

NACH and the Greater NGH Chapter

National Association of Certified HypnoCounselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

One Week Earlier

NEXT MEETING

Wednesday

April 13, 2011

Presentation for the April 13 Meeting:

Getting Your Self Out There----Tips for The Confident Hypnotist"

Presented by Jim Malone, Ph.D

In order to be a successful hypnotist you need to continually attract new clients to your office. Powerful low and no-cost ideas will be shared this evening on how to build your following. Included will be material Jim has never shared before on how to use waking hypnosis in order to interest people in your services. In addition, he will be sharing some other ideas to enhance your practice. A practicing consulting hypnotist since 1995, Jim also publishes the online Creative Calm Newsletter and has authored several popular e-books on self-improvement topics. James Malone has been Certified Hypnotist through the National Guild of Hypnotists since 1995. He also earned alternative doctoral degree in Clinical Hypnotherapy from American Pacific University. At his practice in Point Pleasant Beach, NJ, he works with clients of all ages for a wide variety of self-improvement issues and concerns. Jim also teaches marketing at our Academy

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UPCOMING 2011 MEETING DATES

April 13, 2011 May 18, 2011 June 15, 2011

No sessions December & January and July & August

Use this as a positive reminder of our upcoming meeting dates!

HEALING ENERGY CIRCLE

Patty Pedersen has conducted Healing Energy Circles so that persons that need healing may receive it from a group concentrating on sending this energy through the universe. Thought and prayer is extremely powerful and we are beginning to realize that Distant Healing is real and rewarding. Any member may email the name of a person or persons to us, or give the name on the night of the meeting, and Patty shall read all of the names so gathered and then lead the group in sending energy to those in need. This is a chance to expand your horizons and help others. We all benefit from the power of prayer and energy, and in a group the power multiplies rather than adds. You will be surprised to feel the energy yourself and to begin your own healing. You owe your participation to yourselves!

STARGAZINE April, 2011 Horoscope with Judy Lewis

Aries ^- A preponderance of astral activity in the 10th house of your solar chart indicates an entering into a phase of productivity and strength. That's just the way the Ram likes his/her life to be, thank you! The areas influenced are those governing status and career. Finally the good times are back and you are ready to take a seat in the game of life. Go forward with confidence.

Taurus ♉- The Spring has brought with it a new focus on your goals and dedication to your progression. Activity to the 11th house of your hopes and wishes will aid you in achieving those desires that you were unable to bring to fruition in the past. A new peace of mind will overcome you and the stars will push you to heights in career and love. Know that you're a winner and all will be well.

Gemini ♊- The Dragon's head is positioned on the cusp of the 12th house. This indicates a time to review the past and delve deep into your subconscious to find solutions to what ails your soul. The retrograde Mercury until the 23rd will aid you in your search. This is a time to purge unwanted habits and people. It's all about positive energy and a new improved Gemini persona.

Cancer ♋- The Part of Fortune placed in the 12th house of your solar chart will find you reviewing your life's path somewhat the same way as your Gemini friends but with a slightly different twist. Your journey into re-discovery of self will be easier and not as challenging because in past months the hard work has already been accomplished. You have paid your karma and soon will reap rewards.

Leo ♌- The Leo native can absorb some good energy from the transiting Jupiter in Aries. It is a great time to conduct a body modification as the 1st house of your solar chart is highlighted. Balancing your diet and strengthening your body will increase your happiness quotient and allow you to really get into your Leo. Positive transformation.

Virgo ♍- The Spring will usher in a new phase of financial security. You have sur-

vived the drama and discord of Saturn in your sign and now you are mending and returning to the track of progress that you so desire. Step by step you reach your goals. Go forth with confidence.

Libra ♎- Saturn in the 3rd house cautions you to watch before you speak. Words are powerful and can be misinterpreted and become a source of problems. These energies also can lead to feelings of being held back or unable to grow as the 3rd house governs neighborhood issues and siblings and Saturn restricts. You will be fine if you remember the old adage, "Silence is golden and speech is silver"

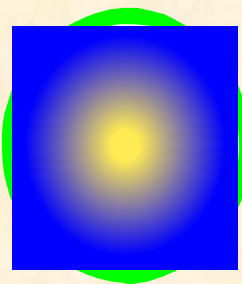
Scorpio ♏- If you have been waiting for your luck to change be patient a little longer as astral help is on the way. This month may indicate a new beginning but the real positive changes come later in the year. Take all offers seriously as better days are soon to arrive.

Sagittarius ♐ - Some little annoyances with children are expected but unless you have young children or work around them you won't even notice. The energy you may want to be cautious of is gambling as aspects to the 5th house indicate. This month there will be a tendency to go overboard so.... Bet with your head not over it!!

Capricorn ♑- Pluto may have lost its designation as a planet but still can transform your life in a most powerful way. It's in the 6th house governing the service that you do. Things on the work front can be in flux and make you somewhat nervous. If you are true to your work ethic the changes brought will be positive and secure a promotion or pay increase shortly. Go for the gold!

Aquarius ♒ - Focus on the positive in April as Neptunian energy may find you somewhat worried about life. Remember that worry is putting energy into something without seeking a solution. So look for the answers to your anxiety and most of all keep busy. This is not a time for the Aquarian to ponder the Universe. It is the time to get up and go. Move forward.

Astrology is a long-established method of exploring ourselves, our relationships and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time – as expressed through the horoscope in the symbolic relationships of the heavenly bodies. Astrology, the science of the stars, can give us insight into all manner of situations, from the personal to the political and from the most intimate to the most mundane.



Stargazine 2011

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Brain Imaging Studies Investigate Pain & 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 (fMRI) 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 fMRI 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 fMRI machine and their brain activity scanned while the painful thermal stimuli was applied. Then the hypnotic state was broken and a second fMRI scan was performed without hypnosis while the same painful heat was again applied to the volunteer's skin. The second group underwent their first fMRI 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, fMRI 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 fMRI images are needed to definitively identify the exact areas involved in hypnosis-induced pain reduction, and he hoped that the newer generation of fMRI 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.

In addition to Schulz-Stubner, the research team included Timo Krings, M.D., Ingo Meister, M.D., Stefan Rex, M.D., Armin Thron, M.D., Ph.D. and Rolf Rossaint, M.D., Ph.D., from the Technical University of Aachen, Germany. University of Iowa Health Care describes the partnership between the UI Roy J. and Lucille A. Carver College of Medicine and UI Hospitals and Clinics and the patient care, medical education and research programs and services they provide. **University of Iowa News Release**

MIGRAINE: In a study conducted by Anderson (1975), migraine patients treated with hypnosis had a significant reduction in the number of attacks and in their severity compared to a control group who were treated with traditional medications. The difference did not become statistically significant until the second six-month follow-up period. In addition, at the end of one year, the number of patients in the hypnosis group who had experienced no headaches for over three months was significantly higher. In a controlled trial conducted by Olness (1987), self-hypnosis was shown to be significantly more effective than either propranolol or placebo in reducing the frequency of migraine headaches in children between the ages of six and twelve years of age. In a research conducted by Schlutter (1980), hypnosis was also found to be effective in dealing with the relief of tension headache. Alladin (1988) reviewed the literature on hypnosis, identifying fully a dozen different hypnotic techniques that have been used in the treatment of chronic migraine headaches. Of these, hypnotic training emphasizing relaxation, hand warming seems the simplest method of establishing increased voluntary control of the sensitive vasomotor system.

TALKING TO THE AMYGDALA DOCTOR'S CORNER with Pat Conte, M.D.

By: Muriel Price Warren

Recent brain research indicates that it is possible to talk to the amygdala, a key part of the brain that deals with certain emotions. The inner mind is concerned with emotion, imagination and memory as well as the autonomic nervous system which automatically controls our internal organs. By talking to the amygdala, an experienced hypnotherapist can relax the autonomic nervous system shutting down, or curtailing the trigger that sets off secretion of the adrenal and pituitary glands. This gives the body an opportunity to rebuild its immune system in many chronic illnesses. When a patient is in a hypnotic trance the amygdala automatically shuts down the rapid alert system and turns off the stress hormones epinephrine, corticotropin, and glucocorticoids. I have tried to talk to the amygdala in a number of critical cases including a 22-year-old woman with diabetes and a fear of hypodermic needles, 40-year-old male with osteosarcoma and prostate problems, and a 75 year-old man with kidney failure. In each case, the technique of relaxation through hypnosis has proven a highly effective tool in giving the body a chance to heal itself through its own inherent wisdom system. This is the part of the mind that knows how to make you breathe and send oxygen to your blood cells. David Barlow of the Boston Center for Anxiety and Related Disorders claimed in a Newsweek article (Feb. 24, 2003) that it is actually possible to talk with the amygdala, a key component of the brain that deals with emotions like fear. Since this idea was consistent with the basic tenets of hypnosis,

it intrigued me. "Hypnosis is a way to access the untapped power of the mind and alter brain functions. In this state of intense relaxation and concentration, the mind is able to focus on positive suggestions which can be carried out at a future time. These subliminal messages are surprisingly powerful.

"The mind is like an onion. The outer layer, or conscious mind, deals with intelligence, reality, and logic. The inner mind is concerned with emotion, imagination, and memory, as well as the autonomic nervous system which automatically controls our internal organs (i.e., how we breathe, send oxygen to our blood cells, or walk without using the conscious mind.) The internal mind is on autopilot, reacting to the dictates of the pleasure principle. It seeks pleasure and avoids pain" (Warren, 2003, pp. 175-6). It is these characteristics that make hypnosis a highly effective therapeutic tool in dealing with a wide spectrum of mental and physical disorders. When a therapist is doing hypnosis, the amygdala is turned down. Therefore, I call this "talking to the amygdala." The hypnotist can actually relax the autonomic nervous system, shutting down the usual "fight, flight, or freeze" response and curtailing the trigger that sets off secretion of the pituitary and adrenal glands. This gives the body a chance to build up its immune system and reduce trauma (Frank and Mooney, 2002) in many chronic illnesses (i.e., irritable syndrome, bulimia, cancer, high blood pressure, and Parkinson's disease.) Even the Wall Street Journal (Friedman, 2003) has documented how hypnosis has entered the mainstream and is using trance

states for fractures, cancer, and burns and speeding recovery time.

Dr. David Spiegel, Stanford University researcher, speaking at the 54th Annual Conference of the Society for Clinical and Experimental Hypnosis, November, 2003, in Chicago reminded us that although we don't fully understand how it works, there is significant evidence that hypnosis can be effective in helping people reach into their own unconscious resources to solve problems normally beyond their ability. Not only does it work, but it often succeeds where modern medicine has failed. That evidence continues to pile up. Hypnosis is now being used in dentistry, fertility, childbirth, allergies, eating disorders, headaches and improved academic and sports performance. Eleanor Laser, PhD. assists physicians like Elvira Lang, MD by performing hypnosis and analgesia during operations at the Harvard and Iowa University Medical Schools. Hypnosis is not sleep, but an altered state of consciousness in which a person accesses that part of his or her mind that is capable of adjusting the problem without the conscious, thinking mind directing it. In addition to being a psychotherapist, author, researcher, and educator in private practice in Rockland County, New York, I am also an experienced hypnotherapist. So I decided to put David Barlow's statement to the test. Patients don't have to know where the amygdala is located and what it does. The unconscious mind knows. The unconscious mind knows how to work without the conscious mind directing it. That's one thing I have learned from years of conducting hypnotherapy. You can rely on

the patient's unconscious mind to come up with the answers, while the therapist contributes positive suggestions. First, I did a little research on the amygdala and was surprised to find that tremendous progress has been made in just the past few years in our understanding of the brain and how it works. I was also amazed that no one has put it all together in one place. So I thought I would conduct my own experiment.

The Amygdala:

The amygdala is located on either side of the middle of the brain known as the Limbic System. There are two of them, each 1.5 centimeters – the size of a walnut. The amygdala is critical for certain kinds of negative emotions, particularly fear, but it can also provide an important link to creativity and increased intelligence. Richard J. Davidson, Director of the Laboratory for Affective Neuroscience and the W. M. Keck Laboratory for Functional Brain Imaging and Behavior at the University of Wisconsin in Madison has studied this area of the brain and mind-body interaction since 1999. He explains that many parts of the brain work together to produce complex behavior such as emotions (Gyatso, T. and Goleman, D. 2003). It was found that the amygdala plays a key role in the circuitry that activates emotion, while the prefrontal cortex does much of the regulation. Evidence suggests that regions of the left frontal cortex play an important role in positive emotions while the right frontal lobe plays that role in certain negative emotions.

Can Hypnosis Improve the Quality of Life for Individuals with Chronic Illnesses? Hypnosis has been used as a psychological treatment for a variety of illnesses with apparent success. While it is unlikely that hypnotic suggestions are capable of curing physical disease, they can be used to enhance relaxation and alleviate pain and other physical discomforts, and therefore they may make a positive contribution to the overall quality of care and of life. For example, several controlled studies have shown that hypnotic suggestions administered to patients who suffer from asthma can reduce both bronchodilator use and attacks of "wheezing", as well as increase peak expiratory flow rates. Hypnosis has also been used effectively in the treatment of irritable bowel syndrome, hyperemesis gravidarum (persistent nausea and vomiting) in pregnant women, and anticipatory nausea experienced by cancer patients who receive chemotherapy. Hypnotic suggestions have been observed to stimulate and inhibit allergic responses, and may also speed the healing of burns and wounds, but these issues require further carefully controlled study. Even though the use of hypnosis may be associated with positive therapeutic outcomes, it is not clear that hypnosis itself is responsible for the effects observed. The active ingredient in some treatments labeled "hypnosis" might be mere relaxation, or a kind of placebo effect attributable to the use of a hypnotic ritual. It is well known, for example, that the "relaxation response" meditation technique introduced by Benson can alter blood pressure, heart rate, oxygen consumption, and the levels of certain neurotransmitters. The relaxation response is not the same as hypnosis, but hypnotic techniques may achieve some of their effects by virtue of the high levels of relaxation commonly associated with them. In the case of asthma, however, hypnosis seems to have a specific effect over and above relaxation. The professional and popular literature contains occasional reports of clinical improvements and even cures of cancer in patients who have been treated with hypnosis or related techniques, such as relaxation and imagery. However, these apparent successes are typically poorly documented, and in the final analysis it is difficult to distinguish such "miracle cures" from spontaneous remissions which sometimes occur in these conditions. The most appropriate use of hypnosis in cancer treatment is as a complement to traditional medical treatments, such as chemotherapy, with the goal of enhancing the patient's quality of life while treatment is in progress.

Can Hypnosis be used in Pain Reduction? Hypnosis has been employed in the clinic for both medical and psychotherapeutic purposes. By far the most successful and best documented of these has been hypnotic analgesia for the relief of pain. Clinical studies indicate that hypnosis can effectively relieve pain in patients suffering pain from burns, cancer and leukemia (e.g., bone marrow aspirations), childbirth, and dental procedures. In such circumstances, as many as half of an unselected patient population can obtain significant, if not total, pain relief from hypnosis. Hypnosis may be especially useful in cases of chronic pain, where chemical analgesics such as morphine pose risks of tolerance and addiction. Hypnosis has also been used, somewhat heroically perhaps, as the sole analgesic agent in abdominal, breast, cardiac, and genitourinary surgery, and in orthopedic situations, although it seems unlikely that more than about 10% of patients can tolerate major medical procedures with hypnosis alone. A comparative study of experimental pain found that, among hypnotizable people, hypnotic analgesia was superior to morphine, diazepam, aspirin, acupuncture, and biofeedback (Hypnotic analgesia relieves both sensory pain and suffering. It is not a matter of simple relaxation or self-distraction. It does not appear to be mediated by endorphins or other endogenous opiates. There is a placebo component to all active analgesic agents, and hypnosis is no exception; however, hypnotizable people receive benefits from hypnotic suggestion that outweigh those of plausible placebos.

Does Hypnosis Increase Physical Performance? From the beginning of the modern era, a great deal of research effort has been devoted to claims that hypnotic suggestions enable individuals to transcend their normal voluntary capacities -- to be stronger, see better, learn faster, and remember more. However, research has largely failed to find evidence that hypnosis can enhance human performance. Many early studies, which seemed to yield positive results for hypnosis, possessed serious methodological flaws such as the failure to collect adequate baseline information. In general, it appears that hypnotic suggestions for increased muscular strength, endurance, sensory acuity, or learning do not exceed what can be accomplished by motivated individuals outside hypnosis.

Can Hypnosis Improve Recall? A special case of performance enhancement has to do with hypnotic suggestions for improvements in memory -- what is known as hypnotic hypermnesia. Hypermnesia suggestions are sometimes employed in forensic situations, with forgetful witnesses and victims, or in therapeutic situations, to help patients remember traumatic personal experiences or the events of early childhood. While field studies have sometimes claimed that hypnosis can powerfully enhance memory, these anecdotal reports have not been duplicated under laboratory conditions. A 1994 report by the Committee on Techniques for the Enhancement of Human Performance, a unit of the U.S. National Research Council, concluded that gains in recall produced by hypnotic suggestion were rarely dramatic, and were matched by gains observed even when individuals are not hypnotized. In fact, there is some evidence that hypnotic suggestion can interfere with normal hypermnesic processes. To make things worse, any increases obtained in valid recollection are met or exceeded by increases in false recollections. Hypnotized individuals (especially those who are highly hypnotizable) may be especially vulnerable to distortions in memory produced by leading questions and other subtle, suggestive influences. Hypnosis is sometimes used therapeutically to recover forgotten incidents, as for example in cases of child sexual abuse. Although the literature contains a number of dramatic reports of the successful use of this technique, most of these reports are anecdotal in nature and fail to obtain independent corroboration of the memories that emerge. Given what we know about the unreliability of hypnotic hypermnesia, and the risk of increased responsiveness to leading questions and other sources of bias and distortion, such clinical practices are not recommended. Similar considerations obtain in forensic situations. In fact, many legal jurisdictions severely limit the introduction of memories recovered through hypnosis, out of a concern that such evidence might be tainted. The Federal Bureau of Investigation has published a set of guidelines for those who wish to use hypnosis forensically, and similar precautions should be employed in the clinic. Similar conclusions apply to hypnotic age regression, in which individuals receive suggestions that they are returning to a previous period in their lives.

Does Hypnosis have an Effect on Psychosomatic Disorders? Hypnotic suggestion can have psychosomatic effects, a matter that should be of some interest to psychophysicologists and psychoneuroimmunologists. A famous case study convincingly documented the positive effects of hypnotic suggestion on an intractable case of congenital ichthyosiform erythroderma, a particularly aggressive skin disorder. Carefully controlled studies have shown that hypnotic suggestions can have a specific effect on the remission of warts. However, the same effects can be achieved by suggestions administered nonhypnotically. The mechanisms by which these "psychosomatic" effects are produced are theoretically interesting, and possibly clinically significant, but it is not yet clear that they have anything to do with hypnosis.

Can Hypnosis be used in Psychotherapy? Hypnosis has been used in psychotherapy—both in psychodynamic or cognitive-behavioral oriented therapy. In the former case, hypnosis is used to promote relaxation, enhance imagery, and generally loosen the flow of free associations (some psychodynamic theorists consider hypnosis to be a form of adaptive regression or regression in the service of the ego). However, there is little evidence from controlled outcome studies that hypnoanalysis or hypnotherapy are more effective than nonhypnotic forms of the same treatment. By contrast, a 1995 meta-analysis by Kirsch and colleagues showed a significant advantage when hypnosis is used to complement cognitive-behavioral therapy for a number of problems, including anxiety and hypertension. In an era of evidence-based mental health care, it will be increasingly important for practitioners who use hypnosis to document, quantitatively, the clinical benefits of doing so.

Can Hypnosis help with Weight Control? In the Kirsch study (mentioned above in the Psychotherapy section), the prospects for hypnosis appeared to be especially favorable in the treatment of obesity, where individuals in the hypnosis group continued to lose weight even after formal treatment had ended. In one study, for example, women who received personally tailored hypnotic suggestions for specific food aversions, in the context of a traditional self-monitoring and goal-setting treatment, lost approximately twice as much weight as a comparison group. This comparison group received the behavioral treatment alone (no hypnotic suggestion). However, the actual weight lost by the hypnosis group was only about 14 lb. on average. Given that the patients were approximately 50% overweight at the outset, it is not clear that the treatment actually improved their clinical status. Studies that document the clinical efficacy of hypnosis should pay careful attention to the terms in which outcome is assessed. While hypnosis may seem to offer an advantage over some other treatments, it is not clear that the statistical significance or experimental results translates into meaningful clinical significance or real results for individuals.

Can Hypnosis Help People Stop Smoking? There have been many attempts to use hypnosis for habit control, however, hypnosis has no coercive power. That is, one cannot be hypnotized against his or her will, and even deeply hypnotized individuals cannot be made, by virtue of hypnotic suggestions, to do things that run against their own or others' interests. You cannot cajole a smoker to the local hypnotist and expect him or her to stop smoking. However, where the patient is appropriately motivated, as in the obesity study described earlier, hypnosis may offer a boost to treatment. One popular hypnotic treatment for smoking involves a single session in which patients are taught to repeat a simple persuasive message during self-hypnosis. In one large-scale study of this technique, about 50% of patients stopped smoking immediately after treatment; at follow-up one and two years later, however, this figure had dropped to about 25%. Although this study did not include a nonhypnotic control group, this is about the same success rate as achieved with other cognitive-behavioral interventions. However, these other treatments are typically more intensive, so that the single-session hypnotic treatment may have some advantage in terms of efficiency. Interestingly, long-term abstinence was not related to traditional measures of hypnotizability, suggesting that the success of the treatment may have had more to do with the persuasive message than with hypnosis per se.

ACADEMY OF PROFESSIONAL HYPNOSIS

SPRING CERTIFICATION CLASSES BEGIN ON MARCH 5TH

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TO: All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at..... (908) 964-4467.

Or Email Dr. Gatto at: info@hypnoacademy.com Or go to www.hypnoacademy.com

to print your registration form.

The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991) Ask us for a copy of our New Jersey State License

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the SPRING session where excitement awaits you.

SPRING SCHEDULE

Basic Hypnosis..... March 5/6 & 12/19

Advanced Hypnosis..... March 19/20 & 26/27

Advanced Clinical Hypnosis Certification..... April 2/3 & 9/10

EACH COURSE IS2 WEEK-ENDS SATURDAY & SUNDAY 100 hours of in class study

NEW INCOME

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR

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Feel free to copy this schedule of classes and send it to your local newspaper under "around town" to help us spread the word.

CEU Credit Hours

2011 MEETING DATE

Wednesday: April 13, 2011

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

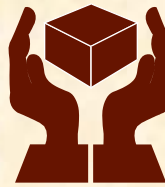
Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683

happening each year. The days turn



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month. (Except this April, 2011....it's on April 13th

Members receive CEU credits for attending meetings.

DIRECTIONS: To 325 Chestnut Street, Union, NJ 07083

PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road toward Union. Restaurant is at the far left corner of the intersection.

ROUTE 22: Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn right on Salem Road and go to the end.

STATEN ISLAND OR LONG ISLAND: Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, turn left on Salem Road and go to the end.

WWW.THINNERBANDHYPNOSIS.COM

The Imaginary Gastric Band Weight Loss Program

PLEASE SUBMIT ANY INTERESTING ARTICLES THAT YOU MAY READ

It is quite time consuming to search for articles, however so many of you use the internet and run across hypnosis articles that may be of interest to your colleagues. Take some time to help out with the Newsletter.

GREAT MEETING....GREAT BUFFET

We had a great buffet in March thanks to the dedication of our NACH meeting coordinator, Joyce Rudinski. Thanks Joyce for the time that you put in to make sure that the menu is right for us, and also for the time that you put in at the table helping Dr. Gatto greet the guests of the evening

The presentation of Patty Pedersen was well received as you could tell by the attentiveness of the audience and the stillness of the room. The Healing Circle was appreciated and this prompted Patty to do it again this upcoming meeting

Board Members

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Reservations

Members.....\$22.00

Non-Members.....\$25.00

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Please send your check in on time. Arriving unannounced may cause a problem with seating. Thank You!