

# Mind Motivations<sup>TM</sup> & The Australian Academy of Hypnosis<sup>TM</sup> Newsletter

## August 2011



**H**ello all!

In my contribution in the last newsletter I mentioned that Rick and I would be presenting to the Annual Men in Black Ball. I am happy to say that the night was an absolute success! There were a number of presenters detailing either their experiences or some associated facts about male depression. Some of the presentations were quite emotional and were quite moving for the 467 attendees.

We presented information on hypnosis and hypnotherapy and Rick provided a demonstration that had the room talking! It was nice to be approached by so many people after the formal part of the evening, have questions asked and see the general level of interest in hypnotherapy raised so high.

From time to time...well, quite frequently actually, I receive invites to 'Friend' people on LinkedIn, Facebook and other social media sites. I do subscribe to and use Twitter, but other than that, I don't engage in social media so I do ask everyone that has invited me to understand that I don't have accounts for these groups etc. The 140 character limit on Twitter suits my time availability and if anyone using Twitter would like to join me, there is a link below.

I was recently interviewed by the Editor of five of the local Community Newspapers in/around Perth WA. The gist of the interview was to raise awareness of hypnotherapy but in particular, to highlight the potential issues for the general public of engaging a hypnotherapist that is not registered with one of the recognised associations. During the interview, I did acknowledge that not all hypnotherapists that fail to register with recognised associations fail to meet with standards – quite the opposite but the point remains that unless someone is registered, there can be no guarantees given.

In July, I was honoured to be offered a second year as the President/Chairperson of PHWA. As I mentioned about this time last year and in this forum, it really is worthwhile to devote some time to the profession and the development of hypnosis. Committee membership is not all that time consuming, provides some interesting insights and definitely gives that 'warm fuzzy feeling'. I would strongly recommend and heartily endorse anyone giving it a go in the future. Don't be shy – be active ☺

Thank you and please all - stay well.

**Michael Werts**  
Editor MM\_Newsletter



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<http://www.twitter.com/mgw1961>

# Clinical Trial of Virtual Reality Hypnosis Launched

<http://www.medscape.com/viewarticle/743337>

Investigators unveiling plans for the first clinical trial of virtual reality hypnosis to manage depression and anxiety in chronic pain say testing will begin this summer.

The innovative approach will use a head-mounted display to immerse patients in a 3-dimensional world of sights and sounds. No longer science fiction, virtual reality programming is becoming increasingly common and clinically useful.

The immersive technology guides patients through the same steps trained clinicians would use during hypnosis. Patients with chronic pain may find it difficult to visualize the images necessary for deepening trance states, so investigators hope the computer-simulated environment will make this easier.



**Tim Sudduth, US Navy, using a virtual parachute trainer**

News.

"The approach has already shown significant efficacy in case studies," presenter Lynda Wargolet, a clinical care consultant from Arlington Heights, Illinois, said here at the American Pain Society annual meeting. Wargolet is working on the trial at Northshore Integrative Healthcare.

The overlap between pain and psychiatric conditions is particularly evident in chronic syndromes such as headache, low back pain, nerve pain, fibromyalgia, and irritable bowel syndrome.

Studies investigating the neural substrates of chronic pain reveal shared biological mechanisms with anxiety and depression.

Virtual reality is already being used by the military for training purposes and, more recently, to help war veterans with posttraumatic stress. It is also being used in painful medical procedures and for cancer pain.

"The computer-simulated environments are affordable and portable," Wargolet, a doctoral student in clinical psychology, told *Medscape Medical*

Still, people respond differently to hypnotherapy, and approximately 10% of the population reportedly cannot be hypnotized.

The new trial has already received institutional review board approval at Northshore Integrative Healthcare and will begin recruiting patients next month.

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## PHWA's Newest Life Member

Recently, the Professional Hypnotists of Western Australia held the 2011 AGM. At the AGM the PHWA Committee was very pleased to present a life-membership to Patricia Barker at the recent AGM. The awarding of a life membership to Patricia acknowledges her contribution to hypnosis and hypnotherapy within WA and in particular the establishment of the PHWA predecessor - WAHA.

Patricia's Life Member status is richly deserved.



**Pictured – Michael Werts and Patricia Barker at the AGM – 17 Jul 11**

# Director is mesmerized by tricks of the trade

<http://www.montrealgazette.com/life/Director+mesmerized+tricks+trade/4930025/story.html>

By BILL BROWNSTEIN, The Gazette June 11, 2011



**Fringe Festival head Amy Blackmore, left, under the spell of performer Spidey. "As always, the Fringe is all over the map," Blackmore says, "and that's the way we like it."**

Photograph by: JOHN MAHONEY THE GAZETTE, The Gazette

She is about to get drowsier and drowsier. She will soon be in a sleep-like state. And she will be forthright, according to the hipster generation's answer to Reveen.

In an effort to establish what Stephen Colbert likes to call "truthiness," neophyte Fringe Festival director Amy Blackmore has agreed to go where no other festival director in the city would likely dare go: she will undergo hypnosis before undertaking this interview.

At 27, Blackmore may be the youngest major festival director in this or any other town, but what she lacks on the age front, she more than compensates for in dynamism and adventure.

Having taken over from the vocal, with gusts to brash, Jeremy Hechtman, Blackmore comes from the "talk softly and carry a big stick" school - in spite of the fact that carrying a big stick is more daunting for someone like her - she is barely 5 feet tall.

Unbeknownst to Blackmore, we have conscripted the services of Spidey, 25, the Montreal hypnotist/mentalistic/magician, who happens to be performing at the Fringe over the next week.

A former thespian, choreographer and volunteer at the Fringe, Blackmore admits to being a "little numb" in taking over as director. She is about to become more numb.

Blackmore may be cynical about hypnosis, but Spidey has little trouble getting her under his spell on a bench at the Fringe Fest epicentre, the beer tent. And without the use of a stopwatch or coin, either. By having her focus on his forehead, Spidey has Blackmore in a trance.

He then has her believe her eyelids are stuck shut, that she is freezing in Siberia, and then that she is shvitzing on a Caribbean beach. Most important of all, though, Spidey has her convinced she will run a perfect festival and come clean in so doing.

A few minutes later, Spidey brings Blackmore out of the trance. "How do you feel now?" asks the inquiring hypnotist.

"I feel great, as if I have just been to the osteopath for a session," Blackmore says. Okay, perhaps not the desired response.

"Actually, I feel energized and refreshed, too," she adds, in spite of the fact she has slept few hours over the last month.

"I feel like it's time for a drink now. But I feel like I have lots of focus, too."

That's a good thing. Blackmore will require much focus. This year's 21st Fringe, which has a \$400,000 operating budget, is the biggest yet: 500 artists giving more than 700 performances at 30 venues. It is also the longest local Fringe yet, wrapping June 19 after 20 days of mirthiness.

"It will be extremely difficult for me to fill Jeremy's shoes. My feet are so much smaller than his that I won't even try," she cracks.

But running the Fringe is more than dealing with the hundreds of artistes, it is also about making peace with police and neighbours in the Plateau over issues from noise to the brews in the beer tent.

"There are always the outside elements to consider, but fortunately it hasn't been treacherous - yet. I'll deal with it all as it comes. But the point is: the Fringe is much more than its director. It's a well-put-together machine of volunteers and staff. My job is all about greasing it up."

Blackmore has been part of that machine. She first came to the Fringe as a visitor with a friend 10 years ago. But within a few hours, she found herself serving as a volunteer at the information booth in the beer tent - "even though I knew nothing really about what was





## Seeing as NLP eye reactions cannot be scientifically validated - Is This Where the Auditory – Visual – Kinaesthetic – Olfactory – Gustatory eye movement suppositions of NLP came from?



*Article provided by Rick Collingwood.*

The EYE OF HORUS has a very specific meaning. The eye is represented as a figure with 6 parts. These 6 parts correspond to the six senses - Touch, Taste, Hearing, Thought, Sight, Smell. These are the 6 parts of the \*eye\*. The eye is the receptor of \*input\*. It has these six doors, to receive data.

The construction of the eye follows very precise laws. The senses are ordered according to their importance. And according to how much energy must be \*eaten\* by the \*eye\* for an individual to receive a particular sensation. All of the sensory data input is \*food\*.

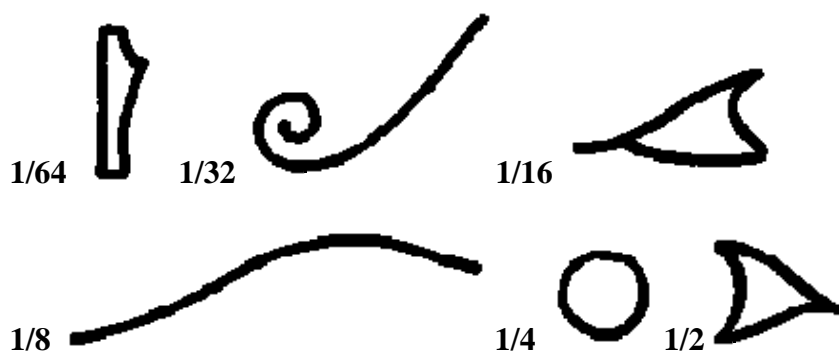
In the Ancient Egyptian measurement system, the EYE OF HORUS represented a fractional quantification system to measure parts of a whole. [Get a book on Egyptian stuff or scan the internet for Egyptian Math see for e.g. "Understanding Hieroglyphs" by H. Wilson, ISBN 0-8442-4604-2]

The entire eye measured 1 heqat. And each of the parts of the eye measured fractions of the heqat.

### THE EYE OF HORUS



These are the parts of the EYE and their corresponding associated fraction values



The corresponding sense data are:-

**1/64 heqat Touch**

**1/32 heqat Taste**

**1/16 heqat Hearing**

**1/8 heqat Thought**

**1/4 heqat Sight**

**1/2 heqat Smell**

Also, in the Egyptian system there is the unit of the ro. And by definition 320 ro = 1 heqat. The symbol for the ro is the mouth, it represented one mouthful; again associating these measures with food, or input data.

Now if we consider the ro as the smallest unit of input energy needed for the input to \*register\* as sense data. We note,  $320 = 5 \times 64$  and so in terms of ro we have 5 ro to register a Touch 10 ro to register a Taste 20 ro to register a Sound 40 ro to register a Thought 80 ro to register a Light 160 ro to register a Smell

To see how the drawings of the eye correspond to the various senses note:-

#### 1. Touch 1/64 heqat or 5 ro



This part of the EYE represents planting a stick into the ground. Like planting a stalk that will take root. The Earth represents touch. Planting itself represents physical contact and touching.

#### 2. Taste 1/32 heqat or 10 ro



This part of the EYE represents the sprouting of the wheat or grain from the planted stalk. It is the food

we put into our mouth. And so represents taste. Taste is also = Touch + Shape. That is to say, the different tastes we experience come from touching different shapes. So, touch is more a fundamental sense than taste.

### 3. Hearing 1/16 heqat or 20 ro



This part of the EYE represents the EAR. The figure points towards the ear on the face. Also, it has the shape of a horn or musical instrument. When we hear a sound or a combination of sounds we find this to be pleasing or unpleasant. The sound has a taste for us, causing a preference. Sound requires Touch + Taste and so is a combination of the lower senses.

### 4. Thought 1/8 heqat or 40 ro



This part of the EYE represents thought. We often use our eyebrows to express our thoughts. And this facial feature is closest to that part of the forehead we associate with thinking. We raise our eyebrows to express surprise, for example. Thought = Touch + Taste + Hearing. If you think about it, thinking is a kind of suppressed sound. The language we think in is like the \*touch\* of muscle prior to giving voice. And of course, we have a \*taste\* for different types of thoughts.

### 5. Sight 1/4 heqat or 80 ro



This is the pupil of the EYE. And so no more needs to be said. It represents seeing, or the sensation of light.

### 6. Smell 1/2 heqat or 160 ro



This part of the EYE points to the nose. It even looks like a nose. It represents the sensation of smell.

There is a lot more to this analysis, but those are the basics.

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# Thinking outside of the Box....

Provided by *Verona Gibson PHWA*

*This is a very good story to demonstrate what it means to be able to **THINK OUT OF THE BOX**.*

*You might like to know that this email was circulated internally by an organisation as an innovative strategy.*

An old Italian gentleman lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:



*Dear Vincent,*

*I am feeling pretty sad because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot.*

*I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.*

*Love,*

*Papa*

A few days later he received a letter from his son.

*Dear Papa,*

***Don't dig up that garden. That's where the bodies are buried.***

*Love,*

*Vinnie*

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left.

That same day the old man received another letter from his son.

*Dear Papa,*

***Go ahead and plant the tomatoes now.***

***That's the best I could do under the circumstances.***

*Love you,*

*Vinnie*

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# Agency to investigate North Port High student hypnosis

<http://www.heraldtribune.com/article/20110520/ARTICLE/110529969/-1/news?Title=Steele-agency-to-investigate-student-hypnosis-&tc=ar>



Principal George Kenney is on paid administrative leave after he hypnotized students at North Port High School, including one teen who later committed suicide.

By Christopher O'Donnell

**SARASOTA COUNTY** - School district officials are turning a familiar investigator to examine the hypnosis practices of North Port High School Principal George Kenney.

## FACULTY PETITION SUPPORTS KENNEY

About 100 North Port High faculty and staff signed a petition submitted Friday to Superintendent Lori White, asking her to reinstate Principal George Kenney before the school year ends.

The petition was submitted to White and Director of High Schools Steve Cantees Friday. Kenney is on paid leave pending the outcome of a district investigation into his hypnosis of students. To read the petition, go to [heraldtribune.com](http://heraldtribune.com) and follow the link with this story.

The petition notes that the student body has had a tough year, with the deaths of several students and a teacher. It asks that Kenney be returned as soon as possible to his post.

"Students have a bond with Dr. Kenney and some see him as family," it reads. "Our seniors have had an extremely difficult year, and we do not want their final memory marred by the absence of their mentor and leader."

The investigation into Kenney's behavior is expected to last three weeks.

Private investigator Keith Steele, who charges \$90 per hour, has conducted several high-profile investigations for the district dating back to the 1980s.

Those include a 2008 investigation into alleged child abuse by former Venice

Elementary teacher Diana O'Neill and a report that cleared former Venice High School Principal Dan Parrett of ignoring a sexual abuse complaint by a student

Steele also produced a 238-page report on allegations that former Venice High soccer coach Wayne Robertson, who now coaches tennis, verbally abused his players.

On Monday, Steele will begin his investigation into Kenney's hypnosis of students. Kenney was placed on administrative leave after it emerged he hypnotized dozens of students in individual sessions in his office or classrooms to help them in athletics or test-taking.

After discussions with officials, Steele already has a list of 15 people he wants to interview over the next two weeks, officials said.

The list likely includes Kenney and other school administrators. Some of the students who were hypnotized are also expected to be interviewed providing their parents consent.

With the last day of school coming up on June 6, district officials expect Steele to wrap up interviews and file a report, perhaps in three weeks.

The report is expected to establish whether Kenney gave students individual hypnosis sessions after the district director

of secondary schools told him to limit his use of hypnosis to demonstrations for a psychology class.

"We want to determine what happened in the time frame after he was told to refrain from doing these except in the classroom," said Scott Ferguson, district spokesperson.

Kenney admitted earlier this week that he regularly hypnotized dozens of students to improve their athletic or academic performance.

The sessions came to light after Kenney told the parents of Wesley McKinley that he hypnotized the 16-year-old one day before the boy was found dead, apparently of suicide, last month.

Officials said Kenney used two different consent forms to get permission from parents. One was for light-hearted demonstrations he conducted in psychology classes, and the other to get permission to work with individual students to improve their "athletic performance, standardized testing skills and academic performance."

Anger over the district's decision to place Kenney on administrative leave has continued on websites like Facebook, with petitions supporting Kenney in circulation. Some students have called for a boycott of the school's June 4 graduation ceremony if Kenney is not allowed to attend.



said. "If you are giving a positive suggestion and motivating a young person, I think that's good."

According to the guild's legal guide, several states restrict hypnosis for "therapeutic purposes" to licensed health care professionals.

Florida passed its law in 1961, the same year that the American Psychiatric Association approved hypnosis as a means of therapy.

The guild has repeatedly asked Florida health authorities what the law means by "therapeutic," Damon said. "The state has never given us a definition."

Breaking the hypnosis law is a misdemeanor punishable by up to 60 days in jail and a \$500 fine.

There may not be much, if any, precedent for how the state law should be interpreted.

Jessica Hammonds, press secretary for the Florida Department of Health, said she believes the department has rarely called for law enforcement to investigate hypnotists for alleged violations of the law.

The school district had not, as of Wednesday, received any notification of a lawsuit stemming from Kenney's behavior. Board spokesman Scott Ferguson said state prosecutors are reviewing the district's internal investigation. The district had no comment on the criminal inquiry, and hasn't made a final decision about Kenney's job.

Wilson, the basketball player who was hypnotized by Kenney, was one of the most highly touted athletes to come out of North Port High. He is now on an athletic scholarship at the University of Central Florida. He was hypnotized by Kenney dozens of times, with his parents' blessing.

Last year, Wilson credited the sessions with helping him concentrate. "He helped me a lot mentally," Wilson told the Herald-Tribune. "That's opened my mind for being taught by Coach Allen on how to do more things."

Coach Curt Allen said Wednesday the district had forbidden him from speaking about the Kenney case.

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## Hypnotism can speed up cancer surgery recovery

[http://articles.timesofindia.indiatimes.com/2011-06-15/science/29660823\\_1\\_breast-cancer-general-anaesthetic-surgery](http://articles.timesofindia.indiatimes.com/2011-06-15/science/29660823_1_breast-cancer-general-anaesthetic-surgery)

LONDON: Using hypnotism along with local anaesthesia on women undergoing surgery for breast cancer can not only speed up their recovery but also reduce the odds of the disease returning, scientists have claimed.

They also said the procedure could allow the patients quicker

discharge from hospital and leave them more satisfied overall.

In order to prove the technique's worth, the researchers carried out studies on two groups of patients.

The first group involved 78 breast cancer patients who were scheduled for surgeries, which

included removing part of the breast.

For surgeries, 18 women were hypnotised and given a local anaesthetic that only numbed the chest area. The others had a general anaesthetic that knocked them out completely.

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## Male witch to be supervised for five years

<http://news.ninemsn.com.au/national/8259008/male-witch-to-be-supervised-for-five-years>

**A male witch who used teenage girls as sex slaves has won a legal fight to reduce the number of years he remains under the supervision of authorities.**

Robin Fletcher, who served more than 10 years in jail for prostituting and abusing two 15-year-old girls, will be supervised by authorities for a further five years, not the 15 years the Department of Justice wanted.

Fletcher, 54, who used **hypnotism** and **mind altering techniques** to entice the girls, was already on an extended supervision order but that was due to expire on Sunday.

On Wednesday, Victorian Supreme Court Justice Mark Weinberg found Fletcher posed an unacceptable risk of committing further sex offences and extended the order for five years.

The new order has strict conditions including that Fletcher not "possess any whips, chains, weapons or items of like nature that are capable of being used for purposes of sexual gratification", unless he has the permission of the Adult Parole Board.

He is also not permitted to use the internet to communicate with others - including emailing, uploading or posting information.

Fletcher must not have contact with people aged under 18.

He also cannot attend the Church of Antioch unless in the company of a person approved by the Adult Parole Board.

Lawyers for the Department of Justice had called for a 15-year order.

But Fletcher's barrister David Brustman SC successfully argued that was too long.

Fletcher was jailed in 1998 after pleading guilty to one count of prostituting a child, one count of sexual penetration of a child and three of committing an indecent act with a child.



# Sam Cook: Hypnosis, suicide and haunting questions

<http://www.news-press.com/article/20110522/COLUMNISTS02/105220370/Sam-Cook-Hypnosis-suicide-haunting-questions?odyssey=tab|topnews|text|Home>

**NORTH PORT -** Suicide leaves a lot of unanswered questions.

Charles and Peggy McKinley's home was in disarray Friday, much like their lives, after losing their teenage son.

"Excuse the mess," says Peggy, 59, about a cluttered front porch, "we're having a yard sale."

Those were the last words she spoke without tears filling her eyes.

North Port High School student Wesley McKinley was hypnotized April 7 by Principal George Kenney.

Wesley, 16, committed suicide one day later.

The McKinleys want to know if there is a connection between the hypnotherapy and his death.

"There's no explanation and we've been wracking our brains to find one," Peggy says. "He wasn't suicidal. He wasn't despondent. He had plans.

"He was going to get his driver's license in 10 days."

The bizarre sequence in North Port, 45 miles northeast of Fort Myers, has become a national story.

"I even had a call from 'Good Morning America', believe it or not," Peggy says. "But my husband won't call them back."

Kenney, beloved at the school, has hypnotized dozens of students to improve performance in athletics and academics. Parents signed permission slips to authorize the procedures.

The Sarasota County School District placed Kenney, a certified hypnotist, on paid leave Tuesday.

Kenney, 51, told the Sarasota Herald Tribune that Wesley wanted to be more outgoing and liked to play guitar. He hypnotized him three times and sessions "went really well."

"I don't know if there was something going on with him he hoped that I would discover," he told the newspaper. "I didn't have any reason to believe there was a problem."

Wesley's mother detected something wrong when her son came home from school April 8.

Wesley brushed past his mom without a word, dumped his book bag in his room and headed for the back door.

"I said: 'What's the matter, Wes? Did you have a bad day?'" Peggy says.

It was about to get worse for everyone.

"Wes walked out the back door and that's the last I saw him until the police came two hours later," his mother says.

Peggy says her son went to a vacant house on the river a block away.

"The kids would sit there," she says. "There were boxes of candy and cookies and water bottles."

It was a hangout where her son hanged himself.

"From the roof of the house and he was kneeling," says Peggy, sobbing uncontrollably.

She says someone posted on a Facebook support page for Kenney that Wesley died of a drug overdose, which is not true.

## Order ignored

I talked to several North Port students Friday. Kenney hypnotized two of them after his boss told him two years ago to limit the practice to psychology class demonstrations.

Senior volleyball player Sara Clough says Kenney hypnotized 12 or 13 team members at once during her junior year for 45 minutes to an hour, although the procedure didn't take with her.

"It wasn't anything weird. It was really calming," she says. "We sat there and focused on good things. He talked to us about getting rid of our bad habits on the court."

Senior Patrick Steiner, who played football and participated in ROTC, says the principal's hypnosis helped him immensely.

"Dr. Kenney was a man everybody could trust," he says. "The hypnosis took the bad energy out of your body and converted it to good energy."

Steiner says he had three or four sessions with Kenney as a junior.

"He helped me before I went to a state ROTC competition," says Steiner, a nose guard. "In football, if we were a few points down, it calmed me so I didn't try to take over more than one position."

Junior Kim Komosa says the principal only has good intentions with everything he does.

"People are looking for someone to blame it on because they can't figure out any other reason why," she says. "Parents gave him permission. I don't think this has anything to do with Dr. Kenney.

"The students support him and the seniors want him back for graduation."



Bonnie Dewar, a licensed mental health counselor in Cape Coral who doesn't practice hypnosis, doesn't think Kenney was a factor in the young man's death.

"When you hypnotize somebody it's very hard to get them to do something they don't want to do," she says. "If somebody was depressed and on medication, they could get enough depressed to act on their depression.

"Hypnotherapy would not make them do it."

Wesley's mother, meanwhile, says she does not know if Kenney is at fault.

"I don't know. I just don't know," Peggy says. "I know Wes got a phone call right before he got on the bus.

"His two friends said he was acting very strange. He turned to them and said: 'Hit me in the face. Hit me as hard as you can and don't stop.' That's not Wes."

The McKinleys say Kenney's hypnosis sessions need to stop.

"Be a principal or a hypnotherapist," Peggy says. "You shouldn't be both."

I left a business card on Kenney's door Friday.

He didn't respond.

The popular principal must not have answers to the suicide either.

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## Which Method is best in Treating Dental Anxiety?

<http://worldental.org/sedation-dentistry/method-treating-dental-anxiety/4719/>

**Dental anxiety** is an issue that researchers are quite preoccupied with in the latest period. In a study which has been published recently in "Psychotherapy and Psychosomatics" scientists have tried to come up with different alternatives to **treat dental anxiety**.

According to the findings, **cognitive behavioral therapy** (known as CBT) is a much better method than hypnosis, among the **alternatives to general anesthesia**.

A practice based study has been conducted by researchers from the department of clinical psychology at Wuppertal University (Germany) and the St. Augusta Hospital Dental Clinic.

The researchers ran the studies in order to measure up the acceptability and effectiveness of hypnosis, cognitive behavioral therapy, and hypnosis with individualized imagery in treating patients suffering from dental phobia.

Scientists set up a four-group pattern with four concomitant measurement occasions. There have been a number of 137 patients involved initially, out of which 77 have completed the study with sample sizes from 19 to 29 patients in all four groups.

Those involved in the study had to complete questionnaires regarding dental anxiety right at the beginning of the testing. Also, participants had to complete questionnaires both before and after the first dental appointment, and one more time a week later before the second dental appointment.



Cognitive behavioral therapy has proved to be a more favored solution than standardized hypnosis. Patients who have undergone the standardized hypnosis therapy have terminated their treatment prematurely. The analysis also showed that CBT and individualized hypnosis have helped in the reduction of dental anxiety much more effectively than general anesthesia.

The researchers have concluded that if measuring effectiveness and acceptability, cognitive behavioral therapy is the best choice in order to treat successfully dental phobia.

CBT is a therapeutic approach that helps solving emotional problems and disorders by implementing a systematic approach during treatment. This treatment option is quite successfully used in problems such as mood disorders, anxiety, psychotic disorders, substance abuse and even eating disorders.

CBT is basically a combination of cognitive therapy and behavioral therapy, which as it has been concluded by the researchers, works extremely well in treating patients who suffer from dental phobia (anxiety).

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## Quotes:

"We judge ourselves by what we feel capable of doing, while others judge us by what we have already done."

You're never as good as everyone tells you when you win, and you're never as bad as they say when you lose.

# Use Hypnosis to Achieve Everything You Want

[http://www.naturaltherapypages.com.au/article/use\\_hypnosis\\_to\\_achieve\\_everything\\_you\\_want?mkt\\_tok=3RkMMJWWfF9wsRonsqnlZKXonjHpfsX96%2BwuUKKg38431UFwdcjKpmjr1YAASMJ0dvycMRAVFZl5nQhZDuGHfZRJ7PxJDkq8VyzzaXdzohd](http://www.naturaltherapypages.com.au/article/use_hypnosis_to_achieve_everything_you_want?mkt_tok=3RkMMJWWfF9wsRonsqnlZKXonjHpfsX96%2BwuUKKg38431UFwdcjKpmjr1YAASMJ0dvycMRAVFZl5nQhZDuGHfZRJ7PxJDkq8VyzzaXdzohd)

Jun 9, 2011 by Christine Ford

What are your life goals? Have you had a few on your list that you just can't seem to reach? Are you frustrated in spending countless days, weeks, months and years but never quite getting what you want?

It is possible to achieve anything you want. You probably know people who have the world on a string and have happiness, success, wealth and health. They seem to magically have it all. You can too.

One of the easiest ways to achieve your goals is to use hypnosis. Hypnosis has been used for thousands of years. Studies show there is a link between your subconscious and conscious mind.

You may not realise, but our thoughts and actions are controlled by our subconscious. To make any long lasting changes, you need to address your subconscious, where all your memories, beliefs, habits and emotions lie.

When people try to make big changes in their lives, they usually address their conscious mind. They think through 'will power', they can reach their goal, and many times, people do make changes in their lives. But changes made with your conscious mind are short-lived.

Does that sound familiar? You've started taking action steps, or made a decision that today will be the day you'll summon the courage to start a new diet or stop smoking. You see small changes: you lose a few kilos for a couple of weeks or stop smoking for a few days. Then you're right back in the original situation – the weight doesn't come off, and those cigarettes are too tempting to resist.



It's frustrating to continually work toward a goal and never achieve success. It doesn't have to be this way. In using hypnosis, you can bypass the conscious mind and reach the more powerful subconscious mind.

In a hypnotic state, you can address any underlying problems or issues that have stood in your way.

A hypnotherapist will partner with you in helping you reach your goal. They will talk to you about what you want to achieve, including what problems you've encountered. You must be honest about what you want and what problems you're having.

Your hypnotherapist is trained to help you. You will be guided to a state of relaxation, where your mind and body are at complete ease and ready to accept the suggestions.

There isn't a "magic pill" – you will need to take action to get what you want. But taking those steps is much easier than you realise. Many times, you're not getting what you want because of underlying thoughts and emotions that are blocking your way.

Hypnosis can help rid you of those negative beliefs. You'll be able to take the steps without slipping back. You'll experience the success you've never had before and realise it was easier than ever to achieve.

# Brynne tries hypnosis to find rhythm

<http://www.heraldsun.com.au/entertainment/confidential/brynne-tries-hypnosis-to-get-rhythm/story-e6frf96x-1226073284976>

Brynne Edelsten is pulling out all the stops to stay in Dancing With The Stars. *Source: Supplied*

**DANCING headline Brynne Edelsten has turned to hypnosis in a last-ditch effort to dazzle on the dance floor.**

Edelsten is exploring unusual and alternative options as she battles to stay on Dancing With The Stars after finding herself in the bottom two last Sunday.

"I am having a hypnotist come from Sydney to try and hypnotise some rhythm into me," Edelsten said.

"Desperate times call for desperate measures. Anything is worth a try at this point.

"Wouldn't it be incredible if I come out as this great dancer afterwards."

The session was set to take place last night after Edelsten finished her dance training for her swing and paso doble routines.

Lack of rhythm is not the only hurdle facing Edelsten.

She is struggling with painful shin splints and aching ribs.

"I can do three good run-throughs and then after that my shins just ache and throb so much I can barely walk," Edelsten said.

"They kicked in last week. I was in pain when I was doing the dance last week and they have got worse since then.

"I have also had eight ribs out of place so I see a GP, an osteopath and a physio each week to get them put back in.

"It is not good. I feel like I am too young to be this old right now."

Edelsten said despite the physical challenges she was still enjoying being on the show.

"I am so thrilled I am still in, but I am really worried about this week."

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## Hypnosis: How It Works from the Montclair Counseling Center

(And why you will not "Bark Like a Dog" or "Cluck Like a Chicken"... Unless, of course, you want to) ... by Leslie Karen Lobell, M.A., L.P.C. of the Montclair Counseling Center.

<http://montclair.patch.com/articles/hypnosis-how-it-works>

Hypnosis is a powerful tool to help achieve personal goals and create positive changes in your life. Hypnotherapists utilize hypnosis to help clients achieve success in weight reduction, smoking cessation, stress reduction, relaxation, increasing self-confidence and self-esteem, overcoming insomnia, and in other areas. Hypnotherapy may even be used as part of a program for coping with anxiety or depression.

To understand how hypnosis works, first we need to know some basics about how the mind works. The human mind is typically mapped into three parts: The

Unconscious Mind (which is the deepest level), The Subconscious Mind, and the Conscious Mind (the outer level). ... The Unconscious Mind controls breathing, heart rate, and automatic body functions (things we do not need to think about, at all, for them to occur). ... The Subconscious Mind (like a library or the hard drive of a computer) stores our permanent memory. It is highly organized and unlimited. Every experience you've had in your entire life is stored here. The subconscious mind also stores habits and beliefs. Many habits are rooted in memories or perceptions that may be forgotten by the

conscious mind but retained in the subconscious. These habits and beliefs are the cause of most of our behaviors. The subconscious mind will strive to uphold and achieve our beliefs.

So, for instance, if you hold the belief, "I am clumsy," the subconscious mind will direct you to drop something you are holding, or walk into a chair. In this case, during hypnotherapy, you might want to change that belief to "I am graceful" or "I am naturally careful." ... The Conscious Mind is analytical: it is the part of you that judges and analyzes situations. The Conscious Mind also acts as a filter: it filters information before it goes to the subconscious mind. The "Critical Factor" is a filter, like a watchdog, that compares new information with information already stored in the subconscious. If the new information doesn't fit in with the information already stored, then the critical factor will refuse the information. If the information is not related to anything already stored, then it will get stored as a "maybe" or "possible belief." The critical factor makes it nearly impossible to change a belief with conscious thought, alone. A state of hypnosis (whether achieved with hypnotherapy or a natural state of self-hypnosis) is needed to accept a new belief.

What hypnosis does, in essence, is to distract the critical factor. When the conscious mind is distracted, the critical factor gets lazy, and it will allow in things that normally would be filtered out, as long as they are not harmful. With the critical factor distracted, the suggestions can go right to the subconscious mind. Thus, hypnosis helps to access the subconscious mind, making it more open to receive suggestions that may assist you in re-programming old attitudes and beliefs. These are replaced with new, positive attitudes and beliefs that promote healthier behaviors. The positive suggestions received during hypnosis, then, become a part of those messages in the back of your mind that nudge you toward new behaviors, and thus help to change old habits more quickly and easily. Repetition of these types of hypnotic suggestions can boost your determination and enhance your conscious willpower.

Mental imagery (or guided visualization) is often used during hypnosis. For instance, during hypnosis for weight reduction, your hypnotherapist may lead you through an imaginary journey in which you create an image of yourself at your perfect weight, looking the way you want to look, or weighing the weight you know is healthy for you. You might even imagine the positive comments of your friends or co-workers. In hypnotherapy, you will be encouraged to use all of your senses. You might see, feel, and imagine yourself as you would be once you have achieved your goals. Studies show that the more real your inner experience, the more likely the final results will match your mental images. In addition to using hypnotic suggestions and mental imagery, a hypnotherapist may use positive affirmations during hypnosis. For instance, I use affirmations to increase self-confidence and to help you build an identity of yourself as a success. By increasing

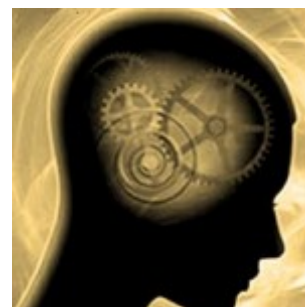
your self-esteem, this type of positive programming can help you succeed in attaining your goals.

"Will you make me bark like a dog?" This is the question that people who have seen or heard about "stage hypnotists" often ask. My response: "No, you will not bark like a dog... unless you want to!" An important point to mention, given the misconceptions many people have about hypnosis, is that you are in control. During hypnosis, you are completely aware of what is going on around you. In fact, you have heightened concentration. Hypnosis is a state of relaxation and mental focus (much like meditation or daydreaming). Your subconscious mind (both in and out of hypnosis) functions to protect you, keep you safe, and guard your morals: therefore, the subconscious mind will only accept what you want to accept. You will not be hypnotized if you refuse to be... and you will automatically come out of the state of hypnosis if there is any danger. When you are in a state of hypnosis, should you wish to come out of it, you can simply count yourself up, from 1 to 5, and you will come out of it feeling awake and alert. Hypnotherapy is a partnership between therapist and client: You can choose to follow the suggestions of the hypnotherapist in order to make positive changes.

Hypnosis is not a "magic bullet" or "quick fix." Though you may begin to see results even after the first hypnotherapy session, generally for hypnosis to be effective in producing long-term change, a series of sessions is required followed by a period of self-hypnosis in which you listen to a recording to reinforce the suggestions, usually for a period of at least 30 days. Hypnosis also may be combined with counseling and/or other modalities into a comprehensive program for improved physical and/or mental health. When used properly, hypnosis can help you replace "bad habits" with healthy behaviors, change negative thoughts into positive self-talk, and create a happier, more fulfilling life.

If you would like additional information, have questions about hypnosis, or wish to schedule an appointment, please contact:

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**from the University of Maryland, Leslie is trained in psychotherapy, hypnotherapy, dream interpretation, meditation & guided visualization. Lobell is also a Reiki Master and a Sekhem-Seichim-Reiki Master. Lobell offers a safe, non-judgmental space in which to explore your issues and concerns, hopes and dreams.**



# Hypnobirthing tested at Tameside General Hospital

<http://www.bbc.co.uk/news/uk-england-manchester-13451637>

Expectant mothers at a hospital in Greater Manchester will be able to try hypnobirthing, as part of an NHS trial.

Tameside General Hospital is introducing the technique to women who want to take part.



Studies have found self-hypnosis, which started in the United States, allows many women to give birth without pain, and without gas and air, it said.

Women are not distracted from the pain but learn how to stay calm so their muscles relax.

Dr Soo Downe, a midwifery expert at the University of Central Lancashire (Uclan), said: "The mind and body are actually linked.

"There is an effect in the way people think and feel in what happens in their body.

"The reason we are looking at this - apart from the fact women have

asked us to look at it - is because it appears if you can reduce anxiety in women through the use of hypnosis we can then reduce pain because pain and anxiety are connected."

'Really misunderstood'

Some studies have also found it can reduce the duration of labour and lead to babies sleeping and eating better after birth.

Mother-to-be Sophie Kreitzmann, who is due to give birth in August, is trying the new technique.

Mother-to-be Sophie Kreitzmann tries the technique

She said there were so many horror stories surrounding labour and wanted to feel calm when she meets her first child.

Hypnobirthing practitioner Katy Redford, 37, is running the sessions at Tameside.

She said: "Hypnosis is really misunderstood.

"Before I'd experienced it I thought it was all about being in a trance and someone having to wake you from it.

"But it's not like that at all and the women who do this are all able to take themselves into deep relaxation/hypnosis and are very aware and in control throughout. It's very empowering."

Midwife Jackie Brocklehurst added: "I've delivered three babies to mums who were under hypnosis and it is amazing to see. It means as midwives, we have to change the way we work because this is a totally new concept.

"But if you go into it with an open mind, it really is unbelievable to see these women requiring no pain relief."



*(Interesting to see a photo of the hypnotherapist obviously inducing trance by reading a script! Wouldn't fill me with confidence. Ed.)*

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## Quote:

Great events make me quiet and calm; it is only trifles that irritate my nerves.



# Psychology: Hypnosis a useful therapy for many problems

<http://www.hometownannapolis.com/news/lif/2011/05/19-39/Psychology-Hypnosis-a-useful-therapy-for-many-problems.html>

As you read this you may notice that you are beginning to feel very relaxed. Your body may start to let go of all tension and your breathing may slow down to a nice rhythm, like ocean waves gently rippling into shore.

With each passing moment, your body and mind may become more and more relaxed and you may begin to feel more and more comfortable, confident and happy. Now, how do you feel?

Hypnosis is actually one of the oldest forms of psychological therapy in the world but for a variety of reasons it is also one of the most misunderstood. Due largely to stage performers and the way the mass media, such as television and movies tend to portray hypnosis, many people don't understand its therapeutic power for positive change. Because of the many myths that have been created about hypnosis it is one of the lesser utilized but more effective therapies available.

One of the greatest myths about hypnosis is that someone "takes control" of your mind and makes you "do things." This has led to disturbing beliefs that people can be hypnotized against their will and forced to do bad things or behave against their principles. In truth, all hypnosis is actually "self hypnosis" with the subject maintaining control and continuing to behave according to their core principles, morals, ethics and beliefs. People cannot be hypnotized against their will and made to do things they would not ordinarily do.

Another myth is that hypnosis is "magic" or involves outside forces beyond our control. Some fundamentalist religions have even held the mistaken belief that it "taps" into the power of other world forces and is thus not advised. In truth, hypnosis involves the heightened attention and concentration of the

subject himself in order to more effectively process information and regulate thought and emotion for the desired positive outcome. In a state of heightened concentration the mind is able to eliminate distractions and "program" itself more efficiently for the desired treatment goals.

There are many ways to achieve a state of hypnosis. In fact, states similar to hypnosis occur all the time in regular, daily life. If you have ever been absorbed in a book or movie in such a way that all other thoughts and distractions were absent, you were likely in an altered state similar to hypnosis.

In this state of mind, time may seem to pass very quickly and there is a sense of focused alertness. Other activities that are deeply absorbing may reproduce similar experiences but without the added therapeutic benefit of hypnosis.

As a therapy, hypnosis helps patients use this natural human ability to their advantage and enter into a heightened state of concentration. A therapist trained in hypnosis facilitates the subject's ability to achieve a hypnotic or trance-like state. This state is comparable to that achieved during deep relaxation or meditation. In this state, the body is often relaxed with the mind focused on the pre-determined relevant, therapeutic issues.

Hypnosis has been used as a therapeutic tool for centuries but it has undergone more than its fair share of modern validation as well. It was first approved as a therapy by the American Medical Association in

1958 and later by the American Psychiatric Association in 1961. This is in light of repeated outcome studies which have shown that it is an effective therapy for a variety of problems as well as for performance enhancement and self-improvement.

One of the most well-known clinical uses of hypnosis is for the treatment of physical problems and pain. It has even been successfully used as an adjunct and sometimes even a replacement for surgical anesthesia. Meta-analysis of research on hypnosis to treat pain shows that it is useful for many types of pain and can even reduce the length of stay in the hospital by speeding up recovery after surgery. Use of hypnosis for pain relief in surgery can lead to reduced use of medication and thus fewer side effects such as nausea and drowsiness. Hypnosis is also often used to alleviate pain caused by chronic tension and migraine headaches.

Hypnosis is well known for its help with negative habit disorders related to addictions, smoking and obesity and for building positive habits such as exercising, weight loss and abstinence from drugs and alcohol. Hypnosis is a useful tool for "deprogramming" negative behaviors and "programming" healthier behaviors in their place.

Hypnosis can be very useful as an adjunct to treatment for anxiety and other distressing emotional states. In fact, the very nature of a hypnotic induction often involves achieving a deep state of relaxation which can lower blood pressure, heart rate and increase alpha brain waves.

Hypnosis can be very helpful for test anxiety, social phobia, panic disorder and other anxiety based problems. The relaxed state of hypnosis is also the perfect condition for imprinting the goals and motivations for healthier, more productive thoughts, feelings and behaviors.

It is also a good tool for working on the substrates of unhappiness and depression by using hypnosis to build a more positive sense of identity and self-esteem.

During this relaxed physical and emotional state, post-hypnotic suggestions can be made to help sustain positive behaviors. Post-hypnotic suggestions work in a similar way as to when the brain continues to work on a problem outside of immediate consciousness.

This is somewhat like the processing that goes on when you have trouble remembering something but then have the answer literally pop into your head later. Your brain kept working on the problem as you went on to other thoughts and activities.

Hypnosis can help to instill goal directed motivations and positive beliefs that continue to reside in your subconscious mind to help direct you throughout the day - and throughout your life.

While therapy is regulated through mental health licensure, the use of hypnosis as a therapeutic tool is not always regulated. In order to make use of hypnosis it is best to find a therapist who is specifically trained in the use of hypnosis as a clinical tool. This training is usually certified by reputable professional organizations like the American Society of Clinical Hypnosis or the Society for Clinical and Experimental Hypnosis.

With a well-trained therapist, the use of hypnosis can be a powerful ally in

meeting therapeutic goals and in changing life for the better.

If learning how to unlock the power of your own mind in order to overcome difficulties or build healthier and happier behaviors is appealing to you, don't hesitate to seek help using hypnosis as one of your tools for self-improvement. Now, take a deep breath ...

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Dr. Scott E. Smith is a licensed clinical psychologist with Spectrum Behavioral Health in Annapolis and Arnold. For services or ideas regarding this column, call 410-757-2077 or write to 1509 Ritchie Highway, Suite F, Arnold, MD 21012.

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## Hypnosis and the hospital

[http://www.dailycamera.com/lifestyles/ci\\_18193020](http://www.dailycamera.com/lifestyles/ci_18193020)

**Controversial technique claims long list of benefits, for childbirth to anxiety to burns**  
**By Aimee Heckel** Camera Staff Writer

Janet Golden Balzer is about to hypnotize you.

She doesn't have a pendulum, swinging pocket-watch or a black and white spiral. And she promises she's not going to make you quack like a duck.

Hypnotherapists, like Balzer, can't make you do anything that you don't want to do, she says.

In fact, that very idea goes counter to the purpose of hypnosis, which Balzer insists actually helps clients gain more control over their minds and actions -- not lose control.

Even the word "hypnosis" is misleading, hypnotherapists say. The Greek word "hypnos" means sleep. But even though you might look asleep while hypnotized, you're tapping into a deeper, subconscious level of your mind -- in a way, an awakening, they say.

"We have so much power in our minds," Balzer says.

Balzer, a certified medical support clinical hypnotherapist, sits in her home office, on the border of Erie and Broomfield. The room looks like a regular study, with a leather recliner, an organized desk and ambient music streaming, something you might hear in a yoga class. As a medical hypnotherapist, she works in conjunction with doctors (not replacing them), most commonly to help with pain management, pre- and post-surgery, childbirth, chronic pain and fibromyalgia.

She begins.

It's nothing flashy. Close your eyes and relax in the recliner. Relax your face, down through your hands and to your toes.

Her voice is calm and continuous, as she talks about imagining a golden disc traveling through your body, cleaning and healing everything it touches. The imagery she suggests and specific strategies vary with each person and their intentions, whether to help quit smoking, have a natural childbirth, work through emotional trauma or -- and she says this like it's commonplace -- undergo surgery without any anesthetic or pain medicine.

If you're starting to hear ducks quacking in the back of your mind, wait.

Despite the controversial entertainment "stage shows," talk shows and movies about brainwashing, hypnosis by trained professionals is approved by the American Medical Association and the American Psychiatric Association as a way to treat a wide range of issues, from physical pain to



improving compliance with taking pills or following medical instructions.

Other claims include helping treat anxiety, depression, post-traumatic stress disorder, menopause, trauma, abuse, burns, tooth grinding, insomnia, memory, Irritable Bowel Syndrome, weight loss, general stress, sexual dysfunction, phobias and fertility. Other hypnotherapists work with patients to try to overcome abuse, betrayal and conflict, or improve performance (in sports, theater, music or speaking), confidence, creativity, procrastination or career success.

"It can be used for anything you want to change," Balzer says.

Hypnosis for pain control is used by the Stanford Cancer Center. The National Cancer Institute reports that women having surgery for breast cancer who received hypnosis before the operation needed less anesthesia and pain medication during surgery and reported less pain, nausea, fatigue and discomfort after surgery.

The Tulane University School of Medicine asserts that hypnosis shortly after the injury can prevent a second-degree burn from becoming third-degree.

Multiple hospitals affiliated with Harvard Medical School use hypnosis to speed recovery after surgery. One Harvard researcher even reported that hypnosis made bone fractures heal several weeks faster than usual.

A study at Ben-Gurion University of the Negev in Israel found hypnosis made the embryo transfer of in vitro fertilization twice as successful.

Even NASA has taught its astronauts mind-over-body techniques to slow and speed heart rates and warm and cool hands without moving them.

The list of health pros who back hypnosis is long -- and so is Boulder County's list of practitioners, from hypnotherapists to hypnobirthers.

Still, Boulder Community Hospital does not offer hypnotherapy as part of its services, according to spokesman Richard Sheehan.

"The general response in terms of how we determine what services to offer is to first recognize that every hospital has limited resources," he says. "We can't offer every conceivable treatment. It's economically impossible."

So instead, Sheehan says the hospital focuses on services that require the resources of the hospital, like surgery, and others that there is a demand and need for, but that isn't being met elsewhere in the community, like providing services for people with HIV and AIDS.

He says a handful of women every year who deliver babies at the hospital use hypnobirthing techniques, but they learn them outside of the hospital.

"At this point, I'm not sure if there is a community need for hypnotherapy that is not being met," he says.

### So what is hypnosis -- really?

Hypnosis is facilitating an altered state of consciousness to make subconscious suggestions to achieve a specific goal.

It claims to help mute the conscious, thinking part of your brain (the part that is wondering, "How can this be real? It sounds sketchy to me.") to communicate with the subconscious level (the part that makes your heart beat, blood flow and emotions arise). For example, you might think, "I want to have a natural childbirth," but subconsciously, you fear it will hurt and that you're not strong enough. Hypnotism aims to reprogram the latter message to believe, on an almost impulsive, non-negotiable level, that childbirth is natural and easy.

In fact 85 percent of women who prepared for birth using a hypnosis-based system called Blissborn gave birth naturally, advocates say. Blissborn techniques are taught by a medical support hypnotherapist.

"It sort of is positive thinking. But it's not will power," Balzer says. "That comes from the logical mind. You can talk yourself in -- and out of -- things for the moment. It doesn't have a lasting presence. We feed the subconscious a different scenario and transform a thought for life. That's different."

Hypnotism often includes guided physical relaxation, direct or indirect suggestions and visual imagery or metaphors. It is not designed as a cure, but rather a technique to help bring about an outcome.

Modern hypnotism encourages more patient participation ("What do you want to change?"), compared with the old-school authoritarian approach. In that, some advocates say that all hypnotism is self-hypnotism; you only reach that state because you want to.

Brooke Patterson says the closest comparison to describing hypnosis is meditation. Except instead of clearing your thoughts, you zone in on something.

Patterson, of Littleton, has received regular hypnotherapy from Boulder's Lisa Schiavone since 2007, to help her overcome emotional struggles related to her past. Schiavone, a certified clinical hypnotherapist, has been practicing for more than 22 years. She also incorporates astrology into her sessions.

"You're sort of in a dream-like state, so it's maybe easier to delve deeper into difficult issues. I think it's the disconnectedness," Patterson says. "When we're so conscious, that reminds us of the fears and whatever you're dealing with."

She says she was surprised that it worked.

"I expected what you see in movies. Maybe somebody rings a bell, and then you're in this trance state," she says. "It's really not anything like that."

And after several sessions, she says she found a "peaceful detachment" to her past that she had been unable to find through traditional therapy.

The change wasn't instant, she says. But over time, she says she began reacting differently and her relationships began improve.

"I forget that people are skeptical and fear it, because I'm so open to it now," she says.

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## Hypnosis, Local Anesthesia Combo During Surgery Can Aid Healing Process

<http://www.medindia.net/news/Hypnosis-Local-Anesthesia-Combo-During-Surgery-Can-Aid-Healing-Process-86283-1.htm>

Combining hypnosis along with local anaesthesia (LA) for certain types of surgery can aid the healing process and reduce drug use and hospital stay.

In addition, researchers from Cliniques Universitaires, Belgium, also found that the combination could also help in avoiding cancer recurrence and metastases.

"In addition to reducing drug use and hospital stay time, being able to avoid general anaesthesia in breast cancer surgery is important because we know that local anaesthesia can block the body's stress response to surgery and could therefore reduce the possible spread of metastases," Prof Fabienne Roelants from the Department of Anaesthesiology at the Cliniques Universitaires St. Luc, UCL, Brussels, Belgium, said.



The researchers tested the combination on patients undergoing different types of breast cancer surgeries and thyroidectomy (removal of all or part of the thyroid gland).

It was found that though the patients who were hypnotised spent a few minutes more in the operating theatre, their opioid drug use reduced significantly, as was the recovery time and hospital stay.

The results were similar in the thyroid study, wherein the researchers compared 18 patients in the LA/hypnosis group with 36 who had been given general anaesthesia.

It was found that the drug use, recovery room and hospital stay time were greatly reduced among the LA/hypnosis group.

The study will be presented at the European Anaesthesiology Congress in Amsterdam.

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# Hypnosis can help patients heal: Study

<http://www.torontosun.com/2011/06/12/hypnosis-can-help-patients-heal-study>

A combination of hypnosis and local anesthesia can help the healing process for patients who have undergone surgery, Belgium researchers say. (Shutterstock)

A combination of hypnosis and local anesthesia can help the healing process for patients who have undergone surgery, Belgium researchers say.

In a study presented Sunday at the European Anaesthesiology Congress in Amsterdam, researchers used hypnosis and local anaesthesia on patients who had breast cancer surgery and in thyroidectomy (removal of all or part of the thyroid gland).

"In all of these procedures local anaesthesia is feasible but not, on its own, sufficient to ensure patient comfort," researcher Fabienne Roelants said.

In the breast cancer study, 18 out of 78 women had hypnosis, while the rest had general anesthetic. The study found that although the patients who were hypnotized and had local anaesthesia spent a few minutes more in the operating theatre, drug use in the first group was greatly diminished, as was time in the recovery room and hospital stay.

In the thyroid study, the researchers compared the outcomes of 18 patients in the hypnosis and local anaesthesia group with 36 who had general anesthetic. Once again drug use, recovery room and hospital stay times were greatly reduced among the hypnosis and local anaesthesia group.

"In addition to reducing drug use and hospital stay time, being able to avoid general anaesthesia in breast cancer surgery is important because we know that local anaesthesia can block the body's stress response to surgery and could therefore reduce the possible spread of metastases," Roelants said.

"There is still a lot of debate around the exact mechanism that allows hypnosis to reduce pain perception," Roelants added. "But what it absolutely clear is that it does so."

He noted that one third of thyroidectomies and a quarter of all breast cancer surgery carried out at the UCL hospital in Brussels are performed under local anaesthetic with the patient under hypnosis.



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## ...a note from John

One of the most important components of a successful hypnotherapy session is the 'emotional component' of the presenting pattern in need of change. I say component because it is not always the cause, it may just be the one present at the start of the unwanted program. Car crashes and toxic exposure are probably not emotionally induced, however there will be an emotional component holding back the healing process, otherwise they wouldn't be seeing you.

The easiest way to deal with the emotional component is directly. "Is the subconscious mind aware of when this pattern started? (Wait for finger signal) Is the subconscious mind aware of THE emotion that was there at the beginning of this pattern? (Wait for finger signal. Don't ask what it is - see below for reasons) Can the subconscious find a safe and sensible way to detach this emotion permanently from the Body mind, Emotional mind and Conscious mind? (if there is a 'no' or no answer, then you ask ... can it 'put it to rest', or 'move away from it', or 'move it away from you', or 'find a way to dismantle it', or 'turn it down/fade it to all gone'...keep asking until you get something feasible, then ask) Can the subconscious do that now, let me know when you're done (Wait for finger signal, then say) Well done". Just because the subconscious can identify the emotion attached, does not mean it is automatically dealt with. Direct it to by 'detaching it'. "That emotion from the past can be put to rest here in the present so that the unwanted pattern has no place in your future".

It is good to add a deepener at this moment (as a kind of reward but also helps to cement in the shift). Slipping these instructions into a metaphor is also very powerful.

Now you can dismantle the unwanted program or over-write it with better ones, and the instructions won't unwind. Always remember to transfer to every day in every way - otherwise the results may only be state specific (ie: only in hypnosis).

You may need or want to describe the emotional component as "Is the subconscious aware of the emotion attached to this unwanted/outdated program?" Don't bother asking what it was. For the mind to form it into a description may pollute the results as you can engage imagination and conscious memory; cognition, speech, and other brain centres not necessary for our result. Once you have confirmation of the fact that the subconscious knows there is an emotion attached, direct it to detach the emotion (safely, sensibly, permanently) and dismantle/overwrite the unwanted program. Provide a better neurological option/program for the subconscious to use, and slam it in with a bit of your own emotional content.

If, for instance, you are trying to accelerate healing, breast size, learning or something where there is 'no problem to fix', then the emotion is the one attached to the pattern that is preventing the change that they want. "The/Any pattern that is holding this shift back".

I usually do this early in a session but only after the finger signals are clear and I know that the bypass -that is proper hypnosis- is complete and proper. If in doubt, ask the subconscious to make the bypass clear and get confirmation.

You can confirm that the subconscious has done this in the follow up session too. "Making sure that everything that needs to be left behind stays behind, gone from influencing your present or future,

nothing more than a fading memory that you have no need to focus on, like nappies or a flu, you know you had them but you don't think about them everyday, or really at all. When the subconscious KNOWS that there is no emotion attached to this issue, let me know with a finger signal (wait for signal) AWESOME!" then re-enforce better/wanted programs.



The emotional component is the key to long term change. New skills don't make old realities/programs obsolete. To change the baseline programs, you must deal with the emotional component that is holding the change back, to have a 'complete' fix. (Always direct for all levels of the person.)

"All learning has an emotional base" Plato

The subconscious can then 'find a way' to learn or achieve the solution ie: wanted program. Thump this idea with some emotion of your own - the best sort of emotion is a light and clear expectation followed with 'auto-suggestion/repetition in your head of the result or of your influence to affect them in a helpful way (Think- "I have the power to help kick start/straighten/remove blockage from their flow, of self repair/balance". Mesmer would say their 'Re-align Magnetic alignment'). According to Hudson (1886), the repetition is more important than the faith that you can do it. The old magnetists however always claimed knowing/belief was of utmost importance.

I say "Doubt is Practised Out" Vernes

I'm trying with animals next. Apparently the difference between hypnosis and mesmerism is more stark there. If I can prove it with animals, as Volgesi did, can I be in doubt? Who's with me?

# Hypnotherapy: Trick or cheat?

<http://www.stuff.co.nz/life-style/5132389/Hypnotherapy-Trick-or-cheat>

Hypnobusters provides over 100 self-hypnosis scripts that promise to augment my breasts, enhance my punch, slow down my eating, cure cancer and improve my hearing.

**Want thinner thighs, or bigger breasts? Forget cosmetic surgery, hypnotherapy is now promising to do the job, online for your convenience. Are we being taken for a ride, asks Angela Barnett**



Lily Allen dropped two dress sizes with it. Orlando Bloom gave up his chocolate obsession, Kevin Costner cured his seasickness and Tiger Woods mastered the right mind-set for the perfect swing.

Hypnotherapy has been around for as long as the sewing machine, but it's now widely

available online, and the new distribution channel means it's expanding – both in its popularity and in terms of what its sellers say it can do for you. Self-hypnosis scripts are promising to help people re-stitch their minds in all sorts of inconceivable ways, from imagining bigger breasts to curing disease. You no longer need a man with a comb-over, watch chain and a crusty old couch to help you quit smoking, you can download files and do it yourself on your iPhone.

UK website Hypnobusters provides over 100 self-hypnosis scripts in MP3 format that promise to boost my face with some hypnotic botox, augment my breasts, enhance my punch, slow down my eating, cure cancer, improve my hearing and give me "sensational skin". Wendi Friesen, an American hypnotherapist, offers do-it-yourself scripts that will turn me into a body builder. Frankly, I'm disappointed I can't be taller.

I could even grow a larger penis, but I suspect I'd need a small one to begin with.

Dr James Braid, who coined the term 'hypnotism' in 1842, believed hypnotic therapy was an effective tool for treating "functional nervous disorders".

The word 'hypnosis' derives from the Greek God of sleep, Hypnos, however it's not actually sleeping, it's more of a trance, "Like when you drive somewhere and can't remember how you got there but you know you were awake, just not present," says John Cerbone, a New York clinical hypnotherapist. When you're in this trance the therapist introduces new thoughts into your mind:

'I like juice at 5pm (instead of wine) ' am a great golfer'; 'My lungs love fresh air'; 'Too much pudding makes me sad'.

Cerbone, who touts himself as The Fastest Hypnotist on the Planet, tells me most mentally balanced people are able to be hypnotised – by a trained professional – as long as they're willing to relax. "The more intelligent, stressed or creative, the more hypnotisable, too."

There's stacks of evidence that one-on-one hypnotherapy sessions have helped many with addictions, phobias, stress, mental blocks, concentration issues and nervous disorders. But not with beautifying oneself, although some have found it helpful for things like uncontrollable blushing or the inability to stop absent-mindedly picking that dry skin around their fingers.

A friend of mine had a terrible attitude about his taxes. Most of us suffer from this annoying problem, however he was putting off doing his returns past the due date, the reminder and the penalty for missing the penalty. He went to see a Wellington hypnotherapist and said he was impressed to find the process actually worked.

Wellingtonian clinical hypnotherapist Meredith McCarthy says she has helped a man in the SAS work on his mental focus, a woman get over her fear of swallowing pills, a businessman with irritable bowel syndrome (he had it so bad he could no longer attend meetings) and has treated other common complaints: smoking addiction, weight gain, stress and insomnia.

When I asked Cerbone – who treats clients from South Africa to Iraq over Skype – about self-hypnotic botox or breast augmentation, he said simply, "I'm not a fan of off-the-shelf scripts". He talked witheringly about a fellow hypnotist in New York who promises to cure baldness and cancer. "I'm not going to name names, but that's just fringy," he says.

What a cynic. Surely you can listen and think yourself into radiant skin, thicker hair or supermodel proportions?

My cousin Stacey bought four breast augmentation scripts from a UK self-hypnosis site last August, expecting a larger bikini top by summer. She committed to listening for half an hour a day for 12 weeks (being a student, having a lie down was more interesting than study). "This dreamy Enya-type music played," she said, "then an English cabbie voice would count down, telling me to close my eyes on zero. Then he would instruct my boobs to grow while I daydreamed."

I saw her after eight weeks and she was starting to doubt: there had been no change. She contacted the online help desk and they told her to relax more, not want it so badly, yet to still believe it would happen.

Stacey then fretted about wanting it the right amount – was a C cup being too greedy? On she ploughed, and when I saw her last summer, I didn't need to ask. There was no new bikini.

"These scripts build false expectations," says McCarthy.



"I'm yet to see anyone with results. People download a stupid breast-enlargement script, then they come into my office, despondent, and I have to educate them

about how hypnotherapy works; genuine rapport between the client and the hypnotherapist is the most important thing.

It makes a mockery of the profession. We often talk about this. Many in our organisation [the New Zealand Association of Professional Hypnotherapists] feel it's a shame – these self-hypnosis scripts are made by someone wanting to make a quick buck off people's vulnerabilities."

My cousin isn't the only person to have high hopes. Online, Spygal76 asks: "Does anyone know if you can

use hypnosis to make your eyes wider apart, or your nose less bumpy, or your lips fuller, or anything like that on the face?"

Ah, that would be the plastic surgeon, honey. There are plenty of young men asking whether hypnosis can make them taller too. Sadly, it's not like downloading a music track only to discover you don't like it. People who purchase self-hypnosis scripts can spend up to three months listening, hoping for something that will never happen. If noses could be buttoned that easily we'd all be doing it.

The NZAPH bans New Zealand hypnotherapists from making false promises online or guaranteeing results, but they can't ban international sites from doing so. No amount of wishful dreaming could help Stacey's breasts grow, and optimistic listening will never create longer legs for those beleaguered teenagers, or hide bald spots for the middle-aged. But when the downloads don't work, these hypno-shafters have the perfect excuse: your mind is blocking you! They would have us believe we could all be six-foot supermodels if only our crabby old thoughts would let us.

When people visit Cerbone with complaints that can't be fixed through hypnotherapy, he says, "I've got no problem referring them to that other couch – the psychologist's one – to [help them] better accept themselves."

- Sunday Magazine

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## 'Cowboys' hamper use of hypnotherapy to treat NHS patients

<http://www.independent.co.uk/life-style/health-and-families/health-news/cowboys-hamper-use-of-hypnotherapy-to-treat-nhs-patients-2293490.html>

By Jeremy Laurance, Health Editor

Experts fear there is a lack of training among practitioners of hypnotherapy

The use of hypnosis as a medical therapy is being undermined by cowboy practitioners with little training who have caused serious harm to patients, specialists say today.

Hypnotherapy is a proven treatment for irritable bowel syndrome, approved by the National Institute for Clinical Excellence (Nice), and research has shown that it provides effective pain relief to women in labour.

But the extension of the technique to other areas of medicine is being hampered by its misuse by inadequately qualified practitioners.

Specialists from the Royal Society of Medicine's Section of Hypnosis and Psychosomatic Medicine meeting in London tonight are to discuss ways of combating the threat and increasing the medical use of hypnosis which they say could save the NHS millions of pounds. Peter Naish, senior lecturer in psychology at the Open University and president-elect of the hypnosis section of the RSM, said many lay hypnotherapists were using techniques which induced damaging "false













# Man Attempts to Fight Sausage Addiction with Hypnosis

<http://topnews.us/content/240567-man-attempts-fight-sausage-addiction-hypnosis>



David Harding, a 47-year-old father of three, became the first person ever in Britain to seek professional help to fight an addiction to sausages. To date, he's paid nearly £2,000 in an effort to kick his unusual habit, which causes him to eat up to 13 bangers in a day.

The man who holds a day job as an accountant now spends up to an hour each month talking about his addiction with a psychiatrist, and has even undergone hypnosis twice in an effort to get rid of his meat-eating problem.

According to Mr. Harding, he's eaten at least one sausage every day since he was five years old. "I genuinely cannot bear the thought of living without sausages", he said. "Drug addicts crave their medicine of choice, and it's the same for me – except that my drug is a banger".

He said he realized he had an addiction when his wife suggested that they try something different for dinner and he lost his mind. He said after that incident, he realized that something wasn't right and started getting professional help.

According to health and addiction experts, his attachment to the encased meats is not at all physical, and so far neither meetings with a psychiatrist or the hypnosis sessions have worked.

*(Neither meetings with the psychiatrist or the hypnosis sessions have worked.... Any wonder! It sounds to me [from the very limited information in the article] that Mr Harding is looking for an excuse ... not a cure. I'd like to know what the real issues are here because I get the definite feeling that sausages aren't it!*

Ed)

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# Sarah Ferguson Reveals True Feelings for Prince Andrew Under Hypnosis

<http://celebs.gather.com/viewArticle.action?articleId=281474979336632>

Sarah Ferguson, the ex-wife of Prince Andrew, revealed recently during a hypnosis session that she wished she and Andrew had never gotten a divorce. The 51-year-old is filming a reality show, to be titled "Finding Sarah," that will air in the United States on Oprah's OWN Network starting June. Her daughters, now famous for their royally-crazy headpieces at Prince William's wedding, will make appearances on the show as well.

While under hypnosis for her new series, Sarah revealed, "He and I both wish we'd never got divorced, but we did. I wish I could go back and be the bride again, but I can't. He's by [sic] best friend and the father of my children. He's a great ex." Part of her trauma could have come from the royal snubs she's received, particularly by the icy queen who seemed never to approve of any of her children's spouses.

The show is reportedly going to help Sarah repay her millions of pounds in debt. The show will also feature the former duchess travelling across the United States and discussing her traumatic childhood with Dr. Phil. It is unfortunate that the ex-duchess is hurting so badly for money that she has to open up her personal life to the camera. The hope is it doesn't bring on any more trauma.



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# Jessica Alba: I Recommend "Hypnobirthing Classes"

<http://www.usmagazine.com/momsbabies/news/jessica-alba-i-recommend-hypnobirthing-classes-2011175>



Credit: Charley Gallay/WireImage.com

**Jessica Alba** has some unique advice for other expectant moms.

The 30-year-old actress recommends "hypnobirthing classes" -- which are increasingly popular among pregnant women. Hypnobirthing involves the use of hypnosis during childbirth.

"It's different for everyone, although I do recommend the hypnobirthing classes," Alba told Us Weekly on Monday at the RIMOWA store opening in Beverly Hills. "I highly recommend it. It just makes you chill."

The actress wasn't quite so "chill" before the birth of daughter Honor Marie, 2: "I was freaked out going into it my first time going into labor. Like what if I panic? What if I just freak out and I don't know what to do?"

So is the second pregnancy easier for Alba? "Oh yeah! But a little bit harder on the body because my daughter still wants to be picked up. Ever since my belly popped, she really is on me!"

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## Under the Spell of Hypnosis

<http://shoreline.patch.com/articles/under-the-spell-of-hypnosis-5>



Before a visit to Temple Hypnosis this week, my only prior experience with a hypnotist took place during my high school's all-night senior party.

The hired performer entertained us at 2 a.m. by selecting a handful of students to come on stage, talking them into a trance, and then telling them to do stupid or

embarrassing tasks while the rest of us laughed at their misfortune.

When I saw a note on Facebook about hypnotherapy, I figured the real deal might be a little different. A friend posted a deal with coupon site Buy With Me that offered two 90-minute sessions at Temple Hypnosis for a

bargain \$60. I promptly checked out their website, and saw that licensed hypnotherapist Shalynn Flavell offered sessions for individuals struggling to quit smoking, lose weight, cope with a break-up, improve a relationship, discover career ambitions, or any other number of personal challenges.

Intrigued, I headed to Flavell's West Seattle office to learn about hypnotherapy firsthand. As expected, her practice is a far cry from the humorous performer at my senior party. Hypnotherapy, Flavell explained, simply allows individuals to fully relax and dive more deeply into the issues with which they're struggling.

Flavell first discovered hypnotherapy when she was 21. She'd been diagnosed with bone marrow cancer and needed a transplant. Her bone marrow didn't match any of her family members, so she was forced to wait for a generous stranger. The stress of cancer and the uncertainty of a wait list led Flavell to seek some sort of therapy.



"So much was going on in my head," Flavell said.

Since she'd grown up in Hong Kong and felt comfortable with Eastern and alternative medicine, Flavell was willing to experiment. She learned that a family friend practiced hypnotherapy and decided to give it a try. Hypnotherapy kept her sane during the 11 months before a bone-marrow donor was found.

"Hypnotherapy got me to the place where I said, 'I'm going to be OK,'" Flavell said. "I realized I could choose to see my cancer in a more positive light."

Flavell's journey to become a hypnotherapist herself was not immediate following the transplant. The adventurous young woman spent years as a scuba instructor, but kept coming back to hypnotherapy sessions. In 2003, she decided to take classes with hypnotherapist Jack Elias at the Institute for Therapeutic Learning in Ballard. She became a certified hypnotherapist, registered with the Washington State Department of Health, and began her practice.

Clients visit her West Seattle studio for help quitting smoking, losing weight, grieving the loss of a loved one, or navigating a divorce. The reasons vary widely, and Flavell says hypnotherapy can be equally effective for a range of problems.

"Hypnotherapy takes an issue and breaks it down to the core," Flavell said. "It helps anyone who is feeling stuck in their life."

Flavell said she typically spends time talking to a patient before she begins the hypnosis. The patient tells his or her reasons for wanting hypnotherapy and what she hopes to accomplish. The patient will always be in control during a hypnotic state, Flavell said, and explains that hypnotherapy is really just a heightened state of relaxation. Flavell also observes if a client responds best to visual, kinesthetic or audio cues.

As we spent the first part of our time together in an interview where I asked her the questions—rather than the other way around—Flavell didn't learn as much about me as she would a typical patient. As such, she decided to incorporate visual, kinesthetic and audio

techniques into the practice hypnotherapy, and focus on the broad issue of finding balance in life.

Flavell asked me to follow her hand with my eyes as she slowly moved it upward, in an attempt to draw me into a relaxed state. She had me close my eyes and began talking about sounds outside the room and the sensations in my feet, fingers, toes and other parts of my body. I found it easy to be lulled away by her calm voice, accented with a unique British/Hong Kong/Pacific Northwest combination.

As Flavell spoke, she kept coming back to the word "balance." She told me to envision a scale with myself on one side and someone else on the other. She asked me to feel the sense of balancing on my foot and toes. The session passed rapidly for me, and soon Flavell was counting backward from five to one to bring me back to attention.

Real clients spend far longer in the state of hypnosis. Flavell attempts to root a trigger in my subconscious, perhaps by repeating a word or phrase relating to the personal issue. A smoker might hear "you are a non-smoker" again and again. In other sessions, clients remain in a shallower state of hypnosis, and they dialogue back and forth with Flavell.

"People always remain in control of the process," Flavell said. "I'm just the guide because I know the path."

Since insurance companies don't cover hypnotherapy, the cost of sessions often discourages potential clients from trying Flavell out. Therapy doesn't come cheap—Flavell charges \$120 for a 90-minute session and \$80 for a one-hour session. She is using Buy With Me in an effort to draw new clients to her practice, and she was pleased to see 48 people buy the deal. For interested readers of this article, Flavell will offer 20 percent off for two sessions, if used sometime in the next year.

Flavell isn't the only hypnotherapist in town. She says that because Seattleites tend to be particularly open-minded and interested in alternative treatments, hypnotherapists can be found throughout the Puget Sound region.

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## Quotes:

When in doubt, predict that the present trend will continue.

Technology... the knack of so arranging the world that we don't have to experience it.

Irrigation of the land with seawater desalinated by fusion power is not new, it is ancient! It's called rain.



## The Next Hypnosis Training Dates with The Australian Academy of Hypnosis™ for 2011 are

### Perth

#### Nine Day Certificate of Hypnosis with John Vernes

Part One: Friday, Saturday, Sunday, 24th, 25th & 26th of June, 2011  
 Part Two: Friday, Saturday, Sunday, 1st, 2nd & 3rd, of July, 2011  
 Part Three: Friday, Saturday, Sunday, 18th, 19th & 20th of November, 2011



### Perth

#### Six Day Mesmerism & Hypnotic Fascination Training (Magnetista Emeritus) with Dr Marco Paret

Wed the 12th until Monday 17th of October 2011 inclusive.

### Melbourne

#### Six Day Practitioner Certificate of Clinical Power Hypnosis with Rick Collingwood

Friday, Saturday, Sunday, Monday, Tuesday, Wednesday - 24th to 29th of June inclusive 2011.

#### Six Day Mesmerism & Hypnotic Fascination Training (Magnetista Emeritus) with Dr Marco Paret

Wed the 9th until the Mon 14th of November 2011 inclusive.

### Sydney

#### Six Day Mesmerism & Hypnotic Fascination Training (Magnetista Emeritus) with Dr Marco Paret

Wed the 26th until Mon 31st of October 2011 inclusive

### Brisbane

#### Six Day Practitioner Certificate of Clinical Power Hypnosis with Rick Collingwood

Friday 25th until Wednesday 30th of November inclusive 2011

For further information and to reserve your place please phone The Australian Training Coordinator; Jai Waugh on 0412 879850, email [jai@hypnomelbourne.com.au](mailto:jai@hypnomelbourne.com.au)

Or go to <http://www.mindmotivations.com/hypnosis-training-academy/2010-hypnosis-training-dates>  
<http://www.mindmotivations.com/hypnosis-training-academy/2010-hypnosis-training-dates>

### USA Training

The next USA Hypnosis Training will be a **Practitioner Certificate of Power Hypnosis** - including One Day of Mesmerism and Hypnotic Fascination Training: conducted by Rick Collingwood during Sept. It will be Five consecutive Days: Fri, Sat, Sun, Mon, Tues - 23rd to 27th of September 2011 inclusive. 9.30am until 4.30pm Daily in Los Angeles at The Marriott Hotel; Century Drive LAX.

For all enquiries email Rick Collingwood [hypnot@iprimus.com.au](mailto:hypnot@iprimus.com.au) or go to  
<http://www.mindmotivations.com/hypnosis-training-academy/hypnosis-training-usa>  
<http://www.mindmotivations.com/hypnosis-training-academy/hypnosis-training-usa>

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## A Word from RICK:

Hi everyone and welcome to August, I hope this great newsletter from Michael on behalf of the Academy finds you happy and busy. After spending the first half of July there I am in the USA again doing some TV work, getting my Mind Switch advertorial to test on national TV, and organising Los Angeles training, so I am a bit off speed as to what's happening in Australia except to say that the HCA seem to be progressing ahead nicely bring unity to our profession.

There are 7 people who have ordered Life Streams and are still waiting, and 11 who had to wait too long for their delivery; I will be following these up during this trip and will email all of those who are still waiting with expected delivery times once I know them. From all reports those who's have arrived seem to think it was well worth the wait so please bear with me as I give them a hurry up.

It seems that there has once again been a collision with dates between training with the academy and AHA training. Obviously this was not done intentionally by either party and some students seem a bit confused as to which direction to take, learning traditional Mesmerism or following the fad of hypno banding?

Although it was attempted and with my gratitude, the AHA cannot change their dates for the hypno banding and neither can I as I had booked Marco Paret months ago to return to Australia. For those students who have already booked for Marco's Perth training in October there will be no date change, as this is not possible for Marco, and not fair for those who have already booked.

For students who are in a quandary about what to do? I hold the belief regarding hypnosis training that "What's for you won't miss you", so this is a decision that you will have to make for yourself, as it has never been the position of the academy to follow up and try to sell students any training beyond an email to let them know what's on. Having said that I also hope to see you at Marco's training in October and if this is not possible then I hope to see you soon regardless. I am due back to Australia on the 30<sup>th</sup> of August and always contactable by email in my absence. Have a fantastic August and September.

**Kind Regards**

**Rick Collingwood**



## Men in Black Ball – Perth 2011



**Dr John Clarkson, Michael Werts & Shane Macfarlane (Mix 94.5) at the Perth 2011 Men in Black Ball. Ball promotes and supports Male Mental Health Issues – 2011 Male Depression.**

**Photography by Rick Collingwood**

## Script of the Month

### GAMBLING

Now just allow yourself to drift deeper and deeper with each word that I utter - and be aware that my voice now speaks to you about some matters of great importance. Allow these words to penetrate deep into your subconscious mind.

Imagine if you will, a new seed planted into the soft earth - where it is covered lightly with soil, watered and nurtured. For a little while it may lie dormant, and only later after germination has taken place, does this little seed begin to grow small shoots, which reach up towards the light, growing stronger and healthier.

Your seed may grow into a beautiful flower, or a lovely leafy green plant. It may one day even grow into a large, strong tree, with branches and leaves, perhaps bearing fruit. Who knows. But one thing is certain - this seed will grow stronger, given the right conditions.

And your subconscious mind is now in the right condition for positive suggestions. And it is because you've been acting in ways that you know have been causing problems for you and your family, that you have decided that it's time to make these positive changes in your life.

For a long time now, you've been gambling your money away, and you are beginning to realize that gambling is a mugs game. Gambling is for losers. The only people who really win are the bookies and the people who are continuously raking in the money. Your money. Money that you could be spending on more worthwhile activities. Money that you could be spending on your family, on holidays or more pleasurable things in your life.

And it is because you love your family and you put their happiness and welfare first, that you have decided it's time to quit gambling.

Gambling, like smoking and drinking and overeating, is an addiction, and like most addictions is fed by continuous habit. When you stop smoking, after a little while, you are free from the addiction to smoking. When you stop drinking alcohol then you soon become free from the addiction to alcohol. When you stop overeating you become free from that addiction also. And when you stop gambling, you become free from that mindless, addictive behaviour of gambling. It is as simple as that.

That's why you decided to stop gambling. You decided to take control of your life, and because you have the natural ability to succeed in all that you do, you no longer need to take unnecessary risks with money. You are free from the addiction to gambling. You no longer need or want to gamble, you have stopped gambling.

And you stop gambling one day at a time. You take each day as it comes, and each day you find it so easy not to gamble. You are in complete control of your life, and from now on, temptations are opportunities to demonstrate to yourself and others, the power of your inner strength and mental resolve.

You stop wasting your money, you stop gambling it away. From now on you become careful with your money and how you spend it. You certainly don't want to waste it on gambling in any form. You are free from the addiction to gambling forever. You no longer need or want to gamble, you have stopped gambling. And you stop gambling one day at a time. Each day that you don't gamble is a victory you are proud of. And you're very proud of yourself for overcoming that old habit of yours, that old addiction to gambling.

Imagine now that some weeks have gone by and you have not gambled at all. You are feeling very proud of yourself. You are in complete control of your life and you enjoy a deep sense of self respect. You are feeling very calm, very relaxed, very confident, you are proud of your success, you are proud of your achievements, you are proud of your family, and most of all, you are proud of yourself. It feels wonderful to be free from any unwanted addictions, to be in control, to know that you have the natural ability to succeed in all that you do.

And imagine that you are meeting an old gambling friend. He tells you that there is a horse running this afternoon and it's an absolute certainty. He's very excited because he's sure it's going to be a winner.

Actually you think he looks a bit ridiculous. A grown man, getting excited about a horse race. You know that he may probably be right about the horse winning, but somehow you just don't care. Because the only certain winner is you. When he asks you if you want to put some money on the horse, you hear yourself say NO, No, thanks. I am not a gambler. I no longer need or want to gamble, I have stopped gambling. And immediately you feel a rush of inspiration and pride. Know that you are a success, you are the winner, you have the natural ability to succeed, in all that you do.

Winning money is no longer important to you. From this moment on, you are free from that old addiction to gambling, forever. From now on you value money only that has been honestly earned. Gambling seems to you like cheating, like a mugs game, like something you used to do, when you were younger, less mature, but now you're a grown man, you're a bit older and a lot wiser and so much more intelligent. You are the winner. You are in control, and each and every day you become more and more aware of these suggestions and the impact they have on your life.

Form an image now of someone whom you respect and admire. A person who does not gamble, perhaps has never gambled in his or her life. This can be anyone you like, a family member, maybe a friend or perhaps a famous person, or even someone you remember from your childhood who you looked up to, saw as a very powerful person. Now when you have thought of that person. Good.

Now think about the qualities of this person, which you would like to have, if you were to model yourself on this person. And imagine yourself, possessing all these qualities. These qualities may be something like determination or confidence; perhaps you'd like to have a stronger will or to be more flexible in your behaviour. You can still be the unique individual that you are, you don't need to give up any part of yourself, that you are completely happy with. But you can improve your own self image and become more and more the person you'd really like to be.

Imagine how your role model would deal with the challenges of life that he encountered. If he were tempted to do something he knew to be wrong, destructive, losing behaviour, how would he react? Now see this person blending and merging with your own image. You're moving now towards your ideal image, your ideal self, the new, stronger you. And each and every day that you do not gamble, you take a step closer to this ideal image, this is the new you, and starting now, you're acting more and more in a way that makes you feel good, self confident and wonderful.





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● **Bank Deposit**

**Date of Deposit:.....**

● **Cheque Enclosed**

**Cheque Number: .....**

**Please Make Cheque Payments Payable to John Vernes and post to:**

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**East Victoria Park, WA 6101**

Bank details are: Bank:

**ANZ**

Account Name:

**John Vernes**

BSB:

**013011**

Account No:

**757196519**

Places are limited, so please enrol early or speak to **John Vernes** on **0403 839 641**. If you are direct debiting the fees, please reference your payment with your full name.

(Kindly print your name below exactly as you would like it to appear on your certificate of attendance)

**Name.....**

## Up Coming Dates:

<b>6 Day Practitioner Certificate of Clinical Power Hypnosis BRISBANE</b>	<b>25, 26, 27, 28, 29, 30 November 2011</b>
<b>Certificate of Hypnosis PERTH</b>	<b>2011- Certificate of Hypnosis - Training Seminar Two</b>  <b>Part Three:</b> Friday, Saturday, Sunday, 18th, 19th & 20th of November, 2011  <b>2011 - Certificate of Hypnosis - Training Seminar Three</b>  <b>Part One:</b> Friday, Saturday, Sunday, 11th, 12th & 13th of November, 2011 <b>Part Two:</b> Friday, Saturday, Sunday, 18th, 19th & 20th, of November, 2011 <b>Part Three:</b> Friday, Saturday, Sunday, 16th, 17th & 18th of March, 2012
<b>Four Day Power Hypnosis PERTH</b>	<b>Part One:</b> Fri, Sat, 10th & 11th Of September 2011  <b>Part Two:</b> Fri, Sat, 17th & 18th of September 2011
<b>Learn Mesmerism &amp; Hypnotic Fascination with Dr Marco Paret</b>	<b>Perth WA: Venue to be advised</b> <i>Wed the 12th until Monday 17th of October 2011 inclusive</i> <b>The Amora Hotel in Richmond Melbourne</b> <i>Wed the 9th until the Mon 14th of November 2011 inclusive</i> <b>The Rydges Hotel North Sydney</b> <i>Wed the 26th until Mon 31st of October 2011 inclusive</i>

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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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