



The official
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AHA & its
member
association
ASTA

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AHA Presidents Report – Antoine Matarasso

Dear Members,

I trust you are all well and that the new year has started in a positive way for you from both a personal and business perspective.

Media

Over the past few weeks I have had the opportunity of promoting the Association and hypnotherapy as a modality on radio, television and in print. Shape Magazine will feature an extensive feature on the benefits of using hypnotherapy for weight loss in an upcoming issue for the first time which is positive for the profession as a whole.

I also recently did an Australia wide one hour talk back program on the benefits of hypnotherapy which produced a record number of phone calls and have also done a TV interview on hypnotherapy in Australia.

The profile of hypnotherapy has been increasing in the past few years with media interest on the rise and this can only be positive for us as practitioners.

AGMs

Over the next few months the various states will hold their Annual General Meetings and as always, there will be committee positions to fill. Please give some consideration to serving on your state committee and giving something back to the profession. There are many of you with years of experience which would be of great benefit to the Association and to your fellow members. The investment of time is not huge and we would like to see a greater number of members involved in practical ways.

The Association has grown to

almost 1000 members and it is often the few that serve the many and keep things going. I am sure that many of you have a great deal to contribute and I encourage you to do so.

Please note that the date of the **National Annual General Meeting has been changed to August 25th** and will take place this year in Sydney.

Membership Renewals

The AHA database which we have been working on over the past year is in the final stages of development and will enable members to complete much AHA renewal documentation online. It will be tested over next few months and then be available to all members.

In the light of this it would be helpful if members would complete their renewals as soon as possible after receiving them. This will enable us to begin electronic transactions with as much updated information as possible.

Stoptober

In the UK last year a hypnotherapy profession initiative called **Stoptober** was used to encourage people to quit smoking during the month of October using hypnosis. The AHA will be setting up a website shortly and promoting this same initiative here in Australia. We will let you have more details in our next Monthly Newsletter. Our thanks go to Alan Turvey for making us aware of this.

Skype Guidelines

Many members are making use of the Internet for consultations through Skype and other software

systems. There are a number of issues that may arise during such therapy and the Association will be issuing recommendations for online therapy in the next few weeks.

I would stress that these will be guidelines to ensure the safety of both therapist and client and are recommendations, not AHA policy.

Submissions to Government

The Association continues to make submissions to government and recently submitted a significant document to the ACCC as part of a report to the senate on private health fund rebates. We have been asked to speak in person to this committee on May 1st which will give us a further opportunity to press the case for hypnotherapy being recognised by more health funds.

We have also added a page to the AHA website showing the submissions the association has made, this can be accessed here : <http://ahahypnotherapy.org.au/submissions-to-government>

I look forward to seeing you at the various annual general meetings over the next few months and outlining the plans we have for the future of the Association.

Warm regards,

Antoine Matarasso
AHA National President

AHA website:
<http://www.ahahypnotherapy.org.au>

National Hypnotherapists Register
Australia
<http://www.national-hypnotherapists-register-australia.com/>

http://www.national-hypnotherapists-register-australia.com/listing_changes.htm



From the editor

It is April already! I, like many other people, am floundering around wondering where the time is disappearing to!! In the last week I have had a grumbly husband who is taking the shortening days quite personally and is not shy about stating his chagrin about winter approaching! While I'm sad about summer departing, I'm also relieved as brigade "on call" week will be a lot less frantic from now on!!!!

To business..... members, the National and each State **Annual General Meetings** are coming up very soon. Please, *please* consider what you can do for the AHA. We have a great many volunteers across Australia working so very hard for the association and some of these people are tired. In the west, we have one committee member standing down who has done 7 years straight – working with such passion and energy the whole time. While we will miss her dearly, we also recognise and appreciate it is time for her to stand down and have a rest!! I say this as just one example of the dedicated people who keep this association going. If you have energy and a bit of time, *please* consider nominating in your state (or nationally!!) and follow Gandhi's doctrine: "***be the change you want to see***". No point grumbling about how things are done

when you can stand up and be a part of the changes you want to see happen!!

Change is good and a fresh perspective is the best thing any committee can have. What is it we hypnotherapists teach? *If we always do what we've always done, we'll always get what we've always got!!!!*

I've been on the WA committee for 6 years, on the national for 2 and I can say, being informed and active is very rewarding. Others on the national far exceed this time period and we are rapidly approaching the time when people will want to step down and hand over the reins. I urge you all to think seriously about how you can help bring the AHA into an even more positive future.

Until next time, stay well and happy,

Mailin Colman,
Editor
mailincolman@gmail.com

Not an AHA Member? Why Not?

Join us for all of the advantages that the AHA offers.

To become a member of the AHA go to:
www.ahahypnotherapy.org.au

1800 067 557

Help yourself by becoming a member now

Professional Indemnity Insurance

The AHA National Executive Committee has arranged a discounted combined professional indemnity and general public liability insurance policy for our members.

This policy has been specifically designed for AHA members & offers excellent rates & cover.

Should you have any questions concerning this insurance policy or any other insurance related enquiry, we encourage you to call Fenton Green & Co on 03 8625 3333 or 1800 642 747, visit <https://www.fgonline.com.au/rh/> or e-mail them at helens@fentongreen.com.au.

We encourage all members to support this member benefit service and product. Please remember to mention the AHA in all correspondence.

FOR AHA MEMBERS ONLY ...

HAVE YOU JOINED THE AHA DISCUSSION GROUP?

Nothing could be simpler

By joining the AHA discussion group forum you gain access to the largest membership of any hypnotherapy association in Australia, a huge resource of sharing ideas to benefit our practices. It helps all members, no matter which State you are in, whether you live in a CBD or Rural District - each of us are able to communicate and share ideas and knowledge with every other member.

It's as simple as writing an email, just like you do when writing an email to a friend.

Your forum email address is - aha-Discussion@gogglegroups.com. When you are a member of the forum, you receive posting from other members, as well as being able to post yourself. You can decide whether to respond to an email to be helpful, or watch other responses, or just delete the email if you have no interest in the topic of discussion. These postings can include requests for help with clients, interesting articles, and other discussion topics of interest to your hypnotherapy practice.

The one rule we have is that you do not post advertising (your own or links that have advertising of their own or someone else's business, workshops etc).

Advertising is able to be placed in the Australian Hypnotherapy Journal (fees shown on page 32).

We would like to see **all** members being involved, so if you haven't joined us yet, send an email to my personal email address Jeremy@exemail.com.au and I will verify that you are an AHA member and add you on. (You are required to do this before you can receive or post any messages.)



Alternative Solutions

Bruni Brewin

www.bbbenefits.com.au

Unhealthy drinking widespread around the world

Alcohol consumption has been found to cause more than 200 different diseases and injuries.

Not only well-known outcomes of drinking such as liver cirrhosis or traffic accidents, but also several types of cancer, such as female breast cancer. And it can put on weight.

The global burden of disease and injury attributable to alcohol is large and growing. In 2010, it was responsible for 5.5 per cent of this overall burden, third after high blood pressure and tobacco smoking, among 67 risk factors overall.

For help or support to reduce your drinking habit for health & wellness, you can call the.....

**Free (in Australia)
Advisory Line: 1800 067 557**

The aim of the Australian Hypnotherapy Journal is to publish wherever possible, articles that contribute to the evidence base of hypnotherapy in the form of theoretical essays, experiential reports, and empirical studies featuring quantitative, qualitative, or mixed-method approaches.

The AHA committees

The AHA is very lucky to have such enthusiastic State committees, all of whom give a lot of time and energy to local AHA member activities - organising events & speakers, researching issues, administration, liaising with National, media, various groups / bodies and assisting members in a great variety of ways. When speaking to those on the committee, they generally express that for each frustration experienced, there are many more rewards in being a committee member.

If you would like to assist in any way, please feel free to contact your state committee and offer your time to whatever degree you are able to spare. It is acknowledged and respected that everyone has busy lives.

Please note that it's wisest to email so the committee member can respond when available & convenient as they all have work, family and life commitments - they will, however, be delighted to hear from you.

All national and state committee members are listed with contact details on pages 30 and 31.

State **AGM dates** are on page 28.

Keeping in touch.....



Psychotherapy & Counselling
Federation of Australia

<http://www.pacfa.org.au/sitebuilder/enews/knowledge/asset/files/21/enewsjanuary2012.pdf>



<http://www.hypnotherapycouncilofaustralia.com/newsletter.htm>



http://www.psh.org.au/about_psh.htm

Natural Medicine Registration Board

<http://www.iipm.org.au/the-nmr.html>



Book Review



Author: Daniel J Siegel, MD
ISBN: 978-0-553-386.9-4

Distributor: Bantam, 2010
Reviewed by: David Donahoo

As a hypnotherapist I am fascinated with the mind. How it works and links the past with the present and future, as well as the beliefs, values, behaviours, attitudes and emotions that influence us every minute of each day.

Recently, a situation arose which made me think about the difference between and brain and the mind and how they work together. I did not know much about the brain but realised that there is a lot of research into the brain and it might be useful to know this for hypnotherapy, especially since I teach at the Academy of Hypnotic Science.

I found a book by Daniel Siegel called *Mindsight*, which is the term he coined to describe the innovative integration of brain science with the practice of psychotherapy.

Daniel is a Harvard-trained physician and a clinical professor of psychiatry. He uses psychotherapy linked with the brain in the work he does with clients. His book *Mindsight* goes through case studies where he describes the brain and mind connection.

The first piece of information that I was impressed with from this book, is he gives a definitions of the brain and the mind and links them in a triangle with relationships. The **brain** is a measureable entity with weight and volume, physical properties and a location. It encompasses the brain and the nervous system.

The definition he gives for the **mind** is process that regulates the flow of energy and information. The energy is the physical property that enables us to do something; information is the representation of something other than itself. Words and ideas are examples of units of information we use to communicate with one another. Our **relationships** involve our connection to other people through the sharing of both energy and information.

Some of the findings that Daniel writes about in his book are:

- The brain has neuroplasticity, and this can change based on psychotherapy methods, such as developing mindfulness or just building an awareness of the body.
- Mindsight is the process that enables us to monitor and modify the flow of energy and information within the triangle of relationships, mind and brain. The monitoring aspect of Mindsight involves sensing this flow within ourselves – perceiving it in our own nervous system (the brain) and within our relationships through communication. As we modify the flow of energy in us, such as feeling compassion, we are able to change the information and energy flow in the relationship with another person so they can change.
- Integration in relationships involves the attuned communication among people who are honoured for their differences and linking these differences together. Integration in the brain involves the linkage of separate, differential neural areas and their specialised functions to one another. The focus on our attention directs the flow of energy and information through particular neural circuits. So Daniel says “in this way the mind uses the brain to create itself”.

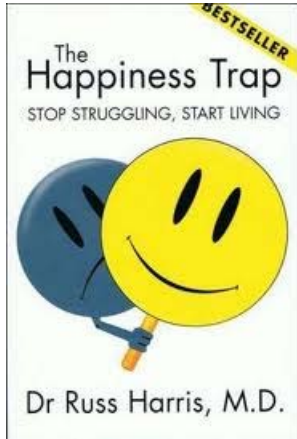
Through reading this book, I began to understand that rapport with our clients will build a relationship with them. When the relationship is trusting and aligned then as therapists we can influence not only a person’s mind but also the brain itself. In understanding this flow of energy and information, as well as other stories covered in the book, it has reinforced for me the importance of awareness of myself in the clinic as well as building the clients awareness of themselves so they can make change. This awareness includes recognising the usefulness and importance of hypnosis in visualisation, relaxation and anchoring.



David Donahoo is a clinical hypnotherapist practicing in Balwyn, Victoria.
www.theeysofhorus.com.au



Book Review



Author: Russ Harris
ISBN: 978-1-84529-825-8

Distributor: Robison, 2007
Reviewed by: Steve Webb

In his book *The Happiness Trap*, Russ Harris explains the flawed thought patterns that many of us use in a futile attempt to bring about positive change in our life. Providing clear examples as the book progresses he teaches the art of mindfulness, becoming aware of our thoughts and the impact they have on who we are. Once we become aware of our self-talk we then process it in a healthier fashion, learning many strategies for self-empowerment using ACT [Acceptance and Commitment Therapy]. The book is of particular interest to those suffering stress, anxiety or depression.

While it may seem controversial, the premise of Dr Harris' book is that we learn to accept negative thoughts rather than become caught up in the perpetual, draining and futile loop of trying to rid ourselves of them [the happiness trap]. After all, we all experience negative thoughts, we are not unique in that way. He teaches us strategies to diffuse their power over us and we learn to question what we deem to be negative and positive thoughts.

Along the way we are provided with exercises in which we become more attuned to the thoughts that run constantly in the background of our consciousness. We come become aware of the negativity that runs through much of our internal dialogue and assess its merit. We are reminded that thoughts are merely a string of words and cannot directly harm us.

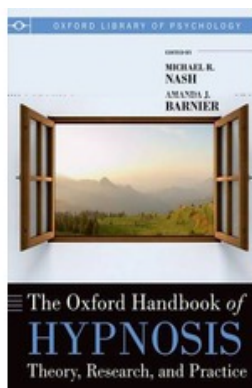
The Happiness Trap is a great self-help book for the layman and also a very useful reference for any therapist to add to his skill set. It provides great insight into our thought processes and clear analogies to make the point. I would recommend this book to anyone seeking new strategies for self-improvement and a refreshing new viewpoint on navigating life.



Steve Webb (Dip Hyp, is the owner of Evolution Hypnotherapy based in Mooroolbark, Victoria
www.evolutionhypnotherapy.com.au



Book Review



Author: Michael R Nash & Amanda J Barnier
ISBN: 978-0-19-964580-0

Distributor: Oxford University Press, 2012
Reviewed by: Bev Arnold

Late last year I acquired a copy of "The Oxford Handbook of Hypnosis, Theory, Research and Practice" edited by Michael R. Nash and Amanda J. Barnier. Michael Nash is Professor of Psychology at the University of Tennessee and Amanda Barnier is Associate Professor and Australian Research Council Research Fellow in Cognitive Science at Macquarie University.

For anyone who is interested in the latest research in the area of hypnosis and its use in therapy this is a very thought provoking work. It looks at the field of hypnosis from the viewpoint of verifiable results and experimental work that has been carried out over the journey of the past 220 years and, in particular, current research.

It offers a description of the research models used as well as looking at core concepts and theory in the area of hypnosis. The material presented is very much approached from psychoanalytical and psychological perspectives and evidence relies heavily on an empirical approach. The reading can get a bit heavy going at times with the a heavy bias to statistics, and its interpretation. Some studies presented rely on small samples and some would have been constructed differently, perhaps, had they been designed by hypnotherapists in the field rather than academics. However, given the paucity of research data available, it presents a very scholarly approach to the field of hypnosis and I think is full of information that will both provoke and enhance any therapist in the field of hypnotherapy.

There is a very good outline of models and methods of clinical intervention with case studies and empirical evidence of outcomes and there is a very useful chapter on "Hypnosis in the Courts".

This is not a book of dreams but rather a hard look at "facts". This reminds me of a time, a long, long time ago, in dreamland, whilst studying Semiotics at university, my lecturer asked me to write an essay on whether or not I would exist if there were no words. Well, the answer is the same today as then, dream on...

And in doing so here is a brief testimonial from one of my clients regarding the resolution of an issue that had plagued her for forty years, even though no scientific study could be constructed around this case. Please don't let us ever forget that we can't prove everything that "exists". By the way, my client was a scientist, and I kept this testimonial because I thought it might be useful one day...

I went to Bev Arnold for hypnosis to assist with a strong gagging reflex. I had never had hypnosis before and didn't know what to expect. Bev was professional and caring, putting me at ease quickly. The hypnosis was a pleasantly relaxing experience. And the most amazing thing - my gagging reflex is now normal! After the hypnosis, I could put a teaspoon at the back of my throat, where before I could hardly brush my back teeth. The most incredible experience of my life!



Bev Arnold is a Clinical Hypnotherapist practicing in Kiama on the south coast of NSW, Australia
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**Please note: book reviews
 MUST be submitted with:**

ISBN number, name of publisher and year of publication.

Please also provide details about yourself as per the book reviews in this journal:

- Your photograph
- Qualifications
- Your practice location
- Website URL



HypnoBirthing Outcomes – reports published

Submitted by Marilyn Colvin Boon, CHT, HBCE, HBFC, Faculty member, HypnoBirthing Institute, The Alternative Centre School of Hypnotherapy

Two HypnoBirthing Outcomes Reports published.

1. Research published by Dr. Charles Swencionis and Sarah Litman Rendell, affiliated to Ferkau Graduate School of Psychology, Yeshiva University and Albert Einstein College of Medicine, Dept of Psychiatry and Behaviour Medicine charles.Swencioonis@einstein.yu.edu.

Published in Birth Psychology Journal vol.27 issue 2. Winter 2012. **Outcomes of HypnoBirthing.**

A collection of data from the HypnoBirthing Institute resource 2009 (1110 participants) and data from the National Vital Statistics Report USA for 2009(Martin et al) comparatively.

Outcomes less intervention fewer medical inductions, less IV fluids, less continuous fetal monitoring, less Pitocin infusion, fewer artificial rupture of membranes, fewer IV/IM anesthesia, fewer episiotomies, fewer epidural anesthesia, fewer caesarian sections, less frequent use of obstetricians, more frequent use of midwives, less use of hospitals more use of home and birthing centers, more use of a wider variety of birthing positions, self-selection a major factor in the findings.

2. Second research paper submitted BJM in Aug 2012. **Birthing outcomes from an Australian HypnoBirthing Programme** by practitioner Dr Julie Phillips Moore. During period 2007 – 2010 questionnaire sent to 145 couples, 107 responded and only participants with vaginal births were considered for the study 81, and nine had more than one birth making that a total of 90.

Outcomes report length of labour shorter cesarean sections lower as was gas and epidurals, lower incidences of preterm birth and low birth weight infants; 81 participants; 46 did not use pain relief and 2 did not experience pain. The references to the birth reports by the HypnoBirthing Institute in this report has been superseded by the outcomes quoted by Swencionis (2012).

Key to success in both reports is the **education**, the understanding of how the body works during pregnancy and birth, involvement of the mother's partner, proper care and support by care providers, practice of breathing, use of

visualization and imagery most of all mother is heard and understood. Her body knows how to birth, the programme helps the mother gain confidence.

HypnoBirthing Outcome by Swencionis

Based on the works of John Dye and Grantly Dick-Read. Swencionis suggests that Western societies teach fear and pain and is conditioned into childbirth, which then result in taut muscles of the uterus during birth the muscle contract and restricts the opening of the cervix thus impeding birth causing pain and failure to progress.

The role of imagery and conditioning of the mind-body connection through the five week HypnoBirthing programme reverses the cycle of fear tension and pain. Dick-Read considers the role of hypnosis in his book mentioning Kroger & Freed in 1951 but decided to work with the Edmund Jacobson (1968) tense and relax technique. Kroger & Freed promoted hypnosis in childbirth but to no avail due to lack of child birth education or proper techniques for breathing and imagery. The efficacy of hypnosis is demonstrated by Chiasson (1990), who attended more than 1000 births with the use of hypnosis only and no anaesthesia. David Cheek, obstetrician and President of the American Society of Hypnosis used and taught hypnosis 1988 for preparation of childbirth.(Rossi and Cheek)

HypnoBirthing families are considered key players of the birth process and it is the fundamental right of every family to expect from their care giver time to listen and be heard and respected for their wishes and choices and how they feel about testes, procedures and medication that the caregivers are supportive of families who wish for normal births.

Goals of the programme include videos of actual HypnoBirths.

Week 1

Explores the myths surrounding birth and dehypnotize from a culture conditioning and expectancy of fear, tension and pain. Explanation of how the uterine muscles work and how fear affects the muscles. The class explores the mind-body connection with some simple psycho-physical exercises and begin to understand what hypnosis is and how to apply the techniques.

Week 2

Teaches pre-birth parenting, how to communicate effectively with care providers, looking at the environment for birth, learning instant relaxation techniques, breathing and physiology of the birth using hypnosis. The birth partner, play an important role in assisting during pregnancy and birth to become familiar with the way the mind-body is affected during birth and to provide the intimate support and care for mother and baby.

Week 3

Looking at your choices of the birth environment, hospital, birth center, Home baby's choice, looking at special circumstances, avoiding problems, how body works at each state of labour and working through any unresolved fears, limiting thoughts and beliefs.

Week 4

Overview of birth and what's happening and where it's happening. What to do when labour slows. Uses of hypnosis and how the birth partner can assist.

Week 5

As mother nears the time of birth, Positions, Visualizations, Breathing and changes.

Marilyn Colvin Boon is Master Practitioner Hypnotist in Medical Hypnosis, a founding member of the UK HypnoBirthing® Advisory Board, a faculty member of the HypnoBirthing® Institute, a Trainer and practitioner. For more information <http://www.thealternativecentre.com.au>

The AHA is the largest professional association for hypnotherapists in Australia, and is committed to advancing hypnotherapy as a discipline and profession in its own right.

Spreading the message that hypnotherapists make a difference to peoples' lives, through improving hypnotherapy knowledge and community wellbeing.



Ericksonian Hypnosis & healing

By Anne-Laurence Fritsch, Ericksonian Hypnotherapist based in Reunion. BA, Dip Ed Australia, CHT Canada, GHR registered Hypnotherapist (UK), NLP Master

Why do some people with a so-called "incurable" disease manage to heal – or at least greatly improve their symptoms – after 2 to 3 hypnotherapy sessions while other clients with a "lighter" disease (e.g. eczema, psoriasis) will only notice slight improvements after 3 or 4 sessions? In my practice as an Ericksonian hypnotherapist, I have come to the following conclusion as regards the main obstacle to healing for some clients and that is **resistance to change due to limiting beliefs**. That is why I have made it an essential point to share with my clients the most recent scientific data about the unlimited power of the human brain and latest findings in Epigenetics. The French mind being mostly Cartesian, I have found it is a necessary step to include information in my first session so as to give my clients the opportunity to envision new possibilities based on reliable scientific data... and it seems to be working...better anyway....at times much better

Indeed, it seemed not good enough for some people who need concrete proofs to hear the story of Milton Erickson and how he came over his paralysis at 17 through self-hypnosis without knowing at the time that this was what he was doing; nor did some find it convincing enough to hear about my own healing of chronic eczema with self-hypnosis.

However, giving them the latest neuroscientific data on the unconscious potentials of our brains and mostly the amazing scientific fact re the possibility of changing our genes proved more convincing and therefore more efficient.

According to this recent data We are conscious of only 1 percent of what our brain actually does, which is our thoughts, our ideas, and our future projections. The other 99 percent is unconscious and constantly working at keeping us alive. Often people think at this stage that I am talking of the common knowledge of humans using only 7% of their brain potentials. But this data is different and goes much further. So I go on so as to make them aware that while they are nodding at me, they might be aware of it while they aren't aware of having decided to nod: that was the other 99 percent that created this reaction to what I am saying, an automatic reaction of which we are hardly aware, a natural response that was not consciously decided.

At that point they usually start to pay more attention "Yeah, sure!" and I go on giving other examples: what made you just move your eyes in that direction? Did you decide to move them just now? And what about your breathing? Do you need to think about breathing to be able to? And why did you just move your foot? Were you aware that you did before I asked? And so on....And how do you think a wound can heal by itself? And then I tell them about brain plasticity and about the data that proves that miracles may not be miracles after all... and also about the latest data in epigenetics that shows that genes don't carry diseases; it is the collective unconscious that believes that this is how we catch diseases and that is why we might catch a breast cancer for instance: "because I believe that I'll catch cancer because most people believe so and doctors say that there is more chance for me to catch it if somebody in my family in other generations had one" ... etc ...

This is often a very difficult thing for most people to accept as possible truth so I give them the references of the documentary film made by a French film maker Jean-Yves Bilien on Bruce H. Lipton entitled "The impact of our environment and state of mind on our health". You probably all know about this world-renown cellular biologist and author of two books "The Biology of Belief" and "Spontaneous Evolution". His research and the research of other leading scientists have revealed an amazing fact: Cells receive information; genes and DNA do not control our biology but DNA is controlled by signals from outside the cells including energetic messages emanating from our positive and negatives thoughts. So our bodies can be changed as we retrain our thinking.

Most people in Reunion haven't got a clue about this and I suppose that this is the case for the great majority of people everywhere. But this is an extremely important scientific fact that can have a great positive impact on people with cancer or other severe diseases and therefore make hypnotherapy much more effective. Nowadays, I mostly explain all this scientific data while the person is getting into a slight hypnotic trance and is therefore more receptive to hearing such evidence. I explain in simple words that new science shows invisible forces like electromagnetic vibration fields (cell phones, broadcast stations...) create

electrical vibrations that influence the biology of our cells and there are more problems of disease as electro-magnetic pollution is more powerful than physical pollution.

Our brain also is making electrical waves: Thinking, consciousness, feelings have a powerful control over our biology so people say "watch out what you're thinking!"

Epigenetics Shatters "The Central Dogma" (Source : Dr Mercola, Licensed Physician and Surgeon)

"Contrary to what many people are being led to believe, a lot of emphasis placed on genes determining human behaviour is nothing but theory and doctrine," writes Konstantin Eriksen. "We are free to make decisions that impact our lives and those of others. ... Our beliefs can change our biology. We have the power to heal ourselves, increase our feelings of self-worth and improve our emotional state."

So, information flows in both directions, from DNA to proteins and from proteins to DNA, contradicting the "central dogma" (the doctrine that information in our cells flow only in one direction – from DNA to RNA to proteins). Genes can be activated and de-activated by signals from the environment. The consciousness of the cell is inside the cell's membrane. Each and every cell in our bodies has a type of consciousness. Genes change their expression depending on what is happening outside our cells and even outside our bodies."

According to Dr. Lipton, the true secret to life does not lie within your DNA, but rather within the mechanisms of your cell membrane. Each cell membrane has receptors that pick up various environmental signals, and this mechanism controls the "reading" of the genes inside your cells. Your cells can choose to read or not read the genetic blueprint depending on the signals being received from the environment. So having a "cancer program" in your DNA does not automatically mean you're destined to get cancer. Far from it. This genetic information does not ever have to be expressed...

What this all means is that you are not controlled by your genetic makeup. Instead, your genetic readout (which genes are turned "on" and which are turned "off") is primarily determined by

your thoughts, attitudes, and perceptions! The major problem with believing the myth that your genes control your life is that you become a victim of your heredity. Since you can't change your genes, it essentially means that your life is predetermined, and therefore you have very little control over your health. With any luck, modern medicine will find the gene responsible and be able to alter it, or devise some other form of drug to modify your body's chemistry, but aside from that, you're out of luck... The new science, however, reveals that *your perceptions control your biology*, and this places you in the driver's seat, because if you can change your perceptions, you can shape and direct your own genetic readout.

This new science also reveals that you are in fact an extension of your environment, which includes everything from your thoughts and belief systems, to toxic exposures and exposure to sunlight, exercise, and, of course, everything you choose to put onto and into your body. As Dr. Lipton is fond of saying, the new biology moves you out of victimhood and into Mastery—mastery over your own health.

"A Healthy Lifestyle Supports Healthy Genetic Expression"

So the good news is that *you are in control of your genes* ... You can alter them on a regular basis, depending on the foods you eat, the air you breathe, and the thoughts you think. It's your environment and lifestyle that dictates your tendency to express disease, and this new realization is set to make major waves in the future of disease prevention -- including one day educating people on how to fight disease at the epigenetic level. When a disease occurs, the solution, according to epigenetic therapy, is simply to "remind" your affected cells (change its environmental instructions) of its healthy function, so they can go back to being normal cells instead of diseased cells."

And that is where hypnotherapy comes very handy as we can ask the unconscious mind to send messages to the cells for that positive change to occur or to give suggestive talk to the subconscious mind so that it changes its habits and beliefs – whatever way you consider the subconscious/unconscious mind to be as a professional hypnotherapist. I personally consider the unconscious mind like Milton Erickson did and like Ernest Rossi (his close collaborator of 8 years) does: the unconscious mind is a reservoir of all our learning experiences and unlimited resources, our best friend.

Ernest Rossi's hypnotherapy approach is very helpful and efficient and I use many of his mind-body healing and creative

dialogue with our genes techniques in my hypnotherapy sessions. And to people that tend to be hypochondriacs I suggest they can begin to prevent any form of disease on their own, long before they manifest a disease. By leading a healthy lifestyle, with high quality nutrition, exercise, limited exposure to toxins, and a positive mental attitude, they will encourage their genes to express positive, disease-fighting behaviours.

This is what preventive medicine is all about. It's not about taking any one particular nutrient as a supplement to fix one specific "part" of our biological machinery... Dr Bruce Lipton talks about the ancient forms of healing like hands-on healing, osteopathy, chiropractics, and Asian medicines like acupuncture that work on the body energy fields: balancing the energy of the body helps balancing the health of the cells.

The problem with diseases like cancer is not the cells; it is due to the invisible energy field which is an enormous shaper of our lives. 90 percent of cancer is not connected to the genes; it is connected to life style (emotions, attitudes, beliefs ...). Our conscious mind is controlling our biology and our thoughts and our beliefs determine the behaviour and genetics of our cells. We thought the genes were passed on from parent to child. In fact, it wasn't the genes, it was the way we learned how to live our lives: our parents' education, behaviour. By taking our parents' behaviour we get our parents' diseases. So before we blame the cells we must first look at our thoughts, behaviours and beliefs because they are more important in creating health and disease than are the genes and that means personal responsibility. *Guilt, shame, victim*, these words don't apply to new science.

In spontaneous remission most people report they have had a profound change of belief, of consciousness, have let go of the stresses. The positive thoughts can heal us and the negative thoughts can also kill us. Science has known about this for about a hundred years: just the belief that a new pill – which may be a sugar pill – or our positive thinking about a medical practice can heal, will have placebo effect. From one to two thirds of all healing is all due to the placebo effect. And most people know about this. What many people may not know about is that the opposite effect is also true: negative thoughts and beliefs ("I can expect to get cancer" or "I have a terminal disease") – the nocebo effect – has the same power as positive thinking but in a negative way with a very negative impact on our lives. So nocebo and placebo profoundly influence our health and that is a scientific fact.

Psychologists say that 70 percent of our thoughts are negative. We are only working 5 percent of the time on our wishes. 95 percent of our life comes from our habits (from our subconscious programs, from other peoples' programs). Since you can turn your genes off and on with your emotions too, using techniques like energy psychology (e.g. EFT Emotional Freedom Technique), you can go in and correct the trauma and help regulate your genetic expression. Bruce Lipton talks about 3 ways to change our habits (by changing our subconscious mind's programs):

- Hypnosis
- From habit (through repetition)
- Energy psychology

Well, that is substantial matter to ponder upon. I hope it was of any help to my fellow Australian hypnotherapists.

Anne-Laurence Fritsch
www.formationprosante.com

Committee Members Required – all states

Are you interested in giving something back to the profession or sharing your skills & knowledge? Why not volunteer to be on the National Committee, your State Management Committee or, if you are short of time, how about a sub-committee?

With all **state AGM's coming up after the 31st of March**, now is the time to give serious consideration to being a part of the exciting future ahead of us. If you'd like to know more, contact the existing committee members in your state OR the relevant National committee members (see pages 30 & 31)

**State AGM's are being held
over the next few months!!!**

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A therapist's life in Hong Kong

by Victor Ching, Certified Hypnotherapist, NLP Practitioner, Soft Skills Trainer in Hong Kong

Hello! This is Victor CHING, from Hong Kong. I am a registered hypnotherapist (GHR, England; The Professional Board of Hypnotherapist, Canada), and also a registered psychotherapist (PRC). I have been providing training related to psychology and personal development for more than 10 years. As my mother-tongue is Chinese, please accept my apology for my poor English!

Some days ago, I received an email from AHA inviting me to write an article to share with all therapists on sharing some highlights that an overseas therapist may face. As a therapist in Hong Kong, I think the way therapists working may be somehow different from the practitioners in Australia.

In a Chinese-cultural context society, people are reluctant to almost all kind of psychotherapies, except for very serious cases. Although people will seek for professional help anyway, this is usually the last resort on their list. However, we have different institutions training professional therapists and therefore, supply is greater than the demand! New therapists have to strive hard to survive in the very beginning and may go through a long journey before he/she can get enough business for survive. Currently, a typical one-hour hypnotherapy session charges around HK\$600-HK\$1500.

So, I focus my efforts on "prevention work". As I am a

soft skills trainer in commercial sector, I combined my expertise in training & development field, and the knowledge of therapy, providing trainings and workshops for organizations like schools, associations, and also business enterprises. I teach self-hypnosis for relaxation, combining NLP and other techniques for phobia curing, mindset tuning, communication styles, selling skills, complaint handling techniques, management & motivation, self-improvement, quit smoking, goal setting and motivation, behavioural modifications etc. Besides, I will provide private therapy session by referral too, mainly from the class participants. Although I am not a full time practicing therapist, my therapy skills do maintain at a certain level as I have to do quite a lot in-class practices (and group practice usually requires more advance skills!!) and demonstrations.

In HK, therapists seldom do mass advertisement. It is not "cost-effective" as the market is so thin. We usually promote online (like search engines, social media promotion etc.) and by referral. Quite a number of therapists do the same of me, providing trainings and workshops for groups and through that network, we can bring in certain clients!

I like establishing networks with people from all fields, and believe that ideas can be generated through collaborations. Please feel free

to drop me an email at: victor.ching@cpda.com.hk. I welcome all kinds of collaborations!

Speakers & Trainers Wanted for all AHA State Workshops

The AHA is dedicated to providing the Australian hypnotherapy community with ongoing learning opportunities in the form of 4 one day workshops per year. Each one day workshop will contain between 1 to 4 speakers talking about an aspect of Hypnotherapy, including NLP, Counselling, Psychotherapy or topics about helping members to run a successful practice.

We are currently seeking speakers for every state in Australia!

Do you have something to share that would benefit AHA members? Then we want to hear from you!

If you would like to offer your services, simply contact the Workshop coordinator in your state (details on the committee page at the end of this journal). You can offer your services to any or all state workshop coordinators for as many dates and locations as you would like. The state coordinators will organise the schedules and notify you if your topic fits their requirements.

As a not-for-profit association, the AHA attempts to keep the cost of these workshops as low as possible. Therefore, while the AHA will pay for any necessary out of pocket expenses this is a non-paid opportunity for you to share your knowledge. On the other hand, you will get a lot of exposure to the hypnotherapy community!

State Workshop reviews

WA workshop review

By Glen Green

George Burns gave this presentation at the AHA (WA) One Day Workshop on 3 February 2013, and I put up my hand when the call for a volunteer to provide a review was made, so I hope I do justice to an excellent presentation.

Right from the start, George came across as very involved, well prepared and exuberant and started us off by asking us to close our eyes and indulge in a little Self Hypnosis. He suggested we bring up Sight, Sound, Smell, Taste, Touch and Activity sensations as we listened to his ever relaxing, well modulated patter. This approach to clients, asking them to seek the sensory aspects, will be very helpful in their therapy.

The Art and Science of providing Positive Hypnotherapy was then examined at length, with questions being welcomed during the presentation, creating a very Audience friendly atmosphere. Suggesting that we look for "What is Right with our client" rather than "What is wrong", and that we look for strengths not weaknesses, creates a good "Modus Operandi".

Enabling our clients to make Happiness a goal, and replacing just problem solving with a Hope belief, came through at all levels of the presentation. We were encouraged to make goals achievable and use solution oriented questions when we discuss our clients issues; eg "What are you good at?"

Focussing on the positives, promoting Exercise that the client likes, not what the Therapists thinks SHOULD be done, will achieve better results. Putting the onus on the client to "see themselves doing the exercises, and experimenting with different ways of doing things, was also included as good ideas for us in our work.

George's concept is that we should be Therapists who are interested in outcomes, not problems, that we do not dismiss problems but listen respectfully and that we teach our clients to SMILE.

Glen Green was a welcome guest at the AHA workshop in February – she is a practicing hypnotherapist in Perth and member of PHWA

QLD workshop review

By Chereyl Jackson

The mind body connection – an update on the treatment of cancer

Dr. Alan Brast works with clients who are suffering from Post Traumatic Stress Disorder. He uses Medical Hypnosis. He sees only two patients daily and a session lasts from 1 1/2 and 2 1/2 hours. Cancer patients suffer from PTSD as do victims of trauma and rape, etc. He describes it as similar to having a fingerprint on your brain. If you don't do anything about it, it stays there.

The Treatment Plan: Clients first need to understand how to breathe.

Most western breathers only take in 28 percent of their lung capacity. Lazy breathing builds up an excess of carbon dioxide and nitrogen which are both adverse to relaxation.

Patients are taught the Cleansing Breath. They are also taught Diaphragmatic Breathing. They take 3-4 belly breaths, count to five and load up with oxygen.

The difference between the conscious and unconscious mind is explained. His hypnosis is based on spaced repetition to inundate the brain with the cure and the correct way of thinking and the correct perspective.

He also explains to the client that they are going to do the work. *"You've got leukemia and hopefully we can do something to get your immune system to work. I am not your hired bus driver. You are going to do the work."*

Hypnosis Induction:

Breathing, eye catalepsy, arm levitation, count up to 100, double the relaxation with every count.

In order to convince a person that they can in fact be hypnotized, Dr. Brast uses the **Squeezing Lemons** technique.

Ask the client to visualise that they know someone around the same age who is self opinionated and a know-it-all. You have an argument. He takes the view that it is impossible to take a yellow-green lemon, slice it in half and eat it raw. You disagree and decide to demonstrate that it can be done. You make a wager.

It is a beautiful day. There is a glass table and a dish with three yellow-green lemons in it. There is also a sharp knife and a napkin. You sit down at the table and place the napkin across your lap. The other person is sitting behind. You take

the knife and carefully cut the lemon in half. Then you take one of the halves to your mouth and start eating it. You have now won the bet. The client is now invested with the fact that they can be hypnotised.

X-Ray - Visualise Technique:

An X-ray shows all the things in the good things in their body and all the things that they want to get rid of. The client is asked to centre all their focus on their left foot, feel the relaxation moving up their left side, up to the top of their head and then down their right side.

The client is going to take control. They are to take a walk in the woods, a safe path, and as they look up ahead they will see a clearing. When they reach the clearing it is a beautiful meadow and there is a lake, it is so smooth it looks like it has been polished. On the bank there are smooth white stones. They are to take a stone and throw it into the lake and notice the concentric circles. Soon they will see a mirror image, a reflection of themselves coming out of the lake. The image is the way they want to be. Throw in five more stones and repeat as above.

Create a Device the client will keep with them till the rest of their life.

Visualise a circle. There is a central knob - however they want to design it. There is a pointer and the circle is numbered around the edge like a clock 1 to 10. They can use a colour and make it the warmest, most beautiful, wonderful circle they could wish to make. Lock it in!

Technique: Close your eyes, take 5-6 belly breaths, visualise Circle of Control. Now put your hand on the central control and as you mentally turn that knob, you are going to be overwhelmed with confidence, etc.

Repeat until the pointer is at 10. Repeat this technique 3 times a day. Before getting out of bed in the morning, open and close eyes then complete the exercise. They need to do it before they go to sleep and sometime during the day. Positive affirmations can be used until the pointer reaches 10.

Use the same Device to wipe away the fingerprint on the brain. Create an Eraser - with constant rubbing the client will eventually be able to look back at the memory which approaches PTSD. Every time they erase the memory they will become more and more desensitized.

Cancer in Older People

Older people don't know how to age gracefully. They get cancer more often

than younger people. Self-image is what they are contending with. Using the Device to erase old memories, they will start seeing themselves as beautiful as they perceive themselves as aging gracefully. If physical issues are no big deal - you are as old as you think you are. It is how you look at life.

Behaviour Modification.

1. Eat healthy
2. Lose weight.
3. Drink large amount of water, 8+ glasses daily. (At 50 we lose our sense of thirst). Coffee and tea are astringents and rob the body of water.
4. Quit smoking.
5. Alcohol. It's a depressant and a dehydrant.
6. Treat the sun with respect. Skin cancer and melanomas are from an accumulative effect of exposure to the sun.
7. Quit driving before you cause accidents.
8. Exercise.
9. Take a good daily multi-vitamin.
10. Have a good relationship with your doctor.

The Medical treatments for cancers are very good but the incidence of cancers is increasing. There has only been an 11% increase in the successful treatment of cancer. No matter how good the treatment gets, toxins in the environment are increasing.

Dr. Brast also advises his mature patients that it is imperative to get a Shingles vaccination. He strongly recommended it for Australians. The vaccine will soon be available here. It is a dead virus and there are no side effects. Having the vaccination prevents much suffering.

Suicide in the Young

Suicide is rampant in the USA. The main cause of juvenile death between 0-25 is firearms. 11% of teenage boys and 18% of teenage girls have attempted suicide. The suicide rate for the gay and lesbian population is also high.

Dr. Brast describes **Suicide** as **The Perfect Storm**. Four conditions must be met for a potential suicide victim.

1. A Reason for committing suicide (It may seem totally ridiculous).
2. Complete loss of coping skills.
3. Methodology.
4. The Laundry List has been completed. (Organisational Asymmetry).

These people are suffering severe reactive depression. It has nothing to do with mental illness but it does have to do with mental health.

WA workshop review **By Karen Verrall**

Stress and the Wellness Approach - Cathy Brown (Cancer Support WA)

Cathy Brown's passion and knowledge inspired many of us at her presentation of The Wellness Approach. Cathy shared some of her personal journey from when she was diagnosed with cancer. The medical profession advised her that there was no treatment available for her leaving her no choice but to discover an alternative way to health. At 33 years of age and with two children 6 & 8, Cathy was challenged to change her entire way of thinking and living to save her life. She is an inspiration to all as she discovered a holistic remedy of incorporating body, mind and spirit care, which led to her recovery. Cathy is now Manager of Client Services at Cancer Support WA branch, a meditation leader and facilitator for The Ian Gawler Foundation and runs her own successful hypnotherapy practice.

With statistics of cancer increasing in society to 1 in 2 people being diagnosed with some form of cancer, Cathy's information is vital for our good health and wellbeing. Change is an integral key to staying well, "If you always do what you've always done, then you will always get what you've always got!" was one of Cathy's motivating comments. When you experience such a disease as Cathy did, then the passion and motivation to compel others to a healthy lifestyle is very strong

Cathy discussed covered information relating to what causes cancer, which included 80% of lifestyle choices, to the impact on family and friends, commencing from diagnosis. A powerful analogy of a grenade being passed from the diagnosing doctor to the patient, then the family, and on to the friends, gave an insight into the reality of never knowing who would explode under the impact of the situation. Cathy's explained that simple decisions that many people take for granted, such as paying 1 year or 5 years for a Driver's Licence, became a significant event, after a diagnosis of cancer.

Cathy's presentation provided an explanation of how the disease affects the person, how their loved ones are impacted on, and most importantly what you can do to reduce your risk of cancer and other illness. She shared the importance of Relaxation to reduce stress; Detoxification of the body to reduce toxins and assist in recovery; and the importance of Nutrition with a plant based diet using wholefood to increase recovery and maintain health. Cathy's Recovery Strategy included;

3. Meditation - taken regularly and seriously
4. Nutrition - the importance of identifying life giving foods and avoiding others.
5. Purpose in life - Having something to inspire, create joy and passion in life.

Exercise is a significant part in recovery and maintaining health. Cathy explaining how 30 minutes of exercise a day could reduce the chances of cancer returning by 50%! The places people exercised also had an impact on the health of an individual. Walking in nature, i.e. the forest, being preferable for recovery and sustaining good health, and walking on the beach being the best place to exercise due to the addition of negative ions from the ocean environment.

Healthy lifestyles include ;

- Good quality Sleep to regenerate and detoxify, which all occurs when we sleep.
- Sunlight to provide Vitamin D to ensure the correct functioning of our bodies, hormones and vital functions.
- Hobbies to provide a strong purpose, and interest.
- Relationships for love and support
- Meditation for a strong mind.
- Creating a healthy home.

Cathy Brown provided a wealth of information that encouraged and empowered people to enjoy their life and find ways to improve their lifestyles to maintain good health and vitality. Cathy is living proof that her advice works. She is an inspiration to many. Thank you for sharing Cathy.

Dr Alan Brast

DVD available

At the NSW training day, presenter Dr Alan Brast, Trauma Surgeon, Medical Hypnotherapist agreed to be filmed & recorded.

This 2 hour DVD is very interesting and incredibly informative.

Contact

ahaworkshopcoordinator@gmail.com
to order the DVD at a cost of
\$49.95



The mystery of the human brain

By Bruni Brewin, Dip Hyp, Dip Counselling, Cert Clin Supervisor, Cert TIR, Cert NLP Practitioner, Cert T/A, LMAHA, NHRA, ATMS, CEHP, PACFA Accred.

The least understood organ in the body is in the spotlight these past weeks after US President Obama's launch of a \$100 million project to map the human brain. It's the seat of our thoughts; our memories and how we perceive the world, yet much of the brain's operations are a mystery.¹

However, it is the writers opinion, when we map the brain, we are simply getting a reaction to a stimulant, To me the question is, is that enough, is it what happens in the real world or only at the time we map using a predetermined measure?

As an example, I would share with you that 'evidence based research' tells us that it takes the chemicals of marijuana 3 months to leave the body – yet, a client is able to cease the habit in the one session without any craving or withdrawal symptoms in hypnosis – how does that happen? We would acknowledge that research has shown that what it says is accurate – so how can this happen. In addition, if it does not happen to everyone why not?

In the case of one client who came to give up both marijuana and cigarettes – 1 year after our first session he called me up to make another appointment. My first question was; "What happened with the marijuana?" His response was; "I gave that up on the first session, haven't smoked since." When I asked him why he didn't give up cigarettes, his response was that he felt that he wasn't ready and wanted to leave himself with something, but that now he was ready to give this up also. Moreover, he did just that in that one session.

John A. Bargh and Ezequiel Morsella wrote an article on "The Unconscious Mind". They say that the unconscious mind is still viewed by many psychological scientists as the shadow of a "real" conscious mind, though there now exists substantial evidence that the unconscious is not identifiably less flexible, complex, controlling, deliberative, or action-oriented than is its counterpart. Bargh and Morsella write that this "conscious-centric" bias is due in part to the operational definition within cognitive psychology that equates unconscious with subliminal.

However, when reviewing the evidence that challenged this view, this research demonstrated the existence of several independent unconscious behavioural guidance systems: perceptual, evaluative, and motivational. From this perspective, they concluded that in both phylogeny and ontogeny, actions of an unconscious mind precede the arrival of a conscious mind—that action precedes reflection.²

Memories are the internal mental computer document files, which give us instant access to our personal past, complete with all of the facts that we know and the skills that we have cultivated. Encoding, storage and retrieval are important stages of the human memory process. In addition, at times forgetting forms part of that process too.

Encoding can happen in the normal learning as in school where we take information from short-term memory, to long-term memory and then to habit via repetition. That learning is an active process that involves sensory input to the brain and paying attention to it long enough to go to our document files to be able to retrieve that information. However, Emotions can be a catalyst or an impediment to learning. It has been estimated that 95% of our reactions are unconsciously driven by the amygdala and only modestly impacted by the executive centers of the cerebral cortex.

Feelings receive first priority. Emotional experiences (both positive and negative) enjoy the highest probability of reaching permanent memory storage.³

Professor John-Dylan Haynes using a brain scanner to investigate what happens in the human brain just before a decision is made, was able through reading the micropatterns of activity in the frontopolar cortex that showed the researchers up to seven seconds before, which choice participants were going to make, before they knew which option they were going to choose. This Haynes suggests shows that the decision is unconsciously prepared ahead of time but the final decision might still be reversible.⁴

Conventional therapy is geared at providing 'scientifically evidence based outcomes', which of course comes from our rational brain. We use all sorts of biofeedback equipment to gain a picture of what works and what does not. How do you measure feelings that come from our emotional or intuitive mind? Moreover, what impact to research do any feelings at the time of that research have on the outcome of that research, when the overall feelings we experience at other times of the day are much different?

Although our brain is generally considered a rational brain, it is an emotional brain, where feelings receive first priority. Consequently, the rational brain already tells you that smoke may cause you illness or that being obese that they should change, and they know that this also can lead to illnesses, and yet there are huge markets out there that thrive on the failure of the rational mind and the use of 'willpower' to change these things. The rational brain is in conflict with the emotional brain and as the rational brain comes from our cognitive mind which is considered to be about 10% of our brain, compared to our subconscious brain which is considered to be 90%, there really is very little contest if there is conflict between the two.

We also know through research that our brain is fallible. We know that we can embellish and add to the original event of a happening. We know we can imagine something happened through the family telling us that it did.

It would be interesting to make a comparison on how different the treatment would be through the outcomes of scientific evidence based research and the following client event:

Recently I had a client who came for insomnia. My Intake form is quite extensive and from that I found that the client also suffered from claustrophobia, tinnitus, nail biting, her parents had divorced when she was about 14 and for about 12 to 18 months she had suffered severe

vertigo. She also had anxiety. She was on blood pressure medication and vitamins/calcium for osteoporosis, as well as occasionally taking sleeping pills, that she avoided if possible, and they did not seem to solve the problem.

Whilst talking about these things, I learnt that her mother left a very controlling husband when she found out that he had an affair. In addition, when she was born, her father had her mother send her to her grandparents at an early age so that the mother went out to work. The client had a breakdown at 19 with depression. However, the client did not think that this had anything to do with her insomnia. All this was in the past and she was happily married to a wonderful man and had children and grandchildren.

She had a doctor some years ago treat her with hypnosis for the claustrophobia, which she said had helped. He had asked to see herself on a beach and she said that she hadn't been able to see anything. So he asked her where was a place she felt safe and she said she only felt safe in her house.

She said that she could now go into a 'spacious' lift without panic, but would not go into small-enclosed areas as that made her feel out of control. She did not know where that fear came from, but wondered if it was role-modelled as her mother was very anxious and fearful of going down escalators.

When we went into feelings, she acknowledged fear and being easily startled.

My hypnotherapy induction was progressive relaxation and a confusion technique. I tested for visual using a balloon tied to her wrist – she said she could see the string but not the balloon. I tested for ideo-motor questioning but I was not able to obtain a response.

I directed her to go back to the very first time that she had experienced the claustrophobia, telling her that I was here with her and the adult with its wisdom would simply be seeing what had occurred. On the count back she suddenly became fearful saying; "I can't get out." Quite distressed, and repeating that a number of times. I said; "tell me what is happening." She said that it was during her birth – she could not get out of the womb. Eventually the doctor had to pull her out by her legs.

From a left-brain perspective, was that a hallucination or false memory because her mother had told her that story – she had been a difficult baby, describing the event that had taken place at her birth? We will never know. To my client this was real. Using EFT in the hypnosis trance state we tapped on that feeling releasing the feeling to a zero.

We also had to release the fear of the father punishing her many times just to vent his anger. This gave the younger her fear and a feeling of not being a good girl and always not being good enough and a failure and fearful of everything. Through using Gestalt and putting the fear in front of her and we confronted some past self-perceptions.

One of the comments made me smile when I used a sticker technique to remove the sticker that said 'fear', the client said it was stuck and she could not get it off. I suggested a removal technique and she said; "But it has been there for 64 years. Using provocative therapy I suggested, that maybe we should leave it there so that she could continue to be scared and not be able to sleep.

No I do not want to she replied. "So who put the feelings in?" I asked. "I suppose I did" she replied. "So who can take them out again?" I asked. "Me?" she replied. Being provocative again I said; "No! You don't want to do that, you have had it for so long, you would rather keep it." To which she replied; "Yes I do. I want to get rid of it." We went into the EFT, eyes to the left, right, circle etc. and when I asked how it felt now, it was gone.

No amount of brain mapping will tell you what the client needs to release her problem. Yes! fMRI (*Functional magnetic resonance imaging*) will see the brain light up like a Christmas tree in various areas of the brain, and yes, we can subdue that area and the feelings that cause this, but long term release requires that we deal with what caused it in the first place. Moreover, until fMRI machines become clairvoyant, that still requires a trained therapist to assist the client to be able to do this.

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Bruni Brewin practices from Ruse (Cambelltown, NSW)
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Your thoughts create your own reality

By Lynette Courtney, BSSc (Psychology), Grad Dip (Psychol), BTeach, BA (Welfare), Dip Clin Hyp, CMAHA, NHRA, PMASCH, ABNLP

All information taken from Breaking The Habit of Being Yourself, Dr. Joe Dispenza (2012). Hay House Australia Ltd., Alexandria.

If we keep revisiting the same thoughts/feelings we will continue to create exactly the same reality for ourselves. This is a result of our own memories making up our internal environment. Familiar memories/thoughts/feelings remind our brains to react the same way over and over. This seems to align with Seligman's learnt behaviour theory in that we are what we continually hear and see.

Do you get up each morning, clean your teeth the same way, go about preparing for your day the exact same way? Try alternating behaviours to form new neural pathways or even using your non-dominant hand sometimes..... Up for the challenge?

According to Hebb's Law in neuroscience, our cells/neurons form a long relationship and react out of habit, to hardwire our brain. So if we want to change our lives/habits, we must change the way we think. This aligns with Cognitive Behavioural treatment.

Neuroscience has now proven that we absolutely can change our brains/behaviours/belief systems, etc. simply by thinking differently.
A mental rehearsal, so to speak.

Dr Joe Dispenza (2012), (p50), says to replace old habits we need to "prune old neural connections". So repeating new behaviours and making these new synaptic connections actually grows new brain cells. An example cited by Dr. Dispenza is of a person sitting in front of a piano and mentally practising without touching the keyboard/compared to someone who did touch the keyboard. The result was amazing in creating the same new neural connections in both people. So we can change our brains by "mental rehearsal" (51).

How does this effect clinical hypnotherapists? It proves that the brain modifies itself and its hardwiring without the actual experience....Hence, the value of client visualisations and changing old behavioural patterns to create new neural pathways.

As postulated by Dr. Dispenza (p50), there are four ways of making this change possible:- knowledge by learning, doing and receiving hands-on instruction, paying attention and by repetition (remember how we learnt our tables?)

Therefore, our clients can modify their neural pathways just by repeated visualisations. So according to Dr. Dispenza (p51), "we can change our brains ahead of any concrete experience. The brain is no longer a record of the past, but has become a map to the future".

Hence, correctly used and guiding a client, this may benefit them to enlist new and better behaviours for such things as stop smoking, depression, athletic performance, fears/phobias, etc.

In conclusion, the writer advocates you read this book because this valuable information is contained within the first few chapters and there is much more knowledge available to you, therein.

Lynette Courtney practices from Castle Hill / Kellyville in NSW
www.hypnobandsydney.com



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- ▶ Past Life Regression
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- ▶ Emotional Intelligence
- ▶ Stage Hypnosis and Street Hypnosis
- ▶ Meridian Based Techniques Stage 1-EFT
- ▶ Meridian Based Techniques Stage 2-TFT
- ▶ Belief Change Processes
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Full page \$75.00

½ page \$45.00

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Please note: payment must be made in full prior to lodging your advertisement.

Important News for Australian Hypnotherapists

The Australian hypnotherapy profession took a major step forward with the recent announcement from the **National College of Hypnosis and Psychotherapy (Aust)** that, on completion of its Advanced Diploma in Hypnosis and Psychotherapy, graduates will earn 50% credit points towards attainment of a Masters Degree in Counselling and Psychotherapy from Bath Spa University in the UK. The NCHP (Aust) Advanced Diploma work represents the face-to-face component of the Masters and the remaining work will be completed by on-line learning and completion of a major written research assignment.

The NCHP (Aust) is based on the Gold Coast in Queensland and its principal, AHA member, Alan Patching, who *Worldwide Who's Who* publication, this year has 'honoured' with the title **Professional of the Year in Hypno-Psychotherapy**, was quick to point out that..."*we do not see ourselves as competition for Australian RTOs which offer much needed training at sub-university level. The NCHP courses in Australia are targeted at those wishing to take their training to a higher level – and specifically those wishing to continue to university studies. We have always had Masters level accreditation for our advanced courses with the British Open University but this announcement provides greater clarity and opportunity for those outside of the UK intent on university studies.*"

Mr. Patching, who takes only one course of students through the four year training programme at a time, explained that he sees experienced hypnotherapists, counsellors and psychologists as being the group most likely to be interested in the recent announcement.

For more information on the NCHP(Aust) visit www.hypno-psychcollege.com

LEICHHARDT SUPERVISION GROUP

Rhondda Stewart: Dip.Hyp;(gov accredited) Cert IV NLP; (gov. accredited) Cert IV Training & Assessment; Master NLP Practitioner and Trainer; Cert Supervisor; FMAHA, MPCHA; is starting up a new Supervision group. Anyone interested should contact her on (02) 9550 9673

NEW FARM SUPERVISION AGAIN AVAILABLE

Antoine Matarasso Dip. Clinical Hypnotherapy, Dip. CM/Counselling, Cert. Supervision, Life Member AHA, NHRA™, AHA President; Qualified Supervisor AHA / ASCH / PHWA, is accepting new Supervisees for one-on-one supervision either face to face or by Skype. Anyone interested can contact him on 0404 218 959

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AESTA is the Australasian body of the Worldwide Association, Ego State Therapy International (ESTI)

Chris James

Everyone is born with a beautiful voice



Chris has presented the healing power of sound, voice, self-expression & self-empowerment through the medium of the voice internationally, for over 20 years. Chris teaches in the private and corporate sector, from the medical profession, conferences, to the Australian Defence Force Academy, schools and many other organisations in the UK, Europe and Australia. He presents professional development courses, and is an accredited course provider for the Royal Australian College of General Practitioners.

Find Your Authentic Voice Mindfulness, Self care and Active Listening

A weekend course 13th & 14th July 2013 9.30am - 4.00pm

Presented by the Australian Subconscious Mind Therapists Association
Professional Development Certificates provided.

Venue: Australian College of Massage
1st Floor, 183 Oxford Street, Bondi Junction
Price: \$310

This interactive course aims to further your quality of expression, through bringing a deeper dimension to mindfulness and presence when communicating with others. Explore the importance of the impact of **Vocal Tone, Mindfulness, Active Listening and Self-care**. Develop self-empowering speaking and listening skills.

Body Awareness – Skills in body awareness enhance the practitioner's ability to be present and perceive. Practitioners are required to be fully present in each consultation to be able to maintain a high standard of client care. Developing internal focus in self-awareness and mindfulness facilitates clarity in self-expression.

Vocal Patterns – identify patterns of denigrating self-expression. Develop awareness of the effects of vocal tone and define vocal patterns. Toning and singing are used as awareness tools.

Active Listening is not depleting or mentally draining when we hold presence. A practitioner's ability to listen and express with deepened awareness of presence develops true connection; building honest non-judgemental rapport with clients.

Participants will be offered techniques in self awareness and self-reflection, enabling the detection of early signs of disharmony and stress present in the body, and how to skillfully respond.

Key Learning Points

- Enhance the practitioner/client relationship, thereby improving the client's experience of therapeutic change.
- Qualitative mindfulness, active listening and interactive communication skills, particularly awareness of vocal tone.
- Explore and define Vocal Patterns that denigrate or enhance self-expression.
- Develop high level self-appraisal, body awareness, quality of presence and reflective listening skills.
- Use self-care tools and strategies to identify and release accumulated personal stress and anxiety to prevent burnout.

Enquiries: Penny Speed Ph: 02 66 559 873 Email: pennyspeed@westnet.com.au
Bookings: Jenny James Ph: 02 66 283 308 Email: admin@chrisjames.net

www.chrisjames.net

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<http://www.trainingconstellations.com.au>



About Yildiz Sethi

Yildiz loves working with people, clients and students and therapists who wish to improve their effectiveness with clients. She has long had the view that deep healing changes may take place relatively quickly for those who are ready, if effective approaches are used. Yildiz is a psychotherapist, clinical hypnotherapist, NLP practitioner, and Ego State practitioner, Family Constellations facilitator and trainer and part time educator at Australian College of Applied Psychology. She has been running monthly workshops in Sydney and Brisbane since 2005 and training in Brisbane since 2008.



Phone Yildiz Sethi on

1800 209 388

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Australia Wide First Aid is a well-respected Registered Training Organisation (No:31961) with locations in **Western Australia, Queensland** & now **New South Wales** We are excited to announce that we now deliver Apply First Aid courses Six (6) days a week in Sydney CBD!

Apply First Aid is the minimum requirement for Workplace First Aid compliance. Attend our straightforward seven (7) hour course and receive your first aid certificate the same day. Australia Wide First Aid is a Registered Training Organisation so you can be assured that your training is nationally recognised. There's no need to complete pre-course homework or online time, everything you need is covered in the one day course.

The Apply First Aid unit of competency describes the skills and knowledge required to provide First Aid response, life support, management of casualty(s), the incident and other first aiders until medical or other assistance arrives.

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FOR THOSE STARTING UP A NEW BUSINESS

The Department of Education, Employment and Workplace Relations (DEEWR) offer a scheme that can help and support new Graduates wishing to start their own business.

The program is known as the New Enterprise Incentive Scheme or NEIS

NEIS is an Australian Government initiative that helps eligible unemployed people start and run their own businesses. For the first year of the business, NEIS is there to train, support and help you to become self-supporting and independent. Assistance includes micro business operations training, Business Plan development, income support for up to 52 weeks with mentorship during the first year of business operation.

For further information, Graduates may call: 136268 (select option 1) or visit: www.deewr.gov.au



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Enjoy this in Bali. Relax...Learn...Experience... Right Mindfulness

Be quick...limited rooms available - and some rooms have been booked already!!!

Information

Workshop fee \$295 *Early bird fee \$250 (to be paid in full by 30th May, 2013)*

Starting time: 9am until 3pm. .

The workshop is 2 full days. Morning, afternoon tea and lunch are provided.

The Grand Mirage Resort & Thalasso Spa is a 5 star, beach side resort with its own private beach. It is situated in Nusa Dua. www.grandmirage.com

I have negotiated a special accommodation rate for those who wish to stay at the Grand Mirage. It is based on a 5 night stay, starting from 6th until 11th September. You are most welcome to bring your friend or partner. If your friend/partner doesn't wish to participate in the workshop he/she can still take advantage of the accommodation rate. You may be able to keep this rate if you wish to stay longer.....

Any questions...phone .Glynis 0431 547 908. email: mindcare@optusnet.com.au

Airfares are so cheap at the moment!

Upcoming AHA Workshops

Working with a person who has a mental illness – by Beth Matarasso

Beth has a Masters degree in Mental health nursing and is trained in Didactic Behavioural Therapy. She has worked in Mental health since 2001. She has worked as a Clinical Nurse Consultant and as the Nursing Director for Mental Health. She is currently working as a Nurse Educator. She will discuss: what do I think about mental illness and why do I think it? What might get in the way of therapy? Being helpful.

Pain Management by Antoine Matarasso

Antoine will give a brief historical context for using hypnosis in pain management. He will also convey an understanding of the mechanics of pain and discuss how medicine treats pain.

Antoine will then expand his presentation to include:

- **A program for pain management**
- **The use of hypnosis in pain management**



AHA (QLD) Workshop

5th May, 2013

The Comfort Inn Robertson Gardens
281 Kessels Road
Nathan, Brisbane, QLD 4111

Contact Bernadette Rizzo
Bernadette@ahahypnotherapy.org.au
or 0401 082 077



AHA (SA) Workshop

26th May, 2013

Sophia Conference Centre
225 Cross Road,
Cumberland Park, SA

Contact Rona Spicer
on 0408 816 118 or
rona@strategicmc.com.au

Client centred hypnotherapy, by Leon Cowen

The concept being proposed in this presentation combines the methodological approach of hypnosis with the client-centred approach of Carl Rogers. The concept of Client-Centred Hypnotherapy (CCH) proposes that increased benefits are achieved if the hypnotherapist uses the client's reality (similar to Ericksonian hypnosis) as the foundation for the therapeutic intervention. Client-Centred Hypnotherapy methodology inserts into the any consultation model.

•

Deconstructing a consultation, by Leon Cowen

Why do different practitioners choose different techniques? What considerations go into making the decision of which technique to use? These are questions usually not even considered on a day-to-day basis. Now they are being asked!

This workshop may be the most challenging you've done in quite a while. It asks you to consider the decisions you make as a practitioner so you understand your own process of choosing a technique. When you understand why you are choosing a technique you have the opportunity to alter the process in a meaningful way.

Upcoming AHA Workshops



Morning speaker – TBA

ESI (Executive State Identification, by Jan Sky

A compelling presenter and an international expert on behaviour change, leadership and people development, Jan Sky is an inspiring leader in psychoanalysis. She has received international recognition for the development of her process of ESI (Executive State Identification) a psycho-analytical tool to empower personal and professional change.

Her clarity and unique presenting skills motivate her audience towards emotional and intellectual understanding of their own psychological blocks.

Jan's theory is at the cutting edge of the evolving applications of ego state theory and her process, ESI, is as relevant in the workplace as it is in everyday life. The implications for one's professional and personal life are an empowerment tool to all who learn and embrace Jan's process.

AHA (NSW) Workshop

2nd June 2013

The Ryde-Eastwood Leagues Club, 117
Ryedale Road, West Ryde, NSW 2114

Contact Judi Gurd-Chapman
judi@mindmechanics.com.au



AHA (VIC) Workshop

1st June 2013

Matthew Flinders Hotel
667 Warrigal Rd, Chadstone, VIC 3148

Contact Deirdre Rolfe
deidrrolfe@counsellorsoncall.com.au

Narcissism Understood – Dr Jekyll and Mr Hyde – the personality disorder that destroys relationships, families and lives by Melanie Tonia Evans

This workshop will cover many of the aspect of Melanie's work with her clients in which her focus is to;

1. Guide you on your personal journey to overcome your painful love experience(s), including recovery from narcissists / sociopaths or other personality disordered individuals
2. Help you identify your broken parts that unconsciously allowed abuse into your life
3. Vibrationally shift and release these parts of you that have kept you attached to attracting and sustaining painful love experiences.
4. Align you vibrationally to become, find and attract the healthy love you deserve

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This is caused by the various e-zine publishers who regularly scrutinise the latest copy of the Australian Journal throughout the year to pick up quality articles for their email newsletter or website in addition to our hundreds of members who are looking to immediately benefit from your expertise. When your articles get picked up for reprints, you will often get a surge of traffic to your website, as your articles are introduced to other associations' email list members etc.

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How long have you been an Affiliate or Associate member? Is it time to **upgrade** to **CLINICAL**? If yes, contact the following to find out the many benefits of upgrading your membership.

State	Contact	Tel	Email
NSW & ACT	Natalie Meade	0406 934 645	yes@decisivefocus.com
VIC & TAS	Marc Ponzi	0401 063 594	pureintuition@optusnet.com.au
QLD & NT	Marie Element	0421 396 994	marie@marieelement.com.au
WA	Jennifer Burke	0418 942 319	jennifer@alayahypnosis.com.au
SA	Ben Liston	0404 510 796	ben@lifestylehypnosis.com.au

For your AHA information booklet outlining the requirements and process of membership application, visit http://www.ahahypnotherapy.org.au/documents_public.htm, or contact your State Membership Secretary (as above)

The Australian Hypnotherapy Journal

Advertising Guidelines

Submission of News and Articles

We welcome your feedback and input in the form of news, views, poetry, letters, articles etc. Please forward these to the editor, Mailin Colman at mailincolman@gmail.com by the date/s noted below.

Schedule of Issue

Spring: Submissions received by 20th September for publication beginning October.

Summer: Submissions received by 10th of January for publication at end of January.

Autumn: Submissions received by 20th of March for publication early April.

Winter: Submissions received by 20th June for publication early July.

Advertising Guidelines

1. The Journal will refuse an advertisement if we do not consider it suitable.
2. The inclusion of an advertisement in the Journal does not imply endorsement of the product, the company advertising the product or the service being advertised.
3. It is the responsibility of the advertiser to ensure they don't offer products and/or services that are unsafe or defective.
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13. When the disclosure of qualifying information is necessary to prevent an ad from being deceptive, the information should be presented clearly and conspicuously so that consumers can actually notice and understand it. The Journal Advertising Policy may be revised periodically.

Artwork

Artwork is the responsibility of the advertiser and needs to be sent to the editor as an email attachment. Preferred document type is Word or PDF or JPEG (high resolution).

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Please provide your advertisement together with your payment before the submission date as the AHA only accepts a limited amount of advertising for inclusion in each issue of The Australian Journal of Hypnotherapy.

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Advertising rates:	Full page	\$75.00	½ page	\$45.00	¼ page	\$25.00
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Are you interested in writing or contributing articles to this journal?

We are always looking for authors and contributors for the journal so if you have a flair for writing and have an article, quote, case study, tip, strategy or commentary that you think will appeal to the members, please contact Mailin at:

mailincolman@gmail.com

AHA State training information



AUSTRALIAN HYPNOTHERAPISTS' ASSOCIATION

2013 Workshop & Meeting Dates for NSW, QLD, VIC, SA & WA

Please Note: Dates/speakers may be subject to change -
check website for updated details closer to the event date

State	Date	Meeting/Workshop
NSW	2 nd June	NSW AGM + Jan Sky & TBA
	25 th August	National AGM , NSW GM + Peter Richard-Herbert
	1 st December	GM, Christmas lunch + TBA
QLD	5 th May	AGM + Beth Matarasso & Antoine Matarasso
	18 th August	GM + Glynis Bretherton & Maggie Wilde
	10 th November	GM + TBA
Vic	1 st June	AGM +
	7 th September	GM + TBA
	7 th December	GM + TBA
SA	26 th May	AGM + Leon Cowen
	28 th August	GM + TBA
	17 th November	GM + TBA
WA	13 th April	AGM + Antoine Matarasso on Motivational interviewing
	4 th August	GM + TBA
	2 nd November	GM + TBA

For further updates, please go to:

<http://www.ahahypnotherapy.org.au/index.htm>

or contact your State Secretary / Training Co-ordinator
contact details on pages 30 & 31.

State Reports

State Links

The NSW State Report

Go to the AHA – NSW website for further updates:

http://www.ahahypnotherapy.org.au/nsw_workshops.htm

The ACT State Report

Go to the AHA – ACT website for further updates:

http://www.ahahypnotherapy.org.au/act_workshops.htm

THE QLD State Report

Go to the AHA Queensland website for further updates:

http://www.ahahypnotherapy.org.au/ql_d_workshops.htm

The TAS State Report

Go to the AHA – Tasmania website for further updates:

http://www.ahahypnotherapy.org.au/tas_workshops.htm

The NT State Report

Go to the AHA – NT website for further updates:

http://www.ahahypnotherapy.org.au/nt_workshops.htm

The SA State Report

Go to the AHA – SA website for further updates:

http://www.ahahypnotherapy.org.au/sa_workshops.htm

The VIC State Report

Go to the AHA – Victoria website for further updates:

http://www.ahahypnotherapy.org.au/vic_workshops.htm

The WA State Report

Go to the AHA – WA website for further updates:

http://www.ahahypnotherapy.org.au/wa_workshops.htm

SA State report

The year is slipping by quickly but the start has been awesome!!!!

Our first workshop for the year, held on 3rd March at Sophia Spirituality Centre was a huge success. Even though this workshop clashed with everything else going on in Adelaide (our Mad March) it would be our best attendance to date, and I hope it will continue. I believe that nearly everyone wanted more and are interested in both presenters returning to Adelaide at a later date.

We started the day allowing time for those who wanted supervision but this did not turn out to be successful, but at least we tried! Our first speaker, Joane Goulding, kicked off at 9.30am and kept us all intrigued with her wonderful narrative relating to the Goulding SleepTalk™ process. The application of SleepTalk™ is relevant to Clinical Practice in areas such as: Bedwetting, Education, Sibling Rivalry, Separation Anxiety, Autism and Behaviour Management.

After lunch we were introduced to Gary Johnston who discussed the intricacies and effects of biochemical imbalance on emotional reactivity. He spent the afternoon providing a clear and interesting perspective on psycho-nutrition and how it is a contributing factor in depression and anxiety.

We are now in the process of organising our full-day Workshop on **26th May 2013** with Leon Cowen presenting:

De-constructing a Consultation - Why different practitioners choose different techniques? And Client Centred Hypnotherapy - the methodological approach of hypnosis with the client-centred approach of Carl Rogers.

More exciting news!!! Our November workshop has secured Maggie Carey from Narrative Practices Adelaide who will be presenting Narrative Therapy. As someone who has recently been doing a course with Maggie, you will find her approach interesting and fun. We as Hypnotherapists already use Narrative in our practice, but to understand the theory and principle behind Michael White's work is enriching and useful. **Make sure you keep the date free – 25th August 2013!!!**

The afternoon concluded with our usual General Meeting which was attended by quite a few interested members.

Remember our Annual General Meeting will be after the meeting in May – so please attend – all positions will be up for re-election – I have yet to check to see if current members are offering their services again. Proxy and nomination forms will be sent out prior to the workshop.

Peaked your interest? I hope so....join us next time!

Hope to see you at the next workshop.

Kind regards,

Rona Spicer, SEO, South Australia

QLD State report

Our first workshop for the year was held on February the 24th. Attendance was excellent with 52 attendees. The main speaker was Dr Alan Brast, who presented for the two afternoon sessions.

Dr Brast is a Medical Neuro Trauma Psychologist who shared with us his many years of experience using Medical Hypnosis. The 3 hours changed our thinking and beliefs on many areas of dealing with clients. He specialises in Post Traumatic Stress, Suicidology, Hypno-analysis and Trauma.

Other sessions/speakers were Attachment and Relationships by Kathy Ballantyne and Using Hypnosis for Painless Childbirth by Leanne Jackson.

There were a number of first time attendees and we handed out several application forms. The workshop was followed by a committee meeting.

We used the new AHA banner for the first time, and received many favourable comments.

Warm regards,

Marie Element, SEO, QLD

WA State report

All is going very well in the West!! On the 13th of April we held our AGM and welcome Marina Deluca-Cardillo and Tessa du Toit to the committee as workshop assistants. Hope Wesley moves to the workshop co-ordinators role and we sadly say farewell to Sonia Czernik and Lisa Webber with thanks for so many years of hard work!

Jennifer Burke continues to work at bringing in new members and we're really proud that our membership is growing quite rapidly. Jen has also been busy encouraging many members to upgrade from affiliate and student to professional and clinical so this too, is brilliant news!

Our AGM was held on the same day as our second training day for the year and as always, it was a pleasure to have Antoine Matarasso with us. The WA committee enjoyed a wonderful dinner with Antoine where we all caught up on the news, updates and general chitchat.

The entire committee in WA looks forward to the rest of the year being as successful as it has been so far.

Warm regards,

Mailin Colman, SEO, WA

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Benefits of AHA Membership

Once you are a member, the AHA offers you a unique combination of benefits.

These benefits include:

Professional Opportunities:

- The prestige of being part of the oldest and largest professional hypnotherapy association in Australia recognised nationally and internationally
- The opportunity to attend international and national hypnosis conferences at reduced registration
- The circulation of details of forthcoming AHA workshops and seminars giving you access to advanced specialist hypnotherapy training
- The opportunity to be published in the Australian Hypnotherapy Journal
- **Free** subscription to 4 issues of the Australian Hypnotherapy Journal – this journal is subscribed to by universities and libraries around Australia
- **Free** Monthly newsletter
- **Free** publication and distribution of regular *News Bulletins*
- **Automatic upgrading** to higher membership levels as soon as you qualify

Promotional Opportunities:

- The advantage of being able to promote your business using the AHA brochure – adding credibility and saving you time and money
- **Free** listings on the National Hypnotherapists Register of Australia™ (NHRA™) which includes:
 - “find a Hypnotherapist” search by postcode, suburb or name
 - Free active link to your own email address and website(s)
 - Personalised description of your qualifications and specialities
 - Able to update any time for no cost
- Use of AHA & NHRA™ Logo
- **Free** inclusion (where applicable) in the *Foreign Language Speaking Register*
- Access to an exclusive *Yellow Pages Advertising* scheme under the AHA banner for a discounted rate
- **Free dedicated referral facilities** from the AHA National Free Advisory Line by an experienced, specialist hypnotherapist to all professional and clinical members (our toll free 1800 number is available to members and the public between 9:00 am to 5:00 pm Monday to Friday)

Professional Support:

- Strong support network – access to professional supervision with trained AHA supervisors willing to support your career progress
- The publication (within the AHA website) of regional information to Registrants seeking peer group or personal supervision arrangements
- Access to AHA administration support willing to assist with clinical and administrative information / support
- Subscription to monthly AHA newsletters
- Receive all membership mail outs
- The Forum – online case discussion where you can ask questions of other members about any issues you may encounter
- As a member of the AHA you have the opportunity to establish professional relationships with hypnotherapists throughout the world

- A free CD of background music collated for AHA members to use in the hypnotic process

Professional Security / Credibility:

- Access to **discounted** *Professional Indemnity& Public Liability Insurance*
- **15 Health fund provider numbers** allowing rebates for your clients
- Advice with regard to obtaining *Criminal records bureau disclosures* (WWC and Police checks)
- Ongoing updates with regard to government legislation concerning the hypnotherapy field
- Opportunity to create positive change in the industry by becoming a committee member
- Representation to and dissemination of relevant information from the Department of Health and Aging and other relevant agencies
- The provision of relevant information on all aspects of the profession to registrants, the media and public

Discount facilities with:

- Member discount petrol card
- Members discount EFTpos facilities
- Fenton Green insurance

Professional affiliations:

- The Hypnotherapists Council of Australia (HCA)
- Optional listing with Psychotherapy and Counselling Federation of Australia (PACFA)
- Automatic acceptance under an *international reciprocal alliance* into either the General Hypnotherapy Standards Council (GHSC UK), the Association of Registered Clinical Hypnotherapists (ARCH Canada) or the New Zealand Association of Professional Hypnotherapy (NZAPH) if relocating to those countries

Access to the above benefits in individual cases is always at the discretion of the AHA Executive

For details on how to become an AHA member go to:

http://www.ahahypnotherapy.org.au/documents_public.htm and download the prospectus and information booklet.

You can also contact your state membership secretary – see above pages listing state committees.