

Mind MotivationsTM & The Australian Academy of HypnosisTM Newsletter

August 2009

Good morning, good evening or good night – depending on where you happen to be and what time it is when you read this newsletter. The reason for the ‘all-encompassing’ welcome at the start of the newsletter here?....We now have readership and people registered on the database from Australia, Asia, UK and NZ so we are becoming a truly global mail-out!

This month sees a number of courses having either just been run or about to be run. The Academy’s push into Melbourne continues with the conduct of an Advance Mind Dynamics course toward the end of the month. For our Victorian readership – more information on the course can be found at <http://www.naturaltherapypages.com.au/school/21451>. This page also contains details of some up-coming training in Sydney.

Of course, the Certificate of Hypnosis course is being run in Perth currently – it starts today (the day the newsletter is released...15 August).

I’ve had a number of enquiries recently about the hypnosis scripts available on the Mind MotivationsTM website. These enquiries have all been from people having some difficulty locating the scripts. The scripts are available under the Forum link – you will need to register for the Forum before you can access/see all of the scripts. There is a button link at the bottom of the Website’s Home Page which will take you to the Forum. While we are on the subject of the

Website, there is also now a button on the home page which will take you the E-Newsletters link. All previous E-Newsletters are listed on this page and are available for download or reading online.

While on the subject of resources – don’t forget that there is a free-to-join hypnosis forum called Hypnothoughts (<http://www.hypnothoughts.com/>).

Periodically, you will receive email notifications regarding up-coming training in Western Australia. Just a reminder that all correspondence regarding WA training should be directed to John Vernes.

Any thoughts, ideas, suggestions or offerings for articles to be included in the newsletter (and any comments relating to the newsletter content etc.) would be greatly appreciated.

Now, without further delay....onto the newsletter.....

Michael Werts
Editor MM_Newsletter

In Brief:

Next Monthly Training is happening on 29 Aug – Subject is: **Hypnosis for Children**.

Advance Mind Dynamic Course – Melbourne

To be conducted at the Quest on Doncaster – 28, 29, 30 Aug. For further information please contact Michael Werts at michael.werts@iinet.net.au

SLEEP TALK TRAINING

conducted by Joane Goulding – September 2009 in Perth. For more information please contact Michael Werts at michael.werts@iinet.net.au

Next **Perth Power Hypnosis Course** – Perth 21, 22, 28, 29 Nov 09. Next Monthly Ongoing Training session will be **Hypnosis for Children** on 29 August 2009

PHWA meetings are held at **10.00am on the 3rd Sunday of every month** at The Stirling Regional Business Centre, 45 Delawney Street Balcatta. Each meeting is followed by approximately a one to two hour training session on a variety of topics.

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Some Quotable Quotes:

Experience is not what happens to a man: it is what a man does with what happens to him.

Aldous Huxley

Experience is the universal mother of sciences.

Miguel de Cervantes

Experience is the child of thought, and thought is the child of action. We cannot learn men from books.

Benjamin Disraeli

Experience does not err; only your judgments err by expecting from her what is not in her power.

Lenoardo da Vinci



Hypnosis offers mind cures for body and soul

<http://timesofindia.indiatimes.com/NEWS-City-Kolkata-Hypnosis-offers-mind-cures-for-body-and-soul/articleshow/4774288.cms>

KOLKATA: Parthiv Shah has been suffering from lactose intolerance since his childhood. Taking milk or milk products spells doom for him. It begins

with a major stomach ache, followed by a stomach upset. Even the sight of milk triggers panic. Traditional treatment has not proved good enough for him, and so he opted for hypnotherapy. He is now completely cured.

"If the body is the hardware, the mind is its software. We often tend to treat the hardware, when the problem is actually with the software. Here, hypnotherapy does the magic by curing the root of the problem," said Dr Yuvraj Kapadia, head of California Hypnosis Institute of India (CHII), a non-profit organization for delivering clinical hypnotherapy in India.

In Parthiv's case, hypnotherapists explained to him during sessions that it was some bitter experiences he had relating to milk during childhood that reinforced a belief that milk was not good for him. So, his mind makes his body secrete certain chemicals whenever he takes milk and turns it toxic. Through hypnotherapy, that particular belief system was neutralized and he was cured.

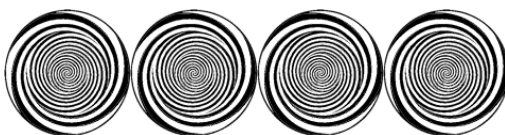
Hypnotherapy works on the principle that any disorder of the body is actually entrenched in the mind and hence, it is a healing of the mind that is actually needed. Through hypnosis, the patient is taken into the deepest recesses of one's mind. The patient is then able to see where the problem lies and, with the help of the therapist, he is guided to set the problem right.

The mind, say experts, can be divided into two parts the conscious and the sub-conscious (or unconscious). While we are able to access the conscious mind without help of a healer, in order to address any ailments, we need to access the unconscious mind, explained said Neerja Poddar, Kolkata head of CHII.

The conscious mind, she added, makes up for not more than 18% of the entire mind, trying to emphasize the importance of the unconscious mind. "There's a critical filter that prevents one from visiting the unconscious mind and past lives on one's own, otherwise life will be a complete chaos. The duty of the healer is to help one cross this filter and delve inside," said Dr Sanghabrata Chattopadhyay, another hypno-therapist.

CHII, which has centres in Delhi, Kolkata and Bangalore, with its headquarters in Mumbai, also offers courses on hypnotherapy. "Hypnotherapy has been flourishing as a safe and yet highly effective method of healing. This science has gained credence in India after 2002, once it was accredited as an acceptable therapeutic modality by the Union ministry of health," said Poddar.

The CHII centres at Jodhpur Park and Alipore are already getting patients with problems that range from high blood pressure to chronic heart ailment. Case studies show how patients are nearing cure through this method. In each case, the patient is made to come face-to-face with the problem in a state of hypnosis, identify the problem, heal it and shut the door on the problem forever.



Hypnosis helps nine overcome flying fear

Jul 13 2009 by Madeleine Brindley, South Wales Echo

A GROUP of people with a phobia of flying have safely landed in Cardiff after being hypnotised.

Ten people were originally chosen to be hypnotised in a Dublin 98 Radio competition.

They were hypnotised in Dublin by the Irish illusionist Keith Barry and then flown to Cardiff courtesy of Aer Arran.

All but one were able to make the flight where they were taken to the International Food and Drink Festival, in Cardiff Bay.

Richard Thomas, Cardiff & Co's managing director, said: "This is probably the most unusual request we have received to date, but the nine brave souls hypnotised in Dublin were mesmerised by their visit to Cardiff.

"Sceptics might even suggest that the brave nine are, in actual fact, seasoned flyers, who, having browsed through the UK's summer calendar of

Alternative medicine spotlight: Hypnotherapy in the news

<http://www.examiner.com/x-11401-Orlando-Alternative-Medicine-Examiner~y2009m7d22-Alternative-medicine-spotlight-Hypnotherapy-in-the>

news <http://www.examiner.com/x-11401-Orlando-Alternative-Medicine-Examiner>

July 22, 10:20 AM

There have been a few reports recently putting hypnotherapy in the spotlight as another alternative medicine practice. What is hypnotherapy? When hearing the term hypnosis, it may conjure images of stage entertainers causing audience volunteers to bark like a dog or waddle around the stage quacking like a duck. You might even envision old movies where a therapist swings a watch back and forth like a pendulum while the patient watches intently, quickly slipping into a deep trance. So how is that therapeutic? Actually, true hypnotherapy is nothing like the staged shows that you might find in night clubs or old movies.

Hypnotherapy, by definition is a form of therapy that "utilizes hypnosis as a primary tool for assisting clients to achieve their goals". It is akin to guided meditation. During a session, the client is brought into a state of deep relaxation, while a trained therapist guides them using the power of suggestion to help the client modify certain behaviors or thought patterns.

The history of hypnosis actually goes back to the middle of the eighteenth century when German physician Franz Mesmer first

developed the technique of "mesmerism", which he employed as a spiritual practice. He had a number of followers, and many associated mesmerism with the occult. The concept of using a similar technique therapeutically was introduced by Scottish physician James Braid, who coined the term "hypnotism". He adamantly opposed the spiritual or occult associations of mesmerism. The British Medical Association also distinguishes hypnosis from mesmerism.

As stated above, during a session of hypnotherapy, the therapist brings the client into a state of deep relaxation. He or she may use one of several techniques to help the client modify behaviors or facilitate healing, including: guided meditation, repetition of ideas, age regression or revivification (reliving past experiences), and visualization. The client may also be given mental queues or triggers to help them relive the experience later, once the session is over.

Freud and Breuer used hypnotherapy to help patients regress back into childhood in order to uncover repressed memories. Pierre Janet of France was using this same technique even before Freud. In modern times hypnotherapy has

been used to help some combat veterans overcome problems from shell-shock. More commonly, hypnotherapy can be used to help individuals lose weight, stop smoking, overcome depression, relieve pain, induce sleep, and even as a therapeutic measure in cancer treatment.

As early as 1892 the British Medical Association documented hypnotherapy as effective in the treatment of anxiety, insomnia, pain management, post traumatic stress disorder, and other stress-related illnesses. More recently, in 1995 the National Institute of Health stated, "the evidence supporting the effectiveness of hypnosis in alleviating chronic pain associated with cancer seems strong. In addition, the panel was presented with other data suggesting the effectiveness of hypnosis in other chronic pain conditions, which include irritable bowel syndrome... and tension headaches". More research has been published in 2001 and 2003.

In order to use this modality practitioners must be certified in the state of Florida. There are a number of local practitioners in the Central Florida region.

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Hypnotherapy: Get a 'brainwash' to spice up your personal life

<http://www.hindu.com/thehindu/holnus/099200907191752.htm>

London (PTI): Want to put the spark back in your marriage? Go get a "brainwash" -- that is what more and more Britons are opting for.

Scores of married couples are turning to hypnosis to boost their sex lives, a therapy which experts claim turns back the clock to make partners seem as attractive as they did in the first flush of romance.

In fact, it's so powerful couples' sex lives can be transformed overnight, the 'Daily Star' reported.

"In a relationship that's gone a bit cold and lacking in passion, hypnotists can put the fire back. After a while, people get obsessed with the things that are wrong in a person rather than focusing on the things they like. We can stop them seeing those faults."

"We use so called 'anchors' which evoke feelings from the start of a relationship -- it can be a song playing when they met, a photograph of old times, even a smell. If we fire off these anchors it takes them right back to that initial sexual excitement."

"Miracles do happen -- marriages get saved and break-ups are prevented," hypnotherapist Peter Salisbury was quoted as saying.

As well as boosting bedroom performances, hypnotherapy is even being used by cheats to help convince partners they've been faithful. And some lusty lads turn to the technique to help them bed babes they thought were out of their league.

"Success with women is not all down to looks. It's much more than that. If you really want to get that person, you can if you believe yourself to be really good-looking and believe yourself to be worthy."

"Women go for that. They're attracted to confidence and power. With a bit of self-belief people can really up their game and punch above their weight," Mr. Salisbury of the National Council for Hypnotherapy said.

Wednesday, Jul. 22, 2009

Hypnotherapy, alternative medicine at local center

By RITA COOK

<http://www.kellercitizen.com/101/story/13385.html>

Trying to quit smoking for the fifth time? Ready to overcome your fears of heights or flying? Or, maybe you just lack the confidence to perform well in sports.

A good hypnotherapist can help many folks make such life changes.

Roanoke-based health consultant and hypnotherapist Kweethai Neill said that alternative medicine has not only become more popular over the years, but more practical for many.

"Hypnotherapy is becoming more popular because of the high cost of medical care, and people are tired of taking too much medication," said Neill, who has clients from all over the Metroplex.

"Alternative and complementary modalities of health care are serving many people who want to take responsibility for their health," Neill said.

Neill, who has had her office in the area for the past two years, came back to the area after moving to Georgia when her husband was transferred.

Before her current profession, she was a health professor at the University of North Texas and then Texas Woman's University.

These days, as a health consultant, Neill said she helps clients become healthier in their lifestyles by teaching them how to behave in healthier ways.

"More than half the time, our health status is a result of how we act," she said. "The foods we eat, whether or not we are physically active, how we cope with stress and how we handle personal and work relationships."

Neill said that after many years as a health professor and researcher, she has learned that knowledge does not always translate into changed behavior.

In her mind, that's exactly where hypnotherapy comes in.

"The clients I see are usually highly intelligent people. Many are very successful in their careers, yet they are somehow stuck," she said. "My work as a clinical hypnotherapist is to help them get into their subconscious mind to find out where they

are stuck, or what is preventing them to make the changes they desire and help them get over it. Simply put, I help them put their spirit in order."

As for all the television shows depicting people being under hypnosis or in a deep trance and somehow being manipulated, Neill said it's not true.

"Hypnosis is really a natural state of consciousness," she said. "Everyone engages in hypnosis sometime or other."

Neill also points out that the correct term is being in — not under — hypnosis. The "trance state" is perfectly natural and normal, she adds.

"When you are in trance, whether it is self-hypnosis or facilitated by a hypnotherapist, your brain slows down, and you experience a profoundly peaceful state of relaxation," she said.

"One thing I can say, every client can attest to how enjoyably relaxing it is to be hypnotized."

So whether it's weight loss,
the desire to stop smoking,
the reduction of fear, craving,

anxiety or phobias or even to provide help with grief, traumas and performance anxieties, hypnotherapy really can change a person's life, Neill said — if the person will let it.

For Neill, her way of doing that is helping a person change from inside out.

"When your spirit is in order, your life will be in order," she adds.

Even with the recession in full swing, Neill said her client base is steady and growing everyday as more people are discovering that hypnosis is a natural and safe medical alternative.

"There are no drugs to take and no needles to poke you," Neill said. "Those who don't believe in hypnotherapy generally have very little knowledge on the subject. If they are willing, I will educate them."

"No one leaves my office without experiencing a change. Since it is the client's subconscious that directs each session, success is really the client's responsibility, not mine."

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Quotables:

Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt.

William Shakespeare

Failure is blindness to the strategic element in events; success is readiness for instant action when the opportune moment arrives.

Newell D. Hillis

We learn wisdom from failure much more than success. We often discover what we will do, by finding out what we will not do.

Samuel Smiles

Script of the Month:

Agoraphobia

Imagine yourself now preparing for a trip to your neighbour's house just a very short walk away. You're feeling really proud because you're going to make this trip on your own and it's a long time since you felt this good. Imagine what you are wearing - if it's cold you may have a jacket or a coat on, if it's really warm you can go as you are. Your friend and neighbour is expecting you and will meet you at her gate. You take with you whatever you need and prepare for your trip.

You're standing at the front door now, imagine the door in every detail, notice the color, what it's made of, etc. and you have a key so you open the door and stand there for a moment whilst breathing in that lovely fresh clean air.

Now you're ready to leave the house, you close the door behind you - pull it shut - and lock the door if there's no-one in. Feel the key in your hand as you turn it around in the lock. The door closes and you walk up the path to the gate (if applicable). If you have a garden you take a moment to appreciate it's beauty, the flowers, any trees or other greenery, perhaps you can hear the birds singing, and it's a wonderful feeling to be out here on your own. It's a private, comfortable feeling and you're really beginning to enjoy it.

You can see the gate in front of you - is it open or closed? You walk through the gate and onto the pavement, taking one step at a time, whilst still breathing in that lovely fresh, clean air.

Perhaps you can see your neighbour's house from here? Maybe he or she is standing already at the gate - waving to you? It's only a short distance away and you feel so safe and comfortable and perhaps even a mild sense of excitement because you're really beginning to feel like that you're overcoming your old fear and achieving something - a wonderful sense of freedom.

As you walk towards your friend notice anything on the way, perhaps other houses or flats, maybe shops or even a park - whatever is relevant to you on this journey to freedom.

And your friend and neighbour is there, waiting for you, and you walk towards him or her and greet each other warmly. This is a very special day for you.

(This exercise can be repeated in self hypnosis or with post hypnotic suggestions until your client is comfortable with this short journey in reality, or can be added to the following).

Now you're going to the shop on the corner, just down the street. You're prepared and ready to go, it's not far away and you feel very comfortable and happy because you've made the decision to take this journey on your own.

As you walk to the shop, notice any landmarks on the way, perhaps a post-box or a telephone kiosk, maybe houses or fields, notice the road - are there any cars or bicycles on it? Notice the time of day, the warm comfortable feeling inside of you as you mentally prepare for this journey.

Notice the colours around you, any sounds or smells, perhaps a soft gentle breeze on your skin or on your hair, and this makes you feel good, it makes you feel even more comfortable than before because you're venturing further now - going beyond those self-imposed limitations to experience this wonderful sense of freedom.

You may need to cross the road, and if you do, that's alright, you may see children passing or other adults, you smile at them, feel that smile now on your face. They perhaps don't understand what an

achievement this is for you, but you and your wonderful subconscious mind feels happy and glad.

As you reach the shop, notice what kind of shop it is, you pause a while to look in the window at the goods on show. Notice the sign about the door, the shape of the shop, how old or new it is, There's a sign on the door that tells you it's open and you're really happy about that, as you open the door and step inside.

Notice who is behind the counter, what do you buy? How much does it cost? You pay for your goods and thank the shop assistant, taking your change and leaving the shop the same way you went in.

Now there's a park just a short walk away and you feel so good you decide to walk to the park. Step by step you approach the park, again noticing anything that is one the way. And as you reach the park gates you walk into the park and look around again at the wonderful colours in nature. Now this park may be one you've visiting in the past, and if it is you'll know exactly what's there. If not, you can create a wonderful park in your mind, perhaps there's a lake with ducks or swans gracefully moving on the water. There are flowers, depending on the time of year, notice what kind of flowers there are, the colours, perhaps the fragrance. If it's autumn you may see the path scattered in yellow gold leaves, if it's spring or summer there could be an abundance of flowers and colours and in winter you may see water from the rain on the ground, and that's alright.

You see park benches here, maybe a pavilion or places for children to play. Again, notice everything appropriate to the scene that you have created and feel yourself there and that sense of freedom again.

Now imagine a trip to the town. You're waiting for a bus and here it comes on the road, slowing down to pick up the waiting passengers. Notice the colour of the bus as you climb onto it and take your seat, and you feel so proud of yourself because all this time you're so comfortable and so relaxed and you feel good.

You have your ticket in your hand and the bus begins to move as you go gently forward. Looking out of the window you see the scene passing you by - you feel any bumps on the road and pay attention to the other passengers here. And you're still smiling because you feel so good.

If you're on a bus you may pass through traffic lights, or stop at the lights if they're on red. You may see people walking by on the road outside, or other shops or houses on the way.

And as you reach the town you step off the bus, feeling really good. You walk up through the town, looking in windows on the way. (Describe appropriate shops with the client).

Now you've made this journey on your own, in your mind and you are mentally prepared for when you make this same journey in reality. And when you do you will be pleasantly surprised at how easy it is to feel so calm and relaxed all the time. And you'll feel so proud of yourself, and each and every time you make this journey it will become so familiar and comfortable for you that you'll wonder why you didn't do it long ago.

In a moment I'm going to count up from one to five and at the count of five you'll be wide awake, feeling refreshed and relaxed.

One, two, three, four, five.

A Word from Rick Collingwood:

Dear student, welcome to August. I trust this edition of Michael's superb newsletters finds you happy busy and well. The academy is progressing very well both in WA and now also in Victoria. There is an 8 day Certificate of Hypnosis training starting next weekend in Perth, and a three day AMD Hypnosis for Cancer and Mind Body Healing being conducted in Melbourne at the end of August. The academies first 8 Day Cert Training will begin in Melbourne in September and there is another 4 day Power Hypnosis Training to be conducted in Melbourne in the first week of December. The first 4 Day power hypnosis training will also be conducted in Sydney in September so it is busy busy busy. For all WA training enquiries please contact John Vernes, and for all Victorian and NSW trainings please contact Michael, or our new Victorian training coordinator Jai Waugh, Jai's contact details are Phone 0412 879 850, email jaiwaugh@bigpond.net.au

HFT Certificates: All of The Practitioner Certificates of Hypnosis Field Therapy have been well and truly posted. Aus Post did its usual thing and lost a couple of them. They have now been printed and will be sent out on Monday. If you ordered a HFT Cert and didn't receive it please contact me directly via email and I will get it organised for you. If you don't have an HFT Certificate and you would like one, they are a very attractive fully printed A3 certificate and are available to any student who at any time has completed the; Certificate of Hypnosis, The Advanced Certificate of Hypnosis and the Power Hypnosis training at any time in the past. The cost of an HFT Certificate is \$275 and if you don't have one and would like one please contact me directly via email before the end of the month, printing time is approx 2 weeks. All of the present Certificates and all other acknowledgements are presently being re formatted; they will remain the same colour style and borders and an A4 size, but they will be fully printed on quality linen paper with a faded academy logo and coloured seal. Present Certificates will be replaceable with the new ones for a moderate fee once they become available.

Training Formats: The various courses conducted by the academy have undergone some slight curriculum changes as follows. In WA only the Certificate of Hypnosis is now compulsory 8 day training; 2 days of history and theory and 6 days of induction practice. The Advanced Certificate of Hypnosis is now 4 Days: conducted over 2 weekends comprising of 3 Days of Power Hypnosis Training and 1 day of Fascination Training, for which separate certificates are awarded. Students who want to continue training to the Advanced Certificate of Hypnosis level will also need to complete the 12 ongoing monthly trainings; this will then qualify the student to apply for an HFT Certificate.

In accordance with the changes to the curriculum, and with new content added by myself combined with Michael's formatting skills, all of the training manuals have been re vamped, re formatted and packed with lots of extra new information, so much so that training manual one has now had to become part 1 and part 2.

I will be assisting John with the August Certificate training and John will be assisting me when I conduct my final Advanced Certificate 4 Day training in November which will be 3 Days Power Hypnosis and 1 Day Fascination Training. The November training is for students who have completed the Certificate training with John throughout 2008, and it is also available for any student to re do at the reduced fees of \$550 inc GST. All students of the academy can re do any training they wish to at any time in any state for the heavily reduced fee of \$550 inc GST. This includes redoing the 12 monthly ongoing monthly advanced training components to continue on going professional development.

www.mindmotivations.com: The website is presently undergoing a big change on the front page which is expected to be completed by the end of August. The aim is to simplify the front page and more easily send visitors off to the correct section they are looking for

instead of arriving at the business of the present front page. The students who belong to the NACH Practitioner listings will remain in the present section and be easier to find. If you are registered on the NACH pages and you would like to make any changes to your listing please email the webmaster Terry at contact@nextmedia.com to make the changes, all listed students may have 1 free change to their listing per year, any extra changes will now cost \$20 which will be directly payable to Terry. If you are not on the National NACH practitioner listings and you would like to be the cost is \$165 for 2 years inc GST please contact me via email directly if you would like to arrange a listing.

Other Trainings Organisations: Michael and I have been getting a few requests by students and other people to advertise their upcoming hypnosis trainings. Because The Australian Academy of Hypnosis trains specific styles and types of hypnosis, and we have little knowledge of the training quality or curriculum of other training institutions it is not possible to promote other hypnosis trainings as when we have done this in the past I have copped some flack about the quality and the content of the training. We welcome to advertise and promote any other non hypnosis or NLP, allied therapy trainings such as Kinesiology, or Counselling etc, but feel that the promotion of other hypnosis trainings is best left to the associations as they do not have any conflict of interest. If you have a course that you would like to advertise or an article you would like to submit for the newsletter please forward it to Michael.

Politics: As has been the case for the past 15 years that I can remember, there is a lot of bluster and ballyhoo still going on about associations and requirements to practice. This is the picture as far as I can ascertain. Some hypnosis training organisations are advising prospective students that it is necessary to have an Accredited Cert IV to either practice as a clinical hypnotherapist or to be able to get 3rd Party and Indemnity insurance. This is complete nonsense and any student who wants insurance can go straight to the website right now, click on Insurance House, and be covered within 10 minutes, as far as Govt Accredited training is concerned, if you want to spend 1000s of extra dollars and have your head stuck in books learning theory and non hypnosis related topics for another 18 months then good luck to you, but don't let anybody tell you that you have to because it's simply not true. Common sense tells me that a student would be much better off focussing on how to conduct real hypnosis and then if need be do some further training relevant to what they want to use the hypnosis for, e.g. weight loss, quitting smoking, general hypnotherapy, life coaching, or sports improvement etc.

The age old issue of private health fund providers numbers is again a hot gossip topic. Here is the reality, the law changed in relation to who a private health fund provider can issue a provider number. Any practitioner who wants to have a private health fund provider number must be a member of a recognised association. Presently, and to their credit, the only hypnosis association who has gone through the approval motions is The Australian Hypnosis Association, but there are quite a few more associations hot on their heels. My position is this; considering that not all private health insurance companies offer cover for hypnotherapy, and that the ones who do usually give very limited rebates for hypnotherapy and most often only for top cover, well if you were relying on health fund rebates to financially support your practice you won't be financially viable for very long. Just as with accredited or non accredited training, it is really a moot point. Join an association and focus on your hypnosis skills and your practice; that way you become a better hypnotist and get more referrals.

Until next month smile and prosper.

Rick Collingwood

Health Ministry (Israel) to hypnotists: Stop helping clients explore past lives

<http://www.haaretz.com/hasen/spages/1102563.html>

By Haaretz Health Correspondent , By [Dan Even](#)

Israeli hypnotists were told to refrain from helping clients explore past lives, following a recent decision on the matter by a special Health Ministry advisory committee.

The Advisory Committee on the Law on Hypnosis made the ruling following complaints by clients who said that they had sustained serious emotional damage because of reincarnation hypnosis sessions.

Israel has several experts on reincarnation hypnosis, who give sessions that aim to "discover who they were in past lives," as Dr. Lianna Sofer defines her treatments. "The reincarnation hypnosis allows us to return to the prenatal stage."

The ministry decided not to completely ban the practice, in keeping with the decision to allow a host of other practices which are not recognized as therapeutic by modern medicine but are believed by some to be remedial.

But Dr. Alex Aviv, from the Abarbanel Mental Health Center in Bat Yam, says that hypnosis and reincarnations have nothing to do with one another. "This is a mystical practice for people who believe in reincarnation. We've seen a number of cases where practitioners tried to perform this on patients and things went bad," said Aviv, who heads the advisory committee.

The ministry's ban on reincarnation hypnosis applies only to authorized hypnosis therapists, whose practice is recognized by the ministry.

Discussion on reincarnation hypnosis began two years ago within the ministry and ended with a explicit ban on offering the practice or for hypnotists to present themselves as experts in the field.

One of the cases which brought on this decision concerns a 23-year-old man from the center of the country who had retained the services of a clinical psychologist authorized to give hypnosis treatments. The patient suffered from depression after breaking up with his girlfriend.

The psychologist offered reincarnation hypnosis, suggesting that he might have experienced an event in a past life which is now making it difficult for him to let go of his partner.

The session turned south when the man became emotionally stuck in an experience which made him feel as though he was enclosed in a coffin. He began to gasp for breath. After the session the man suffered repeated panic attacks and respiratory problems, and he was referred for medical and psychiatric care.

"The patient suffered from a false memory which had been implanted into him and needed correction," Aviv, who treated him, said.

But Sofer said correcting problems "which began in an earlier life helps correct life in the present." She said she cured a woman from chronic neck pains after "discovering she had been decapitated in a previous life."

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'Prosecutor Üçok wanted me to hypnotize soldiers'

<http://www.todayszaman.com/tz-web/news-182446-100-prosecutor-ucok-wanted-me-to-hypnotize-soldiers.html>

A retired lieutenant colonel accused of using hypnosis during the interrogation of noncommissioned officers who were detained in the Central Anatolian province of Kayseri in March has testified that a military prosecutor wanted him to hypnotize and drug the soldiers, the Bugün daily has reported.

Noncommissioned officers Ali Balta, Orhan Güleç and İsmail Dağ were detained in early March upon an order from Kayseri Garrison Commander Maj. Gen. Rıdvan Ulugüler and were interrogated by Lt. Col. Gürol Doğan for 10 days following their detention. The detentions became public after the soldiers' families, after failing to receive any correspondence from the soldiers, turned to the Kayseri Court of First Instance to find out the location of their soldiers. The court contacted the Kayseri Military Prosecutor's Office, and military prosecutor Zeki Üçok

announced that the soldiers had been detained for allegedly leaking highly confidential documents. Lawyers for the soldiers said the soldiers were subjected to torture and that the interrogator, Doğan, drugged them and used hypnosis and psychological pressure to extract statements from them.

According to Bugün, Doğan, who testified to prosecutors as part of the investigation launched into the incident by the Kayseri Public Prosecutor's Office, said Üçok wanted him to extract statements from the three soldiers using hypnosis. "Üçok asked me whether I could read people's minds and invited me to Kayseri. I received training on the use of hypnosis when I was at the military academy. I did not know that what I did was an offense," the daily quoted Doğan as saying.

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Up Coming Dates:

Monthly Ongoing Trainings

Lesson Eight: Hypnosis for Children	Saturday, 29 th of August, 2009
Lesson Nine: Conscious Subconscious Interfacing	Saturday, 19 th of September, 2009

Certificate of Hypnosis Course Perth	15, 16, 21, 22, 23 August 2009
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Three Day Advance Mind Dynamics course - MELBOURNE	28, 29, 30 August 2009
Four Power Hypnosis Course SYDNEY	18, 19, 20, 21 September 2009

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Future Articles

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