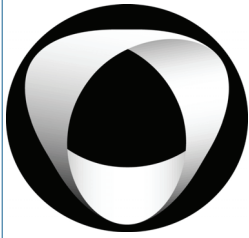


HypnoLink 2007 Newsletter



N.A.C.H. and The Greater NJ NGH Chapter

National Association Of Certified HypnoCounselors

1358 Burnet Ave. Suite 1

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MAKING CONNECTIONS with Andrew Weil

.As humans, we are not intended to achieve full health as isolated, separate beings. Health is wholeness, and wholeness implies connectedness - to family, friends, tribe, nation, humanity, the Earth, and whatever higher power you conceive of as the creator of the universe.

Depression, anger, loneliness and other emotions that suppress immunity and unbalance the nervous system - including human misery and disease - derive from self-centeredness. These are all rooted in the sense of self as an isolated, separate entity. There is ample medical evidence that people who fail to establish meaningful connections have more illness; there is even evidence that susceptibility to heart attack correlates with how often people use the words "I," "me" and "mine" in casual speech. However, there are ways to reduce self-centeredness, resulting in a more fulfilling life for yourself and others.

8 Ways To Make The Connection

Feeling whole and connected to the Earth and others takes effort, but it is rewarding work. By bringing your focus outside of yourself, you will learn to reach out to people and to the world around you in positive ways. Giving of yourself, from spending time with friends and those in need to taking care of the environment or a companion animal, also promotes positive interaction. Here are eight steps to help you get connected:

1 Nature and Earth. If you think of nature as a hostile force that is separate from yourself, you will go through life unnecessarily afraid and cut off from one of the great sources of spiritual nourishment. Whether you connect with nature on wilderness trips or lunch breaks in a city park, you can always slow down and observe the infinite variety of her ways. One way to connect with nature is through plants: gardening, collecting plants from the wild, growing cactuses and flowering bulbs, and having unusual and useful plants in and around the home can all help promote connectedness with nature. Plants can enrich your daily life, bring comfort and joy, and remind you that however you think of yourself, you are also part of the natural world.

2. Animals. Research shows that people who have pets have less illness than people who do not. Pet owners also recover faster from serious illness and tend to be happier. Ex-prisoners who form relationships with pets have lower recidivism rates than those who do not. While pets can and inevitably will bring owners great joy, they are a responsibility; they demand a certain level of attention and care. However, the rewards that pets give in return are often too great to be measured. Loving and caring for a pet is a great way to learn how to love and care for other humans and nature.

Continued page 5

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Inside this issue:

Making A Connection	1
Steps to Reduce Stress	2
AD/HD Series, 5 of 10	3
Mind, Body, Spirit Page	4
NGH Convention	5
Aromatherapy and Cancer	6
Continuation pages	7
Presenter and Topic	8

Use these steps to help manage your stress more effectively:..... By Andrew Weil, MD

1. Determine what is causing stress in your life. There may be particular situations, people or events that make you feel nervous, anxious or fearful.

2. Keep a diary to record the events or situations that are stressful for you. Record your physical symptoms and emotions.

3. Strengthen your support system and communicate with family and friends. Most people who are able to cope well with stress have strong social support networks with family, friends and even pets.

4. Open up. Learn how to express your thoughts and feelings.

5. Don't be afraid to say "no" when someone asks you to do something. Learn your limits. You can't do it all and you shouldn't feel guilty about it.

6. Learn how to express your feelings appropriately by not insulting or hurting others. Say "I feel angry" instead of "you make me feel angry." This will help maintain and improve the important relationships in your life.

7. Simplify your life. This means restructuring your priorities. Evaluate what activities are most important, and get rid of the ones that aren't. You will feel less worn out and more rested. You'll also have more free time to spend with family,

friends or even to be by yourself.

8. Recognize that drugs and alcohol are not effective methods to solve problems. If you feel that you are relying on drugs or alcohol to escape from your problems, seek the advice of a mental health counselor or community health service about special programs for stress management.

9. Improve lifestyle habits. Increasing physical activity and eating healthy can do wonders for your ability to manage stress. Regular physical activity and a healthy diet can improve weight, energy levels, self-confidence, and overall health and well-being, making it much easier for you to handle daily stressors.

10. Reduce stress at work. Seek out support from your Human Resources department or a sympathetic co-worker or manager. Learn how to communicate your needs in a non-confrontational manner, such as giving suggestions on how to improve working conditions to help increase productivity.

11. Laugh it off. Did you know that laughter is one of the most effective ways to reduce stress? No matter how bad things are, laughing dissolves tension and seems to help

brighten the situation. Try not to take things too seriously - a negative mood only adds to your level of stress. Another plus - laughter seems to help boost the immune system, in turn making you less prone to developing colds and other infections.

12. Take a media break or a news fast. Research has shown that the emotional content of the news can affect mood and aggravate sadness and depression.

13. Try mind-body exercises such as breath work, meditation, yoga and biofeedback. The Healing Rhythms Biofeedback training program (I am one of the "trainers") is an interactive way to monitor and relieve unhealthy stress; Check your medications including over the counter medications, many can aggravate anxiety or depression.

14. Eliminate caffeine and other stimulants from your diet.

15. Increase intake of omega-3 fatty acids by eating oily fish or with supplements.

Stress is classified into two types - **acute** (short-term) and **chronic** (long-term). People experience acute stress when they are dealing with a dangerous or life threatening situation.

Not all stress is bad, however, and stressful challenges are necessary to become stronger both physically and mentally.

There are some situations that inherently rate high on the stress scale: divorce, death of a child or spouse, illness, a move or a change of job. But each of us has the ability to manage most stressful situations by altering the way we respond to them. It is impossible to manage or control all the people, events and places in our lives that place demands on us, and any attempt to do so causes our stress level to go up. We would be better off learning to accept those situations we can not change and to manage how we deal with stress by understanding the phenomenon of "being stressed."



We experience potential stressors throughout our lives. Situations that can create stress are unavoidable. What we can control is how we react to them.

AD/HD Understanding the True Meaning of Living With It.....Part 5 of 10 Series

By Roxanne Cortese

Adults in the workplace

Here are some helpful hints to work with your clients to help them become a bigger part of the workplace with more confidence and Self-Esteem when they need to attend meetings.

A good deal of the interpersonal interaction in organizations takes place in meetings. To many adults with ADD, meetings may seem pointless, inefficient, or boring. Some of the most common social faux pas committed by adults with ADD in meetings are the following:

- Becoming argumentative
- Being too blunt or critical when disagreeing with a proposal
- Repeated interrupting
- Tuning out
- Going off on verbal tangents

Many of these issues can be addressed by taking notes at meetings to help slow you down, make you more aware of your thoughts before speaking, and help you to break the pattern of interrupting for fear you will lose the thought you wanted to express.

By developing the habit of writing down your ideas before you express them you will be better able to focus your remarks,

avoid tangents; express yourself more diplomatically; and eliminate the need to blurt out your thought for fear you will forget it.

DEALING WITH BLUNTNES

Bluntness is saying the first thing that comes to mind without considering the possible consequences. Some adults with ADD, unfortunately, congratulate themselves on their "honesty" instead of recognizing the harm they are doing to themselves in the process. To be direct and honest without being destructively critical, angry, or belittling, follow the following steps:

First, recognize that your bluntness is seldom seen as refreshing candor and is often harmful.

Practice slowing down your responses in conversations. Give yourself time to stop and think.

Do some advanced planning. If you need to broach a particularly sensitive topic with a coworker, think about what you'd like to say, write it down, and possibly even discuss your approach with someone else in order to find a constructive way to discuss a negative topic.

If bluntness is the result of frustration or anger, remove

yourself until you feel more calm.

Some Pro's and Con's

In the context of ADD (ADHD), impulsivity is almost always portrayed as a bad thing, a "symptom" that needs to be eliminated, a sign of the disorder. While it's certainly true that some impulses can cause enormous harm, both to yourself and others, it's also true that some of ADD (ADHD) impulses are right on target - good impulses that result from a flash of creativity, humanity, or enthusiasm. The trick is to take enough time between impulse and action to evaluate and engage in creative problem-solving.

ADDers can often be a driving force on the job if they have interest and enthusiasm for their work. They may be a font of creative ideas during a brain-storming session. They may often think of possibilities and connections that their non-ADD colleagues miss. These creative impulses can be one of the great ADD (ADHD) strengths in the workplace as long as they are tempered through that middle step of evaluation before action.

We can get ourselves in trouble with the best of intentions! Remember the paving on that "road to hell"? That doesn't mean that we should squelch those good impulses - we simply need to go through the same process of **evaluation before action.**



Talking to a supervisor or a family friend to ask for advice before just quitting on impulse is an excellent idea.

Impulse, Evaluation, Action

A Con Reason:

a co-worker might tell you that their parent has become suddenly ill in a distant city and they need your help - perhaps to complete some work that has been assigned to them, or perhaps to fill in for them at work during a time that you had planned to take vacation days. Your immediate impulse may be to say "of course," however, without stepping back to evaluate, your kindness may be accompanied by unintended pain. What about your family? What about your promise to your spouse to take time off? What about the activity you'd planned to share with your child during that time?



*Essential Oils Stimulate
the Senses and Help to
Strengthen the Immune
System*

HEALTH PAGE

*FOR
MIND
BODY
AND
SOUL*

**Adding half a cup
to daily diet also
cut 'bad' chole-
sterol, study finds**

ESSENTIAL OILS AND THEIR BENEFITS

FOR TRANSITIONS

We all know that change is usually a very difficult thing to affect. There is never a straight line associated with change and any support you can gather for yourself while in transition is brilliant. This blend can help by being a part of your support team!

Black Pepper was added to help give us strength and fortitude to allow us to be fearless in our quest for change. It can help us to hear the inner voice of inspiration.

Geranium was added to help offer the warm hand of comfort. It can help open our hearts to the healing that must occur to pave the way for transitions to the next level of our lives.

Lemon was used for spiritual cleansing, so vital when we are in transition from one phase to another. This is a great oil for focus and uplifting.

Rosemary was used in this blend as it enables the spirit to receive and understand the assistance descending to us from wiser beings and from God. Rosemary helps us to perform tasks as we transition from one path to another.

Health Tip: Soy Nuts Lower Blood Pressure in Postmenopausal Women

May 31 (HealthDay News) -- Soy nuts may help lower blood pressure in postmenopausal women, a new U.S. study finds.

Researchers at Beth Israel Deaconess Medical Center in Boston studied 60 healthy women -- 12 with high blood pressure (140/90 milligrams of mercury or higher) and 48 with normal blood pressure. All the women ate two kinds of diets for eight weeks each.

One was the Therapeutic Lifestyle Changes (TLC) diet, which consisted of 30 percent of calories from fat (with 7 percent or less from saturated fat), 15 percent from protein, and 55 percent from carbohydrates, 1,200 milligrams of calcium per day, two meals of fatty fish (such as salmon or tuna) per week, and less than 200 milligrams of cholesterol a day.

The other diet had the same calorie, fat and protein content, but the women replaced 25 grams of protein intake with one-half cup of unsalted soy nuts.

"Soy nut supplementation significantly reduced systolic (top number) and diastolic (bottom number) blood pressure in all 12 hypertensive women and in 40 of the 48 normotensive women," the study authors wrote.

"Compared with the TLC diet alone, the TLC diet plus soy nuts lowered systolic and diastolic blood pressure 9.9 percent and 6.8 percent, respectively, in hypertensive women, and 5.2 percent and 2.9 percent, respectively, in normotensive women."

In women with high blood pressure, the soy nuts also decreased levels of low-density lipoprotein ("bad") cholesterol by an average of 11 percent and levels of apolipoprotein B (a particle that carries bad cholesterol) by an average of 8 percent.

The study was published in the May 28 issue of the journal *Archives of Internal Medicine*.

2007 Upcoming Courses

Academy of Professional Hypnosis

HypnoCounselor Certification

Complete Hypnosis Session Procedures from Initial Contact to Conclusion. Invaluable Hands-on Student-to-Student Practice with Multiple Induction Scripts Utilize Unique Individual Hypnotic Scripts/ Techniques of Past Life Regression, Parts Integration, Time Line Repair, Hypno-Analysis, Regression and Progression, Life Enhancement

Basic: Sept. 15-16 & 22-23,
Advanced: Oct. 6-7& 13-14
Adv. Clinical: Oct. 27-28 & Nov. 3-4

100 hour Certification Program—Tuition \$1,785.

Hypnosis Heals

Smoking, Weight, Stress, Self-Confidence/Esteem, Allergies, Fears, Frustration, Drugs, Alcohol, Gambling, Relationships, Motivation, Catastrophic Illnesses, Pain Management, Sports & Job Performance, Student Study Skills, Obsessive Behaviors, Victim Desensitization.

Dr. John Gatto, A.C.H.
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N.A.C.H. and The Greater NJ NGH Chapter

Continued from page 1

3. Family. We are not meant to be alone - we are meant to be parts of bigger families, bands, and tribes. Human beings want and need the intimate support of a real family. Unfortunately, the nuclear family of our modern society is contracted. It is hard not to look at the "extended families" of some cultures with wistful longing, if not outright envy. Where I live, in southern Arizona, the Hispanic population seems way ahead of the rest of us in providing for the needs of family. In many Hispanic families the old people, even when infirm, continue to be valued members and live at home. Don't settle for nuclear family contraction. Extend!

4. Community. Community is the sense of living and working together for common goals. We are naturally communal beings and derive great satisfaction from the experience of belonging to a group with a common purpose. The strength and comfort of community come from the principle that the whole is greater than the sum of its parts. Our society often fails to provide for this need, and unless we work to create community, it does not happen, or does so in unhealthy ways. You can define community any way you want. It may be your neighborhood, your sports team, your environmental action group, your church, your social club. What makes

it work is what you bring to it and the role you let it play in your life. This kind of connectedness gives us the power to improve our lives and make the world a better place.

5. Serving. Selfless service means giving of yourself to help others with no thought of return. Many religious traditions extol the ideal of selfless service as one of the great aids to dismantling the ego cage and restructuring personality. Each day provides countless opportunities to practice putting others' interests ahead of your own, such as giving of your time, energy and presence to reduce the suffering or increase the happiness of others.

Continue page 7

2007 National Guild of Hypnotists Convention

Its that time again, to start preparing for the number 1 convention of the year. All of you serious about enhancing and bringing your practice to a higher level, need to attend this week long, or just the week-end convention. I (Roxanne) have attended every single one from Convention one. And would not ever dare miss one. The week-end dates are Friday, August 10th to Sunday August 12th. They have pre and post course's as well. If you have not received a catalog with the

seminar/workshop choices, contact NGH at their emailngh@ngh.net, or call them at (603)429-9438.

Sign up now, the hotel that it is located at may be full, ask them to put you on a waiting list. Come support your fellow members that are presenting this year.

Roxanne Cortese, "Parenting the Parent of an AD/HD Child"

Dr. John Gatto, "Attack Sensitive Substances ASAP"

Tony DeMarco, "Destructive Triggers-Healing Triggers"

Walter and Maureen Stock, "The Gift of Tongues"



A place to meet new people, learn and network

See You At The Convention

Aromatherapy Helps Heal Cancer Patients,

sent in by Dr. Pat Conte

Like so many New Age practices and beliefs, aromatherapy has ancient roots. The use of essential oils to affect mood and well-being can be found far back in Egyptian, Greek and Roman history. In fact, when the three kings of biblical fame brought gifts, including gold, to baby Jesus, their other highly prized offerings were frankincense and myrrh... resins from these herbs are still in use today. While scientific evidence about aromatherapy is scant, its long-standing role in spirituality and healing, along with strong anecdotal support of its benefits, gives essential oils an important role as a complementary alternative medicine therapy.

Cherie Perez, RN, quality assurance specialist in the department of GU Medical Oncology at M.D. Anderson Cancer Center in Houston, is a strong proponent of aromatherapy, including as an adjunct for cancer treatment. She teaches monthly classes for patients on the topic. I recently asked Perez to tell me about how aromatherapy can be useful for people who are healthy, as well as those with chronic illnesses. Used properly, Perez says essential oils can indirectly help bolster immune function in cancer patients, strengthening their ability to fight back against the disease by helping to ease pain, depression, sleeplessness and stress. The oils can also help relieve anxiety and improve memory, both frequent problems for people in cancer treatment. Furthermore, aromatherapy offers patients an opportunity to take time for themselves and enjoy a mental and emotional break from their world of medicines and doctors.

ESSENTIALS ABOUT ESSENTIAL OILS

These essential oils have various scents such as floral, minty, citrus and masculine -- and Perez advises using the ones you like best among the choices indicated for a

specific treatment, since more than one oil may address the same problem.

She explains that the limbic system, which the sense of smell triggers, is the emotional seat of the brain, which is the reason why people often respond strongly to certain scents -- positively or negatively. Lavender, for example, might bring back warm memories of a trip to Provence, or sour thoughts about a dour relative who wore it as a fragrance.

All oils are highly concentrated distillations of plant parts, including the flowers, leaves, branches and roots. Because they are so potent (hundreds of times more concentrated than the culinary fresh or dried herb or herbal teas, and therefore easy to overdose on) they should be used only under the supervision of a knowledgeable practitioner, such as a naturopathic physician, registered nurse, massage therapist, clinical herbalist or aromatherapist. Some of the most popular oils include rosemary, eucalyptus, lavender and chamomile. Essential oils can be inhaled (safest with a simple diffuser), enjoyed in your bath or massaged onto your skin (but never directly in their undiluted form... because they can cause a rash or burning sensation). Oils may come already diluted, and will say so on the ingredient label, but you can also dilute a pure oil yourself. Add three drops of an essential oil to a half tablespoon of scentless organic vegetable oil (such as sunflower or safflower) or to an unscented body lotion. People with sensitive skin should do a skin test before topical use. How much to dilute an oil depends on the type of oil and your skin's sensitivity. Thyme, for example, is quite irritating to some people, so it should be used more sparingly and with caution, whereas lavender is non-irritating to nearly everyone,

says Perez. Citrus oils may cause sensitivity to sunlight, so avoid skin application if you are going to be in the sun. Because they're so pretty and fragrant and highly toxic if ingested, they should be kept where children cannot reach them.

MENU OF OPTIONS

Here's a list of popular oils that address some common problems, as well as those common among people in treatment for cancer...

- **Lavender.** Great as a general relaxant, it also treats migraines and relieves stress. It is excellent for insomnia resulting from cancer treatment.
- **Rosemary.** For muscle pain, low blood pressure (do not use if you have uncontrolled or high blood pressure) and cold feet and hands. Rosemary aids a loss of appetite.
- **Spearmint.** Used to ease nausea and to help digestion. Also can help ease gas and other treatment-related digestive problems.
- **Eucalyptus or peppermint.** For rubbing on sore muscles. Eucalyptus may also help joints, including arthritic ones. Eucalyptus may increase the absorption of certain cancer drugs that are applied topically, so use caution and try a patch test first, avoiding application to the same area as the cancer drug.



Continue on page 7

Continued from page 6

- **Pink grapefruit or juniper berry.** Used with massage to encourage lymphatic drainage of toxins and waste. Pink grapefruit is one of Perez's favorites for cancer patients, as she believes it helps energize them and raise their spirits. This and all citrus-type oils should be avoided during chemo and radiation -- and should not be used until speaking with your doctor.

- **Lemongrass, tea tree and orange.** Mix together into two cups of Epsom salts. Use five drops of each oil -- a total of 15 drops -- for a soothing bath (use one-half cup per bath).

Aromatherapy has become so popular that essential oils are now widely available, including in health food stores and supermarkets. However, Perez advises that it is far better to purchase them from a shop with a staff knowledgeable in aromatherapy. Oils should come in dark blue or brown glass containers, which prevent light or heat damage. Avoid bottles with rubber droppers -- the rubber breaks down and contaminates the oil. Finally, the label should feature both the common and the botanical name of the oil (for example, Peppermint/*Mentha piperita*).

If you would like to learn more about how to incorporate aromatherapy in your life, Perez recommends *The Complete Book of Essential Oils & Aromatherapy*, by Valerie Ann Worwood (New World Library), which she says is both thorough and easily understood. Again, as in the case with skin sensitivities, people with asthma or allergies need to avoid things that might trigger an attack -- for example, chamomile is in the ragweed family.

People who want to try inhalation aromatherapy should use only a few drops (two to three) of essential oils in a basin of water or diffuser, or on a napkin. And -- always consult with your doctor before using aromatherapy or any complementary therapy.

Source(s): Cherie Perez, RN, quality assurance specialist in the department of GU Medical Oncology at M.D. Anderson Cancer Center in Houston.

Continued from page 5

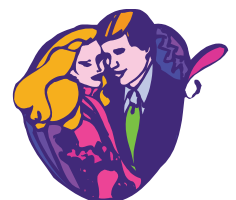
The goal is not to acquire spiritual merit, increase your chances of going to heaven, or earn the admiration of the community. Instead, service is a way of acknowledging that we are all one and that the happiness of each is connected to the happiness of all. The more you can experience the interconnectedness of all beings, the healthier you will be.

6. Loving. To love is to experience connection in its highest, purest form. Humans tend to confuse loving with other feelings that take us back into the world of separateness and fragmentation. Popular songs today seem to be mostly about the joys and pains of romantic love, not about loving as connection, which is something altogether different. Learning to love takes practice and time, especially in a culture that is focused so intensely on romantic love. In intimate relationships that work, the in-love state is replaced by mutual loving. That can happen only if both partners are mature and committed to a life together. Many people today have no idea what to do when they fall out of love with their partners; they think it means there is no possibility of continuing the relationship, which is why divorce rates are now so high.

Realizing that you have within you a limitless source of love that can benefit everyone and everything will help you form the best and strongest connections of your life.

7. Touching. Human beings need to touch and be touched. A great deal of animal and human research shows that individuals deprived of physical contact are insecure, poorly adjusted, and more prone to illness. Some cross-cultural research suggests that sexually repressed and touch-deprived societies are much more given to violence. Our own society, unfortunately, is in that category. Touching is an easy connection to make because it feels so good. Please do more of it.

8. Higher powers. One reason the 12-step programs work as treatments for addiction is that they encourage connection to a power greater than yourself. It does not matter much how you conceive of that higher power; what matters is the sense of connection to it. It can be the father-god of the Old Testament, Jesus Christ, the Compassionate Buddha, the Great Spirit, the Goddess, pure, undifferentiated Consciousness, or simply the Mystery. You are free to choose the way you conceive of the universe and your place in it. People who experience themselves as part of and supported by something larger than themselves are less fearful and more healthy than people who view the world through the bars of an ego cage, seeing the world as separate from themselves, and as being disconnected.



Talk to any member at the meetings to hear more about this convention

BRIDGE TO EXCELLENCE...

National Guild of Hypnotists Convention

August 10, 11, 12th

Learn to adapt and contribute to the ever-changing hypnotism profession.

Evolve with the latest technologies for the management of your hypnotism practice.

Acquire a wide range of expertise through 119 workshops and 164 seminars - Your educational resource base.

Reap the benefits of how-to workshops, case studies, business and marketing seminars, and research updates.

Network to gain new insights, techniques and practical applications in hypnotism.

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.

TOPIC: NLP: ATTACK SENSITIVE SUBSTANCES ASAP WITH NLP **Presenter: Dr. John Gatto**

NLP: ATTACK SENSITIVE SUBSTANCES ASAP WITH NLP

Learn his "Subconscious Substitution" method that educates and programs the subconscious mind to asymptomatic acceptance of certain former symptom producing stressors that have plagued the clients for long periods of time. The technique is quick and readily demonstrative among seminar volunteers. Add this weapon to your armory.

Dr. John Gatto completed his Masters of Science from St. John's University and Doctoral Degree in Clinical Hypnotherapy from the American Institute of Hypnotists. He is the co-founder of the Academy of Professional Hypnosis, the first hypnosis post-secondary vocational school to be approved and licensed by the State

of New Jersey Department of Education (1991). He is also the co-founder and president of the NACH, member of long standing in the National Guild of Hypnotists, and a delegate from New Jersey to the Council of Professional Hypnosis Organizations (COPHO), an organization dedicated to the unification of hypnotists. He brings to this presentation the insights that he has gained from working with clients in his 20+ years of private practice, and in teaching students these methods at the Academy of Professional Hypnosis since 1991.

This is our last meeting until September. Come and gather for a very informative topic and say our "Happy Summer" good byes to our friends. Exchange emails and phone numbers to keep in contact with each other.. Roxanne

2007 Meeting Dates

February, 21st.....March, 21st.....April, 18th
May, 16th.....June, 20th.....September.....19th

October, 17th.....November, 21st

No meetings

July & August

December and January

Mark Your Appointment Book



Next 2007 Meeting

Wednesday: June 20th 2007

Networking: 7:00 PM

Dinner: 7:30 PM

Meeting Place: Gallop Hill Inn

Union, NJ