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National Association Of Certified Hypnocounselors
1358 Burnet Ave. Suite 1
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HYPNOLINK 2006 NEWSLETTER

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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

Favorite Place Method (For Children Ages 7 - 11)

Instructions to hypnotist: A tactile technique, such as holding a stuffed animal, may be appropriate for a 2-year-old. A 4-year-old may respond better to a rag-doll and a 6-year-old to a coin or television technique. Developmentally, a school child (7-11 years of age) may respond best to a favorite place technique and an adolescent to sports imagery. During the pre-hypnotic interview, as much information as possible should be gathered about the child's favorite place. This information will be fed back during the session.

Spoken to subject

Just make yourself nice and comfortable in the chair. Now I would like you to put your hands on your lap and to use your eyes to find a spot on one of your hands on which you would like to focus all of your attention. It might be a wrinkle or a fingernail. Now that you have found that spot - that special spot on which you have chosen to focus all of your attention - let yourself really concentrate on that one spot; let yourself totally concentrate on that spot that was special for you, concentrate on it just as hard as you can. As you do that, you can still be aware of my voice and you can let all of your body become very relaxed and comfortable. Now in a little time - I'm not exactly sure when, but soon - your eyes will become so relaxed and comfortable that they will want to close. You pick the time that feels just right for you. And when that happens, you can feel even more relaxed and comfortable than you are feeling right now. When that happens, when your eyes close, we can talk about some other very pleasant things that are relaxing and comfortable for you. (Reinforce as needed for eye closure) That's it - so comfortable and peaceful from the top of your head all the way down to the bottom of your toes. And when you are feeling so relaxed and comfortable, like you feel right now, you might like to imagine that you are in your favorite place in the whole world. Being there right now. Now, that favorite place might be a place you have really been to before, or a place you have only read about, or a place you have dreamed about. But everything about that favorite place is just the way you want it to be. You might be there by yourself or maybe with some very special friend. Of course, you are doing your favorite activities and everything about the day is just the way you would like it to be. I am not sure where your favorite place is - I imagine it might be (Information obtained from child in interview) I know that you know where your favorite place is and that you are enjoying it right now. You can continue to enjoy your favorite place and all of the things you would like to do while we talk about special things you can do when you are relaxed and in your favorite place - things that can help you. (continued on page 3)

- *Maggie Damon*
- *Favorite Place*
- *Hypnobirthing Article*
- *Written by Mather Theresa*
- *Upcoming Workshops*
- *Topic*
- *Presenter*

MAGGIE DAMON PASSES ON

We are sad to announce the passing of Maggie Damon, wife of Dr. Dwight Damon, President of the National Guild of Hypnotists on April 22nd, 2006. . She was ill for approx 6 months following surgery. Tony and Joan De Marco attended the wake in New Hampshire which was well attended by family and friends, including many hypnotists, from all parts of the USA who came to pay their respects. Reverend Scot Giles of the NGH gave a moving eulogy at the Catholic Funeral Mass, and also read a poem that Maggie had selected at an undisclosed time. A repast for approx 100 people was held at the Sheraton Tara in Nashua, NH. Our heartfelt condolences go out to Dr. Damon and families. Maggie was truly loved and shall be deeply missed.

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.

HYPNOBIRTHING ARTICLE NY TIMES, APRIL 27, 2006

You're in Labor, and Getting Sleeeeeepy

My parents definitely thought I was a bit crazy when I mentioned a hypnobirth," Adrienne Pratt said. Ms. Pratt, eight months pregnant, and her husband, Armando Guato, gathered with two other expectant couples on Easter Sunday afternoon to learn a newly popular technique for helping women remain serene during childbirth. For many, the word "hypnosis" conjures up an image of a swinging pendant lulling a hapless woman into a trance. But hypnobirth is not about inducing a trance; it is a combination of relaxation, breathing and visualization techniques to control labor and birthing pain, said Linette Landa, the hypnobirth teacher. Slow, smooth breathing counteracts what Ms. Landa called "the fear-tension-pain syndrome," the notion that women fear birth, so their muscles tense up, resulting in pain. "We're all about the subconscious mind," said Ms. Landa, a tall, tranquil woman who teaches yoga. "The conscious mind is out of the picture."

Move over, Lamaze. Today, many women are reaching out to a variety of other drug-free childbirth alternatives, including aromatherapy and birthing pools, according to experts on gynecology and obstetrics. They are inspired by Web sites like Urban-baby.com, reality birth television shows like "House of Babies" on the Discovery Health Channel and celebrities like Angelina Jolie, whose sojourn with Brad Pitt in Namibia spurred speculation that they would have their baby using water birthing. Tom Cruise caused a stir when he said Katie Holmes would give birth in silence. (He later explained that she could make noise, but that others had to be quiet for a calm delivery of their baby, a girl, born on April 18.)

While "silent birth" raised eyebrows, even the more widely practiced hypnobirth, with more than 2,000 instructors nationwide, still draws its share of skepticism. "When you hear 'hypno,' you think weird, hippy, earthy type stuff," said Kelly Yeiser, 31, of Asheville, N.C., who had her first baby last August using the technique. "But it's really more about meditation and getting yourself into a calm, relaxed state." Byron Bailey, a government worker in Washington who attended the hypnobirth class with his wife, Jaylin, said, "The idea of someone swinging a pendant — that's the sideshow aspect." The couple are expecting their first child in May. The women attending the class said a big appeal of hypnobirth is that it builds confidence. Mothers-to-be complain that people are quick to share their worst childbirth stories, in excruciating detail, at the first sight of someone else's [pregnancy](#), feeding worries about labor and delivery.

Ms. Pratt, 36, a project specialist with the Inter-American Development Bank, in Washington, said hypnobirth helps banish such fears because it focuses on the positive. She was practicing its deep, distinctive breathing — no Lamaze-style panting. The mother "breathes the baby down" and out instead of pushing, according to the tenets of HypnoBirthing. (The name was trademarked in 2000.) During sessions over several weeks, and daily home exercises, the mother also practices visualizing the baby easily descending and leaving her body so often that the image becomes imprinted in her mind; a CD is available for practice and for last-minute guidance. A birthing companion — husband or midwife — tries to keep the mother in a positive, totally relaxed state of mind.

HypnoBirthing mothers even use a different vocabulary. For example, a contraction is a uterine surge or wave, pushing is birth breathing, and false labor is practice labor. Getting used to all this takes practice, admitted Jennifer Stanton-Brand, 38, who was attending the class with her husband, Stephan, a sales manager in Baltimore. They are expecting their first child next month. Ms. Stanton-Brand has not yet developed a routine that is second nature, as the method recommends, but said the exercises "have helped me become more inward." "When something gets tense, I breathe and go inward to a place I can control," she said. Obstetricians interviewed said that expectant mothers are more focused on finding new ways to reduce, or even eliminate, labor and birth pain.

At one end of the spectrum, women are opting for Caesareans in record numbers. According to the National Center for Health Statistics, the combined percentage of women who had C-sections or used drugs to induce labor was about half of the 4.1 million childbirths in 2004. Of the remaining women, many fear that drugs will hurt their newborns and want a way to avoid them as well as to control the pain. Some of the alternatives they are selecting include water birthing, in which the woman immerses herself in a tub or pool to reduce labor discomfort, and sometimes for the birth. Another technique is for the woman to change positions so she is not always lying down, but is sitting on a giant ball, for example. Some women have acupuncture, and others use aromatherapy to create a soothing environment. The trend is toward nonmedical methods, said Dr. William Camann, associate professor at Brigham and Women's Hospital in Boston and co-author of the recently released "Easy Labor, Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth" (Random House). Once, he said, "there was no overlap, and there tended to be animosity and distrust" between those who espoused natural childbirth and advocates of medical procedures. But that has changed, he added, because women are researching alternatives and finding them on the Internet.

Hospitals today are also more accepting of a woman's desire to be in control during labor and delivery, Dr. Camann said. "There's been a gradual trend toward acceptance of alternative methods, even though five years ago, asking for a hypnobirth was almost unheard of. Now it's much more common."

SO, does it work? In 2004, The British Journal of [Anesthesia](#) said studies involving 8,000 women found that those who used hypnosis techniques during childbirth rated their pain as less severe than those who did not.

Jennifer Macris, 38, of Annapolis, Md., said that during the three-hour labor for her baby, born on March 26, she listened to a HypnoBirthing CD through headphones. She was so calm that nurses asked her husband, Jeff, if she was sleeping. (continued on page 3)



N.A.C.H.

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HypnoLink 2006 Newsletter

TO:

FIRST CLASS

• *Maggie Damon / Favorite Place / Hypno-birthing Article / Spinning Hands / Upcoming Workshops / Topic / Presenter*

**NEXT
MEETING**

Wednesday:	MAY 17th, 2005
Networking:	7:00 PM
Dinner:	7:30 PM
Meeting Place:	Galloping Hill Inn Union, NJ

TOPIC

**Emotions Change Physiology:
*How a Change of Heart Will Enhance Your Practice***

According to the American Institute of Stress, up to 90% of all health problems are related to stress. Additionally, a large body of research confirms that our thoughts and emotions have a dynamic effect on our health and vitality.

Stress is the body and mind's response to any pressure that disrupts its normal balance. It occurs when our perception of events doesn't meet our expectations and we are unable to manage our reaction. Change, illness, injury or career and lifestyle changes, are common causes of stress, however, it's the pressure and tension we feel in response to the little everyday hassles -- like rush hour traffic, waiting in line, and too many e-mails -- that do the damage. We look at outside events as the source of stress, but in fact stress is really caused by our emotional reactions to events.

The fact is you can't eliminate stress from your life, but you can learn how to manage it and reverse the damage it can cause. Brad Hubbell will introduce you to tools that will bring you into a state of coherence and balance, boosting your listening and relational skills. When taught to clients, these same skills provide an avenue to health and easier behavioral changes. In this class, you will:

- Chart an emotional landscape to aid in identifying when you are feeling stress
- Learn simple, effective techniques to diminish your response to stress immediately
- Experience the FreezeFramer Interactive Learning System
- Discuss how incorporating the HeartMath® tools into your practice will enhance your client relationships

Brad Hubbell is a certified Hypnotherapist and licensed one-to-one provider for the HeartMath® Company. He has a clinical practice within the collaborative holistic healthcare facility, Medicine in Balance, LLC in Langhorne, PA. In this capacity, he provides support for the patients of Wendy Warner, MD, board certified holistic physician and president elect of the American Board of Holistic Medicine. He is also Reiki trained and has a background working with emotionally disturbed children.