



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
June 16, 2010
Last meeting
before summer
break!

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Presentation for June 16 Meeting:

THE TRIGGERS OF ADDICTION AND HABIT with TONY DE MARCO

**To eliminate cravings, urges and obsessions
To elevate, stimulate and motivate**

We are one 'giant memory' that reacts to many stimuli that we have witnessed, whether real or imagined, since birth and before. The passion, or the circumstances, or the repetition with which any given stimulus is presented to us, dictates the effect resulting in specific reactions that please us, or empower us, or haunt us, or disturb us, or 'attempt' to destroy us. As hypnotists, we cannot fight fair fights with the enemy for the enemy itself never fights fairly. The subconscious mind must be befriended, beseeched, commanded, and de-programmed and re-programmed with, among other hypnotic techniques, Pavlovian-style triggers and Jungian symbols that counterbalance and overcome the old, learned, harmful stimuli. One of our goals is to neutralize and improve. Tony shall offer his further insights into the workings of the subconscious mind and the collective unconscious, the elevation of consciousness, and teach several effective triggers that he uses in his practice and has been teaching practicing hypnotists for many years. Tony is the author of a widely acclaimed Addictions Practice Manual entitled "Slaying the Dragon of Addiction" in which 13 actual sessions are set forth in detail as if the student is 'taken by the hand' through the entire process of attaining abstinence. The triggers that he teaches are used not only to combat the cravings, urges, needs, desires, and obsessions of addictions and habit, but to give your clients the kick-start to get up, go out, grab life by the collar, and give it a good shaking. Tony is a co-founder of the Academy of Professional Hypnosis, in his 13th year as Chairman of the Board of the Council of Professional Hypnosis Organizations of the USA and Canada, inducted into the International Hypnosis Hall of Fame in 1996, recipient of the Rexford L. North Award, the highest award of the National Guild of Hypnosis, and also a Diplomat of the NGH.

2010 MEETING DATES

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

May Horoscope with Judy Lewis

Aries ^ -Interesting aspects to the 5th house of love and the energy of Uranus, the planet of change, entering into Aries, bodes well for romantic excitement in June. As always, words of caution are needed to protect you from jumping into a situation that may bring undue drama into your otherwise peaceful existence. Look before you leap.

Taurus ♉ - A direct Mercury may find you sharing your opinions about love and life freely. You may seem to others more like a Gemini than a stoic Bull. These talks bring out a surprise revelation about a person near and dear to your heart. It takes you off guard and shakes your security. Be assured that the situation is not as it seems. And you are not in fear of losing your love.

Gemini ♊ ` Opportunities for partnerships arise again beginning in the month of June. Deals thought long dead reappear and are even more attractive than originally. It will be as after a long sleep you suddenly are alive and awake again. Ready for action and ready to conquer the world. Your back!

Cancer a- Cancer, the caretaker of the world, but who takes care of you when you need it? Family members have come to rely on your help and you have always been there either with a hug, some good advice, or money. Now you need someone to talk to and they are nowhere to be found. They just don't realize. It's time to clearly communicate what you need. They will respond with loving arms.

Leo b- Mars in Leo in the 10th house cautions you to hold back your temper especially in the month of June. Irritations at work and home have you ready to explode. This tumultuous energy subsides by mid month but without a concerted effort to control yourself much could be lost by that time. Take a deep breath, count to ten, and realize that this is a temporary situation.

Virgo c - Now is the time to ask yourself what is the next step. Virgos, in varying life stages all have dealt with Saturn and now must pro-

ceed on their road to happiness. The time is now and the future is awaiting an optimistic but serious course of action. Where do you foresee yourself in 5 years? The stars will help but you must start with a plan.

Libra- Remember what your mother said when you complained of being bored? Only boring people are bored. She was right. If you are dissatisfied with your life, change it. Saturn will highlight some discomfort but gives you the determination to take those steps to make you a happy and smiling, child of Venus again.

Scorpio- Your love for the mysterious and the hidden will serve you well in the month of June. An old friend will reappear in your life with a story that is unbelievable. You will find the truth and set them free as you realize their stories are made to gain some advantage. Scorpio, you possess a built in lie detector and the stars will aid you in your discoveries.

Sagittarius f Activity to the 2nd house indicates your possessions of wealth and also your psychological bank account. A cloud of uncertainty had permeated your soul in past months. You were trying to create happiness at all costs but sacrificed your needs. Now this spell has waned and you again will become a happy Jupiter child. You have earned many blessings and will begin to enjoy them.

Capricorn g The astral advice suggests caution with your finances but most Capricorn natives possess that quality to the extreme. In the month of June however astral energies of the 2nd house with Pluto and the south node of the Moon assure that some upheaval may be on the way.

Aquarius h -It is time to change your life. It does not mean that you must get rid of those you love but you must chart a course for success. The Moon in the 3rd house will allow for your communications to be pleasant and productive during the month of June. So ask for a new job or go after that promotion .Luck is yours now use it

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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Stargazing

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Hypnosis in Sports by George Bien

Using hypnosis in sports is nothing new. Sports' history is replete with examples of its uses, but often under the guise of names such as: autogenic training, mind conditioning, entering the "zone", etc.

Sports Psychologist, V.A. Romanov said, "The shaping of psychological readiness is one of the main tasks in preparing athletes for competitions". In the 1956 Melbourne Olympics, the Russian team took with them no less than 11 hypnotists. Mental training was also responsible for the Russians winning more gold medals in the 1976 Olympics than any other country. This included two of the three judo titles ordinarily taken by the Japanese.

During their 1978-79 tour of Australia, England's cricket captain Mike Brearley consulted a hypnotherapist. In the early 1980s, hypnotist Peter Siegel worked with bodybuilder Lee Haney who went on to win the Mr. Olympia title eight years in a row! In 1985 Peter worked with bodybuilder Mike Christian who went on to conclusively win the Mr. America and Mr. Universe titles. In his book, "Pro-Style Bodybuilding", Mr. Universe winner, Tom Platz, says, "Unless my mind triggers the will to improve my physique, it won't happen. Essentially, the mind is the master potentiator in bodybuilding". Yes, Tom consulted a hypnotist!

Even heavy-weight boxing

champion Mike Tyson had a personal hypnotist named John Halpin. Golfer Tiger Woods had undergone hypnosis as a teenager. And if the above doesn't impress you, how's this for a lineup? - Players from the New York Mets, Los Angeles Dodgers, Chicago Cubs, Detroit Tigers, Los Angeles Raiders, New York Islanders, Dallas Cowboys, Florida Marlins, New York Rangers, to just name some, have utilized the services of a hypnotist. Yet, many athletes who use hypnosis sometimes don't own up to it because of the age-old myths associated with the modality.

Baseball players had been utilizing hypnotherapy in the 1970s. One of the most famous examples of sports hypnosis is the story of Minnesota Twins', "Hall of Famer", Rod Carew. Carew, one of America's greatest baseball players, had suffered an injury, and even though the injury technically healed, he continued to experience pain. It may have been psychosomatic, but real enough for him, which in turn caused a severe case of self-doubt. St. Paul, Minnesota, hypnotist Harvey Misel, worked with Carew and helped him come back to the best season of his entire career, with a batting score of almost .400. Carew went on to win "The most valuable player award"! Eventually, hypnotist Misel was hired by the Chicago White Sox, and at one point, claimed 200 clients in major-league baseball.

Mental trainers push their clients to develop systematic "pre-

performance routines," including relaxation breaths, focusing exercises, and self-talk. Hypnotist Harvey Dorfman, made his career by helping out the Oakland A's during their 1980s glory years.

Boxer Ken Norton has used hypnosis training before his famous victory over Mohammed Ali. Tennis star Andre Agassi, worked extensively with Anthony Robbins, utilizing NLP and hypnosis. Phil Jackson, coach of the Chicago Bulls basketball says that they practised daily self-hypnosis when he coached Michael Jordan and the Bulls to their six NBA Championships.

Please note that hypnosis cannot create a talent-less athlete into a superstar competitor. It will however amplify the athlete's innate talent and capacity, and enable him/her to access as much of this ability as possible.

Key Beliefs for Success

There are several key beliefs that will carry you a long way towards success.

You already have all the resources you need to succeed:

Every human being is born with the right tools to succeed in life. Other people, accidentally or on purpose, create the conditions for failure. You carry within you all your life exactly what you need to succeed at anything you want. You are exactly smart enough, tall enough, healthy enough, whatever enough.... to go and take what you want from life.

If it's difficult, you're doing it wrong:

Apply this very simple rule to everything you do. If it is difficult you're not doing it right: find another way of doing it. You will immediately know when you are doing things the right way because it will be easy.

There is no failure; only feedback:

When you fail at something, there is only one meaning to take from it. There is no success without failure. The only thing that failure tells you is that you are not doing it right. Failure says nothing about you, only about how you went about things. After each failure, ask yourself what you learned from

it and change how you go about it.

What the thinker thinks, the prover proves :

Your mind is programmed to act according to your beliefs. If you believe that the world is full of nice people, you will mostly find nice people. If you believe the world is full of cheats and liars, you will see them everywhere. Your mind filters all incoming signals and matches them to internal models of the world. Your mind will change the signal to match the model. If you think the world is against you, then a part of your mind will prove this in every situation by deleting any incoming information that does not fit with this theory, or will distort it so that its meaning changes. In a sense, you create your own world, your own reality.

So if you want to be a success, then think about success all the time, and your prover will prove you are success by changing your behavior and your perceptions to suit what you are thinking.

People always make the best choices open to them:

Every behaviour you do, no matter how strange or destructive it is, is actually being done for your benefit. There is no point in blaming other people or even yourself for how you behave. What you need to do is to examine the behavior, es-

tablish what it is trying to do for you, and find a different way of getting the same effect.

The solution is more important than the cause:

Spending time on finding out what underlies a particular problem is seldom as valuable as learning how to prevent it happening and how to deal with the consequences. Focus on the solution to your problem, not its roots. When a forest fire is raging, and planes are dropping water bombs and people are fleeing burning homes, there is no point in trying to find the match that started it.

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**The man who thinks he can, and the man who thinks he can't, are both right. Your greatest limitations are not in the world around you: your greatest limitations are the beliefs you hold about yourself.**

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FUNDAMENTAL CAUSES—PERSONAL SELF ESTEEM ISSUES

I DON'T DESERVE IT

The fundamental belief is that "I am a nobody". Nobodies don't deserve the promotion, the pretty girl, the day outwhatever. Many people believe this about some aspect of themselves. They may be good at business but cannot allow themselves to succeed in relationships, or sport or some other area of life.

THERE'S NO POINT

"Nothing will change, I will still be me". The belief is that no matter what happens 'me' cannot change and will always be inadequate.

I'VE GOT THIS SECRET FLAW

A belief that some aspect of their physical attributes (My nose is bent, I'm too fat,) or their history (I once did this thing and....) or their mental attitude (I would just die if I had to give a speech....) can never be changed and is the reason holding them back. No one has every skill they need but this should not be allowed to prevent trying. The 'not enough' excuse is a wonderful way of prevaricating.

FEAR OF BEING JUDGED

I'M NOT GOOD ENOUGH

Many people fail in relationships because at the first sign of trouble they leave. The basic thinking is 'I am going to reject you before you can reject me. I know you will reject me sooner or later because I am faulty. So I might as well push you away first and not have to suffer the pain of another rejection'.

EVERYONE IS LOOKING AT ME

This belief is a fear of being exposed and found wanting. Many people believe that others are constantly watching and judging, that every part of them is subject to merciless scrutiny. This fear stops them doing anything that might bring them to public attention.

FEAR OF THE UNKNOWN

Staying away from the unknown is a good way of staying safe. However, this core protective mechanism can keep people stuck when applied at the wrong time and place.

FEAR OF FAILURE

A reluctance to try anything new can develop into a refusal to do anything at all. "I would make mistakes".

FEAR OF SUCCESS

The opposite of 'fear of failure', this is actually very common. "How would I manage twenty staff?", "I would have to go to cocktail parties", "People would ask me what to do".

The problem with limiting beliefs is that your mind will work tirelessly to make sure that they come true.

Psychological research has shown that selective perception is a fundamental human defense tool. People do not easily change their theories, assumptions, expectations and impressions even when evidence contradicts them. Once a mental decision has been made, it tends to persist even in the face of contradictory information. This is especially true if the person has given himself a cause and effect type

explanation of how the information they have justifies the belief they hold. The simple process of explaining to yourself or to someone else why you believe what you do has the unexpected consequence of making you even more sure of your belief, and makes you more likely to reject any information that discredits that theory, belief or attitude. So challenging a belief and making you justify why you think that way actually affirms that belief and makes it harder to change. In fact studies have shown that when a person is offered information that discredits their beliefs or attitudes, in order to evaluate that information they have to first recall their belief and examine it, which has the effect of reinforcing the belief.

It has been shown that people under stress protect themselves by dimming awareness of new information. This process creates a blind spot, a zone of self deception and blocked attention so that new information just does not register.

This does not mean that self limiting beliefs cannot be changed. It means that before new beliefs can be taken up the person has to put themselves into a receptive state and the new information needs to be presented that exceeds some threshold value. When the new information is sufficiently different or compelling the person will automatically reassess their self limiting beliefs and incorporate the new information to create a different belief.

Source: Hypknowsis.com

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

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

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

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 .

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: June 16, 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

Somehow another year has



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

Presentation for June 16 Meeting:

**THE TRIGGERS OF ADDICTION AND HABIT
with TONY DE MARCO**

**To eliminate cravings, urges and obsessions
To elevate, stimulate and motivate**

**YOU CANNOT AFFORD TO MISS THIS PRESENTATION AS SO
MANY HYPNOTISTS HAVE BENEFITTED BY THE KNOWLEDGE AND
SKILLS THEY LEARNED AT TONY'S PRESENTATIONS OF THIS
SUBJECT MATTER.**

**CALL DR, JOHN GATTO TODAY TO RESERVE YOUR SEAT
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**Please send your check in on time.
Arriving unannounced may cause a
problem with seating. Thank You!**