

# Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

## June 2009

Welcome one and all to the June edition of the Newsletter. It is hard to believe that six months of the year has passed already. Taxation time is upon us yet again.

I'd like to pass on a sincere thanks to all who have provided or confirmed their updated and current contact details. If you've not yet got around to doing replying to the email, could you do so soon so that we have the most up-to-date listing for everyone?

Thank you to Jacqui for suggesting the inclusion of a Morning Sickness script – the script is included as the script of the month for this edition of the newsletter. Also in this edition is Part II of the article by Joane Goulding on Sleep Talk™. Positive feedback was received about Part I and thank you to those people who commented on it.

As we all know, hypnosis and hypnotherapy is a very effective and efficient way to assist people to overcome their issues. We, the hypnotherapy community, are only to aware of this however there remains a cadre of society who view hypnosis with scepticism and doubt and as a treatment modality it is lumped-in with 'weirdo' practices by a number of people. I firmly believe that one way to address this and overcome this attitude is by adopting very professional standards of practice and treatment. One avenue to increase knowledge and gain credibility is by being a member of a professional association and adhering to that association's code of practice and engaging in ongoing professional development. Similarly, it is important that anyone practicing hypnotherapy also maintains a current practice insurance policy. Operating without this really does leave the individual very exposed.

When you next look at the Mind Motivations™ website you will see that there is a new link announcing "Rick's Hypnosis Blog". This blog is Rick's chance to provide information, updates, etc. It is still early days but this is being populated on an ongoing basis and I encourage everyone to check it out from time to time. The link address for the Blog is:

<http://mindmotivations.com/hypnosis-blog/>

To those who attempted to print the last edition of the Newsletter and had difficulties – sincere apologies! The PDF maker that I use to convert the newsletter to PDF format has security features set to a default to prevent printing (I don't know why – it's a computer and they are smarter than me). Normally I remember to go in and manual change this prior to PDF'ing the document. I slipped up....*mea culpa!* I will ensure that all future versions are printable.

There is an update from Rick included in this issue and his life has certainly been exciting (if not terribly draining) at the moment. I won't pre-empt his news and will let you read it all in this issue.

Given the main theme of Rick's message, I have included an article on treatment of pain using hypnosis. Personally I've found this to be very topical in the last month. For some reason, I've had a rush of clients seeking assistance with pain management – most notably a young woman in the very late stages of terminal cancer. I find it incredibly sad and rather draining, but by the same token I also find it wonderfully inspiring to see the change that alleviation of pain brings about. It's certainly not easy, but it is rewarding.

That's enough for me now....on with the newsletter.

**Michael Werts**  
Editor MM\_Newsletter

### In Brief:

**Power Hypnosis Course - Sydney** 26 - 29 Jun 09.

**Power Hypnosis Course - Melbourne** 10 - 13 July 09

Next Monthly Training is happening on 1 Aug - Subject is: **Hypnotic Transference.**

PHWA General Meeting - being held on 21 Jun. Watch PHWA website for more information.  
<http://www.phwa.com.au/index.php>

**Next Perth Power Hypnosis Course - Perth** 2,3,4 Oct 09.  
There is no ongoing monthly training in June or July - next session will be **Hypnotic Transference** on 1 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:

Without inspiration the best powers of the mind remain dormant, they is a fuel in us which needs to be ignited with sparks.

**Johann Gottfried Von Herder**

Great spirits have always encountered violent opposition from mediocre minds.

**Albert Einstein**

A strong imagination begetteth opportunity.

**Michel de Montaigne**

The greatest mistake you can make in life is to continually be afraid you will make one.

**Elbert Hubbard**



# Gastric mind band helps mum

By JOHN COLES

Published: 20 May 2009

<http://www.thesun.co.uk/sol/homepage/news/article2439766.ece>

A MUM has lost four stones in weight after being hypnotised into thinking she has a gastric band fitted.

Marion Corns, 35, paid £780 for five sessions with a specialist hypnotherapist after her weight ballooned to 15st 6lbs.

The treatment involved her being 'put under' and talked through every step of the medical procedure as if she were in a real operating theatre.

At the end she was told her stomach had been shrunk to the size of a golf ball — and her brain has accepted the illusion.

In the four months following the treatment Marion saw her weight drop to just over 11 and a half stone and her dress size from a 22 to 14.

The mum-of-three says she now feels full if she tries to eat anything other than a small portion of food.

Marion, of Whiston, Merseyside, said: "I've tried every other diet and exercise plan the world has to offer.

"I've tried tablets, WeightWatchers, Atkins, Slimfast, milkshakes and even a personal trainer, but none of them helped me.

Revolutionary

"Now I am able to shed up to three pounds a week because I believe I've had a band fitted into my stomach.

"Bizarrely, I can remember every part of the 'procedure' - including being wheeled into theatre, the clink of the surgeon's knife and even the smell of the anaesthetic."

Marion underwent the hypnotherapy in Spain last August when she was living there.

She heard about the Elite Clinic in Marbella from a friend who used it to give up smoking and discovered they carried out the revolutionary 'gastric mind band' therapy.

After a consultation with therapist Marion Shirran, an expat who runs the clinic with her British husband Martin, she booked herself in for five sessions.

They began with preparation sessions without hypnosis, using a real model of a stomach and a real surgical gastric band to familiarise Marion with the forthcoming 'op'.

In the hypnosis sessions she was told to touch the same tummy model and band as her mind was tricked into thinking she was undergoing the procedure.

Computer-driven equipment pumped a range of aromas into the room to mimic the smells of a hospital ward, operating theatre and even the recovery room.

There was also a recording of surgical tools being picked up and put down playing in the background.

Marion started losing weight after the fourth session — the first with full hypnosis — and after the fifth she began to feel a tightening sensation in her stomach.

She added: "Now if I try and eat a large portion I feel a pulling sensation in my tummy as if my stomach is stretching.

"I simply cannot eat large portions of food any more.

"I did manage to force down a KFC burger once but I felt really sick, as if it was stuck in my throat, and I had to lie down for three hours afterwards.

"I am thinner now than I ever have been and if I can lose another stone I will be exactly the weight I want to be.

"I feel like I fit in now. People don't stare at me anymore."

Clinic owner Martin began working on perfecting the Gastric Mind Band after a client he helped quit smoking asked him whether it would be possible to convince him he had one fitted.

Martin said: "This treatment is good for the client, for the NHS and is also ideal for the many overweight adults and teenagers who are sadly part of 'Obese Britain'.

"Although this form of 'imagined surgery' isn't in itself new, its application in the weight loss field is believed to be pioneering.

"And this non-surgical approach has many benefits - no general anaesthetic, no risk of DVT or MRSA."

Martin, who himself has lost 50lbs, said: "The different therapies help patients rethink their whole attitude to food so they adopt a new lifestyle of healthy eating.

"It is not a temporary solution. It is a long term thing.

"We believe our therapy can be immensely beneficial for individuals who want to control their eating habits for self esteem or health reasons especially the growing number of people, young and old who are developing type 2 diabetes in ever increasing numbers."

Jacqui Lowdon, dietician and spokeswoman for the British Dietary Association, said: "This is quite a novel idea and I've certainly never come across it before.

"Gastric bands are available on the NHS to those who have problems with their weight, but there are a lot of side effects.

"If this works and people can achieve the same kind of weight loss without surgery, it is important they are getting the correct dietary advice as well.

"It is also important to have a target weight and to know what your ideal weight is."

Elliott Wald, resident hypnosis expert on ITV's This Morning and spokesman for the Hypnotherapy Association UK, said: "In essence I see the possibility of being able to create a visual gastric band in the mind, but as yet I haven't seen enough evidence to support it."



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Tamara said: "This is a much more comfortable way to go into labour."







## A Word from Rick Collingwood:

Greetings to you all, here is another new month and it's hard to believe that we are halfway through 2009 already. It is Monday the 8<sup>th</sup> of June and I am writing this newsletter looking across Lake Geneva from the luxurious Palace Hotel in Lausanne Switzerland albeit in the most tragic of circumstances.

Two weeks ago I got called from a London businessman wanting my help using hypnosis to assist his wife who has been lying in agony at The Royal Marsden Hospital in London for 3 months with stomach cancer for pain control. Three days after his call I arrived at the hospital and was shocked to see that she was much worse than I had expected and looked identical to a POW from the concentration camps. The Royal Marsden Hospital in London is widely acknowledged among western oncology as the BEST cancer hospital in the world with the most up to date treatments if you can afford the 2700 pounds a night plus about another 1000 a night for morphine and anything else they consider may be needed. There was a lady from Kuwait who had been there for 2 years with Pancreatic cancer who got sent back to Kuwait last week with the "Sorry we can't help you anymore," letter so figure out how much that has cost her family. For this cost you wait 20 minutes for a nurse after you call on the buzzer and about another 20 to 30 minutes before they finally return with a pain killer or whatever may be needed. The nurses there are fantastic caring people who are stretched to the limit, but the doctors appear to be a different story completely and only check the patient about once a week and just prescribe more morphine. The rooms are old dark dingy and antiquated and it appears that 98% of the patients seem to get chemoed and morphined to the point of no return.

Anyway the husband of this lady has spent 3 months doing a lot of research into alternative therapies and found some treatments that were well evidenced based from a clinic in Mexico run by US medical doctors (not naturopaths or alternative practitioners) called Hope4Cancer. After considerable email and phone contact he flew one of the MDs in from the US with their non toxic protocols which are clinical extracts, radio therapies, and mass vitamin C intravenous injections and tried to get permission for them to be administered at the Royal Marsden. The Professor of oncology wouldn't have a bar of it or even look at the protocols and basically threw the US MD out of the hospital, turned to the woman's husband in the room and said in front of her "What's all the fuss about? She only has a few days or a week at best to live." That was the last straw for the poor bugger and so he immediately ordered an air ambulance to get her out of the place.

This is where it gets interesting.

He booked her into a clinic in Lausanne Switzerland where they will allow any non toxic and non invasive treatment to be done. The letter from an oncologist at the Royal Marsden for the air ambulance nurse and the doctors at the Cecil clinic in Lausanne stated in writing that they did not think that she would survive the flight, and if her heart was to become erratic or fail not to try to revive her, unbelievable but true, and up until the medivac ambulance arrived at the hospital they were trying to get him to change his mind and he told them in no uncertain terms where to go.

She was stretchered into an ambulance and taken to London City airport where the medivac flight, complete with a nurse and doctor was waiting for her. Within minutes of taking off was asking to sit up and look out the window. Myself and the US doctor flew on another plane to Geneva leaving London City Airport at the same time, and then flew by helicopter to the clinic at Lausanne, which took us about 6 hours in total, while she had a bed to bed turnaround of 4 hours exactly. Her helicopter was met at the Cecil Clinic helipad by a medical team and an oncologist, who took twenty minutes to evaluate the US doctors protocol and learn the administration techniques and doses and then they went to work.

Four days has passed and now she is completely lucid, sitting up chatting, she has no pain and her morphine which was being administered 7 to 8 times a day at Royal Marsden was immediately reduced by 90%. Her tumour markers have fallen by 70%, she has regained 2 kilos in 4 days and she sleeps deeply and calmly. If she calls for a nurse, 3 of them are with her in less than a minute, there is a full time doctor on the ward and the cost is 365 pounds a day for full care, fresh flowers are delivered daily and the view across Lake Geneva to the French Alps from the private room window is complimentary.

Given the seriousness of this situation I have to say during my 8 years of working with cancer patients I have never seen anything like this happen. I'm writing this with the husbands permission to simply say that there is hope and it has become painfully obvious to me after what I am witnessing that there are non invasive treatments that do work, cost a hell of a lot less, and don't poison the patient with chemotherapy and morphine to the point of muscular atrophy and complete misery.

There is no way I would say this woman is cured or is in remission, but she now has a quality of life and is quickly beginning to resemble a human being again. I don't encourage any cancer victim to rush off for any alternative treatments on hearsay because there is a lot of quackery available. But I can say with surety that the western medical system has a pathetic cure rate with the majority of cancers, it is a law unto itself, refuses to change its doctrines, and is brilliant at manipulating statistics.





From what I have witnessed these past 14 days I can also say that if any of my family got cancer I would go to an Australian oncologist for tests and a diagnosis and then immediately to a travel agent for a ticket to either here or the hope4cancer clinic in Mexico where there is humane, caring, and what appears to be much more effective treatment.

## What can hypnosis do to help?

Because of the condition of the lady when I arrived in London, conventional hypnosis was out of the question as she was in a complete stupor from Morphine and a cocktail of other drugs, so my only option was to use mesmerism and magnetism. It was amazing for both me, her husband, and the nurses to see the heart rate and blood pressure monitor change by just putting my hands into her energy field and willing it to happen. It was even more amazing to see it happen by pointing at her from some 6 or seven feet away, and by the second day she was having some pain free periods and became lucid and could hold a conversation for 10 minutes or so which she had been completely unable to do for 2 weeks before I arrived, the alterations on the monitors were even more significant when attention is focussed while holding and projecting a feeling of unconditional love and a desire to heal. It was solid evidence for me to see that effect and it has washed any doubt from my mind at how effective this unique form of hypnosis actually is. This is not to say that the woman is cured, in remission, or will even survive another 2 weeks, but she is pain free, tremendously better than she was, and can communicate with her husband again. Her skin has regained some colour, she sleeps better and said this morning that she was hungry and wanted food, which however is presently out of the question.

There are two morals to this story:

1. Can hypnosis or magnetism cure cancer? No it can't but it can sure as hell make the victims life, physically, mentally, and emotionally a lot more comfortable than an endless cocktail of Chemotherapy and Morphine.
2. Appreciate life, your loved ones, and what you have as often as you can. Because no matter how much money you have there are some things it cannot buy.

Have a great June and I hope to see you soon

Kind Regards

## Rick Collingwood

[illegible]

## A Note From John...

Life can be full of ups and downs, I hope yours has been more up lately (and will continue into the future). Even when it seems dim, change is often just round the corner, so for those who haven't had the ups yet, take heart, it won't last for ever.

Speaking of ups: Did you realise that if you are depressed, just by lifting your chin, standing taller, you will feel a little better. That by holding a pen between your teeth (using the smiling muscles) you will find jokes funnier and life better. Also, that snails under the effects of magnetism **will** handle much higher temperatures on a hot plate. I might try some Magnetism on myself to handle the hot plate of life...

The 5 Step Quit Smoking and 5 Step Weight loss courses were fun, and soon there will be the **MIND/BODY HEALING COURSE**. My favourite. This course is about dealing with disease, sickness, physical and emotional issues. Everything from psycho-somatic to allopathic issues, cancer, Parkinson's, skin problems, menopause, thyroid, etc etc, from light to heavy duty problems.

We deal with emotions, physical and/or emotional causes, symptoms, pain and healing, and recovery. How the Mind /Body connection affects diseases and sicknesses.

This topic is my specialty, there is nothing more satisfying than healing illness in my opinion. One of the best moments in my career was having a client fly in through the door and hug me with the words 'My tests are clear, my tests are clear!!!' and she is still alive and happy to this day.

Hope you can make it **down to the course**, both the practical and theoretical components are covered, demos, manual, inductions, certificate and no exams! 2 days only, **25 and 26 July.**

In other news, my secretarial issues have now been sorted. For any misakes mee apollojise. Seriously, sorry for any inconveniences caused by the Smoking/Weight Loss flyers. We will endeavour to not let the mistakes happen again.

My segments on Curtin FM with Liz Pye have been very successful at bringing more exposure to our profession and I'm currently looking at some other media options for later in the year. The Academy is still at the forefront in WA and will continue to be so with your support. This is our profession, let's raise the bar and help de-mystify hypnosis - bring it to a practical and acceptable modality, healing sickness, helping people blossom, etc. etc., the list is endless.

Professional and Effective, Moral and Respectful, Calm and Confident. let's get the job done.

Stay light hearted and resilient folks and live THIS life!

Johnnie.



## British surgeons should hypnotise patients for some operations, says academic

British surgeons should be taught to hypnotise patients to control pain for some operations rather than rely on general anaesthetics, according to a leading American academic.

By Daily Telegraph Reporter

Published: 3:15PM BST 07 Jun 2009

<http://www.telegraph.co.uk/health/healthnews/5468518/British-surgeons-should-hypnotise-patients-for-some-operations-says-academic.html>

Professor David Spiegel, of the Department of Psychiatry and Behavioural Sciences at Stanford University, wants the National Institute for Health and Clinical Excellence (Nice) to sanction sweeping changes.

He will tell the Royal Society of Medicine on Monday that Nice should add hypnotherapy to its list of approved therapeutic techniques for the treatment of conditions ranging from allergies and high blood pressure to the pain associated with cancer treatment and bone marrow transplantation.

Nice has already approved the technique for the treatment of irritable bowel syndrome.

"It is time for hypnosis to work its way into the mainstream of British medicine," says Professor Spiegel.

"There is solid science behind what sounds like mysticism and we need to get that message across to the bodies that influence this area.

"Hypnosis has no negative side-effects. It makes operations quicker, as the patient is able to talk to the surgeon as the operation proceeds, and it is cheaper than conventional pain relief. Since it does not interfere with the workings of the body, the patient recovers faster, too.

"It is also extremely powerful as a means of pain relief. Hypnosis has been accepted and rejected because people are nervous of it. They think it's either too powerful or not powerful enough, but, although the public are sceptical, the hardest part of the procedure is getting other doctors to accept it."

Last year, the Daily Telegraph reported how a pensioner had knee surgery using just hypnosis to control the pain.

Trained hypnotist Bernadine Coady, 67, was wide awake for the one-hour operation, which is usually performed under a general anaesthetic.

A spokesman for the National Council for Hypnotherapy said of her case that the technique has been used for centuries for pain relief.

He added: "It is used often other countries, for example Belgium, as an alternative to anaesthetics and patients report that it is very successful, that they feel no pain during their operations."

The theory behind medical hypnosis is that the body's brain and nervous system cannot always distinguish an imagined situation from a

real occurrence. As a result the brain can act on any image or verbal suggestion as if it were reality.

Hypnosis puts patients into a state of deep relaxation that is very susceptible to imagery; the more vivid this imagery, the greater the effect on the body.

Nice said it would welcome submissions for hypnotherapy to be considered as an approved therapeutic technique on the NHS if it could be cost-effective and consistent delivery could be guaranteed.

But Professor Steve Field, who chairs the Royal College of General Practitioners, said he was sceptical as to whether hypnotherapy could meet these standards.

"It is a useful tool used by some GPs and patients for relaxation, but I don't think it is something that we should support being rolled out to all medical students and all doctors," he said.

"We can't call on the NHS to support it without there being a firm medical and economic basis, and I'm not convinced those have been proved to exist."

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## More people opting for hypnosis to try to quit smoking

By Satish Cheney, Channel NewsAsia | Posted: 01 June 2009 1931 hrs

SINGAPORE: More people are giving hypnosis a shot in their efforts to quit smoking. While this form of treatment has been available here for at least ten years now, more hospital professionals are being trained in it.

Some 30 health care professionals will complete a smoking cessation hypnosis training conducted by London College of Clinical Hypnosis in collaboration with Tan Tock Seng Hospital in October.

The whole session will take about 1.5 hours and according to therapist Mdm Karen Ong from the London College of Clinical Hypnosis, the therapy is very safe.

Sheila Menon, principal, London School of Clinical Hypnosis, said: "What happens is when a smoker decides to quit smoking, they can go into a relaxed state and focus acutely on what it is they want to achieve and they can break the habit. In addition to that, they can also imagine themselves as a non-smoker in the future."

But does this method work for teenagers who do not want to quit smoking?

Ms Menon said: "When a parent brings a teenager who really doesn't want to quit, we quite often say, 'Why not give it a shot? You can always choose to go back to smoking.'"

The hope is that they will benefit from the attempt. - CNA/vm

The secret of success is to know something nobody else knows.

**Aristotle Onassis**

# **PART 2 - The effects of auto suggestion stay with our children for life!**

By Joane Goulding LMFCCH, LMFASCH. 2009

[www.sleepwalkchildren.com](http://www.sleepwalkchildren.com) [www.thegouldinginstitute.com](http://www.thegouldinginstitute.com)

## **Part Two:**

In part one of this series we discussed and presented the suggestion that the subconscious mind follows any belief with equal efficiency impersonally and that much of life's creative process happens without our conscious knowledge. There are conscious and subconscious forces operating in our lives and the mind does not decide which thought it should act on. Whatever the conscious mind believes, whether the belief is true or not, the subconscious mind will act upon that belief. The subconscious follows any belief with equal efficiency - impersonally.

The relationship between the conscious and subconscious mind is not fully understood, otherwise psychoanalysts would educate their clients as well as psychoanalysing. We are the owners of this instrument and are entitled to know how it works. We must learn how this mind energy is distributed between the subconscious and the conscious if we are to assist our children. Children are our future and we must realise this with a sense of urgency, if we are to care for their future we need to care for them now.

The central issue that we need to concentrate on is the acceptance of positive suggestions without conscious critical analysis and rejection. Children are subjected to auto suggestions both positive and unfortunately more often than not negative suggestions from the moment if not before birth. It's paramount that children have the advantage of a developing a positive, confident, subconscious self image to deal with their world.

## **The Reticulating Activating System.**

A process was developed which allows the acceptance of positive suggestions directly into the subconscious mind replacing previously accepted negative suggestions and takes only about three minutes every evening with the results lasting a life time. It also allows the parents or primary carers to redefine and in many cases redevelop a positive relationship with the child and the down line ramifications of change permeate through the entire family. This technique is most important when dealing with physically, emotionally or intellectually impaired children, as the majority have a very negative self belief and image. Not all children need this process but it's a given that they will all benefit from it. Because it allows the subconscious mind to redefine it's believe structure and accept alternate suggestions which upon awakening become the child's truth and reality.

The procedure called the Top Hat<sup>1</sup> process is delivered by the parents or primary carers whilst the child is asleep without awakening the child or causing conscious and in many cases critical confusion. The technique accesses the subconscious mind at brain-wave levels ranging from the deep Alpha to the light Theta (approximately 8-6 electro-magnetic cycles per second).

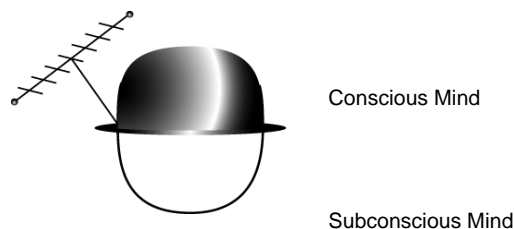
For the process to be accepted it's important that the child is not at the deepest levels of the sleeping cycle: i.e. the deeper levels of Theta brain wave frequency or whilst in Delta 0.5-3.5 electro-magnetic cycles per second. This simple process, which takes about 3 minutes of the

parent's time each evening, activates the awareness of the Reticulating Activating System (RAS) allowing access to the most appropriate brain-wave frequency for each individual child. The reticular activating system (or ARAS, for Ascending Reticular Activating System) is the name given to the part of the brain (the reticular formation and its connections) believed to be the center of arousal and motivation in humans.<sup>2</sup>

## **The Top Hat Process.**

The major objective of the Top Hat process is for the parent to access the correct level of brain-wave frequency while not interfering too much with the normal sleeping habits of a child. If suggestions were presented during this process whilst the brain wave frequency of the child was in the lower levels of Theta or Delta, then the suggestions to the child would be of little value because one would be talking to a sleeping child without activating the awareness of the RAS.

The following is a diagram description of the process. Whilst asleep, the conscious mind rests, but the subconscious mind always has a level of awareness. It is as though the subconscious mind has an antenna. What tells you to wake up? The antenna of the subconscious mind – the RAS. (See diagram 1.)



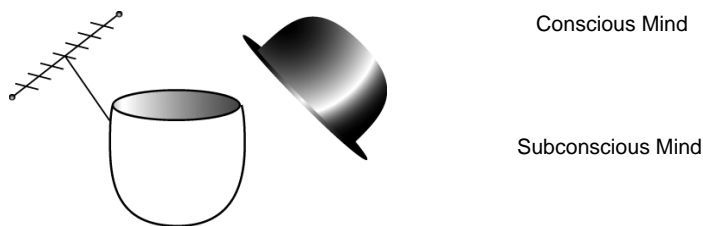
**Diagram 1**

For example, as a parent when your baby cries out in the night, you awaken, even if your baby is two doors away. And yet you may remain asleep when a car backfires as it passes the house.

As part of the Top Hat process, you direct your child's conscious mind to stay asleep, by communicating with your child's subconscious mind via the antenna. For this process to be effective, it is imperative to engage the correct brain-wave frequency of your sleeping child. In other words, take off the "Top Hat" - the conscious mind of your child. (See Diagram 2.)

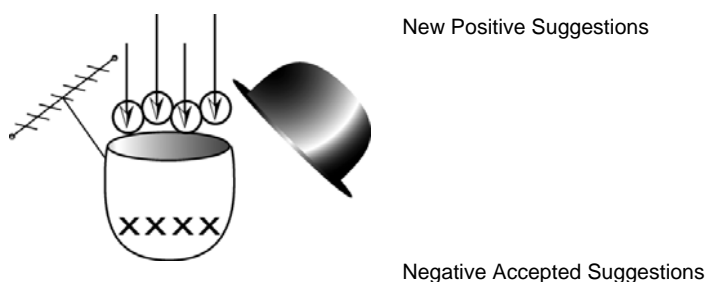
<sup>2</sup> American Psychological Association (APA): reticular activating system. (n.d.). WordNet® 3.0. Retrieved March 16, 2009, from Dictionary.com website: <http://dictionary.reference.com/browse/reticular activating system>

<sup>1</sup> Goulding JM. The Top Hat Process: *SleepTalk™: a gift of love through positive parenting*. Pub: Pannon. Vic 2004



**Diagram 2**

The process enables the parent to talk directly to the subconscious mind of the child without interference from the conscious mind which may be influenced by any negative beliefs already accepted by the subconscious mind. (See Diagram 3.)

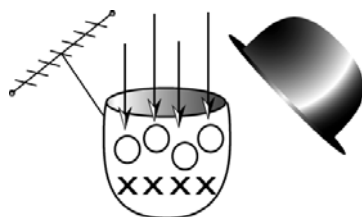


**Diagram 3**

At this particular point, what is said to the child is critical, so ensuring there are no external noises such as a radio or other people talking within hearing of the child is paramount. The phrases that are used have been researched and proven over 35 years to be most beneficial and effective in the reinforcement of unconditional love, self-esteem. The outcomes resulting from this strong, positive foundation of belief have been very successful.

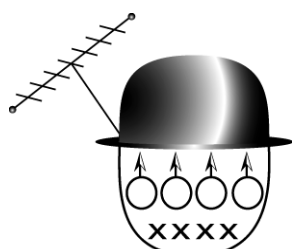
The positive phrases, when presented to the subconscious mind in this specific manner, will be accepted, without consideration, conscious critical analysis and hence possible rejection. They sit next to the previously accepted but negative beliefs in the subconscious mind of the child.

(See Diagram 4.)



**Diagram 4**

On the completion of this process, the child is returned to normal sleep. ie. Put the "Top Hat" back on.. (See diagram 5.)



**Diagram 5**

Over time the specifically repeated positive phrases will dominate and defuse negative beliefs leaving the child with positive suggestions creating a confident self image rather than the previously accepted negative cognitive inoculations. Not only has the parent defused or replaced the negative emotions or issues but in their place presented a solid foundation of self believe and confidence. Another major advantage of this process is the development or reinforcing of positive communications between the parent and the child.

#### Case History:

This case history was written by the mother of a 7yr old child, who was trying to deal with anxiety, trauma and fear. Names have been changed to protect confidentiality. Sincere thanks are offered to the parents for allowing their very personal journey to be shared.

#### Background:

Young B was a normally happy and very active little fellow. During a 6 month period his grand mother was diagnosed with cancer and as a result his mum spent a lot of time away from the family home. Obviously the physical changes in B's most precious Nan were quite confronting for him. Also at this time the devastating effects both financially and emotionally of the drought were starting to become evident. Bushfires were only kilometres away and the farm was blanketed by the smoke during the day for weeks and flames from the fires could be seen during by night. On New Year 's Eve during a massive storm, lightning hit a tree in one of the farms paddocks and started a fire. With this came the immediate trauma of fire engines, panic and mayhem. As a result of this, the following trauma recorded by B 's mother occurred.

- B would not sleep in his room on his own; he would wake screaming and become violent both verbally and physically when trying to put him back to bed.
- During the day he wouldn't go anywhere (inside or outside) without being able to see me and was very augmentative with all family members.
- B was very disruptive in the classroom, couldn't stay still or take instructions and actually fell asleep in class. He didn't respond to any form of teaching.
- February, I discovered the Goulding SleepTalk for Children process and began using the foundation process.
- By mid March B was starting to go to sleep, but still with me sitting on his bed. He would at least sleep in his own bed all night and the teachers were reporting improvement in his behaviour at school.
- By the end of March Bs daytime 'tantrums' were becoming much less frequent and he was going to sleep on his own and sleeping all night.
- April: B continues to sleep well, and if he does wake in the night, he's happy to go back to sleep in his own bed. He is moving around on his own a lot better and he is responding the teachers a lot more readily.
- May: Introduced 2 'specifics' with the help from Joane. "you are confident, positive and calm, learning is good, interesting and fun".
- June: End of school term and his parent/teacher interview was amazing. The teachers told us he'd improved 1000 percent!
- July: B continues to improve in all areas. He moves around, inside and outside, quite freely and independently and his general happiness is fantastic.
- Added to siblings statements "B loves you".
- October: Bs behaviour is consistent, his cooperation with the family is fantastic and he adds valuable contributions to conversation and play.
- December: I have changed B's suggestion to 'you're safe, secure, confident, positive and calm. N loves you, you treat others as you would be treated'.
- Feb-May: I stopped SleepTalk for these months and by May started to notice signs of regression in B's behaviour and sense of self. So I resumed SleepTalk with almost immediate results just with the 'Foundation' process. The immediate results are nothing short of fantastic, with improvement continuing. No, I wasn't really surprised, but excited to enhance my experiences with sleep talk and so easily make an effective difference for my little man!
- Now I continue with SleepTalk, only adding N loves you to the 'Foundation' process at this point. I am pleased with the



feedback but will stick with this suggestion for a little longer, my next idea will be to reuse, 'you treat others as you would be treated.

**Mothers Comments:** Simply, where would my family be without the Goulding SleepTalk™ process? Given the enormity of the primary reason for starting – the answer is “On the scrapheap with a mentally ill mother and similarly affected children.”

#### Conclusion:

Biopsychosocial aspects of stress, anxiety, education, emotional and physical issues are presented by clients to clinical hypnotherapist's everyday and looking beyond the presenting systems can in some cases be very beneficial. The down line ramification of do occur as a

result of utilising this process is a major step forward in assisting clients if situations at home are a contributing factor to their presenting issues.

It's not about whether all children need SleepTalk™ but it's most certainly a given that they and the parents will benefit from it. The process works in conjunction with any therapy and allows professional consultants and clinical hypnotherapist to assist parents to help their children develop emotional resilience, the mind's firewall, which protects against negative suggestions, much like a firewall on a computer protects it from outside interferences and damage.

**For additional information:** [www.sleep-talk-children.com](http://www.sleep-talk-children.com)

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## Hypnotherapy Treats Irritable Bowel Syndrome

<http://www.naturalnews.com/026218.html>

Thursday, May 07, 2009 by: Steve G. Jones, M.Ed.

(NaturalNews) Irritable bowel syndrome (IBS) is a disorder involving the intestines. Symptoms can be mild to severe and include abdominal cramping, diarrhea, constipation, bloating, and gas. Many people who have IBS are often embarrassed by their symptoms and are uncomfortable talking about it with a doctor. Fortunately there are alternative methods, such as hypnosis, that can be used to help ease the symptoms and treat irritable bowel syndrome.

According to the Mayo Clinic, one in five American adults has [IBS](#). Severe cases of IBS can be disabling and many people do not respond well to traditional methods of treatment. Many people have reported benefits from learning to change their lifestyle such as their eating habits and incorporating exercise. Proper stress management is also an important ability to have in order to keep symptoms of IBS at bay.

Many studies have been conducted to test the benefits of hypnotherapy on patients suffering from IBS. Whorwell (2000) researched the effect of hypnotherapy on IBS patients. The study involved 30 participants with severe cases of IBS. Participants were randomly allocated into two groups. One group received hypnotherapy treatments, while the other group received placebo medication and supportive therapy. The participants were evaluated three months after treatment. All of the patients in the hypnosis group reported significant

improvement. However, only two participants in the control group reported any improvement. The study continued to evaluate the hypnosis group and measured their gastrointestinal motility for 18 months after treatment. The researcher concluded that people with IBS who are treated with hypnosis have the ability to improve gastrointestinal motility, thus seeing improvement in their symptoms.

Houghton, Heyman, and Whorwell (1996) studied the effect of hypnotherapy treatment on severe IBS cases and the economic impact and quality of life. The study involved 50 patients ranging in age from 21 to 58. All 50 participants were questioned about their IBS symptoms, quality of life, and employment. Twenty-five participants received hypnotherapy sessions to treat their IBS. The remaining 25 participants made up the control group and received no form of treatment.

Following treatment, the hypnotherapy group and the control group were evaluated. Results showed that those in the hypnosis group reported improvement with the following symptoms: pain, bloating, gas, nausea, lethargy, and urinary problems. Those in the hypnosis group also reported improved overall well-being, physical well-being, mood, and work attitude. During the study, 79% of the control group took time off from work due to their IBS, compared to 32% of the

hypnotherapy group. Also, 58% of the control group visited their doctor during the study, whereas 21% of the hypnosis group visited their doctor. Four people in the hypnosis group were out of work prior to the study. After the study, three were able to go back to work. Comparatively, out of the six people in the control group who were not able to go to work, none were able to return back to work after the study.

This study shows that hypnotherapy is able not only to improve the symptoms of IBS, but also to improve the well-being of those who receive hypnosis. Hypnotherapy improves mood and enables IBS sufferers to miss less work. There is a huge potential economic impact of providing hypnotherapy for those suffering from IBS.

#### Sources

Houghton, L.A., Heyman, D.J., & Whorwell, P.J. (1996). Symptomatology, quality of life and economic features of irritable bowel syndrome-the effect of hypnotherapy. *Alimentary Pharmacology and Therapeutics*, 10(1), 91-95.

"[irritable bowel syndrome](#)." Mayo Clinic. Retrieved May 04, 2009 from [mayoclinic.com](http://www.mayoclinic.com/health/ir...): <http://www.mayoclinic.com/health/ir...>

Whorwell, P.J. (2000). Hypnotherapy in the irritable bowel syndrome. *Stress and Health*, 3(1), 5-7.

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Nothing contributes so much to tranquilize the mind as a steady purpose-- a point on which the soul may fix its intellectual eye.

**Mary Shelley**

Imagination is more important than knowledge.

**Albert Einstein**

## Script of the Month:

### Morning Sickness

Learning came so naturally in those early years....

Revisit your Curious Baby Self

And now I wonder if you can allow your mind to drift gently back through time to those earliest days and weeks and months and remember yourself.

From those earliest moments when you emerged from the womb, a safe, warm, comfortable environment where nothing mattered except you - and your comforts and bodily needs were met.. And that very first day when you pushed yourself down when you were ready to be born, and coming out into a bright, hard, cold world. How do you think was it for you? Did you feel loved and wanted – cradled in soft, loving arms - were you secure in the love of all those around you.

Remember how you learned to cry. At first it was instinctive but after a while you realized that your other needs could be met when you made a sound. You slept quite a lot those days, and then after some time in this bright new world, you learned how to lift your head – it was such an achievement.

There was a time when you tried to roll over and you tried and tried until you succeeded – it took such concentration to get all those muscles to work together – but you did it.

Remember learning to sit up and balance your muscles. Soon you were pulling yourself up into a sitting position – sometimes you lolled to the left and sometimes to the right – until you mastered the art – and even then you weren't satisfied with just that. Remember how brave and daring you felt when you ventured out onto that very first step. And even when you fell back on your bottom – you didn't give up – you persevered. You held onto the furniture to help you to move – until finally – you trusted yourself to let go – and you did – you succeeded again.

Remember learning your language – all the sounds that rolled off your tongue – and by your first birthday you could already understand a lot of what was being spoken to you. You could even begin to make a few of your own needs understood.

Now let yourself go right back – inside – and discover that baby self deep within you. You're still open – you're still curious – feel those special parts still there – receptive and eager to learn. For a few moments just let yourself enjoy yourself – (pause) and of course you can continue to enjoy for as long as your unconscious mind finds it necessary – discovering your love of learning – new things – and quite often the more challenging they seem the more satisfaction you feel afterwards – of having achieved – having learned something new – it's an exciting feeling – it's special. And your brain contains its own special patterns where your learnings are stored – new ones being created – all the time.

(Pause for about three minutes, then continue).

Bring back with you to the present time, those special parts of you, the curious, eager, receptive parts. For you're learning all the time. Even when you're playing, you're learning – it's fun – it's exciting to discover new ways. Learning for you is just that. Fun and exciting.

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## Up Coming Dates:

### Monthly Ongoing Trainings

Lesson Seven: <b>Hypnotic Transference</b>	Saturday, 1st of August, 2009
2 day Mind-Body Workshop and Certificate	Saturday&Sunday, 25 <sup>th</sup> /26 <sup>th</sup> of July, 2009

### **Power Hypnosis Course – SYDNEY**

(Includes one Day Fascination Training)

**Dates** Friday 26<sup>th</sup> June – Monday 29<sup>th</sup> June 2009  
**Venue** Rydges North Sydney

### **Power Hypnosis Course – MELBOURNE**

(Includes one Day Fascination Training)

**Dates** Friday 10<sup>th</sup> July – Monday 13<sup>th</sup> July 2009  
**Venue** Quest on Doncaster

**T**hese four day trainings have their own Certificate and are a requirement for the Advanced Certificate of Hypnosis. The Power Hypnosis Training may also be attended by any person with proven previous hypnosis experience. The June 2009 Power Hypnosis Training will be conducted by Rick Collingwood and Michael Werts.

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## Future Articles

**T**he Mind Motivations™ Newsletter would welcome any articles or stories. Please submit any inclusions via email to the [MM\\_Newsletter@iinet.net.au](mailto: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.

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