

# HYPNOLINK 2004

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National Association  
Of Certified Hypnocounselors

1358 Burnet Ave. Suite 1 Union, New Jersey 07083

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## NEWSLETTER

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

CALL: 908-964-4467

(payment due 5 days prior)

3RD Wednesday of each month

### In The News

#### **Hypnosis Doubles the Success of In Vitro Fertilization**

-- originally published in *BBC News*, June 2004

This study of 185 women was presented to the European Society of Human Reproduction and Embryology conference in Berlin. The research team from Soroka University, Israel, found that 28% of women in the group who were hypnotized became pregnant, compared with 14% of those who were not hypnotized and did not become pregnant. The Israeli researchers wanted to see if hypnosis could make the embryo transfer stage of IVF more successful. During this stage, the embryo is transferred into the womb. If the womb is contracting, it can negatively affect the chances of the transplant being a success. This study indicates that hypnotherapy can help women relax and therefore improve the chances of success for IVF.

#### **Hypnosis Catapults Athlete to Top Spot**

-- originally published in *Sports Illustrated*, April 2003

American tennis player, Meghann Shaughnessy, recently admitted that she uses hypnosis CDs at night before bed to get her into the right frame of mind before tennis tournaments. It has worked! *Sports Illustrated* reports that, "Shaughnessy is among the most upwardly mobile players in the WTA Tour rankings. After finishing last year a disappointing No. 30, she has already improved 11 spots in 2003.

#### **It Won't Hurt One Bit -- Hypnosis Relieves Pain and Speeds Surgery**

-- originally reported on *UK Times Online*, June 24, 2002

David Spiegel, associate chair of psychiatry and behavioral sciences at **Stanford University School of Medicine** in California, has published research proving that hypnosis relieves pain and results in quicker surgery which could mean **cheaper hospital bills**.

#### **Hypnosis Accelerates Healing of Bone Fractures**

-- The article was "Using hypnosis to accelerate the healing of bone fractures: using a randomized controlled pilot study. The prestigious **Harvard Medical School** conducted research on the use of hypnosis to enhance physical healing. Twelve people with a recent bone fracture were divided into two groups. One group received hypnosis and the other group served as control. Both groups received standard orthopedic treatment. The hypnosis group had individual hypnotic sessions and listened to audio tapes designed to increase bone healing. X-ray and orthopedic evaluations were made during the 12 weeks of the experiment. The results showed a faster healing for the hypnosis group at week 9 of the experiment. The hypnosis group also had better mobility and used less pain killers. The researchers conclude by saying that this data suggests that hypnosis may be capable of enhancing both anatomical and functional fracture healing, and that further investigation of hypnosis to accelerate healing is warranted."

### INSIDE THIS ISSUE

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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.

## Take a Mindful Hike

### Seven steps to quieting the mind during a walk through the woods.

Follow these seven steps and begin to have a fuller, more alive experience of your inner landscape as you spend time in the outer.

1. Before you can quiet the mind, you first need to be aware of its activity. So on your next hike, listen to the ramblings of your mind. You can do this alone or with a friend, who agrees to take 15 minutes of silence as you walk together. What does your mind dwell upon? What are the contents of your thoughts? Are some feelings more prevalent than others? This is often a revelation since we often don't really take the time to listen to ourselves, let alone others or other natural things.
  2. Stop your hike for a moment and stand still, feeling the ground, your arms hanging loosely, your neck and head and face relaxed, your knees slightly bent, your breathing steady and normal, your eyes closed or softly focused ahead. This is the essence of feeling grounded, literally. It is standing, and only standing, and knowing that we are standing.
  3. Open your eyes and focus your attention on a leaf. If your focus wavers and your mind wanders, come back to the leaf, using it as an anchor or object of meditation. About 20 years ago, in a New England wood during a dazzling autumn, I vowed to watch a particular leaf until I would see it fall. It took several hours of sitting still and concentrating but I finally did see it fall. It was one of the most powerful things I'd ever experienced and still have that leaf framed on my wall.
  4. Now continue your walk and focus your attention on each step as you move along. So often we forget to observe the act of walking, as we get lost in the activity of thinking and talking. See how your weight shifts and moves to different parts of your feet. Observe the changes of pressure on your knees, and even the delicate bones of your ankles making their adjustments to help keep your balance. Be aware of your swinging arms and the movement of your head and neck. This is walking, and only walking, and knowing that we are walking.
  5. Now stop for a moment, and pay attention to your breath, that which we do every moment of life and connects to all other living things on Earth. Ideally, we should breath diaphragmatically. That is, when we breathe in, the belly expands, and when we exhale, the belly contracts. This assures that more air fills the lungs, pushing the diaphragm out and in. Try this as you stand still. You can bring a great sense of calm to yourself by breathing in this way. This is breathing, and only breathing, and knowing that we are breathing.
  6. After breathing this way for a few minutes, open your eyes and be aware of your sense doors—those places where sights, sounds, smells, touch, taste enter the body. See if you can pick up as many sensations as possible.
  7. Now your mind should be calmer than when you started. You should be more in the present—your mind and body occupying the same space, which should result in a feeling of well-being. Know that you can return to this place and replenish your spirit in this way. And know that its effects will remain with you even after you leave this place in nature and return to your busy life.
- Being in a wonderful place in nature can set the stage for a quiet mind, but it doesn't guarantee it. Like lassoing a wild stallion, quieting our thoughts takes awareness, application of the right technique, and practice. The results can be more peace of mind—something all of us want and need.

### Hot flashes and Hypnosis

**Hot flashes** -they're a common complaint for millions of American women going through menopause, and with the recent backlash against hormone replacement therapy, women are scrambling for alternatives to beat the heat. There's a new weapon to fight the flashes. Monique Doyle Spencer knows the misery of menopause: "I found it to be a nonstop problem. Any change in temperature would trigger severe hot flashes." Like many women, Monique won't take hormones to stop the sweats. In her case, she's a breast cancer survivor. "I tried everything I could find from acupuncture to all kinds of different medicines." But nothing helped. Then, she found an article about a Canadian study on hypnosis and hot flashes and she thought...why not? "I found to my astonishment that it really did work." Doctor Jawaid isn't surprised by Monique's success. He's the main author of the Canadian study.

**Jawaid Younus:**

"It's a study that's first of its kind. It has marked the point that hypnosis can be an effective treatment."

14 women attended group hypnosis sessions once a week. They were also taught self hypnosis to use before or during an episode. Each participant was asked to keep a diary.

**Jawaid Younus:**

"The duration, frequency, and the severity of hot flashes were all reduced quite significantly in all the participants that we treated."

**Dr. Younus** admits the study was small and says he plans a larger one,

But Harvard psychiatrist Claire Frederick says she's seen enough evidence, and already uses hypnosis on many of her patients.

**Dr. Claire Frederick:**

"I would help the patient relive in hypnosis what its like to be in a cool environment."

Doctor Frederick also uses hypnosis to help treat the depression, fatigue, and low self-esteem that sometimes accompany the change of

But Doctor Wulf Utian of the North American menopause society is concerned about what he calls "unproven therapies" being marketed to women.

**Dr. Wulf Utian:**

"While it's an interesting theory, I think we need some decent research to prove whether it actually has an effect or not."

Monique has all the proof she needs. She admits hypnosis is not a cure-all, she says her life now is much better.

Monique Doyle Spencer:

"It controlled my hot flashes, took them from dozens a day down to maybe five, and made a remarkable difference in my life."

The North American menopause society says if you do feel you are entering menopause, you should get a complete medical examination by your doctor.

## Hypnosis in the News

**Britney Spears** was recently in the news saying that she has turned to hypnosis in an attempt to quit smoking. Physicians are using hypnosis treatment more with patients that suffer from depression, either as an alternative treatment or in combination with traditional drugs. Hypnosis has also been used recently on the girlfriend of a British backpacker, who is believed to have been murdered in the Australian outback. Police hope that this will help her to remember additional information that may be relevant to the case.

### Hypnosis planned for exam nerves, BY JOHN O'LEARY EDUCATION EDITOR (THE TIMES)

CHILDREN as young as ten are to be offered hypnosis by an education authority to calm their nerves before exams.

Pupils in the Kirklees area, West Yorkshire, will be taught breathing and meditation exercises to use before national curriculum tests, GCSEs and A levels. If the experiment is successful, psychologists plan to use the techniques to help raise standards in its schools throughout the year.

Dr Phil Jones, the Kirkless Education Authority's senior educational psychologist and a trained hypnotist, will supervise the trials. He urged parents to forget negative images of stage hypnotists and claimed that he could begin to achieve results within two sessions with volunteer pupils.

Dr Jones said the children, who will work in groups, would not be put in a trance. However, they would experience an "altered state", which would aid their concentration.

The Kirklees psychologists have used hypnosis with children previously on an individual basis, like other education authorities, Dr Jones said, adding: "We have had good results, and parents have been delighted with it." Two schools have already expressed interest in the hypnosis scheme.

**PLEASE - EMAIL US - PLEASE** .....Send an email to us (ggattohypno@aol.com) so that we can add your email address to our growing list, as this will save NACH hard mail expenses, save time and labor and also expedite getting the Newsletter to you. It also serves to open our information and networking channels.

Request for prayers for Elaine Bender, the sister of Linda Jean Isele and for Linda's family who are going through trying health issues.

### Member Applause

Another pair of NACH members impressed NGH convention attendees this August with an excellent 2 hour presentation. Walter and Maureen Stock presented a workshop on techniques and facilitation of foreign language acquisition. Walter and Maureen are not only teachers, but perpetual students, and we agree that constant learning stimulates our day, our attitudes and our lives.

## UPCOMING WORKSHOPS

### ACADEMY OF PROFESSIONAL HYPNOSIS Fall Session Dates

Advanced Hypnosis Course (33 hours)....October 2nd & 3rd , 9<sup>th</sup> & 10<sup>th</sup> , 2004  
Advanced Clinical Hypnosis Certification (34 hours)....October 24th & 25<sup>th</sup> , 30<sup>th</sup> & 31<sup>st</sup> , 2004

#### HypnoTapping with Drs. John Gatto & Anthony De Marco, November 6th & 7th, 2004

Integrate this exciting, fast growing energy therapy modality into your practice immediately. It truly produces amazing results. Let the healing begin instantaneously with easily followed procedures.

#### HypnoAddictionology with Dr. Tony De Marco, November 13th & 14th, 2004

Learn how to work with alcohol, drugs and gambling, and other addictions. Be led by the hand through a session by session 13 session program. The Practice Manual is invaluable: Includes, session explanations, scripts, homework assignments, journals, and other useful forms.

**Place:** Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080  
**Tel:** (908) 753-5500....**Time:** 9:00 am – 6:00 pm..... For Brochure-Financing Info:  
Dr. John Gatto at (908) 964 4467

### 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

*In The News/Meditation for a Hike/Hypnosis and Hot Flashes/Upcoming Workshops/In Our Thoughts/Email Us/Topic*

NEXT

### MEETING

**Wednesday  
Oct. 20th**

Networking

**7:30 PM**  
Dinner

**8:30 PM**  
Meeting

Galloping  
Hill Inn  
Union, NJ

No meetings Dec. & Jan.

### TOPIC

### **LIVE—LAUGH—LOVE** **An Evening of Humor and Joy**

We have in our midst a fellow hypnotist who entertains many groups with his jokes and stories. Bob Hertzendorf is a member of NACH, a practicing hypnotist, a former nurse for a godzillion years, and a regular at our meetings. We deserve a treat on the light side for we all know that a smile, a laugh, an attitude, and good thought are the best medicines.

He recently appeared in Community Theater in Lakewood, New Jersey in the role of BANJO in the 'Man Who Came To Dinner'. He has done comedy and burlesque sketches in summer musicale and more recently has played the role of Tito Merelli in 'Lend Me a Tenor', and is currently in rehearsal for a comedy skit in an upcoming variety show based upon the comedy of Rodney Dangerfield. We owe it to ourselves to have a wonderful, laughing time with this great guy.

**PLEASE RESERVE. EARLY LIMITED SEATING**