



NACH and the Greater NGH Chapter
National Association of Certified Hypno-Counselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NGH CONVENTION IS JUST AROUND THE CORNER

NEXT
MEETING
Wednesday
September
16

THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION
August 7-9, 2009 Best Western Plaza Hotel - Marlborough, MA.

It's almost that time of the year again! Which courses and lectures will you attend? Look online at WWW.NGH.net and check out all the new workshops and presenters for this year. There is a feeling of positive energy at the Convention every year, and the friends you meet from all over the world is fantastic. Come join Tony, John and your fellow NGH members at this year's Convention!

2009 MEETING DATES

September 16 October 21 November 18

No sessions December & January and July & August

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

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Are You Taking Your Own Medicine?

The suggestion is what you use to communicate your goal to your subconscious. It is where you tell yourself what you want yourself to do. A good suggestion is the key to successful goal-oriented self-hypnosis. You can do self-hypnosis without the suggestion and still get the benefits of stress reduction and enhanced ability to concentrate. If you want to get more specific results, you have to use a suggestion. If you have been practicing self-hypnosis and can hypnotize yourself, you're ready to add the suggestion. (Remember, you don't need a deep trance.) Insert the suggestion in your routine after the deepening. The visualization goes along with, and right after, the suggestion. You will probably want to add both together.

Source: hypnosis.lifetips.com

The Road Ahead

by James M. Giunta

As we enjoy the summer months and continue to build our knowledge base and professional practice, we also take time to reflect on some of our core beliefs and guiding principles.

This is also a time for reflection by the active members of the N.A.C.H. During the summer recess from our monthly dinners, two new committees formed to discuss and plan a course for the future. The new committees are expected to finalize their missions and planning during August, so watch this column for the results of the work in September.

I can tell you right now that many great ideas have come up as a result of brainstorming, and the members are working together in harmony in order to help our organization maintain the ideals and high standards that have always been at its foundation.

The Presentations and Publications Committee met in July to discuss thoughts about what might benefit the general membership by way of lectures and demonstrations, and how we might spread the word to a bigger audience.

One idea that surfaced is to invite our own members to present topics for the benefit of fellow members. If you have expertise with an area or technique or theory that you would like to share, the Board would like to hear from you to discuss having you present at a monthly meeting.

The Membership Committee met to discuss a variety of topics, including ways in which we might serve practitioners in other fields, such as massage therapy, as an example.

If you would like to know more about the committees, or if you have an idea you want to contribute, please contact any of the members listed on the back page.

There has never been a better time for you to become involved in the N.A.C.H. The vibrant activity indicates increased interest by the membership, along with an entirely stimulating environment in which to learn and grow—and isn't that why you joined in the first place?

In my own recent experience, I am pleased to find many intelligent, experienced, and opinionated members who are eager to help shape the future of our field—not just one organization. The fact that the N.A.C.H. is forward-looking and progressive in its approach is what keeps us active at meetings and interested in the administration of affairs. I have always been able to take away some useful knowledge from our meetings, and I think you will, too. And along with the knowledge, I have increased my referral network and made a few friends along the way. Members who provide value by showing up and participating will always be welcome—and I'll give you extra points if you help to lighten up and provide a lighthearted moment or two! Make me laugh and you'll have my attention and goodwill.

IN THIS ISSUE you will find some current, topical articles regarding practical applications of hypnosis and neuro-linguistic programming. We hope you find them of value.

If there is a topic or discussion you would like to see presented here in upcoming issues, please give me a shout via phone or e-mail—we'll be glad to hear from you.

Additionally, if you are currently involved in research and would like the members to know about what you're doing, feel free to send along your press release for future publication.

See you in September!

There has never been a better time for you to become involved in the N.A.C.H. The vibrant activity indicates increased interest by the membership, along with an entirely stimulating environment in which to learn and grow—and isn't that why you joined in the first place?

August Horoscope with Judy Lewis

Leo Leo it is your Birthday time and the astral advice suggests a complete attitude overhaul. Goodbye to past habits and negative thoughts. Bring the energy of Venus and Jupiter into your life. Expect the best and receive it. 11th house energies highlighting your hopes and wishes allows for a most successful time period. Happy Birthday Leo.

Virgo Tough times are behind you now can sense that something great is about to occur. What lessons have you learned and what can you do to make sure any future challenges easier than those encountered in the past two years? First acknowledge your faults and be kind to others and yourself. Don't forget to smile because you made it through your Saturn return.

Libra The handling of personal finances require the consistency and determination not always a strong point of the Libra nature, Aspects to the first and second house indicate a time to reevaluate your money situation and maybe get a good accountant. If not professional help it is wise to sit down with a budget and repair any injuries your credit has sustained.

Scorpio Short trips and adventures are in store for the Scorpio native in the month of August. This is a time to get a spa treatment, take a vacation or otherwise pamper yourself. A flurry of work activity will be coming in September. Rest now or you may be overwhelmed with tension. This calming month is an opportunity to prepare for a whirlwind of activity.

Sagittarius The Moon conjunct Pluto in Capricorn advises that you keep a little closed mouth on the work front. People are worried about their positions and tempers may flare. Stay above any negativity and all will be fine. There is no risk for the Sag native but the astral advice warns that you keep silent about your opinions.

Capricorn Romantic ties can be trying your patience in the month of August. Miscommunications with loved ones may develop into arguments. This is not the time to confront your friends with recriminations but a time to sit still and smile. This energy is better left undisturbed until the calming energies of September.

Aquarius You may be lucky on games of chance during the month of August. Taking a chance in career matters may also bode well. This does not mean that you bet your life savings or quit the job you currently have. It means that an offer for a new position may be very promising and if you play one lotto ticket it could hit. Success in certain things without great risk is highlighted

Pisces This unusual month is a time when anything can happen. Changes are in your home, work or love. These changes may hit unexpectedly. The astral advice suggests clear thinking. Don't be lead by the emotions of others. If you remain calm there will be no need for worry. See you in September as a happy Pisces with security and love.

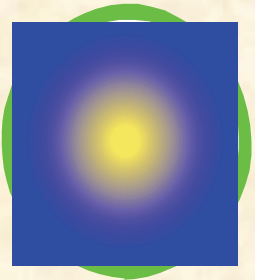
Aries The Wheel of Fortune has swirled in your life recently and turned it upside down. The stars have been demonstrating this upheaval with a Saturn-Uranus opposition. The astral advice suggests holding on with all your strength to this whirling wheel. Don't alienate friends or relations and keep strong. The power of this system ends in November and life becomes sweeter.

Taurus You cannot avoid legal situations simply by not answering the phone. Ninth house activity suggests the best way to handle any unpleasant issues is with direct action. The illusion is much more frightening than the reality. Any fear must be confronted head on like the grand Bull you are. The positive energy returns in September.

Gemini Mars in the ninth house promotes a tendency to run away. You are finished with day to day aggravation. It seems that you have been docile and accepting of some harsh treatment and now are verbally fighting back. Your ruler Mercury can turn words into powerful daggers. The kinder Gemini will be back in September when others have learned their lesson.

Cancer Tenth house activity with a lovely Venus may have you landing your dream opportunity. Your status and honor in career or love may change if you accept the offers from the Universe. Be alert to the gifts about to be bestowed on you. There may be a tendency to overlook that which is right before your eyes. Your life can change in a very happy way.

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.



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THE HANDSHAKE INTERRUPT INDUCTION ARTICLE BY NATHAN THOMAS

If you are familiar with the traditional versions of the hypnotic handshake induction you will know that it works on the principle of pattern interrupts.

As shaking hands is something most of us just do automatically, naturally, it means it is a hard wired unconscious pattern. (like tying your shoes, writing your signature, brushing your teeth, things you just do without thinking.)

Now when this pattern is interrupted a state of total blankness is induced.

What happens is you take the mind down one track (shaking hands) which activates the unconscious pattern and automatic behavior. Just as they are comfortable on this automatic road, and their unconscious mind is operating the behavior without any conscious input you interrupt the pattern. Doing something unexpected which breaks the pattern throws their mind off the track, and leaves them in a state of total blankness, desperately searching for another track to jump on induces "hyper suggestibility." In other words, a total willingness to follow whatever you suggest (within reason of course!).

There are no limits to how you can interrupt the pattern or what pattern you can interrupt (do not restrict yourself to handshake inductions!). But in this particular induction we will focus on an arm pull.

Once you are shaking their hand and they are in the handshake pattern (just basically when they are in the act of shaking your hand in a natural and normal way) you give a sharp pull on their arm (the one you are shaking) with yours. Be sure to avoid seeming violent, and be gentle enough to ensure you do not cause any pain or injury (no folks, dislocating arms does not make a good induction!). This jerk on their arm breaks the pattern so dramatically they are hurled right off the track and enter a state of total and utter dumbfoundment which you can quickly fill with your suggestion.

Now, when a clown offers his hand and then jerks it away when you go to shake it this leaves you in a dazed state for a second or so, but you soon snap out of it.

Which is why after you have broken the pattern you must act promptly to fill the gap, otherwise they will simply gather their thoughts and carry on as usual (in my ex-

perience often with total amnesia for the interrupt).

With such a dramatic break it tends to be more powerful is you are very direct and authoritarian with your suggestion.

"Sleep Now!" or just "Sleep" have proven to be very effective in my experience.

Now they're in a trance, but your work is not finished as you nearly always must then move quickly onto a deepener to ensure they stay in trance and reach an appropriate depth.

Once you have this you can give your hypnotic suggestions.

Be sure to practice this method and pattern interrupts in general to enhance your skill and confidence, and be sure to have a decent understanding of how to deepen the trance, how to give them suggestions once you have them "under," and how to emerge them once you are done.

A great learning tool is to simply have fun with it.

This method in particular may not work every time, if something does not turn out quite right treat it as a learning experience and leap back into the fray to do it again, and the more you practice the better you get, and the better you get the more fun you have!

IN PRACTICE

Doing something unexpected which breaks the pattern throws their mind off the track, and leaves them in a state of total blankness, desperately searching for another track to jump on induces "hyper suggestibility." In other words, a total willingness to follow whatever you suggest.

SHOULD WE USE HYPNOSIS SCRIPTS? ARTICLE BY JON RHODES

As well as being a clinical hypnotherapist, I am also a former professional musician. One of the things that our band was well known for was our ability to perform improvised 'jams' at a concert. When the time was right we would occasionally break into a piece that was improvised on the spot. I think we were able to do this because we had all learned to play hundreds of well-known songs together as a unit.

These songs laid a strong foundation for our collective knowledge. We were able to take elements of these songs and create something new. I feel the same way about hypnosis scripts. What is wrong with using some scripts to learn how other clinical hypnotherapists approach their work? You may not agree with the script, but you will still learn from them. I have looked at many scripts in the past and learned how not to write a script! Usually there are at least a few nuggets of ideas to be had from a hypnosis script, and sometimes you find a script that is pure gold – something that you wish you had written yourself.

Less experienced clinical hypnotherapists may wish to re-

peat the script verbatim. However, they often quickly find that they begin to stamp their own style and personality on the script, and sort of half-improvise around it, changing things to suit their personality, and the personality and the needs of the patient. This may then lead to the development of what some describe as a more 'pure' form of improvised hypnotherapy.

I do not think that an improvised session is necessarily better than a session that is read verbatim off a script. Just because of the fact that it is improvised does not mean it is of better quality. I would strongly argue that a session read verbatim off a good quality script with confidence and passion will be far more effective than an ad-libbed session where an unsure therapist runs out of things to say and forgets what he has already suggested. Even worse, the therapist's mind could go blank.

A script also provides a record of the therapy given to a client. When recording the details of sessions for future reference, it can be difficult to remember every suggestion that was given if it was 100% improvised, and difficult to

follow a coherent treatment strategy (but not impossible) if you are dealing with a large amount of clients. It is also easier to monitor the success of various strategies for the benefit of future clients as well.

In today's litigious society, it is becoming even more necessary to provide full details of treatment given to a client. Imagine how it would feel if you were in court and could not provide the details of what suggestions you gave a client.

Hypnosis scripts are a bit like a cooking recipe. You can follow them to the letter and gain good results. Over time you may wish to start experimenting and adding your own strengths and personality into the mix, gradually altering the recipe. After a while you may find that this has evolved into your own unique gourmet meal, full of flavor and personality. Having the recipe in front of you, even if you ad lib around it, can help ensure that you don't miss out any of the essential ingredients.

Some hypnotherapists ultimately prefer heavily relying on scripts, whereas some do not. I don't think there is any right or wrong, as long as the

words are delivered with confidence, care and energy. Each patient is unique, that is true, but the same can also be said for each hypnotherapist. An approach that works well for one hypnotherapist may not necessarily work for all hypnotherapists. Find your style, and allow that to evolve over time. You may find that now you rely heavily on scripts, but over time you deviate further and further away as you develop as a hypnotherapist. Or you may discover your own unique way of blending the use of scripts and your own ad-libbed therapy as you experiment and learn. Whatever your current situation and your path, your therapy is still perfectly valid if you do decide to utilize hypnosis scripts, and how far you wish to use them is totally up to you.

“A session read verbatim with confidence and passion will be far more effective than an ad-libbed session where an unsure therapist runs out of things to say and forgets what he has already suggested.”

DO YOU LISTEN OR DO YOU HEAR? ARTICLE BY ALISTAIR HORSCROFT

Let's start this article with a simple question: "When approached by a colleague, family member or staff member with a problem are you a talker, interrogator or a listener?"

With a bit of self awareness it's not hard to see which one we are: Talkers do just that, they just talk.... and talk.....and talk. Talkers put up with others speaking just long enough for them to be able to unload what it is they want to say, normally their opinion, on to the other person.

Talkers wait for a pause in the conversation so they can say something. Talkers often fake listening just so that they can say something. Talkers speak at people, they do not connect. Obviously talkers are a joy to be around (joke) Talkers most likely have very noisy internal dialogue/self talk. They often either have a misplaced sense of their own importance/sense of rightness or a deep lack of self worth that is overcompensated for by all the talk. They are most often uncomfortable with silence.

Interrogators don't stop asking questions, it's like being with the Spanish inquisition. They want to know everything, every detail, they want to make sure that all the t's are crossed and the i's are dotted as they find out more. Interrogators don't really want to listen, instead they want to gather information for their own self interest. Interrogators often live in a world of hyper comparison, they want to make sure that no one has anything over

them. Interrogators often have significant insecurities and believe that by finding out all about you they can assess you correctly, label you and put you in a convenient box (that suits their map of the world). Many people learn that asking questions is a great communication skill, which is true - however there is a very big difference between asking questions out of genuine interest and asking them to satisfy one's own psychological complexities and personal insecurities!

Listeners genuinely listen. They want, out of no ulterior motive, to fully understand the other person's needs. Listeners have a well developed sense of self, they respect others' opinions, experiences and ideas without judgment. Listeners are able to create a safe environment where others are able to open up and truly be themselves. Listeners have no desire for fake relationships or communication and therefore want others to be themselves as any other form of communication becomes boring and meaningless to them. The Listener is able to create deep trust with others quickly as well as motivate others to talk and share information. Listeners are comfortable with silence and have no need to talk for the sake of it. Listeners truly hear. To create the space where someone actually feels heard is one of the great gifts that you can give to another - it is a rare thing, but a skill worth mastering. To learn to hear is to have mastered one of the most important skills we can, for in

doing so we provide ourselves with proof that we have worked through many of our own personal insecurities and issues. We become more selfless.

Listen to people the way you want to be listened to, and you too will start to feel heard.

8 Barriers To Masterful

Listening:

1. Doing something else while the person is talking.
2. Waiting (barely) for a pause before jumping in.
3. The need to say something. The inability to remain quiet.
4. Fake listening, something you have to do so that you can talk.
5. Selective listening.
6. Listening only to words rather than the complete person (unconscious signals such as body language and tonality).
7. Easily distracted. Can you remain focused through distractions?
8. Can you be free from judgment - can you dissolve your own world view and personal opinions to remain present?

NLP

To create the space where someone actually feels heard is one of the great gifts that you can give to another. It is a rare thing, but a skill worth mastering.

Fall Academy Hypno-Counselor Certification Course Schedule for 2009

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

TQ; 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)

Schedule:

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 FALL session where excitement awaits you.

Basic Hypnosis.....Oct. 3rd and 4th and 10th and 11th

Advanced Hypnosis.....Oct. 17th and 18th and 24th and 25th

Advanced Clinical Hypnosis Certification..... Oct. 31st, Nov. 1st. and Nov. 7th and 8th

EACH COURSE IS2 WEEK-ENDS

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 CLIENTS, FAMILY AND YOURSELF .

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 Hypno-Counselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

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

2009 MEETING DATE

Wednesday: September 16, 2009

Networking: 6:00—7:00 p.m.

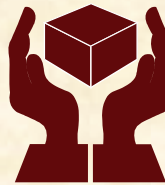
Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS:

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.

TOPIC: How To Use Pendulums and Divination Rods in a Hypnosis Practice

Next month's presenter will be Jim Needham, who has presented this topic while he was actively involved with Silva International. While the use of divination in therapy has historic roots, its true meaning and value are often mired in superstition. In this presentation, we will learn about the modern practice and practical tools that can be used to assist clients. A period for discussion and Q&A will be provided at the end.

You won't want to miss out on this rare opportunity to hear and see an experienced professional present this information, so save the date, and we'll see you in September!

GIANT Pendulum SALE: Judy Lewis has agreed to sell a great line of pendulums at this meeting at greatly reduced prices. Take advantage of these wholesale prices only offered during the evening of the Pendulum presentation.

We would also like to kick-off the Healing Circle with our Fall presentations. It was a great success as conducted by Patricia Pedersen. Another reason to attend!!

Board Members

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