

NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
March 17,
2010

Presentation for March, 17 Meeting:

Nine Hypnotic Tales– Healing Stories for Your Transformation

Presented by Jim Malone, Ph.D

What is it about a good story that can transcend the ordinary and create hypnotic rapport? This presentation by Jim Malone will show you how and when to easily integrate healing tales into your hypnosis sessions to become even more effective in your work with clients. In addition, he will be sharing some other ideas that can enhance your practice. A practicing consulting hypnotist since 1995, Jim also publishes the online Creative Calm Newsletter and has authored several popular e-books on self-improvement topics. James Malone has been Certified Hypnotist through the National Guild of Hypnotists since 1995. He also earned alternative doctoral degree in Clinical Hypnotherapy from American Pacific University. At his practice in Point Pleasant Beach, NJ, he works with clients of all ages for a wide variety of self-improvement issues and concerns

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UPCOMING 2010 MEETING DATES

April 21, 2010 May 19, 2009 June 16, 2010

No sessions December & January and July & August

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

Call for Presenters!

In the efforts of the NACH to steadily build our organization, we are calling for any NACH member in good standing to submit his or her name and topic for presentation at our dinner buffet meetings. We shall consider all submissions. This is your chance to participate in our growth. Also, any member in good standing may suggest a topic to be presented and we will search for presenters to accommodate your request. Email all correspondence to infor@hypnoacademy.com with a copy to Ichrepta@yahoo.com.

March Horoscope with Judy Lewis

March 2010 STARGAZINE

Aries ^ - Aries on the ascendant as we enter March indicates that after a long respite the Ram has finally got his Mojo back. Moving forward at an incredible pace with new ideas and a positive outlook are all indications of a successful March and a great 2010. Just don't allow that somewhat arrogant streak to return and all will be great.

Taurus ♉ - The nature of the Bull is slow and deliberate as he or she points those noble horns in the direction of an adversary. Someone has been tempting your rage with a red flag of disrespect. So now they may find their feelings trampled. Patience is also a part of the Bull's character. Ignore these petty assaults. In the month of April you will see that your rivals are really their own worst enemy.

Gemini ` Your quick silver mind will be particularly unsettled in the month of March as activity to the third house of communication indicates indecision and a sense of being overwhelmed. Make a decision not to make a decision while these energies remain afloat. April brings a host of new circumstances that allow your thoughts to be clear and positive.

Cancer a- The fourth house, the natural home of Cancer, has Mars and the Dragon's head positioned there in the month of March. Wherever the Cancer native might be a little shy or laid back a new surge of positive energy and confidence prevails. Use this boost wisely and you can be far ahead in your goals for 2010. This is great time to progress in home issues and real estate.

Leo b- The fifth house, governing romance and creativity, and the natural home of the regal Lion, indicates caution with love in the month of March. There is a strong tendency for the Lion to believe the flattery of admirers and be drawn into an unpleasant drama. You are naturally protective and loyal but harness this quality until you get all the facts as you may be manipulated April sheds the light on these issues.

Virgo c - There is a strong indication that you may be reaching out to someone from the past with the hopes of rekindling a friendship or even a more serious relationship. The astral advice indicates that you may have a legitimate need to connect but also cautions that you don't cross over the line of that business. In other words the past is over, so don't take a chance of being rebuffed and lose the civil communication you now share.

Libra This Saturn return for many Libra's does not seem to be the devastating force that Saturn in Virgo was for many a Virgo native. Libra's will find that they are more disciplined and hopeful. It seems that they have suffered in 2009 and are resolved to make 2010 a prosperous year. The fear has lifted and the philosophical truth has dawned, that nothing can hurt someone who possesses faith.

Scorpio- Partnerships of all types are highlighted in March due to activity to the seventh house. The intense nature of the Scorpio may be pushing away those relationships that are near and dear. Relax and believe that those that you cherish love you right back as well. These feelings of insecurity and the sometime Scorpio trait have all but disappeared by April. Trust and be loved!

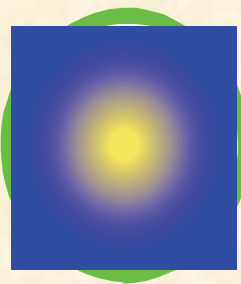
Sagittarius f The law and order persona of the Sagittarius native makes them excellent law enforcement agents and judges. The energy of March however minimizes this great characteristic and finds many taking chances with their wellbeing. Special caution with bill paying, parking tickets and gambling should be taken or instead of you becoming a judge you may wind up in front of one, April your sensibility returns.

Capricorn g. Pluto in your sign and the Dragon's tail in the 10th house find s you fearful of the impending changes on the career front. These changes are not imagined and are a part of the world wide economic turmoil. Be forewarned and act now to revitalize your skills and prepare for this change. By the end of this year you will be securely position in a stable but possibly different work environment. Act now to insure that the Goat lands on his feet.

Aquarius h -Your hopes and wishes are highlighted in the month of March. It is time to analyze your strengths and admit any weaknesses so that you can reinvent that positive Aquarian persona. Those habits or negative relationships must be thrown away--time for spring cleaning. Making these choices now insures a positive and productive 2010. Go forth with confidence!!

Pisces i -Most Pisces natives should be feeling a positive impact of the planet Jupiter's rays. However the somewhat negative tendency of the Fish to martyr themselves in life is still an overriding factor in their happiness. The mutable Fish swims both way's and their lives are somewhat in contradiction Vow to look on the sunny side of life and swim upstream as things are much better than you allow yourself to accept.

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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Research Shows Effectiveness of Hypnosis

(NaturalNews) The effectiveness of hypnosis is often questioned because the cause of hypnotic phenomenon is not yet known. Research has been conducted on hypnosis for hundreds of years. Thousands of studies have been performed, yet the origination of hypnosis has not yet been realized. The Mayo Clinic has found hypnosis to be very effective and beneficial with a variety of disorders. Hypnosis does not always work the same way for everyone, but its effectiveness cannot be denied.

The Mayo Clinic defines [hypnosis](#) as being an altered state of [consciousness](#). There are many changes that occur while a person is in a trance-like state. A person is able to focus their attention in a more direct way while under hypnosis. People are also more open to suggestion, which often helps people make changes in their thought process and in their actions. While in a hypnotic state, people tend to be less critical and more believing. The Mayo Clinic believes that the purpose of hypnosis is a therapeutic technique to help you understand and gain more control over your behavior, actions, emotions, or physical well-being.

Researchers and doctors at the Mayo Clinic are not sure how exactly hypnosis works, but current [research](#) points to a mind-body connection through nerves, hormones, and chemicals in the brain and body. Hypnosis is best used in conjunction with other forms of therapy. The Mayo Clinic lists the following benefits of hypnosis: changing negative habits (stop-smoking), reduce stress and anxiety, control pain, relieve irritable bowel syndrome (IBS), lower blood pressure, reduce frequency and intensity

of migraines, treat asthma, and heal skin disorders.

The Mayo Clinic also puts many hypnosis myths to rest. Many people think that under hypnosis, they will have no free will. This is untrue; under hypnosis people have a heightened state of concentration, but they are in complete control. Another myth is that a hypnotherapist can control people under hypnosis. The truth is that a hypnotherapist serves as a guide and cannot make anyone do something that they do not want to do. It is also not true that people can become hypnotized without consent. Hypnosis involves a person's willingness to participate (Goal Oriented Hypnotherapy).

The Mayo Clinic is a one of the leaders in research in the medical field. Their research of [hypnotherapy](#) is evidence-based (Hypnosis). They are a reputable source of information on the topic of hypnotherapy and medicine.

Steve G. Jones, M.Ed.

HYPNOTISM:

IT'S ALL IN THE MIND

There's no magic, no swinging pendulums or swaying watches, and no one is counting backwards as they slump into unconsciousness. This is medical rather than stage or movie hypnosis, and it is increasingly being used to treat the [symptoms](#) of diseases and conditions as diverse as asthma, cystic fibrosis, snoring, migraines and warts.

It's been used to allow surgery and dental work without anaesthesia, and for pain-free childbirth without medication. And new evidence from the UK's first and only NHS centre offering hypnotherapy shows that it's

highly effective in treating some types of chest pain as well as irritable bowel syndrome. New research from America has also found that more than half the people who used hypnotherapy to give up smoking were able to kick the habit, while researchers in France have successfully used the therapy to lower blood pressure. Hypnosis has been used for centuries to treat diverse ills, but it went into relative decline with the rise of modern medicine, and in the last 200 years it's been more associated with stage magicians and movie villains than medicine. Film-makers take a lot of blame for damaging the image of hypnosis: "When a hypnotist appears on screen, expect evil. If his induction features magnetic hand passes, he's probably about to compel someone to commit a crime. If he hypnotises with an intense stare, his intent is likelier seduction," says Dr Deirdre Barrett of Harvard Medical School, who has studied more than 200 films about hypnotism. At the University Hospital of South Manchester, Professor Peter Whorwell, a gastroenterologist who heads the only NHS-funded hypnotherapy centre in Britain, which has been pioneering the therapy as a treatment of irritable bowel syndrome, agrees. "One of the problems is the name," he says. "If we started off again with a name like neuromodulation, for example, it would be more readily accepted. The name hypnosis has so much baggage attached. Cognitive behavioural therapy is now reasonably well accepted, and so, too, is psychotherapy, but of the three, I would say hypnosis is potentially the most powerful. It is becoming a treatment of choice for IBS. "When I am dead and gone, people are going to suddenly realise that hypnosis is an incredibly powerful tool and question why it has been ignored for so long." Just how it works is not clear, and some critics suggest it's simply a

way of relaxing. But practitioners say there's more to it, and that under hypnosis the patient can concentrate intensely on a specific thought, memory, feeling or sensation while blocking out distractions. The first thing you have to do is get past the myths and misconceptions about clinical hypnosis," says Dr Carol Binandes who led a study into its use for anxiety at Harvard Medical School. "It's not used for entertainment. There are no Svengali-like figures in power-dominant relationships. It's not a sleep state or something that someone can make you do. It's a state of heightened, focused attention that we can all shift into very naturally." In a report in the Harvard Magazine, she explains how it has an effect: "We don't yet understand the mechanisms by which these suggestions are transplanted by the mind into the language of the body, but let's say someone is a smoker. When he's in a hypnotic state, I could suggest that he's going to find himself craving cigarettes less and less over a period of time. If he's ready to quit, that suggestion will be planted at a deep level in his mind, like seeds planted beneath the soil rather than scattered over the top, helping him tap into some useful physical and psychological resources."

Roger Dobson,

THE MANY USES OF HYPNOSIS

Smoking

In a study at the Scott and White Memorial Hospital in Texas, smokers were given eight sessions of therapy over two months, and told to quit smoking one week after beginning the course of treatment. Carbon-monoxide concentration tests were carried out on the patients to see whether they had smoked after treatment, and results showed that by the end of treatment 40 per cent had given up. At a follow-up 12 weeks later, 60 per cent had quit

Dental

Hypnotherapy is increasingly being used in a number of areas of dentistry, including dental phobia, teeth-grinding and extractions and fillings. It has also been used for dental surgery that is usually done under local or general anaesthetic. In one reported case, a patient in Scotland has also had a tooth implant, which involved putting a titanium rod into her jaw. In her case, hypnosis was used to alter the sensation in the areas where surgery was taking place. She was asked to imagine a dial where zero meant no pain.

Chest pains

Up to one-third of patients who have angina-like chest pain are found to have normal coronary arteries, but many continue to suffer painful symptoms despite no evidence of heart disease. Non-cardiac chest pain is a problem because there is little or no treatment. In a new NHS-funded trial at Manchester, 28 patients were given 12 sessions of hypnotherapy or a placebo treatment. After being hypnotised, patients were told to focus on the chest, and given repetitive suggestions about reducing pain. Patients were also given a tape of a session and encouraged to practise at home. Results show that of those who had the therapy,

eight out of 10 had an all-round improvement in symptoms.

Wound healing

Researchers at Harvard Medical School have shown that broken bones and [surgical](#) wounds heal faster in patients who have hypnotherapy. Six weeks after breaking their ankles, patients being treated with hypnotherapy were three weeks ahead in their healing schedule than those who were just put in plaster.

In a second study, the researchers had similar results with surgical wounds. Before surgery, suggestions were made under therapy on pain and anxiety, and on decreased inflammation, reduced scar tissue, and accelerated wound-healing. Results show the women who had the therapy healed significantly faster.

Irritable bowel syndrome

One of the most common gastrointestinal disorders, with research showing that between five and 20 per cent of us suffer at some time. Its main symptoms include abdominal pain, diarrhoea or constipation. The exact cause is not known, but in some people changes in the balance of bacteria that line the gut are thought to be involved, as well as inflammation. Existing treatment for the condition can be only moderately effective.

Research at the University Hospital of South Manchester, where the first trial of hypnotherapy for the condition was carried out, shows that the majority of sufferers can benefit. "We have found that IBS patients treated with hypnotherapy remain well in the long term, with dramatically reduced medication needs," say the researchers.

Cystic fibrosis

According to a University of Michigan report, hypnotherapy can reduce symptoms of cough,

shortness of breath, anxiety and other symptoms of cystic fibrosis.

A study at the Robert C Schwartz Cystic Fibrosis Center at the State University of New York also shows that self-hypnosis can be highly effective. "Many of the patients used hypnosis for more than one purpose, including relaxation (61 per cent of patients), relief of pain associated with medical procedures (31 per cent), headache relief (16 per cent), changing the taste of medications to make the flavour more palatable (10 per cent), and control of other symptoms associated with CF (18 per cent). The patients successfully utilised self-hypnosis 86 per cent of the time."

Childbirth

Research at the Women's and Children's Hospital in Adelaide, where hypnosis is used for women in labour, shows it is highly effective. Women who had the therapy, which was given after 37 weeks gestation, used fewer epidurals - 36 per cent compared with 53 per cent in other women. A second study showed that women taught self-hypnosis reduced their need for analgesia by half, epidurals by 70 per cent, and were more than twice as likely to be satisfied with their pain management in labour compared with other women.

Snoring

According to Harley Street psychiatrist Dr Tom Kraft, snoring can be treated with hypnotherapy by suggesting under hypnosis that the sufferer turns on his side every time he begins to snore.

This article was found in a publication of the UK and therefore some of the words are spelled differently than the American spelling

EAGLES AND CHICKENS WITH TWO ENDINGS: (which you choose is your choice)

A man found an eagle's egg and put it in a nest of a barnyard hen. The eaglet hatched with the brood of chicks and grew up with them. All his life the eagle did what the barnyard chickens did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked, cackled, and would thrash his wings and fly a few feet into the air. Years passed and the eagle grew to adulthood. One day he saw a magnificent bird high above him in a cloudless sky. It glided in graceful majesty among the powerful wind currents with scarcely a beat of its strong golden wings.

(First ending) The eagle looked up in awe. "Who's that?" he asked. "That's the eagle, the king of birds," said his friend. "He belongs to the sky. We belong to the earth--we're chickens." So the eagle lived and died a chicken, for that's what he thought he was.

(Second ending) The eagle looked up in awe and said, "Who's that?" His friend answered, "That's the eagle, the king of birds. He belongs to the sky. We belong to earth--we are chickens." The eagle went through the day thinking of the eagle flying high. The next day the eagle went down to the pond. When he saw his reflection in the water, he noticed that he looked a lot like an eagle. He began to test his wings, flying further and further each day. After a few weeks, he was flying high and gliding just as if he were an eagle. He realized that he was an eagle. He realized that he was an eagle and not a chicken. With that thought he flew above his past and his environment. **This little story was taken from Chaplain Paul G. Durbin, Ph.D. website. Paul is a hypnotist and retired General of the United States Army**

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..... *******All sessions shall be scheduled in the future upon Dr John Gatto's return to work after the conclusion of his present therapy**

Advanced Hypnosis.....

Advanced Clinical Hypnosis Certification.....

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: March 17, 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

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: 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.

Dr. John Gatto was released from the rehab center on February 24th and we are happy to tell you that he is at home and getting ready to return to the office in the next week or so. He had some minor prostate surgery and is recuperating super well!! He absolutely, definitely, without a doubt (GOD Willing!!) shall be at the March 17th meeting to see all of your smiling faces, so come on now send a check to reserve your seat at the March NACH-NGH Chapter meeting

NGH SOLID GOLD WEEKEND IN LAS VEGAS a Huge Success

On February 20 & 21, 2010 the National Guild of Hypnotists presented its fabulous Solid Gold weekend at the Flamingo Hotel & Casino featuring hypnotists that have been recognized by the hypnosis community to be outstanding presenters over the years. Tony De Marco presented his acclaimed addictions seminar 'Destructive Triggers-Healing Triggers' and joined 10 other presenters during this event which included Dick Sutphen, Patricia MacIssac, John Weir, Don Mottin, Catherine Poole, Maurcie Kershaw, Richard Harte, Myles Timmins, Sue Countiss, and Georgina Cannon. There were 200+ hypnotists that attended this weekend which is held annually by the NGH to bring its presentations closer to the West coast to make it easier for those living in the West to attend.

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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!