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HYPNOLINK 2006 NEWSLETTER

March 2006

Volume 10 Issue 2

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Reservations

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

Clinical Hypnosis

Clinical hypnosis applies to medical concerns. There are dozens of applications of this holistic technique in the acute care setting and scientific research is building an impressive case supporting its effectiveness and cost saving merits. Here are some examples:

Intensive Care: Clients can block out distractions and reduce discomfort, which improves their ability to get quality rest and speed up recovery time. Clinical hypnosis reduces stress, balances blood pressure and heart rate, which minimize complications. It can also be used to reduce secretions, bleeding, improve immune response and make procedures more tolerable.

Oncology: Hypnosis lessens stress, anxiety, pain, nausea and vomiting. It reduces respiratory distress and even helps prevent hair loss. It increases confidence and self-image. Clinical hypnosis helps ease the acceptance of physical restrictions or even coping with end of life transition.

Pediatrics: What better gift to give a frightened child than control during a time of crisis. Children have active imaginations and respond very well to hypnosis. It can melt away fear; increase their relaxation and focus making it easier for them to understand and tolerate procedures and treatments.

Surgical: Clinical hypnosis can reduce anxiety, pain, stress and bleeding. It promotes rapid healing and improved immune response. These clients can better manage post-op pain and nausea. They use less medication and avoid the side effects that go with it. Those who are relaxed going into anesthesia are relaxed coming out of it. They have fewer complications and have a shorter length of stay.

Mental Health: Hypnosis relieves symptoms of despair or sadness, fears, phobias and even addictions. It puts the client in control. They get to play an active role in their own recovery, which adds to an increased sense of fulfillment ensuring long-term success.

Dentistry: Hypnosis helps minimize anticipatory anxiety, bleeding, gagging, pain, excess salivation and distorts time perception making procedure seem to go by quickly. Hypnosis can also help establish a positive association with dental care promoting routine care.

Summary

Clinical hypnosis offers clients an oasis of relaxation and control when they need it most. They have a shorter length of stay, use less medication, have fewer complications and feel like they were a part of the team. Hypnosis can blend nature and science with dramatically positive results. And clients who go on to become self-practitioners of this relaxing technique can make positive changes in many other areas of their lives as well.

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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.

EMOTIONAL CAUSES OF MIGRAINES

Migraines are a debilitating type of headache which brings on severe symptoms rather quickly. Although medical research has discovered that during a migraine the body physically expands and contracts the blood flow to the brain, inducing pain, the exact cause of a migraine is still unknown.

Typical symptoms of migraines include:

Nausea, Dizziness, Sweating, Unable to handle light, Vomiting, Difficulty moving due to throbbing pain, Soreness in the eyes – usually one more than the other, Stiff neck and shoulders, The feeling as though your head will explode.

Many different triggers seem to induce a migraine.

Food allergies, Poor diet, Lack of water, Lack of sleep
Spinal misalignments, Hormonal imbalance.

However, a common trigger of migraines is emotional turmoil. Anxiety, anger, stress and fear all play an important role in creating a migraine as well as many other illnesses. The first stage in understanding the development of physical ailments is to look at our thoughts and feelings and examine how they are of a positive or negative nature. This is the beginning of understanding why a negative physical ailment began in our body.

Different parts of the body hold different emotions and store memories from times in our lives. We are all human beings made up of energy. We have physical, mental, emotional and spiritual components to all of us. Our thoughts and feelings are a part of us and this energy. The energy frequencies around us (or our aura) resonate and can be detected by the [Aurastar 2000](#) - the world's most advanced biofeedback system, as colour frequencies. In addition, the seven colours of the rainbow can be used therapeutically through food, [color therapy baths](#), clothing etc. to positively impact the aura providing balance within the body, mind and soul. Through personal observations as a certified consultant, [Angela Dacey](#) has discovered correlations between emotional distress and migraines.

Migraines usually occur on one side of the head at a time, with an emphasis on the back, front or top of the head. The back of the head represents the PAST, the top of the head, the PRESENT SITUATION, and the front of the head, the FUTURE.

You can't depend on your eyes when your imagination is out of focus. **Mark Twain**

All men who have achieved great things have been great dreamers.

Orison Swett Marden

THE THOUGHT PROCESS

In order to explain hypnosis it helps to understand how we process the endless stream of information we are bombarded with everyday. Our conscious mind acts as the gate keeper. It judges, critiques, accepts or denies information for storage in our long-term memory or subconscious mind. With repeated exposure or repetition to the same information or experiences, our thoughts can evolve into actions.

The subconscious stores all of our habits, patterns, values and beliefs. It's also the home of our imagination as well as our body's control center. It tells our heart when to beat, our lungs when to breath and controls every step we take every day of our life. It's a very powerful place.

Once a subconscious pattern is established it's pretty tough to break. Think of the subconscious mind as the hard drive of your computer. Once you down-load a program it automatically repeats every time you run it. The more often we repeat an action the longer the root of this pattern becomes. For example, by repeating an action 36,000 times it's likely to become a consistent part of your life routine. This is the number of times a pack a day smoker reinforces their habit over a ten year period.

Gardening Techniques

Think of the subconscious mind as a greenhouse. Roses or poison ivy will both flourish in this fertile environment. Even though the conscious mind's job is to keep track of what gets stored, it's only human and makes mistakes. Hypnosis offers the unique opportunity to not only do the weeding, but to also plant the seeds of positive, healthy alternatives.

The reason people have such difficulty attempting to make conscious level changes with long-term patterns is because they don't reside in the conscious mind. Long-term patterns reside in the subconscious mind or long-term memory. It's like weeding your garden by clipping them off at the ground level. It looks great for a while but they always grow back. When changes are made on a subconscious level, patterns can be yanked out by the root so they never grow back.

I am imagination. I can see what the eyes cannot see. I can hear what the ears cannot hear. I can feel what the heart cannot feel. **Peter Nivio Zarlenga**

The man who has no imagination has no wings. **Muhammad Ali**

Reason can answer questions, but imagination has to ask them.
Ralph Gerard

Think left and think right and think low and think high. Oh, the thinks you can think up if only you try! **Theodor Geisel**

Trust that little voice in your head that says "Wouldn't it be interesting if..."; And then do it. **Duane Michals**



ALERT

THIS NEWSLETTER IS NOW SWITCHING TO INTERNET EMAIL DELIVERY ONLY

The cost of paper and postage has forced us to discontinue hard-mail, and its easier to save and forward to friends Please email your email address to info@hypnoacademy.com If you have no email, please telephone.....

Dr. John Gatto at 908-964-4467

Upcoming Conventions

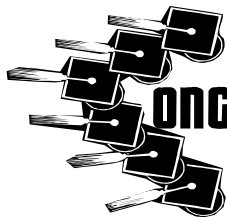
IACT, May 19th to the 21st ,in Miami Beach Florida...

NGH, August 11th-13th, Marlborough, Mass.

Information to follow with telephone numbers in the next newsletter.

TONY RE-ELECTED CHAIRMAN OF COPHO

At the recent COPHO meeting held in California on February 17th, 2006, Tony De Marco was re-elected to his 5th term as Chairman of the Board of Directors of the Council of Professional Hypnosis Organizations. He begins his 9th year as Chairman of COPHO which is dedicated to educating the public, elevating the profession of hypnotism to its proper stature, propounding educational minimums and standards and ethics of the profession. The 20 hypnosis organizations which comprise COPHO meet at least twice a year on the east and west coasts to discuss current events and exchange insights and recommendations to further the mission of COPHO.



CONGRATULATIONS

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

Academy of Professional Hypnosis

For hypnosis Education call
Dr. John Gatto at (908) 964-4467
Or go to our Web Site: www.hypnoacademy.com

UPCOMING MEETING DATES FOR 2006

Clip out and save, or put all dates in your appointment book
March 15th.....Sept. 20th
April 19th.....Oct. 18th
May 17th.....Nov. 15th
June 21st.

ADD FACTS

Parents and teachers must understand the power of their words. Just as importantly they must understand how suggestible children are. Repeating suggestions of what you DON'T want the child to do will only create more of the same problem.

Children can be taught how to behave in a healthy way, although it takes a dedicated effort by parents to also change their attitude in the way they interact with their children. No doubt some of you may have seen the television series 'Super Nanny' and the way children will respond and calm down, when the parents learn how to cope and be consistent with the discipline and routine.

Of course it is not so easy to get a 'super nanny' to come to your house and help you fix the problems; no doubt you wish it were that easy. So what options are there for parents who are dedicated and wish to provide their child the best opportunity to change behavior without relying on drugs?

Research at Washington University shows that there is an improvement in behavior when the therapy is focused on improved communication between children and parents. Therapy includes working with parents and children, starting with the parents first. Structured in such a way so as to inform and teach parents about the power of their words and actions and helping them to find new ways of communicating to empower their child to feel and behave in a constructive and calm way. Hypnosis is used to help parents and children develop an inner confidence and necessary skills to cope more efficiently. Children and parents can then create what they need to help them feel capable, worthy and form loving relationships.

ATTENTION

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

