

The Hypnosis and Yoga for Pregnancy and Birth

http://pr-usa.net/index.php?option=com_content&task=view&id=248017&Itemid=28

Starting August 2009, the Hypnosis Healing Centre in Ottawa (ON) is offering a joint program of Hypnosis and Yoga for pregnancy and birth. Research indicates the benefits of both modalities on expectant mothers and, directly or indirectly, on their babies.

Hypnosis has been used successfully to reduce the length of labour and birth; to reframe/dissociate the perceptions of body sensations during labour and birth; to increase control of uterine contractions; to minimize or prevent the use of chemo-analgesia/anesthesia; to experience higher alertness and less tiredness during these stages; to recover from birth faster; to bond with the child and obtain a high Apgar score; to cope with more difficult, but rare, situations (i.e., turning the baby; resuming a stalled labour; coping with unforeseen surgical procedures); to prevent post-partum depression; to stimulate lactation, etc.

Yoga has been used successfully to reduce the incidence of preterm births and low birth weight. The pregnant women who practice Yoga experience fewer complications during pregnancy (i.e., pregnancy-induced hypertension, growth retardation) and have better neonatal outcomes (Field, 2008). An Australian study of the obstetricians' and midwives' perceptions of complementary therapies in pregnancy found that 81% of the obstetricians believed Yoga to be safe while 96% of the midwives considered this modality safe. Moreover, midwives believed Yoga to be the safest and the most useful modality of all complementary and alternative therapies. Also, 78% of the obstetricians found both hypnosis and meditation to be safe modalities for pregnancy, while 88% of the midwives found meditation safe for pregnancy (Gaffney & Smith, 2004).

The Centre offers certification training in HypnoPregnancy and Birthing (HPB) for practitioners, and classes and private sessions for expectant mothers/couples.

The program uses guided visualization and breathing exercises, body sensations understanding and self-hypnosis techniques to help the expectant mothers go through the pregnancy, the stages of labour and the birth,

as well as provide them with post-birthing strengths. The course helps the women communicate with their baby

throughout their pregnancy and solidify the bond between the mother/parents and the child. During the program, the women are encouraged to address emotional issues or concerns, and, if necessary, the women might be seen individually (for a discounted fee).

The HPB course consists of enhanced and evidence-based hypnotherapy exercises for pregnancy and childbirth; the program contains progressive relaxation, hyperempiria, double induction, Gestalt-based visualization, dream inducement, mindfulness, meditation, Meridian Tapping Techniques (MTT) and NLP exercises to reframe, desensitize and cope with challenging situations while maintaining a balanced and positive attitude during labour and birth. The expectant women are advised to begin the program earlier in the pregnancy (15-20 weeks). The program includes 5 meetings. The women/couples have the option of attending a sixth session, after giving birth (for a separate fee) to address post-birth issues (i.e., lactation, weight loss, fatigue, etc.).

In the past 4 years, Dr. Voia has done research on mothering practices and presented two mothering-related papers at Conferences organized by the Association for Research on Mothering (ARM), at York University, Toronto (2005 and 2006). On October 22nd, 2009, she will present the paper Using Hypnosis in Assisting Women With Natural Childbirth: Feminine and Feminist Perspectives at the ARM Conference on Mothering and Environment: The Social, The Natural and The Built (at York University

Please, note that HypnoPregnancy and Birthing is not a childbirth education program; still, it does present the stages of pregnancy, labour and birth from an informed and experiential perspective. Some sessions might be held in conjunction with other hypnosis practitioners, psychologists or counsellors, for an enhanced quality of the program. Also, note that this course is not related, nor similar to the HypnoBirthing (the Mongan Method) Course.

"If a subject after submitting to the hypnotic procedure shows no genuine increase in susceptibility to any suggestions whatever, there seems no point in calling him hypnotised..."

Clark L. Hull

Hypnosis For Pain Control in Child Birth

<http://news.reriani.com/modules/news/article.php?storyid=9637>

As a hypnotherapist I often get asked can hypnosis really help with pain control. This question is usually asked by a pregnant mum to be. More and more women these days are choosing to have their children by caesarian and so avoid the pain of natural labor. I find myself wondering if all these women would still do so if they knew how helpful hypnosis can be in relation to pain control and also how easy it is to learn. Scientific research has over the last few years proven the benefits of hypnosis in pain control. In a Meta analysis of the use of hypnosis for pain control the result showed that surgical patients receiving hypnotherapy had better outcomes than 89% of controls. Not only that, the results also showed that people benefitted equally well irrespective of whether the hypnosis was a recorded session or an individual 1:1 live session. (Montgomery GH, David D, Winkel G, Silverstein JH, Bovbjerg DH. "The effectiveness of adjunctive hypnosis with surgical patients: A meta-analysis" Anesth Analg 2002 Jun;94(6):1639-45)

Clinical studies have shown that women in both first and second stages of labor who use hypnosis in preparation for the birth have an easier time than those in a control group. For example in one published study the hypnosis group spent an average time of 6.4 hours in the first stage as opposed to 9.3 hours in the control group, whilst they spent 37 minutes in the second stage as opposed to 50 minutes. In addition to this, the use of analgesic agents was significantly reduced in the hypnotized groups as opposed to the control groups.

It is great to see that the medical profession is now performing more research into holistic methods of pain control. Years ago people in pain only had access to natural remedies. As modern drugs have become more and more readily available, most people, particularly in the Western world, have turned a blind eye to the natural remedies used previously. As time passes it is becoming ever more obvious that there is still a place for natural remedies in medicine.

Hypnosis is in itself a state of relaxation, which is both normal and natural, and whilst you are in hypnosis you have access to your subconscious mind - the part that knows just what to do and how to do it, the part that acts automatically and spontaneously. Hypnosis allows contact with your inner mind; it allows communication with deep physiological functions.

Did you know that every thought you have has the ability to trigger off neurotransmitters in your brain which send messages to every cell in your organism? Relaxation with the help of hypnosis is just the first step. You can then utilize powerful NLP and hypnotic techniques to visualize the birth of your baby as the most comfortable, smooth and successful birth possible. Your imagination is limitless. It has no boundaries. A picture is worth a thousand words and a metaphor is worth a million. Thus the creative use of metaphorical language on hypnosis downloads for pain control in child birth is incredibly powerful.

What is great is that this is perfectly natural and it has been proven to be successful. Not only that, research has also proven that a hypnosis recording is just as effective as an individual session with a hypnotherapist. And so every mum to be can learn to use hypnosis for pain control in the comfort of her own home simply by using a hypnosis download.

Roseanna Leaton, specialist in hypnosis for health and well-being.

Hypnotherapy for Health

<http://events.sfgate.com/castro-valley-ca/venues/show/1153467-hypnotherapy-for-health>

A place to apply medical knowledge and hypnosis expertise. Applying the applications of medical hypnosis to the mind body connection.

Hypnosis or Hypnotherapy is used for many issues. Of course we use medical hypnosis or hypnotherapy for weight loss and losing weight naturally, and to quit smoking, however, there are many more areas where hypnosis can help your life. You can use hypnosis or hypnotherapy for stress reduction, pain management, increasing your immune system, infertility, insomnia, Irritable Bowel Syndrome, Chronic Fatigue Syndrome, pre-operative and intraoperative procedures, speeding up healing, skin conditions, phobias of all types, anxiety, bed wetting and more. Seth-Deborah also specializes in using hypnosis for fertility problems.

Medical Hypnosis is gaining credibility! In 1958, a report published by an AMA advisory committee on hypnosis, stated : "The use of hypnosis has a recognized place in the medical armamentarium that is a useful technique in the treatment of certain illnesses when employed by qualified medical and dental personnel".

In 1996, an NIH Technology Assessment Panel confirmed hypnosis as an effective adjunct in alleviating pain. In July, 2001, Scientific American stated, "Though often denigrated as fakery or wishful thinking, hypnosis has been shown to be a real phenomenon with a variety of therapeutic uses especially in controlling pain."

The Wall Street Journal in the October 7th, 2003 issue stated, "Numerous scientific studies have emerged in recent years showing that the hypnotized mind can exert a real and powerful effect on the body."

In 2005, Harvard did a study regarding the use of pre-operative hypnosis to relieve anxiety and a similar study was done in 2007 at Mt. Sinai Hospital regarding the use of pre-operative hypnosis for breast biopsy patients in speeding up healing and reducing the amount of pain medication needed during and after surgery.

Hypnosis-Birthing – New Course The Australian Academy of Hypnosis™

In recent times there has been much media interest and a significant increase in the use of hypnosis to assist mothers-to-be throughout the latter stages of pregnancy and during the birth. It has proved to be a very effective, safe and beneficial use of the very powerful aspect of hypnosis/hypnotherapy.

The Australian Academy of Hypnosis™ is pleased to advise that a one-day course specialising in Hypnosis-Birthing will be conducted at the Bentley Training facility WA on 6 March 2010. The course will provide strategies, information and instruction on Hypnosis-Birthing and will be supported by a specialist Manual. Graduates will receive a Hypnosis-Birthing Certificate.

Cost of the training will be \$325 (including GST).

Please see Enrolment form toward the end of this Newsletter.

Michael Werts (Ed.)



Agoraphobia is a fear of being trapped and of experiencing a panic attack in a public place. A panic attack is usually the trigger for agoraphobia. When many people experience a panic attack away from home, they fear the experience occurring again and therefore desire to avoid public places. For many people, this means never leaving home.

The symptoms of phobias include a sense of terror and often impending disaster, increased heart rate, rapid breathing, and sweating palms. These symptoms can be triggered by simply expecting the event or circumstance that triggers the phobia. For example, people who have a fear of flying may experience anxiety symptoms for days before the event.

Phobias can have a strong hold on individuals. Traditional methods of dealing with phobias include the use of medications to block feelings of anxiety and panic, and cognitive-behavioural therapy which helps people to retrain their thoughts and responses. However, many people have had great success in overcoming phobias through the use of hypnosis. Hypnosis is used to treat phobias by reprogramming thinking patterns. Hypnosis is able to by-pass the conscious mind with its tendency to resist change. The suggestions target the subconscious mind and are readily accepted.

The fears which cause phobias reside in the subconscious mind. The original cause of the fear may have been valid but is no longer real. Hypnosis can reach this part of the mind and give it suggestions to ease the anxiety and convince it that there is no longer any valid reason to retain these fears.

Common phobias aided (and even cured) by hypnosis include:

- Fear of flying and other forms of travel.
- Fear of heights.
- Fear of childbirth.
- Fear of animals (usually a specific type).
- Fear of insects (spiders are very common).
- Fear of performing.
- Stage fright.
- Claustrophobia and agoraphobia.
- Fear of nightmares (can cause insomnia).
- Fear of the dark.
- Fear of doctors and dentists.
- Fear of exams.

Unlike medication based treatment, hypnosis has no negative side-effects. Even cognitive-behavioural therapies can have negative side-effects because some of them can trigger severe panic in [order](#) to desensitize a person. This is extremely traumatic for many people. Hypnosis, on the other hand is very relaxing and soothes the nerves. It calms anxiety and gently gives suggestions directly to the subconscious mind. As such it offers benefits even beyond the purpose of eliminating phobias.

[illegible]

What are the statistics on the effectiveness of hypnosis?

[http://wiki.answers.com/Q/What are the statistics on the effectiveness of hypnosis](http://wiki.answers.com/Q/What_are_the_statistics_on_the_effectiveness_of_hypnosis)

90.6% Success Rate for Smoking Cessation Using Hypnosis

Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.

87% Reported Abstinence From Tobacco Use With Hypnosis

A field study of 93 male and 93 female CMHC outpatients examined the facilitation of smoking cessation by using hypnosis. At 3-month follow-up, 86% of the men and 87% of the women reported continued abstinence from the use of tobacco using hypnosis.

Performance by gender in a stop-smoking program combining hypnosis and aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. Psychol Rep. 1994 Oct;75(2):851-7.
PMID: 7862796 [PubMed - indexed for MEDLINE]

Abreaction Management

Gerald F. Kein

Understanding Abreaction management training is an absolute must for the practicing hypnotist of today.

An abreaction is not just a remembering a traumatic event. The client is actually re-living a frightening event of their past.. They see it, smell it, taste it, hear it and feel it. It is happening all over again for the first time to those individuals. This can be a very dramatic thing that can happen when you least expect it . They can respond with a little tear coming down the eye or violent screams. You could go your whole career and never have this happen, or it could happen five times in one week. The professional hypnotist must understand and be able to use or defuse the abreaction when it happens.

There are basically three types of abreaction's we must be ready for.

1. Directed
2. Non-directed
3. Spontaneous
4. Recreational

The Directed Abreaction. When a hypnotist uses a regression technique that takes the individual back to a known emotional situation or event that of their past they usually regress back to a situation which causes them to abreact. Since the hypnotist is looking for this event, it should be of no surprise to him. A therapeutical abreaction has two purposes and two purposes only. First, to discover what happened. Second, to discover who, if any, the players are. Once this information is discovered, the abreaction should be terminated and the transformational therapy started.

Non-Directed Abreaction. Using this method, the hypnotist directs the individual to go back in time as far as they need to go to the first situation or event that caused the problem they are in your office for. Actually, this is somewhat of a directed regression as we are sending them to a specific place but, since we don't know where they are going, we call it non-directional.

The Spontaneous Regression. When you hypnotize people, some people will, and you can't tell by looking at them or talking to them because they look in total balance and harmony will spontaneously snap themselves into a abreaction and start sobbing or yelling and flailing. They may be suffering from some deep emotional situation that that knowledge of it is not available to them at the conscious level. Sometimes when one suffers a very traumatic event, the conscious mind is not allowed to recall that situation because it feels that if the conscious mind has awareness of it that they may not be able to handle the memory so it blocks that event from the memory. It could be a rape or a terrible beating or something like this. Sometimes, when you start the hypnotic induction, the relaxation can be enough to release the repression and have that memory come up to the individual.

The Recreational Abreaction. Many individuals are very interested in being regressed back to a time in their past. Some people have a belief in the concept of having a previous life and want to explore these beliefs. The hypnotist must remember that whenever he uses a regression technique there is always the possibility the client may regress to highly emotional situation that causes them to suffer a strong abreaction. So what do you do when this happens ?

First of all if they are not coming to you to solve this problem that the abreaction exposes, to stay away from doing any therapy for it. That's not what they are paying you for. For example, if the client is coming to you to stop smoking and regresses back to a rape or violent combat situation, just stop the abreaction. If you work with it, I promise you, the client, upon emerging, may be very upset with you.. You don't deal with it then. You only work on what the client is paying you for. It is so easy to stop an abreaction. There are certain guidelines that you have to be aware of;

1. Never let that person know that you are frightened. Always deep calmness in your voice. It doesn't mean that you don't raise your voice, possibly to get over the noise so they can hear you, but you are not radiating any fear... You're the one in control.
2. Never touch the individual. When you touch the individual, you are anchoring them to the situation more often than not. That means that after you get past it, six months later, they could be at the local pub having a good time, then someone comes by and taps them on the shoulder and triggers them right back to the abreaction, and they don't know what's going

Childbirth Hypnotherapy

<http://www.in2town.co.uk/The-Latest-Health-News/Childbirth-Hypnotherapy/menu-id-4744>

Before women are pregnant, many will consider taking the soft option and have a caesarean section. When they become pregnant and their hormones do somersaults. They read some more about caesarean and realize that maybe they aren't the easy option they'd thought, either for themselves or their babies, and it dawns on them that this could be a painful experience.

The other thing that happens when you're pregnant is that people immediately feel entitled to express an opinion and give you advice. You are inundated with horror stories about other people's experiences in labour; and somewhere along the line somebody mentions Childbirth Hypnotherapy or Hypnobirthing and how you can have a natural pain free birth. So you go home and Google it... This is how it all began.

At the beginning of the last century there was a young obstetrician, Grantly Dick-Reed working at the London Hospital in Whitechapel. This was the area of the docks, which was the poorest slum area of London, at a time when only wealthy people who could afford to pay could go to hospital.

One night, Dick-Reed was called out to attend a home delivery; It was in such a poor dwelling that there was water dripping through the roof and no money for a bed or blankets. When he got there, he offered the woman chloroform for pain relief, but she waved him away. Much to his credit he stood back and watched as she gave birth naturally and easily with no drugs and no pain. He asked her why she had refused pain relief, as this was completely outside his experience, and she

simply said to him: "It didn't hurt". It wasn't meant to, was it, Doctor? This simply statement stuck in his head like a mantra.

Back at the hospital that evening, he was met by a nurse who said: "It's been a very boring evening, but it looks as if there's a woman down the corridor who'll need help soon, and he was really struck by the contrast between the beautiful, natural delivery he had just attended, and the fact that in the hospital it was considered boring unless there was an intervention.

Dick-Reed had seen many women having painful births which contrasted so strongly with the natural delivery he had just attended, and he puzzled why it should be so. Eventually he came up with the theory that the root of the problem was fear. Because of fear, the muscles tense up, and the natural process of birth is inhibited, so it becomes less efficient, longer and, therefore painful.

At the end of his career he wrote a seminal book on natural birth, 'Childbirth Without Fear', and the principals he propounded still hold good today. The research into how the hormones work in pregnancy was not done until after he had finished his career but, in due course, his theory was fully vindicated.

Since Dick-Reed's time, the principles have been developed further, most notably by Hypnobirthing, the leading method of childbirth education today, which will no doubt be developed further over the years ahead.

Hypnosis is dangerous

http://www.agoravox.com/article.php3?id_article=10802

A doctor named O'Connell in the Lakeside Behavioral Health Center is accused of sexually molesting a co-worker under hypnosis in her second session on smoking cessation.

Court papers state the victim was hypnotized while she was lying on the bed. It is said that he took off her socks and shoes, that later led to her shirt. Apparently, the doctor continuously repeated "You are very relaxed and will not remember this when you wake up" to the alleged victim. She says he then fondled her breast. "She was aware, she said, that something was going on, she couldn't control it, couldn't stop it," said Shular who is the spokesperson for the Shelby County Sheriff's Dept..

Dr. O'Connell told detectives the woman allowed him to pull her shirt up and massage her shoulders and back with lotion. He says when he offered to take off her bra, she said no and he obliged.

It is a sad story and I feel for the woman.

But the question is: Is this possible to hypnotise someone so much that they cannot fight back, resist, wake up during a hypnosis session?

I disagree. In a hypnotic state, the client experiences heightened self-awareness, and a deep relaxation. While the sounds of the outside world might fade away, the client is always aware of what is happening around. It is always possible to wake up, stand up, and walk away.

A hypnotic state can be compared to deep meditation, yoga or relaxation. The time just before you fall asleep is hypnotic. Not when you sleep, mind you, but just before. When you start to dream. When you watch TV, you are in a hypnotic state after 20-40 seconds. When you drive your car, you go into hypnosis, if you want or not. It is called highway hypnosis.

A person in hypnosis will not do what is being suggested by the hypnotist. However, there is one rule to this. The person will only do what is suggested if the person is used to do this action. An extrovert person in a hypnotic stage show will take on the lampshade and dance on the table. A hypnotist would not even call an introvert on stage, as they would not do what is asked.

It is easy to blame hypnosis for a lot. It has been done over and over again. But may be it is also possible to blame hypnosis for something that we regret afterwards? To not take a fall?

I was hypnotised when I did this or that. I was hypnotised by the client, that is why I messed up the account. I was hypnotised by the beautiful lady or handsome man, that is why I went astray. Easy as an excuse, but the truth is, it is not possible.

Hypnosis is powerful.

It is powerful in a variety of issues. do you plan to give up smoking, or loose weight? Do you experience negative emotions such as anger, fear or hurt? Do you need to increase your performance in your organisation or in sport?

That is the true power of hypnosis. That it is helpful as a tool to overcome a variety of negative habits that have been formed when we were much younger and that still run in our unconscious mind as programmes. Hypnosis can assist in replacing these programmes with something more powerful, but only, if the client is willing and agreeable.

Then, and only then, is hypnosis useful.

Hypnotherapy for Sexual Problems

<http://www.in2town.co.uk/The-Latest-Health-News/Hypnotherapy-for-Sexual-Problems/menu-id-4744>

Sex is an issue which is one of the most private and intimate things that a person could be concerned with. Most of us are hesitant and shy about talking to people about issues related to sex; and yet when directly faced with an issue related to sex, the reactions can be pretty baffling. From declining self esteem to absolute disbelief, a person suffering from sexual issues can go through a gamut of emotions. However, to understand the condition properly it is advisable to seek help; there are a number of counselors and therapists like me who would like to work with you to do away with your problems. However, I am a hypnotherapist and I use hypnotherapy for sexual issues to combat the problems which my clients face.

Seems unbelievable to you doesn't it, that a therapist can use hypnotherapy for sexual issues? You wonder how it would work; there are a million doubts in your head while you consider the proposition of approaching a hypnotherapist for solutions to your sexual problems. Actually hypnotherapy for sexual issues is not all that bizarre; it is one of the safest methods you could adopt to address your problem. Hypnotherapy has been successfully implemented in cases related to a wide variety of sexual issues, including performance anxiety, erectile dysfunction, orgasmic dysfunction, low sex drive and frigidity amongst other problems.

What a hypnotherapist does, when you go to him to treat the sexual issues is, that he uncovers the hidden meaning behind your sexual problem. You need to first establish whether the

problem you have is a physical one or a psychological one. Yes, you heard me right. Sexual issues more often than not are all related to the subconscious and are psychological in nature; triggered by some stray incident or happening. While undergoing hypnotherapy for sexual issues, you are made to introspect; you have to ask questions related to when, how and why the problems started; how did you feel when it happened and what steps you are willing to take. Sometimes sexual issues are related to anxiety and commitment phobia, apart from low confidence and self image. Hypnotherapy can help you overcome these problems.

If your problems are related to long harbored beliefs, low self image, anxiety, low confidence hypnotherapy for sexual issues can help you a great deal; it will make you identify the root cause and work towards removing it. Through hypnotherapy you can train your subconscious to let go of the negative emotions, it will also teach you to make peace with the unpleasant event in your life and see it as a catalyst for wizing up. Through auto suggestions and positive reinforcements, you work upon improving your self image and self worth; this in turn will help you realize what you truly deserve.

Hypnotherapy is all about relaxation and gaining confidence, and a bit of both in the bedroom, could be just the shot in the arm that you require to spice your life up!

Cat registered as hypnotherapist

http://news.bbc.co.uk/2/hi/uk_news/england/8303126.stm

The regulation of hypnotherapists in the UK is so lax that even a cat can become accredited, the BBC has found.

Chris Jackson, presenter of Inside Out in the North East and Cumbria, registered pet George with three industry bodies.

Each one accepted a certificate from the non-existent Society of Certified Advanced Mind Therapists as proof of George's credentials.

It follows a similar investigation by an American clinical psychologist.

Dr Steve Eichel suspected industry bodies in the US were not running checks on their members.

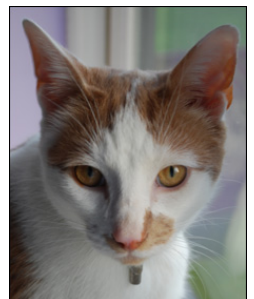
He said: "I felt I'd test my hypothesis and I did that by getting my cat certified by a number of the most prominent lay hypnosis organisations in the United States. It was a frighteningly simple process."

In the UK, George was registered with the British Board of Neuro Linguistic Programming (BBNLP), the United Fellowship of Hypnotherapists (UFH) and the Professional Hypnotherapy Practitioner Association (PHPA).

The UFH welcomed the Inside Out investigation and admitted the mistake, which it said has since been corrected.

A PHPA spokesman said the organisation makes great effort to ensure every applicant is a fully-qualified hypnotherapist.

The BBNLP said it exists only to provide benefits to its members, not to check or certify credentials.



George was registered with three hypnotherapy organisations

QUOTES:

Our life's a stage, a comedy: either learn to play and take it lightly, or bear its troubles patiently.

Palladas

Govern thy life and thoughts as if the whole world were to see the one, and read the other.

Thomas Fuller

Script of the Month:

Sugar Addiction

You are now feeling very comfortable and very relaxed and your mind is open and receptive to suggestions that I give to you. As you listen carefully to the sound of my voice - allowing the words to sink deep down into your subconscious mind - you begin to feel even more comfortable and relaxed - and you're realizing - not for the first time - because this idea has already formulated in your mind - but more emphatically and firmly realizing - that your life has been revolving around sugar too much lately - and it's time to beat that old craving for sugar - once and for all.

You realize that you can get all the natural sugars that your body requires through eating fresh fruit and vegetables - and you don't need any excess to that. In fact now that this realization is truly yours, you find that you lose your taste and you lose your desire for all sweet foods and sweet drinks.

Artificially sweetened foods and sweet drinks are like a poison to your system. As the sugar converts to fat in your body - forming eventual hardening of the arteries - rotting your teeth and so much more - your mind and body reject all sweet foods and sweet drinks and from now on you enjoy only fresh, natural foods and drinks.

The sugar in sweet foods and sweet drinks now becomes really noticeable to you and you can imagine that sugar - mixed with water or some other fluid to bind it together - sticking to you - to your skin - to your fingers - and the inside of your body. You really don't like that feeling. You just want to take a glass of fresh, clean water and flush it away.

Imagine if you will that you have been persuaded to put a sweet or a chocolate or some other sweet thing into your mouth. Just taste that sickly sweetness there in your mouth - and it tastes ten times more sweet and ten times more sickly than it ever did before. You just want to get rid of that sweet sickly taste, right now - you wonder how you could ever have enjoyed such an unpleasant feeling as this.

You are determined to get rid of that taste - and you do. You take a glass of fresh, clean, clear water and bring it to your lips - and you really enjoy this new, fresh taste. It makes you feel clean and fresh. It refreshes you and makes you feel good. And you're feeling really good right now - because you know - that sweets are a thing of the past. Some parents give sweets to children to pacify them or to keep them quiet - rather than meeting their real needs. If this happened to you, you recognize it - realizing that now - you are a mature adult with the capacity to express your needs clearly. Sweets no longer serve any purpose in your life.

You are a mature adult with a mind and a will of your own. You've had enough of being a slave to the Sugar Freak Controller. You now say No to all sweet foods and sweet drinks. You say No - and you mean No. Sugar reminds you of unpleasant things from your past and from now on - you're happy to live in the present. You really begin to enjoy life so much more because you know that you are in control. You are in control of your mind, your body and your health. And you love it. You love this feeling of being



in control.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger each and every day. You say No to sugar and No to all sweet foods and sweet drinks, because you don't need them, you don't want them - you won't have them. Not because I say so, but because you have decided. Right now.

And in a moment I'm going to count up from one to five and at the count of five you'll be wide awake, but these suggestions will grow stronger by the day, stronger by the hour, stronger by the minute.

So get ready now as I count up to five and come all the way back at the count of five. One, two, three, four, five.

o-

Deepener

ULTIMATE BODY RELAXATION

... deeper and deeper ... allow yourself into a deep state of relaxation.

Take a nice deep breath, ... feel the soothing softness of the air flowing into your lungs.

And as you exhale feel the softness as your breath leaves your body.

Now take another breath in ... and let it fill you with a wonderful softness.

Just as gentle as a breeze, ... letting your breath relax you, ... release you, and allowing you to go into a perfect state of trance.

In the next few moments, ... you may notice how easily your body responds to my voice, ... and you may also notice that your mind may wander and drift, ... and then you notice how easy it is to come back to my voice ...

Every time allowing my voice to relax you, ... deeper with each word.

There is a part of your mind that hears my voice, even now, ... and knows just what to do, ... how to feel, ... and how to let go.

You may find that you trust this feeling more and more ... and simply begin to surrender to it.

And as you surrender ... you may have already noticed how deeply relaxed your body has become, ... how totally effortless your breathing feels ... and how wonderfully heavy your arms and legs are becoming.

Or maybe you noticed how your mind is floating in ... and then out of my words, ... letting the music sound take you deeper and deeper.

Now for just a moment, ... focus all of your awareness on your right arm.

Release the tension, ... take a breath ... and as you exhale ... let your arm become heavier, ... almost so heavy ... that it feels as if it is melting down, ... heavier and heavier.

Now let your arm become so heavy that it feels almost too heavy to lift, ... just melting down, ...

loose and limp, ... too heavy to lift.

And when you have relaxed your arm this deeply ... you may notice that it actually does begin to feel too heavy now, ... or you may notice that the heaviness is increasing with every breath.

Perhaps there is a part of you that knows ... that you could probably lift your arm, ... but you just ENJOY THIS FEELING NOW, ... so much that it does indeed feel too heavy.

Now let that feeling in your arm move through up through your shoulder, ... across your neck ... and into your other shoulder ... and down your left arm.

Notice how quickly your left arm becomes heavy, ... loose and limp.

Too heavy to lift, ... melting down now ... deeply relaxed ... and relaxing deeper and deeper.

And I wonder ... if you can feel that wonderful heaviness ... spreading throughout your body, ... as this blissful, ... peaceful feeling just oozes through your muscles, ... bones and nerves, ... reaching down through your legs ... to the bottom of your feet.

Now you may notice that feeling on the bottoms of your feet, ... that tingle ... or maybe warmth ... or just a softness ... that feels like a wave of heaviness has flowed through your entire body.

And now ... you notice how effortless it is for you to go into trance, ... your body relaxed, ... your mind ready to let go ... and allow my voice to find its perfect place in your mind and body, ... to allow my words to become your words, ... to allow my thoughts to become your thoughts.

Let my words share those deep inner spaces ... in your mind and body, ... that space where you can make these changes happen, ... where you have all the wisdom and ability to create what you desire.

You don't have to work out how to make it happen, ... simply allow it to happen ...

Allow yourself to relax now, ... deeper and deeper.

10 9 8 7 6 5 4 3 2 1 ... deeper and deeper into hypnosis ...

Hypnotherapy Helps Crohn's Disease

http://www.naturalnews.com/026935_disease_hypnotherapy_Crohns_disease.html

(NaturalNews) Hypnotherapy has long been used to help people cope with stress. No matter what the source of stress is, hypnosis is a relaxation technique that calms the mind and body into a deeper state of relaxation. Research has shown that when stress is a contributing factor in a physical or physiological situation, hypnotherapy helps reduce symptoms associated with that ailment. Studies show that hypnotherapy is very beneficial in treating people with Crohn's disease.

Crohn's disease is an inflammatory bowel disease. It affects about 2 to 7 in 100,000 people. The disease can be quite debilitating and sometimes life threatening when symptoms are not controlled. It causes the digestive tract to inflame and can cause severe abdominal pain, malnutrition, and diarrhea. Unfortunately, there is no known cure for Crohn's disease. Instead, symptoms must be treated, for example with hypnotherapy, and people with the disease can live a long life with their symptoms under control. According to the Mayo Clinic, stress does not cause Crohn's disease, but it can cause symptoms to worsen or cause a flare up.

According to the University of Maryland Medical Center, there is no way to prevent Crohn's disease, but managing the symptoms is possible through diet, lifestyle changes, and alternative therapies. The main goal is to prevent flare-ups and to remain in remission as long as possible. People with Crohn's disease have reported that stress

makes their symptoms worsen. Relaxation techniques are very helpful in reducing the symptoms of Crohn's disease. The University of Maryland Medical Center also promotes the use of hypnotherapy because studies have been shown that it improves immune function, decreases stress, increases relaxation, and eases feelings of anxiety.

A study conducted in Europe included 266 participants with Crohn's disease. The researchers found that hypnotherapy and psychotherapy improve the treatment of the disease. The study found that emotional conflicts such as stress, depression, and anorexia effect the transgression of the disease. Relaxation techniques used in hypnotherapy and psychotherapy were found to give patients greater control over their symptoms.

More research is finding that there are links between stress and physiological diseases. There is a direct link between emotional stress and Crohn's disease flare-ups. Alternative therapy such as hypnotherapy, psychotherapy, yoga, and meditation has been shown to improve the overall well-being of Crohn's disease sufferers. Since there is no known cure for Crohn's disease, alternative therapies are highly suggested to help people control their flare-ups and remain in remission. Hypnotherapy promotes relaxation and puts the Crohn's disease sufferer in control of their symptoms in a safe and natural way.

What are the statistics on the effectiveness of hypnosis?

http://wiki.answers.com/Q/What_are_the_statistics_on_the_effectiveness_of_hypnosis

Hypnosis More Effective Than Drug Interventions For Smoking Cessation

Group hypnosis sessions, evaluated at a less effective success rate (22% success) than individualized hypnosis sessions. However, group hypnosis sessions were still demonstrated here as being more effective than drug interventions.

Ohio State University, College of Nursing, Columbus, OH 43210, USA Descriptive outcomes of the American Lung Association of Ohio hypnotherapy smoking cessation program. Ahijevych K, Yerardi R, Nedilsky N.

Hypnosis Most Effective Says Largest Study Ever: 3 Times as Effective as Patch and 15 Times as Effective as Willpower.

Hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit. A meta-analysis, statistically combining results of more than 600 studies of 72,000 people from America and Europe to compare various methods of quitting. On average, hypnosis was over three times as effective as nicotine replacement methods and 15 times as effective as trying to quit alone.

University of Iowa, Journal of Applied Psychology, How One in Five Give Up Smoking. October 1992.

(Also New Scientist, October 10, 1992.)

Hypnosis has Positive Implications on Memory

http://www.naturalnews.com/026978_hypnosis_hypnotherapy_health.html

(NaturalNews) The role of hypnosis on memory has been a topic of debate for decades. Studies have found both positive and negative results when testing hypnosis with memory. Many factors play a role when using hypnotherapy to enhance memories including a patient's suggestibility and the questions used by the hypnotherapist. When used correctly, hypnosis can enhance recall and hypnotherapy has several positive implications on memory.

Chandler (1993) points out one of the benefits of using hypnosis on the memory. Many people use hypnosis as a form of therapy, to help them overcome roadblocks and to help promote change at the subconscious level. Hypnosis is often used to change negative memory associations. Negative memory associations can include just about anything, but can have a major impact on people's well-being and can prevent them from reaching their goals.

Changing negative memory associations into positive associations can dramatically change a person's life. The result of using hypnosis is a healthier perspective on life. Changing a negative association with a memory can have a profound positive effect on people's life and causes a shift in perceptual predisposition.

Pettinati (1988) describes what occurs when using hypnosis to enhance recall. The induction and deepening are given to the participant; immediately following this, the participant becomes

more suggestible. They are now able to access subconscious thoughts instead of just conscious thoughts.

The advantage to this method is that it helps the participant access the actual memory. This occurs due to lack of cognitive interference and increased ability to visualize. The disadvantage to this is that they can be more suggestible to cues by the hypnotist. This is where it is important that the hypnotherapist not put any inaccurate suggestions into the mind of the participant.

According to Reisen (1983), investigative hypnosis has become very popular in police science. The Federal and State courts have ruled that hypnotically enhanced recall of events is admissible. Delivered correctly, hypnosis is an accurate way to refresh past events in court and memory does not always become tainted by hypnosis. This helps investigators determine sequence of events with the help of eye-witnesses who would not normally have remembered exactly what they saw.

These three studies show that hypnosis, when used properly, can positively affect memories. Whether someone has negative memory associations or if they are recalling serious past events, hypnosis can help memory. This can have major implications on a person's well-being and on police investigations. More research should be done to see other ways in which hypnosis can impact memory.

Transforming your beliefs for health, performance and success: A review of The Hypnosis Network

http://www.naturalnews.com/020641_hypnosis_beliefs_health.html

Achieving a state of health is more than just a physical or chemical affair; it requires engaging the mind. The mind directly controls your physiology, often in surprising ways such as when a single thought causes you to blush or drool (or both, depending on what you're thinking about). But that's just a parlor trick. A far more practical application of mind-body medicine is found in recruiting the mind to control blood pressure, stress hormones, immune function, healing responses and other measurable markers of health or performance.

Interestingly, your ability to heal yourself, or perform at a high level, or achieve your ambitions, is largely determined by your beliefs. And those beliefs are stored in a kind of neural-net software program running in your head. The good news is that we can change those beliefs, reshaping them to better serve our interests. And one of the most effective ways to do that is through hypnosis.

Several months ago, Michael Lovitch, the co-founder of The Hypnosis Network, was kind enough to send me a number of recorded hypnosis programs produced by his company. In the months that followed,

I listened to them all, including Managing Stress and Anxiety, Core Inner Strength and Productivity Engineering. I found each program to be very professionally produced and quite rewarding.

Evaluating audio hypnosis programs is a lot like eating at a salad bar. At some restaurants, the lettuce is old and wilted, the dressing has been spilled everywhere, and bits of one topping have scattered their way into the wrong bin. But at nicer restaurants, the lettuce is crisp and cold, all the salad extras are well organized and the entire salad bar is so clean that you could, well, eat off it.

Like salad bars, hypnosis programs come in all varieties, and some are better than others. I've listened to many programs over the years and have been less than impressed with quite a few. Some hypnosis programs on the market have poor audio quality that's so distracting, you can't focus on what's being said. Others rush the induction, leaving you still buzzing from the day's thoughts while trying to absorb the suggestions. And the worst programs don't even understand the importance of phrasing suggestions in a positive context, so you'll end up with harmful

suggestions like, "You will no longer feel terrible about yourself." (In order to process this statement, your subconscious mind first has to imagine what it's like to feel terrible about yourself, which is exactly what you don't want.)

But listening to the programs from the Hypnosis Network was like eating from a gourmet salad bar. The audio quality was outstanding, the inductions were effective, and the suggestions were extremely well planned and executed. It's no surprise, really, since the Hypnosis Network hires some of the best hypnosis experts in the business to script and record these programs. Each hypnosis title features a different expert with a PhD in their respective field. Some of the programs even come with accompanying materials that provide additional information to your conscious mind. I found this to be an excellent way to absorb the information offered in each program.

For health, relationships, work performance and more

The Hypnosis Network offers an impressive selection of programs to choose from. You'll find them all listed at www.HypnosisNetwork.com. They cover the spectrum of self improvement:

Health and wellness
 Self-esteem, inner strength and courage
 Career performance, public speaking and test taking
 Eliminating stress and anxiety
 Succeeding with weight loss or quitting smoking
 Eliminating chronic pain and headaches
 Overcoming erectile dysfunction, premature ejaculation and sexual dysfunction
 Sports performance, injury recovery and sports pain management
 Child development programs

In all, it's an impressive collection of titles. Probably enough to keep you busy for several months while you reprogram your subconscious mind through the proven power of positive suggestion.

Do audio hypnosis programs really work?

The short answer is yes, they do. They can help reshape beliefs so that your behavior shifts seem automatic and natural. With issues like weight loss, for example, this can lead to an accelerating cycle of success, where the first five pounds of weight loss encourage you to listen to the program even more, which further supports your beliefs and behaviors that lead to even more weight loss.

The main drawback to audio hypnosis is that the audio program cannot respond to you. It can't observe your physiology like an in-person hypnotist would do, nor can it alter the program according to what the hypnotist sees working (or not working) with you at that particular moment. The advantage, though, is that audio hypnosis programs are remarkably inexpensive compared to a live hypnotist, and you can listen to them as many times as you want without paying an additional fee.

There's also the convenience that you don't have to go anywhere, or make any appointments, to experience the benefits of these hypnosis programs. To me, this is a big deal, because I don't necessarily like going to somebody's strange office, and sitting in a chair that smells like somebody else's perfume. My home is my sanctuary, and I much prefer to experience hypnosis on my own turf. But that's just me. You might prefer to get away from home so you're not distracted by it, and so visiting hypnotists in person might work better for you. I encourage you to experiment with what works best and go with that. You may find completely different reasons for enjoying the many benefits of hypnosis.

You're constantly being hypnotized without your knowledge

In answering the main question posed above, though, let me assure you that hypnosis does indeed work quite effectively. In reality (which is a slippery concept all by itself), we're all being hypnotized all the time, mostly without our conscious awareness. Television advertising that attempts to associate a brand-name drug with positive images and emotions is a powerful form of hypnosis. And it works, because it gets people to go to their doctor and ask for the drug by name.

Our parents hypnotized us with all sorts of messages (whether they realize it or not) when we were children. As children, we didn't have the mental filters we carry as adults, and a lot of what we heard from parents, siblings or authority figures went straight in and became accepted as "fact" by our naive brains. Today, many of us still operate on those "facts" even though they are patently false. And if you were unlucky enough to have parents who hypnotized you with damaging statements like, "You'll never amount to anything" then you may find extraordinary benefits from reprogramming your beliefs and overwriting those old falsehoods that may have been holding you back before now.

Obesity and weight problems, in particular, often have their origins in self image distortions formed during childhood without our conscious awareness. When we lack self esteem, we often turn to food to overcome feelings of despair, isolation or shame -- all of which might have been programmed into us by ignorant parents, teachers or siblings. Over time, the eating behavior stemming from these self image distortions leads to obesity and diabetes, and while conventional medicine says the treatment for obesity is a patented chemical, the real core of the problem is our self image. By reprogramming our beliefs about ourselves and reshaping that self image, we can genuinely heal from the inside out, and our eating behavior will follow in step.

Heal the mind, and the body will follow. But it requires recognizing the programs playing in our own heads and reworking them to play positive messages instead of messages that sabotage us.

You see, we're hypnotized all the time: by the press, our friends and authority figures. But with these Hypnosis Network programs, you can take control over the suggestions being broadcast to your brain. Perhaps for the first time in your life, you can experience a program of intentional, positive hypnosis rather than the happenstance hypnosis taking place in society, most of which is designed by profit-seeking corporations who want you to believe that you need their products. The whole marketing of ADHD as a "disease," for example, is in many ways a massive hypnosis campaign designed to

change peoples' beliefs and behavior in a way that maximizes drug company profits.

But with the Hypnosis Network, you can put the power of belief and your subconscious mind to work for you in a way that serves your interests. And that's a first for many people. Imagine a team of hypnotists working together to make YOUR life better, who have the pure intention of helping you transform yourself in the most positive, vibrant way possible! That's what you get when you tap into these Hypnosis Network programs.

Experiment to see what works best for you

You may find you like some programs more than others, by the way. A lot of this depends on your personal preference for voices and styles. I found I didn't like the voice on one particular program, but that was probably because it reminded me of a nasty librarian I had the misfortune of meeting in grade school. (I have a strange talent for remembering and identifying unique qualities of the human voice.) That was my own negative association, but you'll likely have a completely different take. In any case, they offer a one-year satisfaction guarantee, so if you find a particular program isn't to your liking, you can return it and either get a refund or try a different program.

Overall, I give the Hypnosis Network five stars for offering outstanding audio hypnosis programs at a fair price. I recommend them to everyone. And yes, I really mean everyone. There's not a person alive who couldn't benefit from more positive suggestions delivered through these audio programs. In thinking about health, performance, confidence and other issues, we often tend to forget just how large a role the subconscious mind really plays. And for many people, exposure to some positive programming (done right) can make all the difference in weight loss success, career achievement or sports performance. As any professional athlete will tell you, 99 percent of the game is about what's in your head anyway. Now, with the Hypnosis Network, you have an opportunity to reprogram what's in your head, giving yourself positive, supportive messages in a format that YOU control. I can't imagine a nicer gift to give yourself!

By the way, I was not paid anything by the Hypnosis Network to write this review, nor do I earn anything from the sales of their products. I cover this company (and its products) for one reason only: Because I believe it to be of great value to you, the reader. Hypnosis is a powerful tool for self transformation, and when I see a company that gets it right, I feel obliged to spread the word.

A Word from Rick Collingwood:

Hello all and welcome to another month closer to 2010. I hope you are getting ready for the Christmas madness and the break that comes with it. This year has flown by and it has been an exceptional year for the academy and for hypnosis in general. Student applications are coming in fast and strong from Melbourne and Sydney so the expansion plans are happening much better and stronger than I anticipated, so it's pleasing to know that we must be doing it right.

John has the Perth academy well in hand and I have had very commendable feedback from students who have learned under John's tuition, so I expect that the academy will continue to grow and flourish into the future. The inaugural training in Sydney was a resounding success with 8 students completing the first NSW Power Hypnosis Training. There have been 3 trainings in Melbourne during 2009 and all have been well attended due to the hard work and dedication of Michael and Jai Waugh the Victorian Training co coordinator. There is a final Victorian training in December that is heavily booked and which I will conduct with Michael before he takes the reins for Victoria in 2010 and I commit to trainings when I am in Australia.

Personally and for the academy it has been an enjoyable although sometimes difficult 8 years in WA, and I have learned a lot. During the ups and downs and the challenges I've had to face since I bought hypnosis to WA in 2001, one thing that has become cynically embedded in me especially during the last 5 years is this; if you're good at what you do there are always people who will want a bite of your sandwiches. But actions always speak louder than words and the truth will always out. Beyond the occasional low life grub in our profession such as hypnosismikey who hides anomalously and illegally intercepts other people's emails, fortunately there are far far many more good and honourable individuals who offer genuine support and help, I extend my heartfelt gratitude to you for your long and continued encouragement and support. You are too numerous to name but I would like to mention a few who immediately spring to mind - Patricia Barker, Anette Thanner, Louis Coremans, Verona Gibson, Deanna Forster, Jan Duncan, John Vernes, and Michael and Lonai Werts, there are many more and you know who you are. There are also many others who have grown from humble beginnings to build up very successful hypnotherapy practices. I know how hard it is sometimes and I applaud you for your passion and your commitment to hypnosis.

It is intended that the new national association which has been discussed previously will be an entity before the first of January, and there has been enough positive feedback to ensure that already it will have a very large membership initial membership in WA Victoria and NSW. The new association is not being established as a competitor to PHWA, but it will focus purely on hypnosis, not watering hypnosis down by combining it with other therapies or modalities. The reason for this is being that the academy has always focussed on training the induction of real and traditional hypnosis, and I am proud to be able to say that all students from the academy know a lot more than a few ambiguous NLP or Ericksonian techniques and a progressive relaxation induction by the time they have completed their training. I won't be on the committee of the new association but I will be a patron. Membership will be open to students of any established training academy that has good and valid training curriculum and there will also be lower level memberships for non professional individuals who merely have an interest in hypnosis. The aim of the association will be to promote and focus on traditional hypnosis, professional development, and research for issues other smoking and weight loss. There are presently two medical doctors in WA who are more than happy to sign patients into and oversee various trials that will be organised for research purposes and conducted under strict clinical protocols using specific Non Ericksonian techniques and protocols. This isn't to say that there is anything wrong with using other modalities combined with hypnosis. Common sense dictates that a hypnotherapist should first and foremost be a hypnotist but it is too easy to water it down with other things and not ensure a correct depth of trance.

Regarding Milton Erickson it has been incorrectly stated in more than one book and research paper that Milton Erickson was a student of Dr Clark L Hull. Clark L Hull was a researcher and pioneer of hypnosis in the USA in the 1940s and 50s. The truth of the matter regarding Milton Ericksonian was that Erickson attended a lecture by Clark L Hull and that is what inspired him to pursue hypnosis. It appears to be forgotten by many Ericksonian Hypnotherapists (of which I was one for 3 years) that Erickson was primarily a gifted psychiatrist, and the reality is that the vast majority of hypnotherapists know less about Psychiatry than they do about flying the space shuttle. The assumption that when the eyes are closed is



Up Coming Dates:

Monthly Ongoing Trainings

Lesson Twelve: Ethics and Operating a Clinical Practice	Saturday, 5th of December, 2009
Eight Day Certificate of Hypnosis Course MELBOURNE – PART 2	27, 28, 29 November 2009
Four Day Power Hypnosis Course PERTH	21, 22, 28, 29 November 2009
Four Day Power Hypnosis Course MELBOURNE	4, 5, 6, 7 December 2009

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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 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.

hypnosis definition

hyp-no-sis (hip nō'sis)

noun *pl.* [hypnoses](#) -ses' (-sēz')

1. a trance-like condition usually induced by another person, in which the subject is in a state of altered consciousness and responds, with certain limitations, to the suggestions of the hypnotist

Disclaimer

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PERTH – 1 Day Hypnosis-Birthing Training

Saturday 6th May 2010

The Australian Academy of Hypnosis™

Complete this application form and post it to:
The Australian Academy of Hypnosis™, Joondalup BC, PO Box 1169 Joondalup
DC WA 6919

Enrolment Application

All information remains private and confidential

Course Start Date: **6 March 2010** 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 of 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.

Upon receipt of your deposit or full payment a payment receipt will be posted within 24 hours. A full refund less a \$100 administration is available until 10 days before the training commencement. After this time no refunds will be made but training can be deferred until the next course. Audio and Visual recording of the training is prohibited.

**The training will be conducted at the Bentley Training Facility – Technology Park
2 Brodie-Hall Drive, Bentley WA**

Starts at 9am until 5pm: Lunch 12.30-1.30pm: 15 minute Breaks 10.30am-3pm

Please be aware that Tea and Coffee is supplied. If have any further questions, please phone the training coordinator Michael Werts on 0401

634355. Email: aah_training@inet.net.au

<http://www.mindmotivations.com>

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