

Mind Motivations™&

The Australian Academy of Hypnosis[™] Newsletter

November 2009

ovember all ready! The second last month of the calendar year and if you are anything like me, you are wondering where all of those months between the start of the year and now went. Of course, we cannot spend the time we currently have wondering where the time that has past has gone, but sometimes it is difficult to work out just how that time seems to have disappeared. H. Jackson Brown, Jr. (American best selling writer, author of Life's Little Instruction Book) Said:

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.".

I try to remember this quote whenever I am feeling that there is too little time available and that I am under too much pressure – I find it helps to focus the reality. As the end of the year the draws nigh, things are not slowing down for the Academy. Last month, John conducted a Certificate course in Perth, Rick and I



journeyed east to Melbourne to conduct the Advance Mind Dynamics course and Rick ventured to Sydney to run the Power Hypnosis Course and appear on the Kerry-Anne Show. One guick deep breath and November will see us back in Melbourne and a Power Hypnosis Course being run in Perth and all will be closely followed by the final Power Hypnosis Course being conducted in Melbourne in early December. Of course, ongoing trainings continue throughout and the commitment to the people undertaking online or distance training never waivers.

Thank you all and please stay well.

Michael Werts Editor MM_Newsletter For further information please contact Jai Waugh contact details on lost page of the newsletter. Next Perth Four Day Power Hypnosis Course -PERTH 21, 22, 28, 29 Nov 09. Next Four Day Power Hypnosis Course -MELBOURNE 4, 5, 6, 7 December 2009. PHWA meetings are held at 10.00am on the 3rd Sunday of every month at The Stirling Regional **Business Centre**, 45 Delawney Street Balcatta.

Each meeting is followed

by approximately a one to

two hour training session

on a variety of topics.

In Brief:

Operating

Practice

2009

Next Monthly Training is

happening on 5 December – Subject is: **Ethics and**

Eight Day Certificate of

Hypnosis Course -

MELBOURNE.

22, 27, 28, 29 November

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Clinical

Some Quotable Quotes:

Success does not consist in never making blunders, but in never making the same one a second time.

Josh Billings

The secret of success in life is for a man to be ready for his opportunity when it comes. **Earl of Beaconsfield**

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. Evan Esar



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 practice Yoga experience women who fewer complications during pregnancy (i.e., pregnancy-induced hypertension, growth retardation) and have better neonatal outcomes (Field, 2008). An Australian study of and perceptions midwives' the obtetricians' 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 selfhypnosis 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 evidencebased 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 by 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.)



Doctor doctor: losing weight by hypnosis, and a creaky neck

Can hypnosis persuade me I've a gastric band, and so lose weight? Plus why is my neck making noises?

http://www.guardian.co.uk/lifeandstyle/2009/aug/29/hypnosis-creak-neck

Question: I read a story that a hypnotherapist convinced a client that she had a gastric band, which curbed her appetite, inducing weight loss. Is this true, and what are the dangers?

Answer: A colleague who uses hypnosis in her practice tells me this case hasn't been reported in medical journals, which makes it hard to judge, but in theory it is possible. Bear in mind, though, that we vary widely in our reaction to hypnosis, from the unsusceptible to the highly responsive. And there are drawbacks. For example, strange as it may seem, you could develop the unwanted symptoms produced by gastric banding, and even suffer some of the complications, despite not having a band in place. The brain isn't simple in its responses to hypnosis, which is why my colleague recommends that no one should undertake this lightly, and that you should use only a fully qualified clinical hypnotherapist.

Hypnosis Shown to Reduce Medical Cost of Sedation

http://www.naturalnews.com/027056_hypnosis_sedation_hypnotherapy.html

(NaturalNews) Hypnosis research covers a vast number of topics from treating medical conditions such as asthma and irritable bowel syndrome to researching pain control from headaches and surgery. Research on hypnotherapy has also included brain images to discover what areas of the brain are affected by hypnosis and how they are affected. Research has also been conducted to see if there are cost benefits of using hypnosis compared to sedation and analgesia. Researchers have found major differences between the cost of sedation and the cost of hypnosis. It was estimated that in 2009, Americans will spend \$2.5 trillion on health care (NCHC).

A study was conducted consisting of 161 participants undergoing either renal or vascular interventional procedures. The researchers wanted to compare the cost of standard intravenous sedation with the cost of self-hypnotic relaxation techniques. Seventy-nine participants received normal intravenous conscious sedation and 82 participants were given hypnotic suggestions by a licensed hypnotherapist to provide sedation. The hypnosis consisted of imagery and relaxation techniques.

Researchers also looked at the various costs of both of these procedures. They looked at the cost of the trained hypnotherapist to induce a hypnotic state, the cost of the room for the medical procedure, observational time after the procedure, and the cost and frequency of complications from the sedation (Lang & Rosen, 2002).

Forty-six percent (38 out of 82) of participants receiving hypnosis in the study did not request more sedation. Out of those receiving standard sedation, 18% (14 out of 79) did not request more sedation during the procedure (Bates, 2001).

Results showed that the average price of intravenous conscious sedation for the 79 participants receiving standard treatment was \$638. The average price per participant receiving hypnosis and sedation was \$300. This resulted in savings of \$338 per hypnosis participant. The hypnosis participants also had to spend less time in the procedure room. The results showed that even if those who received hypnosis spent 58.2 more minutes in the procedure room, they would have cost the same.

Participants were more likely to be stable, have fewer complications, and require significantly less pain medication when they received hypnosis during the procedure. The study was conducted at Harvard University; following the study, Harvard's interventional radiology team underwent hypnosis training so that they could incorporate hypnosis into procedures to help people reduce anxiety or pain from their procedure. This study shows that hypnosis is an effective and cost-reducing technique to use with sedation during procedures requiring intravenous sedation.

Sources

Bates, B. (2001). Hypnosis reduced surgical cost, time, and anxiety. Family Practice News.

Health Insurance Costs. The National Coalition on HealthCare.RetrievedSeptember11,2009:http://www.nchc.org/facts/cost.shtml

Lang, E.V. & Rosen, M.P. (2002). Cost analysis of adjunct hypnosis with sedation during outpatient interventional radiologic procedures. Radiology, 222, 372-385.



Hypnosis can Play a Role in Overcoming Fears

http://www.naturalnews.com/026956_hypnosis_hypnotherapy_phobias.html

(NaturalNews) Many people have fears and phobias that can interfere with their ability to lead a normal life. Most fears and phobias develop due to traumatic experiences and are thus mostly psychological. Researchers also believe that genetics and our brain chemistry also contribute to the development of phobias. A natural treatment that has been shown to help people overcome their fears is hypnotherapy. Hypnosis is an easy and quick method for releasing even deep-rooted fears.

According to the Mayo Clinic, studies have shown that people oftentimes have the same fear as their parents. This is due to observing fear in a parent or relative. Phobias also manifest due to individual experiences. Symptoms of phobias can range from mild to severe. Many people experience anxiety, avoidance, feelings of powerlessness, sweating, and rapid heartbeat. There are natural treatments available to help people overcome their fears, including cognitive-behavioral therapy and hypnotherapy.

Chihara-Want says that fears are often buried deeply inside people and caused by earlier experiences or an association. It is estimated that 90% of adults have a fear that interferes with their life in some way. Some people know what event or experience triggered their fear while others have no recollection. Whether someone remembers the experience that caused their fear or if they do not remember, hypnotherapy can help eliminate the fear. Hypnosis allows a person to access repressed memories during a hypnosis session. The hypnotherapist can then help them eliminate negative associations and replace them with positive ones.

Densky also promotes the use of hypnosis to eliminate fears. He says that hypnosis directly targets stress and anxiety and can help remove phobias. Our thoughts and feelings in relation to our fears cause anxiety, but it does not have to be that way. Hypnosis targets the fear and the stress and anxiety that the fear causes and reprograms the subconscious mind to get rid of the negative association. One of the many positive aspects of hypnosis is that it does not have any side effects. Many doctors prescribe medication to cover up the symptoms of fears without eliminating the actual fear. Hypnosis is a safe and natural method of treatment that gets rid of phobias permanently and quickly.

Hypnotherapy works by targeting negative thoughts and emotions in relation to a fear whether those memories are repressed or remembered. Few forms of therapy have the ability to do this. Also, hypnosis is natural with no side effects and eliminates the symptoms of the fear quickly. Eliminating fears can have a positive impact on many lives.

Hypnotherapy Does it Help with Phobias?

http://www.in 2 town.co.uk/The-Latest-Health-News/Hypnotherapy-Does-it-Help-with-Phobias/menu-id-4744

Phobias are intense and irrational fears that create strong fear and panic in a person. They interfere with a person's ability to socialize, work and in severe cases, live normally.

Most people experience anxiety or fear about certain events in their lives. For example, it is stressful for the majority of people to attend a job interview or to be assessed for performance at work. Phobias, however, are irrational fears that can prevent people from living normal lives.

Phobias belong to a spectrum of mental problems known as "anxiety disorders" and can be separated into three basic types: specific phobias, social phobia and agoraphobia. Specific phobias revolve around the fear of a specific object or situation.

Common specific phobias include fear of flying, and fear of snakes and spiders. If the specific phobia is not encountered often in a person's life, it will probably not be very disruptive. However, if it is a common occurrence then the afflicted person may well be living in an unhealthy mental and emotional state and not be functioning at their best.

Social phobias include being afraid of being watched and evaluated by others when in public, fear of public speaking and stage fright. People experiencing social phobias are more than just uncomfortable or worried, they are intensely anxious.



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 <u>order</u> 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.

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 3month 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 theraputical 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



on. Keep your hands off of them. Then say these nine words:

3. Say these nine words. They will stop the abreaction every time. "The scene fades and you tend to your breathing." I'm sure there are other words that are just as effective but until you learn them, these work.

Some other people have what we call repressed emotions. Maybe their life is terrible. Maybe they married the wrong person, or their job is pitiful. Sometimes, they just are repressing these negative emotions and cover it up with a big smile. Watch out for those people that smile all the time and are always up because they usually always have the other end, of being very down. When you start the induction, as the relaxation comes in, many times it's like taking the lid off of a pressure cooker. All of a sudden these people will start to cry. Not a violent reliving of an event of the past, they're just going to cry. The best thing that you can do for that person is to just let them cry and comfort them a little bit and say... it's fine. Go ahead and let this out. You're going to feel a lot better once this comes out. (then let them just cry.)

If you did nothing else for that person, let them do that, have them open their eyes and send them home, they would feel like a million dollars for a long time until that pressure built up again inside of them. Not to be misunderstood with an abreaction. An abreaction is more powerful, more strong. Than just soft or moderate crying.

The use of regression to abreaction is one of the most important and useful tools in the hypnotists toolbox. By learning how to safely instigate and handle this tool will enable you to be able to correct those deep and powerful problems that direct suggestion hypnotists are totally unsuccessful with. Unfortunately, regression and abreaction management techniques are not taught in the majority of hypnosis schools today. The reason is the instructor generally suffers a lack of training and understanding in the various procedures. Or, he has a fear that the student will not be able to handle the abreaction when it appears. This is a sad and erroneous concept. A hypnotist who has excellent training in the techniques is easily able to handle any abreaction that happens. It is our job to use any tool at our disposal in order to eliminate the problem the client is paying us for. In addition, on occasion, a doctor may ask you to perform a regression, if you do not have the skills necessary, future referrals from him will probably stop. The doctor expects us to be proficient in all necessary hypnotic skills. To attempt to use simple direct suggestion with the deep serious problems that people want relief from just causes another individual to say, "I tried hypnosis but it didn't work for me."

Remember!!! All regression/abreaction therapy can be classified a practicing medicine or psychology without a license. Prior to doing this work with anyone, obtain a doctor referral. Make sure that it says that you are working under the direct supervision or prescription of that doctor. Use the referral form your instructor gave you In your training class as it probably has the necessary correct verbiage. GET THE REFERRAL IN WRITING!

What are the statistics on the effectiveness of hypnosis? http://wiki.answers.com/Q/What are the statistics on the effectiveness of hypnosis

81% Reported They Had Stopped Smoking After Hypnosis

Thirty smokers enrolled in an HMO were referred by their primary physician for treatment. Twenty-one patients returned after an initial consultation and received hypnosis for smoking cessation. At the end of treatment, 81% of those patients reported that they had stopped smoking, and 48% reported abstinence at 12 months post-treatment.

Texas A&M University, System Health Science Center, College of Medicine, College Station, TX USA. Int J Clin Exp Hypn. 2004 Jan;52(1):73-81. <u>Clinical hypnosis for smoking cessation: preliminary results of a three-session intervention.</u> Elkins GR, Rajab MH.

Hypnosis Patients Twice As Likely To Remain Smoke-Free After Two Years

Study of 71 smokers showed that after a two-year follow up, patients that quit with hypnosis were twice as likely to remain smoke-free than those who quit on their own.

<u>Guided health imagery for smoking cessation and long-term abstinence.</u> Wynd, CA. Journal of Nursing Scholarship, 2005; 37:3, pages 245-250.



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

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 selfawareness, 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.

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.

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 Motivation

Motivation is the key to positivity in our lives. If we were not motivated enough, we would just not have the will in us to go about our daily lives. Its motivation that helps us get through the most mundane things? motivation for working harder, motivation to have a healthy relationship, motivation to earn more, motivation to have a happy family. And yet sometimes we find ourselves lacking in motivation; I think we have all had days when getting out of bed to get ready to go to work seemed like a Herculean task. Sometimes lack of motivation can really bring people down, and hinder their efficiency and ability. This may lead to frustrations and further breakdown of communication between people. However, if you intercept this lack of motivation timely, you have help at hand. Go for hypnotherapy for motivation to get the zest in life back.

Hypnotherapy is intrinsically related to the concept of motivation, and can help you in every walk of life. From motivation in sports, to business; from quitting smoking to losing weight, hypnotherapy for motivation could help you out. But here?s the catch: you can think of successfully motivating yourself only once you have your goals identified. Identification of a goal is very necessary before you start motivating yourself. Motivation is all about helping you realize your true potential, sometimes this potential gets thwarted by certain experiences in our lives. Hypnotherapy for motivation works towards removing those mental blockages by connecting with your subconscious.

Hypnotherapy is based on the formula of auto suggestion, and it works on deeper levels than one can imagine. Hypnotherapy for motivation converses with your subconscious mind, and urges it to alter self-perception and self ? image. Unknown to us, our subconscious is largely responsible for the way we think and react; if we <u>train</u> it to think on a different line, no doubt the accompanying behavior would change too. It understands the true potential that lies within us, and taps into it. Through gentle affirmations such as "I can do it?, it retrains your mind into believing that nothing is impossible.

The underlying theory of hypnotherapy is based on motivation, and we need it in every walk of life. However, we need to have our goals clear in our minds for the hypnotherapy to be successful. Hypnotherapy for motivation lets you focus on the particular task at hand, however if the task is undefined, hypnotherapy will be rendered ineffective.

Hypnotherapy for motivation can seem to be too simple a solution for these problems; however you will be surprised at their effectiveness. Once you started this journey of self discovery, you will see the changes in a short time. Through altering self-perception and self-image, hypnotherapy gives you a whole new view of the world. From being a procrastinating person, you can go on to become a self starter. So define your goals now, and dive into the vast sea of your subconscious mind through hypnotherapy. The pearls you will find there will take care of every situation and possibility in life. Happy Self Discovery!

Business Coaching and Hypnotherapy in Business

So you thought hypnotherapy and business development make a rather odd couple, right? One is all about strange uttering's and exaggerated facial expressions, while the other is about being cool, calculated and professional. How odd that they could even be considered compatible. How absolutely bizarre! But truth is always stranger than fiction, and I would like to break the myth that business and hypnotherapy don't go together. I would go on to say even as much that Hypnotherapy for business development is one of the fastest growing fields in this alternative sciences division.

Numerous corporate and organizations today hire qualified and experienced trainers to take their personnel through rigorous training modules to increase their efficiency. From communication skills, to sales & marketing; from EQ, to leadership and time management, there are a host of training requirements, which are needed by, corporate around the clock. The end result of all these trainings is that each and every employee should be more efficient and present timely results, they should have good communication skills to maintain harmony in the working environment; they should be able to eliminate stress and have the ability to work as a team. What if there was one single method of training, which could teach the employees to do all this and more, at a continuous basis and provide excellent results, be cost effective and easily accessible. Well there it is... the answer is hypnotherapy for business development.

You would be surprised to know that more and more managers are signing up hypnotherapy for business for development classes every year. The benefits of such a class are manifold and people are beginning to realize that. The corporate world is rife with high-tension jobs, immense stress and competition. Many people suffer from lifestyle disorders because of their hectic schedules, and some even suffer from a burnout. Such a situation would take a toll on anyone's performance, and this is exactly where hypnotherapy helps. First of all, it helps a person relax and calm down... and that is one of the most important things that managers at work need today. While you relax during a hypnotherapy session, your subconscious mind is being sent subliminal messages to repeat this calmness in a situation of stress. By autosuggestion, your mind is taught to handle stressful situations with calmness, it also helps a person to maintain clarity of thought and focus when under pressure.

Hypnotherapy for business development is also a method to increase motivation in people, as it works on the subconscious mind to look at the positives and build self-confidence. A person with confidence is motivated, and a motivated person can perform better, be it while making presentations, pitching for new business or when performing the role of a team player. Managers like hypnotherapy for business development, because it helps them manage their work relationships better, even while keeping their emotional wellbeing intact. It helps in increasing their basic communication and works on skills personal development. These personality changes can positively affect a manager's negotiating and leadership skills, while making them effective communicators.

Hypnotherapy for business development shows fast and effective results. You will be pleasantly surprised.



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 wizening 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.

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**



George was registered with three hypnotherapy organisations



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.



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 I 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 is 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 it's 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 relaxe now, ... deeper and deeper.

10 9 8 7 6 5 4 3 2 1 ... deeper and deeeper 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 <u>Descriptive outcomes of the American Lung Association of</u> <u>Ohio hypnotherapy smoking cessation program.</u> 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 you have Hypnosis Network, 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 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



indicative that a person is in hypnosis is ludicrous. As Erickson gained more popularity in the US in medical circles it prompted Clark L Hull to make this statement; *"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..."*

I agree entirely with Clark L Hull. I have a collection of more than 150 pre 1940s hypnosis books, many dating back to the 17 and 1800s and any one of them that is more than 150 pages long has at least twice as much valid and usable information regarding the inducing of trance than the entire 'Collected Works of Milton Erickson.' Milton Erickson bought a lot to hypnosis in his time, but he stated himself more than once that none of it was ever intended for the lay hypnotist. So as always I would encourage you to ensure that you have your client in real hypnosis before you fall into the trap of believing that the subconscious mind always knows what's best and will balance things out by simply using a few clever metaphors. Metaphors are fine but don't forget your direct suggestions, after all that is the cornerstone of real and traditional hypnosis, the same goes for EFT and tapping, it is much more beneficial if combined with true trance.

In 2010 I will pursue international commitments which will require me to be away for 6 months of the year in a new role as the director of Mind Therapies for cancer clinics that are now set up in hospitals in Switzerland and Mexico. Both of the clinics, one in Tijuana Mexico and the other in Nyon Switzerland, and both are staffed by some of the world's best Oncologists, Surgeons and allied medical staff. Patients can come and receive comprehensive cancer treatments using evidence based non invasive therapies wav beyond conventional that go chemotherapy and radiation protocols, although all of the conventional treatments including surgery are also available to patients if they are desired or required. Personally it is a great feeling to know that all my cancer work is going to be used and accepted at an international level. The clinics are called International Cancer Therapy Centres or ICTC and the link to the new website is http://www.canceroptions.eu

Finally I would like to discuss my opinion regarding hypnotic present (not past) life regression as a means to shift stuck patterns. In my qualified opinion, there is no evidence to demonstrate that hypnotic regression is any more effective than direct suggestion, there is however reams of evidence to demonstrate how unhelpful and dangerous it can be. Whether you are comfortable or not to see a client experience an emotional abreaction the issue of false memories must always be considered before you go down this path as there has been a lot of damage and pain caused by using these techniques and there are reams of evidence to demonstrate that as a fact.

If you are a trained mental health specialist or a psychologist with specialist training in this field then all well and good. However if you are a lay hypnotherapist with no experience in the field then going down this path armed with knowledge gleaned from a one week crash course then it is inevitable that you are going to eventually bite off more than your experience will allow you to chew. If a client presents themself to you positive that they have a repressed memory or something lurking in the background of their mind creating a problem, and wants you to regress them to go looking for it, then guess what you are going to find? If a client presents themself to you and you take it upon yourself to regress them and they have an abreaction, which is inevitable, a week of experience isn't going to help them or you. False or created memory syndrome is a reality and something it would behove all hypnotherapists to consider and remember. I'm not trying to discourage any student from learning regression systems or techniques, I think it is good to learn but I can 100% guarantee you that without supervision from a qualified supervisor, unless you have a lot of experience eventually you will hit the wall.

The website continues to grow and the front page of mindmotivations.com has a new face and it is now much easier to navigate and find your way through. Despite being hacked and attacked presumably by hypnosismikey, according to alexa.com it has had a 250% increase in traffic during the past three months and also a big increase in traffic coming from the UK and Japan of all places, perhaps the Japanese are having an increased awareness of hypnosis. On a security note for all people who have an email or website password there is a new program available that can crack most passwords in less than 5 minutes. To keep snoops and hackers at bay and to be on the safe side change your password and put lots of %#&(*^%\$\$@# and intersperse an few capitals through it, for example Jack#@&Cook@@hotmail.com would be a lot harder and more time consuming to crack than jackcook@hotmail.com

Until December I trust that all stays well with you and yours and I hope to see you in the very near future.

Rick Collingwood



USU to send team to overcome quake victims` trauma

http://www.antara.co.id/en/news/1255786910/usu-to-send-team-to-overcome-quake-victims-trauma

Medan, N Sumatra (ANTARA News) - The University of North Sumatra (USU) will send a team of 50 psychologists and other medical workers to West Sumatra to help provide counselling for the recent quake victims in order to overcome their trauma.

Cooridnator of USU-Care volunteers Destanul Aulia said here on Saturday that the team would be composed of 50 persons coming from the psychology and medical faculties of the USU.

He said that the team members had the skills to cure traumatic scars of the quake victims, such as expertise on nutrition, psychology, hypnotherapy and other forms of therapies.

A powerful earthquake devastated Padang city, the provincial capital of West Sumatra on September 30, 2009, killing more than 1,110 and leaving more than 300 missing.

A total of 744 people were suffering from serious injuries, and 1,343 from minor ones.

However, unofficial estimates put the number of victims at thousands, as many were still buried under the rubble of collapsed buildings.

The earthquake also destroyed 101,653 houses, and caused damage to 97,995 others.

A number of hotels, restaurants and their supporting facilities were also destroyed. Of the 47 star-rated hotels in West Sumatra, 24 were damaged, 11 of which 11 were devastated, like the Ambacang, Rocky Plaza, Mariani, Nuasa and Hayam Wuruk hotels.(*)

Hypnosis concert held in Beijing

BEIJING, Nov.4 -- Shows featuring hypnosis are a fresh idea to many. Recently, some people got to actually experience it at the ongoing Notch Art Festival being held in Beijing's San Li Tun Village.

The audio and video extravaganza helped the audience enter a sleeplike state, which is a unique experience while listening to music.

Rather than sitting in ordinary seats, audience members laid down on huge cushions to allow their eyes and ears to enjoy the audio/visual feast. Abstract images were projected onto the ceiling, and frequently transformed according to the rhythm of the music.

The hypnosis concerts are jointly held at the trendy shopping district by artists from Northern Europe and China. They offer a unique experience for music lovers, leading them on a journey carried by imagination, illusion, and their own subconscious.

A Quick Word from John Vernes

The Traditional Hypnosis course was very beneficial to even the 'oldest' of us practitioners. How to frame our emotional disposition, throw our energy around and get AMAZING results in just a few minutes. Very direct and very powerful. Techniques from 1780 to 1815, before the word Hypnosis was even introduced!

The POWER COURSE IS ON VERY, VERY SHORTLY! The next one is not on until June next year, so if you want to come, make sure your application is in ASAP.

For anybody that has done it, or the old '4day Advanced', to repeat is \$125 per day or \$500 for the whole thing. Preferably let us know, so we can print enough manuals!

For the 1st timers it's \$1320. A valuable, practical course of Rapid Inductions, Advanced Techniques and Energy Shifting. Well worth it. Christmas is soon upon us and so too World Hypnotism Day, New Years resolutions and Summer. I've got big plans for the New Year, hope you have too.



The girls doing the Cape to Cape walk for the Starlight Foundation have done very well in their fundraising. I

hope to join them for the last 2 days walking, finishing at Cape Leeuwin, and the Augusta Pub that my father designed for a well earned beer. Dig deep if you can, it's for a good cause.

Be well and practice Random Acts of Kindness.

John.



Up Coming Dates:



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Future Articles

The Mind MotivationsTM Newsletter would welcome any articles or stories. Please submit any inclusions via email to the <u>MM Newsletter@iinet.net.au</u> 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 trancelike 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

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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 Dat	e: 6 March 2010		Age		
	Full Name:					
	Postal Address:					
				Postcode:		
	Phone (H):	(W):		(M):		
	Current Profession	on?	Email:			
1	Any previous Hy	pnosis Experience? Yes	No (If yes	s, please give brief details)		
,	Why do you want to attend this training?					
	Any known Ment	al Illnesses? Yes	No (If yes, plea	se 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.					
		osed my full payment or o	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@iinet.net.au

http://www.mindmotivations.com