



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NGH CONVENTION IS JUST AROUND THE CORNER

NEXT
MEETING
Wednesday
September
16

THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 7-9, 2009 Best Western Plaza Hotel - Marlborough, MA.

It's almost that time of the year again! Which courses and lectures will you attend? Look online at WWW.NGH.net and check out all the new workshops and presenters for this year. There is a feeling of positive energy at the Convention every year, and the friends you meet from all over the world is fantastic. Come join Tony, John and your fellow NGH members at this year's Convention!

2009 MEETING DATES

September 16 October 21 November 18

No sessions December & January and July & August

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

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N.A.C.H. MEMBERS SPEAK UP

Our June 2009 NACH-NGH Greater New Jersey Chapter meeting was organized around a discussion about allowing and encouraging participation by more members at meetings. Many ideas were discussed and considered, and the overall mood was high with optimism. If you have wondered about our meetings but never attended, this is a very good time to show up! Along with the new ideas were some fresh faces with diverse backgrounds. All who attended agreed that our combined skills and strengths will make the coming year more interesting and stimulating, with new topics for teaching and learning.

We encourage you to take part of the monthly meetings for the purposes of learning, networking, and socializing!

To read more about the June meeting and what was discussed, please turn to Page 2.

The Road Ahead

by James M. Giunta

Our June monthly meeting, the last before the two-month recess, was an opportunity to take stock and assess our recent activities, satisfaction, and direction for the future.

On June 17 at the Galloping Hill Inn, Bob Brienza facilitated a discussion about issues concerning meeting topics, agendas, and logistics. Bob invited all of the members in attendance to contribute to the discussion.

The meeting included a discussion about what has worked well for our meetings in the past. All agreed that the meeting topics have been interesting and informative, with expert speakers and great participation. It was also agreed that the location is excellent: centrally located, great food, clean and comfortable. Preferences for future meetings included continuing the tradition of informative presentations, and opportunities for networking.

Among the items that were discussed and agreed upon was the meeting agenda. Networking will begin at 7:00 p.m., dinner at 7:30, and presentations will begin promptly at 8:00. A short question-and-answer period may follow the presentation. The evening will end with the Healing Circle, something that has always been well-received by the membership.

Networking can be accomplished before the meeting, during dinner, and after the Healing Circle. Members are encouraged to meet and introduce themselves to newcomers, and exchange contact information.

Topics of future presentations will include Divination (September, see p.8), Past Life Regression (October), and Using NLP Techniques to Model Success (November). Members are encouraged to come forward with ideas for presentations and articles.

This is the perfect opportunity to renew your interest in our field of study, and in our organization.

Other ideas that generated much interest are product sales by members, a media exchange, entire evenings dedicated to networking and socializing.

Although product sales are not conducted during the meetings, it may be decided in the future that one meeting be used for just that—members setting up tables to display and market their goods to other members.

If a meeting is designated to be a Media Exchange, members may elect to take their previously used books, tapes, videos, CDs, DVDs, etc., for trade with other members. Of course, all unclaimed materials will be removed by their owners at the end of the evening.

As for the evening of networking, socializing, and schmoozing, well, that will be decided by all of those who speak up with that particular request. Some of the members insist upon laughter, fun, and feeling good—are you among them?

Our organization is shaped by those who contribute, speak up, and become active by attending meetings. Our strength lies in our diverse opinions and experiences.

Check this column in future editions for changes to the meeting agenda.

Lastly, many thanks to outgoing editor Roxanne Cortese for her dedicated service to the N.A.C.H. Roxanne's contribution can't be measured, and we are all grateful for the huge effort she made, and the positive changes that resulted from her work.

With change in the air and being discussed openly, this is the perfect opportunity to renew your interest in our field of study, and in our organization.

July Horoscope with Judy Lewis

Cancer - The Sun has entered your sign, Cancer. Now is a time to reevaluate your past year and formulate a plan for the next 12 months. This truly is a new era in your life. If you heed the signs there is no limit to what you can accomplish. Go forth with confidence and Happy Birthday, Cancer.

Leo - Life with its up's and downs will be no match for the ambition of the Leo native in the month of July.

Aspects to the ninth house of the higher mind have you in love with life and on a mission to succeed and excel. Use this natural energy to achieve your wildest dreams.

Virgo - Saturn has almost left your sign. A review of the lessons of the past year or so would be of great value. You may have learned that truly you are your own best friend or maybe you are your own worst enemy. Vow to be kind to yourself. Accept your lessons with an open heart and it will be much easier from this point forward.

Libra - Faith is having a belief of a certain outcome without any evidence that it will occur. There is something that you have been wishing and praying for dear Libra. With faith and these astrological aspects you will be rewarded. A time to believe.

Scorpio - Try to control your emotions this month. In early July the Moon in your sign on the ascendant has you on the edge of tears for no real reason. Keep away from persons or places that bring out the worst in you and all will be fine. Oh yes, and after July you may follow this same advice in order to become a permanently happy Scorpio. You deserve it.

Sagittarius - Sag, you may be lucky with finances during the month of July. You certainly will be enjoying a lot of fun outdoor gatherings, from sports events to B-B-Q's. This is a time that you will be your old happy self again. Just keep away from the gambling and you will end the month of July with more money than you entered it.

Capricorn - Big changes on the work front are in store for many a Capricorn native. It is advised that you stay calm and away from any drama scenes in the office. People around you will be fired. Just do your work and fade into the background and by August you will be in a much better position.

Aquarius - Jupiter will be bringing you offers of gold. So much activity and so much to do can be overwhelming even for an Aquarian. Go to a time management course and try to put your life in order. This is the beginning of great things to come.

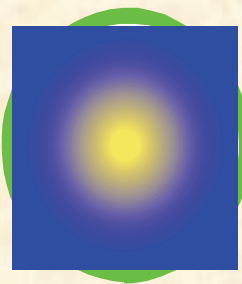
Pisces - Changeable and oh so susceptible to influence, your ruler Neptune could have you swimming backwards through life. Your symbol of the two fishes indicates at times you don't know if you are coming or going. Sit down and ask that the veil of clouds be lifted from your eyes. Something is either good for you or bad. Make a decision and have the confidence to stick with it and the stars will do the rest.

Aries - It is a well accepted fact that the Aries is seldom wrong but it's not a good idea to flaunt your superiority. All kidding aside, with these aspects it is better you allow others to come to their senses naturally without bringing up their shortcomings. The astral advice suggests that you avoid correcting friends and family or you could wind up sleeping in the garage. Just smile confidently and know that you were right after all.

Taurus - Recent events have put you in the so called driver's seat in a love relationship. At one time feeling insecure you now realize your worth. Remember it should not be a war. It takes two to love and two to fight a battle. Put any hard feelings aside and go forth with confidence to renew your romantic ties.

Gemini - A direct Mercury and a beautiful Jupiter trine make it a great time to refinance your mortgage or otherwise contract a loan. The 8th house governs other people's money so take a chance on your dreams and just ask! This is a time to achieve. A prosperous Gemini will use their skills and enjoy great luck. It's in the stars.

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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SHOULD WE USE HYPNOSIS SCRIPTS? ARTICLE BY JON RHODES

As well as being a clinical hypnotherapist, I am also a former professional musician. One of the things that our band was well known for was our ability to perform improvised 'jams' at a concert. When the time was right we would occasionally break into a piece that was improvised on the spot. I think we were able to do this because we had all learnt to play hundreds of well known songs together as a unit.

These songs laid a strong foundation for our collective knowledge. We were able to take elements of these songs and create something new. I feel the same way about hypnosis scripts. What is wrong with using some scripts to learn how other clinical hypnotherapists approach their work? You may not agree with the script, but you will still learn from them. I have looked at many scripts in the past and learnt how not to write a script! Usually there are at least a few nuggets of ideas to be had from a hypnosis script, and sometimes you find a script that is pure gold – something that you wish you had written yourself.

Less experienced clinical hypnotherapists may wish to repeat the script verbatim. However quickly

they often find that they begin to stamp their own style and personality on the script, and sort of half improvise around it, changing things to suit their personality, and the personality and the needs of the patient. This may then lead to the development of what some describe as a more 'pure' form of improvised hypnotherapy.

However I do not think that an improvised session is necessarily better than a session that is read verbatim off a script. Just because of the fact that it is improvised does not mean it is a better quality. I would strongly argue that a session read verbatim off a good quality script with confidence and passion will be far more effective than an ad-libbed session where an unsure therapist runs out of things to say and forgets what he has already suggested. Even worse should the therapists mind go blank.

A script also provides a record of the therapy given to a client. When recording the details of sessions for future reference, it can be difficult to remember every suggestion that was given if it was 100% improvised, and difficult to follow a coherent treatment strategy (but not impossible) if you are dealing with a large amount of clients. It is also easier to monitor the success of various strategies for the benefit of future clients as well.

In today's litigious society, it is becoming

even more necessary to provide full details of treatment given to a client. Imagine how it would feel if you were in court and could not provide the details of what suggestions you gave a client.

Hypnosis scripts are a bit like a cooking recipe. You can follow them to the letter and gain good results. Over time you may wish to start experimenting and adding your own strengths and personality into the mix, gradually altering the recipe. After a while you may find that this has evolved into your own unique gourmet meal, full of flavor and personality. Having the recipe in front of you, even if you ad lib around it, can help ensure that you don't miss out any of the essential ingredients.

Some hypnotherapists ultimately prefer heavily relying on scripts, whereas some do not. I don't think there is any right or wrong, as long as the words are delivered with confidence, care and energy. Each patient is unique, that is true, but the same can also be said for each hypnotherapist.

An approach that works well for one hypnotherapist may not necessarily work for all hypnotherapists. Find your style, and allow that to evolve over time. You may find that now you rely heavily on scripts, but over time you deviate further and further away as you develop as a hypnotherapist. Or you may discover your own unique way of blending the use of scripts and your own ad-libbed therapy as you experiment and learn. Whatever your current situation and your path, your therapy is still perfectly valid if you do decide to utilize hypnosis scripts.

IN PRACTICE

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GOT THE STUDY BLUES? ARTICLE BY MARC GRAVELLE

Have you ever found yourself reading or studying and thinking "what did I just read?" This is a common occurrence. It happens often to people to who have a lot of material to absorb.

The key to understanding why this happens is knowing what hypnosis really is. One way to think of hypnosis is that it is an escape mechanism from mental or physical overload. This overload could result from intense mental concentration for too long.

Hypnotic Trance

A person can actually put themselves in a hypnotic trance by studying intensely for too long a period of time.

Surprised? Sound strange? That this is a common occurrence is an understatement. We can slip into and out of hypnosis many times throughout our day. Some examples are when we daydream while driving, losing something that we just had in our hand, locking our keys in our car, locking ourselves out of the house or apartment. And, of course, reading something and thinking "what did I just read?"

Many people set themselves up for this experience by deciding to study

non-stop for an hour or two, or even longer. Truth is, after 40-50 minutes of intense concentration, our concentration begins to wane, or diminish. This has nothing to do with intelligence, but with how the mind works. When we overload ourselves the mind begins to wander, which is a sign of impending overload.

So a good, workable strategy is to study for no more the 40-50 minutes and take a little break and refresh yourself. That will also give your mind a chance to absorb the material the material you just studied. A good way To refresh is to stand up do some light stretching (stretching brings one out of hypnosis). A good way to keep track of time is to use a simple kitchen timer.

Eye-Minded, Ear-Minded, or Kinesthetic

We all have a learning style. That is, some can easily read silently and comprehend well, or efficiently. This type of person is what is known as Eye-Minded. Others learn or understand better by reading verbally aloud (Ear-Minded). Yet others retain information better by writing things they want to remember

(Kinesthetic). Some can be any combination of two of these styles.

So it's very important to know what your personal style is. Many can experience frustration if they are studying in a style that doesn't suit them. To find your own most efficient style, experiment with the three. It won't take long to find the one, or combination which suits you best. Then use it consistently.

Blood-Sugar

Another obstruction to effective studying is when people experience a blood-sugar drop. This can occur if someone doesn't eat often enough, or consumes too much sugar, or if they have a condition known as hypoglycemia (which is diagnosed by physicians).

Regardless of the reason, when a person experiences a blood-sugar drop, it can seriously affect his ability to maintain his concentration. Indicators of a blood-sugar drop are when one feels irritable, anxious, or nervous for no seeming reason. Of course, not being able to concentrate is itself a possible indicator of a sugar drop.

The solution to this is quite simple: make sure you have had a meal or protein snack before your study

time.

Memorize

If there is information, facts or formulas you need to remember there is a simple way to make sure you will remember. It is the (magic) number 21. Anytime we repeat something 21 times we "burn" it into our memory. One of the ways the mind learns is through repetition. Of course this takes some effort but it is well worth the time. You will guarantee your recall.

Speaking of recall, did you ever notice that when you're trying to remember something (a name, date, phone number etc.) that the "harder you try, the more difficult it becomes?" A good tactic for when this happens is to tell yourself "I'm going to let it go, it'll pop into my head." It usually does.

So, to cure the study blues, make sure you are not in hypnosis, limit each study session to 40-50 minutes, find your study style, keep up the blood sugar, and use repetition to memorize.

MAGIC AND MASTERY ARTICLE BY TOM DOTZ

One of the biggest lies used in NLP is that anything can be done by anyone. It's a useful lie properly understood, but few people take the time to get that understanding, and instead just fall in love with the magical thinking implied.

It's this love of magical thinking that leads us to a world where the competition is to make the most extreme offer for anything and everything for less time and less effort and less money.

"Just one rule to a flat stomach." "I made \$5,000 a month on the Internet." "Housewife loses 40 pounds with no effort - Fat burning pill." "Brain mastery while you sleep." My favorite, of course: NLP Practitioner Certification in three days." Sound familiar? Panacea, one simple solution preferably in a pill, and mostly, no thinking required.

The funny thing about NLP is that the technology is so powerful that even a novice can produce results that seem miraculous to the uninformed. So how is this a problem? It's a problem because it leads too easily down the primrose path to grandiosity and magical thinking

(it's all quantum, baby!). Grandiosity on the part of the practitioner or, more often, the "trainer" who finds him or herself in front of an audience being revered and adored and starts to believe they really are a miracle worker. And the audience starts to believe it, too. Then weird things happen.

Lose forty pounds in six weeks with no effort - not even a pill? Well, to counter example one of my straw men above (a good NLP practice), a friend of mine was reading his first NLP book, "Core Transformation." He turned to his girlfriend and said "Hey, try this out." He read the basic process to her, leading her through a series of questions. At the time they both thought it was kind of interesting, and that was that.

Six weeks later she realized that she had dropped 40 pounds in weight. This was something she had very much wanted. She wasn't aware of having made any conscious effort, but when she thought back - profoundly puzzled and curious - she remembered how going through the Core Transformation process had reorganized the way she thought about certain things.

(this story was first documented in a "First For Women" magazine article some years ago). This can happen even though Core Transformation is not about weight loss - it was simply an interesting side effect of a deceptively powerful NLP process.

Deceptive how? In this sense: the Core Transformation process seems on the surface like just a series of questions and answers - what difference could that possibly make? Yet it is at base an elicitation of your most deeply held core values and a realization of the importance of them.

This process of realization usually leads to a reorganization of your behavior and thinking to take greater account of the importance to you of your values and identity. Living more and more in accord and congruence with who you are at the most fundamental level greatly reduces the friction in your life. It makes choices and changes easier and more natural. You move faster and with greater confidence.

In everything? Of course not. Life will continue to throw challenges your way as long as you're breathing. Like Zorba said, "Life is trouble. Only death is not."

The funny thing about NLP is that the technology is so powerful that even a novice can produce results that seem miraculous to the uninformed. So how is this a problem?

Fall Academy Hypno-Counselor Certification Course Schedule for 2009

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

TQ; 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 FALL session where excitement awaits you.

Basic Hypnosis.....Oct. 3rd and 4th and 10th and 11th

Advanced Hypnosis.....Oct. 17th and 18th and 24th and 25th

Advanced Clinical Hypnosis Certification..... Oct. 31st, Nov. 1st. and Nov. 7th and 8th

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 .

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.

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

CEU Credit Hours

2009 MEETING DATE

Wednesday: September 16, 2009

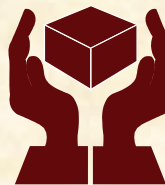
Networking: 7:00 PM

Dinner: 7:30 PM

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 Road and go to the end.

TOPIC: Use of the Divining Rod and Pendulum as Therapeutic Tools

For our September meeting, the presenters will share their considerable knowledge about two ancient tools that can be incorporated into modern therapeutic practices.

The divining rod will be described and demonstrated, and we will also see several ways that the pendulum can be used to help clients.

You won't want to miss out on this rare opportunity to hear and see two experienced professionals present this information, so save the date, and we'll see you in September!

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Reservations

Members.....\$22.00

Non-Members.....\$25.00

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

CALL: (908) 964-4467

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