

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

## September 2009

Spring has sprung! Welcome to the warmer weather....well, if not *actually* warmer weather yet – certainly the promise of warmer weather! Christmas will be upon us again very soon with all the joys and stresses that that brings with it. At the time of issue of this Newsletter (15 September 2009) there is 133 days to go till Christmas Day now...

In the very near future, it will be time to do a 'year in review' to examine where hypnosis currently is, where it was and any changed (for better or for worse) to the modalities reputation, public profile, professionalism etc. Consequently, I would like to ask you for your feedback and opinion on these matters. Have we improved?

There have been a number of new additions to the Newsletter mailing list so welcome to one and all! For the benefit of all new members, and as a reminder to others: the Newsletter is published on the 15<sup>th</sup> of each month. The email announcing the availability of the newsletter will be sent on each 15<sup>th</sup> of the month and will include a link to the current newsletter and another link to all previous copies of the newsletters. As a member of this mailing list, you will (from time to time) receive other information that is deemed of interest or benefit to the readers. Your email address (or other personal information) will *never* be provided to any third-party for any reason. If others wish to send an email announcing a special event or opportunity, they must first send the information onto me. I will then determine whether or not the information meets with our criteria and if it does, I will email it onto the members. Therefore, you can be confident that you will not receive SPAM email from any of our addresses or from any third party.

Now for a shameless 'plug' – this is Mind Motivations™/Australian Academy of Hypnosis™ newsletter but what that really means is that it is your newsletter. Therefore it is a forum for any suggestions, articles, items of interest or other material that you believe will be of interest to the readership. I know that, through discussions with a number of people, you all have had experiences, information and backgrounds that provide you with some wonderful learnings. Please consider this newsletter as a way of sharing these with others. We can all only benefit from the experiences. If you'd like some assistance in formatting any articles, please don't hesitate to drop me an email or give me a call.

I was also pleased to receive a response to one of the articles in last month's Newsletter. Though the author of the response wishes to remain anonymous, it is very pleasing to receive and publish a response and I would encourage anyone and everyone to put pen-to-paper (or finger-to-keyboard) whenever you think that a news item or article is worthy of reply.

Thank you all and please stay well.

**Michael Werts**  
Editor MM\_Newsletter

### In Brief:

Next Monthly Training is happening on 19 September  
- Subject is: **Conscious /Subconscious Interfacing**

**Eight Day Certificate of Hypnosis Course - MELBOURNE.**

To be conducted at the Quest on Doncaster -21, 22, 27, 28, 29 November 2009.

For further information please contact Jai Waugh - contact details on last page of the newsletter.

**Three Day Advanced Mind Dynamics Course** being conducted in **Melbourne** - 9, 10, 11 Oct 09

**Next Power Hypnosis Course - PERTH** 21, 22, 28, 29 Nov 09.

**Next Four Day Power Hypnosis Course - MELBOURNE** 4, 5, 6, 7 December 2009.

**Next Four Day Power Hypnosis Course - SYDNEY** 30, 31 & 1, 2 November 2009.

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

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## Some Quotable Quotes:

I was never afraid of failure, for I would sooner fail than not be among the best.  
**John Keats**

It is foolish to fear what you cannot avoid.  
*Stultum est timere quod vitare non potes.*  
**Publius Syrus**

One who fears failure limits his activities.  
Failure is only the opportunity to more intelligently begin again.  
**Henry Ford**

# Busting the myths surrounding hypnosis

■ Minneapolis Hypnosis Examiner ■ Cindy Locher

<http://www.examiner.com/x-18199-Minneapolis-Hypnosis-Examiner-y2009m8d3-Busting-the-myths-surrounding-hypnosis> There are many misconceptions about hypnosis



**Hypnosis is surrounded by myths, misconceptions.** People find it fascinating, or frightening, depending on what they have heard and what they believe. Hollywood continues to portray hypnosis as a "power" which can be used to control the minds and wills of other people. Nothing could be further from the truth. A closer examination of hypnosis, its history and attributes reveals a much more balanced picture of what hypnosis is, what it can be used to accomplish, and what it cannot do. Let's begin with some facts.

**Hypnosis is not a "power" held by the hypnotist.** Hypnosis is a state of mind, created by the generation of particular brainwave frequencies. Your state of consciousness at any given time is determined by the types of brainwaves you are creating at that moment. If you are wide awake, alert, and thinking critically, you are in a beta brainwave state. If you can remember a time when you were very focused, such as reading a great book or watching a movie, that is likely a time when your brainwaves had slowed down to an alpha brainwave state. And if you have ever lain in bed thinking, I'm not quite awake and I'm not quite asleep, that is called the hypnogogic state, and this happens when you are producing alpha and theta brainwaves. When this is understood, hypnosis can be correctly seen as a natural state of mind, which we are all in a few times each day whether or not we recognize it as such.

**Hypnotists or hypnotherapists, then, are just people** who have learned how to create the right circumstances to help their clients go into this brainwave state we call hypnosis. They don't hold any special powers that you yourself could not learn by studying the same information. Much as you go to a dentist because they have dedicated years to studying how to care for your teeth, when you [choose a good hypnotherapist](#) you are hiring a specialist who has invested in years of education to help you not only reach the state of hypnosis, but use the special characteristics of that state to create positive changes in your life. In fact, hypnosis has been accepted by the American Medical Association as a mode of treatment for various issues since 1958.

**Some people fear that their minds will be controlled,** but this is the opposite of the truth. You are actually more in control when you are in hypnosis than you are in your waking, or beta, state. You will never do anything in hypnosis that goes against your will, your values or your morals. This is why hypnosis is so safe. In fact, hypnosis is so safe, that the state of California has twice refused to license hypnosis professionals, stating that "hypnosis poses no threat to the public," and therefore no licensing oversight is needed.

**The idea that you can get stuck in hypnosis is also a misconception.** No one has ever been stuck in hypnosis. From time to time, people do decide to stay in hypnosis longer than the hypnotist wants them to, but this is actually a choice being made by the client, albeit at a subconscious level. This choice is usually made because hypnosis is so comfortable and relaxing that the person just doesn't want to leave it yet. A skilled hypnotherapist knows how to deal with this situation, and there is no danger posed to the client.

**Many people think that hypnosis feels "wierd" or somehow special and different.** This is another misconception. Most of the time, hypnosis just feels like you are relaxing with your eyes closed. Your body may feel more relaxed than usual, but you are able to hear the hypnotherapist, and you are aware of what is happening during your session. Most people say, "I could have opened my eyes and gotten up at any time." Yes, you can -- but you don't want to. As stated earlier, you are in control in hypnosis. It is also a myth that you need to be in a deep state of hypnosis, or trance, to achieve results. A light state of hypnosis is all that is required to achieve many of the benefits available through hypnosis.

**Hypnosis is a natural state of mind,** a brainwave state that everyone is in on a daily basis. Hollywood and popular culture have created unfortunate myths and misconceptions around hypnosis. Sometimes these misconceptions get in the way of people using an AMA approved resource to create changes and improvements in their lives. Hopefully with more information and education, and the many excellent scientific studies that are being conducted on hypnosis, these misconceptions will become a thing of the past and going to the hypnotherapist will become as commonplace as seeing the dentist.

## Hypnosis is a powerful antidote to anxiety

■ Minneapolis Hypnosis Examiner ■ Cindy Locher

<http://www.examiner.com/x-18199-Minneapolis-Hypnosis-Examiner-y2009m8d5-Hypnosis-is-a-powerful-antidote-to-anxiety>

**It is an anxiety-filled world.**

**Given the state of the economy, global concerns about terrorism, climate change and renegade nations,** there is a lot on our collective plate to be concerned about these days. Was the world always such a worry-filled place, or does the immediacy of news through RSS feeds, the internet, radio and TV exacerbate the effect?

**Regardless of the cause, anxiety affects many** and seems to be on the uprise. According to the Anxiety Disorders Association of America, anxiety disorders are the most common mental illness in the United States (affecting over 40 million adults), and the cost impact of this is more than \$42 billion each year. That's about one-third of the total cost of mental health treatment in the U.S., as cited by a study published in *The Journal of Clinical Psychiatry* ("The Economic Burden of Anxiety Disorders," Vol. 60, No. 7, July 1999).

**A fortunate group of anxiety sufferers seek relief from hypnosis.** Hypnosis has been proven in many clinical studies, both civilian and military, to have beneficial effects on anxiety, reducing both the frequency and severity of panic attacks, and even alleviating symptoms of PTSD. People with social anxiety, test anxiety, fear of flying and many other types of anxiety and fear issues have found quick, effective, lasting relief from hypnosis.

**The reason for the effectiveness of hypnosis** is that anxieties, fears and phobias are formed and kept in the subconscious mind. A qualified hypnotherapist who understands how these negative associations are formed and how to release them can provide a surprising level of relief to anxiety sufferers in a very short time frame. Once the negative associations forming the basis for the fear or anxiety is removed, the person is free from the effects of their past anxieties. The variety of pills and prescriptions provided to anxiety sufferers only dampens or masks their anxiety reactions, which is why so many people already under treatment for anxiety continue to seek an alternative solution.

**Alternative solutions that have been proven** to reduce symptoms of fears, anxieties and phobias include hypnosis and its cousins, guided imagery and meditation. As an adjunct to traditional medical approaches or as a stand-alone approach, these methods can speed sufferers along on their path to wellness.

# How to choose a hypnotherapist

■ Minneapolis Hypnosis Examiner ■



Cindy Locher

<http://www.examiner.com/x-18199-Minneapolis-Hypnosis-Examiner-y2009m7d27-How-To-Choose-A-Hypnotherapist>

**Choosing a hypnotherapist is a vital decision**

Hypnosis is becoming more and more popular as a modality for a wide variety of issues. Insomnia, weight issues, smoking and tobacco use, sports performance improvement, anxiety issues and more are all able to be effectively improved with the use of hypnosis. In many cases, hypnosis can prove to be more effective than other methods, and there are also significant benefits to combining hypnosis with other treatment modalities, and those can be traditional or other complementary methods.

Conduct an internet search on "hypnotherapist" in your area and you will likely get a number of results. Some of them may work close to you--but is that the best criteria for choosing a practitioner? Hypnotherapy is a specialty. You would not choose a cardiologist based on geography, and neither should that be your basis for choosing a hypnotherapist. Mayo Clinic, in Rochester, Minnesota, advises that you should, "Apply the same care in choosing a hypnotherapist as you would a doctor."

**What then should you take into consideration when seeking a hypnosis professional?**

## Professionalism and ethics.

Evaluate the professionalism of a hypnotherapist the same as you would any other health professional. Does the person belong to a national governing body or organization? Does that organization have a code of ethics and does the person ascribe to and abide by them? Consider community involvement as evidence of professionalism as well. For example, do they teach at a local community college? This can give you confidence that an established, professional educational institution has reviewed their qualifications. Chances are if they meet the college's standards, they are considered an expert in their field.

**Training.** Because lay hypnotherapists are not required to be licensed in most states, the quality of training programs can vary considerably, and it is important to establish that the person went through a quality program. Ask the person where they were trained, how many hours of training they received. Did they attend a recognized institution or did they take a weekend course from another hypnotist? How does the person keep their skills up to date--is there a CEU (continuing education) requirement that they must fulfill?

**Experience.** Every fine professional begins somewhere, and there are many hypnotherapists just a few years into their practice who are as qualified and get results just as good as a thirty year veteran. Still, experience is important. Ask how long the person has been practicing and, more importantly, whether they have worked with issues similar to your own with success.

**Rapport.** Assuming that professionalism, training and experience are satisfactory, the question of rapport is key. In fact, due to the nature of the work, rapport is probably more important with your hypnotherapist than any other medical professional. If you do not trust the hypnotherapist, your unconscious mind will block their suggestions, preventing the hypnosis from having the desired effect and robbing you of successful results. When you are talking on the phone or in person, ask yourself how you feel about this person. Do you trust them, do you feel comfortable with them. Are they explaining the process of hypnosis to your satisfaction?

Finding a good hypnotherapist requires some thought and effort on your part, but it is well worth it. A highly trained, competent, confident hypnotherapist can help you resolve many issues much more quickly than with other methods. Like any other health choice, it is important to do your homework. After all, your health is ultimately your responsibility.

## MUI branch in Java and Lampung urges TV to stop hypnosis-related programs

<http://www.thejakartapost.com/news/2009/08/12/mui-branch-java-and-lampung-urges-tv-stop-hypnosisrelated-programs.html>

The Jakarta Post , Jakarta | Wed, 08/12/2009 6:37 PM | National

The Java and Lampung branch of the Indonesian Ulema Council (MUI) has urged TV stations to stop hypnosis-related programs due to the violation of Islamic values.

"Scientific hypnosis is allowed, but hypnosis with the assistance of curses and supernatural creatures is prohibited," Syaife'i, head of the edict committee from the Java-Lampung branch of MUI, said as quoted by Antara news agency.

However, since hypnosis was misused to injure and rob people, it would be better to declare the status of hypnosis as forbidden or haram.

Syaife'i said the branch would recommend the MUI ban the programs.

"Assistance of curses and supernatural creatures....." . Could it be that their definition of hypnosis is galaxies away from ours?

Ed.

## Advertisement

### Hypnotherapy - Room For Rent

There is currently a therapy room for rent.

Availability is for 4 days/week

(Thu/Fri/Sat/Mon).

Room is located at:

Herbs for Health Wellness Centre

Suite 16 (First floor)

222 Walter Road (corner Russell Street)

MORLEY

Please Phone:

Contact: Dianne Dawkins

Ph : 93751300 or (Mobile) 0403271698



## Professional Organisations – Supernova or Black Hole?

Of recent times there has been a number of conversations held about membership of a professional association. The question most frequently asked of me has been, "What do I actually get for my membership besides a certificate?". I guess that the root of this question really is - how does professional association membership make me better at my job? A fair question to ask considering that membership does cost money!

There are a number of factors beyond the rather simplistic question posed in the paragraph above. In essence, a professional association represents people working within an area of expertise. Membership of the association is a 'two-way street' and it is essential, even vital, that the members actively engage with the association. All associations should offer professional development activities, networking opportunities, ongoing professional assistance and the ability to gain insight into how the industry operates. These are all appropriate activities as a basis for association offerings; however there is much more to be obtained by members if they adopt a less benign attitude to their membership.

Of course, it is possible for members to simply attend professional development opportunities and do nothing else and there is undoubtedly an element of each association membership that will do just that. I would suggest that these members really are failing to take full advantage of their membership though. Networking opportunities, the ability to ask a question and receive responses from a number of individuals, obtaining updates on what is happening with the industry and developments within the speciality, special events attendance (usually at a cost saving to association members), conferences/seminars, special interest groups established by the association, contributions to association newsletters or periodicals etc. are all additional features of an association that can and do provide great enhancement to the members; providing the members avail themselves of these services.

Besides the opportunities mentioned above, a professional association will seek to further a particular profession, the interests of individuals engaged in that profession, and protect the public interest.

Professional bodies are involved in the development and monitoring of professional educational programs, and the updating of skills. As a consequence, many professional organisations perform professional certification to indicate that a person possesses qualifications in the subject area. Sometimes membership of a professional body is synonymous with certification, though not always.

For people engaged in our profession, the profession of hypnosis and/or hypnotherapy, membership of a professional organisation is not mandatory and though some may argue that it should be, this is unlikely to ever be the case. The deregulation of hypnotherapy has removed any prospect of mandatory membership of a professional association and this has been liberating for hypnotherapists. Unfortunately though, from a public interest perspective, it does not provide any assurance that a person advertising him/her self as a hypnotherapist has any qualifications, has been trained by a recognised training organisation, adheres to any professional ethics or standards, holds associated qualifications in the public interest (First Aid, professional indemnity insurance) or actively undertakes any professional development to support the services they provide. Indeed, when asked for my opinion on what an individual should look for when selecting a hypnotherapist, membership of a professional organisation is one of the key qualifications that I recommend.

A quick perusal of the professional associations available in Australia presents quite a number of associations representing hypnosis and hypnotherapists. The associations either cater to a national audience or tend to be aligned on state boundaries. Some of these organisations target specific practitioner groups while others are more general in the nature of the application. So, how to decide on an organisation that meets with your needs and suits your particular practice dynamic? I guess that the best thing to do is familiarise yourself with what organisations are available. A search of websites is perhaps the easiest place to start. Once you have identified what those organisations are, then I would suggest a visit to each organisations webpage. (To be totally honest, there is [in my humble opinion] some very confusing, cumbersome WebPages out there which tend to frustrate the reader. Some market appraisal and testing would not have gone astray when these organisations were developing their WebPages!). When

previewing an organisational webpage (if you can find the information or if the information is addressed) you should look for:

- The aims of the organisation
- Registration requirements
- Cost of membership
- PD opportunities
- Requirements to maintain registration
- The range of services on offer
- Other professional organisation links/recognition
- Code of conduct/Ethical Conduct Code and finally
- How 'up-to-date' is the organisations Webpage?

Having familiarised yourself with the organisational WebPages available, the requirements for membership and the services offered by each individual association, you should also attempt to establish what their membership numbers are. For the most part, an organisation that is 'popular' among hypnotherapists and has a large membership is more likely to offer better standards of service and (hopefully) maintain dedicated professional development structures and (again hopefully) better professional registration requirements. Fewer members possibly indicates that the organisation does not provide valuable or popular services to its membership.

If you are still undecided, try emailing the organisation's point of contact for information and see how long it takes to receive a response (and what that response is of course) and then, if contact details are provided, email one or two of the membership to get their opinions on the organisation. The majority of organisations maintain a 'practitioners listing' on their Webpage.

For all of the reasons stated earlier in this article, membership of a professional organisation should be considered as a priority for people wishing to maintain a professional practice, remain up-to-date with standards and professional development and provide a level of assurance to clients. How each individual goes about making a decision on 'which organisation' is up to the person and what best suits their needs.

**Michael Werts**

## Back to school with hypnosis: This year, things will be different

■ Minneapolis Hypnosis Examiner ■ Cindy Locher

<http://www.examiner.com/x-18199-Minneapolis-Hypnosis-Examiner-y2009m8d11-Back-to-school-with-hypnosis--This-year-things-will-be-different!>Improve your grades and your life with hypnosis

**Kelly\* was a beautiful, bright, energetic and diligent college freshman.** But much to her disappointment, her grades did not reflect her intelligence or her abilities. Although she studied hard, understood the material, and did well on written assignments such as reports and papers, when it came time to take a test, Kelly's mind was frozen with fear.

**Many students of all ages suffer from test taking anxiety.** This anxiety can be caused by a number of factors, such as lack of preparation due to inappropriate time management, poor study habits, and inability to organize information. It can also come about because of reinforcement over time. Some children are naturally better “test takers” than others. When someone discovers that he or she doesn’t do well on tests, and there is no intervention to find out why and to provide new skills to improve test taking abilities, the self concept as a poor test taker is reinforced over and over again.

**Unfortunately all too often test scores** become the biggest factor in determining course grades. And of course there is the assumption that good grades equal intelligence and poor grades equal less intelligence. This may simply not be the case when a student of any age suffers from test anxiety. The ongoing results of this situation have ramifications for an entire lifetime. Poor grades that don't accurately reflect intelligence and ability can result in being turned down for higher education that would enable the person to reach their true potential. The constant anxiety and reinforcing effects of their poor test performance can lead to self image, self esteem and confidence issues that can haunt a person for a lifetime.

**In Kelly's case, she was a great student, just a poor test taker due to anxiety.** Her nerves took over when a test loomed. She began to worry hours or days before, depending on the test, and by the time the hour came, she couldn't remember a fraction of what she had learned. She really did know the material; she just couldn't recall it during the test. Frustratingly, she would often remember the correct answers after the test was done, when her fears and nerves had subsided. This is understandable, because anxiety actually blocks the mind's ability to recall information. The more stressed Kelly became, the less she was able to recall accurately, and so her impression of herself as a poor test taker was reinforced again and again.

**Kelly decided to take action by seeking a qualified hypnotist** who specialized in reducing and eliminating anxiety and test taking stress. After just one hypnosis session she was able to face a test without the usually butterflies in the stomach, and she was impressed by her ability to recall during the test. The self-hypnosis that her hypnotist taught her relaxed her mind, and in that relaxation she was able to not only calm her fears, but remember much more accurately and easily. After three sessions, Kelly had all the tools she needed to conquer her test taking fears. She also feels that she has learned coping skills that will help her in numerous ways throughout her lifetime

[illegible]

## Everyday Forms of Hypnosis?

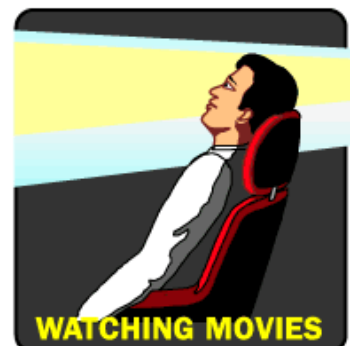
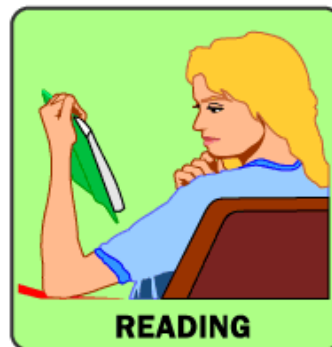
# How Effective Is Hypnosis?

Results of Comparative Study  
by *American Health Magazine*:

**Psychoanalysis:**  
38% recovery after 600 sessions

**Behavior Therapy:**  
72% recovery after 22 sessions

**Hypnotherapy:**  
93% recovery after 6 sessions



©2001 HowStuffWorks

# Hypnosis: Another way to manage pain, kick bad habits

During hypnosis, you might receive suggestions designed to decrease your perception of pain and increase your ability to cope with it. Alternatively, you might receive suggestions designed to decrease cravings.

<http://www.mayoclinic.com/health/hypnosis/SA00084>

By Mayo Clinic staff

Have you ever been totally absorbed while reading a book, cooking or watching a movie? Did you zone out to the point you didn't notice what else was going on around you? If so, you've experienced a trance-like state that's similar to what happens to you during hypnosis.

Although its medical uses aren't entirely understood, hypnosis appears to help with a variety of health conditions, when provided by a certified hypnotherapist or other qualified clinician. These range from helping to manage pain from chronic conditions to easing the symptoms of asthma to kicking bad habits like smoking.

## What is hypnosis?

Hypnosis, also referred to as hypnotherapy or hypnotic suggestion, is a trance-like state of mind. It is usually achieved with the help of a hypnotherapist and is different from your everyday awareness. When you're under hypnosis:

- Your attention is more focused
- You're deeply relaxed and calm
- You're more open to suggestions, and less critical or disbelieving

The purpose of hypnosis is to help you gain more control over your behavior, emotions or physical well-being.

It's not clear how hypnosis works. Hypnotherapists say that hypnosis creates a state of deep relaxation and quiets the mind. When you're hypnotized, you can concentrate intensely on a specific thought, memory, feeling or sensation while blocking out distractions. You're more open than usual to suggestions, and this can be used to change your behavior and thereby improve your health and well-being.

## Who is hypnosis for?

Hypnotherapy has the potential to help relieve the symptoms of a wide variety of diseases and conditions. It can be used independently or along with other treatments. For example, it's one of several relaxation methods for treating chronic pain that has been approved by an independent panel convened by the National Institutes of Health.

According to preliminary studies, hypnotherapy may be used to:

- Change negative behaviors, such as smoking, bed-wetting and overeating

- Reduce or eliminate fears, stress and anxiety
- Treat pain during childbirth and reduce labor time
- Control pain during dental and surgical procedures
- Relieve symptoms associated with irritable bowel syndrome (IBS)
- Lower blood pressure
- Control nausea and vomiting caused by chemotherapy
- Reduce the intensity or frequency of headaches, including migraines
- Treat and ease the symptoms of asthma
- Hasten the healing of some skin diseases, including warts, psoriasis and atopic dermatitis

Although hypnosis may have the potential to help with a wide variety of conditions, it's typically used as one part of a broader treatment plan rather than as a stand-alone therapy. Like any other therapy, hypnosis can be helpful to some people but not to others. It seems to work best when you're highly motivated and your therapist is well trained.

## Types of hypnosis

There are a variety of hypnotic techniques. The approach you choose depends on what you want to accomplish as well as your personal preferences. Your hypnotherapist may make a recommendation regarding the best technique for your condition.

For example, in one method a hypnotherapist leads you into hypnosis by talking in a gentle, soothing tone and describing images that create a sense of relaxation, security and well-being. While you're under hypnosis, the hypnotherapist suggests ways for you to achieve specific goals, such as reducing pain or stress or helping to eliminate the cravings associated with smoking cessation.

In another technique, once you're under hypnosis, the hypnotherapist helps stimulate your imagination by suggesting specific mental images for you to visualize. This conscious creation of vivid, meaningful pictures in your mind is called mental imagery, and it's a way to help bring about what you want to achieve. For instance, hypnotherapists can help athletes visualize what they want to accomplish before they perform it





Wednesday, Jul. 22, 2009

# Hypnosis Offers Benefits in the Treatment of ADHD

Steve G. Jones, M.Ed.,

[http://www.naturalnews.com/026771\\_adhd\\_hypnosis\\_hypnotherapy.html](http://www.naturalnews.com/026771_adhd_hypnosis_hypnotherapy.html)

(NaturalNews) Attention deficit hyperactive disorder (ADHD) is a very common disorder among children. The traditional form of treating ADHD is medication and psychotherapy. However, every person with ADHD is different and a one-size-fits-all approach cannot be taken in treating the disorder. Research has been conducted using alternative therapies including hypnotherapy. Hypnosis has been found to help people with ADHD focus, concentrate, and control stressful situations.

The symptoms of ADHD include inattention, hyperactivity, and impulsivity. Researchers are unsure what causes ADHD, which makes treating the disorder problematic. There are approximately 17 medications approved for use in treating children with ADHD. These medications come with negative side effects including decreased

appetite, insomnia, irritability, and anxiety.

Other forms of treatment that contain no side effects include psychotherapy, cognitive-behavioral therapy, and hypnotherapy. These forms of therapy help children change their behavior and help them realize that they can be in control over their actions. Therapy requires a network of support from therapists, parents, and teachers (National Institute of Mental Health).

A literature review was performed on numerous ADHD studies. The researcher found that ADHD is very complex when looking at symptoms, treatments, social development, and academic achievement. It is important that more than just the children be involved with treatment; educators, parents, and evaluators must be educated on the disorder. The review concluded that alternative therapies such as hypnosis and neurotherapy are very successful.

at controlling ADHD symptoms (Carbonell, (2003).

Barabasz and Barabasz (1999) found that ADHD is often over-diagnosed because its symptoms are often found in other disorders and the most common form of treatment is with drugs that are laden with side effects. More research is needed to both diagnose and treat ADHD. The researchers also found that active-alert hypnosis used with neurotherapy is a promising form of ADHD treatment.

These studies show that ADHD is a very complex disorder to diagnose accurately and to treat properly. More research is being conducted using alternative therapies because medications used to treat ADHD have been found to have many negative side effects. For some unknown reason, as children with ADHD get older, their symptoms decrease. This points to treating ADHD with alternative therapy as being more beneficial with more lasting results.

Hypnotherapy allows children with ADHD to gain focus, concentration, attentiveness, and control over their ADHD symptoms without the negative side effects of pharmaceuticals. Drugs only cover up the problem without actually treating the problem. Therapy is the best way to gain control over ADHD.

## Sources

"Attention Deficit Hyperactivity Disorder." National Institute of Mental Health. Retrieved on July 27, 2009:

<http://www.nimh.nih.gov/health/publications>

Barabasz, A. & Barabasz, M. (1999). Treating ADHD with Hypnosis and Neurotherapy. ERIC ID: ED435076

Carbonell, C.L. (2003). Attention deficit hyperactive disorder: Alternative treatment plans for school age children diagnosed with ADHD. ERIC ID: ED481550.

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## Patients willing to get fillings under hypnosis

By Michael MacLeod

<http://deadlinescotland.wordpress.com/2009/08/04/8063-1567/>

A HYPNOTIST has been hired by a Scots dentist to help patients overcome their biggest fear – the dreaded filling.

Instead of suffering the traditional painful needle, patients will have the recesses of their subconscious probed by mind-control guru Peter Davies.

Edinburgh-based Lubiju's unique approach to painless treatment is thought to be the first time a hypnotist has been used by a dentist in Scotland.

The recently-opened £750,000 practice in Leith has already attracted top medical consultants in anaesthetics, cosmetic dentistry, oral surgery and implantology.

The practice is the brainchild of Scots dentists Dr Biju Krishnan and Dr Lubino do Rego, who met while studying at Dundee University.

Edinburgh father-of-two Dr Krishnan said the appointment of Peter Davies will make going to the dentist easier to swallow.

He said: "Many people still associate a visit to the dentist with a painful experience.

"It may seem unusual to have a hypnotherapist at a dental practice. However, what is clear is that fear of dental treatment can have very wide and far-reaching implications indeed – so it makes perfect sense for us to be doing everything we can to tackle that."

“It’s estimated that 12 per-cent of people in the UK have such a fear of dentists they refuse to go under any circumstances – that’s around seven million people putting up with painful and problem teeth.

"What the hypnotherapy offers is that it puts the person back in control of those fears, it lets them feel that they are in a safe place and in control."

Lubiju also aim to tackle Scotland's record of decay by using totally pain and needle free treatments including expensive handheld lasers which allow them to identify areas of corrosion invisible to the naked eye.

The surgery is fitted out with three state of the art treatment suites, each with a designer flat screen TV on the ceiling, so patients can watch DVDs during longer treatments such as laser tooth whitening.





# Woman finds solace in hypnotherapy after childhood trauma

By Melissa Heckscher, Staff Writer

[http://www.sbsun.com/living/ci\\_13000854](http://www.sbsun.com/living/ci_13000854)

Sasha Carrion will tell you from firsthand experience: It takes a lot of strength to overcome a lifetime of trauma.

But nearly 30 years after her mother disappeared - murdered, she believes, by her own father - the 32-year-old has figured out a way to put the past behind her.

She did it through hypnosis.

"My whole life was absolutely centered on getting justice for my mother's murder," said Carrion, who was so moved by her emotional transformation that she became a hypnotherapist. "It had consumed me."

Hypnosis, a process by which a person enters a state of deep relaxation and heightened suggestibility, helped Carrion heal by allowing her to let go of her past.

It wasn't an easy past to relinquish.

Carrion's life has been a series of struggles - tragic events that began 27 years ago when she awoke one day to find her mother, Rosa Maria Marquez, missing from their Bell Gardens home.

She was 5, and her parents were separated and in the process of getting a divorce.

"I remember calling out to my mom and she didn't say anything," said Carrion, now a stunning woman with deep brown eyes and coffee-color hair. "The next thing I remember is the cops were there."

Carrion's father, Raphael Marquez, whom Carrion described as abusive and volatile, was questioned about the disappearance but never arrested.

"The police were asking me questions," said Carrion, who chose to take her mother's maiden name. "My dad showed up and he quickly pushed me to the side and said, 'Don't tell them that I ever hit your mom or you.'"

Her father fled to Mexico shortly afterward, leaving Carrion and her 3-

year-old sister in the care of their widowed grandmother.

Because her mother's body was never found, police never categorized her disappearance as a murder. Consequently, Carrion wrestled with the possibility that perhaps her mother had left them.

"I knew it was either A, my father had killed my mother, or B, she had abandoned us," Carrion said. "You can't win with that. Either way you lose."

Finding family

When Carrion was 19 and ready to face her past, her paternal uncle agreed to take her to her father.

They flew to Mexico, where Marquez had remarried and had two more children.

Shortly after their reunion, Carrion asked her father: "Did you kill my mother?"

He said no.

"He told me that she had left him for another man," Carrion said. "I was so desperate for a family that I believed him."

For almost a decade, she maintained a relationship with her father and his new family. She sent gifts. She visited often. Then one day, her uncle came to her with a confession.

"He told me, 'I'm afraid if I die I'm going to have to face your mother on the other side,' " she said. "Then he tells me how my father killed my mother."

As awful as it sounded, Carrion suspected her uncle's words were true.

"I called my father to confront him about this. He didn't admit it; he just told me to (expletive) off."

Carrion tried to get legal action taken against her father - she even got her story featured on the Web site of "America's Most Wanted."

But there was no evidence. No body. Nothing she could do. In 2007, her father died from a rare form of lymphoma and cirrhosis of the liver.

Carrion said she didn't mourn.

"The moment he died, it was as if I was free," she said. "I had that weight taken off my shoulders. It was to the point where it had completely taken over my life."

Alleviating the pain

By that time, years of distress had taken its toll. Not yet 30, Carrion was suffering from a host of ailments including migraines, hair loss, stomach pains and backaches.

Doctors couldn't help her, she said. Antidepressants didn't work, either.

It wasn't until, on a whim, she decided to try hypnotherapy that she began to feel better.

"I was finally able to let go," she said. "I felt better almost immediately."

Carrion said becoming a hypnotherapist herself (at the time she had been working in the fashion industry) was a natural step.

Within months, she was certified by the International Hypnosis Federation and the Omni Hypnosis Training Center, the first accredited school of hypnosis.

She had found her calling.

"When I did my first class of hypnosis, it was huge," said Carrion, who practices out of her home in Marina del Rey and an office in Redondo Beach. "They asked for volunteers, and every chance I could get, I would put my hand up."

How hypnosis works

For most people, hypnosis conjures images of swinging pendulums and sleeplike trances.

In reality, it is more aptly described as a state of focused attention and heightened suggestibility, during which



## Script of the Month:

### Headaches and Migraine

*Hypnosis is more effective when treating conditions like these if the client is taught how to deal with the pain before it becomes too bad. In this way they can learn to control the pain, by first of all turning it up and then turning it down. This program will demonstrate how this is done.*

*As with most conditions of this nature it is also a good idea to discover what purpose it serves in the patient's life, this can be done through ideomotor techniques which are explained in the Strategies section of Hypnotic World. It is also essential that any pain is first investigated by the patient's GP before treatment is commenced.*

As you drift deeper into this wonderful hypnotic experience I want to show you some tools that you can use to control the headaches and migraines which you have been having.

When we experience signals of pain it usually means that something is not right somewhere in our body - and headaches and migraine are no exception. Imagine a friend banging on your door in the middle of the night. You may be too busy to see her right now or perhaps you're asleep and don't want to be disturbed, so what do you do? You ignore the knocks and continue with what you are doing.

But your friend has something important to tell you and she knocks even louder, and louder still to make herself heard. The door begins to shake and rattle - oh, If only you'd stop what you're doing and open the door and listen to all she had to say.

Eventually, you relent and open the door, but by then it's too late and the pain has got really bad. So whenever you get a signal like this, just stop whatever you're doing as soon as you can, and go inside and listen to what your friend has to say.

Of course, once the discomfort is there you need to learn to deal with it, and there are many ways you can do this. How do you perceive your discomfort? Is it a loud and piercing noise? What pitch is it? Go inside and see if you can turn it down - imagine turning down the volume on TV with the remote, slowly at first - we can achieve just a little reduction in noise and that's okay.

Perhaps your discomfort is a horrible bright color - and again you can adjust the color. If you're artistic you can imagine a palette with various blobs of oil paint - perhaps you can add some white with that brush over there, mix it in with the glaring color - test it on the canvas and see how it looks now. Or again, maybe you're seeing the colors on a TV screen and adjusting the controls, turning the brightness down.

Can you rate your discomfort on a scale of zero to ten? What number is it now? Imagine a ruler in front of you with a pointer that moves up and down, indicating the level of comfort or not. Try moving the pointer up, first of all, just a little until you find the pain increasing slightly. Nod your head when you've done this.

Now isn't it good to know that you can control that level and move the pointer down - go on - move it down to where it was before. And more, move it further down, further down - do it, in your own special way.





## Deepener - The Seven Doors

In a moment I'm going to ask you to visualize certain things - and as you do - you'll find yourself drifting deeper and deeper into hypnosis and this wonderful, relaxing feeling.

I'd like you to begin by imagining a bright red door - a bright red door - and on the door is a very large number seven - that's right a number seven - when you can see the door clearly in your mind - nod your head - that's good - now you're walking towards the door - and the door is closed - and you push the door open - push - push the door open - and the door opens easily for you.

And you close the door gently behind you - and walk into a brightly coloured red room - all the walls are red - and most of the furniture is red - and this room represents the problem that you are seeking help with - even so - it's not an angry red - but somehow comforting because you know you're getting inside your problem and you're going to overcome it with hypnosis.

So look around and evaluate your problem - decide on the best way to move forward - what strengths do you need to help you? We're going to gather those strengths as we move through the room and walk over to another door at the far side of the room - and this other door is orange - and on the orange door is a large number six - a number six on this orange door.

As you reach the door - you wonder at what is beyond it - and you push open the door with your hand - you push the door open with your mind - and you walk through - into a lovely bright orange room. And the orange room represents your desire to overcome that problem - and that's good - because you really want to overcome it - and you know with certainty that you will - all you need is to want something badly enough and you'll surely achieve it - using all the resources that you have. So gather that desire to overcome your problem - and take it with you to the yellow door at the far end of the room.

And the yellow door has a large number five on it - and as you enter the yellow room - you are filled with hope and optimism - you can feel that hope and optimism entering your soul and the deepest part of your mind - this lovely, bright yellow room is like a burst of sunshine - it's a wonderful room and your hope and your optimism are increasing moment by moment.

Walk over to the green door now at the end of the room - the green door with the number four on it - a large number four - and as you enter the green room - you find that you can drift a little deeper - that's right - you can drift a little deeper into hypnosis and this wonderfully calm and relaxing feeling - drifting deeper - and deeper still.

Now the green room represents abundance and growth and your determination to overcome that old problem of yours in growing stronger and stronger with every breath that you take and every word that I utter - you know you can achieve whatever you set out to achieve - you are determined and positive and confident - and you feel wonderful - so good.

And at the end of the green room - and you bring with you the determination to succeed - is the blue door - and on the blue door is a number three - number three - on the blue door - and it's a bright blue door - bright and cheerful - and that's how you feel - as you drift deeper still - and ready soon - to begin the work that you want to do - to overcome your problem for ever.

Just like the new growth of spring - the green also brings with it a promise of things to come - and you're growing stronger and stronger each and every day - and the room seems to change as you watch it in your mind's eye - to a beautiful garden with an orchard - and flowers and the leaves on the trees are so different in shade - and you drift deeper and deeper and deeper still.

Moving forward you notice another door - an indigo door - this door is the colour of the deep blue sea - and it has on it the number two - and as you push open the deep blue door - you find yourself watching the ocean waves - and a feeling of total peace comes over you - total peace and serenity - and you go deeper and deeper and deeper still.

You find yourself moving now - floating over the deep blue sea - over and over - deeper and deeper - yet rising above to a higher plane of consciousness - almost as though you're aware of your higher mind - rising - rising - going higher - and deeper into this lovely peaceful feeling - until you reach a heavenly door - the most perfect shade of violet - a rich purple - door with the number one - and you're now at one with the universe and ready to accept the suggestions you hear - and as you enter the violet room - you see a beautiful white light - with sparkling reflections of violet from the room - so enter the light - and for your mind is now open and receptive to the suggestions you hear whilst in the deep state of hypnotic trance.

Continue with suggestions...

## Response to Article (from August Newsletter)

Below is a response received in reply to an article that appeared in the last edition of the Newsletter. The article was titled, **"Health Ministry (Israel) to hypnotists: Stop helping clients explore past lives"**. The author of the response has requested to remain anonymous but sincere thank you for your contribution! Any and all comments, responses, thoughts and suggestions are always more than welcome.....

Hi Michael, I am responding to the article in your newsletter re the banning of past life therapy in Israel. It is another typical botch up by a western trained clinical psychologist who didn't have the slightest idea on how to process his/her client's depression after breaking up with his girlfriend. The psychologist broke a golden rule by offering the past life regression instead of following the lead of what is naturally presented. By following what the soul is presenting sometimes does go into a past life, which can have very beneficial results. But however if a soul is not yet ready to look into past lives it can have traumatic consequences especially if it isn't processed properly. I find that those who have been trained in a particular western model will have difficulties in understanding the right brain approach of eastern psychology. Often those trained with the western model clash with those of the eastern model and this leads to misperceptions and misunderstandings. Transpersonal psychology at least has embraced both paradigms of east and west which allows them to see the bigger picture and at least treat their clients from a more holistic point of view.

When I was four years of age I had vivid recall of my life in Egypt. I can remember I was in the kitchen with my mother in this life making damper as we had run out of bread, when I suddenly launched into how we used to make damper in Egypt, and kept saying, "But Mum, don't you remember? That life was real and vivid to me as a four year old. I could see it as a parallel world over my present one and I was in both worlds at the same time. When I was six years of age I was brushing my hair looking into my mother's dressing table mirror, when all of a sudden I saw another past life where I was being chased by men with clubs and sticks. I was beaten to death for knowing other worldly things. I seemed very detached from seeing myself being beaten to death, but what did surprise me was my attitude to it. I simply said, "They can't get me now, I am in another life". I didn't think anymore of it and went to school. Maybe by having a certificate in "Hypnosis Field Therapy" in those days could have resulted in a similar death as so many people were killed during the dark ages for being faith healers (witches) and herbalists. Many of my clients have gone back to this period in history, people who didn't know each other. They all came with similar experiences of what happened back then. However they would have been misdiagnosed and labelled by western psychologist and psychiatrists as having some form of psychosis or implanted false memories had they chosen to go down that path. This kind of diagnosis can cause so much more trauma and grief, to be diagnosed and labelled with some form of mental illness, just because the practitioner does not have a holistic view of consciousness, the working of the mind, or with no understanding of the true nature of the soul.

In 1978 while on the operating table I had a NDE, out of body experience that took me into the light. It was while I was in the light that I became aware of divine beings of light and remembered very clearly my incarnation into this life. Three months after I experienced a spontaneous Kundalini awakening or baptism of light, that opened me to higher consciousness and took me down a path that led me into Self Realisation. I now had greater insight into the nature of the soul and of how a soul became lost to the ways of the world. This new understanding took me into learning about regression therapy in 1979/80/81, and now after 30 years of doing this work feel I have a very good understanding of how to process past lives and one of the things you should not do is to push someone down that path when they are not ready. Past lives will present themselves when they are ready to be worked with, such as the case of a swimmer who came to me with pain in her right

Ed  
shoulder. This young lady was training for the Commonwealth Games when she suddenly developed severe pain in her shoulder and after surgery, physio, and chiropractic treatments she was no better off. Instead of saying to her that she needed to look at past lives, I simply asked her to place her awareness in her shoulder and to tell me what she saw. She told me that she saw a black hole in her shoulder and asked me how it got there. I then asked her to place her awareness in the black hole and to ask it how it got there. She suddenly found herself going into a past life where she stepped between two men who were fighting over her, who drew pistols and she was shot through the shoulder. We then did the forgiveness work and I asked her to imagine a video film and put a label on it referring to that life and incident and to throw it into a fire, to burn the effects of that life out of her cellular memory. After this was done I asked her to integrate her past life self into her present life. Her pain suddenly disappeared. She phoned me a week later to say that she was now swimming 25k's a week. This young lady had no prior knowledge of past lives.

Another young lady who the doctors had given up on hadn't been able to walk for 6 years. She was very frail and was giving up on life. When I took her into theta I asked her to ask her legs to show her what had happened to cause the problem, (Hypnosis Field Therapy) she went straight into a past life in Ireland. She saw herself walking past the Post Office in Ulster when it was bombed early last century and from this lost the use of her legs and saw that she remained a cripple until she died. We worked to process and integrate that life and now the young lady has regained the use of her legs and can not only walk but can now run and drive her car. Her mother is Irish and so my client and her mother went back to Ireland and to that Post Office where it had happened and she said that it was like stepping back into the past and that the memory of what had happened was so vivid and real. Much like what I experienced as a child.

Another case comes to mind worth mentioning, a 10 year old boy who had ADHD told me of his bad dreams which turned out to be a past life where he was killed in Vietnam. When I visited this boy in his home his bedroom was done out in army style with camouflage army green doona and some of his clothing was in a similar material and his room was littered with toy soldiers and tanks etc. He had been stuck in that life and could find no way out of it until I came along. He improved immensely and finally came of the Ritalin under the guidance of his G.P.

Examples of past lives come up in clients who take drugs, who experience some form of psychosis. It is often the case that the psychosis turns out to be a past life when processed properly. There is so much more to be understood in "The Field" of memory and consciousness that is beyond the awareness and understanding of most Western trained medical practitioners. It is only when a person has taken the journey inwards to really understand the Self in this greater "Field of Consciousness" that we are able to reach the highest and lowest levels of awareness to become "Transformational Therapists", as we can only take our clients as far as we have been ourselves in our own understanding of who we are and of life. There are many levels of consciousness to be explored and understood in the "Greater Field of Consciousness" and so the limited model of the western paradigm must not be misapplied to states of consciousness outside its scope.

Anon



## Success through hypnosis

<http://www.theeyeopener.com/articles/4072-Success-through-hypnosis>

Written by Terri Kunopaski

Will Lam was in a rut and needed to turn his life around. His marks were down and he couldn't quit smoking. So, two years ago, the part-time accounting student decided to try hypnotherapy.

"I was sick of not getting a lot out of life, mediocre results," Lam said. "At that point in time, I was willing to try everything and anything. I just decided to give it a chance."

And the results were outstanding. Lam gave up cigarettes and all of his marks improved by at least one full grade per class.

"With respect to change, it's sort of like replacing a broken record and getting a new one that works," he said.

Hypnotherapy can help people lose weight, reduce pain and overcome phobias, but it can also help some become better students — especially if they have treatment now while they're still young.

Luke Chao, founder of The Morpheus Clinic, where Lam was treated, said about five per cent of his clients have been students, from high school to university age.

"Anyone who is college age is more likely to be suggestible than someone older," Chao said. About 400 people have gone to the clinic since it opened two and a half years ago. Hypnotherapy accesses information in the patient's subconscious mind. This is how the therapist discovers what has been causing the problem the patient is trying to overcome. The relationship between the conscious and the unconscious mind is like a horse and rider, Chao said. The horse is the unconscious mind and the rider is the conscious mind.

"[The conscious mind] might be riding the horse and pulling the reins, but its success depends on if the horse is going to follow.

"If a person feels like they're riding a horse they can't control, that's where hypnotherapy can help."

Chao said he next takes the two parts of a person — the part that has an issue and the part that wants to get rid of it — and aligns them by resolving their conflict.

The patient, with the guidance of the therapist, then comes up with suggestions and strategies to ensure results after the session.

"It's all about changing a person's state of mind, their perspective," said Didi Vergados, a certified hypnotherapist at Morpheus.

Chao said one-third of the clinic's clients had their issue resolved after only one session.

"We can do the work here but we can't change the outside world," he said, adding there are external stresses that could render hypnotherapy useless.

Chao said he knows most clients turn to hypnotherapy as a last resort, and wishes it were different.

Chao explained it's hard for people to take hypnotherapists seriously because they'll also offer palm readings and Tarot card predictions.

"A lot of hypnotherapists are not very professional," he said. "For hypnotherapy to become mainstream, hypnotherapists must do good work, stay professional and not give outrageous claims."

A contributing factor is that hypnotherapists aren't certified through the government. They

receive their designation through private organizations.

Dr. Dan Merkur, a psychoanalyst in private practice who is also affiliated with the University of Toronto, said hypnotherapy is hit and miss, but worth trying.

"It works for some, but not all. See how it works for you," he said. "If you have a negative reaction then don't repeat. It's pretty benign.

"With some part of the student population, hypnotherapy might be affective. I don't think it would be affective for a large part of the population because they have other reasons for not studying or not studying well ... You've got to address the deeper issues."

Ryerson's Counseling Services does not prescribe or administer hypnotherapy to any patients.

The average cost for one session at Morpheus is \$140, but they do offer multi-session packages that work out between \$110 and \$120. Most clinics in the city offer similar rates. For Lam, it was well worth the money. "I would say for students who want that extra edge or who are at a part in your life where you want to take your life to the next level, yes, hypnosis," he said.

But for Merkur, hypnotherapy isn't a guarantee. He said you need to do research and know who you're seeing.

"A gifted hypnotherapist may have some success. All varieties of therapy are like art — some people should be in galleries and others shouldn't show it to their best friends."

# Woman finds solace in hypnotherapy after childhood trauma

By Melissa Heckscher, Staff Writer

[http://www.sbsun.com/living/ci\\_13000854](http://www.sbsun.com/living/ci_13000854)

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How hypnosis works

For most people, hypnosis conjures images of swinging pendulums and sleeplike trances.

In reality, it is more aptly described as a state of focused attention and heightened suggestibility, during which the patient is completely aware of what he is doing and saying.

"There is a fear that with hypnosis you can make the client do whatever you want them to do, but it doesn't work that way," said Torrance psychiatrist Isabel Puri. "The person who is in control is the patient. At any point, if you want to stop the hypnotic state you can."

Puri, who has a certificate in hypnotherapy though doesn't use it often in her practice because of time

constraints, said hypnosis can be an effective treatment, particularly for mild depression and anxiety disorders.

"Typically, the milder disorders are more likely to respond to hypnotherapy," she said. "That is because all hypnosis is actually self-hypnosis. Once you learn the techniques, you need to practice by yourself.

"If the disorder is very severe," she continued, "you may not be able to have the wherewithal to go ahead and practice by yourself and get your life together."

Hypnotherapy is often used to help people stop smoking, lose weight and overcome phobias. It also has proven helpful, as in Carrion's case, in overcoming trauma.

To break the trauma cycle, a hypnotherapist must replace negative thoughts with positive, reassuring thoughts and feelings.

"Sometimes it's like being freed from a curse," Carrion said.

"I think I'm one of the most thorough hypnotherapists because I truly believe in it," she said. "For me, it was truly changing."

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# Hypnosis has Many Benefits for Post Traumatic Stress Disorder Sufferers

Steve G. Jones, M.Ed.,  
[http://www.naturalnews.com/026725\\_hypnosis\\_PTSD\\_hypnotherapy.html](http://www.naturalnews.com/026725_hypnosis_PTSD_hypnotherapy.html)

- Transforming your beliefs for health, performance and success: A review of The Hypnosis Network
- The Benefits of Using Hypnosis in a Pediatric Setting
- Use Hypnosis to Achieve New Year Resolutions

(NaturalNews) Post traumatic stress disorder (PTSD) is a serious disorder than can have a negative impact on a person's quality of life. Alternative therapies are available to treat post traumatic stress disorder. Research in hypnotherapy is proving that it can help people who experience PTSD and other anxiety disorders. Treating PTSD is important to help people lead productive lives unaffected by previous stressful events.

Post traumatic stress disorder is an anxiety disorder that can develop after someone has experienced a traumatizing event. Symptoms of the disorder greatly reduce quality of life. Re-experiencing symptoms include flashbacks, scary thoughts, and bad dreams. Avoidance symptoms include losing interest in everyday activities, feeling depressed, and avoiding places or things that bring back the painful experience. Many people also report feeling guilty, difficulty sleeping, anger, and trouble concentrating (National Institute of Mental Health).

Hypnosis is found to be beneficial in treating PTSD for two reasons. One, the symptoms of PTSD are similar to the phenomena experienced under hypnosis. And two, hypnosis has been shown to reduce symptoms of PTSD. Studies have shown that people who have PTSD are highly hypnotizable. Hypnosis allows people to access memories of the event under controlled circumstances. Then, these memories can be restructured so as to prevent future symptoms of PTSD. People with PTSD can be taught to use self-hypnosis so if a re-experiencing of symptoms occur, they can reduce the effects (Spiegel & Cardena, 1990).

A 2005 study tested the effect of hypnosis and cognitive behavioral therapy on participants with post traumatic stress disorder. Sixty-seven people with PTSD completed the study. Participants were divided into 3 groups. They received 6 sessions of CBT with hypnosis, CBT only, or supportive counseling. The CBT with hypnosis group used exposure, cognitive restructuring, and anxiety management in relation to the traumatic event. The hypnosis session included a hypnotic induction and suggestions to help the participant fully engage in the exposure of the event. The CBT group worked on exposure, cognitive restructuring, and anxiety management during their sessions.

Results of the study showed that people in the CBT with hypnosis and CBT-only groups showed less symptoms of PTSD immediately following treatment and at the 6-month follow-up compared to the group that received supportive counseling only. In addition, the group that received hypnosis reported fewer re-experiencing episodes than the CBT-only group. This study shows that hypnosis has a profound effect on people suffering from PTSD (Bryant, Moulds, Guthrie, & Nixon, 2005).

Relieving PTSD symptoms using hypnosis can greatly improve a person's well-being. Hypnotherapy allows the sufferer to be in control of symptoms and helps minimize reoccurring negative thoughts associated with the traumatic event.

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# Rick's Bit...

Dear student

Welcome to mid September; I trust this newsletter finds you happy and well. Thanks to Michael for another great newsletter.

I would like to present a quote made by the Marquis de Puysegur who was at one time an avid student and disciple of Mesmer, and who after being released from prison at the end of the French Revolution discovered that when words were also used with mesmerism it created what he called Somnambulism.

I encourage this quote as an important wisdom for all therapists to consider and reflect upon no matter what their hypnosis experience, interests, or modality of therapy or healing might be.

*"I believe in the existence within myself of a power.*

*From this belief derives my will to exert it.*

*The entire doctrine of Animal Magnetism is contained in the two words: Believe and Want.*

*I believe that I have the power to set into action the vital principle of my fellow-men.*

*I want to make use of it; this is all my science and all my means.*

*Believe and Want, Sirs, and you will do as much as I."*

**Marquis de Puységur**

Although Puysegur was referring to the use of mesmerism and somnambulism and modern hypnosis, part of the deeper meaning in his quote is that to be an effective healer of nay persuasion you have to believe that you are and passionately want to be. Passion, Dedication, and Time create a good hypnotist and also a good therapist.

It was great to meet the students in the August training just gone and good to spend some time assisting John. By all accounts the new students were very pleased with their training outcomes and the new skills they have learned. I will be significantly training the November 4 Day Power Hypnosis training in November and assisting John during the Certificate Training in October. If you have completed your Certificate Training and want to register for the four day Power Hypnosis Training which is part one of the Advanced Certificate training, please contact John Vernes or myself.

The academy is firmly established and well regarded in Perth and successfully expanding into Sydney and

Melbourne, due to great efforts by Michael Werts and Jai Waugh in Victoria. We intend to significantly increase the academies presence and intensify training promotions throughout 2010. As part of the expansion new courses will be offered and the present training manuals, curriculum, and acceptance standards will be enhanced accordingly. From January 2010 all prospective students of the academy applying to attend any training courses in any state will be required to produce a Police Clearance Certificate as part of the new training pre requisite. At the successful completion of training it will also be compulsory for all incoming students after 2010 to produce evidence of a current First Aid Certificate before an academy Certificate and Transcript of Studies will be issued.

**Websites.** Do You Need One? Steven Donald, a past student of the academy a director of Digital Ventures, a Perth IT company that creates turnkey 5 to 10 page websites. Once they have completed the site to the customers' satisfaction it is then put live on line and the owner can easily make any script changes they want by logging in and making them, the process is very simple and no special computer skills are required to maintain the site and/or make text changes. Some students have used the service in the past and have been more than happy. Steven is happy to offer any student of the academy a personalised readymade live on line five page website for \$2500 + GST. If you are interested please phone Steven Donald on 0438313577.

Listing your practice on [www.mindmotivations.com](http://www.mindmotivations.com)? If you have completed your training with the academy and you want to advertise your services, you can list on the website for a fee of \$165 inc GST for two years. The website is currently undergoing some modifications and soon it will be replaced with a brand new and bigger site that integrating the very latest web technology, it will be much faster and more user friendly. The technology will enable practitioners to change the information in their listing and will enable on line real time training possible for distance and long term students.

**Training Standards.** I received an email from a student who is registered into the Sydney November training, in the meantime she had booked into a Govt accredited Hypnosis for Weight Loss training workshop, this is some of what was in an email she sent to me.

Quote: "Before I registered for your training I went to an Academy in Lichhardt. Quite a few people were registered for the training but a lot of people were lost because the training was done in a house and there was no signage. We went down a narrow hall into a room with a table chairs and a whiteboard. The lady doing the training was very overweight and wearing

*tight shiny pants and a too tight red top. Myself and some other students walked out after I told her I would rather pay my dollars to an expert who trains in a professional establishment and not a Kitchen Academy."*

The reason I published the above quote is simple. We are often hearing about the importance or the value of so called Government accredited training. In my opinion when I receive emails such as the one above I have to wonder just how valuable accreditation really is, and why a so called accredited academy is allowed to train accredited hypnosis from a private residence.

On one level this concerns me greatly, because it does not reflect very highly of the profession of hypnosis. On a more positive note the situation does help to re enforce the academies position; which has always been that learning hypnosis correctly in a

**Kind Regards.**

**Rick Collingwood**

professional comfortable training environment from a professional and well experienced hypnotist and licensed trainer, is much more important than what a training course evaluator who probably has little knowledge and nil experience with hypnosis decides what constitutes effective hypnosis training; especially when considered in the light of being a correctly and professional trained effective hypnotist. That helps me to understand why our training is so well sort out and chosen. I guess it comes down to a couple of age old adage's, "Your Reputation Always Precedes You," and "Actions Speak Louder Than Words."

Enjoy this edition of the newsletter. I hope you have a fantastic month and look forward to catching up with or meeting you soon.

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## A word from John...

It's been a very exciting year for me and the Academy. The 3rd Certificate Course of the year just ran, with good success. Many laughs to be had as usual and they were all excited at the prospect of helping people so thoroughly. I'm looking forward to the next course in October and the Power course in November.

My clinic is still flat out, hope yours is too, but I'm on 2 weeks sanity (if I ever had any) break. No clients for 2 whole weeks! Plenty of work still to do though.

The segments on 100.1 Curtin radio are becoming quite popular. The listeners are forming quite the mental image of me, it's usually short, grey and in a suit... not sure that's accurate, but I am trying to get the

Kind Regards,

John H. Vernes  
The Australian Academy of Hypnosis™.

public more accurate on the reality of Hypnosis. Catch a listen if you can.

Along with a current resurgence in my interest in some of the aspects of Magnetism, there has been some interesting information from a hypnotist called Volgesi, that has grabbed my attention. His work with animals in particular. If anybody has more info about hypnosis with animals, please send it my way.

Spring is now on upon us and Summer not too far away, soon these Winter grumbles will be forgotten, and the sun will watch us play.

and remember... Be Pro-Active, in this Lifetime!

The great blessing of mankind are within us and within our reach; but we shut our eyes, and like people in the dark, we fall foul upon the very thing we search for, without finding it.

**Seneca**  
**(7 B.C. - 65 A.A.)**

## Up Coming Dates:

### Monthly Ongoing Trainings

Lesson Nine: <b>Conscious - Subconscious Interfacing</b>	<b>Saturday, 19th of September, 2009</b>
Lesson Nine: <b>Successful Induction and Subconscious Compliance</b>	<b>Sunday, 10th of October, 2009</b>
<b>Certificate of Hypnosis Course MELBOURNE</b>	<b>21, 22 &amp; 27, 28, 29 November 2009</b>
<b>Four Day Power Hypnosis Course PERTH</b>	<b>21, 22 &amp; 28, 29 November 2009</b>
<b>Three Day Advanced Mind Dynamics Course - MELBOURNE</b>	<b>9, 10, 11 October 2009</b>
<b>Four Day Power Hypnosis Course SYDNEY</b>	<b>30, 31 October &amp; 1, 2 November 2009</b>
<b>Four Day Power Hypnosis Course MELBOURNE</b>	<b>4, 5, 6, 7 December 2009</b>

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## Future Articles

The Mind Motivations™ Newsletter would welcome any articles or stories. Please submit any inclusions via email to the [MM\\_Newsletter@iinet.net.au](mailto:MM_Newsletter@iinet.net.au) email address. The Editor reserves the right to amend any article to fit with size limitation requirements and to correct spelling, grammar or factual content.

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