



NACH and the Greater NGH Chapter
National Association of Certified Hypno-Counselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT
MEETING
Wednesday
November
18
Last Meeting
of the Year!

WORLD HYPNOTISM DAY

OK, it's not until January 4, but it would be worthwhile to start planning for it today. World Hypnotism Day is just for us, and it is truly international! Why not log onto the website, www.worldhypnotismday.com, and start using the valuable resources there right now? There are hundreds of ideas and suggestions there for marketing, as well as royalty-free music. Hypnotists all over the world use World Hypnotism Day in their marketing, as well as in e-mail signatures. Have you thought about using that day to promote your practice, in your town. Think of World Hypnotism Day as the Super Bowl of hypnotherapy, with you selling the tickets and hiring the half-time act!

UPCOMING MEETING DATES

November 18, 2009 February 17, 2010 March 17, 2009

No sessions December & January and July & August

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

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American Cancer Society Marks the 33rd

Great American Smokeout

On Thursday,

November 19

Combine your skills as a hypnotherapist with the resources available through Quitline and the American Cancer Society to increase your clients chances of success

www.cancer.org/GreatAmericans

From the Editor by Lori Chrepta, M.A., CH.t

It comes every year like clock work, sometime after the beauty of autumn has faded and just before the mad rush of the holiday season.

The Great American Smokeout, sponsored by the American Cancer Society, comes every November for as far back as I can remember.

The memories of racing home from school as a young child to tell my mother about the Great American Smokeout in hopes of coaxing her into quit smoking are still fresh in my mind. This annual event was heavily publicized at college when I was a smoker myself. My half-hearted attempts at quitting usually ceased by my mid-day Philosophy class, until one day I finally did quit for good, tired of the smell, the cost (\$1.25 a pack!) and no longer pretending that I was invincible enough for lung cancer to allude me.

Things are different now. Corporations have smoking sections and many are even smoke free. You can no longer light up on a plane or in a restaurant. And how many of us have stared at a fellow driver in horror as they puff away in their car, trapping the deadly toxins in their car?

What a change from years ago when adults smoked in their homes, cars and offices, oblivious to the damage the smoke was causing their families, colleagues and themselves. It simply wasn't known back then that smokers take an average of 13-14 years off their life. Now, smoking is less socially accepted. In fact, smokers make up less than 20% of the adult population in the U.S.

. Smokers are provided with more support than

ever before to quit. With employer costs related to smoking (worker's compensation insurance, loss of productivity, etc.) escalating, many employers have paid for smoking cessation programs and services, including hypnosis in some cases.

By unlocking the secret to a client's compulsion to smoke, hypnosis can succeed in the long term where other alternatives may not.

After years of listening to her children beg her to quit smoking, and after many failed attempts, my mother quit her 25 year habit after three short hypnosis sessions. That was sometime in the 1970's and I can still remember her chewing Trident gum everyday for years after.

Unfortunately, quitting smoking did not prevent my mother from getting lung cancer 30 years after she quit. Although, my mom lost her battle with cancer in July, I can't help but believe that my family gained some valuable time with her – many years perhaps – by her kicking the habit when she did. It's also reasonable to assume that her family and friends around her through the years were saved from the risks of second hand smoke had she not quit. And for that I'm grateful.

The seed of becoming a hypnotherapist was planted the day my mother returned home, sans cigarettes, declaring herself an ex-smoker. What an honor it is to be in the position --all these years later-- to be in a position to help smokers in their quest to kick the habit.

American Cancer Society Marks the 33rd Great American Smokeout On Thursday, November 19 Combine your skills as a hypnotherapist with the resources available through Quitline and the American Cancer Society to increase your clients chances of success
www.cancer.org/GreatAmericans

November Horoscope with Judy Lewis

Aries -A 4th house Moon in opposition to Venus in Libra as we enter November indicates a lot of emotion and romance energy. The theme for the month is live and let love. No jealousy or negativity allowed. End this time with a healthy dose of gratitude around Thanksgiving as well as some pride of accomplishment as you survived 2009 and won over the financial hazards to thrive and succeed in 2010.

Taurus -The Saturn -Uranus opposition that all have endured has made life somewhat difficult for each of the signs. November 1st this energy has passed by and we can start to reconstruct and build anew. Taurus must close the door on any residual negativity and have faith that luck will return. Health issues that have been addressed will no longer have power to upset your psyche. Please, know that you are on the road to recovery and a great future.

Gemini - Work issues are highlighted in the month of November or rather for many Gemini's, it is the lack of work that takes prime attention. Take a moment to redefine your skills and priorities as the astral energy improves in mid November and a true sense of optimism returns. Of all the signs the Gemini native is able to deal with life's issues in a more flexible way. Bend instead of being rigid and you will stay strong through any storm.

Cancer - Your partnerships and home environment have been and will be the focus of your life but especially in the month of November. News that a relative needs help will upset your emotional balance. What you must know is that this catastrophe was greatly exaggerated and your loved one will be fine. The stability of your emotions should be the goal now, as situations are better than they appear to be.

Leo - Mars in Leo in the 8th house has you cutting away excess in all areas involving insurance, taxes, mortgages, etc. A lean and not so mean Lion will enter into the New Year. The extravagance and waste of the past in over and you make a financial comeback. The resources you had may have been squandered but now you negotiate lower interest, refinance, and eliminate debt. You may look upon this time as the best in your life

Virgo - Saturn has finally left your sign and the future looks bright. Have you retained any of the lessons of your Saturn return? If you have the next year should be filled with gratitude and happiness. You have survived and realize what is important in life is the love and support of family and friends and trust in the faith that has sustained you during this period. Also, you have discovered who your real friends are and that is valuable information.

Libra Saturn, the old task master, is now in your sign. To ensure an easy and positive transit, be cautious with your attitudes. Make allowances for others shortcomings as the favor will be returned and keep a positive outlook on every situation that comes before you. The benefit of Saturn will make you a more detailed and persistent person able to make decisions, a skill that has been somewhat lacking in the past.

Scorpio This is the time when your Sun returns to the exact degree and sign of your natal sun and gives you an idea of what the next year will be like. It is your solar return and the true beginning of your New Year. 10th House activity indicating honor and status bodes well for career and marriage partnerships. A change is in the stars for many Scorpio natives. Have a Happy Birthday, Scorpio.

Sagittarius - The astral aspects to the 12th house of your solar chart indicate that you are somewhat secretive and solemn during the month of November. Something or someone has upset your usually happy persona and clouds are overhead. The month of December brings back the jovial and optimistic energy of your ruler, Jupiter with your solar return. Just hold on and don't worry, be happy, as the energy will soon change.

Capricorn - Pluto in the 1st house of your solar chart indicates a total transformation of your physical body is at hand. Weight management, a new hair style or just a strong attitude change that others won't recognize are in store. Go with this energy flow and you may be the new and improved Capricorn native in the New Year.

Aquarius -Jupiter and Neptune in the 2nd house indicate good luck with finances. Bank error in your favor, collect a hundred dollars, not exactly, but your finances are on the upswing, and at least for the month of November you are a money magnet. The feeling that life is good prevails and all is well.

Pisces - Good news, the Pisces -Virgo opposition has passed and you are on safer ground with your life and love. Aspects to the 3rd house bring luck to your neighborhood and all 3rd house issues like communication and publishing. You'll get the good news that you have been waiting for and life in November is a little bit sweeter than it has been.

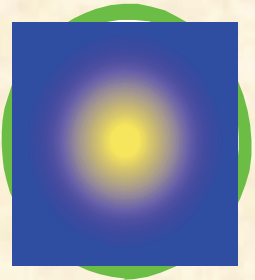
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Astrology is a long-established method of exploring ourselves, our [relationships](#) and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time - as expressed 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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"Hypnosis as Energy Work" - ARTICLE BY Peter Blum

What goes around, comes around, according to one old bromide. In the early days of hypnosis, when Mesmer and Charcot were first introducing this modality in 18th century Europe, the phenomenon was often referred to as "animal magnetism." In terms of the existing paradigm, in the scientific world, this was the time of the discovery of invisible forces that affected people and objects at a distance: electricity, gravity, magnetism. It was only natural that these early pioneers should think to categorize hypnosis as such a force. As the age of enlightenment spread, this way of understanding hypnosis was discouraged. As Bertrand Russell said of electricity, "It is not a thing, like St. Peter's Cathedral, it is a way in which things act."

And it seems that this is still true, hypnosis is not a thing. It is, to paraphrase Dr. Milton Erickson, a special type of communication. Communication can also be regarded as an exchange of information, using energy. Using the model of co-trance, as advanced by Gilligan, Wolinsky and other neo-Ericksonian hypnotists, a hypnotic interaction between therapist and client can usefully be described and experienced as energy work.

Human beings are beings of energy. There are primary and secondary fields of energy both within and surrounding each human being. These have been described historically in esoteric literature as the aura, or subtle bodies. In the process of training, a hypnotist learns to develop sensory acuity, to quiet down in order to attune him/herself to the energy field(s) of his client. How these

are experienced is subjective, and differs from one person to another. As in physics, the fields have dimension, density, and vibration. From the "super"-sensory perceptions of kinaesthetic, visual, and auditory, they also can be experienced as having feelings, sounds, and colors.

In the time that I have been immersed in the field of hypnosis and the study of altered or trance states, an increasing number of people in the healing or therapeutic communities are doing what is called "energy work." The more I consider my own evolving understanding of the induction and use of hypnotic states, the more it seems clear that this, too, is a form of energy work. Perhaps, to put it in that framework — to examine hypnosis from the perspective of energy work — might enhance an increasingly interdisciplinary approach.

We human beings are, after all, matter and movement — that is to say, potential and active energy. Our bodies and thoughts can be described and understood in terms of fields, vibration, frequency, cycles, etc. "Classic" older hypnotic inductions often utilized "passes" of the hypnotist's hands around the head and body of the subject. Besides attracting and fixing the client's attention, is it possible that these movements actually alter or realign the energy in the client's subtle body?

Most subjects who come for help in gaining balance in their life and health through the use of hypnosis are, on some level, seeking to change their vibration. A depressed client, for instance, can be experienced as having too low a vibration... not enough energy; whereas an anxious pa-

tient may present as someone whose vibrational level is too high for comfort — or too chaotic.

The key to understanding and changing "locked" vibrational patterns; i.e. stuck states (habitual neurotic cycles of thought, feeling, and behavior), lies in accessing the unconscious. In order to manipulate these templates, it is helpful, if not necessary, to enter into a co-trance with the client. This can also be described as matching frequencies.

Ericksonian and neo-Ericksonian inductions utilize the concepts of pacing and leading to establish rapport and to introduce an altered state. Various techniques of pacing and leading involve matching posture, facial expressions, hand movements, breathing patterns (location and rate), and verbal expressions — tone, pitch, rate of speech, and key words and expressions. Subtler behaviors that can be matched include blinking, swallowing, heartbeat, and muscular micro-movements.

Rosalyn Bruyere and others working with the aura claim that it is a useful point of view to understand that mind is synonymous with aura — or energy field permeating and surrounding the dense physical body. Shamanic healing traditionally was performed by those who had been born with, or developed super-sensory perceptions. Perhaps future generations of hypnotists will recognize and work with consciously pacing the auric pulsations. If it is perceivable, then it can be paced and then led.

"If your gratitude is strong and constant, the reaction in the formless substance will be strong and continuous. The movement of the things you want will always be toward you." Wattles

Non-Smoking Script "Benefits Approach" - C. Roy Hunter

Before hypnosis, ask your client to imagine it is one year from today, and he/she has gone one full year without smoking. We are all tuned in to "WII-FM" (the call letters for **What's In It For Me?**). Now ask your client to tell you several important benefits he/she now enjoys for being a successful non-smoker.

List them on a sheet of paper, which you will give to your client after the session. (Make a copy for yourself for reference in a followup session.) For detailed instructions on the Benefits Approach, refer to Chapter 3 in *THE ART OF HYPNOTHERAPY* (2nd Edition, Hunter, Kendall/Hunt, 2000). Ask your client to identify the most important benefit, and put an asterisk or checkmark by it. After other appropriate pre-induction discussion, begin the formal hypnosis session.

Use appropriate induction and deepening...

Now imagine this is one year from today, and you have already been a totally tolerant non smoker for one year. Your lungs reward you for the fresh air you give them and you love how you feel physically, mentally, and emotionally.

Make sure your client's list of benefits is within easy reach. At this time, suggest all the client's stipulated benefits in ways which make him/her feel good, incorporating as many of the five senses as possible. Use programmed imagery. Help the client to establish a positive emotion towards the benefits.

Now imagine your MOST IMPORTANT BENEFIT SO VIVIDLY that you feel as though you already enjoy success. [Slowly!] Imagine your benefits . . . SO VIVIDLY . . . that you feel . . . as though . . . you already . . . enjoy . . . SUCCESS! If you choose these benefits for yourself, then indicate that choice right now by moving one of your index fingers.

Wait up to a minute for the ideomotor response, then repeat the suggestion if necessary. If client fails to give an ideomotor response after two attempts, then you might have to use another hypnotherapy technique or you may consider awakening first and asking the client to reconfirm whether he/she is ready to quit totally, or wishes to simply control the habit in which case you need to deal with

the request appropriately.

Once you have the appropriate ideomotor response, then continue...

You have used your power of choice to choose your benefits. The terms are so simple... you simply use that same power of choice to choose one deep breath any time an old light up trigger occurs, allowing one deep breath to become a totally satisfying replacement for yesterday's fair weather friend. The physical replacement for yesterday's breath of smoke is one deep breath of air. The mental replacement for yesterday's urge is your new friend, FREEDOM to focus your mind or imagination on whatever you choose, because you love your power of choice.

You LOVE your power of choice. And like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. Imagine using that power of choice right now by imagining a situation that used to trigger a light up. Now take a deep breath and RELAX... CHOOSE something fun, enjoyable, beautiful, or pleasant to imagine. Indicate you have successfully done that by moving

a finger.

Wait for response.

Very good. Like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. And every time you take that deep breath, it becomes easier and easier to choose the deep breath instead of the old slave master.

You are a non smoker now, because the BENEFITS are so satisfying, and you LOVE your power of choice! Now once again imagine another old light up trigger. As you do, take a deep breath and RELAX. Now imagine something fun, enjoyable, beautiful or pleasant. As you do, you are already practicing your ability to use your new power and friend, FREEDOM, to be a non smoker.

When you use your power of choice to focus your mind on whatever you choose, yesterday's urges are simply forgotten... fading away into the mists of time, vanishing into the fog of forgetfulness, replaced with your new friend, FREEDOM... to focus your mind, thoughts or actions on WHATEVER YOU CHOOSE, whether at work or play, at

Non-Smoking Script "Benefits Approach" - C. Roy Hunter

(continued from previous page)

home or away from home, alone or with others. You have the power of choice. You LOVE your power of choice, and it was YOUR CHOICE to become a non smoker... and it is YOUR CHOICE to put your mind or imagination on WHATEVER YOU CHOOSE. And YOUR DECISION is bringing you the benefits you have chosen...

At this time, suggest all the client's stipulated benefits once again, in ways that makes him or her feel good. Help to establish a positive emotional attraction towards the benefits.

Now imagine your MOST IMPORTANT BENEFITS SO VIVIDLY that you feel as though you already enjoy success. [Speak slowly and with feeling!] Imagine your benefits... SO VIVIDLY... that you feel as though you already... enjoy . . . SUCCESS!

You have chosen the benefits because you absolutely deserve them. KNOW that you deserve the benefits. You LOVE your power of choice and every day it becomes easier and easier for you automatically to take that deep breath at times you used to light up. And as you do, you feel more and more like a non smoker with each passing day, as the deep breath becomes a TOTALLY satisfying replacement for yesterday's fair weather friend. Your new friend, FREEDOM, becomes so much more satisfying that you simply allow your subconscious to accept that you are now a non smoker simply because you chose to be, and you love your power of choice.

And now, as I give you some silence, once again imagine your success SO VIVIDLY that all of these ideas and suggestions simply go deeper and deeper into your subconscious, becoming a part of you simply because you choose them. And when you again hear my voice, it will be almost time to come back.

After a brief silence, tell client to remember what was rehearsed in imagination, and then awaken properly.

Roy Hunter was trained by the late Charles Tebbetts, who also certified Roy as a Certified Hypnotherapy Instructor. He was inducted into the International Hypnosis Hall of Fame in 2000 for his written contributions to the hypnotherapy profession, and was also the recipient of Charles Tebbetts Award from the National Guild of Hypnotists in 2001 for spreading the light of hypnosis. Roy is the author of several respected books, as well as the official FAQ on the alt.hypnosis newsgroup. His books are recommended by numerous hypnosis instructors around the world. Roy was honored in 2005 by the NGH with the "Order of Braid" for lifetime achievement in the field of hypnosis.

What happens to your body when you quit smoking?

20 minutes after quitting, your heart rate and blood pressure drops

12 hours after quitting, your carbon monoxide levels in your blood return to normal

1 year after quitting, the excess risk of coronary heart disease is half that of a smoker's.

10 years after quitting, the lung cancer death rate is about half that of a continuing smoker's.

15 years after quitting, the risk of coronary heart disease is that of a non-smoker

-US Surgeon General's report (1990)

Fall Academy Hypno-Counselor Certification Course Schedule for 2009

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TQ; 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)

Spring 2010 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 SPRING session where excitement awaits you.

Basic Hypnosis.....January 23/24 & 30/31, 2010

Advanced Hypnosis.....February 6/7 & 13/14, 2010

Advanced Clinical Hypnosis Certification..... February 27/28 & March 6/7, 2010

EACH COURSE IS2 WEEK-ENDS (100 in-class hours)

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 .

While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified Hypno-Counselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

Feel free to copy this schedule of classes and send it to your local newspaper under "around town" to help us spread the word.

CEU Credit Hours

2009 MEETING DATE

Wednesday: November 18, 2009

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



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.

TOPIC: HEALING CANCER THROUGH HYPNOSIS & POSITIVE THOUGHTS

presented by Pat Crilly and Joe Peoples

November's meeting is another can't-miss meeting. It will touch your heart and soul and will provide validation (not that we need it!) that our work as hypnotherapists can play an important role in the lives of our family, friends and clients. The Academy's very own Pat "Nurse" Crilly will join us to talk about her own personal story of healing using hypnosis and other energy modalities when faced with a potentially life threatening illness. Joe Peoples will facilitate the presentation. Pat did not accept her diagnosis, and in fact, would not allow the dreaded "C" word to be spoken. Pat will discuss how she met this challenge head on, and we, in turn, will learn a great deal of how we can use our skills to benefit clients in similar circumstances. This is a meeting you will not want to miss.

Call Dr. John Gatto to reserve your seat. 908 964 4467

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Reservations

Members.....\$22.00

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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!