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NEWSLETTER

National Association
Of Certified Hypnotherapists 1358 Burnet Ave. Suite 1 Union, New Jersey 07083

HYPNOLINK 2005

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Chapter Dinner Meetings
Members.....\$20.00
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(payment due 5 days prior)

3RD Wednesday of each month

Brain Imaging Studies Investigate Pain Reduction By Hypnosis

Although hypnosis has been shown to reduce pain perception, it is not clear how the technique works. Identifying a sound, scientific explanation for hypnosis' effect might increase acceptance and use of this safe pain-reduction option in clinical settings.

Researchers at the University of Iowa Roy J. and Lucille A. Carver College of Medicine and the Technical University of Aachen, Germany, used functional magnetic resonance imaging (MRI) to find out if hypnosis alters brain activity in a way that might explain pain reduction. The results are reported in the November-December 2004 issue of *Regional Anesthesia and Pain Medicine*.

The researchers found that volunteers under hypnosis experienced significant pain reduction in response to painful heat. They also had a distinctly different pattern of brain activity compared to when they were not hypnotized and experienced the painful heat. The changes in brain activity suggest that hypnosis somehow blocks the pain signal from getting to the parts of the brain that perceive pain.

"The major finding from our study, which used MRI for the first time to investigate brain activity under hypnosis for pain suppression, is that we see reduced activity in areas of the pain network and increased activity in other areas of the brain under hypnosis," said Sebastian Schulz-Stubner, M.D., Ph.D., UI assistant professor (clinical) of anesthesia and first author of the study. "The increased activity might be specific for hypnosis or might be non-specific, but it definitely does something to reduce the pain signal input into the cortical structure."

The pain network functions like a relay system with an input pain signal from a peripheral nerve going to the spinal cord where the information is processed and passed on to the brain stem. From there the signal goes to the mid-brain region and finally into the cortical brain region that deals with conscious perception of external stimuli like pain.

Processing of the pain signal through the lower parts of the pain network looked the same in the brain images for both hypnotized and non-hypnotized trials, but activity in the top level of the network, which would be responsible for "feeling" the pain, was reduced under hypnosis.

Initially, 12 volunteers at the Technical University of Aachen had a heating device placed on their skin to determine the temperature that each volunteer considered painful (8 out of 10 on a 0 to 10 pain scale). The volunteers were then split into two groups. One group was hypnotized, placed in the MRI machine and their brain activity scanned while the painful thermal stimuli was applied. Then the hypnotic state was broken and a second MRI scan was performed without hypnosis while the same painful heat was again applied to the volunteer's skin. The second group underwent their first MRI scan without hypnosis followed by a second scan under hypnosis.

Hypnosis was successful in reducing pain perception for all 12 participants. Hypnotized volunteers reported either no pain or significantly reduced pain (less than 3 on the 0-10 pain scale) in response to the painful heat.

Under hypnosis, MRI showed that brain activity was reduced in areas of the pain network, including the primary sensory cortex, which is responsible for pain perception.

The imaging studies also showed increased activation in two other brain structures -- the left anterior cingulate cortex and the basal ganglia. The researchers speculate that increased activity in these two regions may be part of an inhibition pathway that blocks the pain signal from reaching the higher cortical structures responsible for pain perception. However, Schulz-Stubner noted that more detailed MRI images are needed to definitively identify the exact areas involved in hypnosis-induced pain reduction, and he hoped that the newer generation of MRI machines would be capable of providing more answers.

"Imaging studies like this one improve our understanding of what might be going on and help researchers ask even more specific questions aimed at identifying the underlying mechanism," Schulz-Stubner said. "It is one piece of the puzzle that moves us a little closer to a final answer for how hypnosis really works."

"More practically, for clinical use, it helps to dispel prejudice about hypnosis as a technique to manage pain because we can show an objective, measurable change in brain activity linked to a reduced perception of pain," he added.

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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.

2005 UPCOMING WORKSHOP CLASSES

HypnoAddictionology

June 4th & 5th, 2005 Study with Dr. Tony De Marco, the originator of the 13 session "HypnoAddictionology " program. Learn the mind-workings of the addict, how to integrate the information from the Confidential Interview form into the step-by-step written program contained in the extensive practice manual (most probably the best in use today), how to "expose the demons to the light" through exciting regression techniques, how to eliminate cravings, how to conduct interactive sessions, give numerous homework assignments, and much more. Tony really "takes you by the hand" so that you can be confident in your office sessions.

Advance HypnoTapping..Advance EFT and Hypnosis.....May 21st, 22nd.

**ACADEMY OF PROFESSIONAL HYPNOSIS
Winter Session Dates**

Basic Hypnosis

September 17th, 18th & 25th, 26th, 2005

Advanced Hypnosis

October 08th, 09th. & 15th, 16th, 2005

Advanced Clinical Hypnosis

October 29th, 30th, & November 05th, 06th, 2005

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

ATTENTION

Only Presenters shall be permitted to sell their products at the NACH. meeting and only on the date of their presentations. Any other sales will only be permitted with the permission of Dr. Gatto & at a charge of 20% of the sales For the NACH.

UPCOMING MEETING DATES FOR 2005

Clip out and save, or put all dates in your appointment book

June, 15th.....September, 21st, October,

19th.....November, 16th

Annual Convention for the IACT is set for Parsippany, NJ May 13-15 at the Sheraton Parsippany Hotel.

The theme is "The Optimistic Practitioner"

It is our 15th anniversary and we have added workshops and speakers to make this our most exciting event ever! Go to **www.iact.org** for detailed information and for a registration form. Or phone **239-498-9710** for a full convention brochure.

NGH Convention

August 12th, 13th, 14th, 2005

Royal Plaza Hotel.....**508-460-0700**

Marlborough, MA

Call NGH to sign up**603-429-9438**

IN THE NEWS

Doctors Using Hypnosis to Treat Hot Flashes

NBC 6 News, February 24, 2005

It's an alternative medicine that actually becoming more common in hospitals. Doctors who use hypnosis to treat illness say it has no side effects and it really works.

Like most people, Laura Jung didn't know much about hypnosis until she turned to it for help with her hot flashes.

"The worst was breaking out in a sweat, all over my face, like it's flushing up, my ears turn bright red, perspiration comes and then I feel like I have to fan myself," she says.

Hypnosis director Dr. Gary Elkins says, "A part of the effect of the drugs that are given to prevent recurrence of cancer, also put the women into menopause."

Complications prevented Laura from taking most medications to treat the hot flashes. Then she heard about a hypnosis study for women with hot flashes at Scott & White Hospital in Temple.

"I learned about it and I was like 'I want to do that!' and I'm glad that I got in the study." Dr. Elkins hypnotized Laura.

First the patient is taken to a quiet room. Then doctors make relaxing suggestions that calm the patient.

"...that wave of relaxation... just let all that drift away..."

"The person is asked to remember being in a place and time where they felt cool," Elkins says. Each hypnosis session lasts about 30 minutes and patients usually go through about 5 sessions. In addition to going through the inductions with a doctor, patients are also encouraged to practice self hypnosis at home. "We find that the skin temperature actually becomes cooler," Elkins says. "The person had an ability to have an effect on the physiology related to warmth or coolness." Laura says the results were amazing. She noticed fewer and less severe hot flashes after just one session.

"This last week they were very few and I couldn't even remember days when I had some," she says.

Laura says the best part is that she's using her mind, not medication, to treat her hot flashes.

Self-Hypnosis Calms Kids During Tough Procedures

Relaxation helps them tolerate pain, researchers say

MONDAY, Jan. 3 (HealthDayNews) -- In an indication that the power of mind over body isn't limited to grownups, researchers report that advanced relaxation techniques help kids endure a grueling medical procedure.

Kids who learned to relax themselves through self-hypnosis were less likely to suffer from distress during painful urinary tract check-ups, a new study has found. In addition, the children's greater sense of calm appeared to shorten the grueling procedures by nearly a third -- an average of 14 minutes each.

Previous research in adults has found that self-hypnosis helps many patients deal with the physical stress of surgeries, said study co-author Dr. David Spiegel, associate chairman of psychiatry and behavioral science at Stanford University. "Just getting people to focus their attention on something besides what they're afraid of can help reduce their pain and help the procedures go better," he said.

sophisticated studies into its effects. **Cont. page 3**

Disturbed by Sleeping Partner: Age Regression and Direct Suggestion Procedure:

From Banyon Center for Hypnosis

AGE REGRESSION

Feeling each restful breath go in and out. I am going to count from 5 down to 1, at the count of 1 find yourself back at home in bed with your partner. 5, 4, 3, 2,...1 Experience her snoring in the bed and disturbing your sleep. Experience that feeling that occurs to you as your sleep is disturbed. Some people would call this feeling frustration, or irritation, or anger.

As I count from 1 to 5 become more aware of the feeling that you are experiencing, and allow it to become as strong as it ever has before. 1, 2, 3, 4, ... 5.

Good. Keep focused on this feeling. As you focus on this feeling, I'm going to count from 10 to 1. As I count from 10 to 1, your inner mind takes you back to a scene, situation or event, that has everything to do with this feeling. In fact, it will be the first event of significance to this feeling. 10, ... 1. First impressions (Indoors/outdoors, light/dark, alone or with someone). Give me a report. Where are you, and what is happening?

Is this feeling familiar, like "oh boy here we go again," or is it new like a surprise? If new you may have the Initial Sensitizing Experience, if not, continue to regress to Initial Sensitizing Experience.

DIRECT SUGGESTION

Feelings come from how we experience the world. For example, anger comes from a feeling of being treated unfairly. You have associated the feeling of _____ (insert experienced feeling) with your partner stirring in bed. In reality, the fact that your wife stirs in bed has no negative meaning at all. As a matter of fact it has nothing to do with you at all. You can now ignore it completely.

The only meaning that your wife snoring (stirring, etc.) next you has, is that she is there with you. You are together with her.

Things are okay in your life. In fact, her stirring can now serve as a reminder that everything is okay, and that the two of you are safe and comfortable in your bed.

Now, the sensation of your wife snoring (stirring, etc.) in bed only reminds you of how comfortable things are. How safe things are. And, how sleepy you are. And, you quickly respond by falling into a deeper, natural sleep.

Every time that you feel her move next to you in bed, you feel good, safe, comfortable, and easily go into a deeper, natural sleep. Every time that you hear her next to you in bed, you feel good, safe, comfortable, and easily go into a deeper, natural sleep (Compound this statement.) This information is now stored in your subconscious mind, there for you, any time that you sleep.

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*

And, every time that you hear her snoring next to you in bed, you feel good, safe, comfortable, and easily go into a deeper, natural sleep. (Compound this statement. Use suggestions based on the benefits of making the change form.)

Have you now accepted this information, and these suggestions for a restful sleep? (Use ideomotor response and receive a "yes" signal.)

Con't from pg. 2

According to Spiegel, healers have used the powers of hypnosis for hundreds of years, but scientists have only recently begun to launch. Meanwhile, the popular image of hypnosis is still largely based on stage performances featuring volunteers quacking like ducks or clucking like chickens.

"While there's been a lot of mysticism about it, [hypnotism] is just a kind of focused attention," Spiegel said. "You learn to enter a different frame of mind, focusing on breathing, and the inference is that other things like pain and anxiety will not bother you as much." In the new study, Spiegel and his colleagues recruited 44 children, aged 4 to 15, who were about to undergo a procedure known as voiding cystourethrography. Children with malformed urinary tracts -- an estimated 1 percent to 2 percent of all kids -- need the procedure every year or so, explained study co-author Lisa Butler, a senior research scholar at Stanford.

To make sure urine isn't backing up into the kidneys, doctors insert a radioactive dye into a child's urethra and take X-rays, then watch as the child urinates. Children stay awake through the procedure, and it can be extremely distressing, Butler said.

In the study, 21 of the children underwent routine treatment, while 23 were trained in relaxation techniques through self-hypnosis. After training sessions with the children, therapists accompanied them to the procedures.

First, the therapists told the children to imagine they were floating in a hot tub, lake, or bathtub. Then the children imagined they were absorbed in another experience -- perhaps a jet-skiing trip or a visit to an amusement park. Ideally, the children would "disassociate" from the procedure, Butler said. Adults who become absorbed in a book or movie experience a similar sensation, she said. Disassociation "allows you to put something out of your focal attention. You know what's going on, but it's not in the central part of your awareness."

The children in the second group weren't hypnotized, although they could optionally learn about the medical procedure and get training in simple relaxation techniques such as controlled breathing. According to parents and doctors, the self-hypnotized children experienced less trauma, and their average length of the procedure was 35 minutes compared to 49 minutes in the control group.

The children who were most resistant to hypnosis had the most difficulty during the procedures, Butler said.

Indeed, hypnosis doesn't work on everyone, although children are more easily hypnotized than adults, said Dr. Timothy Culbert, a hypnosis specialist and medical director of the integrative medicine program at Children's Hospitals and Clinics in Minneapolis.

According to Culbert, the findings suggest that self-hypnosis -- "they're doing it for themselves" -- can help children endure other difficult procedures that tap blood, bone marrow, or spinal fluid from the body. "There's no reason to think it wouldn't," he said.

The findings appear in the January issue of *Pediatrics*.



N.A.C.H.

National Association of Certified Hypnotherapists
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HypnoLink 2005 Newsletter

TO:

FIRST CLASS

• *Pain Mgmt. With Hypnosis/Upcoming workshops/In the News/Disturbed sleeping, use hypnosis/Keeping kids calm with hypnosis/Presenter/Topic*

NEXT

MEETING

TOPIC Automatic writing While in Hypnosis with Bob Desch

**Wednesday
May 18th**

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping
Hill Inn
Union, NJ

No meetings July/August

Automatic writing while in hypnosis is about reading an article in a magazine or newspaper or book with your conscious mind while hypnosis. The Hypnotherapist then asks the subject to pick up a pen or pencil and a large piece of paper or pad with their writing hand and reply to questions directed to their subconscious mind while the conscious mind is reading the article. This technique is used to tap into their memories of something that occurred in their past. This is another tool that can related to regression therapy. Sometimes this can bring a client into a past life. This is also a useful tool for forensic hypnosis, and Bob will explain why. Bob will talk in depth more about how this works, so, you need to attend to experience this fascinating subject that has not been used or heard of in many years.

Bob will utilize live subject to show you how this works as well as play a 13 minute audio tape of a client that he worked with 25 years ago where she went into a past life and regressed even further to an in between life experience. If time permits Bob will work with the entire group, those who would like to participate, so bring your newsletters to this meeting so everyone is reading the same thing as Bob walks you through this experience. Paper will be provided, but bring a pen or pencil with you.

Bob Desch is a certified Hypnotherapist who studied under Harry Arons and Max Rapkin through The Scientific School of Hypnosis in Edison, NJ, as well as IACT. Bob is also certified as a past life Therapist through the Michigan School of Hypnosis. Bob has been hired by many large corporations and has been teaching at adult schools for over 30 years in the metropolitan area on smoking cessation, weight loss as well as self hypnosis, past life regression, and phobias to name a few. He has been a speaker at our meeting previously and packed them in with his knowledge of hypnosis. Bob has a busy private practice in South Plainfield. Make your reservations early, to make sure you have a seat for this wonderful presentation.