



# NACH and the Greater NGH Chapter

## National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



# NEWSLETTER

**NEXT  
MEETING**

**Wednesday**

**Sept. 15,  
2010**

Have a relaxing,  
safe, happy and  
healthy summer

### THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

**August 13-15, 2010 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](http://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, Pat Crilly, and your fellow NGH members at this year's Convention!

### **The Power of Suggestion Lingers** by Roxanne Khamsi

Brain scans show hypnosis helps to focus the mind: A suggestion under hypnosis can make subjects sharper. © Alamy Therapists who swear that hypnosis can help their patients now have more evidence to back their claim. A study of brain-scan images shows that hypnosis can indeed alter cognitive activity after subjects have come out of the trance state, and that this can help them concentrate on certain tasks. In a study published this week in the Proceedings of the National Academy of Science\*, hypnotized subjects outperformed their peers at a classic test of mental focus. And scans pinpointed the area of the brain responsible for this lasting effect.

Hypnotists can strongly influence the behaviour of their subjects, sometimes helping them to give up addictive substances or, in tricks performed during stage performances, bark like a dog on hearing Elvis Presley. The findings indicate a biological basis for these types of behaviour, says Amir Raz at Weill Medical College of Cornell University, New York, the lead author of the study. "Words can form suggestions, and suggestions can have very, very strong effects on neurological activity," he says. CONTINUED on Page 6

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### 2010 MEETING DATES

**Sept. 15 Oct. 20 Nov. 17**

## AUGUST Horoscope with Judy Lewis

**Aries** -Fast moving energy heralds important events for the Aries native. The astral advice suggests that you protect your heart. The Sun is not the only hot force in the month of August, your emotions are as well. A retrograde Uranus and Jupiter indicate the positive effects of events won't be realized until the end of 2010. Get ready for excitement and reignited passion.

**Taurus** \_ Intense mediation with love ones can clear away misunderstandings and open the possibility of a truce of some sort. Don't allow a bullish stubborn nature to sabotage the benefits that you may reap by a pleasant alliance. You have the same interests and it is foolish to cut off ties. Work as a team to tackle a common problem.

**Gemini** —A karmic 12th house indicates a soul purge. The cleansing catalyst is the distrust that you hold for a particular close relation. Many times you have traveled the same road of hurt and forgiveness. The astral advice suggests a cease to this destructive pattern. Releasing with love changes your path in a most perfect way. Harmony returns and you start anew.

**Cancer** - You have never met a person in need that you didn't want to take under your protective wing. The astral advice suggests with 1st house energies that you focus on your desires in the month of August. It is time to reinvent yourself and stop being the earth mother or father you are naturally, for just a while. The words for August are fun and relaxation. Enjoy!!

**Leo** - The Sun in your sign brings to surface the true Leo nature. If you are feeling second best in any situation it may be time to say goodbye. The new Moon in Leo on August 10th facilitates a peaceful new beginning. The message is clear, if you aren't given the respect that you deserve in your romantic or career life, move on!!

**Virgo** -You're back!! Or at least, now find a glimmer of the success and energy you once possessed. As Saturn left Virgo, July 19th, most Virgins could feel a lifting of a great mass of weight off their shoulders and even their souls. You now hold the possibility that your luck has returned. It has! Don't analyze your good fortune just embrace it

without question.

**Libra**- Saturn in your sign doesn't have to be disaster. It gives the Libra native the ability to make strong decisions and move forward. Focus on your goals in August and much success can be yours. Mars in Libra gives you that added motivation to tackle issues that have been long standing. There is a time for everything. The time to rebuild has returned.

**Scorpio**- If you have been putting off any communications now your efforts to connect are fortunate. A loved one who has been out of touch is awaiting you call. 3Rd house astral energy indicates a great time to forgive and forget. If this opportunity is missed the estrangement may last for years. Reach out and touch someone. You won't regret the effort.

**Sagittarius** - Activity to the 5th house of your solar chart indicates good luck with love and gambling. These two departments of life are some of the favorite of the Sagittarius native. A word of caution, bet with your head and not over it in both of these areas. Love and money have returned and it feels good. A special blessing will be yours in August.

**Aquarius**- Spirits and ancestors are highlighted in the month of August as the 8th house of your solar chart indicates. Dreams are also particularly powerful and prophetic. A relative that has passed on has a message for you. You need only listen and follow your heart. The psychic energy normalizes in September, but for now absorb all the information that you can, as it is priceless.

**Capricorn** Pluto in the 6th house of your solar chart indicates caution with work and health. No running of marathons and staying out all night to party. No arriving late or criticizing your boss. If you are careful you will be fine. In August don't push your limits. September brings a less critical energy and finds you happier than ever.

**Pisces** -.A 9th house Part of Fortune will clean away the clouds of self deception. Your ruler Neptune allows for the highest degree of denial when it comes to your part in any dispute. Now you can admit that in recent developments you have also contributed to the problem. Forgive yourself and correct your ways. You will feel much better after accepting some responsibility. [stargazine1@aol.com](mailto:stargazine1@aol.com) [stargazingonline.com](http://stargazingonline.com)

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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### Stargazine 2010

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# Hypnosis Helped Them Quit by Amber Greviskes

## Hypnosis Helped Them Quit Smoking

Rebka Phelps, a 47-year-old former smoker from Reston, Va., who had smoked a pack a day for more than 30 years, tried quitting cold turkey, gradually tapering off, leaning on friends and going it alone, before she stopped smoking altogether with the help of hypnosis. After finding a reputable hypnotist through a recommendation, Phelps booked an appointment. Despite fears that this was a spooky, new age and perhaps dangerous and invasive treatment, she found a quiet office. The hypnotist walked her through several activities, including a visualization activity in which she pictured herself at a particular moment during her day when she usually smoked. She was supposed to visualize herself peacefully not smoking and being repulsed by those around her who were smoking. She was told to wake up, feeling more refreshed than she had in a long time, and to begin her life as a nonsmoker. She did both. Phelps has been smoke free for about five years and hasn't yet craved a cigarette. "Of course, I think about it sometimes, but I usually think, 'Yuck, I can't believe I ever smoked,'" she said. "It almost seems like 'that' period was another person or another lifetime ago." It's not unusual for people to experience success when they choose to quit smoking using hypnosis. According to The Hypnosis Network, multiple-session hypnosis has a 66 percent success rate, higher than any other smoking cessation method available. That's important information for the 70 percent of adult smokers who would like to quit smoking. Ninety-five percent of those who attempt to quit smoking without using a program or supportive aid will fail. Hypnotism, however, isn't usually one of the first stop-smoking methods that people

choose. There are simply too many myths behind the practice, such as only the weak minded can be hypnotized, the hypnotist has complete control over the hypnotized or that the hypnotist can make a person do things they wouldn't normally do. However, a typical hypnosis session is nothing like a scene from the movies, in which you stare at a watch swinging back and forth. Although hypnotists can perform their services in different ways, most will begin a session by explaining the process and answering any questions. Some hypnotists will then let you have your final cigarette, instruct you to toss out remaining cigarettes and guide you into a state of hypnotic relaxation. The hypnotist will describe situations in which you might be tempted to smoke but instead turn down the cigarettes. After you emerge from hypnosis, you will spend time talking about your experience. You will also receive mantras to recite if you are tempted to smoke in the future, so you can perform self-hypnosis. Seth-Deborah Roth, who has been a hypnotist for 10 years, said that hypnosis is successful because it allows the hypnotist to deal with the emotional part of quitting by convincing the smoker that her worst fears about quitting won't come true. The hypnotist will also give the smoker positive suggestions like, "I am a non-smoker," "I am proud of being a nonsmoker" or "Nothing feels better than being a nonsmoker" that she can turn to whenever cravings hit. Hypnosis can give those who are trying to quit a boost in confidence, motivation and strength. It also helps explore solutions for dealing with nicotine withdrawal symptoms and cravings. "People won't accept suggestions that they're not opened to," Roth said. "Usually they want to quit but are afraid they can't. Later, they're amazed when they don't want cigarettes, but hypnosis lets you

deal with the reasons that you're smoking." Although hypnotism works best with people who are determined to quit, even those who are hesitant can find success. Linda Castellani didn't want to quit smoking. She liked the way the first hit of a newly lit cigarette tasted. The smoke screen and the sword-like cigarettes were her protection from people, and she smoked constantly. "If I was awake, I was smoking," Castellani said. "I smoked at my desk, in my car, at restaurants, even if other diners protested." And despite the pressure from her coworkers, who were alarmed by her coughing, and her parents, who offered her \$5,000 to quit, she couldn't stop — until she tried hypnosis. "I don't know why I tried hypnosis," Castellani, an Alameda, Calif., resident said. "I had my doubts about how well it would work, so I figured that if I didn't stop, I could point to my attempt, chalk hypnosis up as a failure and wait until the next thing." Instead, she smoked her last cigarette on her way into the hypnotist's office and, after 10 years, finally quit her habit. Both women were able to find credible hypnotists who were able to help them quit, but other consumers are not as lucky. Finding a credible hypnotist can be a challenge. There's no hypnosis governing body and no single licensing procedure. One can become certified in a weekend-long course or in a certification program that requires at least 100 hours, during which the future hypnotist attends lectures, shadows a certified hypnotists and practices various techniques.

### NACH EDITORS NOTE:

**We are happy to tell you that Seth-Deborah Roth is a member of the National Guild of Hypnotists and shall be presenting a seminar and workshop at the Annual Convention of the NGH held on August 12th-15th, 2010 at the Royal Plaza Hotel, Marlborough, MA. Call 603-429- 9438 to register**

## TOURETTE SYNDROME AND HYPNOSIS Science Daily

### Children and Teens With Tourette Syndrome Find Relief With Self-Hypnosis

ScienceDaily (July 13, 2010) — A new study of children and adolescents with Tourette Syndrome finds that self-hypnosis taught with the aid of videotape training reduced their symptoms and improved their quality of life.

Seventy-nine percent of the 33 research participants achieved enough improvement in tic control to report personal satisfaction with the technique, according to the study published online in the July issue of the *Journal of Development and Behavioral Pediatrics*. This is the largest case series of patients with Tourette Syndrome treated with self-hypnosis. The authors, Jeffrey Lazarus, M.D., and Susan K. Klein, M.D., Ph.D., were with University Hospitals Rainbow Babies & Children's Hospital and the Case Western Reserve University School of Medicine at the time of the study.

Subjects were shown video clips of a young boy with Tourette Syndrome before, during, and after his self-hypnosis training. Following that, each child or teen in the study was taught self-hypnosis in individual sessions. The participants ranged in age from 6 to 19 years, with an average of 13 years.

The research subjects also were assigned to practice the self-

hypnosis technique three times a day and homework to answer questions designed to increase their awareness of tics and how they felt about experiencing them. All of the research participants had motor tics and three had verbal tics in their initial evaluations.

According to Dr. Lazarus, self-hypnosis helps the patient experience a state of mind that combines relaxation with concentration on a desired point of focus while other thoughts or feelings fade into the background.

"Once the patient is in his or her highly focused 'special place,' work is then done on controlling the tic," said Dr. Lazarus. "We ask the patient to imagine the feeling right before that tic occurs and to put up a stop sign in front of it, or to imagine a tic switch that can be turned on and off like a light switch. Further suggestions are made, including encouraging the patient to invent his or her own images."

Almost all of the participants experienced a dramatic increase in tic control after only a few sessions: 12 after two sessions, 13 after only three visits, and one after four visits.

Dr. Lazarus says that this non-pharmacological therapy for tics is attractive because the medications that are used to treat tics can be associated with undesirable side effects. Also, physicians are reluctant to prescribe medications for mild or moderate tic disorders, which many children often outgrow as they get older.

"This case series suggests that self-hypnosis might be able to be taught effectively in fewer sessions than another technique known as habit reversal, but we'll need to study this further. However, the use of videotape as a teaching aid presents several advantages: It can help standardize the technique of teaching the method, it may shorten the length of time needed to teach the technique, and it makes the technique more accessible to younger children. Viewing a series of videotapes of another patient gives patients the reassurance that they are not the only ones in the world with this problem, and it gives them hope and the motivation that they can take control of their bodies and life challenges," said Dr. Lazarus.

**This article was forwarded to us by Academy of Professional Hypnosis Graduate and NACH member Robert Galarowicz. We sincerely thank Robert and ask that more members look for articles online and submit them to us at [nickeby@aol.com](mailto:nickeby@aol.com) so that we may carry them in our NACH Newsletter**

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**The man who thinks he can, and the man who thinks he can't, are both right. Your greatest limitations are not in the world around you: your greatest limitations are the beliefs you hold about yourself.**

## Fall Academy Hypno-Counselor Certification Course Schedule for 2010

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](mailto:info@hypnoacademy.com) Or go to [www.hypnoacademy.com](http://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..... October 2/3 & 9/10, 2010**

**Advanced Hypnosis.....October 16/17 & 23/24, 2010**

**Advanced Clinical Hypnosis Certification.....November 6/7 & 13/14, 2010**

**EACH COURSE IS .....2 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 .

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

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# CEU Credit Hours

## 2010 MEETING DATE

**Wednesday: September 15th 2010**

**Networking: 6:00—7:00 p.m.**

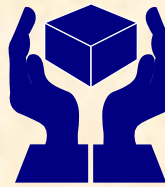
**Dinner: 7:15 p.m.**

**Presentation: 8:00 p.m.**

**Meeting Place:**

**Galloping Hill Inn, Union, NJ**

**(908) 686-2683**



**NACH and NGH**

**Working Together**

We had the pleasure of meeting prospective students of the Academy of Professional Hypnosis at our June 16th meeting. Loyal member Bob Brienza was gracious enough to sit with them and answer questions about the school and hypnosis in general. It was a great night!!

slip away from us? For

## THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

**August 13-15, 2010 Best Western Plaza Hotel - Marlborough, MA.**

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**CONTINUED page 1** To study this effect, Raz used 16 volunteers, eight of whom were easily hypnotizable. These people would later be asked to tackle a mental challenge called the Stroop test, in which readers must name the colour in which a word is written. This is particularly tricky when the word is itself the name of a different colour. Participants should say 'blue', for example, when the word 'red' appears in blue ink. In the hypnosis sessions, which lasted on average 25 minutes, Raz and his colleagues told the volunteers that when they later heard a cue, such as a coughing sound, they would see the printed words as gibberish and only be able to focus on the ink. Researchers then brought them out of their trance state, and 10 minutes later asked them to take the Stroop test while in a brain scanner. The subjects who were suggestible to hypnosis completed the Stroop task 10% faster than their counterparts after this cue. Their brain scans showed that their anterior cingulate cortex, a region of the brain involved in planning and conflict resolution, had less activity compared with the non-hypnotized subjects. "Their anterior cingulate cortices were very quiet."

This conflict-resolution centre struggles to reconcile various sensory and intellectual inputs. "Like when you see a cheesecake on the table and want to eat it, but remember that you can't because your doctor told you that your cholesterol is high," says Raz. Raz says the images help to prove that post-hypnotic suggestions have a real biological effect. "This was not social compliance, this was actually happening at the brain level," he says. It is unclear from this study whether hypnotic suggestion could help people with other tasks that require a different type of concentration. "Science is finally catching up with what we have known but lacked the technology to prove," says Darlene Treese, president of the American Psychotherapy and Medical Hypnosis Association.

### Board Members

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