



# NACH and The Greater NJ NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1 Union, NJ 07080



## NEWSLETTER

### HYPNOSIS TO HELP STOP BINGE DRINKING AMONG WOMEN

**Healing Energy Circle**  
**See Pg 4 NOW at our**  
**Dinner Meetings**

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Hypnotherapists at the international firm JustBeWell are experiencing a significant increase in the number of women using hypnosis to stop binge drinking. "We are seeing more and more women coming to us for help," said Steve Tromans. "Five years ago it was quite common for around sixty per cent of our visitors on this subject to be male. Nowadays the balance has shifted and it is sixty per cent women and just forty per cent men who we see wanting to quit alcohol."

While alcoholism is certainly a danger to many people who like drinking, binge drinking is something else altogether. Instead of drinking regularly, a binge drinker may only indulge in the evenings or at the weekend. But when they do, it tends to be in huge and potentially dangerous quantities. "There is a real push to cut down on the numbers of people who are drinking to excess like this," added Steve Tromans. "This is something that young people in particular are known for in Britain. But fortunately

there are ways that women who are affected can get help – as can men." The solution here lays in hypnotherapy. "Hypnosis is a practical and relaxing way to change your drink habit," said Steve. "Bingeing like this can lead to alcoholism later on down the line if you aren't careful – but making a stand now and using hypnosis to change your habits can make all the difference." While the government is trying to find ways to stop binge drinking among both men and women, it is at least reassuring that women are seeking help. Hypnotherapy has already worked for many people – all that is required is to seek the help of a qualified hypnotherapist. Just Be Well is an international hypnotherapy practice with Centres in London, New York, Vancouver, Dublin, Sydney.

**The news and media have had many articles on binge drinking among women lately. I myself have had a few clients with this concern and looking for help. It is an area we need to educate ourselves in a little more so we can help.**

**Roxanne**

## Some Marketing Suggestions by Craig Eubanks

### The size of your town is low on the list of considerations when it comes to marketing your services.

On the top of the list should be: *what is the most urgent problem this town or city or neighborhood has that I can solve with my hypnosis skills?* The market is the fundamental place to start your inquiries about how to get business. There is a reason it's called market-ing and not product-ing.

### Another consideration is, how do you want to position yourself?

A very common mistake is to think that because you can solve 27 different habits, 18 phobias, and even take 6 strokes off a golf score... that you should market yourself that way. Remember the old saying: **"jack of all trades... master of n o n e "** Pick a couple of areas to specialize in. Become known as THE Expert in those areas. People will seek you out. Think of it this way, if you need brain surgery, you wouldn't go to a family doctor. You'd find the best neurosurgeon you could. One advantage a smaller town does have, is that you can become THE Expert for the whole town.

**Give talks on hypnosis.** You can find free facilities at libraries and local schools, at networking parties, women's clubs associated with the Elks Club, Lions Club etc. American Legion, and give seminars. People are fascinated with

hypnosis, you should be able to easily pack rooms. Make it fun. Do suggestibility demos. Also, ALWAYS have an offer for those who attend. The reason you are doing this is to get qualified leads and build your practice. Bring plenty of brochures and business cards.

### Free Publicity For Stop Smoking Hypnosis - Ben Affleck On Oprah

Hollywood star Ben Affleck tells Oprah how he used Hypnosis to finally stop smoking after 20 years! This is a HUGE opportunity for all professional hypnotists to get a big boost in business from the Oprah Effect. This morning I found these two **Google Alerts** in my inbox. As I have recommended repeatedly, if you want to leverage current topics in the news, Google Alerts is the hands-down best way to be instantly notified of hot news stories. It takes 5 minutes to set it up. I can think of numerous ways I would use this story if I were a Smoking Cessation Hypnotist. At a bare minimum, I would have a press release done TODAY and sent out to my local media while this story is HOT.

**Why is this so important?** Because almost no one has ever gone broke betting on the power of Hollywood stars endorsing a product or service. And there are few people in this world how much Oprah when it comes to celebrity power. In fact this is known as the *'Oprah Effect'*. She can sell more books than a top review from the New York Times just by mentioning it on her show, and do it in an era when people spend more time watching TV than reading. Oprah

having a story on her show about Hypnosis being effective will do more for the credibility and believability of Hypnosis than a stack of scientific studies a foot deep. Plus you have the added effect of Hollywood movie star Ben Affleck saying how hypnosis not only helped him stop smoking a pack a day, but it also helped his good friend Matt Damon, another Hollywood Star.

ONLINE Marketing is the number one way to market your practice. There's no way getting around it. Having a great website is absolutely necessary these days. We need to step up our advertisement in a professional ethical way. It is one of the cheapest and best ways to advertise, create newsletters and send out to clients, doctors offices and social clubs, etc. Craig has a list of websites you can join to be alerted to anything new happening with hypnosis. I came upon this website of Craig's by accident and saved it to my favorites to do the suggestions he has given, and its for free.

Go to [hypnosismarketingtips.com](http://hypnosismarketingtips.com), Craigs website for additional ideas and information on many marketing tools. He has a wealth of information to share.

Go to my website and see the beautiful work my guy did at such a very cheap, cheap price. He is listed as a link if you are interested in doing a website.

[WWW.JerseyHolisticCenter.com](http://WWW.JerseyHolisticCenter.com)  
Roxy

### Listening To Your Clients

I want to share a short story with the members about a massage client of mine who has been smoking since she was a teenager. Every time she came in for a massage and she smelled from cigarettes I would always comment when is she ready to stop. She kept telling me she wasn't ready but is thinking about it. Last week she came in smiling and happy and blurted out, I stopped smoking. She was beaming from ear to ear. When I asked her how, she said a friend of hers stopped after reading a book and gave it to her. "Easy Way To Stop Smoking." By Alan Carr. She said it was the most boring book she ever read, but her friend said, keep reading it. She told me it made so much sense that she quit right away. She also acknowledged that it said everything I have been telling her all these years. So I ordered the book and CD to see this persons point of view that so drastically changed my clients life. It will be here any day now. I figured this is another tool for my tool box when I work with smoking clients. SO I listened how she did it, and purchased what was powerful for her and to learn maybe a new technique. So I am sharing this information with you. Always listen and investigate. **Ask me at the meeting about this book, I will have read it by then.**

## February Horoscope with Judy Lewis

**Aries** -Aspects to the 8<sup>th</sup> house of your solar chart indicate this may be a good time to refinance your home or otherwise consolidate your debt. The 8<sup>th</sup> house governs taxes, insurance, and OPM (other peoples' money). Forget the so called gloomy forecast for the economy. The astral advice suggests having faith in the stars. Ask for and receive loans and other financial help. Vow never again to lose control of your finances.

**Taurus** The Moon in the 9<sup>th</sup> house brings to light issues of your higher mind, indicating a time of self evaluation. This energy prompts you to search within and decide who is responsible for any lack of progress in your life. When a negative pattern repeats we occasionally may see the cause as we glance in the mirror. This acceptance clears the way to a happy life Go forth and follow a new path to success. You will be assisted by the stars.

**Gemini** Your status and honor as indicated by the 10<sup>th</sup> house are of main importance at this time. Proceed with caution as you could be tempted to take a chance on some activity that might be deemed shady. Everything we gain must be in exchange for something and there is no such reality as something for nothing. An honest person can never be scammed. This month, especially, don't take chances with your integrity.

**Cancer** Friends are somewhat demanding at this time and you are worn out from listening to complaints. You need all your strength to complete a heavy workload that the stars hold for you this month. The astral advice suggests a return to those persons and surroundings that have given you comfort in the past. You have the ability to be strong and keep focused but this month is a challenge.

**Leo** The 12<sup>th</sup> house may find some Leo natives somewhat down in an emotional slump this month. It's not a life altering energy just a wandering mind that is the cause. This is a good time for reflection and making plans for the future. In order to utilize this time to your advantage focus should be on those positive things that make you feel grateful. Realize that there is a purpose to your existence and you are on the right path.

**Virgo** Most of the Virgo natives have dealt with Saturn energy and survived. It's almost finished teaching the lessons that your soul must absorb in order to pay any outstanding karmic debt. We all have experienced a Saturn transit. The good part is the determination and

strength it leaves in its wake. You a stronger and more focused than ever and the good times will return shortly. Just never forget the valuable lessons learned.

**Libra** Astral activity seems to be hampering your plans by putting undue extra tasks on your shoulders .The best laid goals of Libra seem to be drifting away, somewhat like a life preserver on the Titanic. Dreams are slowly fading into the cold sea of responsibility as family members need a helping hand. This sacrifice of time and perhaps money will be paid back tenfold. Look for happiness to return by April.

**Scorpio** Fourth house energies are keying in and you now desire a new home. Comfort and surroundings that in the past may have not been of importance are keenly on your mind. You are finally putting action to your dreams. Look for your ideal home or apartment. The stars will lead you in the right direction and assist you in your search.

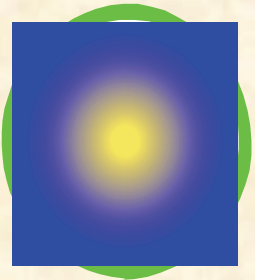
**Sagittarius** Your attitude and level of attractiveness are at an all-time high. Opportunities are all around. Keep your eyes wide open for a great career offer around the 15<sup>th</sup> of February. Those Sagittarius natives that are happily employed, a promotion is soon to be yours. Keep all appointments and don't be late and before the end of April a financial raise will make you happy.

**Capricorn** Mars and Mercury in the 6<sup>th</sup> house ruling work as we enter February may have you wishing for a career change. Mars cuts away and Mercury communicates any unhappy feelings. These two energies may find you answering back those persons who sign your check each week. Plan to be controlled and wait for an opportunity to present itself at the end of this year. For now, the astral advice suggests that you stay where you are and smile.

**Aquarius** Neptune in Aquarius may find you dreaming about what might have been. The Sun in your sign can energize each situation. Combine these factors and mix well with Jupiter, then add your eccentric personality and we have a recipe for an exciting February. All the blessing of the Universe can be yours. Have fun now, Aquarius, you deserve it.

**Pisces** Use it or lose it is an undeniable rule of nature. Solar activity suggests that you activate your higher mind. It is that part of the psyche that inspires faith in yourself as well as others. A past diet of fear and discontent has allowed your spiritual body to get out of shape. You are in dire need of a healthy turnaround. Focusing on thoughts of hope will nourish your soul and attract the good luck you so deserve.

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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Stargazing

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## Winter Blues Aromatherapy Remedies

**Essential oils used for depression** are basil, bergamot, cedarwood, clary sage, frankincense, geranium, grapefruit, lavender, lemon, jasmine, myrrh, neroli, rose, sandalwood, spruce, orange, and ylang ylang.

**Essential oils that can have a positive influence on feelings of anger**, which are associated with depression, include rose, chamomile, ylang /ylang, and rosemary.

**If the depression is associated with a loss**, then essential oils helpful for grief and bereavement, such as lavender, rose, frankincense, neroli, hyssop, and marjoram, should be included.

Many of the essential oils used for depression are from flowers and fruit. These essences have an uplifting effect on the mind and emotions.

### Inhalation blend for mild depression

4 parts Clary sage essential oil  
 4 parts Ylang ylang essential oil  
 3parts Geranium essential oil  
 2 parts Basil essential oil  
 1 part Sandalwood essential oil  
 Mix the above essential oils in an amber glass bottle. Label. Use three to four times daily.

### ESSENTIAL OIL BLEND FOR DEPRESSION

Basil  
 Clary sage  
 Jasmine  
 Rose  
 German chamomile (matricaria recutita)  
 Mix the oil together. Place it in a bowl of steaming water (2 or 3 drops), or in a bath (5 or 6 drops), or on the edge of your pillow (1 or 2 drops).

### AROMATIC BATH FOR THE BLUES

For mild bouts of depression  
 1/4 cup Honey (or almond, canola, soy and safflower)  
 3 drops Lavender essential oil  
 3 drops Ylang ylang essential oil  
 2 drops Basil essential oil  
 2 drops Geranium essential oil  
 1 drop Grapefruit essential oil  
 Mix the essential oils in the honey. Fill the bath tub with warm water and then add the aromatic honey mixture. Stir well using your hands. Soak for 20 to 30 minutes.

**Being inside all winter causes frustration and feelings of stuck within the same 4 walls. Use these remedies to feel uplifted and energized to get through the winter.**

**TO  
 YOUR  
 HEALTH**

I found a great place to purchase organic essential oils that are made as you order it. Good price. Go to my website and look up his link. Highly suggest his oils. Roxy

### HEALING ENERGY CIRCLE

**Great News!!** With our February, 2009 NACH-NGH Greater New Jersey Chapter meeting we are instituting a Healing Energy Circle among the people attending the dinner meeting. Member, Patty Pedersen suggested this so that persons that need healing sent to them may receive it from a group concentrating on sending this energy through the universe. Thought and prayer are extremely powerful and we are beginning to realize that Distance Healing is real and rewarding. Any member may email the name of a person or persons to us, or give the name on the night of the meeting, and Patty shall read all of the names so gathered and then lead the group in sending energy to those in need. This is a chance to expand your horizons and help others. We all benefit from the power of prayer and energy, and in a group the power multiplies rather than adds. You will be surprised to feel the energy yourself and to begin your own healing. You owe your participation to yourselves!

### 2009 MEETING DATES

**February..... 18    March ..... 18    April ..... 15    May .....20**  
**June .....17    September .....16    October .....21    November.....18**

***No sessions    December & January and July & August***

***Please copy and print and cut out and put some where as a positive reminder of when our meetings are***

# **MASTER HYPNOTIST CERTIFICATION**

This is the title you deserve. It commands instant recognition. This is the course for which you have been waiting. It has arrived.

**100% Satisfaction Guarantee. If by the lunch break of the first day, you are not completely satisfied, we shall return your tuition, no questions asked.**

## **LEARN HOW TO DEAL WITH:**

**Session surprises - Shocking events - Unique cases - Ethical questions – Dilemmas – Personal Issues- Student input – Interject your personal observations & opinions**

**You will have the opportunity to describe real cases, receive comments and solutions, see vivid demonstrations, witness step-by-step procedures, participate in hands-on, intensely supervised-practice. You will gain enhanced confidence in your practical clinical abilities, and your mind will be stimulated so that the many answers that you, yourself possess, are drawn out from within your inner being. Diverse scenarios are described, and just when you think that you have the solution, a twist will pop up that needs further attention, keeping you always on the alert.**

**Three (3) students will be permitted to schedule a client, family member or friend to bring to the workshop for an instructor to work with as a demonstration or for the student to conduct a hypnosis session in front of the class and receive student & instructor critiques. Approval & arrangements must be made by March 16<sup>th</sup>, 2009**

### **YOU WILL RECEIVE:**

**A “Master Hypnotist” Certificate  
Practical Course Workbook  
Unique Inductions  
Powerful Scripts  
Confidential Interview Form with  
Addendums for Specific Issues  
Lists of General plus Specific Affirmations  
Impressive Colorful Nutrition Handout  
to hand out to your Weight clients**

### **HIGHLIGHTS:**

**Actual Case Studies  
Intriguing Case Scenarios  
Team Selection  
Team Problem Discussion  
Appropriate Techniques  
Observers’ Critiques  
Student Class Demos  
“Wooing” the SC Mind  
Class Input and Questions**

# **MASTER HYPNOTIST CERTIFICATION**

**With  
DR. JOHN GATTO & DR. TONY DE MARCO**

**MORE THAN AN INTERNSHIP  
DYNAMIC REAL-LIFE ISSUES**

**As this workshop is akin to an advanced internship involving excellent demonstrations, student practice, selection of therapies and techniques, and questions and answers, the number of instructors' real case histories that will be narrated, described, explained and worked, depends upon said course progress. Part or all of the following list will be selected and addressed, time permitting:**

**(Advanced) Smoking – Weight – Stress  
With specific interview forms-Techniques-Affirmations  
Anorexia with actual client drawings  
Body Double Technique for Sexual Frigidity  
Phobias-Fears-Sleep issues  
Anger Management- Public Speaking  
Natural Childbirth  
Thought Stopping  
Healing Energy  
Abusive Relationships-Release-Letting Go  
Past Life Regression**

**A Two Day Certification Workshop  
March 21<sup>st</sup> & 22<sup>nd</sup>, 2009 (Saturday and Sunday) 9AM – 5 PM  
Holiday Inn 4701 Stelton Rd, S.Plainfield, NJ (908) 735-5500  
NACH Members \$325 (Pay by March 10th - \$295)  
Non-NACH Members \$350 (Pay by March 10th - \$325)**

## **ATTENTION**

**This workshop is open only to Certified HypnoCounselors or HypnoTherapists or Hypnotists. Please do not apply for registration if you are not certified. You must affirm that you have been certified, by completing the attached Registration & Questionnaire. Add to your prestige. Gain the recognition that you deserve. Enhance your present skills. Learn from/teach others in the class. Network with serious, like-minded practitioners. Increase confidence. Excel!!**

# Registration Form

## MASTER HYPNOTIST

**Yes, I affirm that I am a Certified HypnoCounselor or Hypnotherapist or Hypnotist.  
Please accept my registration now so that my seat is reserved ASAP**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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

Hypnosis Certification by \_\_\_\_\_ Year \_\_\_\_\_

Hypnosis Certification by \_\_\_\_\_ Year \_\_\_\_\_

Other Education/Certifications \_\_\_\_\_

Present Hypnosis Title(s) & Initials \_\_\_\_\_

**I desire the Master Hypnotist Certificate to be made out exactly like the following:**

Name \_\_\_\_\_ Initials \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ (Make check payable to NACH)

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

Signature \_\_\_\_\_

**Class Sizes Are Limited, Please Call Today To Reserve Your Seat.**

### Workshop Fee

NACH Members	\$325 (Pay by March 10 <sup>th</sup> , 2009 - \$295)
Non-NACH Members	\$350 (Pay by March 10 <sup>th</sup> , 2009 - \$325)

**Place:** Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080 Tel: (908) 735-5500

**Time:** Saturday & Sunday **March 21st & 22nd** 9:00 am – 5:00 pm

**NATIONAL ASSOCIATION OF CERTIFIED HYPNOCOUNSELORS**

**1358 Burnet Ave., Union, NJ 07083 (908) 964-4467 Fax (908) 810-0255**

# CEU Credit Hours

## 2009 MEETING DATE

**Wednesday:** February 18, 2008

**Networking:** 7:00 PM

**Dinner:** 7.30 PM

**Meeting Place:**

**Galloping Hill Inn, Union, NJ**



### 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.



**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.

**PRESENTER:** Boris Opancha, MS., BCH., RPSGT.

**TOPIC:** Sleep Disorders and Hypnosis

I have been a member of NGH for 9+ years. I earned my Master of Science Degree in Biology in 1977 at Chernovci State University (Ukraine). Earned Alternative Degrees: registered Polysomnography (sleep) technologist. In 1999 I received my training in hypnosis at American Institute of Hypnosis. In addition to my training. I attend and present at seminars, workshops and conventions. I am a certified hypnotist with A B H and N G H. In 2002, I became NGH Board certified. I have been a faculty with NGH since 2004.

Since 1999 I have been practicing Hypnosis at Biohypnosis LLC. In 2005 I continued my training in Polysomnography (sleep) technology and in 2007 passed my exam and am certified as a Registered Polysomnography Technologist (RPSGT). I work at New York University's Sleep Disorder Center as a sleep technologists.

Sleep problems are reaching epidemic proportions, estimated to be the #1 health related problem in America - CNN, May 1997, Sleep deprivation costs \$150 billion each year in higher stress and reduced worker

productivity-National Commission on Sleep Disorders, 2003. Over 70 million Americans suffer from disorders of sleep and wakefulness. Sleep problems disease may occur because of secondary factors such as stress, pain, inactivity, or depression. Hypnosis seems to be the technique that is best documented for the psychological treatment of certain Parasomnias.

Boris's workshops was my #1 favorite at NGH Convention this year, Roxy

### Board Members

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#### Reservations

Members.....\$22.00

Non-Members.....\$24.00

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

**CALL: 908-964-4467**

**Please send your check in on time.**

**Just showing up causes problems with seating**