

HYPNOLINK 2004

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National Association
Of Certified Hypnocounselors

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NEWSLETTER

Want to Live Longer and Have your Body look Younger? Get the Facts

Info provided by Oprah.com

Experts say only 30 percent of how quickly you age is in your genes. The other 70 percent comes from the choices that you make every day. You can take control of how old you are.

If you can't set boundaries, have trouble speaking up for yourself and suffer from the "disease to please" add 4.4 years to your age.

If you don't have an outlet for your passion and creativity, add 6 years.

Toxic relationships can take a huge toll on your health. If someone is draining your energy, add 8 years to your actual age.

If you spend more than 3 hours every day stressed out and don't take time for yourself, you may be adding as many as 32 years to your chronological age!

5 HEALTHFUL TIPS

1. **Use nine-inch plates:** Eating on a smaller plate can add three years to your life.

2. **Use paper coffee filters:** Caffeine makes you younger. Drinking coffee every morning made with a paper filter—which raises good cholesterol and cuts down on bad—can add six months to your life.

3. **Take aspirin every day:** Check with your doctor first, but if it's okay, taking an aspirin every day can make you two years younger. This simple addition decreases the age of your arteries and reduces the risk of breast, colon and prostate cancers.

4. **Eat chocolate!:** Only chocolate with real cocoa (dark chocolate) will do, but if you eat one ounce every day, you increase the level of healthy fat in your diet.

5. **A little fat before dinner:** Whether it's nuts, dark chocolate or olive oil on a piece of bread, a little fat before you eat slows down your stomach and makes you feel full longer.

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Chapter Dinner Meetings

Members.....\$20.00

Non-Members.....\$25.00

CALL: 908-964-4467

(check due 5 days prior)

3RD Wednesday of each month

INSIDE THIS ISSUE

- Live Longer Hints
- Tony Re-Elected
- Did You Know?
- Script for Bedwetting
- Statistics for Fibromyalgia
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Tony Re-Elected Chairman of COPHO

At the February meeting of the Council of Professional Hypnosis Organizations, held at the ABH Convention in California, Tony De Marco was re-elected, beginning his 7th year as Chairman. He is the first Chairman to have succeeded himself and is now in his 4th term. COPHO is comprised of hypnosis organizations throughout the USA, and is dedicated to the unification of hypnosis organizations, and to the elevation of the stature of our profession in the eye of the public.

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.

Script for Bedwetting..... from Hypnotic World

Enuresis (bedwetting) can be a very distressing condition for both sufferers and their loved ones. Fortunately, hypnotherapy can often help, provided the patient is well motivated. It is important when addressing this problem that the term bedwetting or wet beds is avoided, as this focuses the mind on those two words - wet and bed - more preferable is to speak positively using the term 'dry bed.'

(i.e. instead of saying, tonight you won't wet the bed you would say, tonight you will have a dry bed), eventually the idea of dry beds becomes an attractive one.

With children especially it helps if a parent allows them to take responsibility for their therapy - using self hypnosis or special tapes without the need to be reminded. I like to involve the child as much as possible in his therapy, asking him to find ways of reminding himself to use the tape, for instance maybe tying a piece of ribbon around the toothbrush could serve as a reminder. After the induction (if children are involved then please refer to the child hypnosis section) then the following suggestions can be made:-

"Imagine yourself in bed, snuggling down underneath the lovely warm covers. You're in your bedroom, you can see the window, the curtains, the wardrobe, your belongings and clothes, the door.

Picture your room, and feel the warmth and comfort of your bed as you drift down into a pleasant, sleepy feeling.

And as you drift and float into that lovely warm feeling I want you to have a dream

And as I describe your dream you can begin to imagine yourself on a lovely hot beach - lazing there - in the sun - feeling the warmth of the sun on your body, listening to the sound of the waves gently lapping onto the beach. You may like to remember a particular holiday and pay attention to the scene, other children playing with a beach ball or building sandcastles, that sort of thing.

Take yourself back to that holiday, and feel the warmth penetrating your skin. And it seems like ages since you had a drink and its so hot here that you're beginning to feel dry.

And on the beach is a makeshift table and someone is giving away ice-cold drinks - your favorite drink - perhaps coke or lemonade - and you walk over to the table and take a glass of your favorite drink.

And as you lift the cold glass to your mouth you can hear the ice cubes clinking against the glass and you take a lovely long refreshing drink.

Imagine it now, the drink fizzes around your lips and a little on your nose, its so cold, so refreshing, feel the drink entering your mouth and going down your throat, sweet and cold and fizzy and refreshing.

And you're so thirsty that you drink and drink and drink and you can feel the icy drink traveling down your throat into your stomach and filling your bladder.

And you feel your bladder getting fuller and fuller with the ice cold drink.

Whenever your unconscious mind recognizes this feeling in your bladder you will go to the toilet.

And your bladder gets so full that you awaken from your dream, you get out of bed and go to the bathroom and go to the toilet, you wash your hands and go back to bed.

And drift back into that lovely sleep.

And whenever your unconscious mind notices this feeling in your bladder whilst you are asleep, you will awaken and go to the toilet, then wash your hands and go back to bed.

And this suggestion is so strong in your mind, that you will always awaken from your sleep whenever you notice that feeling, and you will go to the toilet.

And imagine now that its morning time and you open your eyes, waking up in a nice dry bed. So calm, so comfortable, so warm and relaxed.

ABSTRACT: In a controlled study, 40 patients with refractory fibromyalgia were randomly allocated to treatment with either hypnotherapy or physical therapy for 12 weeks with followup at 24 weeks. Compared with the patients in the physical therapy group, the patients in the hypnotherapy group showed a significantly better outcome with respect to their pain experience, fatigue on awakening, sleep pattern and global assessment at 12 and 24 weeks, but this was not reflected in an improvement of the total myalgic score measured by a dolorimeter. At baseline most patients in both groups had strong feelings of somatic and psychic discomfort as measured by the Hopkins Symptom Checklist. These feelings showed a significant decrease in patients treated by hypnotherapy compared with physical therapy, but they remained abnormally strong in many cases. We conclude hypnotherapy may be useful in relieving symptoms in patients with refractory fibromyalgia.

Haanen, Huub C.M.; Hoenderdos, Henk T.W.; Van Romunde, Leo K.J.; Hop, Win C.J.; Malle, Constant; Terwiel, Jack P.; Hekster, Gideon B. (1991). Controlled trial of hypnotherapy in the treatment of refractory fibromyalgia. *Journal of Rheumatology*, 18 (1), 72-75.

Human beings thrive on touch. So vital is this need that without it premature babies can founder and die. There has been a great deal of study dedicated to what is clinically called "coetaneous deprivation" and how this can lead to emotional disturbances, reduced intellectual abilities and physical growth and even degradation of the immune system. Touch helps to create biochemical differences extreme enough to send people unwittingly to seek touch in whatever form they can find. Sadly that's not always positive. We all need tactile stimulation in healthy, respectful and non-threatening forms. Hug and cuddle your children, especially your teens, even if they roll their eyes and fuss, they still need it, give a hand massage to an elderly friend or relative, too often they can go for years without a positive form of touch, take time out to give your partner a loving massage with no strings attached. The benefits of positive touch are life long, mentally, physically and emotionally and in the long run, everyone wins! That song that states "All you need is love"

View through a window may influence recovery from surgery
Cholecystectomy patients with a window view of a natural setting had shorter stays and used less medication than matched controls who looked out at a brick building. 1984 Science 224;4647:420-1, Ulrich, R. S.

The use of hypnosis in gynecology
Discussion of the history of hypnosis, the use of various hypnotic techniques in gynecology, arranged by diagnosis, followed by case histories. "One thing that your knowledge of hypnosis should do for you is make you a better listener and a better observer. Your patients may be telling you something entirely different with their voice and body than what they are saying." 1992 Psychiatr Med 10;4:69-77 Chiasson, S. W.

Strictly for the Ladies 50 Plus
Ever Hear of the Red Hat Society?



WARNING
By Jenny Joseph,
partial poem.....

When I am an old woman I shall wear purple With a red hat which doesn't go and doesn't suit me. And I shall spend my pension on brandy and summer gloves And satin sandals, and say we've no money for butter. I shall sit down on the pavement when I'm tired And gobble up samples in shops and press alarm bells And run my stick along the public railings And make up for the sobriety of my youth. I shall go out in my slippers in the rain And pick the flowers in other people's gardens . . . But maybe I ought to practice a little now? So people who know me are not too shocked and surprised, When suddenly I am old, and start to wear purple.
www.redhatsociety.com
For info or to join.....

Suggestion, relaxation, and hypnosis as adjuncts in the care of surgery patients: a review of the literature
Review of 18 clinical trials suggests that "hypnosis, suggestion, and relaxation are underutilized techniques which can shorten postoperative hospital stays, promote the physical recovery of patients from surgery, and aid in the psychological and emotional response of patients following surgery." 1991 Am J Clin Hypn 33;3:172-86 Blankfield, R. P

WE ARE PRESENTING AT NGH CONVENTION

Dr. John Gatto & Tony De Marco (2 day Workshop): HypnoTapping—Visual, Physical And Hypnotic Meridian Stimulation For Energy "Free Flow"
Tony De Marco (1 hour Seminar): "Triggers —Neutralization Of Harmful Stimuli To Eliminate Cravings, Urges And Obsessions"
Dr. John Gatto (1 hour Seminar): "Powerful 'On-The-Spot' Script Writing —Successful Satisfaction Of The Unique Requirements Of Every Client"
Roxanne Cortese (2 hour workshop) "I put up my Shingle-Now What? Need Help? Come Have All Your Questions Answered Pertaining to Every Aspect of Your Practice."
Pat Crilly will be presenting "Tap It and Zap It: A Hypnotherapist's Guide to EFT for Kids" and a 2-hour workshop entitled "Succeed Indeed: Blasting Past Blocks and Barriers to Success with EFT"
Come and Support and Learn from your members presenting.

INFORMATION CORNER

UPCOMING WORKSHOPS AND CONVENTIONS

IACCT Convention in Atlanta, May 26-May 31, 2004 at which Drs. Gatto and De Marco shall present a one day HypnoTapping workshop, and 2 one hour seminars.
NGH Convention: August 13,14,15, 2004, Nashua, NH. To Register: (603) 429-9438. Hotel Reservation: (603)888-9970 @ Sheraton Hotel.
If you cannot get a room at the Sheraton, Roxanne has room for a room mate at NGH, interested call her at 908-561-1511.

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 there 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*



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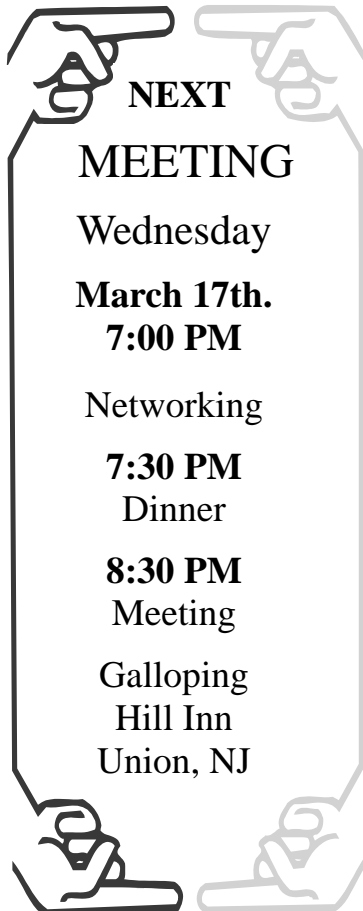
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TO:

FIRST CLASS

HypnoLink 2004 Newsletter

Happy New Year / Newsletter Expansion / Your Money Feelings / Did You Know/Information Corner / Upcoming Conventions/ Letter to Dr. Gatto



NEXT

MEETING

Wednesday

March 17th.

7:00 PM

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping

Hill Inn

Union, NJ

TOPIC

Hidden Anger and the Power of Forgiveness
With Patricia Crilly, RN,ACH

Anger is frequently a concealed or hidden emotion. And why not? Getting mad is scary. Suppressing or not acknowledging anger can lead to passive aggressive behavior or feeling victimized. Being a victim assumes that you have been mistreated. Victims usually feel helpless and take little responsibility for what has happened to them. The only true path to peace is through forgiveness. You must let go of the record of wrongs and the need for vengeance and release associated negative feelings such as bitterness and resentment. Easier said than done but there is hope. Join Patricia French Crilly, RN on an odyssey toward healing as she takes you through a guided imagery called the "Journey to Joy".

Bio

Patricia French Crilly, RN is a Certified Advanced Clinical Hypnotherapist, a Certified Stress Management Consultant and an EFT Practitioner. Pat maintains a private practice in Edison, NJ as well as conducting workshops on EFT for health and healing. She is the author of "Tap It and Zap It!", a book on EFT for children. Pat has recently become the Nurse Hypnotist for Bayshore Community Hospital conducting smoking cessation groups for adults and teens.

April Meeting....Dr. Pat Conte.....Chakras, Aura's and Chanting.

May Meeting.....Jane Doherty.....To be announced...book early, last time she spoke we had no more seats and tables available.