

HypnoLink 2007 Newsletter



N.A.C.H. and The Greater NJ NGH Chapter

National Association Of Certified Hypnocounselors

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Hypnosis Reduces Pain Perception

It therefore is most effective in altering perception of acute pain, experts reported at the European Neurological Society Meeting in Rhodes (Greece).

The ways in which hypnosis may reduce a patient's sensitivity to painful stimuli at the level of neuron activity has not been well understood. A study by teams of researchers at the Universities of Liège in Belgium and Copenhagen, Denmark, has now demonstrated that hypnosis can offer significant reduction in pain awareness without any effect on non-painful aspects of the subject's perception. Hypnosis is most effective in altering perception of acute pain, experts reported at the 17th Meeting of the European Neurological Society from June 16 to 20 in Rhodes (Greece).

The study used 13 healthy subjects and tested them twice, once in a normal state and once while hypnotised. During the two sessions functional magnetic resonance imaging, which traces which regions of the brain are active at a given moment, was used to observe how pain was registered at the level of neural mechanisms. Each participant received 200 laser stimuli in increasing intensity on the left hand. They were asked to rate their sensations from no pain perception, on a five point scale, to intense pain. The results then underwent statistical parametrical mapping, which allows researchers to screen out background neural activity from the brain scans and highlight neuron activity related solely to the area under investigation, in this case neu-

ral response to pain stimuli.

"Perception of intense pain was significantly altered while participants were under hypnosis", says Dr. Steven Laureys from the Goma Science Group, University of Liège. "Measured by brain activity, hypnosis reduced acute pain perception by about a third. However for levels of pain at the low end of the scale, hypnosis barely altered perception of the stimuli."

The map of the brain scans allowed the research teams to identify which areas of the brain were affected in the hypnotic state. It appears that pain continues to be registered in what is known as the primary somatosensory cortex, which is the the main sensory receptive area for the sense of touch in the brain, in the hypnotised state. Other areas of the brain involved in pain perception such as the anterior cingulate gyrus, which allows sensory stimuli to trigger appropriate physical reactions and affect emotions, areas governing the processing of new memories or the links between emotion and sense perception, were shown to respond to stimuli significantly less in the hypnotic state, as compared to the normal state.

Dr. Laureys: "We were able to demonstrate clearly at the level of neural mechanisms that hypnosis has actual effects in reducing pain perception."

Medical Studies and Trials

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Inside this issue:

Hypnosis Reduces Pain	1
Hypnosis and Biopsy	2
AD/HD Part 7 of 10 Series	3
For Your Health Page	4
Can Hypnosis Erase Trauma?	5
Trauma Continued	6
Workshop Dates	7
Trauma Continued	8

Hypnosis helps women cope with breast biopsy

CHICAGO -- Radiologists are using an unusual approach, hypnosis, to ease patient pain and anxiety during breast biopsy procedures. A new study from Beth Israel Deaconess Medical Center and Harvard Medical School in Boston found that women who were guided into a state of hypnotic relaxation during biopsy experienced less pain and anxiety during the procedure. The study was presented today at the annual meeting of the Radiological Society of North America (RSNA).

Finding a breast lump or receiving abnormal or inconclusive mammogram results can be highly stressful for a woman. Large-core needle biopsy (LCNB) is an effective diagnostic tool. However, most LCNB procedures are performed in outpatient settings, limiting the use of intravenous drugs to reduce pain and anxiety.

"Hypnosis can greatly help women cope with the stress of breast biopsy," said Elvira V. Lang, M.D., associate professor of radiology at Harvard. "This is a consumer-driven movement. Already we are seeing the beginning of it."

Dr. Lang and colleagues studied 236 women undergoing LCNB at a university-affiliated medical center. The patients were randomly assigned three types of care during the procedure. Seventy-six women re-

ceived standard care, 82 women received structured empathetic attention with a person specifically assigned to be responsive to their needs, and 78 women induced self-hypnotic relaxation under instruction from a trained research assistant.

The assistant read a standardized hypnotic induction script that, among other things, instructed patients to roll their eyes upwards, close their eyes, breathe deeply, focus on a sensation of floating and invoke a pleasant setting of their choice with all of their senses.

The researchers then compared several factors, including levels of pain and anxiety and procedure time and cost. All of the patients presented with elevated anxiety. Anxiety increased significantly in the standard care group, did not change in the empathy group and decreased significantly in the hypnosis group. All three groups reported pain during the procedure, but the empathy and hypnosis groups reported significantly less pain than the standard care group.

Procedure time and cost did not differ significantly among the groups even though the empathy and hypnosis groups had an additional assistant. The hypnosis group had the shortest procedure time and the lowest cost.

Dr. Lang attributed the shortened procedure time to the decreased level of stress, not only for the patient, but for the treatment team. The relaxation technique serves to calm and focus everyone involved in the procedure, she noted.

"The findings show that non-pharmacologic means can be very powerful—without side effects," Dr. Lang said. "The results extend prior assumptions about mind-body interventions in that self-hypnotic relaxation can be learned very quickly right on the procedure table without additional cost, challenging the notion that extensive office visits or preparation are necessary."

In addition, through the self-hypnotic relaxation coaching of the research assistant, the patients learned a coping tool that they could take with them and use to relieve anxiety through subsequent waits and work-ups.

"This research embraces a holistic approach combining 'high-tech' with 'high-touch' that respects the needs of women during the stressful times of breast biopsy," Dr. Lang said. She added that this method has been successfully applied to a number of other interventional procedures.

This study was supported by the U.S. Army Medical Research and Materiel Command and the National Institutes of Health, National Center for Complementary and Alternative Medicine.

Keeping Track of Articles and Statistics IS Very Important When you Want to Present A Defense or Case to the Medical Profession



AD/HD Understanding the True Meaning of Living With It.....Part 7 of 10 Series

By Roxanne Cortese

Blaming and Accusing

1. Your dirty fingerprints are on the door again! Why do you always do that?...What's the matter with you anyway? Can't you ever do anything right?...How many times do I have to tell you to use the door-knob? The trouble with you is you never listen.

As a child I'd feel: _____

Name Calling

2. Its below zero today and your wearing a light jacket! How dumb can you get? Boy, that really is a stupid thing to do. Here, let me fix that for you. Look at the way you eat, you're disgusting. You have to be a slob to keep such a messy room. You live like an animal.

As a child I'd feel: _____

Threats

3. Just you touch that lamp once more and you'll get a smack. If you don't spit that gum out this minute, I'm going to open it up and take it out. If you are not finished getting dressed by the time I count three, I'm leaving without you.

As a child I'd feel: _____

Commands

4. I want you to clean up this room right this minute. Help me carry in these packages, HURRY

UP! You still didn't take out the garbage? Do it NOW! What are you waiting for? MOVE!

As a child I'd feel: _____

Lecturing and Moralizing

5. Do you think that was a nice thing to do, grabbing that book from me? I can see you don't realize how important good manners are. What you have to understand is that if we expect people to be polite to us, then we must be polite to them in return. You wouldn't want anyone to grab from you, would you? Then you shouldn't grab from anyone else. We do unto others as we would have others do unto us.

As a child I'd feel: _____

Warnings

6. Watch it you'll burn yourself! Careful, you'll get hit by a car! Don't climb there, do you want to fall? Put on a sweater or you'll catch a cold.

As a child I'd feel: _____

Martydom Statements

7. Will you stop that screaming! What are you trying to do to me make me sick? give me a heart attack? Wait until you have children of your own. Then you'll know what aggravation is. Do you see these gray hairs? That's because of you. You are putting me in my

grave.

As a child I'd feel: _____

Comparisons

8. Why can't you be more like your brother? He always gets his work done ahead of time. Lisa has good table manners, why can't you be like her? Why don't you dress like Gary does? He's always neat, it's a pleasure to look at him.

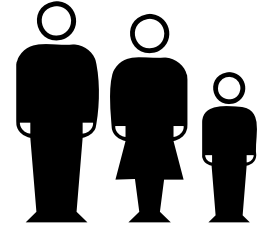
As a child I'd feel: _____

Sarcasm

9. You knew you had a test tomorrow and you left your book in school! That was a brilliant thing to do. Is that what your wearing polka dots and stripes? Well you ought to get a lot of compliments today. Is this the homework you're bringing to school tomorrow? Well maybe your teacher can read Chinese! I sure can't.

As a child I'd feel: _____

Now that you know how the child in you would react to these approaches, lets share our answers and find out the reactions of the others in this exercise. Can you imagine how your own child is feeling now?



Are there methods that are easy for parents to help to change their reactions to help the response to their child?**YES**

This is part of a test that I give parents while they are listening to numerous everyday sounds put together on a tape . I yell at them as if they are a child, so they can feel and experiment what it is like to be a ADD/ADHD child. Its amazing the answers that come back from the parents.

ROLE PLAYING

Spinach and Mushroom Lasagna



*Essential Oils/Herbs
Stimulate the Senses
and Help to Strengthen
the Immune System*

HEALTH PAGE

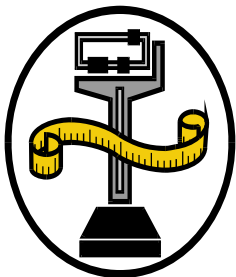
FOR

MIND

BODY

AND

SOUL



Ingredients:

- 1 pound lasagna noodles / 4 teaspoons olive oil / 4 cloves garlic, minced / 1 pound mushrooms, sliced / salt to taste freshly ground black pepper / 1/4 teaspoon dried oregano / 4 bunches fresh spinach, washed and stemmed
- 2 cups low-fat ricotta cheese / pinch of nutmeg / 2 cups basic tomato sauce, homemade, jarred or canned / 1 cup shredded low-fat mozzarella cheese / 1/2 cup breadcrumbs

Step One

- Bring a large pot of well salted water to a boil and prepare a large bowl of ice water. Add the lasagna noodles to the boiling water and cook until they are just al dente. Drain and plunge the noodles into the ice water to cool them quickly. Drain again and lay the noodles out on paper towels.

Step Two

- Heat 2 teaspoons of olive oil in a nonstick pan over medium-high heat. Add the mushrooms, season with salt, pepper and oregano and cook for two minutes. Add half of the garlic and cook until the mushrooms are browned on the edges. Set the mushrooms aside in a strainer to allow the excess liquid to drain.

Step Three

- Wipe the inside of the pan with a paper towel and heat the remaining olive oil in it over medium-high heat. Add the garlic, salt and pepper and cook for 30 seconds. (It's easier to distribute the salt and pepper in the oil before adding the spinach). Add the spinach (with the water that clings to it) and cook until it is just wilted. Set the spinach in a strainer to allow the excess liquid to drain.

Step FourPreheat the oven to 325°F. In a medium bowl, season the ricotta cheese with salt, pepper and nutmeg.

Step Five

- Cover the bottom of a large baking dish that is at least 2 inches deep with a thin coat of tomato sauce. Line the dish with a single layer of lasagna noodles. Spread 1/3 of the ricotta mixture over the noodles and sprinkle with some of the mozzarella cheese.

Step Six

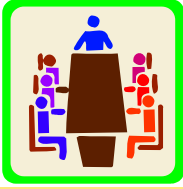
- Spread all of the mushrooms over the cheese and sprinkle with a few tablespoons of breadcrumbs. Repeat with another layer of noodles, cheeses, the spinach mixture and breadcrumbs. Continue with another layer of noodles, the remaining ricotta, a sprinkling of mozzarella and the remaining tomato sauce. Finish with a final layer of noodles sprinkled with the remaining mozzarella and breadcrumbs.

Step Seven

- Cover with foil and bake the lasagna for 35 minutes at 325°F. Remove foil and continue to bake until the top is golden brown, about 5 minutes more. Let stand for at least 15 minutes before cutting into squares and serving. Voila! Now eat and enjoy this superb dish!

Health Tip: Find as many fat free ingredients to use when cooking

Education ..A Constant
learning for Life



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ggattohypno@aol.com

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2 months

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3 months

4 = \$380 down and
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Fall Workshops
to be posted

N.A.C.H. and The Greater NJ NGH Chapter

Hypnosis 'can erase trauma in victims'

Lead researcher and registered psychologist Birgit Pfitzer says victims who are unable to escape fearful thoughts are already in a state close to hypnosis. "They are often living in a distracted, distant place because of what's happened to them," Ms Pfitzer told AAP. "So it makes sense that we use this to treat them, to help them unlock these memories, reconsider them and then get on with their lives."

The therapy has been found to be effective in depression, anxiety and pain management but, says Ms Pfitzer, no studies have yet proved it beneficial for long-term post-traumatic stress. The

university hopes to enlist people aged 18 to 70 who have been a victim or witness of crime at least three months ago. Each will be randomly assigned either standard cognitive behavioral therapy alone or additional hypnosis to see if it has extra benefits.

Ms Pfitzer believes these people require a "more imaginative" therapy because their traumatic thoughts, unlike other memories, are encoded in a specific, fragmented way. "That's why people lock them away, but that doesn't work because it just comes back in a more intrusive way," she said. With hypnotherapy, patients are induced into a

"state of focused attention of an increased concentration".

"This is actually something we experience on a daily basis... when you read a book or are intensely involved in work," Ms Pfitzer said. "But we use this as a therapy, establishing them and, in a safe careful way, work on recalling their traumatic memories." She said their were many misconceptions about the treatment, especially the idea people may recall lost memories while in an altered state. "That's something I would never dare to promote," Ms Pfitzer said. "I would never claim that any memory mirrors true facts, that's not what this is about."

Hypnosis Can Help Diabetics

September 15, 2005 -- Hypnosis. For many, the word conjures up images that make a person uncomfortable. Many fear hypnosis because they fear a loss of control, yet a person is actually more in control of their body when he or she is in a state of trance.

This fact should interest people with diabetes, because control is exactly the issue that concerns them: controlling blood sugar levels.

Hypnosis can help diabetics to dramatically improve their condition. Learn a hypnosis technique in the following article by Devin Hastings, founder of the Diabetes Research Association of American and owner of Mind Body Hypnosis. Hypnosis has been a medically recognized phenomenon for well over four decades. In 1958, the American Medical Association and the American Dental Association made resolutions

recognizing hypnosis as an accepted form of treatment in medicine and dentistry. This was three years after the British Medical Association passed a formal resolution approving hypnosis as a valid therapeutic technique for treating neuroses and for relieving pain in surgery and childbirth. One example of hypnosis helping people with diabetes is that it can change their insulin requirements

Continued page 6

and sometimes eliminate them. This is illustrated in a case study found in the book, *Mind-Body Therapy*, by Ernest L. Rossi, PhD and David B. Cheek, M.D.

In this book is an amazing story about a 33-year-old patient with insulin dependent diabetes who was pregnant. She was in the hospital because she and her doctors were considering ending the pregnancy because of severe toxemia and two diabetes induced comas that had occurred in her previous pregnancy.

Dr. Cheek, talked with the patient and her husband about using hypnosis to control pain and thus control her insulin needs. Upon her agreement, the patient was then trained to use hypnosis to achieve complete abdominal anesthesia.

She was also trained to be able to awaken from trance to respond to doctors or nurses questions so that they did not think she was in a diabetic coma. Here's where it gets more interesting: "On admission to the hospital she was taking 180 units of insulin a day, using 60 units of protamine zinc, and filling out her requirements with Regular insulin. The response to the surgery was remarkable. She maintained a normal temperature, pulse, and respiration after a total hysterectomy under spinal anesthesia. Her blood sugar never went over 117 mg. / 100 cc. although she was eating a regular hospital diet from the day of surgery."

But it gets even more fascinating: "No insulin was used during the hospital stay. During the next 11 months, she used only an occasional dose of insulin during periods of emotional stress."

Please understand very clearly that this is an exceptional case that is discussed only so that the door can be opened to the possible benefits of hypnosis for diabetics.

Now, let's look some of the ways that any person with diabetes can absolutely benefit from hypnosis.

I discovered that there are 7 ways in which hypnosis can powerfully help.

I will discuss a couple in this article by starting with this question: What are some of the areas that cause problems for diabetics?

First and foremost of course is diet and exercise. Hypnosis has a long history of helping people to attain and maintain an ideal and healthy weight.

In other words, among many benefits, hypnosis can help the diabetic to more easily comply with the recommendations of their doctor. In their book, *Clinical Hypnosis: Principles and Applications*, doctors Harold B. Crasilneck, PhD and James A. Hall, MD state: "Hypnotherapy can often help in treating obesity, an observation that is one of the most clinically confirmed in all the literature on hypnosis."

This brings us to a very important point: Hypnosis is not meant to, nor could it ever, replace standard medical treatment.

In fact, hypnosis is most effective when used in conjunction with traditional health care. It is also important to note that most hypnotists are not licensed as medical practitioners. Therefore, a hypnotist must always have a fully informed doctor's referral before helping anyone in any manner that is medically related.

What else can a hypnotist do for you as a diabetic? Well, you know that food management is crucial in diabetes. Visit any physical therapist that is helping a diabetic amputee to rehabilitate and you'll understand.

Many of those who have suffered amputations did so because of their out of control and indiscriminate eating habits. The results are horrifying. This is just one of the many devastating diabetes complications brought on by a destructive diet. Can people with diabetes avoid this outcome without having to suffer a lifetime of denial?

Yes. Through the use of hypnosis, people can actually change their inner motivations thereby decreasing their desire for unhealthy food and unhealthy amounts of food.

At the same time, a hypnotist can help a person to increase their desire for better foods and to develop better eating habits.

How does this occur? The method is complex, but it can be described concisely. Hypnosis is your ability to convince yourself that something is true.

When you believe something, that belief is reflected in your thoughts, feelings and actions. So, once you use hypnosis to convince yourself that you prefer healthier foods and activities, then it becomes a habit to think and behave that way. Think of hypnosis as a lever, a simple tool that can help people to remove blocks in their lives that were previously impossible to budge.

For each individual, the blocks are different. The mechanism by which hypnosis removes these blocks is that while in trance you have the ability to perceive things differently. When you see or think of something differently, its effect on you is changed.

Continue on page 8

HYPNOSIS HEALS... FALL Session, 2007 (Classes begin on September 15th , 2007)

To: All Persons Interested in Hypnosis Certification

From: The Academy of Professional Hypnosis (908) 964-4467.... go to www.hypnoacademy.com / to print registration form

Schedule: **Basic :** (September 15-16, and 22-23, 2007) **Advanced:** (October 6-7 and 13-14, 2007)

Advanced Clinical : (October 27-28 and November 3-4, 2007)

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified HypnoCounselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you.

HYPNOSIS HEALS

Surgery....Hypnosis given during surgical radiology not only diminished patients' pain and anxiety, but also shortens surgical time and reduces complications from the procedure. *Lancet, 2000*

Cancer....Many cancer patients suffer nausea and vomiting not only after chemotherapy, but before treatment. In a study of 16 subjects who normally experienced these symptoms, hypnosis alleviated pre-chemotherapy sickness in all of them. *Oncology, 2000*

Immunity....Hypnosis seems to significantly raise the activity of B-cells and T-cells, both key to immune response, in highly hypnotizable subjects. *American Journal of Clinical Hypnosis, 1995*

Smoking....Of almost 3,000 smokers who participated in one group hypnotherapy session, sponsored by the American Lung Association, to kick the habit, 22% reported not smoking for a month afterward. *The International Journal of Clinical and Experimental Hypnosis, 2000*

Attention Deficit Disorder (AD/HD)Research shows that hypnosis is as effective as Ritalin in treating ADD in children.

Presented at the American Psychological Association Meeting 1999

Pain....In 169 patients, self-hypnosis was largely successful in alleviating chronic tensions headaches.

International Journal of Clinical Experimental Hypnosis, 2000

Studies....A growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habit, relieve minor phobias, and serve as anesthesia, all without drugs or side effects.

Psychology Today, January/February 2001



Continued from page 6

Think of hypnosis as a lever, a simple tool that can help people to remove blocks in their lives that were previously impossible to budge.

For each individual, the blocks are different. The mechanism by which hypnosis removes these blocks is that while in trance you have the ability to perceive things differently. When you see or think of something differently, its effect on you is changed.

Many people wonder if they have to do hypnosis on an ongoing basis. The answer is that it depends on the person and their situation.

Some people have been able to become non-smokers after one session. For others, it takes a little while longer. Changing a belief is as personal and fickle as getting over a cold. But know this: it is absolutely proven that it can be done.

There are two reasons I am pioneering this approach to diabetes management. First, is that in 1992 I was going blind from diabetes but after using hypnosis, I regained 20/20 vision.

The second reason is that my mother has been devastated by diabetes and it is my passion to help so that another child does not have to watch their parent being taken apart piece by piece by diabetes.

Here's one way you can use the power of hypnosis right away. The next time you are faced with a difficult food choice, such as finishing off all the food on your plate even though you are not hungry, close your eyes and take five deep, belly breaths. With each

breath you inhale, tell yourself that you feel very full.

With each breath you exhale, tell yourself that it is okay to not be a member of the clean plate club. Think about the fact that, whether or not you eat the food, it ultimately ends up as waste either in the restaurant trash can or in your toilet. By realizing this, you are releasing yourself from the harmful hypnotic command that you must eat everything on your plate. Practice this technique at least 10 to 15 times and you will notice a change.

How else can hypnosis help? Another area in which hypnosis can help the person with diabetes is exercise. The hypnotist's specialty is motivation. In fact, as defined by The National Guild of Hypnotists, a hypnotist is a stress-management consultant and a motivational coach.

Think of the benefits of being motivated to see exercise as something you want to do rather than something you have to do.

In conclusion, there is overwhelming medical evidence that hypnosis can help people with diabetes because it is a proven safe and powerful method of helping people to change.

Thank you for reading this article.

--Devin Hastings, founder of the Diabetes Research Association of America and owner of MindBody Hypnosis

"Speak well to yourself because your deep mind is always listening."

2007 Meeting Dates

September.....19th

October, 17th.....November, 14th

No meetings

July & August

December and January

Mark Your Appointment Book

Next 2007 Meeting



Wednesday: Sept. 19th 2007

Networking: 7:00 PM

Dinner: 7:30 PM

Meeting Place: Galloping Hill Inn

Union, NJ

**Lots of Information
from the NGH**

Convention Coming

Next Newsletter

DIRECTIONS

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683. **ROUTE 22:**Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.