



# NACH and The Greater NJ NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1 Union, NJ 07080



## NEWSLETTER

### GUILT RELEASE SCRIPT

This should be used only when there is a genuine cause for the guilty feelings. It should not be used when there is a misinterpretation of events, i.e. when it is obvious that no guilty feelings are deserved or when the guilt is otherwise unwarranted (rape, abuse, finding a new partner after the death of a spouse, etc.). Under those circumstances, it could have an adverse effect. Use as part of an ego/confidence reinforcement session.

And you're going to find yourself easily able to forgive yourself for things you feel you may have done wrong in the past...whether those wrongs are real or imaginary... and whether they are in your conscious mind or buried within the subconscious...you're going to find yourself easily able to let go of any guilt feelings associated with these things... because you are a normal human being with normal emotions and normal drives, you're sometimes prone to make normal human errors, as we all do...but those errors, those human mistakes, are in the past now... and we cannot and should not attempt to rewrite history...because everything that happens to us is part of what makes us human... and the very fact that we are able to feel guilt tells us that we are human... tells us that that we are a caring person... because if we felt no guilt, then that would mean that we did not

care... and it is only the person who does not care that should feel guilt... and yet it is only the person who cares. Who genuinely cares, that does feel guilt... so now it's time for you to be just a little kinder to yourself... to accept that the guilt you have been feeling is the subconscious mind's way of letting you punish yourself for things you feel you may have done wrong... but there is always a limit to the amount of punishment that is needed for any wrong doing... every caring person knows that ...and when that limit has been reached, there is no just need or cause for that punishment to continue... and a caring person finds it easy to forgive people their mistakes... so you can now forgive yourself... just as you would forgive others for their errors, their mistakes... because those things you feel you may have done wrong

were errors... just mistakes... so there is no need now for your further punishment... most of the time, nearly all of the time, you don't make these errors... nearly all the time, you do the right thing... and you have always tried to do what you believed was the right thing to do... and because of this, you're going to find it easy to forgive yourself, right now, right this minute... you're going to find yourself easily able to let go of any guilt feelings associated with these things that you feel you may have done wrong... whether those feelings are in the conscious mind or buried within the depths of the subconscious... it's all right to let go of those feelings of guilt... and to accept that you are a whole, complete, and worthwhile person...

From:

Divinity Publishing

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### DAILY AFFIRMATIONS

**I have unlimited resources of abundance, love and knowledge.  
I am a wealthy on all levels, physical, mental, emotional, and spiritual.**

**I embrace the ordinariness of life, and make it a special experience in itself, without needing to change anything.**

**I surrender to whatever the powers-that-be (whether it is God, the universe, my higher self, my deeper self) decide to do with me.**

## Study Reveals Brain's Functional Amnesia with Hypnosis

by Cathleen Genova .....Public release date 9-Jan, 2008

Brain scans of hypnotized people that are taken as they forget and are triggered to remember have revealed neural circuitry that is key to the memory suppression and recall process. The researchers who conducted the study said their insights into the memory suppression and recall process may yield insight into the mechanisms underlying amnesia.

Yadin Dudai and colleagues published their findings in the January 10, 2008, issue of the journal *Neuron*, published by Cell Press.

In their experiments, the researchers identified two groups of volunteers—those who were susceptible to hypnotic suggestions and those who were not. They showed both groups a documentary depicting a day in the life of a young woman. A week later, they placed them in a

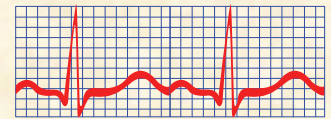
magnetic resonance imaging scanner and induced them into a hypnotic state. In this state, the scientists gave the subjects a posthypnotic suggestion to forget the movie, also giving them a reversibility cue that would restore the memory.

Once the subjects had been brought out of the hypnotic state, the researchers tested their recall of the movie, then gave them the reversibility cue and tested their recall again. As expected, the hypnosis-susceptible group showed reduced recall of the movie, compared with the hypnosis-non-susceptible group.

Analysis of the brain scans taken during posthypnotic amnesia and memory recovery revealed distinctive activity differences between the hypnosis-susceptible group and

non-susceptible group in specific occipital, temporal, and prefrontal areas of the brain. The researchers also detected telltale brain activity changes in the hypnosis-susceptible group as they forgot and recalled memory of the movie. In that group, activity in some brain regions was suppressed during memory suppression, while activity in other regions increased. And during reversal of the posthypnotic suggestion, the susceptible group showed recovery of activity in suppressed regions. "The paralleled recovery of brain activity and memory performance strongly suggests that suppression was exerted at early stages of the retrieval process, thus preventing the activation of regions that are crucial for productive retrieval," wrote the researchers.

The researchers include Avi Mendelsohn, Department of Neurobiology, The Weizmann Institute of Science, Rehovot, Israel; Yossi Chalamish, Department of Neurobiology, The Weizmann Institute of Science, Rehovot, Israel; Alexander Solomonovich, Hypnosis Unit, Wolfson Medical Center, Holon, Israel; and Yadin Dudai, Department of Neurobiology, The Weizmann Institute of Science, Rehovot, Israel.



### CONTINUED

They wrote that their findings suggest that the amnesia induced by the posthypnotic suggestion "affects an executive pre-retrieval monitoring process, which produces an early decision on whether to proceed or not on retrieval, and in case of a [question about the movie], aborts the process."

The researchers said that further studies will be needed to determine whether their findings apply to cases of functional amnesia seen in the clinic. However, they said that some forms of amnesia may be a consequence of the "pre-retrieval memory abort" mechanism their findings revealed. Thus, hypnosis may at least partially model such forms

of amnesia, they said. "All in all, our data identify brain circuits that sub-serve suppression of retrieval of long-term memory of a real-life-like extended episode in the course of posthypnotic FORGET suggestion," they concluded. "Some of these regions are likely to play a role in normal retrieval. Others are likely to be engaged in dysfunctions that involve an executive decision to abort subsequent retrieval."



### POSITIVE THOUGHTS TO LIVE BY

Many times we spend hours and hours dwelling and ruminating on the negative and fearful things in our lives. Instead, our focus and attention needs to be on the positive, the good, and on thoughts that will move us in the right direction. Read one of these statements to yourself every day -- and dwell on it. If you pay attention to the darkness, you'll never find the light. If you study and relive your past experiences, analyzing them, and "getting in touch with your feelings" you will only reinforce those feelings. If you want to get away from a problem, you should not focus on it. Focus on the good, the positive, the beautiful, the nice. A happy person is *fully caught up in the moment* -- and is not thinking about the past

or the future. Too much thinking and analyzing just makes any problem worse. Today is a wonderful day - live it in the present. If your *thoughts* begin to change, you will feel better. If you act despite your feelings, your beliefs and emotions will follow behind. Happiness is a result of a decision to be happy. Your emotions and feelings are created by your thoughts. Unhappiness cannot exist on its own. It occurs because of thoughts, which can be changed. You are a thought-producing machine. When you realize this, you can begin to slow your thoughts down and allow your anxieties and fears to rest. The only factor making you unhappy is your own thoughts. Relax, release them, let them go.

Fall Academy HypnoCounselor Certification Course Schedule for 2008

PLEASE HAND OUT THE ATTACHED SCHOOL FLYERS TO FRIENDS, CLIENTS, ETC.  
THE WONDROUS BENEFITS OF HYPNOSIS IS FOR THE WORLD TO ENJOY AND THRIVE

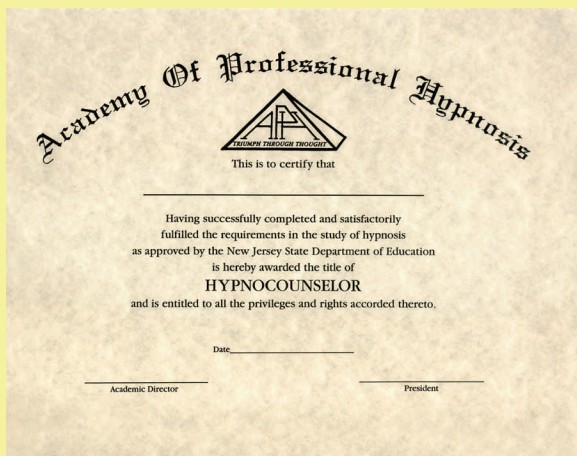
Call Dr. John Gatto at 908 964 4467 or email: info@hypnoacademy.com..... or  
visit [www.hypnoacademy.com](http://www.hypnoacademy.com) to print your registration form.

WE CONSTANTLY ASSIST OUR GRADUATES AND HAVE GRADUATED MORE  
HYPNOTISTS THAN ANY OTHER SCHOOL IN NEW JERSEY IN OUR 18 YEAR HISTORY

BASIC HYPNOSIS COURSE..... SEPTEMBER 13th & 14th. and 20th & 21st

ADVANCED HYPNOSIS COURSE... ..SEPTEMBER 27th & 28th. and OCTOBER, 4th & 5th

ADVANCED CLINICAL.....October 18th & 19th, and 25th & 26th, 2008



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

# CEU Credit Hours

## 2008 MEETING DATES

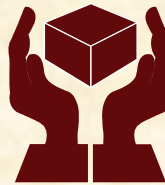
September 17th

October 15th

November 19th

No Meetings In

July and August



NACH and NGH

Working Together

The Appointment Book is the best place to write down the years meeting dates. This is where we set up our days. Please remember that the meetings are always on the 3rd. Wednesday of the month.

You receive CEU credits for attending meetings.

## Board Members

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### Reservations

Members.....\$20.00

Non-Members.....\$25.00

At the Door..... \$2.00 Extra

**CALL: 908-964-4467**

**Please call or send your check in on time. Just showing up causes problems with seating**

## DIRECTIONS:

**PARKWAY:** get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make 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, make a left turn on Salem Road and go to the end.

## QUICK ENERGY SCRIPT

**(Give or do a progressive relaxation induction then proceed as follows)**

Survey your entire body and see if you have an energy leak. Can you see where energy is escaping? (If yes, have them repair the leak. If no, assure the client that this is great.) Visualize a ray of pure compatible energy flowing into your body. This wonderful ray

is completely re-energizing your body and your mind. There is also an outflow of energy. See it. Now that your energy is replenished, there is an easy and equal inflow and outflow of vitalizing energy throughout your body. Feel this energy field around your body getting very strong. You now have energy to spare. You feel refreshed, re-energized yet relaxed. Any situation or person that might

have drained your energy in the past can now longer effect you in any way. Your shield of protection neutralizes all negatively. ( Create your own visual shield of protection and call upon it to shield and protect you.

A great script to copy and bring to the convention where we are so much on the go for hours, and still want the energy at night time.

**Enhance your own and others lives with Hypnosis!**

Become A Certified  
**HYPNOCOUNSELOR**

At

The Academy Of Professional Hypnosis  
1358 Burnet Avenue, Suite #1 Union, NJ 07083  
[www.hypnoacademy.com](http://www.hypnoacademy.com) email [info@hypnoacademy.com](mailto:info@hypnoacademy.com)  
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- ❖ Unique & Popular Client Hypnosis Induction Scripts
- ❖ Strong Student-to-Student Classroom Practice
- ❖ Smoking Cessation & Weight Reduction Seminars
- ❖ Master The Most Effective Hypnosis Techniques
- ❖ Alleviate Real, Personal Issues in Class-and MORE!

*This course is divided into three levels: Basic, Advanced and Advanced Clinical. Each level consists of two weekends totaling 100 hours of classroom training. Licensed by the New Jersey Department of Education since 1991.*

**Registration Form**

**Double Bonus: All graduates will receive a free one year membership in The National Guild of Hypnotists (\$105 value) & in the NACH (\$35 value)**

Yes, register me for the following course(s)

- Basic Hypnosis Course (33 hours) \$595.  
September 13<sup>th</sup> -14<sup>th</sup> & September 20<sup>th</sup> -21<sup>st</sup>, 2008
- Advanced Hypnosis Course (33 hours) \$595.  
September 27<sup>th</sup> -28<sup>th</sup> & October 4<sup>th</sup> – 5<sup>th</sup>, 2008
- Advanced Clinical HypnoCounselor Certification (34 hours) \$595.  
October 18<sup>th</sup> – 19<sup>th</sup> & 25<sup>th</sup> – 26<sup>th</sup>, 2008

**FOR GROUP RATE (3 or more) CALL US**

**Easy payment plan for 100 hour Certification –Free Financing- No Interest**

**Deposit of \$585 plus 6 monthly payments of \$200 = \$1,785**

**(Financial Arrangements required no later than 3 weeks prior to first session)**

**Place:** Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080 Tel: (908) 753-5500

**Time:** Saturday First Day 8:30 am – 6:00 pm, Sunday Second Day 9:00 am – 6:00 pm

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE\_(\_\_\_\_\_) \_\_\_\_\_ EMAIL \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_

Visa / MasterCard # \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_

Class Sizes Are Limited, Please Call Today To Reserve Your Seat.  
1-800-240-HYPNO (4976) or (908) 964-4467

## **HYPNOSIS HEALS FALL Session, 2008 (Classes begin on September 13th , 2008)**

**To: All Persons Interested in Hypnosis Certification**

**From: The Academy of Professional Hypnosis (908) 964-4467 [www.hypnoacademy.com](http://www.hypnoacademy.com)**

### **ACT NOW!!!!**

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (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 HypnoCounselor". 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 FALL session where excitement awaits you. (Schedule: Basic (September 13/14, & 20/21, 2008) Advanced (September 27/28 & October 4/5, 2008 ) Advanced Clinical (October 18/19 & 25/26, 2008 2008)

## **HYPNOSIS HEALS**

### **Surgery**

Hypnosis given during surgical radiology not only diminished patients' pain and anxiety, but also shortens surgical time and reduces complications from the procedure. **Lancet, 2000**

### **Cancer**

Many cancer patients suffer nausea and vomiting not only after chemotherapy, but before treatment. In a study of 16 subjects who normally experienced these symptoms, hypnosis alleviated pre-chemotherapy sickness in all of them. **Oncology, 2000**

### **Immunity**

Hypnosis seems to significantly raise the activity of B-cells and T-cells, both key to immune response, in highly hypnotizable subjects. **American Journal of Clinical Hypnosis, 1995**

### **Smoking**

Of almost 3,000 smokers who participated in one group hypnotherapy session, sponsored by the American Lung Association, to kick the habit, 22% reported not smoking for a month afterward.

**The International Journal of Clinical and Experimental Hypnosis, 2000**

### **Attention Deficit Disorder (ADD)**

Research shows that hypnosis is as effective as Ritalin in treating ADD in children.

**Presented at the American Psychological Association Meeting 1999**

### **Pain**

In 169 patients, self-hypnosis was largely successful in alleviating chronic tensions headaches.

**International Journal of Clinical Experimental Hypnosis, 2000**

### **Studies**

A growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habit, relieve minor phobias, and serve as anesthesia, all without drugs or side effects. **Psychology Today, January/February 2001**