

HYPNOLINK 2004

N
A
C
H



National Association
Of Certified Hypnocounselors

1358 Burnet Ave. Suite 1 Union, New Jersey 07083

Volume 8 Issue 9

July 2004

NEWSLETTER

Board Members and Contacts

President

Dr. John Gatto, A.C.H.
Office: 908-964-4467

E-mail:

GGattohypno@aol.com

Web:

www.hypnoacademy.com

Board Of Directors

Anthony F. DeMarco, L.L.B. PhD
Lucille Durso, C.S.J.P.A., A.C.H.

Editor

Roxanne Cortese, CHP, A.C.H.,
Off: 908-561-1511
Fax: 908-561-7916

E-mail:

cj4yourhealth@comcast.net

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Joyce Rudinski, A.C.H.

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

SPECIAL ADDITION

Hypnosis Awareness Day

FREE on.....Saturday..... August 7, 2004..... 9AM—6PM
Holiday Inn.....4701 Stelton Rd.....South Plainfield, NJ

Hypnosis is rapidly becoming a modality of choice for enhanced wellness and desired change. What is caused by the mind can be healed by the mind. Certified HypnoCounselors shall present these seminars to increase your awareness to the limitless uses of hypnotism. The realities of your thoughts can now become realities, in fact.

9 AM—9:50 AM.....Dr. Pat Conte.....Health & Hypnosis
Learn the excellent benefits of using hypnosis to maintain well-being.

10 AM —10:50 AM..... Ed Hamowy.....Stress Alleviation Methods
Learn how to combat daily stressors to relax and rehabilitate yourself.

11 AM—11:50 AM.....Dr. Tony De Marco.....Group Past Life Regression
An exciting journey to your past lives to reveal hidden qualities & skills.

12 PM —12:50 PM.... Roxanne Cortese.....Weight Management Introduction
Become aware of the hypnotic methods utilized for weight control.

1 PM —1:50 PM.....Dr. John Gatto.....Meridian Energy Stimulation
Eliminate disturbances to increase the flow of energy in your body.

2 PM—2:50 PM..... Academy Hypnosis Questions & Answers
Discuss HypnoCounselor Certification for a part or full time career.

3 PM—3:50 PM Judy Lewis.....Psychic Discovery & Hypnosis
Everyone has psychic abilities. Learn more about yours and their uses.

4 PM—4:50 PM.....Dr. Jim Malone.....Golf Improvement
Learn how to improve your golf swing & score through imagery & hypnosis.

5 PM—6 PM.....Pat Crilly.....Anger Management & Forgiveness
Enhance your life by exercising control and forgiving self & others.

Please come with clients, family members and friends. Pass out this flyer to area business's and professional offices.

INSIDE THIS ISSUE

- *Hypnosis Awareness Day*
- *Healing Cancer with Hypnosis*
- *Buried Alive*
- *Upcoming Workshops*
- *Info Corner*
- *Sept. Presenter*

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.

Healing Cancer with Hypnosis

Full recovery from cancer is a reality for millions and it can be for you too. Early detection and high technology medicine can tip the scales of survival in a person's favor; and, above all, research has proven that a positive mental attitude supports the healing mechanisms of the body. Hypnosis can maximize the resources of the body-mind-spirit self for addressing health and other issues of life that build strength of character and a peaceful life. While no single factor is responsible for cancer, emotional distress has an effect on the causation and prognosis of the disease. In an insightful address to the American Cancer society in 1959, President Pendergraass stated:

"Many cancer patients have undergone successful hypnotherapy treatment and have been living and well for years ... There is solid evidence that the course of disease in general is affected by emotional distress ... We may learn how to influence general body systems and through them modify the neoplasm which resides within our body ... As we go forward ... searching for new means of controlling growth, both within the cell and through systematic influences ... we can widen the quest to include the distinct possibility that within one's mind is a power capable of exerting forces which can either enhance or inhibit the progress of this disease."

Hypnosis and guided imagery techniques in facilitating cancer remissions and cures is becoming more widely recognized each year. In hypnosis, it becomes easier to accept the possibility of recovery and then to believe and expect that recovery will happen.

Conceive, believe and you will achieve.

A great majority of people with cancer still have preconceptions and erroneous ideas about the disease. Dr. Neil Fiore, a practicing psychologist with cancer writes,

"I was a cancer patient, like any patient with cancer, my fears and frustration were intense. Many diseases and injuries are more severe and traumatic, and more fatal than cancer. Yet the stigma that we, as a society, have attached to this disease makes the diagnosis of cancer terrifying. When the diagnosis is rendered, the sense of chaos, fears and loss of control can be great. It is during this time that we are partially sensitive to suggestion. A negative comment, especially from a doctor or other health professional, can overwhelm us. All the conditions necessary for a hypnotic trance are present. We need and expect help, we see the doctor as an authority, and we are placed in a passive role from the time we enter the office and begin following orders. This, of course, only exacerbates the feeling of being out of control."

Many people with cancer believe that cancer is contagious, that it is somehow shameful, that only the merest handful ever recover from it and those who do are left disfigured and unattractive, and so on. In order to recover, you must let go of these misconceptions and replace them with positive and correct viewpoints, which hypnosis will help you do.

Whatever has caused your cancer, it is self-defeating for you to blame yourself or inherited genes. Hypnosis will help you to experience hope and neutralize negativity by implanting a new attitude of determination and optimism. Hypnosis will also help you to get on the right track with your health in strengthening your immune system by quitting smoking, changing diet, or other related habit changes.

Above everything else we have discussed thus far, you must shift your thinking from that of a victim to that of a fighter who is determined to win the battle of cancer. **There are over five million people in America now who have conquered cancer.** Even some seemingly hopeless cases have recovered. In fact, **the recovery rate is now approaching 50 percent of all new cases.** From the beginning of treatment, it will be beneficial for you to be assured that cancer is no longer an almost certain killer. Hypnosis is effective as a complimentary adjunct to conventional health care treatment and should not supplant medical therapy. There are, however, a wide range of clinical applications hypnosis can support in your healing process:

- Alleviate the side effects of radiation or chemotherapy; controlling nausea and vomiting, thereby helping you to remain in treatment longer and improving the odds of slowing or stopping the spread of the disease.
- Deadend sensations of pain, reducing the reliance on narcotics.
- Ego-strengthening to overcome the impact on self-esteem and feelings of self-confidence.
- Lessen the feelings of anxiety and fear.
- There is encouraging research that hypnotic imagery may enhance the functioning of the immune system.
- Deal with the stress, depression, and loneliness that may be linked to cancer.

For hypnosis to be an effective part of your cancer treatment it is important for you to consider yourself as part of a team, not an object that therapy is inflicted upon. Each process should be thoroughly understood by you so you can support that effort by knowing what it does and what it aims to achieve. Research has shown that it is actually more helpful to be well informed and an active participant in cooperation with the other members of your recovery team. This will help you to regain a feeling of being in control and having a sense of purpose, meaning, and working toward achieving your goal.

Buried Alive
By Elizabeth Rodriguez CHT, LMT, RM.

(A case history provided by a graduate of the Academy of Professional Hypnosis)

Imagine that the memory of you having died suffocated in a previous life was still imbedded within your subconscious mind that having myofascial release therapy applied to your chest, brought back that memory in which you were gasping for air. The gurgling sounds from the throat as if lacking oxygen were heard because somehow you were going through those motions once again. The times when you are pressed in a certain point of your body, neck, shoulder, arm, chin and emotions such as tears, anger or fear come up. You don't know what is going on, but your subconscious mind remember that something or someone once before triggered those emotions and that is where your body is holding it. When we talk about body, mind, emotion and spiritual connection, we refer to all that relates and interrelates to all the areas of our life. How we relate to our self, to family, friends, society, religion, cultural, etc... Memories are stored in our subconscious from the moment of concept to this moment and of previous lives, if there is such a thing. If there is unfinished business or resolutions of eg., emotions, fears and pain, it might reflect itself in your body. It is important to acknowledge it, embrace it, feel the emotion, see where it takes you and release it, if you are ready. Sarah is a body-worker who had been cutting down on her work due to pain in her wrist arms and neck. The pain was increasing and affecting her life. After getting a history and looking at her body I told her I would recommend myofascial release therapy and work to her pain threshold. The first time I worked on her she would make these sounds as if , " aauhh", when asked if it was too much pressure, she replied , " no I can handle it." As I continued she tilted her head back, flapping her hands and grabbing her throat as if she couldn't breathe. I asked her, " are you alright, do you want me to stop." She shook her head as to say no, and said, "go on". We made it through the first session and in the second session something similar happened, this time it was as if she stopped breathing, and I said, " it's ok Sarah. Come back to your body." At that moment I knew this was more than muscle pain. After the session was over and I suggested we do some past life regression. In the first past life regression she immediately went into the same posture, gasping for air. Holding on to her throat, flapping her hands above her head. "What's happening, where are you?" I asked. " I am suffocating, I am in a box, a coffin, they buried me alive, I'm hitting the cover, I want them to hear me, help!, they can't hear me, AUHHH... I died", she said. (The sessions were long and different therapies were used, but I will be short.) After that session we have continued to work with hypnosis and myofascial release and it is working great for her. She has not had a choking episode, her arms and neck are less painful . But I still had more work to do. Hypnosis is a therapy used to get the person to a relaxed state where the subconscious mind can be access to facilitate healing. The person is always in control of what is going on. Hypnosis is really self-hypnosis, you are in control. It is a therapy used for healing in many ways. Hypnosis helps in different areas such as weight loss, smoke cessation, phobias, fears and some illnesses. If you can recognize the reason behind the problem, acknowledge it, accept it, embrace it, forgive, release it and learn from the experience, you will find that you can heal your body, mind, spirit and emotions.

**UPCOMING WORKSHOPS
AND CONVENTIONS**

NGH Convention: August 13,14,15, 2004
 Nashua, NH..... To Register: (603) 429-9438.
 Hotel Reservation: (603)888-9970 @ Sheraton Hotel.
Don't forget to sign up for our members workshops while at NGH.

HYPNOSIS AWARENESS DAY

If you want the flyer e-mailed to you, contact John Gatto. This is an easy way to send the information to all future and past clients. Also , email doctors, lawyers, chiropractors, etc. Just call and ask for their e-mail address. Or fax them the information. Bring your brochures and business cards to put on our referral table. This is a great way to generate new business for yourself. Most people will go to someone in their area.....

HELP SPREAD THE NEWS

Basic Hypnosis Course (33 hours)..... September 11, 12 & 18, 19, 2004
 Advanced Hypnosis Course (33 hours)..... October 2, 3 & 9, 10, 2004
 Advanced Clinical Hypnosis Certification (34 hours)..... October 23, 24 & 30, 31, 2004
 At Holiday Day Inn, So Plainfield, NJ 07080, call for additional information to NACH, John Gatto

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*



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

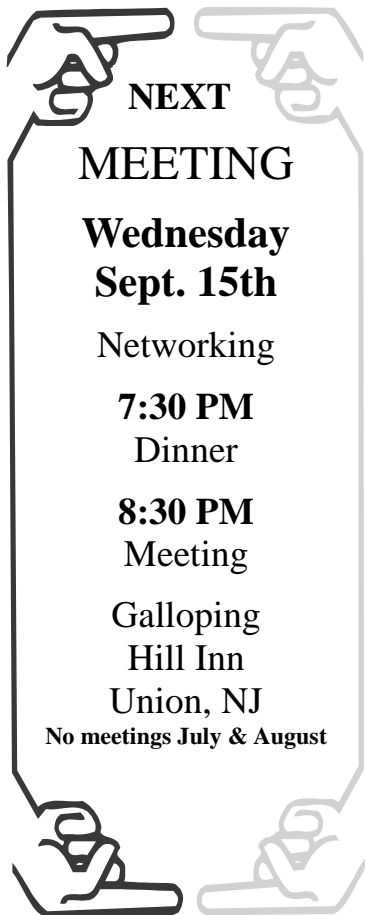
National Association of Certified Hypnotherapists
1358 Burnet Ave. Suite 1, Union, NJ 07083

TO:

FIRST CLASS

HypnoLink 2004 Newsletter

Hypnosis Awareness Day / Healing Cancer with Hypnosis / Buried Alive / Upcoming Workshops/ Info Center / Sept. Presenter



NEXT

MEETING

**Wednesday
Sept. 15th**

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping
Hill Inn

Union, NJ

No meetings July & August

TOPIC

**A Psychic Night Out with Judy Lewis
FREE PSYCHIC READINGS**

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