

HYPNOLINK 2004

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National Association
Of Certified Hypnocounselors

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NEWSLETTER

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Reservations

Chapter Dinner Meetings
Members.....\$20.00
Non-Members.....\$25.00
AT The Door \$2.00 Extra

CALL: 908-964-4467

(**payment due 5 days prior**)

3RD Wednesday of each month

Welcome Back to a New Season with NACH

Hypnosis Awareness Day Success

Our inaugural Hypnosis Awareness Day was a success in attracting upwards of 60-80 people during the course of the 8 presentations. The presenters did a great job and were well received: Pat Conte, Ed Hamowy, Tony De Marco, Roxanne Cortese, John Gatto, Judy Lewis, Jim Malone and Pat Crilly. We thank them profusely for volunteering their time and effort. A special thanks to members Pam Torortorello and Joyce Rudinski who manned the table the entire day to welcome and register the guests. The topics were timely and created interest in the benefits of hypnotism for many issues. There was little member attendance and this was disheartening. It may be that we unwisely chose a day in the vacation months and that many of our members were away. We hope it is for that reason as we have been contemplating holding our 1st Annual NACH Convention in 2005, but we need member attendance and support to accomplish this. We will ask for your opinions and guidance as to the dates and feasibility of this project during the next few months. Thanks again to everyone that participated.

Request For MS & Autism Help

Tony De Marco has been asked by a grandmother if he knew any hypnotist that had worked with children to alleviate the damaging effects of MS. He was also asked about anyone who has worked with autistic children. If any of you members fit into this category, please contact Tony so that he may refer these persons to you for further communication and possible appointments. By email at nickeby@aol.com or at the NACH office (908) 964 4467.

WE'RE BACK

Again the convention was a huge success. It was great to see so many people from our chapter at the convention this year. I would love to see every member there next year. There were so many people from all over the world there the largest we have seen in a few years. It went so fast, and yet it was so fabulous. The education and networking you receive at this convention is superior. Sign up now for next year and lets make our chapter the one to receive chapter of the year award in 2005.

Roxanne Cortese, Editor

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While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified HypnoCounselors, (NACH), nor of its editors or officers.

HYPNOSIS IN THE NEWS

The Future of Golf:

The game of golf relies on focus and concentration. Developing one's mental capacities can help improve golf performance. As top athletes in any field have shown, there can be a sense of "Flow" or "Being in the Zone" that tremendously enhances athletic performance and confidence. Joe Parent, the author of "Zen Golf" says: "More of today's players are learning to trust their technique to feeling or images ruled by the intuitive mind rather than engaging the thinking mind with how they intend to do it." Hypnosis and other various focusing techniques are being taught by coaches and sports psychologists today, to help players advance their mental skills and concentration in order to more reliably use the golf skills and techniques that they perform on a regular basis.

More Youngsters Suffering from Stress-Related Ailments.

Physicians across the country are seeing children as young as 5 years old suffering from stress-related health problems, such as: headaches, anxiety attacks, stomach and sleep disorders and more. Dr. David Namerow, Chief of Pediatrics at an east coast hospital, suggests: "We're over-programming and over-scheduling our kids." This stress is literally making them sick! Children's Hospital in Minneapolis, as well as hospitals located in San Diego and Boston are using alternative therapies such as biofeedback, cranial sacral therapy and hypnosis to help relieve pain and stress among these young patients.

Hypnosis Helps Heart Patients to Relax

A research team at Exeter's Peninsula Medical School have concluded a study on the use of Autogenic Training (a hypnosis-based treatment) to relax patients with coronary artery disease. Their research shows that patients practicing AT (Autogenic Training) were able to reduce their anxiety level when undergoing Coronary Angioplasty procedures. Autogenic Training is a hypnosis-based healing method, consisting of mental exercises focused on reducing anger, tension and stress. Patients practicing these exercises were able to not only reduce stress surrounding Angioplasty procedures, but also to enhance their quality of life.

"Health: Hypnosis gaining respectability among doctors, patients."

A recently published article in the Wall Street Journal notes that recent scientific studies on hypnosis are leading major hospitals to employ the use of hypnosis for patients with chronic pain issues and recovery from illness or surgery, and a variety of other medical issues. Hypnosis is being used as a tool in the treatment of irritable bowel syndrome at the University of North Carolina. At the University of Washington, in Seattle burn victims are taught hypnotic techniques to help alleviate pain. Others hospitals and communities are using hypnosis to speed up post surgical recovery time, to treat fears and phobias, for painless childbirth, weight loss, smoking and much more. Although education is still needed to dispel some of the commonly held myths about hypnosis, it is becoming more commonly accepted as a viable therapeutic tool in the medical community.

Your Fertile Mind

Maria Thomson believes that getting pregnant is all in the mind. At age 21, Maria Thomson was told that because of her husband's testicular cancer, her chances of ever conceiving a child were unlikely. Today, at 42 years old, Thomson has four children who were conceived without the help of medical intervention. Through her own experience and related studies, she has developed a process called "conscious conception". Thomson had previously spent years researching the effectiveness of hypnosis, visualization and relaxation in the pain and stress management of cancer patients. Having personally experienced the stress and depression that often present themselves in persons dealing with issues of conception, she felt certain that hypnosis could also be helpful in managing and reducing the stress levels of those dealing with infertility issues. She felt that those stresses could become "mind blocks" that effectively stopped women from getting or staying pregnant. After studying the field of Psychoneuroimmunology and the effects of the neuroendocrine-immune system, Thomson became convinced that changes in a person's thought processes could affect conception. In "conscious conception", Thomson guides clients in using the power of the sub-conscious mind to help unlock these "mind blocks" and open the way for successful pregnancies. She also suggests the use of audiotapes to further the client's process as a means of self hypnosis, which can lower stress levels, improve relaxation, and thereby bring the reproductive systems.

UPCOMING WORKSHOPS AND CONVENTIONS

ACADEMY OF PROFESSIONAL HYPNOSIS Fall Session Dates

Basic Hypnosis Course (33 hours)...September 11th & 12th, 18th & 19th, 2004
 Advanced Hypnosis Course (33 hours)...October 2nd & 3rd, 9th & 10th, 2004
 Advanced Clinical Hypnosis Certification (34 hours)...October 24th & 25th, 30th & 31st, 2004

Place: Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080
Tel: (908) 753-5500 **Time:** 9:00 am – 6:00 pm **Tuition:** \$1,485

NEW STATE, NEW HOTEL, NEW LOWER HOTEL CHARGE FOR 2005

NGH Convention 2005:.....August 12,13,14..To Register: (603) 429-9438.
 Hotel Reservation:(508)460-0700 @ Royal Plaza Hotel and Trade Center.

NGH Convention Held August 10-17th

The National Guild of Hypnotists held its 16th Annual Convention in Nashua, NH this month. A salute to NGH President Dr. Dwight Damon and Elsom Elridge, the NGH Convention Specialist for always making it an electrifying event. Several of our members presented workshops and seminars including Drs. Gatto and De Marco with a 2 day HypnoTapping workshop, and 2 one hour seminars by them, Roxy Cortese, and Pat Crilly. The halls were always crowded with people networking and just plain passing the time of day. Attendees were bouncing back and forth from room to room as there were so many offerings. Dr. Damon announced that the Convention is moving to a new location in 2005....Marlborough, Mass, a hotel that can accommodate more than the 1,700+ persons that attended this year's convention. NACH members that were seen floating around were: Pam Torortorello, Jim Malone, Margie Bell, Elaine Billy, Eleanor Fischer, Phyllis Vellardo, Mary Ann Boulton, Linda Marrero, Frank Blum and a very pleasant surprise....Jennifer Zier recuperating from the successful surgery in which she donated one of her kidneys to her brother. She was driven there from Buffalo by her father Jack....a 12 hour drive. Where there is a Will (and our Imagination!) there is a Way.

Six Tips for Keeping Your Weight Down and Your Spirits Up!

Build muscle to burn fat. Walk like you have a purpose. Eat more often to maintain blood sugar levels. Make dinner your lightest meal. Keep it moving. Have every expectation that you have what it takes to be healthy and fit.

Bonus Tip: Keep a routine.

Relax:

The rhythm of our breath is our constant companion and yet we rarely even notice it. Using the breath consciously as a tool for relaxation is a very effective means of relieving stress. Scientific studies have shown that changing the rhythm of your breath will change your state. In general breathing faster will give you more energy when you are tired, and breathing slowly and deeply will calm you down and create a relaxation response. Breathe in deeply and slowly with the word CALM and exhaling with the word RELAXED. If you are more visual, you can imagine breathing calming colors in and out.

Remember our health is the most important thing in our lives, without it, we can't do the work we are here to do for others.

FOR YOUR INFO:

Many of the articles that are written for this newsletter come from wonderful websites I have stumbled upon, shared by other colleagues, sent to me by free hypnosis e-mail lists I am on, newspaper articles etc. or my own information that I am sharing with you. Where there is no name it is just a general information shared by many. You will always see the name of the person if someone submits their own personal information for credit. The **WEB** has a world of free information on Hypnosis and I have spent years tracking them down. All articles taken for the newsletter gives permission to use this information freely. *Roxanne Cortese, Editor*



N.A.C.H.
National Association of
Certified Hypnotherapists

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TO:

FIRST CLASS

HypnoLink 2004 Newsletter

Hypnosis Awareness Day/MS & Autism Help/Convention News/Upcoming Workshops/Hypnosis in the News/Tips for Weight Management/This months Topic

TOPIC

A Psychic Night Out with Judy Lewis
FREE PSYCHIC READINGS

NEXT

MEETING

**Wednesday
Sept. 15th**

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping
Hill Inn

Union, NJ

No meetings Dec. & Jan.

No formal lecture, just psychic readings limited to only 5 or more lucky individuals. Judy shall draw random names from a hat and give a reading in front of the audience to at least 4 persons or more depending on time constraints. This is your opportunity to start the year off with an exciting presentation, and who knows, maybe you'll be one of the lucky ones. You cannot afford to miss this presentation. Make your reservation early to assure a seat.

Judith has been involved in every aspect of psychic phenomena since an early age and has been a professional astrologer for over 20 years. Some of her credits include: The Howard Stern Show, Psychic Evenings National, guest television appearances, as well as hosting her own cable show since 1990. She has taught classes in Adult Education. Her goal is to give interesting and informative lectures with a positive spin on the Meta-Physical subjects of Astrology, Tarot, and Palmistry.

Judy will also explain how readings work, how far into the future, the difference between Tarot Card, Palm and Astrology Readings.

A great night to ask your questions about how all this works.

PLEASE RESERVE EARLY LIMITED SEATING