



# NACH and The Greater NJ NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1 Union, NJ 07080



## NEWSLETTER

### Animal Guides Hypnosis Script

Now take a moment if you would to make a survey of your body ... I want you to survey your body at this time to see if there is any tension still left in your body ... Wherever you might feel tension simply release it ... re-release it by concentrating on it for a moment ... and giving it permission ... allowing it to let go of its hold on you ... that's right just accept it and allow it to let go ... give it permission to let go ... give yourself permission to relax completely to allow every bit of

your body ... anything that might be causing tension or discomfort ... just allow it to go away ... so that you may enjoy this time that you are selected for yourself to grow ... to learn ... and at this moment I want you to allow the energy and the love of Mother Earth to fill you ... I want to feel the energy from Mother Earth as it comes through the ground almost as if you were a tree you can feel it coming up through the bottom portion of your body as if it were roots of a tree ... you can feel the energy of Mother Earth and her love, and balance ... Just filling you ... going up through the roots ... into the trunk ... through the main part of your body ...

nourishing you ... touching you ... and reaching every point from your toes to your fingertips ... all the way to the top of your head ... feel that energy of the universe ... that wonderful strength and warmth ... the energy ... feel the sun radiating ... Mother Earth as she goes through your body ... and as it goes to your entire body allowing to wash away all the tension discomfort ... allow Mother Earth to cleanse you ... completely leaving you new ... feeling a radiant and wonderful feeling ... and this healing energy continuing to nourish your body and your mind ... allow yourself to imagine and to

feel this wonderful energy ... permeating throughout your whole body ... as you're sitting and relaxing in your sacred space ... you can allow your sacred space to be exactly where you are ... or if you prefer someplace else in your mind just allow yourself to be there ... allow yourself to have a sacred space where you are completely relaxed right now ... Mother Earth nourishes you ... strengthens you ... feel her warmth going through your entire body ... as you realize you are in a nice safe space ... no one can harm you in this space ..... it's your place where no one will interrupt you. so just relax in this...

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- Upcoming Hypnosis Certification  
Beginning on September 13th

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wonderful spot ... take in the beauty that surrounds you ... smell the air, the sweet smell of the air ... of nature all around you... imagined there is a stream around you ... listen to it ... hear the birds ... hear the wind rustling through the leaves of the trees ... this is your sacred spot on

Mother Earth ... as you take in the nature all around you. This is now your time to journey, to meet your spirit animal ... otherwise known as your power animal ... he or she will soon come here to guide and to protect you, to be your companion ...

it can be any animal that you feel comfortable with... imagine now that off in the distance you see the silhouette of something moving towards you slowly ... you realize that this is your power animal coming towards you ... if you wish, **PG 2**

**AN INTRODUCTION TO NEURO-LINGUISTIC PROGRAMMING**

NLP THE STRUCTURE OF LANGUAGE AS IT RELATES TO OUR PERSONAL HISTORY : BY James Needham

The secret to establishing immediate rapport is "matching the other person." In order to "match" this means that you have to alter your behavior to the other person's behavior. By behavior, we mean specifically verbal and non-verbal communication, as well as body movement and facial expressions.

This is a dynamic tool to have when interviewing a client for hypnosis. Being able to establish immediate rapport can only assure a positive end result! A peculiar trait about human beings is that, if they find something they can do that doesn't work, they do it again! One of the operating procedures of most disciplines that allows any field to grow and continue expanding at a rapid rate is a rule, that if what you do doesn't work, DO SOMETHING ELSE. If you were an Engineer at

NASA and you had the responsibility of getting the rocket into space, and you pushed the button and it didn't lift up, you would alter your behavior until you found what you needed to know in order to make certain changes to overcome gravity....would you not?

This same principle applies to effective communication. Unfortunately, though, when this same situation is encountered, we have a special name for it...it's called a "RESISANT" client, employee or perhaps a hypnosis subject. People take the fact that what they do (meaning their communication) doesn't work and "blame it on the other guy." "Passing the buck" relieves them from the responsibility of having to alter their behavior, and it's not surprising, since people generally resist change of any kind.

And the end result is that they end up stuck in their rigid behavior... And no one communicates with anyone.

Always keep in mind that each individual has his/her own particular way of representing his/her experience of the world...

And that representation of the world determines, to a large degree, what his/her experience of the world is, as well as what it's going to be in the future...and how he/she perceives the world and what choices he/she sees available as life continues. I believe the language of neuro-linguistics is the very tool necessary for all hypnosis subjects to achieve the outcome desired. I credit my success as a Hypno-counselor to my knowledge of the NLP language.

**James Needham presented a very powerful workshop at our dinner meeting in June, for those of you who could not attend, you missed a great presentation and explanation about NLP, I hope to see him back teaching us more**

**ANIMAL GUIDES.....CONTINUED**

you can move closer to meet it ... or just allow it to come to you ... if you do not feel it right away or cannot discern what kind of animal it is, just be patient and wait for it to come ... if you don't feel right or comfortable with the first animal that comes near you, don't worry, because another one will come along very shortly to greet you ... your power animals coming closer now ... you realize that you don't have to speak, you can communicate with one another just with your thoughts ... just having thoughts you can understand each other very easily ... so as soon as

you feel comfortable now, go ahead and extend all the welcome of friendship to power animal ... just with your thoughts ... you may want to spend time with your power animal at this time ... you might want to go for a walk with him or her or a swim or a flight, whichever it might be ... or just relax together, or play with them .. this is your time, take a few moments now to communicate and spend some enjoyable quality time with his spirit animal ... take your time until I call you back (pause for about 2 - 3 minutes) It is now time for you to take your leave, to thank your spirit

animal ... your power animal, for the time it spent with you, for the knowledge it shared with you ... you have a unique relationship now, now that you've met, you can invite your spirit animal to come back and meet with you at your sacred place anytime you like ... Your spirit animal can also take on different forms and shapes, it can be larger or smaller ... it is able to protect you ... anytime you might need protection ... at this time you can bid your spirit animal farewell ... thank them for showing themselves to you, for meeting, for sharing their wisdom ...

... and watch them as they leave ... as your power animal leaves you, you can also thank Mother Earth for her time ... and for the energy and the warmth ... that she shared with you, thank her for her healing and her wonderful powers that she has that she shared with you ... take a deep breath, exhale and just relax ... contemplate on the experience that you just had...

For the 2 summer issues I will just find unique Hypnosis scripts to practice with your clients. Roxanne

Fall Academy HypnoCounselor Certification Course Schedule for 2008

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

PLEASE HAND OUT THE ATTACHED SCHOOL FLYERS TO FRIENDS, CLIENTS, ETC.

THE WONDROUS BENEFITS OF HYPNOSIS IS FOR THE WORLD TO ENJOY AND THRIVE

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.

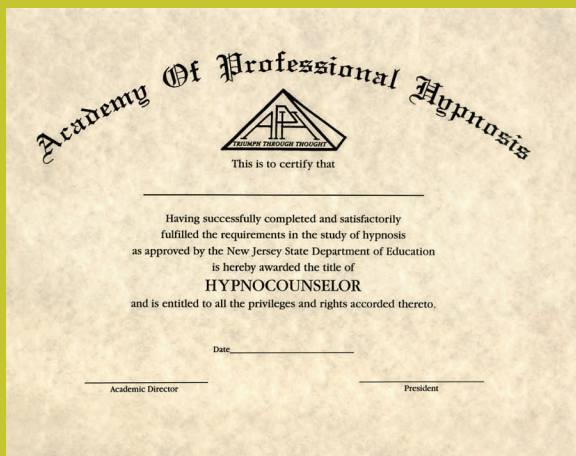
The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991)

Schedule: Basic & Advanced & Advanced Clinical Certification to begin on September 13th, 2008.

BASIC HYPNOSIS COURSE..... SEPTEMBER 13th & 14th. and 20th & 21st

ADVANCED HYPNOSIS COURSE... ..SEPTEMBER 27th & 28th. and OCTOBER, 4th & 5th

ADVANCED CLINICAL.....October 18th & 19th, and 25th & 26th, 2008



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

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# CEU Credit Hours

## 2008 MEETING DATES

September 17th  
 October 15th  
 November 19th  
**No Meetings In  
 July and August**



### DIRECTIONS:

**PARKWAY:** get off at exit 138 (Gallop Hill Road). Travel 1/4 mile on Gallop 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.

## NATIONAL GUILD OF HYPNOTISTS CONVENTION

I understand that there are still rooms available at the host hotel. that is the Best Western, 1-508-460-0700. The dates again for the convention is Friday August 8th through Sunday August 10th.

Roxanne is doing a 2 hour workshop on Friday the 8th at 9AM on ADD/ADHD, Tony DeMarco and John Gatto are doing a pre 2 day workshop on Energy Healing, Wed. and Thurs. the 6th and 7th

and Walter and Maureen Stock are presenting a 2 Hr. on Shamanism on Friday the 8th at 11 am. I hope to see a lot of our members at the convention, it is Awe inspiring. You will meet people from all over the world that will be your new hypnosis friends. Everyone there practices and shares all types of information and the energy level is so high. This is the convention to attend.

**For the summer the newsletter will only be 4 pages long, to give the editor a little break. If you have any news articles of interest, please email them to Roxanne, or if you have a presenter you would like to speak at our meetings, contact John Gatto. I hope everyone has a safe and happy summer. I hope you enjoy the new layout of the newsletter. All suggestions are welcomed.**

Roxanne



**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.

### Board Members

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#### Photographer

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#### Reservations

Members.....\$20.00

Non-Members.....\$25.00

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

**CALL: 908-964-4467**

**Please call or send your check in on time. Just showing up causes problems with seating**

## **HYPNOSIS HEALS FALL Session, 2008 (Classes begin on September 13th , 2008)**

**To: All Persons Interested in Hypnosis Certification**

**From: The Academy of Professional Hypnosis (908) 964-4467 [www.hypnoacademy.com](http://www.hypnoacademy.com)**

### **ACT NOW!!!!**

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (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 HypnoCounselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you. (Schedule: Basic (September 13/14, & 20/21, 2008) Advanced (September 27/28 & October 4/5, 2008 ) Advanced Clinical (October 18/19 & 25/26, 2008 2008)

## **HYPNOSIS HEALS**

### **Surgery**

Hypnosis given during surgical radiology not only diminished patients' pain and anxiety, but also shortens surgical time and reduces complications from the procedure. **Lancet, 2000**

### **Cancer**

Many cancer patients suffer nausea and vomiting not only after chemotherapy, but before treatment. In a study of 16 subjects who normally experienced these symptoms, hypnosis alleviated pre-chemotherapy sickness in all of them. **Oncology, 2000**

### **Immunity**

Hypnosis seems to significantly raise the activity of B-cells and T-cells, both key to immune response, in highly hypnotizable subjects. **American Journal of Clinical Hypnosis, 1995**

### **Smoking**

Of almost 3,000 smokers who participated in one group hypnotherapy session, sponsored by the American Lung Association, to kick the habit, 22% reported not smoking for a month afterward.

**The International Journal of Clinical and Experimental Hypnosis, 2000**

### **Attention Deficit Disorder (ADD)**

Research shows that hypnosis is as effective as Ritalin in treating ADD in children.

**Presented at the American Psychological Association Meeting 1999**

### **Pain**

In 169 patients, self-hypnosis was largely successful in alleviating chronic tensions headaches.

**International Journal of Clinical Experimental Hypnosis, 2000**

### **Studies**

A growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habit, relieve minor phobias, and serve as anesthesia, all without drugs or side effects. **Psychology Today, January/February 2001**

**Enhance your own and others lives with Hypnosis!**

Become A Certified  
**HYPNOCOUNSELOR**

At

The Academy Of Professional Hypnosis  
1358 Burnet Avenue, Suite #1 Union, NJ 07083  
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- ❖ Unique & Popular Client Hypnosis Induction Scripts
- ❖ Strong Student-to-Student Classroom Practice
- ❖ Smoking Cessation & Weight Reduction Seminars
- ❖ Master The Most Effective Hypnosis Techniques
- ❖ Alleviate Real, Personal Issues in Class-and MORE!

*This course is divided into three levels: Basic, Advanced and Advanced Clinical. Each level consists of two weekends totaling 100 hours of classroom training. Licensed by the New Jersey Department of Education since 1991.*

**Registration Form**

**Double Bonus: All graduates will receive a free one year membership in The National Guild of Hypnotists (\$105 value) & in the NACH (\$35 value)**

Yes, register me for the following course(s)

- Basic Hypnosis Course (33 hours) \$595.  
September 13<sup>th</sup> -14<sup>th</sup> & September 20<sup>th</sup> -21<sup>st</sup>, 2008
- Advanced Hypnosis Course (33 hours) \$595.  
September 27<sup>th</sup> -28<sup>th</sup> & October 4<sup>th</sup> - 5<sup>th</sup>, 2008
- Advanced Clinical HypnoCounselor Certification (34 hours) \$595.  
October 18<sup>th</sup> - 19<sup>th</sup> & 25<sup>th</sup> - 26<sup>th</sup>, 2008

**FOR GROUP RATE (3 or more) CALL US**

**Easy payment plan for 100 hour Certification -Free Financing- No Interest**

**Deposit of \$585 plus 6 monthly payments of \$200 = \$1,785**

**(Financial Arrangements required no later than 3 weeks prior to first session)**

**Place:** Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080 Tel: (908) 753-5500

**Time:** Saturday First Day 8:30 am - 6:00 pm, Sunday Second Day 9:00 am - 6:00 pm

NAME \_\_\_\_\_

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Enclosed is my check for \$ \_\_\_\_\_

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Signature \_\_\_\_\_

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