

NACH and the Greater NGH Chapter

National Association of Certified HypnoCounselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT MEETING

**Wednesday
June 15th,
2011**

THINNER BAND HYPNOSIS with **Tony De Marco**

June 15th

Imaginary Gastric Surgery

The hypnotic gastric band phenomenon is upon us right now. Hypnotists are scurrying to learn the techniques involved and Tony saw this last year and began developing his Thinner Band Hypnosis Program, while conducting video-taped weight trials as reflected in short videos on www.thinnerbandhypnosis.com. In a short time to come, if you are not offering hypnotic gastric band surgery, you will not be getting any weight clients. Just a few days ago, on May 21, 2011, he was granted Trademark approval for the names: Thinner Band (for CDs) and Thinner Band Hypnosis (for his imaginary gastric band surgery program). In this presentation, Tony shall give you a capsule-view of what hypnotic surgery is and the unique (8) session protocol that he has developed, with an accompanying set of (6) CDs, and other physical and auditory triggers. According to the Center for Disease Control, more than 100,000 people each year undergo weight loss surgery. Studies have shown that at least 25% off all weight loss surgeries fail, 30% of patients develop nutritional deficiency disorders and 30% experience other complications. The percentage of patients requiring re-operation is as high as 37%. As many as 20 % of people who have gastric bypass surgery start regaining weight within three to five years. One study found that 34% of gastric bypass patients who start in at BMI 50 or over, regain all or most of the weight within 10 years of surgery. Tony shall be presenting a (2) day post-convention workshop at the NGH Convention on August 15th-16th, 2011, Marlborough, MA, which begins on August 12th. BTW, Bob Brienza is the first member to register for that workshop. In the near future, Tony shall be licensing hypnotists throughout specific areas of the USA to exclusively use his trademarked names and copyrighted program. (An exceptional program for which he charges clients \$1,995 for the (8) sessions.) Learn more about everything at the meeting. You really owe it to yourself to attend . Stay up and ahead of the times!

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UPCOMING 2011 MEETING DATES

June 15, 2011 Networking from 6 PM—7PM

No sessions December & January and July & August

HEALING ENERGY CIRCLE

Patty Pedersen has conducted Healing Energy Circles so that persons that need healing may receive it from a group concentrating on sending this energy through the universe. Thought and prayer is extremely powerful and we are beginning to realize that Distant Healing is real and rewarding. Any member may email the name of a person or persons to us, or give the name on the night of the meeting, and Patty shall read all of the names so gathered and then lead the group in sending energy to those in need. This is a chance to expand your horizons and help others. We all benefit from the power of prayer and energy, and in a group the power multiplies rather than adds. You will be surprised to feel the energy yourself and to begin your own healing. You owe your participation to yourselves!

STARGAZINE June , 2011 Horoscope with Judy Lewis

Aries ^- Life is jam packed with excitement in all things governed by the 6th and 7th house. You may be offered the job opportunity of the century as a Donald Trump type mega boss tells you "you're hired." The desire to speak your mind on all things love may land you the relationship of your life as partnership and career matters are booming. Enjoy this positive energy.

Taurus □- Those who have been struggling with issues of insurance, mortgages, or inheritance, the light will begin to shine once again. Just as June heralds in the summer, so too, many a Taurus will be enjoying an ease of tensions in all 8th house issues. A return to the good ole days is in store.

Gemini `- After this last Mercury retrograde a welcoming energy to the 9th house indicates a focus on higher education and expansion of the mind. Blockages and confusion have left and a new direction is yours. This is an opportune time to upgrade your skills by returning to school. Education is its own reward and most Gemini's are happiest when learning.

Cancer a- You must accept that all feelings are not facts and should know that as a Cancer native you are a boiling source of emotion. It is advised that you observe your thoughts and neutralize any that are negative. After all it isn't any fun to be anxiety filled and those things you feared in the past never happened anyway. Worry is a waste of energy.

Leo b- There are two types of pride. One is much desired and the other should be avoided as it goes before an unwanted tumble. This month you are tempted to take unnecessary chances because you feel somewhat invincible and privileged. Hold back and think before you act. Keep all dealings positive and above reproach and you will avoid embarrassment.

Virgo c- Clarice Starling to Hannibal Lecter in Silence of the Lambs "but are you strong enough to point that high powered perception at yourself?" Take a look in the mirror, my dear critical Virgo. Recently you have been in denial of your part in family circumstances. The light of observation frees you to be human and humble and move on in happiness.

Libra d- Saturn has you plodding along, teaches patience, and enhances determination. There are new goals that you seem happy to pursue. A strong direction and motivation are now yours. So scramble over the obstacles and soon you will find that all your dreams will come true.

Dream big!!

Scorpio e-Life continues and time flies. These astral energies suggest you let go of your anger. Revenge does not hurt the recipient as much as the source where it originates. You have been told this before but now the stars aid with your mission to love others unconditionally. Go in peace.

Sagittarius f - Try to flex your kindness muscle as someone who usually annoys you needs a friend. They may have been more arrogant in the past but they have modified their attitude with recent events. Every good deed that you perform allows for your ruler, Jupiter, to repay you tenfold.

Capricorn g- A retrograde Pluto indicates a personal tsunami may be on the way. In past years you could notice a swell on the horizon but may have ignored it as it seemed far in the distance. Pluto makes all issues relevant and we must be aware that we no longer can put family on the back burner. Awareness saves the day and insures a safe and happy outcome.

Aquarius h - Carrying the Neptunian torch for so long had been a real downer. Now the fog has cleared and you can see everyone as they truly are. This is an awakening. Some friends will not remain so and someone you thought was against you will become a close ally. Friends, hopes, and wishes are all important as you return to the clear headed Aquarian native.

Pisces i- It's ok to daydream on occasions but it is not an Olympic sport. Neptune, your ruler, has entered your sign and now more than ever you must distinguish truth from fiction, reality from the dream state. Just because you want something to be so doesn't mean it is. The good news is your life is so much better than the illusion you have created

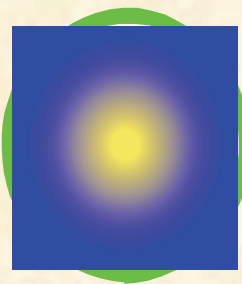
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Astrology is a long-established method of exploring ourselves, our relationships and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time – as expressed through 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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CRYSTAL ASPIRIN BY BAYER DOCTOR'S CORNER with Pat Conte, M.D.

THIS IS NEW INFO TO US AS WE DID NOT KNOW ONE NEEDS TO SIT UP AND NOT RECLINE AFTER TAKING ASPIRIN IN AN EMERGENCY.

Heart Attack info on New Aspirin
This is good info.

We did not know that you should not lie down while waiting for the E M T
Heart attack info NEW ASPIRIN/
Serious stuff, no joke!!

Just a reminder to all: purchase a box, keep one in your car, pocketbook, wallet, bedside, etc.

IMPORTANT READ.....

Something that we can do to help ourselves.

CRYSTAL ASPIRIN
Nice to know. Bayer is making crystal aspirin to dissolve under the tongue. They work much faster than the tablets.

Why keep aspirin by your bedside?
About Heart Attacks

There are other symptoms of an heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.
. Note: There may be NO pain in the chest during a heart attack
The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.
Afterwards: CALL 911 - say "heart attack!" - say that you have taken 2 aspirins...
- phone a neighbor or a family member who lives very close by - take a seat on a chair or sofa

near the front door, and wait for their arrival and... DO NOT lie down

A Cardiologist has stated that, if each person, after receiving this e-mail, sends it to 10 people, probably one life can be saved

FURTHER MEDICAL RESEARCH

According to studies done at the Institute of Cognitive Neuroscience, University College London, suggestions given in a hypnotic state, even once, can produce actions in human beings that are the same type of actions that would have resulted from more long-term conditioning and practice.

In a research study on Self-hypnosis for relapse prevention training with chronic drug/alcohol users, (Am J Clin Hypn. 2004 Apr;46(4):281-97), individuals who played self-hypnosis audiotapes "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.

In a research study done with 60 college student volunteers (Spring of 2004 at Northern Arizona University, Flagstaff, Arizona), using hypnosis with ego-enhancement suggestions showed significantly dramatic effects" in brain-wave patterns, subjective sense of self-confidence, and test scores.

As reported by NewScientist.com news service:

Hypnosis is more than just a party trick; it measurably changes how the brain works," says John Gruzelier, a research psychologist at Imperial College in London. Hypnosis significantly affects the activity in a part of the brain responsible for detecting and responding to errors, an area that controls higher level executive functions. The finding

is one of the first to indicate a biological mechanism underpinning the experience of hypnosis. "This explains why, under hypnosis, people can do outrageous things that ordinarily they wouldn't dream of doing," says Gruzelier, who presented his study at the British Association for the Advancement of Science Festival in Exeter, UK. Gruzelier hopes it will also benefit emerging research showing, for example, that hypnosis can help cancer patients deal with painful treatments.

Clinical trials of therapeutic hypnosis confirm its potential benefits. Christina Lioffi, a psychologist at the University of Wales in Swansea, recently conducted a study of 80 cancer patients aged 6 to 16. She found that those under hypnosis experienced far less pain during treatments than control children, who simply talked to the researchers normally.

According to published results of clinical studies (Am J Clin Hypn. 2004 Apr), the use of hypnosis facilitates a more uncomplicated birth process. In a separate research study done by University of Florida counseling psychologist Paul Schauble, it was also found that women who learn hypnosis before delivering babies suffer fewer complications, need less medication and are more likely to have healthier babies than are women without hypnosis. Schauble's first study involved adolescents getting prenatal care at a public health clinic. A group of 20 patients who received hypnosis preparation were compared with 20 who were given supportive counseling and 20 patients in a control group who received only the standard prenatal care. None of the women who received hypnosis required surgical intervention in their deliveries, compared with 12 in the supportive counseling group and eight in

the control group, he said. "Patients who are prepared for labor and delivery in hypnosis are more likely to absorb and benefit from information because they are in a relaxed, highly focused state," he said.

In an ongoing pilot study being done by University of Florida counseling psychologist Paul Schauble, preliminary results show hypnotized patients with hypertension are more easily able to make lifestyle improvements that can lower blood pressure.

A study being done by a team of University of Florida researchers is finding that learning self-hypnosis gives a patient greater control over the stress, anxiety and pain of medical operations and childbirth, overall. "Training patients in hypnosis prior to undergoing surgery is a way of helping them develop a sense of control over their stress, discomfort and anxiety," says Dr. Paul Schauble, psychologist. "It also helps them better understand what they can do to bring about a more satisfying and rapid recovery. He also said, "We've found, in working with individual patients, that they often feel literally stripped of control when they go into the hospital. The surgeon may do a good job of explaining the surgery, but patients' anxiety may make it difficult for them to absorb or comprehend. This can result in undue apprehension that can create complications or prolonged recovery." "Children make excellent subjects for hypnosis because they spend more time using their imaginations," says Florida counseling psychologist Paul Schauble. "But with practice most adults can learn how to enter into a therapeutic hypnotic state quite easily as well."

Hypnosis Research and Theory

By Scott G. Shelp, RN BA CCHt

Hypnosis has been studied scientifically for more than 200 years, most investigations being conducted between 1950 and 1980. A great many experimental and clinical studies have tried to determine what is unique about hypnosis and trance. Findings are far from conclusive but this mysterious and powerful phenomenon continues to fascinate researchers and lay people alike.

Defining Hypnosis.

It is difficult to define hypnosis in a way which is acceptable to everyone. Most agree that there is this thing called "hypnosis," but just exactly what is going on is up for debate. In traditional hypnosis, there is an operator (hypnotist) who induces a change in the subject using some special method. The observable changes include eye-closing, slower respirations, and the increased likelihood that the subject will follow the instructions of the operator (hypersuggestibility). Subjects often report afterward, a feeling of being in a different state of mind which they may call "hypnosis," "trance" or something else. They report feeling disconnected from their immediate environment, a distortion in their perception of time and often amnesia of at least some of the events which occurred during hypnosis. Two key terms bear some explanation.

Frequent reference is made in discussions of hypnosis to "dissociation." This is defined as a mental detachment from the immediate

surroundings or the loss of certain mental contents to conscious awareness. Dissociation has been seen as a way to psychologically escape anxiety. Dr. John Kappas states that hypnosis is an escape from an overload of "message units" (external and internal stimuli) and is a response to the physiological and psychological "fight-or-flight" state. He suggests that the operator can induce this overload to bring about hypnosis in a subject. This is a useful theoretical construct when applying hypnotic techniques to reduce fear and pain, especially in medical patients.

Hypersuggestibility is characterized by a narrow focus of attention and increased likelihood to act upon suggestions given by an operator. There are no consistent electroencephalographic (EEG) patterns correlated to a hypersuggestible state. A recent theory suggests partial control of the hypersuggestible state by the immune system. This, in light of the recent discovery that the immune system and neurological system are more intimately linked than previously thought. It stands to reason that if we can "worry ourselves sick" then we can also use this process in a positive way to "think ourselves well."

Research: So Many Questions...

As with many areas in psychology, it is up to the individual researcher to choose which aspect of the phenomenon to focus on. All of the elements described in the above definition have been

emphasized by one theorist or another. The result is a wide variety of theoretical frameworks in the scientific literature. Each seems to make at least some sense but falls short of being a comprehensive description of "what is really going on in hypnosis." Here are the major viewpoints:

1. Janet and later Hilgard defined hypnosis in terms of dissociation.
2. Sarbin and Coe saw hypnosis as role-playing and fulfilling certain social expectations.
3. Barber described hypnosis in terms of non-hypnotic behavior such as task motivation and a subject's own labeling of a particular experience as "hypnotic."
4. Weitzenhoffer first described hypnosis as "a state of enhanced suggestibility," but later as a form of "interpersonal influence via suggestion."
5. Gill and Brenman saw hypnosis as regression (to an earlier age) in protection of the Ego.
6. Edmonston was influenced by the earlier work of Pavlov when he characterized hypnosis as relaxation and partial cortical inhibition.
7. Spiegel and Spiegel saw hypnosis as a distinct biological capacity.
8. Milton Erickson described hypnosis as a unique, inner-directed altered state of functioning.
9. Later followers of Erickson emphasized that hypnosis should be defined subjectively and phenomenologically as a process between individuals, and as a communications strategy for the achievement of thera-

therapeutic goals (with or without mention of "trance").

Other, non-scientific views frame hypnosis in terms of energy fields, supernatural forces, invisible bodily fluids and alternate planes of existence. A quick review of these perspectives reveals that many are incomplete or oversimplified. Some speak in physiological terms (such as changes in brain function), others in terms of social behavior (how the subject interacts with the operator).

Historical Perspective

Science is, in essence, a conversation over time. One researcher puts forth his or her viewpoint and later another responds by agreeing or disagreeing with the earlier conclusions. As time goes on, more voices join the debate, each influencing the next. Let's take an historical look at hypnosis research and theory.

Franz Anton Mesmer is credited with first creating the concept of hypnosis. Actually, his early work was done by applying magnets to the body to produce cures. He later came to believe that it was not the magnets, but he himself who was producing these results. ,

Continued on Page 5

He believed that the role of human imagination was actually more important than any magnetic or other physical force in producing the changes. Even today, hypnotherapy can be seen as the therapeutic use of a person's imagination.

A split arose between those interested in hypnosis as a tool for personal or spiritual fulfillment and those who sought to focus on hypnosis' apparent spiritual, religious or magical nature. In fact, faith-healing, mind cure and Christian Science were all heavily influenced by hypnosis. Even today, we are left with the legacy of hypnosis as simultaneously a form of entertainment, a spiritual practice, a therapeutic modality and a psychological phenomenon.

The "operator-assisted altered state induction" model was one of the first. This states that hypnosis is a sleep-like state induced by the special behaviors of an operator which result in extreme responsiveness to suggestion and anomalies of the experience of volition and memory. However, hypnosis is not sleep per se. Modern research shows that hypnosis and trance look physiologically much like the awake state and that they both differ from the sleep state. The dream-like quality of hypnosis has been found to more closely resemble daydreaming (fantasizing) than night time dreaming.

James Braid, a British surgeon is credited with coining the term "hypnosis" in 1843, although it was already in use by French researchers. His view was that hypnosis was a unique condition of the nervous system. However, he later rejected this and emphasized the "mental" (read: psychological) factors almost exclusively. This view, called "monoidealism," stated that unconflicted ideas automatically lead to actions. "Ideomotor Action Theory" states that ideas suggested by the hypnotist lead automatically to actions which are experienced by the subject as unwilling.

The end of the nineteenth century saw the emergence of the "Paris School" which stated that a single, distinctive neurological and physiological state underlies all hypnotic phenomena. The beginning of the twentieth century saw the birth of the "Nancy School" which held that suggestions somehow mechanically produce responses without the participation of the subject. This perspective was notable for deemphasizing the hypnotic ritual (induction) emphasizing rather the suggestion as a key element in hypnosis.

The well known psychologist Clark Hull conducted research on hypnosis. His student, Milton Erickson would come to disagree with Hull's emphasis on measurable correlates and standardized procedures in favor of stressing the complex subjective inner processes operating in hypnosis. (This mirrors the modern disagreement over the usefulness of quantitative vs. qualitative research methods in psychology.)

Countering the previous mechanistic theories, Theodore Sarbin pioneered the "skeptical" conception of hypnosis in 1950, seeing it as a social encounter in which the hypnotist and subject act out predetermined roles. This was the first time hypnotic behavior was seen as creative and goal-directed, rather than automatic and mechanical. Skeptical research often points to observations that hypnotic subjects do not display behavioral capabilities beyond those of the waking state. On this point Erickson agreed. He stated that it is not so much that the abilities are special (in fact, they are indeed accessible in a waking state), but the access through hypnotic trance which is unique.

Trance Logic. **(Editor's Note: At present, we frown upon the use of the word 'Trance' as being too mysterious for clinical work)**

Underlying many hypnosis theories is the concept of "trance logic," a state where language processing is altered, words are taken more literally and there is a decrease in critical judgment and an increase in tolerance for incongruity. From this, a number of theories about trance arose:

That trance is a form of psychological age regression.

That cognitive dissociation is a key element.

Trance can be seen as "contact with the unconscious [subconscious]."

Trance involves selective use of one hemisphere (specifically, the non-language side) of the brain.

The differences among the theorists fall into a few general categories. One theoretical division is that between the emphasis on a mental state and situation-related expectations (or Social Role Theory). Is there some actual change in the state of the brain under hypnosis or is the subject acting the way he or she thinks is expected? There is also a difference of emphasis on the hypnotic induction process (whether any special preparation must be performed to create a hypnotic state) and the condition of hypersuggestibility which apparently results. Many prefer to see hypersuggestibility as an end-point to which hypnosis is only one route.

Cortical Inhibition Theory focuses on the apparent decrease in activity in the cerebral cortex (specifically in the left hemisphere), perhaps the cause of the reduced critical thinking abilities of hypnotized subjects. However, this Pavlovian view has been criticized as overly simplistic. Any "left-brain / right-brain" dominance shift does not seem to be the primary mechanism of enhanced suggestibility.

Hypnotized Monkeys?

Despite this, there seems to be a "trance reflex" in humans and also in primates. Experimentation with Rhesus monkeys has induced a hypnosis-like response in these non-human subjects. Of the 45 monkeys in one study, six went quickly into a motionless state when sat in front of a gently oscillating shining ball. Twelve others who initially tried to turn away or push away the ball also became motionless after being secured to their chair. This is notable because it contradicts the "freedom reflex" normally found in this situation. In the end, all of the monkey subjects ended up displaying "hypnotized" behavior in response to the ball. EEG monitoring showed some changes in the hemispheric dominance of the monkeys. Certain factors seemed to influence this "animal hypnosis" including: emotional stress, the novelty of the hypnotic condition, restricting motor freedom, and others.

Some of these can be generalized to human subjects as well. The Kappasian model of hypnosis advises hypnotists to take advantage of the first hypnotic experience as this is when the subject is likely to go very deep. The monkey research conclusions about the role of novelty and anxiety seem to support this. As for physical restraints, it is not ethical to tie down hypnosis subjects, but humans have the ability to be restrained in a chair by social pressure, whereas monkeys do not. Our subjects *are* tied down in a sense, not by straps, but by an unspoken expectation that they stay put.

Hypnosis and Mind Control.

What do we know about the degree to which a hypnotist can control a subject. Most hypnotists and hypnotherapists will tell you that hypnosis is not mind-control. They often state the subject is free to follow or not follow any suggestions given in hypnosis. Is this true? No less than Milton Erickson himself ran an experiment where the hypnotist attempted to force his will on subjects. Not only did subjects discriminate which suggestions they did and did not respond to, but also came up with ways to hurt or humiliate the hypnotist in retaliation for the attempt to control them!

Unnecessary Hand-Waving?

So what about those elaborate induction rituals? Are they necessary? If not necessary, do they enhance the results of the hypnosis in some way? The respected Theodore Barber promoted the view that induction was *not* necessary. He says the secret of hypnosis involved the ability to fantasize in a hallucinatory way and provide drama and excitement. Consider this. A public figure makes a public address. From a simple podium with no ceremony, the listeners will hear the message. But when the speech is accompanied by colorful banners, stirring music and the attendance of respected dignitaries, the excitement we feel changes the way we take in the information. Suddenly it becomes much more important and the information becomes more reliable. Think of any situation that involves such pageantry (religious services, political campaign rallies). In most cases, the goal is to communicate something to the audience, to sway their opinions or change their beliefs. The inclusion of drama and emotion ensures that more people will "hear" what is being said. It is the same in hypnosis. The induction may not be necessary, but the anxious anticipation that "something" is about to happen makes the suggestions even more powerful.

In addition to research on the nature of hypnosis, there is quite a bit of literature examining the therapeutic applications of hypnosis or "hypnotherapy." There is evidence which supports the use of hypnotherapy for pain control, anesthesia, analgesia, certain skin conditions, control of bleeding, healing after surgery, enhanced cognition and learning, improved physical performance, strengthened immune response and others.

Other research areas which are not reviewed here include: the occurrence of psychic and extraordinary experiences while under hypnosis, memory retrieval under hypnosis, "false memory syndrome" and hypnotizability.

Many important questions remain in the scientific study of hypnosis. Is an induction procedure necessary for the elicitation of a hypersuggestible state in a person? In what specific ways are cognitive functions altered in hypnosis? What is the nature of dissociation in hypnosis? This also brings to bear some central questions in psychology such as the very nature of belief, imagination, motivation, volition and compliance. We also need to know how a placebo works, how suggestions can affect dermatological responses, how imagination can produce the experience of a dry mouth, nausea, or an itch, and how coping strategies can affect the experience of pain.

ACADEMY OF PROFESSIONAL HYPNOSIS

SPRING CERTIFICATION CLASSES BEGIN ON MARCH 5TH

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) Ask us for a copy of our New Jersey State License

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, 2011 session where excitement awaits you.

FALL SCHEDULE **To be set**

Basic Hypnosis.....

Advanced Hypnosis

Advanced Clinical Hypnosis Certification.....

EACH COURSE IS2 WEEK-ENDS SATURDAY & SUNDAY 100 hours of in class study

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

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

2011 MEETING DATE

Wednesday: June 15th, 2011

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

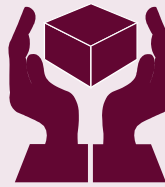
Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683

happening each year. The days turn



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS: To 325 Chestnut Street, Union, NJ 07083

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.

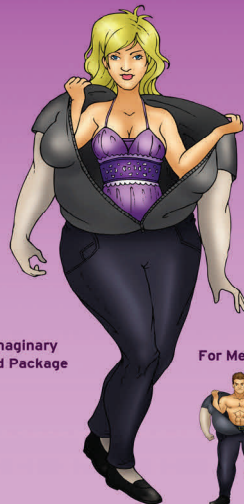
ROUTE 22: Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn right on Salem Road and go to the end.

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.

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The Imaginary Gastric Band Weight Loss Program

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For Men Too

Anthony F. De Marco, LL.B., Ph.D., DNGH

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