

**NACH and the Greater NGH Chapter**

**National Association of Certified Hypno-Counselors**

**1358 Burnet Ave. Suite 1, Union, NJ**



**NEWSLETTER**

**NEXT  
MEETING**  
**Wednesday**  
**Feb. 16,  
2011**

**Presentation for February 16 Meeting: with *JOE PEOPLES***

**How To Give Advice Without Giving Advice: Ericksonian Hypnosis**

You're sitting with a client, listening to the description of issues and challenges and a solution pops into your mind. You know that if you give advice in a straightforward fashion, it will likely be rejected; so what can you do? Famed psychiatrist and hypnotist, Milton Erickson, figured it out, many years ago. He gave advice using metaphors in storytelling. Joe Peoples will explain the principles behind Ericksonian language patterns, the use of Metaphors and Analogies as teaching tools, and how to construct stories, using information elicited from your client. If you've been wondering what Ericksonian Hypnosis is about and how you can use the techniques in your practice, this is a must-see presentation. Joe Peoples is a graduate of the Academy of Professional Hypnosis and has extensive training in NLP, having studied with Richard Bandler, John LaValle, Robert Dilts and Kevin Creedon. He has also studied Neuro-semantics with Michael Hall and Ericksonian Hypnosis with Doug O'Brien.

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***UPCOMING Spring 2011 MEETING DATES***

***February 16 2011 March 16 ,2011 , April 20, May 18, June 15***

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

**Call for Presenters!**

In the efforts of the NACH to steadily build our organization, we are calling for any NACH member in good standing to submit his or her name and topic for presentation at our dinner buffet meetings. We shall consider all submissions. This is your chance to participate in our growth. Also, any member in good standing may suggest a topic to be presented and we will search for presenters to accommodate your request. Email all correspondence to [infor@hypnoacademy.com](mailto:infor@hypnoacademy.com) with a copy to [Ichrepta@yahoo.com](mailto:Ichrepta@yahoo.com).

**February , 2011 Horoscope with Judy Lewis****STARGAZINE**

**Aries ^-** Jupiter and the Part of Fortune in the 12<sup>th</sup> house indicate a great change in the way you perceive life. Happiness and joy are yours as you forgive and forget those who have hurt you in the past. New projects and a renewed love of life have returned. Enjoy, as this is the beginning of a sustained period of positive growth.

**Taurus ♂-**Taurus on the ascendant indicates a return to the happy outgoing person you once were. Your personality seems supercharged and everyone is enthralled with your charm. This energy is an indication of great things to come both professionally and personally. Use this period wisely and this could be the best year ever!!

**Gemini `-** This is a time to refine your goals and start taking better care of yourself. You have set aside your hopes and wishes for those of others. Although it's true that there is no happiness solely within ourselves, it seems you've taken this idea to a new level lately. Does the word "martyrdom" strike a chord? People may begin to lose respect for you. It's time to show them your true worth. All love radiates from self-love!!

**Cancer a-** Time to update your financial goals as the North Node is posited in the 2<sup>nd</sup> house of your solar chart. Money and savings will be on the rise. Someone may offer you a financial tip that will increase your wealth. The simple fact is that you will leave Feb. with more money than you entered it.

**Leo b-** Drama is on the rise as the 5<sup>th</sup> house of your solar chart is aspected. It will take all of your strength to calm a family situation and minimize conflict. Your diplomatic skills are tested as you bring warring parties to the peace table. Now and in the future you will be known as a peacemaker and respected for your calm council.

**Virgo c-** Someone you thought was out of your life completely may initiate contact and for a moment you seem to forget your sordid history with this person and offer support. Realize that the reasons for your estrangement have not changed. They still are the same although you have developed and grown. The astral advice suggests you keep at a safe distance.

**Libra d-** Energies to the 6<sup>th</sup> house have many Libras embarking on a new health regimen. In February the best time to begin a diet or exercise program is three days after the Aquarian New Moon of February 2<sup>nd</sup>. Libra's love luxury and sometimes overindulge. Making some changes now will find Libra happy and fit by summer.

**Scorpio e-** You may find yourself wasting time trying to convince someone of your value. This is an uncomfortable position for any of the signs but especially for the Scorpion. It may be time to clean house, so to speak, of anyone who takes rather than gives. Remember that relationships succeed when both parties make an effort. Know your worth.

**Sagittarius f-** The transiting Venus in Sag in the 8<sup>th</sup> house of your solar chart indicates some luck with mortgages, taxes, and OPM {other people's money}. So a fortunate time to complete your taxes would be early February. It seems you will pay less or get more of a refund if you follow this simple astral advice. Go for the gold!!

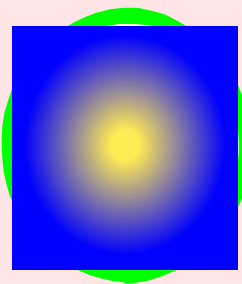
**Capricorn g-** Your higher mind seems activated with optimism as Pluto and the Moon transit your 9<sup>th</sup> house. Thoughts are moving at a million miles a second and it's somewhat overwhelming. Use these insights to prepare for a period of abundance. Education, travel, and writing, all are highlighted. You may be the next J.K. Rowling {Harry Potter} or Stephanie Meyers [The Twilight Saga] with these aspects.

**Aquarius h-** You have the power to walk away from any unfulfilling career situation and reinvent your life. The key to your success is to find a career where you will use your talents to help others. Remember there is no happiness within ourselves. Go forth and change the world for the better as that is the birthright of the Aquarian native.

**Pisces i-** The transiting Jupiter has left your sign and is now in the part of the heavens ruled by your neighbor, Aries. 12<sup>th</sup> house energies and the cold of winter have left you somewhat worn out. Entering into the month of February gives you a lift as Spring is soon to arrive. Make efforts to hold your head high with optimism and kindness as the good times return with the first flowers of May.

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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.

**Stargazine 2011**

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Stargazing

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## RESEARCH ON HYPNOSIS

Over the years there have been many research studies completed that show that hypnosis does indeed work. There have also been many that show how effective hypnosis is for a wide variety of specific treatments. Here are just a few examples of some of these studies.

### Real Brain Effect

Recently (2009) Hull University researchers found that hypnosis has a 'real brain effect' when analysed doing certain activities on brain scans under hypnosis. One psychologist, Dr. Michael Heap concluded that the study backed the theory that hypnosis "primes" the brain to be open to suggestion. The study leader Dr. William McGeown reflected that "This shows that the changes were due to hypnosis and not just simple relaxation. Our study shows hypnosis is real."

### Hay Fever

In 2005 a Swiss team at Basle University taught 66 people how to do self hypnosis to treat hay fever. This largely consisted of visualising being on cool snowy mountainous terrains. After a year the researchers found that the volunteers who had been using self hypnosis reported far fewer symptoms related to hay fever than their fellow volunteers. Hypnosis significantly helped them alleviate symptoms such as a runny nose.

Professor Langewitz reasoned that hypnosis might work by altering blood flow and helping alleviate congestion in the nose that can occur with hay fever. He said: "It is known that you can alter blood flow with hypnosis".

*Medical journal Psychotherapy and Psychosomatics.*

### Weight Loss

A study showed that, when comparing the results of adding hypnosis to other weight loss treatments across many different methods, adding hypnosis increased weight loss by an average of 97% during treatment. It also showed that hypnosis increased the effectiveness after the treatment by a whopping 146%. This shows that hypnosis works even better over a period of time.

*Journal of Consulting and Clinical Psychology, 1996*

A study of 60 women divided into hypnosis and non hypnosis control groups, found that the groups using hypnosis lost an average of 17 pounds, while the non-hypnosis group lost an average of only 0.5 pounds.

*Journal of Consulting and Clinical Psychology, 1986*

### IBS

In a recent review of available controlled studies in the field of gastroenterology conducted at the University Hospital of South Manchester, scientists discovered that hypnotherapy is clearly beneficial for patients suffering from gastrointestinal disorders such as irritable bowel syndrome and peptic ulceration.

*Whorwell P.J. Use of hypnotherapy in gastrointestinal disease. Br J Hosp Med (ENGLAND) Jan 1991, 45 (1) pg.27-9*

Scientists at the Gastroenterology Unit, Frenchay Hospital, Bristol came up with similar results. 33 patients with irritable bowel syndrome were treated with four 40 minute sessions of hypnotherapy over 7 weeks. Twenty of the group improved, and eleven

of these were shown to be completely free from all symptoms. The researchers concluded that hypnotherapy in groups of up to 8 patients was as effective as individual therapy in the treatment of irritable bowel syndrome. Meaning that sessions did not need to be specifically tailored to each individual – giving more credibility to effectiveness of pre recorded sessions.

*Harvey RF et al. Lancet (England) Feb 25 1989, 1 (8635) pg.424-5*

### Skin Disorders

Dermatitis and many other skin complaints such as psoriasis and eczema are widely considered to be stress related diseases. Hypnotherapy is well known to be very effective at treating emotional stress. Psychological tests have revealed that dermatitis sufferers are usually more anxious people, and as their levels of anxiety are reduced, their skin condition improves. Most clinicians and researchers agree that stress affects the course of dermatitis and eczema, and reducing stress levels has a positive effect on the course of the disease. Several documented case studies have directly revealed that hypnosis can offer a successful treatment for sufferers.

*Kantor SD Psoriasis Research Institute, Palo Alto, California 94301. Cutis (US) Oct 1990, 46 (4) pg.321-2*

### Warts

There have been many studies on hypnosis being used to treat warts. Often they have seen success rates as high as 80%. For some reason success rates seem even higher for children. There was a particularly interest-

ing report of hypnosis being used to treat a 7 year old girl who had 82 warts. These warts had been present for about 18 months and would not respond to regular medical treatments. After 2 weeks, 8 of 16 facial warts were gone. After three more fortnightly sessions, all 82 warts were gone. The researchers concluded that the hypnotherapy was very successful, and that there must be an intimate relationship between psychological mechanisms and the immune system.

*Department of Pediatrics and Human Development, Michigan State University, East Lansing 48824. J Dev Behav Pediatr Apr 1988, 9 (2) pg.89-91*

### Healing Wounds

Research at the Harvard Medical School showed that hypnosis increased the rate of recovery on patients who had undergone surgery. The research was compared to patients who had received the same surgery but without hypnosis.

*Cromie, W.J. (2003) Hypnosis Helps Healing. Harvard University Gazette, May 8th 2003*

### Pain Control

Researchers at the University of Iowa Roy J. and Lucille A. Carver College of Medicine, used functional magnetic resonance imaging (fMRI) to find out if hypnosis alters brain activity in a way that might explain pain reduction.

The researchers found that volunteers under hypnosis experienced significant pain reduction in response to painful heat. They also had a distinctly different pattern of brain activity compared to when they were not

## You will Never Look At Pain The Same Way Again

### You Will Never Look at Pain the Same Way Again

#### A new study of the journal *Current Biology*

Researchers found that just by changing the way subjects looked at an achy limb, they could affect the degree of pain experienced AND the swelling of the limb.

#### Here is the study in more detail:

Researchers found subjects who all experienced chronic pain in one of their arms. They then had them all do 10 hand movements that would trigger pain in the aggravated arm. The movements were such that the subject could watch their own hand movements.

They had the subjects do these movements under four different conditions:

1. With No visual Manipulation (control 1)
2. While looking through lenses that did not affect the size of their arm (control 2)
3. While looking through lenses that magnified the size of their arm
4. While looking through lenses that minimized the size of their arm

All of the subjects experienced some pain and swelling under all conditions, but the differences were significant under the different conditions, and truly amazing.

The lenses caused the subjects to see the arm as bigger, experience more pain and swelling than the control groups, while the lenses that caused the subjects to see the arm as smaller causes less pain AND less swelling than the control groups.

Researchers still can't tell us why exactly this is happening but some guesses have to do with something called the, "top-down" effect of body image on body tissues. Meaning that the experience of pain is bi-directional (works both ways) between the actual cause of the pain and the perception of the pain causing stimulus.

Another related theory from one of the study's authors, Dr. Moseley, is that protective responses—including the experience of pain—are activated according to the brain's implicit perception of danger level. "If it looks bigger, it looks sorer and more swollen," Moseley said. "Therefore, the brain acts to protect it."

Either way, I find the whole experiment fascinating. It is just one more piece of evidence of the brain's role in how we experience pain.

### Hypnosis for Weight Loss: Does It Work?

Yes, research demonstrates a significant effect when using hypnosis for weight loss.

In a 9-week study of two weight management groups (one using hypnosis and one not using hypnosis), the hypnosis group continued to get results in the two-year follow-up, while the non-hypnosis group showed no further results (*Journal of Clinical Psychology*, 1985).

In a study of 60 women separated into hypnosis versus non-hypnosis groups, the groups using hypnosis lost an average of 17 pounds, while the non-hypnosis group lost an average of only .5 pounds (*Journal of Consulting and Clinical Psychology*, 1986).

In a meta-analysis, comparing the results of adding hypnosis to weight loss treatment across multiple studies showed that adding hypnosis increased weight loss by an average of 97% during treatment, and even more importantly increased the effectiveness POST TREATMENT by over 146%. This shows that hypnosis works even better over time (*Journal of Consulting and Clinical Psychology*, 1996).

#### CONTINUED FROM PAGE 3

not hypnotized and experienced the painful heat. The changes in the brain activity suggest that hypnosis somehow blocks the pain signal from getting to the parts of the brain that perceive pain. These results were reported in the November 2004 issue of *Regional Anesthesia and Pain Medicine*.

*University of Iowa Health Science Relations, 5135 Westlawn, Iowa City, Iowa 52242-1178*

#### Immune System

In a study of medical students under exam stress, researchers found that those who received self hypnosis training did not show the same reduction in key immune system components that the untrained group did.

The researchers also found that during exam time, the students launched stronger immune responses compared with students who did not learn self hypnosis. It was also noted that the more often students practiced self hypnosis, the stronger their immune response became.

*Journal of Consulting and Clinical Psychology*  
2001;69



**Spring Academy HypnoCounselor Certification Course Schedule for 2011**

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) Ask us for a copy of our New Jersey State License

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 SCHEDULE**

**Basic Hypnosis..... March 5/6 & 12/19**

**Advanced Hypnosis..... March 19/20 & 26/27**

**Advanced Clinical Hypnosis Certification..... April 2/3 & 9/10**

**EACH COURSE IS .....2 WEEK-ENDS SATURDAY & SUNDAY 100 hours of in class study**

**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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Abstract: Recent brain research indicates that it is possible to talk to the Amygdala, a key part of the brain that deals with certain emotions. The inner mind is concerned with emotion, imagination and memory as well as the autonomic nervous system which automatically controls our internal organs. By talking to the amygdala, an experienced hypnotherapist can relax the autonomic nervous system shutting down, or curtailing the trigger that sets off secretion of the adrenal and pituitary glands. This gives the body an opportunity to rebuild its immune system in many chronic illnesses.

When a patient is in a hypnotic trance the amygdala automatically shuts down the rapid alert system and turns off the stress hormones epinephrine, corticotropin, and glucocorticoids. I have tried to talk to the amygdala in a number of critical cases including a 22-year-old woman with diabetes and a fear of hypodermic needles, 40-year-old male with osteosarcoma and prostate problems, and a 75 year-old man with kidney failure. In each case, the technique of relaxation through hypnosis has proven a highly effective tool in giving the body a chance to heal itself through its own inherent wisdom system. This is the part of the mind that knows how to make you breathe and send oxygen to your blood cells.

David Barlow of the Boston Center for Anxiety and Related Disorders claimed in a Newsweek article (Feb. 24, 2003) that it is actually possible to talk with the amygdala, a key component of the brain that deals with emotions like fear. Since this idea was consistent with the basic tenets of hypnosis, it intrigued me.

"Hypnosis is a way to access the untapped power of the mind and alter brain functions. In this state of intense relaxation and concentration, the mind is able to focus on positive suggestions which can be carried out at a future time. These subliminal messages are surprisingly powerful.

"The mind is like an onion. The outer layer, or conscious mind, deals with intelligence, reality, and logic. The inner mind is concerned with emotion, imagination, and memory, as well as the autonomic nervous system which automatically controls our internal organs (i.e., how we breathe, send oxygen to our blood cells, or walk without using the conscious mind.) The internal mind is on autopilot, reacting to the dictates of the pleasure principle. It seeks pleasure and avoids pain" (Warren, 2003, pp. 175-6).

It is these characteristics that make hypnosis a highly effective therapeutic tool in dealing with a wide spectrum of mental and physical disorders. When a therapist is doing hypnosis, the amygdala is turned down. Therefore, I call this "talking to the amygdala." The hypnotist can actually relax the autonomic nervous system, shutting down the usual "fight, flight, or freeze" response and curtailing the trigger that sets off secretion of the pituitary and adrenal glands. This gives the body a chance to build up its immune system and reduce trauma (Frank and Mooney, 2002) in many chronic illnesses (i.e., irritable syndrome, bulimia, cancer, high blood pressure, and Parkinson's disease.) Even the Wall Street Journal (Friedman, 2003) has documented how hypnosis has entered the mainstream and is using trance states for fractures, cancer, and burns and speeding recovery time.

Dr. David Spiegel, Stanford University researcher, speaking at the 54th Annual Conference of the Society for Clinical and Experimental Hypnosis, November, 2003, in Chicago reminded us that although we don't fully understand how it works, there is significant evidence that hypnosis can be effective in helping people reach into their own unconscious resources to solve problems normally beyond their ability. Not only does it work, but it often succeeds where modern medicine has failed.

That evidence continues to pile up. Hypnosis is now being used in dentistry, fertility, childbirth, allergies, eating disorders, headaches and improved academic and sports performance. Eleanor Laser, PhD. assists physicians like Elvira Lang, MD by performing hypnosis and analgesia during operations at the Harvard and Iowa University Medical Schools. Hypnosis is not sleep, but an altered state of consciousness in which a person accesses that part of his or her mind that is capable of adjusting the problem without the conscious, thinking mind directing it.

In addition to being a psychotherapist, author, researcher, and educator in private practice in Rockland County, New York, I am also an experienced hypnotherapist. So I decided to put David Barlow's statement to the test. Patients don't have to know where the amygdala is located and what it does. The unconscious mind knows. The unconscious mind knows how to work without the conscious mind directing it. That's one thing I have learned from years of conducting hypnotherapy. You can rely on the patient's unconscious mind to come up with the answers, while the therapist contributes positive suggestions.

First, I did a little research on the amygdala and was surprised to find that tremendous progress has been made in just the past few years in our understanding of the brain and how it works. I was also amazed that no one has put it all together in one place. So I thought I would conduct my own experiment.

The Amygdala:

The amygdala is located on either side of the middle of the brain known as the Limbic System. There are two of them, each 1.5 centimeters – the size of a walnut. The amygdala is critical for certain kinds of negative emotions, particularly fear, but it can also provide an important link to creativity and increased intelligence. Richard J. Davidson, Director of the Laboratory for Affective Neuroscience and the W. M. Keck Laboratory for Functional Brain Imaging and Behavior at the University of Wisconsin in Madison has studied this area of the brain and mind-body interaction since 1999. He explains that many parts of the brain work together to produce complex behavior such as emotions (Gyatso, T. and Goleman, D. 2003). It was found that the amygdala plays a key role in the circuitry that activates emotion, while the prefrontal cortex does much of the regulation. Evidence suggests that regions of the left frontal cortex play an important role in positive emotions while the right frontal lobe plays that role in certain negative emotions.

Another key part of the brain is the hippocampus, a long structure directly behind the amygdala which has been linked to memory. The hippocampus is essential for the appreciation of the context of events. Some emotional disorders such as Post-traumatic Stress Disorder and Depression involve abnormalities in the hippocampus. In both these disorders, it was found that the hippocampus actually shrinks.

The amygdala, the hippocampus, and the frontal lobes (p. 193) are all extensively connected with the body, in particular with the immune system; with the endocrine system which regulates hormones; and with the autonomic nervous system that regulates heart rate, blood pressure and other functions.

The brain provides a complex system of feedback circuits involved in the reaction to stress and trauma. This process starts (Sapinsky, 1993) with the actual or perceived threat of death or injury that activates the higher reasoning centers in the cortex. The cortex, in turn, sends a message to the amygdala, which is the principal mediator of the stress response. The amygdala then releases corticotropin-releasing hormone to stimulate the brain stem to activate the sympathetic nervous system by way of the spinal cord. This triggers the adrenal glands, located atop of the kidneys, to release epinephrine and glucocorticoids. These two hormones act on the muscles, heart, and lungs to prepare the body for the “fight,” “flight,” or “freeze” response. When the stress becomes chronic, glucocorticoids induce the locus coeruleus to release nor epinephrine that makes the amygdala produce even more CRH and other stress hormones as the reaction escalates.

Dr. Hillary P. Blumberg, and a team of researchers at Yale University (Scanning a Brain, New York Times, Dec. 30, 2003) have found that the amygdala and hippocampus are much smaller in teenagers and adults with bipolar disorder. That finding may provide doctors with a new tool for early diagnosis and treatment of the disorder. Teenagers and adults with bipolar disorder are at high risk for suicide.

Recovery function is the time it takes for a person to come back to a quiet baseline condition of the brain after being provoked by an emotion as in a traumatic event. Certain people have a prolonged response and others return to the baseline very quickly. It has been shown that people with quick recovery function have less activation in the amygdala. The amygdala and hippocampus in their brains are larger and a more normal size than those of anxious people. These people show more activation in the left prefrontal cortex. They report that their everyday experience is filled with feelings of vigor, optimism, and enthusiasm (Gyatso, T. and Goleman, D. 2003, p. 197). Other Research:

Other research projects have centered on the memory which has been linked to adrenaline, the hormone secreted by the adrenal glands in response to anxiety, stress, and fear. Dr. Jim McGaugh at the University of California at Irvine demonstrated that rats injected with adrenaline just after learning a task had enhanced retention (Friedman, 2003). Dr. Larry Cahill also at Irvine shows that blocking the effects of adrenaline could prevent emotional arousal from enhancing memory. That implies that any emotionally charged situation that causes adrenaline release will produce stronger memories.

Dr. David Barlow of Boston University's Center for Anxiety and Related Disorders, claims that we can actually talk to the amygdala and reduce stress in our minds and bodies. As a hypnotherapist, I know that the unconscious mind is best addressed by hypnotic language in a trance state

I was further encouraged by numerous scientific studies in recent years showing that the hypnotized mind can exert a real and powerful effect on the body. Hypnosis is increasingly being used today to help women give birth without drugs, for muting dental pain, treating phobias and severe anxieties, helping people lose weight, stop smoking, or even improve their performance in athletics or academic tests (Wall Street Journal, Waldholz, 2003). The stage was set for my first trial.

Three Cases: My first example involves a patient who feared an upcoming operation and the possibility of his blindness or death. He explained that he was a professional golfer, and had been diagnosed with osteosarcoma. His physician had just found a tumor the size of a golf ball behind his left eye. He had been warned that he had a slim chance of retaining his eyesight and having the tumor removed. Furthermore, there was a real possibility that he would not make it through the operation. We had five consecutive sessions during the week before his operation. The patient told me that he was a multimillionaire at age 40. All he wanted was to play golf, and his wife would not let him. He was deeply depressed and without a "causa sui" (a reason for living) (Becker, 1983, p. 119), and often dreamed of dying. Dr. Norman Shealy, a Harvard-Trained neurosurgeon and researcher, and many others have concluded that the immune system becomes compromised by depression, stress, anger, and guilt, leading to many diseases including cancer.

In each hypnosis session, I relaxed the patient's amygdala, shutting down the fear and enhancing the outcome. I did not explain to the patient that I was talking to his amygdala, but under hypnosis in a trance state, the amygdala shuts down the stress hormones, giving the patient an opportunity to rebuild his immune system. I am not a golfer. But I suggested that when the surgeon drilled into his skull, he would hit a hole in one and the tumor would pop out. On the day of the operation, the patient showed no fear of the procedure. When the surgeon made the initial incision just behind the eye, the tumor simply rolled out of his head without further intervention. The patient arrived at my office the following day with his eyesight intact and nothing but a band aid covering the incision. The tumor was sent to Johns Hopkins and the Mayo Clinic for analysis. To this day, the surgeon and his colleagues don't understand what happened. They think they made an error in diagnosis. The tumor was just not as serious as they originally thought. This patient has decided to become a golf coach, thereby reducing his depression and finding a "causa sui." His immune system was now functioning well. About six months later, he began having difficulty with his prostate. Because of their constant fighting, his wife turned to smoking pot which made her amorous. His amygdala was activated by her sexual demands and the fear that he would not be able to perform.

The prostate is a male sexual gland that surrounds the neck of the bladder and the beginning of the urethra. The gland secretes a thin opalescent fluid that forms part of the semen.

An activated amygdala doesn't wait around for instructions from the conscious mind," explains Claudia Haub (Newsweek, Feb. 24, 2004, p. 46). Once it perceives a threat it can trigger a body wide emergency response within milliseconds. Jolted by impulses in the amygdala, the nearby hypothalamus produces a hormone called Corticotrophin Releasing Factor, or CRF, which signals the pituitary and adrenal glands to flood the bloodstream with epinephrine, adrenaline, nor epinephrine and cortisol. These stress hormones then shut down nonemergency services such as digestion and immunity, and direct the body's resources to fighting or fleeing. The heart responds, the lungs pump, and the muscles get an energizing blast of glucose. The stress hormones also act on the brain, creating a heightened awareness and supercharging the circuitry involved in memory formation.

In autoimmune diseases, the immune system is confused and attacks the body. Hypnotherapy can help stimulate healthy immune system functioning where only foreign invaders or mutant cells are attacked. A general understanding of how autoimmune diseases operate is helpful to patient and therapist alike. Sometimes pictures of the disease process and immune system help to facilitate the internal changes necessary for healing or remission.

This patient underwent tests which indicated a PSA of 2.4 ug/L. We began hypnosis focused on his prostate. In a quiet, relaxed state, I asked him to locate the pipe that controlled his prostate gland, reminding him that the back of his mind knew better than I just how to put it in working order. His PSA level has now been reduced to 1.66 ug/L. (The normal range is 0.0 to 4.0.)

Perhaps even more dramatic is the case of a 75-year-old man with kidney failure who was facing the prospect of dialysis. This patient had been through three heart attacks and showed an allergic reaction to the contrast or dye used in angioplasty. His kidney function, as measured by the level of creatinine in his blood, had declined to about 20-25% of normal. Using the same technique of inducing trance and reducing all stress hormones, I asked the patient to visualize himself in a healing garden, and using all of his senses, imagine through the powers of his own pure subconscious mind -- which knows better than I do -- sending healing energy to the parts of his body that need it most. In a sense I was using his own intuition to empower him. After three sessions of hypnosis focusing on improvement of his kidneys, blood tests showed his creatinine level was reduced from 3.0 to 2.0, equivalent to approximately 50% of normal and a 100% improvement. Although his kidneys are not perfect, dialysis is no longer necessary. We are now working on his carotid artery which shows a partial blockage.

Serious medical malfunctions are not the only areas susceptible to the power of hypnosis. This case involved a 16 year-old girl who was failing math with a 53 average despite attempts to tutor her. After three months of hypnosis once a week, her average climbed steadily to an amazing 85. Through hypnosis, I was able to shut down the stress hormones that can impair memory and taught her how to anchor those feelings of calmness. Eventually, she was able to perform her own self-hypnosis prior to scheduled tests at school. I helped her to realize that her brain was like a computer, only better. In fact, it was the prototype for all manmade computers. We went over the fact that in the first five years, she learned more than at any other time in her life. She learned a language, to tell

one person from another, to distinguish different objects, to begin mastery of her ABC's, how to color, brush her teeth, and many other things. All of this was data she was able to program into her brain before she was five years old. Now that she was 16, those tasks slipped in to her subconscious mind. Just like breathing or sending oxygen to her blood cells, she didn't have to think with her conscious mind about how to do it.

The same principle holds true for math, science, and anatomy. Only now, it is much easier. Data we store in our computer brain can be retrieved just the way we retrieve the method for tying our shoelaces. First, the patient is given a simple way to anchor the feeling of calmness, perhaps by simply placing his pointer finger and thumb together, putting her into a state of self-hypnosis so the stress hormones do not interfere with her memory bank. Then she is told to tackle the easiest questions first, giving the patient a feeling of success. Success breeds success. Reducing stress hormones and strengthening the ego combined with desensitization helps patients with school and test-taking.

I can't claim that every case is an absolute success, but I can say that more and more and with the perseverance of my patients, I have been getting better and better results.

As Stephen Kahn and Erika Fromm have told us, therapists go through change every day. The profound transformation in my work came about with the understanding of how hypnotherapy works. Until then, I was confident it worked, but I didn't understand how. That understanding has reassured me and made it possible for me, in turn, to reassure my patients. As continuing research unlocks the secrets of the brain, hypnosis will emerge, breaking the barrier between art and science.

There are other cases, some more critical than others, but they all end the same way. In all cases, even the patients find it difficult to accept that hypnosis was effective in eliminating the problem. They sometimes would prefer to think that the original diagnosis and the laboratory tests had been wrong. Since it often appears so simple, hypnosis may not get the credit it deserves. The main thing is that the problem that brought the patient to me has been solved.

### METHOD:

Let me clarify what I mean when I say "talking to the amygdala." When I hypnotize a patient, the amygdala normally shuts itself off. The body and mind are at rest. There is no fight, flight, or freeze response, and all stress hormones are shut down. The patient is constantly reassured that he/she is in control, and that the patient's unconscious mind will intuitively know where to direct the healing power. The critical point is that the patient's brain knows how to solve the problem even if the patient doesn't consciously know that he knows.

The procedure is no different in principle from any hypnosis session, and consists of six discrete steps: (1) Set-Up, in which the subject is reassured of his/her control and offered the choices of staring at a spot on the ceiling, opening or closing their eyes, etc.;

I often tell them that I don't want them to go into a trance too fast or too slow. It is all up to the patient. This reinforces their sense of control; (2) Induction, direct or indirect using parallel process narratives to reinforce the realization of the power of the brain, in which the patient enters the trance state and goes to a deeper and deeper level. An example of parallel process narrative might be Erickson's famous story in which a horse wandered into his family's yard when Erickson was a young man. The animal had no identifying marks, (Rosen, 1982) but Erickson offered to return the horse to its owners. In order to accomplish this, he simply mounted the horse, led it to the road, and let the horse decide which way he wanted to go. He intervened only when the horse left the road to graze or wander in to a field. When the horse finally arrived at the yard of a neighbor several miles down the road, the neighbor asked Erickson, 'How did you know that that horse came from here and was our horse?' Erickson said, 'I didn't know – but the horse knew. All I did was keep him on the road.' pps.46-47.

The analogy is obvious. Like the horse who knew his way home without intervention, the unconscious mind knows instinctively how to solve the problem; (3) Talking to the amygdala, in which the therapist uses metaphors and ego strengthening suggestions to facilitate healing intuitively like trees that are barren in winter and flourish in spring. I sometimes suggest they can marvel at the metamorphosis that took place overnight. You know that your pure subconscious which is active day and night can repair, rejuvenate, and regenerate creating new energy and sending its intuition to the part of the body that need it most. You may be amazed or surprised where it sends it first. My voice will disappear while the back of your mind – your pure subconscious -0- allows you to do the work. When you are ready to continue, you can let me know by wiggling your finger. This is known as ideomotor signaling. Even though the patient may not have consciously heard what I said, his or her unconscious mind heard me. This suggests that a call on the patient's unconscious mind to solve the problem, assuring the (4) Post-Hypnotic Suggestion, in which the patient is reassured that he/she will awake feeling physically well and refreshed with no ill effects from the trance. I often give them a post-hypnotic trigger, on the form of words or anchors that help them stay calm so the healing can continue. An example might be the words "easy control." Another anchor would be to put their pointer finger and thumb together anytime during the day they feel the need to calm down; and (5) Return, in which the patient is brought gradually to full alertness. Then we discuss their experience and how it felt.

## CEU Credit Hours

### 2011 MEETING DATE

**Wednesday:** February 16, 2011

**Networking:** 6:00—7:00 p.m.

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

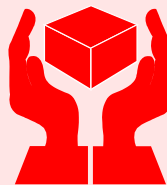
**Presentation:** 8:00 p.m.

**Meeting Place:**

Galloping Hill Inn, Union, NJ

(908) 686-2683

happening each year. The days turn



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

Members receive CEU credits for at-  
tending meetings.

**DIRECTIONS: To 325 Chestnut Street, Union, NJ 07083**

**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.**

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