



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors



1358 Burnet Ave. Suite 1, Union, NJ

NEWSLETTER

**NEXT
MEETING**

Wednesday

**Sept. 15,
2010**

Have a relaxing,
safe, happy and
healthy summer

THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 13-15, 2010 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, Pat Crilly, and your fellow NGH members at this year's Convention!

NACH
MEETING

JUNE 16,
2010



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2010 MEETING DATES

Sept. 15 Oct. 20 Nov. 17 Dec. 15

JULY Horoscope with Judy Lewis

JULY, 2010

Aries ^ The benevolent Jupiter, and the planet of change, Uranus, are shinning their rays on you. This astral energy indicates quick events of the most pleasant kind beginning in the month of July. The Wheel of Fortune that had been turning against you now has moved in a new direction and results will be noticed. Be assured that this positive trend can last for years.

Taurus ♉ -The Part of Fortune in the 9th house indicates some good luck. The 9th house rules among other things, legal issues, higher education, and long distance travel. So if you are thinking of returning to school, or booking the Queen Mary II for a trip to Europe, or just have some legal issues, success is assured. Have fun and count your blessings in the month of July

Gemini ~ Gemini in the mid-heaven indicates a return of your power. You are filled with exciting ideas and focused on business. More than ever you are primed for success and look and feel the part. Opportunities are offered and you accept without any insecurity. Go forth and conquer. This is your time to enjoy.

Cancer a- Happy Solar Return, and happy birthday, Cancer. This is the beginning of your new year and it will be filled with luck and abundance. If unattached you may be asked to change your status from single to engaged, or even married. 10th house planetary activity assures an exciting and profitable time in July.

Leo b- Venus in the 11th house and well aspected indicates a time or renewing your hopes and desires and also enjoying pleasant events with friends and family. This is a time to set your goals high and not to allow any negative thoughts to hamper your progress. The strong Leo energy has returned, so use it in the month of July.

Virgo c- No one can imagine the struggles that many Virgo's have undergone in the past two years. It is senseless to revisit the pain. You should know that the energy is changing in July when for the last time in over 25 years you will deal with the energies of Saturn. So, it's time to have faith and never injure the flower of hope.

Libra- You have been dealing with family issues for a lifetime. Even you're detractors would agree, that you make every effort to be fair. Why are you, many times, the subject of ridicule, could it be jealousy? Well that in part is true. Another reason may be that they are baffled by the success you achieve while all the time playing by the rules. Love and let them be as happiness is yours in July.

Scorpio- Someone that you love is not playing by the rules and their actions have given you a heart ache. They must understand that it is difficult for the Scorpion to forget. Now you will forgive and move on but not without giving them a sharp hit from your stinger. Lesson learned they won't tempt your wrath again. Love and respect return in August.

Sagittarius f It is a trait of the Sag native to give freedom to their mate. They treat others the way they would like to be treated, with respect. This may at times be misconstrued as uncaring. If you desire a relationship you must keep the fire of attraction burning. Show concern and attention and it will be returned with fidelity in July.

Capricorn g July will again find you putting your work plans alongside and accepting invitations to party. Summer heat and new friends take you away from boring projects and you might even have fun. Short trips are highlighted but even in leisure work conversations will arise and a new offer may be yours. Mixing business with pleasure has never been so pleasant.

Aquarius h - Humanitarian and astrologer, Aquarius is always open to the mysteries of the universe. Aspects to the 5th house of romance may find you trying to decipher the true meaning of love. Someone who started out as a friend may be giving you sweet signals. Look at the whole picture and make the right choice. Love or friendship which do you value more? In this case, one must be exchanged for the other.

Pisces i The symbol of Pisces is a fish that swims both ways denoting their dualistic personality. Coupled with their ruler Neptune, the Pisces native must make every effort to associate themselves with persons of character. In other words, they must make a choice to swim in clean waters. Such a choice presents itself in July and the astral advice suggests caution on the path you choose.

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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.

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Hypnosis And Healing by William J Cromie, Harvard University

Harvard University Gazette

Marie McBrown was invited to test whether or not hypnosis would help heal the scars from her breast surgery. Marie (not her real name) and 17 other women underwent surgery to reduce their breast size. It's a common operation for women whose breasts are large enough to cause back and shoulder strain, interfere with routine tasks, or prompt social and psychological problems. The pain and course of healing from such surgery is well-known, and a team of researchers headed by Carol Ginandes of Harvard Medical School and Patricia Brooks of the Union Institute in Cincinnati wanted to determine if hypnosis could speed wound healing and recovery. "Hypnosis has been used in Western medicine for more than 150 years to treat everything from anxiety to pain, from easing the nausea of cancer chemotherapy to enhancing sports performance," Ginandes says. A list of applications she provides includes treatment of phobias, panic, low self-esteem, insomnia, sexual dysfunction, stress, smoking, colitis, warts, headaches, and high blood pressure. "All these functional uses may help a person feel better," Ginandes continues. "I am also interested in using hypnosis to help people get better physically. That means using the mind to make structural changes in the body, to accelerate healing at the tissue level." Four years ago, Ginandes and Daniel Rosenthal, professor of radiology at the Harvard Medical School, published a report on their study of hypnosis to speed up the mending of broken bones. They recruited 12 people with broken ankles who did not require surgery and who received the usual treatment at Massachusetts General Hospital in Boston. In addition, Ginandes hypnotized half of them once a week for 12 weeks, while the other half received only normal treatment. The same doctor applied the casts and other care, and the same radiologists took regular X-rays to monitor how well they healed. A radiologist who evaluated the X-rays did not

know which patients underwent hypnosis. The result stood out like a sore ankle. Those who were hypnotized healed faster than those who were not. Six weeks after the fracture, those in the hypnosis group showed the equivalent of eight and a half weeks of healing.

Not everyone is convinced by the results. Some experts claim that the differences can be explained by the extra attention - the increased psychological support - given to the hypnotized patients. So when she was ready to try hypnosis again on 18 breast surgery patients, Ginandes randomly separated them into three groups. All got the same surgical care by the same doctors. Six received standard care only, six also received attention and support from a psychologist, and six underwent hypnosis before and after their surgery. Hypnosis sessions occurred once a week for eight weeks. Psychological soothing took place on the same schedule. Ginandes did not put the patients to sleep by swinging a watch like a pendulum while the patients lay on a couch. "That only happens in the movies," she laughs. "In hypnosis, people don't lose control and go into a zombie-like state where they can be made to do things against their will. They don't have to lie down, you can enter a state of hypnosis standing up, even standing on your head. Patients don't even go to sleep, rather, they enter a state of absorbed awareness, not unlike losing oneself in a good book or favorite piece of music." While in this state, Ginandes offered suggestions that were custom-tailored to different stages of surgery and healing. Before surgery, the suggestions emphasized lessening pain and anxiety. "You can even suggest to a patient that she can reduce bleeding during surgery by controlling her blood flow," Ginandes notes. Overall, the suggestions focused on things such as expectation of comfort, decreased inflammation, diminished scar tissue, accelerated wound healing, return to normal activities, and adjustments to self-image. The women received audio tapes of these sessions so they could practice at home. At one week and seven weeks after surgery, nurses

and doctors participating in the study visibly assessed and measured the wounds of all three groups without knowing which group the women were in. They took digital photographs for three physicians to review. Each patient also rated her own healing progress and how much pain she felt on scales of zero to 10. The result was clear. Marie McBrown and the women who had undergone hypnosis healed significantly faster than the others. Those who received supportive attention came in second. The researchers reported these results in the April issue of the American Journal of Clinical Hypnosis. This report, of course, doesn't prove conclusively that hypnosis will accelerate the healing of wounds. The biggest limitation of the study involves the small number of patients, which makes it difficult to generalize the results to other types of wounds. Then there is the possible effect of expectation, the belief of some patients that hypnotism will work. It's the same effect seen when people who take a sugar pill for a backache do as well as people who take medicine. It's going to require more studies involving many more people to get the majority of doctors to shout hurrah instead of hooey. Ginandes agrees. "Our study underscores the need for further scientific testing of hypnosis," she says. "Subsequent studies might clarify unresolved speculations about the mechanisms by which hypnotic suggestion can trigger the physical and psychological effects that we see." She and her colleagues suggest future experiments to compare the effects of simple hypnotic relaxation versus "targeted suggestions for tissue healing." They would also like to see more work done using hypnosis for people suffering from other kinds of wounds, such as foot ulcers caused by diabetes. Nevertheless, Ginandes believes that the study of healing after breast surgery "breaks the ground for studying a broad and exciting range of new adjunctive treatments. Since clinical hypnosis is a noninvasive, non-drug treatment, finding that it can speed healing of wounds and other conditions could lead to fewer visits to doctors' offices and faster return to normal activities. Also, further investigation might confirm our supposition that the mind can influence healing

HYPNOSIS STATISTICS FOR PAIN MANAGEMENT

Hypnosis Reduces Frequency and Intensity of Migraines

Compared the treatment of migraine by hypnosis and autohypnosis with the treatment of migraine by the drug prochlorperazine (Stemetil). Results show that the number of attacks and the number of people who suffered blinding attacks were significantly lower for the group receiving hypnotherapy than for the group receiving prochlorperazine. For the group on hypnotherapy, these two measures were significantly lower when on hypnotherapy than when on the previous treatment. It is concluded that further trials of hypnotherapy are justified against some other treatment not solely associated with the ingestion of tablets.

Anderson JA, Basker MA, Dalton R, Migraine and hypnotherapy, International Journal of Clinical & Experimental Hypnosis 1975; 23(1): 48-58.

Hypnosis Reduces Pain and Speeds up Recovery from Surgery

Since 1992, we have used hypnosis routinely in more than 1400 patients undergoing surgery. We found that hypnosis used with patients as an adjunct to conscious sedation and local anesthesia was associated with improved intraoperative patient comfort, and with reduced anxiety, pain, in-

traoperative requirements for anxiolytic and analgesic drugs, optimal surgical conditions and a faster recovery of the patient. We reported our clinical experience and our fundamental research.

[Hypnosis and its application in surgery] Faymonville ME, Defechereux T, Joris J, Adant JP, Hamoir E, Meurisse M, Service d'Anesthesie-Reanimation, Universite de Liege, Rev Med Liege. 1998 Jul;53(7):414-8.

Hypnosis Reduces Pain Intensity

Analysis of the simple-simple main effects, holding both group and condition constant, revealed that application of hypnotic analgesia reduced report of pain intensity significantly more than report of pain unpleasantness.

Dahlgren LA, Kurtz RM, Strube MJ, Malone MD, Differential effects of hypnotic suggestion on multiple dimensions of pain. Journal of Pain & Symptom Management. 1995; 10(6): 464-70.

Hypnosis Reduces Pain of Headaches and Anxiety

The improvement was confirmed by the subjective evaluation data gathered with the use of a questionnaire and by a significant reduction in anxiety scores.

Melis PM, Roimans W, Spierings EL, Hoogduin CA, Treatment of chronic tension-type headache with hypnotherapy: a single-blind time controlled study. Headache 1991; 31(10): 686-9.

Hypnosis Has a Reliable and Significant Impact on Acute and Chronic Pain

Hypnosis has been demonstrated to reduce analogue pain, and studies on the mechanisms of laboratory pain reduction have provided useful applications to clinical populations. Studies showing central nervous system activity during hypnotic procedures offer preliminary information concerning possible physiological mechanisms of hypnotic analgesia. Randomized controlled studies with clinical populations indicate that hypnosis has a reliable and significant impact on acute procedural pain and chronic pain conditions. Methodological issues of this body of research are discussed, as are methods to better integrate hypnosis into comprehensive pain treatment.

Hypnosis and clinical pain. Patterson DR, Jensen MP, Department of Rehabilitation Medicine, University of Washington School of Medicine, Seattle, WA USA 98104 Psychol Bull. 2003 Jul;129(4):495-521.

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## BRAIN IMAGING STUDIES INVESTIGATE PAIN REDUCTION BY HYPNOSIS

### Brain Imaging Studies Investigate Pain Reduction By Hypnosis

Although hypnosis has been shown to reduce pain perception, it is not clear how the technique works. Identifying a sound, scientific explanation for hypnosis' effect might increase acceptance and use of this safe pain-reduction option in clinical settings. Researchers at the University of Iowa Roy J. and Lucille A. Carver College of Medicine and the Technical University of Aachen, Germany, used functional magnetic resonance imaging (fMRI) to find out if hypnosis alters brain activity in a way that might explain pain reduction. The results are reported in the November-December 2004 issue of *Regional Anesthesia and Pain Medicine*.

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 hypnotized and experienced the painful heat. The changes in brain activity suggest that hypnosis somehow blocks the pain signal from getting to the parts of the brain that perceive pain.

"The major finding from our study, which used fMRI for the first time to investigate brain activity under hypnosis for pain suppression, is that we see reduced activity in areas of the pain network and increased activity in other areas of the brain under hypnosis," said Sebastian Schulz-Stubner, M.D., Ph.D., UI assistant professor (clinical) of anesthesia and first author of the study. "The increased activity might be specific for hypnosis or might be non-specific, but it definitely does

something to reduce the pain signal input into the cortical structure."

The pain network functions like a relay system with an input pain signal from a peripheral nerve going to the spinal cord where the information is processed and passed on to the brain stem. From there the signal goes to the mid-brain region and finally into the cortical brain region that deals with conscious perception of external stimuli like pain. Processing of the pain signal through the lower parts of the pain network looked the same in the brain images for both hypnotized and non-hypnotized trials, but activity in the top level of the network, which would be responsible for "feeling" the pain, was reduced under hypnosis.

Initially, 12 volunteers at the Technical University of Aachen had a heating device placed on their skin to determine the temperature that each volunteer considered painful (8 out of 10 on a 0 to 10 pain scale). The volunteers were then split into two groups. One group was hypnotized, placed in the fMRI machine and their brain activity scanned while the painful thermal stimuli was applied. Then the hypnotic state was broken and a second fMRI scan was performed without hypnosis while the same painful heat was again applied to the volunteer's skin. The second group underwent their first fMRI scan without hypnosis followed by a second scan under hypnosis. Hypnosis was successful in reducing pain perception for all 12 participants. Hypnotized volunteers reported either no pain or significantly reduced pain (less than 3 on the 0-10 pain scale) in response to the painful heat. Under hypnosis, fMRI showed that brain activity was reduced in areas of the pain network, including the primary sensory cortex, which is responsible for pain perception.

The imaging studies also showed increased

activation in two other brain structures – the left anterior cingulate cortex and the basal ganglia. The researchers speculate that increased activity in these two regions may be part of an inhibition pathway that blocks the pain signal from reaching the higher cortical structures responsible for pain perception. However, Schulz-Stubner noted that more detailed fMRI images are needed to definitively identify the exact areas involved in hypnosis-induced pain reduction, and he hoped that the newer generation of fMRI machines would be capable of providing more answers.

"Imaging studies like this one improve our understanding of what might be going on and help researchers ask even more specific questions aimed at identifying the underlying mechanism," Schulz-Stubner said. "It is one piece of the puzzle that moves us a little closer to a final answer for how hypnosis really works.

"More practically, for clinical use, it helps to dispel prejudice about hypnosis as a technique to manage pain because we can show an objective, measurable change in brain activity linked to a reduced perception of pain," he added.

In addition to Schulz-Stubner, the research team included Timo Krings, M.D., Ingo Meister, M.D., Stefan Rex, M.D., Armin Thron, M.D., Ph.D. and Rolf Rossaint, M.D., Ph.D., from the Technical University of Aachen, Germany.

STORY SOURCE: University of Iowa Health Science Relations, 5135 Westlawn, Iowa City, Iowa 52242-1178

Fall Academy Hypno-Counselor Certification Course Schedule for 2010

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

TO; All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at..... (908) 964-4467.

Or Email Dr. Gatto at: info@hypnoacademy.com Or go to www.hypnoacademy.com to print your registration form.

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

Schedule:

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you.

Basic Hypnosis..... September 25/26 & October 2/3 2010

Advanced Hypnosis.....October 16/17 & 23/24 2010

Advanced Clinical Hypnosis Certification.....November 6/7 & 13/14 2010

EACH COURSE IS .....2 WEEK-ENDS

NEW INCOME

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR CLIENTS, FAMILY AND YOURSELF .

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

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# CEU Credit Hours

## 2010 MEETING DATE

**Wednesday: September 15th 2010**

**Networking: 6:00—7:00 p.m.**

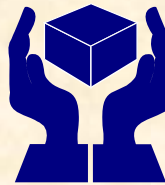
**Dinner: 7:15 p.m.**

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

**Meeting Place:**

**Galloping Hill Inn, Union, NJ**

**(908) 686-2683**



**NACH and NGH**

**Working Together**

We had the pleasure of meeting prospective students of the Academy of Professional Hypnosis at our June 16th meeting. Loyal member Bob Brienza was gracious enough to sit with them and answer questions about the school and hypnosis in general. It was a great night!!

slip away from us? For

PHOTOS BY NACH PHOTOGRAPHER JOE PEOPLES



## THE NACH-NGH JUNE 16TH MEETING WAS A GREAT SUCCESS

Tony De Marco gave his acclaimed presentation of the Triggers of Addiction and Habit to a crowd of 42 members who listened attentively to the hypnosis tools that were described in an exciting fashion. Tony explained his famous 'Thumb Rubbing Technique' to eliminate cravings, urges, needs and desires, not only for drug, alcohol, and compulsive gambling addictions but also to use with problems with chocolate, behaviors and compulsions. He also gave a trigger to use in weight management sessions. The comments after the presentation were great and Tony also 'unveiled' his new series of kids' books utilizing triggers and affirmations. Members complimented him on the content and form of the books. You will be notified when the printing company gears up to fulfill book orders in the future. This was an excellent meeting to bring us into the summer months of July and August in which we do not hold any meetings. We shall send you the details of the September 15th meeting in the next Newsletter. Happy Summer!!

### Board Members

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Dr. John Gatto, A.C.H.

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Members.....\$22.00

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**CALL: (908) 964-4467**

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