



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
**Feb. 17,
2010**

WORLD HYPNOTISM DAY

It's just around the corner! January 4, is World Hypnotism Day and it is worthwhile to start planning for it today. World Hypnotism Day is just for us, and it is truly international! Why not log onto the website, www.worldhypnotismday.com, and start using the valuable resources there right now? There are hundreds of ideas and suggestions there for marketing, as well as royalty-free music. Hypnotists all over the world use World Hypnotism Day in their marketing, as well as in e-mail signatures. Have you thought about using that day to promote your practice, in your town. Think of World Hypnotism Day as the Super Bowl of hypnotherapy, with you selling the tickets and hiring the half-time act!

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UPCOMING 2010 MEETING DATES

February 17, 2010 March 17, 2009

No sessions December & January and July & August

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

**WISHING YOU AND YOUR FAMILIES A
HAPPY, HEALTHY AND
PEACEFUL HOLIDAY SEASON**

From the Editor by Lori Chrepta, M.A., CH.t

Somehow another year has come and gone. I don't know how this keeps happening each year. The days turn into weeks, which turn into months. Soon enough, we are turning the pages of our calendar to a new year and spending the first month or two writing the previous year on our emails and checks.

I opened my pool a bit late this past summer, only to take a dip once. Yep, that's right. Once. So, not only am I surprised that the holiday season has begun; I'm still trying to figure out where the summer disappeared to. Okay, so my sense of timing has never been accurate, but I know I share the same surprise with others whenever this time of year rolls around. So why does this keep happening to us? How does time seem to slip away from us? For most of us, it's quite easy to figure out. We simply have too much to do – family, work and school obligations are usually the biggest time zappers. Throw in housework, yard work, volunteer and organizational commitments and there is little time left over for many of us. This adds up to a lot of stress.

Of course, stress comes in many packages. Those who are unemployed or underemployed have a different kind of stress. Self-esteem issues and financial pressures often account for much of their stress. Others have the stress of dealing with illness in the family, parenting issues or relationship challenges. The list is endless, of course. We, as well as our clients, face these challenges year round.

Preparing for, and surviving, the holidays seem to bring added stress to many. Sure, the holidays can be enjoyable for many, but the seemingly madness of December can be downright stressful and exhausting. Extra points go to those who must suffer all too long visits from Aunt Ethel or the in-laws, especially when they insist on camping on your living room sofa during their stay.

Luckily, we hypnotherapists have some tools to manage our stress and to help guide our clients to manage their own stress. There are many scripts available for relaxation and stress management which can be modified to meet individual needs. And if you dare, we can create one from scratch. Teaching our clients ---and practicing for ourselves -- self-hypnosis is a useful technique that can be employed when needed.

This holiday season, I will also be employing the "good enough" philosophy (also known as KISS – "keep it simple stupid") that alluded the previous 11 months. The tree will not be cut down at a farm, but purchased at the local home improvement store. Simple white lights will go up the tree but the ornaments will remain wrapped in their boxes for another Christmas season. Most of the decorations from Christmases past will remain at least one more year in their containers in the basement. Perhaps I'll be able to 'be in the moment' and really experience the holiday season for what it is.

Please consider....

Depression is all too common around the holidays. Loss, loneliness, isolation can be magnified for some around the holidays. As hypnotherapists, we must ensure that we handle these clients with particular sensitivity and according to state law. For example, a written doctor's recommendation is required.

Exercise and Stress

Taking frequent effective exercise is one of the best physical stress-reduction techniques available. Exercise not only improves your health and reduces stress caused by unfitness, it also relaxes tense muscles and helps you to sleep.

Exercise has a number of other positive benefits you may not be aware of:

- It improves blood flow to your brain, bringing additional sugars and oxygen that may be needed when you are thinking intensely.
- When you think hard, the neurons of your brain function more intensely. As they do this, they can build up toxic waste products that can cause foggy thinking (you may have experienced the feeling that your brain has "turned to cotton wool"). By exercising, you speed the flow of blood through your brain, moving these waste products faster.
- Exercise can cause release of chemicals called endorphins into your blood stream. These give you a feeling of happiness and positively affect your overall sense of well-being.

There is also good evidence that physically fit people have less extreme physiological responses when under pressure than those who are not. This means that fit people are more able to handle the long-term effects of stress, without suffering ill health or burnout.

December Horoscope with Judy Lewis

Aries - A successful completion of another year is at hand. Look back with a critical eye at the accomplishments and mishaps that the fates have brought. Activity to the 9th house of your solar chart indicates optimism and faith in the future. Be ready to close the door on 2009 and usher in an exciting and yes, prosperous New Year. It is in the stars for the Aries native.

Taurus - Taurus at the mid heaven as we enter the month of December highlights career moves and opportunities that are sure to unfold. Your cautious nature has at times been an asset but now may stop you from accessing great dividends, financially and personally. Allow your higher mind to accept the possibility that the wheel has changed and true rewards are on the way.

Gemini -The Moon in the 10th house of your solar chart indicates major career changes beginning in the month of December but continuing throughout the New Year. Get ready for a whirlwind of activity that will ultimately leave the Gemini native on the top of their chosen path. Choose wisely and have faith in yourself and in the universe and all will be well.

Cancer - Your hopes and wishes for your future have changed in the past year. You have learned so much about that wonderful mystery, your own soul, that now you're ready to take chances and progress your life. As any Cancer native your home is of primary importance but you now look outside the comfort and protection of your nest to explore and enjoy the world. Happy 2010.

Leo - This is a time when your Leo persona soars. Leo on the ascendant may find you auditioning for a play or movie part, speaking in front of a large group or just telling jokes to friends. Finally that Leo energy. has returned. The sadness of the past year is gone. Enjoy! As we end this year focus on what goals you would like to achieve. The stars are there to aid you in your quest.

Virgo - Those opportunities that were held back from success due to the effects of Saturn have now returned to the surface and you are flying high with renewed enthusiasm. You receive call backs from business associates and are feeling on the top of your game. The good luck factor has returned and the Sun seems to shine in most areas of your life. 2010 will be an rewarding and profitable year.

Libra—Everyone has been hit by the astral aspects of 2009, from the wealthiest to the homeless, all have suffered. Now that Saturn is in your sign there is no need to fear as there are many positive indications. Determination and the power to fight for the right are the positive byproducts of this event. So stay strong and clear headed and push for your desires as you can achieve great things.

Scorpio - This is a great time to search for a new home or apartment. The whole month until the 25th will be beneficial. In fact you will be especially lucky in real estate. You can get financing and find the home of your dreams all that is needed is to act on your desires. The astral energy suggests success in all 4th house issues.

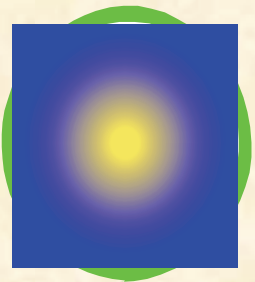
Sagittarius - The 4th house Sun and Venus indicate some pleasant get together's and loving moments with friends and family as one might expect since it is the holiday season. Pressures brought on by this fact, however, sometime indicate a challenge. Fortunately not for the Sag native, Things will move smoothly and all will be joyous thanks to the stars

Capricorn -The astral advice suggests that you avoid any confrontations with young people. Aspects to the 5th house with Pluto in Capricorn give the sense that one wrong word to a romantic relationship or child might blow the calmness of this holiday season. So smile and keep tight lipped with all and have a merry Christmas and Happy New Year.

Aquarius - Much activity in the 6th house indicates a surge of good luck on the work front. While others may be losing their jobs you are saved by the benevolent energy of Jupiter. In fact your luck continues into the New Year. Be well, be wise, but push for your dreams at this time.

Pisces -My dear Pisces, the energy of Uranus may have you pushing to make changes in your life at a quick pace but patience is what is necessary. Drastic moves may leave you worse off than when you started. Positive changes do appear around your birthday when aspects are much better. Until then, ask yourself what you really want and act one day at a time towards your goals.

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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Managing The Seemingly Inevitable Holiday Season Stress by Elizabeth Scott, M.S.

While this season is meant to bring feelings of love and cheer, it's also the harbinger of holiday stress for many. In fact, according to a [poll conducted on this site](#), more than 80% of us find the holiday season to be 'somewhat' or 'very' stressful -- that ranks navigating the holidays right up there with asking for a raise! What is it that has us all so hot and bothered?

What Causes Holiday Stress?

Doing Too Much- All things in moderation, as the saying goes. The problem with the holiday season is that we often experience too much of a good thing. While stress itself is necessary for our survival and zest for life (researchers call this positive type of stress "[eustress](#)"), too much stress has a [negative impact on our health](#), both mental and physical. Too many activities, even if they are fun activities, can culminate in too much holiday stress and leave us feeling frazzled, rather than fulfilled.

Eating, Drinking and Spending Too Much - An overabundance of parties and gift-giving occasions lead many people to eat, drink, and be merry -- often to excess. The temptation to overindulge in spending, rich desserts or alcohol can cause many people the lasting stress of dealing with consequences (debt, weight gain, memories of embarrassing behavior) that can linger long after the season is over.

Too Much Togetherness - The holidays are a time when extended families tend to

gather. While this can be a wonderful thing, even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance between bonding and alone time. Many families also have '[roles](#)' that each member falls into that have more to do with who individuals used to be rather than who they are today, which can sometimes bring more dread than love to these gatherings.

Not Enough Togetherness - For those who don't have these family issues, [loneliness](#) can be just as much of a problem. As the world seems to be gathering with family, those who rely more on friends for support can feel deserted and alone.

Seasonal Affective Disorder (SAD)- An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by a type of depression known as [seasonal affective disorder](#). It's a subtle, but very real condition that can cast a pall over the whole season and be a source of stress and unhappiness during a time that people expect to feel just the opposite.

Minimizing The Holiday Stress

The great thing about holiday stress is that it's predictable. Unlike many other types of negative stress we encounter in life, we know when holiday stress plans to will begin and end, and we can make reduce the amount of stress we experience and the negative impact it has on us.

Here are some tips you can try to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one:

Set Your Priorities -Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact and eliminate superfluous activities. For example, if you usually become overwhelmed by a flurry of baking, caroling, shopping, sending cards, visiting relatives and other activities that leave you exhausted by January, you may want to [examine your priorities](#), pick a few favorite activities and really enjoy them, while skipping the rest.

Cut Corners-If you can't fathom the idea of skipping out on sending cards, baking, seeing people, and doing *all* of the stuff that usually runs you ragged, you may do better including all of these activities in your schedule, but on a smaller scale.

Change Your Expectations For Togetherness With family and friends, it's important to be aware of your limitations. Think back to previous years and try to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit the number of parties you attend or throw, or the time you spend at each? Can you limit your time with family to a smaller timeframe that will still feel special and joyous, without draining you?

- Also, when [dealing with difficult relatives](#), it's okay to [set limits](#) on what you are and are not willing to do, including forgoing your visits or limiting them to every other year.

Set A Schedule - [Putting your plans on paper](#) can show you, in black and white, how realistic they are. If you find a time management planner and fill in the hours with your scheduled activities, being realistic and including driving time and down time, you will be able to see if you're trying to pack in too much. Start with your highest priorities, so you will be able to eliminate the less important activities. Be sure to schedule in some time to take a walk in nature each day if at all possible, as exercise and exposure to daylight can drastically reduce or even eliminate the symptoms of [SAD](#).

Breathe!- This sounds like a no-brainer, but sometimes we forget to [take deep breaths](#) and really give our bodies the oxygen we need. It's great if you can take ten minutes by yourself to do a [breathing meditation](#), but merely stopping to take a few deep, cleansing breaths can reduce your level of negative stress in a matter of minutes, too. If you visualize that you are breathing in serenity and breathing out stress, you will find the positive effects of this exercise to be even more pronounced.

American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders. 4th ed. Washington, D.C.: American Psychiatric Association, 1994.

Stress Reduction Script *Author Unknown*

Going deeper and deeper now. Becoming more and more relaxed. Going deeper and deeper and becoming more and more relaxed with every breath you take. With every breath you take you are becoming more and more relaxed. With every breath you take you go deeper and deeper. You will listen to my suggestions and accept them on every level of your body and mind. It is what you want and it is what I want for you.

And as you continue to breathe deeply and slowly you continue to relax. Your whole body is your nervousness and stress and tension will disappear. It will totally disappear. It is disappearing right now. It is disappearing right now.

Every part of your body is relaxed now. You feel calm, serene and completely at ease. From now on you will be able to release the stress and tension and nervous energy bottled up inside your nervous system. You will be able to do this easily and effortlessly. Easily and effortlessly. And you will be able to use this energy in positive ways as you need it. And you will be able to do this easily and effortlessly. Easily and effortlessly. Any problems that you may have will be solved easily and effortlessly.

You will release any thoughts you might have about the way you have handled past conflicts. It is only this that has caused you to have tension and stress in your body. And you will release this tension and stress by thinking

thoughts of positive and constructive nature.

And you will be content with yourself and within yourself. You will be content because you know that you are doing your best every day and you are getting better and better at handling your tension and stress each and every day in each and every way. And now you meet each of the problems that may arise during the day with confidence and enthusiasm, using all that you have learned. Thoughts that used to bother you in the past will no longer bother you.

You will feel a new sense of peace and freedom because you are learning to accept yourself and who you are. You will no longer think negative or destructive and self-defeating thoughts about yourself. You are doing the best you can each and every day. That's all you can ask of yourself.

And so, each and every day you do your best in each and every way and this gives you a good feeling of satisfaction and accomplishment. And you do this easily and effortlessly. And these suggestions are accepted on every level of your body and mind.

With the knowledge that you are doing the very best that you can, you find that your body relaxes and your mind relaxes each and every day. This allows you to live life with a clear mind and feeling of freedom. And you live life being in the now, being in the moment, completely content

with yourself.

Using Color to Improve Stress

Practice "color breathing," a meditation that can be performed during times of stress.

Choose the colors **blue** and **green**, which [reduce stress](#).

Keep the color in your thoughts as you inhale and exhale slowly. See, feel and think the color.

Quick Stress Relief

You can use self-hypnosis for quick relaxation in stressful situations. You can use deep breathing to relax and release your muscles. You can fix your mind on the "dan tien," the center of the body in traditional Chinese medicine, which is about three finger widths below the navel.

Or, you can program yourself to relax on cue.

Do a standard self-hypnosis session, using induction, relaxation, and deepening. When you reach a state of deep relaxation, say to yourself: I reach this state of calm relaxation whenever I want by saying the word "relax."

Then go ahead with a gentle trance termination. Do this a few times on consecutive days.

You will find this technique invaluable in dealing with everyday stresses. Any time you feel yourself under a lot of stress or pressure, stop for a moment, take a deep breath, focus your mind on the dan tien, and say to yourself "relax." You will be able to recapture the feeling of relaxation without going through the hypnosis procedure. This is a form of post-hypnotic suggestion.

This will allow you to calm down and think clearly. You will then have the clarity of mind and self-confidence to solve your problem or ride out the situation. This is a great technique for those of you who have test anxiety to use right before you take the exam.

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 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 SPRING session where excitement awaits you.

SPRING 2010

Basic Hypnosis..... January 23/4 & 30/31

Advanced Hypnosis..... February 6/7 & 13/14

Advanced Clinical Hypnosis Certification..... February 27/28 & March 6/7

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 .

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

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.

CEU Credit Hours

2010 MEETING DATE

Wednesday: February 17, 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

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

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

*Merry Christmas and a
Happy New Year
Happy Holidays to All*