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**W**elcome to the March newsletter. Three down for this year already and what a year it has been so far.

Floods in Queensland and the Pilbara Region of WA, fires in Victoria, Stock Market upheaval, elections coming in QLD....and all in only three months. One thing that the fires (and floods) have shown is people's commitment to other people. The work of volunteers in at both ends of the country should give us all pride in the supportive attitude of people everywhere. I would not be so shallow as to claim that this was solely an Australian trait – but it is heartening to know that people here and probably everywhere will selflessly help other people in their time of need. Along exactly these lines, I am aware that our colleagues and friends in the Council of Clinical Hypnotherapists (CCH) have been devoting time, energy and resources to support the victims and volunteers who fought the fires in Victoria. In some instances, CCH members have gone above and beyond the expectation and the CCH has provided a coordinating and supporting role for these people. To all who have been involved I would like to pass on sincere appreciation, thanks and well done from Mind Motivations™ and the Academy! I am sure that through this good work, much has been done for the victims who were suffering and great strides forward have been taken in furthering the good reputation and public knowledge of hypnosis and hypnotherapy.

Let's hope that all of the volunteers everywhere now have a period of rest, recuperation and recharge....it is overdue!

On another note – Rick is back! There is an update from Rick in this Issue of the newsletter. I am also pleased that one of the readership has provided a short inclusion in this newsletter as well – well done Christine! Hopefully this will inspire others to put pen to paper (or finger to key) and also pass on some news, story or anecdote.

At the end of this month the Academy will spread its wings a little wider with the first **Power Hypnosis Course** being conducted in **Melbourne**. Rick and I will be in Melbourne from about the 25<sup>th</sup> March to conduct the three-day training. Interest in the course has been very positive and I will provide an update on how it went in the next edition of the Newsletter. If anyone has any contacts in Melbourne who might like to do the course, please don't hesitate to pass the information on. Places are just about filled, however for friends of the Academy; we will make an extra effort. The web-address detailing course information is:

<http://www.naturaltherapypages.com.au/school/21451>

Along the same lines, the **Power Hypnosis Course** will be run in **Perth** on **17, 18 and 19 April**. Information on Enrolment and an Enrolment Form is included in this edition of the Newsletter and as interest is likely to be high and places will fill quickly, we encourage all who are interested to *get in early and register for the course **now!*** The web-address detailing course information is: <http://www.naturaltherapypages.com.au/school/21450>

<http://www.naturaltherapypages.com.au/school/21450>

Now, on with the news.....

**Michael Werts**  
**Editor MM Newsletter**

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## An update from Rick:

**W**elcome to March already. I hope the New Year is proving successful for you. I am back in Perth now, with a few interstate-training trips interspersed until June.

I would like to welcome the new students, who finished their training with John Vernes in February, to the Academy and trust that you learned all you wished to learn. I would also suggest that new students join a professional association and become a member of PHWA. To find the application forms please go to [www.mindmotivations.com](http://www.mindmotivations.com) and click on the PHWA logo near the bottom of the front page.

There has been a new section of photographs of Mesmer's monument and Meersburg added to the site as well. You can find an icon half way down the LH side of the front page of the site.

Remember that there are also more than 400 scripts available to you if you join the hypnosis forum on the website. To join the practitioner forums go to the icon on the bottom LH side of the front page and then follow the prompts. Anyone can join and once you have registered you will have access to the scripts that are not available to non-members.

Please find once again in this newsletter application forms for the April Power Hypnosis training, and remember if you want to complete the Advanced hypnosis training the 3 day Power Hypnosis training is now a requirement. Students who have completed the Power Training in the past can repeat it for \$550 inc GST. The cost for first time attendees is \$880 inc GST, which will rise to \$1320 after this next April training. The Power Training is the perfect addendum to enhance the skills you have already learned and to speed up your inductions. The registration and application information forms are provided with this newsletter.

If you have already registered and paid in full or paid a deposit for the April Power Training you just need to turn up on the day and your receipt will be issued to you then.

I sent information out in November advising all students that I have a new mobile phone number, it is 0420 322 763.

I look forward to seeing you soon.

**Kind Regards**  
**Rick Collingwood**

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## A short piece on the "Benefits of Quitting" Smoking

By Linda Theil (Freelance Writer – taken from: [http://www.mlive.com/living/livingston/index.ssf/2009/03/hypnosis\\_among\\_successful\\_meth.htm](http://www.mlive.com/living/livingston/index.ssf/2009/03/hypnosis_among_successful_meth.htm))  
The American Lung Association offers these benefits for smokers who kick the habit:

- After 20 minutes, your heart rate has a favourable response.
- After eight hours, the carbon monoxide level in your blood drops to normal.
- After two weeks to three months, circulation and lung function improve.
- After one to nine months, coughing and shortness of breath decrease.
- After one year, your risk of having coronary artery disease is half that of a smokers.
- After 15 years your risk of coronary heart disease is similar to that of someone who has never smoked.

Dr. Swati Dutta, a radiation oncologist at the St. Joseph Mercy Hospital and the Woodland Cancer Center in Genoa Township says smokers who come to see her "get a lecture" on the issue.

"Smoking affects everything and goes throughout your body; it can make medical treatment more difficult because of damage to tissues," Dutta says. "It makes delivery of treatment more challenging."

He says many patients can stop smoking with the use of medications, but he also encourages patients to try hypnosis.

Howell hypnotist Curtis Watkins says he has an 85 percent to 90 percent success rate with his smoking-cessation efforts in his 25 years of practice in Livingston County. Many local physicians send him patients who want to quit smoking.

"One of the best ways (to quit smoking cigarettes) is through hypnosis," Watkins says. "But however you get off of 'em, you gotta get off them. It comes down to positive thinking - letting that mind work for you and not against you. When you're smoking, you're using your mind against you, and it can cost you your life." Watkins offers group sessions of eight to 10 people, where he explains the process of hypnosis, answers questions, hypnotizes his clients and gives them a reinforcing CD to use at home (details on the Web at [how2learn.com/watkinshypnosis](http://how2learn.com/watkinshypnosis)).

"You have to want to get off cigarettes," Watkins says.

He offers this advice to those who have made the choice to quit:

Set a date and know that you are never going to smoke again.

Tell yourself, "This is it! I'm going to get off these things. I'm going to be happy. I'm going to be successful and move forward with a positive attitude."

Remember the six most important words in your life: As you think, so you are.

Whatever method you choose to quit, help is as close as your doctor, the Internet, or a call to the Michigan Quit Line at 1-800-480-QUIT (7848).

Freelance writer Linda Theil is a former three-pack-a-day smoker who found success with a Curtis Watkins group session in 1999 and has not smoked since.

## A Pleasant Snippet

The following was received by email from Christine Diamond and is reprinted with her kind permission:

*"This may be of interest to your newsletter. A week before my grandsons year 11 exams I gave him some hypnotherapy to ease his anger, tension and anxiety and laid in the positive suggestions that he needed to sit for his exams in a quiet relaxed confident manner along with suggestions of how to retrieve what he had learnt to answer all exam questions for every subject. He loved the experience and so finally the end of year graduation day arrived and my grandson took out Dux of year 11 and topped his year in Chemistry and Maths.*

*This year he is doing physics and had a problem accepting it. He asked for some more hypnosis to get him through the resistance that he had been feeling towards the subject. He is now embracing both physics and metaphysics.*

*In speaking with other high school kids re exam time I feel that there is a great need for hypnotherapy in helping them overcome the pressures of study and success.*

- Christine Diamond"

It is good to be able to include a personal story related by one of our colleagues and a newsletter recipient as well. Thank you Christine!

I'd be more than happy to include more of the same or similar in future editions of the newsletter.

Ed.



## Hypnosis in the Media

# Overcoming fear

From [nvdaily.com](http://www.nvdaily.com), 3 Mar 09,  
<http://www.nvdaily.com/lifestyle/2009/03/overcoming-fear.html>

By Josette Keelor -- Daily Staff Writer

Dreams seem to bring out the worst fears in each of us, magnifying them into unrealistic proportions, from an army of invading spiders to a long fall from an airplane.

Upon waking the dreamer is comforted in knowing the images cannot cause harm, no matter how frightening they might be.

What would happen, though, if one could not escape the fear simply by waking but instead experiences that intense anxiety and dread all the time? For someone who suffers from a debilitating fear or anxiety disorder, the dream could quickly turn everyday life into a nightmare, from which he or she cannot wake.

The terror of unknown possibilities is the driving force behind most of what scares people. President Franklin Roosevelt's well-known statement, "The only thing we have to fear is fear itself," may be true, but for many, fear itself is a very real obstacle in their lives, according to local professional counselors.

### Fear vs. phobia

"Fears are an awareness of wanting to avoid something that's perceived as dangerous," says Donna van Horn, a licensed clinical social worker with Valley Behavioral Health Associates in Woodstock.

"Anxiety is normal and natural," says Matt Bruffey, a clinical psychologist and head of the anxiety disorder track at New Lifestyles in Winchester. When it becomes excessive is when it becomes a problem, he says.



Fears and phobias can be real obstacles in life, often requiring counselling and sometimes medication. Rich Cooley/Daily



Dr.

Fred Sabia demonstrates a hand technique called eye movement integration he uses to help patients deal with fears and phobias. Dennis Grundman/Daily



"Anxiety disorders are the most common mental disorders in the U.S.," Bruffey says.

According to the Web site for the Anxiety Disorders Association of America, [www.adaa.org](http://www.adaa.org), specific phobias, a type of anxiety disorder, affect 19 million or 8.7 percent of the population.

The differences between fears and phobias can be minimal, but in general, phobias are less rational and more debilitating than fears.

"Where a fear goes into phobia is its intensity, its disruptions of people's functioning," says Fred Sabia, a licensed professional counselor with Lighthouse Counseling in Winchester.

"The differentiation is how it interferes with a person's day-to-day functioning," he says. Avoidance does not help, he says, even though the natural response to something scary is to avoid it altogether.

"The more I avoid it, the more it [can become] an inner reality," Sabia says.

Which lifestyle changes to make depend on the type of fear, van Horn says.

"[It] has to do with intensity of the fear and then the intensity of the response," she says. Overtime the fear can become worse, thus leading to harsher reactions to things that might not actually pose a danger.

Mind over matter

Whether or not a fear is rational, the treatment can still be the same.

"Exposure and response prevention is the most successful," Sabia says of the treatment methods he uses. One form of treatment is to determine the hierarchy of fear, says Sabia.

Make a list from one to 10, beginning with the least fearful aspect of the scary object or subject matter and ending with the most frightening part about it. Someone who fears snakes might select talking about snakes in the No.1 position on the hierarchy, and list actually holding a snake at No. 10.

Sabia then helps his clients overcome their fears by working their way up through the list. Though sufferers need to face their fears to overcome them, they probably should not choose to skip right to No. 10, he says. But instead ease their way into confronting what they fear.

The result of counseling will depend on the patient, says van Horn.

The fear might always be there, but clients will be able to remain in the scary situation rather than running away screaming.

"Don't expect to be fearless about that which you're phobic about," Sabia says.

If a fear does not conflict with a person's every day life, that person might do very well choosing to ignore it.

"You don't have to use elevators," van Horn says of people who fear enclosed spaces or elevators in particular. If their job does not require them to use one, they might choose to simply use the stairs instead.

They might instead choose to treat fear on their own, but Sabia cautions, "You'd have to be pretty self-motivated to do that."

#### Behind the fear

"Public speaking fears and social anxiety disorders are among the most common [fears]," Bruffey says. For the general public the fear of speaking to others can easily be overcome, but for others treatment is more complicated.

"Very frequently there is some basis to the fear," Sabia says. He uses a psychological technique called eye movement integration in the treatment of those who have experienced traumatic events that triggered a fear in them.

The treatment begins with the client making a anchor statement.

"It would help them to feel safe, secure, confident" -- the complete opposite of how the fear makes them feel, Sabia says

Next the client pictures the traumatic event or the source of anxiety, but as if he is a spectator, not a participant. Sabia asks the client to follow the path of his fingers through the air, back and forth horizontally before asking the client to mentally revisit the scene of anxiety.

"It always changes. ... What's different is what changes. Some people say the movie is moving slower," he says. "Some even say, 'I can't conjure up the image.'"

The process continues, with the eye movement path moving to a vertical platform, and later a circular one over the course of the treatment.

Another form of treatment is hypnosis.

"Basically all hypnosis is deep relaxation," says Gwen Corley, a licensed clinical social worker with New Dawn counseling service in Winchester, who uses hypnosis among other treatments in her practice. It is most useful in the case of something that triggered a specific fear in a patient, she says.

"It takes the emotional punch out of [the memory]," she says of hypnosis.

"There's a lot of use for hypnosis in treating phobias," Sabia says; however, "There's a lot of misunderstanding with that."

A misconception of hypnosis is that it draws forgotten memories out of patients or that it helps them forget traumatic events. Corley says she does not do memory retrieval because the memories can be unreliable.

"What I have found the most successful is taping the session," she says. This way patients can take the tape with them and practice self-hypnosis at home when they need it, she says.

She also uses eye movement desensitization and reprocessing to treat fear, a treatment similar to eye movement integration, but much more well-known, Sabia says. He prefers eye movement

integration because he says it helps treat patients without forcing them to relive the traumatic experience.

Corley uses eye movement desensitization and reprocessing in order to allow the client to "free-associate," talking about whatever comes to mind during the session. The treatments she uses gradually expose the patients to their fear, which she says helps prevent them from becoming overwhelmed by the memories. "We take baby steps," she says. "Usually it's very successful." Medication could be another treatment, if anxiety is too much, Sabia says.

Support groups also exist for those suffering from fear or

#### **Types of anxiety disorders:**

- \* Panic disorder
- \* Generalized anxiety disorder
- \* Obsessive-compulsive disorder (OCD)
- \* Post-traumatic stress disorder (PTSD)
- \* Social phobia (or social anxiety disorder)
- \* Specific phobias

Some of the more common specific phobias include fear of:

- \* Closed-in places
- \* Heights

phobias as well as those living with a family member or friend suffering from anxiety. The National Alliance on Mental Illness offers support groups in Winchester. A free 12-week course for family and friends of those suffering from anxiety disorders will begin on Wednesday through NAMI.

"It's multifaceted ... very educational for people who don't understand mental illness," Brooke Taylor, president of the NAMI Winchester, says of the class.

"One in four families are affected by mental illness," she says, "which is huge."

The 12-week course will offer information for those wanting

to learn more about mental illness.

The free Family to Family class begins Wednesday at 6:30 p.m. Preregistration is required. To register or for more information about NAMI or support groups, call 533-1832 or e-mail [namiwinchester@live.com](mailto:namiwinchester@live.com).

#### **Defining phobias**

"A specific phobia is an intense fear of something that poses little or no actual danger. ... Such phobias aren't just extreme fear; they are irrational fear of a particular thing," according to the Web site for the National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov).

- \* Escalators/elevators
- \* Tunnels
- \* Highway driving
- \* Water
- \* Lying
- \* Dogs
- \* Injuries involving blood

-- Source: The National Institute of Mental Health



## Script of the Month:

# Stress

After induction and appropriate deepener....

And you know that ..... when you were younger, then that time was before you were older, but what is older compared with younger. You're as young as you feel and as old as your age and so older people may look younger while younger people may feel older. Going somewhere while we go nowhere everybody went somewhere once or twice ..... perhaps thousands of times, trillions of things going on in a billionth of a second. So much happens while nothing happens when a day feels like a million years long. What did you want then if you wanted anything did you not.

Like driving down an endless highway, going nowhere listening to a favourite tune and the rumble of the engine above the cabin noise, but hearing nothing really, seeing nothing much. driving.... automatically ..... and eventually getting where you thought you were going only to forget how and why you got there. then what's next always waiting for what's next, that won't bother you anymore or any longer that won't, go deeper now, deeper and deeper and deeper, more and more relaxed, comfortable, floating, listening. And now the subconscious mind should listen very closely and very carefully while the conscious mind drifts where it will, and now its easy, easy to realise and remember and understand that what could have been never was and what should have been is what wasn't, you can let all those negatives go now, gently, safely, peacefully, new and better understandings now for you, clearer, happier, more patient, more calm, and you see things clearly and responsibly and you let go.

Let go of all those destructive negative thoughts and beliefs that have confused the conscious mind for too long and too often. The subconscious mind can let all of those unwanted, unnecessary, destructive behaviours and beliefs go right now and the subconscious mind can let all that go now, and you can calmly and comfortably feel it all leaving your mind and body now. And you can know that you will now have a new, better, clearer, more understanding mind from this moment on, yes you will, will you not and from this moment on you will feel clearer more patient, understanding that you have plenty of time, relaxed, flowing with the rhythm of your life, easy for you, and this will happen more and more each day it will, even more so when you have left here, more and more even when you are no longer here anymore, more and more and more.

And you can know that the past is gone it can never be changed, what was is what was, past negatives gone now, let go, relax, deeper and deeper and deeper. The power of the moment, all power is in the moment, live in the power of the moment, right here right now, that is where you always are, living in the power of the moment, now you choose to use every moment to its fullest, motivated, happy, thinking positive constructive thoughts, flowing relaxed, no matter how difficult or trying some things may appear to be, it's all only an opinion, change your thoughts to change how you feel, you now always feel good from your happy positive, constructive thoughts, do you not, yes you do. You now understand that negative, trivial, destructive thoughts are a waste of time and create nothing of value

for you, deeper and deeper, go much deeper now from **10,9** relaxed **8,7,6**, listening **5,4**, deeper and deeper **3,2,1** floating - drifting deeper and deeper.

And as you feel your new and better thoughts from your new and better thought pattern, as you feel them improve you more and more each day, more confident, more happy, you will easily dispel any negative thoughts that may pop into your mind, because they will simply pop out of your mind, so quickly in fact that you will be able to easily and completely..... more and more each day, and if you ever get the feeling that you want or need..... you will immediately release that feeling and forget about it, that feeling will have no place or acceptance or belief in your conscious or your subconscious mind because it is gone now, you control it easily, and you didn't want them..... You don't need them ..... and now those old destructive negative thoughts are gone now, are they not, gone and gone forever, never to return even after you have left here, always, forever, you have total self control go deeper now deeper and deeper.



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## Some Quotable Quotes:

**"He who looks outside, dreams; he who looks within, awakens"**

Carl Jung

**"We are all in a post-hypnotic trance induced in early infancy"**

R. D. Laing

(British psychiatrist noted for his alternative approach to the treatment of schizophrenia. 1927-1989)

**"There comes a time when the mind takes a higher plane of knowledge but can never prove how it got there"**

Albert Einstein – 1879 – 1955

(German born American Physicist – 1921 Nobel Prize winner.)

**"Your only business is to find happiness and to help others find happiness."**

Buddha





**GERMAN  
NEW MEDICINE  
SEMINARS OF  
THE  
PACIFIC RIM**

**Dr. Douglas J. Price, DC**

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### **Tragedy Unfolds: Mind-Body Connection to Disease by Dr. Douglas J. Price**

As a medical doctor, scientific researcher and head internist of an oncology clinic in Munich, Dr Ryke Geerd Hamer, connected his own onset of cancer with the tragic shooting and eventual death of his teenage son.

Armed with this realisation, Dr Hamer set about proving conclusively that disease is a direct response to shock and trauma within the human body. His findings have led to the formation of an alternative complementary therapy, German New Medicine, and the greater health of thousands of people.

It has taken Dr Hamer more than two decades of research and therapy with more than 40,000 patients to confirm that a biological conflict creates a sequence of events that simultaneously affect the psyche, brain and organs.

Spurred on by the theory that dramatic events can cause life-threatening diseases, Dr Hamer's rationale was to interview patients with reproductive organ cancers, which revealed they had similar dramatic events happen in their lives prior to their disease forming.

What's more, Dr Hamer found that specific kinds of conflicts induce certain types of disease such as breast cancer, ovarian cancer, leukaemia, eczema, psoriasis, cervical cancer, prostate cancer, asthma, heart disease, diabetes, to name but a few.

Disease, or the meaningful biological program of nature, as Dr Hamer prefers to call it, is divided into five biological events, all of which can be identified, measured, observed, and are part of a system that makes possible a definite prediction of events and development.

A biological (emotional) shock-conflict is a primal response to an event in a person's life that catches them off guard and has an immediate impact on the psyche, brain and organs. This could be any number of things from injuries sustained in an accident, uncontrollable anger, separation from a child, or a partner, a redundancy, loss of territory. It's a conflict that is acute, traumatic and usually isolating (not easy to discuss or mull over with others). These biological responses are pre-programmed into our brain and responsible for creating most of the disease states we are familiar with today. As soon as the biological shock-conflict occurs, a target ring – Hamerschenherd, or HH ring, appears on a part of the brain, which is seen on a CAT scan.

This ring sets off a sequence within the body and manifest tissue or loss of function.

As well, the conflict catches us unaware, without any time to prepare ourselves, sometimes even a few seconds would avoid the formation of the HH ring and the unleashing of the organic programme; as, for example, the expected death of a loved one.

Typically, it is life threatening or fear-inducing news that causes this kind of shock. Sadly, we then have the self-fulfilling aspect of a cancer diagnosis. Once the cancer is confirmed, the patient can then instantly develop another HH in the brain as a consequence of the fear of death.

All diseases start with a 'cold' (active) phase. The conflict-shock becomes a constant preoccupation, sleep is difficult, hands and feet are cold, weight falls off and blood pressure goes up. During this period the organ lesion grows. This coincides with what is known as 'cold' diseases such as angina, some cancers or diabetes.

The 'warm' phase is the healing stage of disease. Appetite returns, blood pressure normalises, hands and feet become *warm* again, and sleep is no longer denied. But this is also the time when infectious diseases are usually identified, and the transformations of the first stage reversed.

However, the types of turnouts that develop often increase the ability of the organism to deal with the specific crises within a given time frame. Solving the problem ensures healing sets in and the tissue or organ is often left stronger than it was before.

The behaviour of cells in the two phases of a disease and how these embryonic germ layers behave has been one of the most profound discoveries made by Dr Hamer.

Our bodies have three different layers and each of these is controlled by a different area of the brain. If the conflict point of impact hits the brain stem, and conflict persists, a tumour will continue to grow. Once conflict is resolved, the process will be reversed and the growth will either begin to heal or lay dormant.

When the conflict's point of impact is the cerebrum, there is tissue degeneration both in the conflict 'cold' active phase and tissue growth in the conflict resolution phase.

Microbes are present in each disease state and serve a purpose. While each area of the brain controls the behaviour of the three germ layers, it also ensures the microbes have a special affinity for a particular tissue.

Dr Hamer discovered that the immune system will only 'go down' on the resolution of a conflict and that the designated microbes were sent to work for a purpose. This explains why some of us become ill when we get to relax for a few days. Another of his findings has shown the microbes serve the purpose of a 'clean up crew' after a biological process.

Nature, according to Dr Hamer's findings, never makes mistakes. What transpires on the psyche, brain and organs is pre-programmed to occur as a result of an unanticipated event. In short, these special biological programmes are meant to help our species to survive and become stronger.

Two different types of breast cancer, intraductal and gland, have different conflicts that are responsible for its onset. Each case of intraductal cancer revealed a separation issue in the woman's life. With breast cancer, there was always a worry or argument situation in her life that implied a separation.

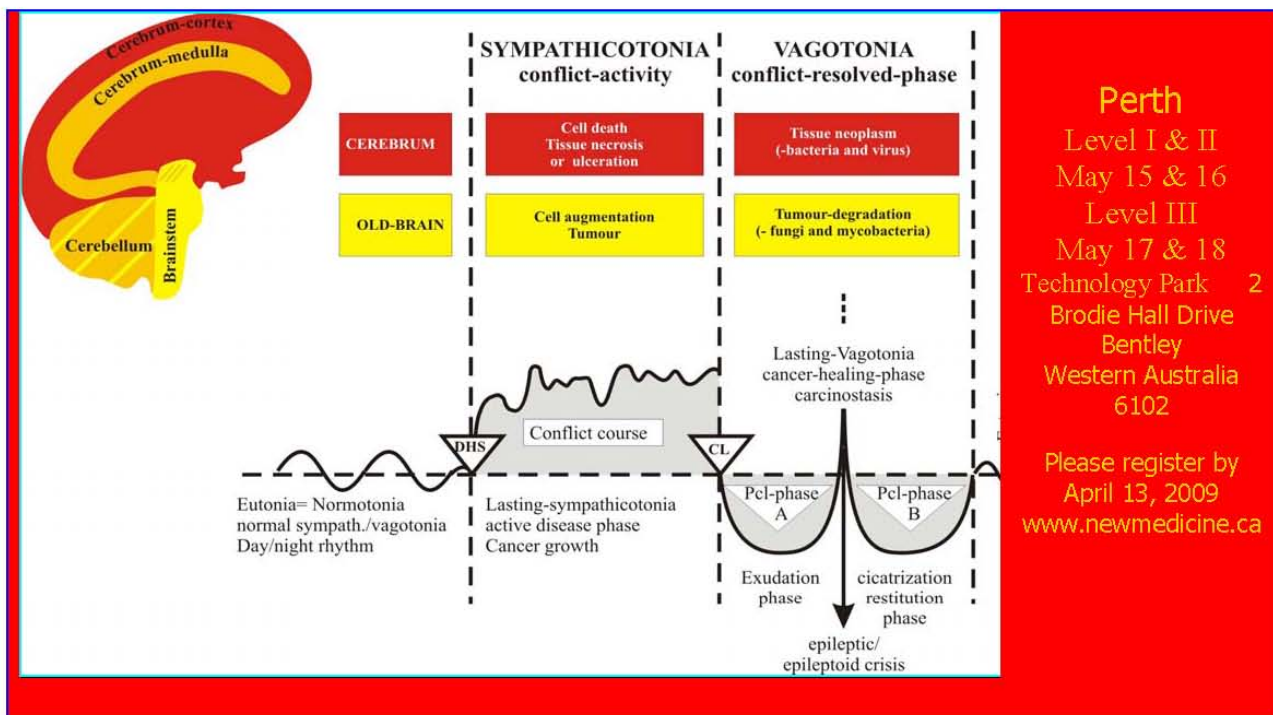
Both manifestations are of different tissue and have a different area of the brain controlling its behaviour. Dr. Hamer found that in every case the patients' dominant brain hemisphere actually predetermined the body side the cancer appears on. He also discovered when the breast gland was affected, the tumour would keep growing until the conflict was resolved.

Dr Hamer's German New Medicine is empirical and testable at every step: three levels where events run their course synchronously and two phases of disease (as long as there is resolution of the conflict). In addition, there is a phase of normalcy before the conflict 'active' phase, and a phase of returning to normal at the end of the conflict resolution – the healing phase – which can, given the scars remaining at the psyche, cerebral and organic level, be distinguished from the previous, normal phase.

For a situation arising with the conflict resolution or the healing phase, the physician will be able to determine the seriousness of the potential healing crisis and will assist with therapy during the recovery phase that may pose dangers in many cases. Both medicine and alternative therapies are well equipped to heal in these stages, aiming to restore the body to health with only the absolute necessary intervention required to prevent life-threatening situations.

The CT of a patient's brain in standard layers is currently one of the most powerful methods of diagnosis. Equipped with that, the few doctors who are allowed to practice German New Medicine can interpret a person's current state of events. Further dialogue between the person and the physician or attending practitioner can lead to working on the resolution of whatever conflicts may still be in development.

Dr Hamer's research has laid new foundations in the understanding of all medicine today, be it traditional or natural. He has uncovered the true nature of illness and made total sense of it.



**Perth**  
Level I & II  
May 15 & 16  
Level III  
May 17 & 18  
Technology Park 2  
Brodie Hall Drive  
Bentley  
Western Australia  
6102  
Please register by  
April 13, 2009  
[www.newmedicine.ca](http://www.newmedicine.ca)



## Do You Want To Learn Real Hypnosis? Then Here is Your Chance!

**B**y frequent request Rick Collingwood from The Australian Academy of Hypnosis will conduct a 3 day **Power Hypnosis Training** in Perth on Friday, Saturday & Sunday 17th, 18th & 19th of April from 9am until 5pm at the Training Facility in Bentley.

*This training is not the "Close Your Eyes Visual Imagery or Endless Suggestions of Relaxing and Going Deeper Styles" usually trained to most students of hypnosis. The academy's **Power Hypnosis Training** is designed and well proven to furnish students with the skills and techniques to induce deep fast and effective therapeutic hypnosis. It is suitable for any hypnotherapist who wants to improve their induction skills, any allied health practitioner who wants to learn a new and powerful skill, or for the new comer to hypnosis who wants to learn real hypnosis induction skills instead of NLP or Ericksonian techniques.*

All of The Academic and Theoretical Hypnosis Training in The World Means Nothing If You Can't Induce A Trance. If You Want To Learn Real Hypnosis Inductions **Then This Is For You!**

When you attend this 3 day Power Hypnosis training, among other invaluable hypnosis skills you will learn the techniques and acquire the ability to confidently induce at least **10** instantaneous inductions conventionally and also in combination with magnetism.

### You will also learn:

- **How To Quickly Develop The Self Confidence Required for Rapid Inductions**
- **How To Overcome Subject Resistance**
- **How To Compound Rapid Inductions Until You Get A Result**
- **How To Quickly Deepen A Rapid Induction To Coma State**
- **How To Shift Patterns Using Rapid Inductions**
- **How To Use Ideo-motor Responses With Rapid Inductions**
- **How To Induce Real Hypnosis**
- **How To Combine Magnetism With Hypnosis**
- **How To Be A Hypnotist**

### Specifically, the techniques to be addressed, taught and practiced are:

1. **Hand to Face Induction.**
2. **Hand Slip Induction.**
3. **Finger Press Induction.**
4. **Eye Lock Induction.**
5. **James Braid Coma State Induction.**
6. **Fractionation Induction & Deepening.**
7. **Magnetic Hand Induction.**
8. **3 Second Induction.**
9. **Anaesthesia Induction and Instruction.**
10. **Closed Fist Induction.**

### **Plus**

- Deepening and anaesthesia techniques after rapid induction, both rapidly and progressively.
- Implanting effective suggestions; Rapid Re Inductions after first sessions; Overcoming resistance, and compounding Inductions.
- Combining Mesmerism & Hypnosis.

This training has an extensive training manual and a Certificate is awarded upon completion. The curriculum is very practically orientated with lots of instruction, demonstrations and "Hands On" supervised induction practice. The training can be used to substantially enhance other hypnosis methods. It is designed to teach all participants how to induce deep trance for clinical purposes, shorten therapy time and bring about faster more effective change for your clients.

Spaces are limited so do not delay.

Cost \$880 and \$770 for CCH PHWA or AHA members all inc GST.

**Students who have previously completed the Power Hypnosis Course can undertake the training again for \$550 incl GST.**

For further information or to secure your place please contact the training co-coordinator: Michael Werts on 0401 634 355 email aah\_training@iinet.net.au or contact Rick Collingwood at email hypnot@iprimus.com.au or phone 0420 322 763 or go to <http://www.mindmotivations.com>



## 3 Day Power Hypnosis Training Workshop

Plus 12 monthly ongoing Training Days

### The Australian Academy of Hypnosis

Complete this application form and post it to:

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

## Enrolment Application

### Advanced Certificate of Hypnosis

All information remains private and confidential

Pre-requisite Cert. of Hypnosis

Course Start Date:  Age:

Full Name:

Postal Address:

Postcode:

Phone (H):  (W):  (M):

Current Profession?  Email:

Any previous Hypnosis Experience? ☐ Yes ☐ No (If yes, please give brief details)


Why do you want to attend this training?


Any known Mental Illnesses? ☐ Yes ☐ No (If yes, please give brief details)


**Declaration:** I understand that upon completion of my hypnosis training I will have acquired skills which will enable me to induce the state of hypnosis in certain other people. I also understand that The Australian Academy of Hypnosis in no way approves or condones the use of hypnosis for any purpose other than as a therapeutic skill to assist in the physical and emotional healing of others.

Please find enclosed my full payment or deposit of: \$

Name:  Signed:  Date:  /  /

### Participation acceptance

Upon receipt of your deposit further training information and a receipt will be posted within 24 hours.

MIND MOTIVATIONS  
HYPNOSIS TRAINING



## Up Coming Dates:

### Lesson Four:

**Hypnotic Regression  
Present and Past Life**

**Saturday, 25<sup>th</sup> of April, 2009**

**Venue: Technology Park Bentley WA  
Start Time: 9.30 am**

### Power Hypnosis Course

#### Dates

**Friday 17th, Saturday 18th & Sunday 19th of April, 2009**

#### Venue

**Technology Park Bentley WA**

This three day training has its own Certificate and is 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 April 2009 Power Hypnosis Training will be conducted by Rick Collingwood. See Registration and Enrolment information in this Newsletter.

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## General Contact Details:

### Rick Collingwood:

Mobile: 0420 322 763

Email: [hypnot@iprimus.com.au](mailto:hypnot@iprimus.com.au)

### Michael Werts:

Mobile: 0401 634 355

Email: [michael.werts@iinet.net.au](mailto:michael.werts@iinet.net.au)

### John Vernes:

Mobile: 0403 839 641

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### Newsletter Email:

[MM\\_Newsletter@iinet.net.au](mailto:MM_Newsletter@iinet.net.au)

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## Future Articles

The 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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