



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
May 19,
2010

Presentation for May 19 Meeting:

HEALINGS TAKE MANY FORMS

Patricia Pedersen, N.D. ©, Natural Healer, Nutrition Consultant

Patricia is first and foremost a Natural Spiritual Healer. For the past fifteen years she has improved the health of persons who had been unable to make any reasonable recovery with traditional methods. She understands that initially it is difficult to rely upon persons that are spiritual healer, hypnotists or nutrition consultants, however when all else has failed, people become amenable to a higher source of healing that 'may' be influenced by a spiritual being such as Patty, who also believes in the extensive use of herbs determined by unique muscle testing. Patty is a dedicated, sincere, and spiritual individual who believes that every human being is capable of effectuating healing and of being healed. You shall hear of her past healings and learn the prevention of illnesses.

IN THIS ISSUE

- Presentation for May 19 meeting
- Judy Lewis' May Horoscope (pg 2)
- Article: Milton Model Hypnosis— Conversational Hypnosis (pg 3-5)

UPCOMING 2010 MEETING DATES

May 19, 2010 June 16, 2010

No meetings 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 lcchrepta@yahoo.com.

May Horoscope with Judy Lewis

Aries ^ - Themes from a distant bygone past haunt your dreams and agitate your day. Could you have been such a fool? You need to know. In youth and passion an argument surfaced and now years later it still feels new. That old hurt is not contained in the adult person you now are. Your development in spirit and age are a surety that the issue that now returns to wreak havoc with your soul is long gone. Let the pain die as you live in happiness.

Taurus ♉ -The Sun has returned to nourish your soul and allow you to plan for a secure future. 8th house energies encourage you to apply for a home mortgage or refinance your existing commitment. Money and security are the strongest of all your desires and the astrological aspects of May offer success. You are within your element and it feels as if after a long journey you have returned to home port.

Gemini ♊ - Venus in the 9th house of your solar chart encourages you to develop your higher mind. College classes or group meditation are some of the interesting paths you may take. Of all the signs it is most important that you not let your mind be dulled. Learn something new everyday and your evening conversations will be delightful. Educational interests of all types are highlighted.

Cancer ♋ - The lovely North Node is in your 10th house and in a favorable aspect to Jupiter. All this is an indication that career matters will be taking a turn for the better. Your professional star will be on the rise. Opportunities will abound and even with your normally reserved persona you will be ready to grab at them. This luck is the beginning of your road to success. Don't waste this energy!!

Leo ♌ -Mars and activity to the 11th house indicate that friends may be exceedingly annoying in the month of May. Their critical attitude and their habit of minding your business has you ready to strike back. Control your temper, Leo, or you may end the month with fewer friends than you entered. Yes, they are wrong but if you point out this fact you may wind up alone.

Virgo ♍ - Just when the road ahead seemed free and clear an obstacle has landed in your path. Things were fine, then that old feeling of fear and insecurity resurfaced. These recurrent troubles may be attributed to Saturn in Pisces deciding to revisit its old friend, Virgo.

Don't let your ego and self righteousness overcome your sense of humility and you will be fine.

Libra - The temporary halt of Saturn's rays and a nicely aspected 2nd house indicate that an ongoing financial problem may all but be gone. Through hard work and focus you have stabilized a daunting situation and should feel proud of your success. Some credit may be given to the transiting Saturn that touched your sign and increased your discipline. Due to all your sacrifice the money for a major purchase is available at the end of the year.

Scorpio - It is time to lighten up your sometime morbid energy, Things have improved but you are still, in a Scorpio like fashion, holding on to the hurt. Toss into the mix a desire for a little revenge and you have a prescription for unhappiness. Let go and let the universe handle your issues and take time to smell the May flowers. All will be fine.

Sagittarius ♐ You are not seeing relationship matters clearly. Feelings of insecurity and mistrust are strong. It is necessary for you to return to the lighthearted friendly Sag you once were. Remember, if someone is attempting to shake your stable core you must keep away. Know them by their deeds and avoid the near occasion of trouble.

Capricorn ♑ Put on your red dress, baby, or wear that bright colored shirt. It's time to come out of hiding and enjoy the brilliant Sun and warmer weather. Put work issues aside and open your heart to the possibility that happiness is yours. Pluto energy can change your life in a most delightful way. A new and sensitive love is offered you need only accept.

Aquarius ♒ -You are somewhat emotionally distant or that's what your critics might say. 5th house romantic energy can change all that in the month of May. Love has arrived and it's wrapped in a very beautiful package. You just need the courage and faith to open it. You may find yourself declaring your undying devotion. Be assured that your loneliness will soon be gone.

Pisces ♓ Your ruler, Neptune, allows you to spend much energy dreaming of what might have been or longing for situations to be different. Now, with Jupiter in your sign you can put action into transforming your life, your luck begins with the realization of all those things of which you should be grateful, and a clear decision of what you want. What do you want, Pisces? Your heart's desire is there for the asking

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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Milton Model Hypnosis Conversational Hypnosis by Dave Mason

The indirect suggestions used in conversational hypnosis are designed to mislead or confuse, and force you to think about what the indirect suggestion might mean, what the different possibilities are, and how it applies to you personally.

The Milton Model suggests that indirect suggestion is more effective than direct suggestion. The Milton Model is a series of techniques used in conversational hypnosis, a way of putting someone into trance secretly as part of a normal conversation. A direct hypnotic suggestion is a specific instruction such as 'You will now go into a deep trance' or 'You are now a non-smoker'. An example of an indirect suggestion is: 'Sooner or later you'll find yourself wondering about going into a deep trance. And you may do that suddenly or gradually' - is it the 'wondering' or the 'going into trance' that you 'may do'? And while you are considering which it is, you mind is actually going into trance. This form of 'secret' indirect suggestion technique is known as the **Milton Model**.

ADVANTAGES OF CONVERSATIONAL HYPNOSIS

When the Milton Model is used to put hypnotic words into an indirect suggestion, the client must stop and consider the exact meaning of those hypnotic words. This causes the client to search their subconscious to fill in the missing bits, or to decide which how to apply the words so they fit with their personal

experience (known as a **transderivational search**). Because the subconscious mind has to spend time thinking about different possible meanings, it is much more likely that the client will find something in their past that fits, and will be more effective than a direct suggestion.

Milton Model suggestions need a bit more work to prepare but have the advantage of avoiding resistance. Some people have such low self esteem that they will not accept direct suggestions such as 'You deserve to be loved, you are respected and admired' but will accept an indirect suggestion such as 'I wonder how aware you are that many people respect you, and admire you... and there are other people, many of them... who love you for who you are'.

EXAMPLES OF CONVERSATIONAL HYPNOTIC SUGGESTIONS

The following examples of indirect hypnotic words and phrasing illustrate how the **Milton Model** of hypnotic suggestion is carried out. Each heading describes how the type of hypnotic wording works, and gives examples of that form of hypnotic wording as used in hypnotic scripts.

CAUSE AND EFFECT IMPLIED

The therapist makes a statement that implies that one thing causes another, or states that one thing is true, therefore the next thing must be true. The statement may be untrue, or there may be no direct link between the one thing and the other.

'Snapping that tape means you are choos-

ing a different life '

'And knowing that you can stop gives you the right to change.'

'You don't need to smoke any more because so many people love you and need you '.

You can identify an implied cause and effect statement by asking 'Does A really lead to B?'.

COMPLEX EQUIVALENCE

This is where a Milton Model suggestion is given that one thing is the same as or equivalent to some other thing. It isn't that one thing causes another, but the implication that because one thing is true the other thing must be true.

'Seeing yourself on that bridge demonstrates that you have made a decision today'.

'snapping that tape means you are choosing a different life '

'because you have control... you have choice in everything you do... '.

You can identify a complex equivalence by substituting 'is the same as' for the linking verb, whereas the word 'causes' does not fit.

CONVERSATIONAL POSTULATE

A conversational postulate is a question which, on the face of it, requires a Yes or No answer, but which is really demanding a specific behaviour. 'Could you pass me the cream?' is a request for action, not an enquiry about ability. 'Do you really have to stand there?' is a request for someone to move. Similarly, questions can be posed in

Conversational Hypnosis (cont)

house somewhere....?'

'Could you begin to relax while counting backwards from ten?'

Conversational questions can be tested by trying a 'yes/no' answer to see if it fits.

EMBEDDED COMMANDS

Direct commands can be embedded within ordinary conversation. This is the essence of the [conversational induction](#). For example the therapist could begin a conversation with

'I can see that you are **comfortable** lying there, **relaxing** in that chair, **quietly confident**, looking **so comfortable** as if you are ready to **just let things go** and **relax** while I talk about this and that and you know, **you don't have to think**, **you don't have to listen** to me or do anything really except **relax** and **allow you mind to drift away** like a small child **snuggling comfortably down** in a warm quiet place, slowing **down**, **more at ease** and **more relaxed...**' and so on.

Embedded commands are usually indicated by some form of analogical marking, for example by speaking louder or looking directly at the client while using a particular tone of voice.

EXTENDED QUOTATION

If you attribute a suggestion to someone else this can avoid a lot of resistance from the client. By using one or more levels of quotation you can say almost anything to the client, and will probably confuse the unconscious mind in the process, making the suggestion

more likely to be accepted.

Milton Erickson once told the story about how he told a man *'you can learn to relax instantly'* and the man found he could relax immediately and said "you know *'Everyone can relax faster than they think.'*"

I met a man in Bombay who said the secret of confidence is *'Fake it till you make it'*.

And as you circulate around that party you overhear someone saying *'I am so proud of her. She is best daughter I could ever have wished for. She has become everything hoped for.'* And the other person replies *'Yes, maybe we didn't say it often enough, maybe we thought she would just know it'*.

LOST PERFORMATIVE

A suggestion is presented to the subconscious stating that some opinion is true, but does not say how it known to be true, or who is saying it. The therapist intends that the subconscious will accept the statement as being self evident and not ask for proof. Examples include

"Your subconscious mind will find the correct answer."

"You are never going to have a problem with your nails again."

"No habit can stand up to the power of the mind."

You can always test for a lost performative statement by asking *'Says Who?'*.

MIND READING

The Milton Model designs the suggestion as if knowing what the client is thinking or feeling, when the reality is that the therapist has no way of knowing what the client is thinking. Examples include

'Part of your mind is wondering how fast you are going into trance right now...'

'Your mind is now becoming more open to the idea of change...'

'You are becoming more curious about how that change is occurring'

You can identify a mind reading statement by asking *'How can you know that?'*

MODAL OPERATOR

These are phrases that use words that imply things could happen or must happen. Typical Milton Model operators include words such as *'can, should, must, might, could, would, will'*. Modal operators might be the most commonly used hypnotic form.

'And each gentle breath out can lead to more relaxation.'

'And you could be surprised at how quickly you go into trance.'

'you might notice your left hand getting heavy....'

A modal operator can usually be recognised if it makes sense to add *'or maybe not'* to the end of the statement.

NEGATIVE SUGGESTIONS

Negative suggestions are similar to conversational postulates in that they ask for one thing but really expect a different behaviour. The Milton Model works because the

Conversational Hypnosis (cont)

'as I count down the steps you will go deeper into trance'.

These can be identified by testing 'Oh, really? And how does that work?'

PRESUPPOSITIONS

A Milton Model presupposition talks about the consequences of something and deliberately avoids mentioning the underlying concept. The suggestion starts from an assumption that thing is true and then discusses the consequences of that thing being true. By focusing on the consequences whether the thing is true or not is ignored and never tested.

Adverbial

And now as you relax more deeply you feel something different.

Alternatives

I don't know whether you will go into hypnosis before relaxation is fully completed or begin right away

Causality

Because your eyes are closed, your mind will open to the idea of deep relaxation.

Time

You may not feel you are at the right level of relaxation yet.

A supposition may be present if the statement makes more sense when you add "I suppose" at the end of it.

IN ANIMATIONS

These are Milton Model statements that assign feelings or actions to things that cannot have any. Technically these are called Selectional Restriction Viola-

tions. A sofa cannot think, a plant cannot talk, but sentences can be constructed that sound that way and because our minds are specially tuned to metaphor, this type of suggestion will be accepted by the unconscious.

'The part of you that makes you smoke is ashamed and wants to change.'

Selectional restrictions are always a form of metaphor .

TAG QUESTION

These are Milton Model questions that encourage the client to confirm the truth of the words immediately preceding, aren't they? If you read that question again, its almost impossible not to say 'Yes', isn't it? It's always good to get the client into a positive frame of mind, I'm sure you would agree? If the tag question is delivered with a descending tone of voice, it reinforces the statement and discourages dissension.

'Some people really enjoy relaxing, don't you?'

TAG QUESTIONS ARE SELF EVIDENT, DON'T YOU THINK? TRUISM SETS

A Truism is a statement of the obvious. In the Milton Model truisms are used in sets to produce a spurious cause and effect. The client listens to the first truism statement, and agrees with it. The client listens to the next truism, and agrees with that too. The next suggestion is then made while the agreement with the truism is still in mind, so it too will be accepted as true, even if it has nothing to do with the first statements. An example of a truism set might be

'Everyone wants to be liked, and everyone needs to be loved, and you are learning to listen to your emotions'.

You can identify a truism set by asking 'Yes, A is true, and B is true, but how does that make C true?'

UNIVERSAL QUANTIFIER

The Milton Model uses statements with words such as 'all, every, always, never, any, everybody, nobody, no one' that act to generalise a particular statement. Universal quantifiers always have an element of exaggeration

'Every word you hear can be a signal to your unconscious'

You can identify a universal quantifier by querying the quantifier, e.g. 'Every word, absolutely every word?'

UNSPECIFIC COMPARISON

A typical Milton Model statement will use words to imply something, and relies on the mind being to busy listening to the next words to really question the truth or logic of the what was just heard. In a classic Milton Model statement, a comparison is made, but does not specify what is being compared with.

'You will find yourself changing faster'

As with all unconscious suggestions, the unconscious mind will not do anything that is against that person's moral or ethical codes.

For complete article, see www.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



NACH and NGH

Working Together

Wednesday: May 19 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

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

Members receive CEU credits for attending meetings.

Somehow another year has

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 May 19 Meeting:

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