



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
 Wednesday
 October 19
 2011

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Presentation for October 19, 2011

MESMERISM, HYPNOSIS, AND MIND HEALING with Dr. Albert Amao

Is mind/spiritual healing a myth or fact? Have you ever wondered how millions of people have been healed from “incurable” diseases without medicine? Can one be healed through the mind only? Or is it a spontaneous remission, a placebo effect, or the result of a suggestion? This presentation will provide a rational and coherent explanation to those unique questions. Although common opinion uses the words **mesmerism and hypnotism** as synonymous, they are different systems. The discernment of these concepts is extremely important for mental health and hypno-therapies practitioners as they constitute their theoretical basis.

The purpose of this talk is to describe the phenomenon of mind/spiritual healing that originated and flourished, particularly in New England. The goal is to examine the exceptional healing of the most prominent contemporary religious leaders of the New Thought Movement, who recovered their health by mental and spiritual means from supposedly “incurable” diseases. We are also interested in eliciting the mechanism that triggered their healing; that is, we intend to examine the rationality behind the so called mind, spiritual, and faith healing, and explain the effectiveness of this kind of treatment where conventional medicine of the time had failed.

In the development of this talk Albert Amao will examine the exceptional healing of the most prominent religious leaders of the New Thought Movement, who recovered their health from supposedly “incurable” diseases by mental and spiritual means where conventional medicine of the time had failed. Through the years, many wonderful cures have taken place and various marvelous phenomena have developed in New England since the mid-nineteenth century. In the short period of time of this talk, Mr. Amao will attempt to explain the complex mechanisms that triggered their healing and elaborate on the rationality behind the so-called mind, spiritual, and faith healing. The presentation is based on the latest book *The Renaissance of Mind Healing in America*. Thus the people interested in finding the fundamentals behind the so called mind, spiritual, and faith healing, will do well to consult the above captioned book.

Albert Amao holds a Ph. D. in Sociology; he is a clinical hypnotherapist and holistic counselor. Mr. Amao has authored the following books: *Beyond Conventional Wisdom* and *Aquarian Age & the Andean Prophecy*. Mr. Amao will share with you, the most important and intriguing aspect of his latest book entitled *The Renaissance of Mind Healing in America*. The book covers the phenomenon of New Thought Movement that was originated in New England. He will explain his discoveries on mind, mental and faith healing. His upcoming book is entitled: *The Dawning of the Golden Era: The Aquarian Age*.

October Horoscope with Judy Lewis

Aries ^- Travel and the higher mind are all highlighted with the transiting Uranus in the 9th house. We're not talking "Jerry Springer" like events but more spiritual transformation and visits to the world's sacred grounds like Lourdes, Sedona, and my favorite, Roswell. No need to worry if you can't physically travel you can reach these places without jet lag with your psyche or in your dreams; a touch of the mystical is yours.

Taurus ♉- Your tenacity is one of your most valued characteristics unless you continue to stubbornly remain aboard a sinking ship. Look at your choices and cease to put in good energy after bad. Life has just given you a reprieve. The Universe, although kind, is uninterested on how you learn your lessons. Adjust your attitude so you don't continue to have the hard knocks of the past. The choice is yours, choose well.

Gemini ♊- The 11th house governing friends, hopes, and wishes finds you changing course and following your deepest desires. You now accept the possibility that you can become the person of your childhood yearnings, a princess or prince living the life you had imagined so many years ago. Go forth with confidence but please dream big!

Cancer a- The best advice for the Cancer native is to not take life so seriously. It seems that the problems of our mundane existence have been given more importance in your life of late. There is a Russian proverb that states when all the work is done and everything is finished you can die. Life will have problems to resolve and it is an ongoing journey. Live, love, and laugh.

Leo b- Mars in Leo at the ascendant indicate a renewal of spirit and focus and the physical energy to complete projects. Dynamic and positive changes abound and like a force of nature you clear away debris and rebuild your life. Great transformational personal power is now yours.

Virgo c- The part of fortune indicates a relationship you thought was lost has returned and amends have been made. You now feel a part of a family and the hurtful past is now a

distant memory. Hold back your natural tendency to criticize because if a rift in this newly formed bond returns the connection will be lost forever. Thank the stars that you have been given another chance at friendship and love.

Libra d- Once a year each sign begins a new phase in their lives. At the time of our birthdays the Sun returns to the exact degree and sign of our natal charts. This is the time of your solar return. A wave of planetary energy suggests that with the proper mindset this could very well be the best year of your life. Saturn will provide discipline and by maintaining a Venus and Jupiter thought pattern you will be dramatically surprised of your success.

Scorpio e- One symbol of the Scorpio native is the Phoenix. This month rise above any negativity. Soar higher with your goals and sublimate your other archetype the Scorpion. Don't allow anger and revenge to sully this perfect energy that will propel you towards your highest achievements.

Sagittarius f A zero degree Moon as we enter October cautions that emotional issues cannot be harnessed. The 5th house governing romantic relationships and children may find your stress level high. It will help to know that this energy is temporary and you return to your jovial and optimistic self before the end of the month.

Capricorn g- Changes are brewing around the work front. Like observing a wave in the distance and seeing it's slow and at first, its imperceptible growth, you sense uneasiness. These pending upsets are unnerving, to say the least. A struggle for stability ensues and the Capricorn native asks for and receives what is needed Success is yours!

Aquarius h -Neptune retrograde on the cusp between the 7th and 8th house indicates that you may have been unaware of some important facts about partners and/or inheritance This could simply be an misunderstanding of an at work insurance policy or as serious as a spouse who cut you out of their will. You are an Aquarian, don't forget, so you will handle these issues with integrity and move on.

Pisces i- You are charming, bright, and mediumistic, this month you use your skills of enchantment to capture the job, love, or positive life situation that you desire. One word of caution, don't allow negative people from the past to return and finish the job of upsetting your life. Your ruler, Neptune, at times clouds your vision and you always think the best of everyone even if they have hurt you in the past. Never again!!

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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Dave Elman..... 'All Hypnosis Is Self Hypnosis by Christopher J Harrison

Dave Elman was born in the USA in 1900 and became interested in hypnosis at a very early age due to the influence of his father who was a student of hypnosis and the consequent witnessing of demonstrations of his father's hypnotic capabilities. His interest in hypnosis grew into his teenage years and then took somewhat of a back seat when he found out that a girlfriend's father forbade him from associating with his daughter for fear of any 'seductive powers' he may have over her. He returned to the subject as he approached adulthood and during this period he resolved to maintain an open minded attitude to experimentation and indeed would not accept any 'old theories' without personal proof or evidence. His young adult life took him into radio broadcasting where he became successful as a writer/broadcaster/producer, and it was during this period whilst producing a program that contained a 'live' hypnotist act that he realized that his knowledge on the subject was indeed greater than others and so he began to perform hypnotic demonstrations, mainly for charity. It was during one of these very successful demonstrations that he was approached by a group of doctors who were in the audience and had been taught hypnosis, but were not having much success with it in their practices. He subsequently attended one of their lectures on the subject and whilst he did not doubt the sincerity of their teacher, he was alarmed at the amount of misinformation that was offered to these medical professionals. Elman decided at that point in his life to draw up a course on hypnosis for him to personally teach to members of the medical profession. His style of induction was derived from that of a stage hypnotist's in that it was a rapid style and he figured that this was

necessary for doctors as they were always time constrained and he taught his students that they should be able to complete this phase in one minute. Elman taught his students two basic beliefs which revolved around the following statements.....Firstly, that any person can be hypnotized, provide that they are willing, and no fear is present and that there is the correct communication between the operator and the subject. Secondly, hypnosis is a state of mind in which the critical faculty is bypassed and selective thinking is established. In practice, his system was to get his client to simply close their eyes and to 'pretend' that they could not open them...and to concentrate hard on this pretense. This suspense of judgment was the entering wedge into hypnosis and the next stage, after a few rounds of fractionation, was to get the client to start counting backwards, (out loud) from 100, with the instruction that were to let the numbers drop out of their mind and within only a few numbers they will disappear completely. over the course of the next 17 years, up until his death in 1967, Elman taught probably thousands of medical professionals but always kept his teaching on a personal level. By that I mean that it is not apparent that he taught anyone else how to teach his methods. He only ever wrote one book that was originally titled.... 'Findings in Hypnosis' and later re-named 'Explorations in Hypnosis' and finally re-named simply 'Hypnosis'. The only other memento of his teaching is a set of six original tape recordings of his work and this, like his book, is still available. As I mentioned, throughout his life Elman would only teach medical professionals, but after writing his book he surely would have realized that it would have been read by thousands of non-medical people. It is also apparent that in the latter stages of his life he was invited to

As I mentioned, throughout his life Elman would only teach medical professionals, but after writing his book he surely would have realized that it would have been read by thousands of non-medical people. It is also apparent that in the latter stages of his life he was invited to give a lecture to an audience of non-medical personnel and he surprisingly accepted this offer. I wonder if he was latterly of the opinion that there was a new breed of non-medical hypnotherapists and they deserved to be taken seriously! 'All hypnosis is self hypnosis' is a basic statement that all books and teachers of hypnotherapy seem to agree on but not everyone knows that this statement was first attributed to the late.... Dave Elman.

Workplace Stress Killer At Work by Karen Martin

No-one is immune from an invisible killer which stalks silently through every office, factory floor and work-place. It doesn't discriminate against age, sex, race or occupation and its grip tightens as the social and economic pressures of 21st century life increase. An epidemic of stress-related illnesses has driven unprecedented numbers of the population to bail out of the workplace. Countless others resort to antidepressants to help them face the day. So, just what is going on in this age of unparalleled prosperity and comfort? Heart disease, stroke, hypertension, irritable bowel syndrome, migraines, crohn's disease, psoriasis, allergies, insomnia, depression, anxiety and even cancer can all be triggered or

aggravated by stress. It compromises the immune system and symptoms like exhaustion, muscular tension and an increased heart rate all put tremendous pressure on the body. Health is further undermined by mood swings, poor eating habits, lack of exercise and an inability to concentrate, which all take their toll on emotional wellbeing.

Most employers now recognize the commercial benefits of keeping employees happy and legislation goes some of the way towards offering protection from stress factors like overwork and poor working conditions. But corporate culture often demands long hours and there is no such thing as a job for life any more. Add to that our 'buy now pay later' credit-funded lifestyle and you have a recipe for stress overload.

On the one hand, stress gives us our drive and motivation to get out there and achieve our potential but too much of it has the opposite effect. Once there is a gap between our ability to cope with stress and the amount of pressure we are under, problems appear overwhelming, confidence shatters and performance goes into meltdown. Job security is compromised, relationships suffer and habits can easily turn into addictions. Ask around among friends and colleagues and you will find this grim scenario is all too commonplace. Being in a job which doesn't make the best use of your skills, working for a company which doesn't provide adequate training and being given too much responsibility causes stress (too little causes boredom which is also stressful). And so do 'toxic' companies where bullies thrive and staff are motivated by fear. It only takes one or two insecure, unsupervised personnel in key positions to make the working day an absolute misery for their colleagues.

Medical Hypnosis by Brian Alman, Ph.D. submitted by Pat Conte, MD

Introduction

Hypnosis is a state of highly focused attention (trance) in which external stimuli are disattended and suggestion becomes far more effective than usual.¹ The fundamental usefulness of hypnosis in medicine and healing has been controversial for more than 200 years, ie, since Anton Mesmer produced the body of work now recognized as the beginning of clinical hypnosis. Does medical hypnosis work? If so, how? Does it produce real bodily healing at the physiologic level, or is its therapeutic effect merely the result of imagined comfort--and thus to be found in the mind only? These questions are reasonable and can best be addressed by clinical observation aided by modern technology.

The most clinically significant recent development in medical hypnosis is our understanding that the power of hypnosis actually resides in the patient and not in the doctor. This simple statement has profound implications because it implies existence of useful potential within each patient. The goal of modern medical hypnosis is to help patients use this unconscious potential--a revolutionary shift from the direction-focused, authoritarian therapeutic techniques of the past.

By contrast, modern medicine involves a highly rational belief system that minimizes the importance of autonomous therapeutic processes. This belief system has created an expectation that everything can be accomplished on a conscious and voluntary level, even though such voluntary efforts can sometimes obstruct natural healing processes. Notwithstanding this possible obstruction, a cumulative effect can be attained by simultaneously using the opposing concept that underlies modern medicine with medical hypnosis.

To support these statements and to illustrate the range of possible treatments, this article describes five patients who were treated with medical hypnosis after being referred to me from the Kaiser Permanente (KP) Department of Preventive Medicine in San Diego. Focusing on these five clinical examples presents the opportunity to answer three questions:

- What is medical hypnosis?
- How does medical hypnosis work, especially when no specific directions or suggestions are given?

Case Examples

Case 1

Cerebral angiography showed mild thrombosis in the right posteroinferior cerebellar artery of a 57-year-old male physician. Intractable hiccups ensued as a recognized complication of a brain lesion; the hiccups did not respond to therapeutic trials of several medications. Two weeks after the condition began, a 1.5-hour hypnotherapy session was conducted, immediately after which the hiccups permanently ceased. Although the patient did not believe he had been hypnotized, he described several psychophysiological changes that he had never experienced before the hypnotherapy session: a complex visual hallucination, brief but pronounced sialorrhea, and brief periods of marked acoustic and olfactory hyperacuity. Three months after the hypnotherapy session, the patient suddenly realized that he no longer used the bronchodilator and steroid inhalers that he had previously used twice daily for ten years. I made no suggestions specifically relevant to the physiologic changes he manifested and was not aware that he had asthma.

At follow-up seven years later, the patient remained free of hiccups and asthma, and the results of pulmonary function

tests were normal.

Case 2

A 41-year-old obese, chronically depressed female nurse had grown up in an abusive household. She later married an abusive man whom she repeatedly had the sheriff remove from the home during moments of violence; after each such episode, she relented and forgave her husband. Once, after completion of such a cycle, the patient compulsively became unable to dispose of the kitchen garbage and stored this garbage, wrapped in plastic bags, in the bedrooms of her home. Complaining to her physician that the odor prevented her from inviting anyone into her home, she stated, "If my house is dirty, then no man will want to come in my house"--but she saw no link between this statement and the problems with her husband. The patient had three hypnotherapy sessions, during which no specific hypnotic suggestion was made to her directing that she dispose of the garbage; nonetheless, after the three sessions, she spontaneously cleaned her house. She saw no link between this change and the sessions.

Case 3

A 65-year-old housewife had been both a war orphan and an inmate of Nazi concentration camps. Over a ten-year period, she generated four volumes of KP medical records, largely describing recurrent, acute inability to swallow. Multiple esophagoscopy procedures done by two gastroenterologists produced normal results as did several esophageal dilations; no obstruction was found. Three hypnotherapy sessions resolved her problem of choking. She recognized some link of this change to the sessions, stating, "I was liberated from my esophagus." This assertion was reminiscent of an earlier statement she had made, which referred to events that occurred "... when the

Russian soldiers liberated me from [the camp]." I gave no direct suggestion relating to choking or dysphagia.

Case 4

A 51-year-old successful professional woman who had a highly abusive childhood was seen on an emergency basis because she was concerned that her plan for suicide that day would interfere with her obligation to give the keynote address at a national meeting later that afternoon. Suicide was not her problem--it was her solution--but it interfered with her sense of responsibility. A 90-minute hypnotherapy session enabled the patient to fulfill her obligations. A few follow-up sessions conducted during the next 18 months relieved her depression substantially. An interview was conducted with the patient 18 months later and was videotaped. The videotape, titled "I'll Be Polite Before I Die," is available from the KP San Diego Department of Preventive Medicine. (Contact Vincent.J.Felitti-MD@kp.org.)

Case 5

A middle-aged woman with demyelinating disease was seen for treatment of depression that responded poorly to antidepressant medication. Unexpectedly after a session of hypnotherapy, the patient almost immediately had marked improvement in gait that enabled her to give up using Canadian crutches; in addition, her dysarthric speech improved noticeably, and her depression became less severe. Her physician believes that these improvements occurred far too abruptly to be attributable to remission of illness. The improvement persisted at a two-year follow-up.

Fall Academy HypnoCounselor Certification Course Schedule for 2011

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)

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.

Schedule: The time is growing near. Free Financial Arrangements must be completed by September 15th, 2011 in order to qualify. Call Dr. John Gatto now to register: 908 964 4467

Basic Hypnosis..... October 1/2 & 8/9, 2011

Advanced Hypnosis.....October 15/16 & 22/23

Advanced Clinical Hypnosis Certification..... October 29/30 & November 5/6

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 .

STILL TIME TO ATTEND. CALL DR GATTO NOW 908 964 4467

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

NATIONAL ASSOCIATION OF CERTIFIED HYPNOCOUNSELORS AND
THE NATIONAL GUILD OF HYPNOTISTS GREATER NEW JERSEY CHAPTER MEETING

Wednesday, September 21st, 2011



Our meeting was a great success. Judy Lewis gave an exciting presentation based upon her vast experience as a psychic and hypnotist. The members always enjoy Judy's presentations

Photo by Joe Peoples, NACH Official Photographer

CEU Credit Hours

2011 MEETING DATE

Wednesday: October 19th, 2011

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place: Galloping Hill Inn

325 Chestnut Street, Union, NJ 07083

(908) 686-2683



NACH and NGH

Working Together

UPCOMING 2011 MEETING DATES

Oct 19, 2011 & November 16, 2011

**No sessions December & January and
July & August**

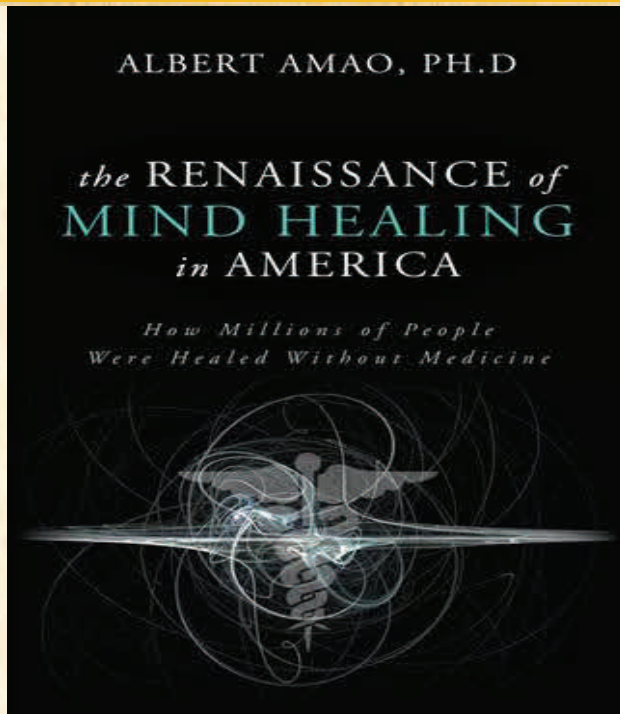
DIRECTIONS to Galloping Hill Inn, 325 Chestnut Street, Union, NJ 07083:

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.

Presentation for October 19th, 2011 Meeting



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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!**

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