. If the problem is caused by a bad experience then it is wise to dissociate the client and have them 'watch' themselves, rather than re-experience the fear.

Begin with your favourite induction and deepener, then continue:

You're now feeling completely relaxed, from the top of the head to the tips of the toes. Every nerve, every cell, every fibre, every consciousness of your body is relaxed, and at peace. Now in your mind, in your imagination, I want you to take yourself back to a very happy memory of yours, a place where you felt comfortable and safe, a place where you felt peaceful, tranquil and happy. Nod your head when you're back there in your mind, in your favourite place. Wait for a signal:

Good, now I want you to become totally absorbed in this memory, in a moment I'll be quiet to allow you to recreate the scene, feel the peacefulness that you felt back there, just relax and feel comfortable. Notice any colours, sounds, smells, that are appropriate to your memory. Don't worry too much if you can't actually see the place where you are, it's the feelings that I want you to concentrate on.

Pause for about two minutes to allow your client to recall totally any good feelings associated with their place. Look for a slowing down of breathing, peaceful expression or smile on the face. Then continue.

Good, now it's a well established fact a human being cannot feel two conflicting emotions at the same time. That means that you cannot feel anxious and relaxed together. You will only feel one of those emotions, and right now you are totally and completely relaxed and at peace. Nod your head if you agree with me.

Good. Now I know that you've had problems in the past with thunderstorms. That's why you're here right now, because you're fed up with feeling that way. Those old, unpleasant feelings of fear and apprehension are unwanted, outdated, you're ready now to feel more comfortable in a stormy situation.

That's why, I want you to create in your mind, the atmosphere of a storm brewing up. Remember, this is just your imagination, its not real, and at any time that you begin to feel uncomfortable, you can just signal to me by nodding your head, and we'll immediately go back to your favourite place.

Okay, so when you're ready—you're at home now and the weather has been gradually getting worse, the sky is darkening, you know all the signs, you can tell by the atmosphere that there's going to be a storm very, very soon. But it doesn't bother you, because you're completely relaxed, and you're safe. And anytime should you begin to feel uncomfortable you need only nod your head, and I'll immediately take you back to your favourite place. But I doubt if you will feel uncomfortable, because you are still so completely relaxed and at peace.

Watch out for the breathing and the head nodding. If the breathing becomes more rapid or if your client nods, then go back to their favourite place and get them to recreate it once again.



And the sky is becoming darker and darker, it's almost black now, and the air is very still. But it doesn't bother you, it doesn't concern you, because you're still feeling so comfortably relaxed and at peace with the world.

You begin to hear the first rumble of thunder. It sounds like its traveling fast, across the sky, and you marvel at the wonders of nature. And you're still feeling comfortable, relaxed and at peace.

The thunder begins to stop now, and you know that within twenty seconds or so will be a beautiful streak of lightening across that coal black sky. And you're waiting, you're ready, prepared, actually looking forward to seeing this majestic sight. You know that you're safe, it cannot touch you, you're probably wearing rubber soles, if not you're somewhere safe and feeling so calm and so relaxed and so peaceful. Lying or sitting here in anticipation, waiting for that beautiful streak and here it comes, zigzagging across the sky.

And you are STILL feeling so comfortable and so relaxed. The electric streak lights up the sky, and for a second, the room that you're in. And then its gone. In a way you begin to feel a little disappointed that its over so soon. But you know there'll probably be another one quite soon. So you wait.

And you're still feeling very, very calm. And as the next roll of thunder arrives, you begin to feel bored. That's all it is, a roll of thunder and then its gone. Followed by a streak of lightening—then that's gone also.

It was nice whilst it lasted but it didn't last long. And you felt fine, you were okay, you enjoyed it. The storm is over. And what a refreshing feeling when the storm IS over. Suddenly the air feels so much cleaner, recharged with ions that make breathing so much more comfortable, and you begin to realize how necessary that storm was. It really makes the air feel so much fresher, and you're glad there was a storm, you enjoyed it, you really did. And you know that the next time, and the time after and every time after that, storms will not bother you, you'll begin to enjoy them, look forward to them even. And when they're over, you'll realize how important they are for the air that you breathe.

Now you're letting go of that old, outdated fear of thunderstorms. The sky is beginning to clear and its like a blanket of fear has been lifted from your mind. Or a heavy weight been lifted from your shoulders. You're free. Free of that old, outdated, unnecessary fear, forever.

From now on you begin to appreciate the importance of a good old thunderstorm. It's like an argument that's been building up. Lots of bad feeling, unspoken words, bottled up, causing uncomfortable feelings. And then the explosion of the row, as the feelings come out, and then afterwards everything is fine. The air has been cleared and everyone feels good as the problems resolve. And you realize and appreciate the importance of storms. You let go of bad feelings, you let go of your fears, they hold no place now in your mind.

You're free. And in a moment as I count up to five, you'll continue to feel free, continue to feel good, continue to enjoy the wonderful relaxation, to remember your favourite place. And relax.

Ready now. 1.2.3.4,5



Up Coming Dates:

Monthly Ongoing Trainings (WA Only)

Lesson Eight: Hypnosis for Children	Saturday, 28th August, 2010
Lesson Nine: Conscious/Sub-Conscious Interfacing	Saturday, 25 th September, 2010

3 Day Power and Mind Body	
Connection Training PERTH	Fri, Sat, Sun – 17 th , 18 th , 19 th September 2010
(By Rick Collingwood)	

Four Day Power Hypnosis Course MELBOURNE	10 th , 11 th , 12 th , 13 th September 2010
5 Day Power Hypnosis & Fascination Training SYDNEY	25 th , 26 th , 27 th , 28 th , 29 th October 2010
5 Day Power Hypnosis & Fascination Training BRISBANE	22 nd , 23 rd , 24 th ,25 th , 26 th November 2010

Certificate of Clinical Hypnosis PERTH	Part 3 (Previous Trg) - 20 th , 21 st , 22 nd August, of July 2010 Part 1 – 14 th , 15 th August 2010 Part 2 – 20 th , 21 st , 22 nd August
--	---

General Contact Details:

Michael Werts (Newsletter and all VIC training):

Mobile: 0401 634 355

Email: michael.werts@iinet.net.au

John Vernes (All WA training):

Mobile: 0403 839 641

Email: linearhealth@iinet.net.au

Rick Collingwood:

Mobile: 0420 322 763

Email: hypnot@iprimus.com.au

Newsletter Email:

MM_Newsletter@iinet.net.au

Future Articles

The Mind Motivations TM Newsletter would welcome any articles or stories. Please submit any inclusions via email to the MM_Newsletter@iinet.net.au email address. The Editor reserves the right to amend any article to fit with size limitation requirements and to correct spelling, grammar or factual content.

This newsletter is provided as a service only. Any opinions stated in this newsletter remain the opinions of the author only and do not reflect company or corporate opinions of either Mind MotivationsTM (MM) or The Australian Academy of HypnosisTM (AAH). Dates and information are correct at the time of publication. MM and AAH reserve the right to alter, amend or change dates to suit circumstances.

No email addresses or contact details (including names) will be sold, given or provided to any third party. All contact details will be protected.