



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
Sept 15
2010

Presentation for September 15 Meeting:

The Secrets of Bob Desch's Success
Learn how to conduct Seminars in Schools and Corporate Settings
Dedicated to the Great American

Bob Desch is going to tell us the secrets of his success conducting seminars in the school system and the corporate world. Bob will actually go through the process that he uses to , educate, test subjects, wording, hypnotic technique and post hypnotic suggestions. He will show you how to get private sessions from these seminars. Bob will help you to feel confident on how to contact these institutes and get your foot in the door. This seminar is a must for all of you wondering how it works, what's involved, and what makes certain people successful, and some not. You will leave feeling, you also, can do it. Plenty of time will be given for your many questions. Start the Fall season of NACH right by attending this evening!!

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- Presentation for September 15th, 2010 meeting
- September 2010 Horoscope
- Articles: Pain Management & Hype or Happy
- Brian Weiss, MD Past Life Regression

UPCOMING 2010 MEETING DATES

Sept 15, 2010 Oct 20, 2010 Nov 17, 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. Please take time to forward us any articles you find on the internet so that we may re-print them in our Newsletters. You'll make our job easier is publishing this Newsletter. Email all correspondence to info@hypnoacademy.com

September Horoscope with Judy Lewis

STARGAZINE SEPTEMBER 2010

Aries ^-What does it take to unnerve an Aries native? It may be that a temporary Saturn-Jupiter opposition is the cause. This aspect causes a conflict between your emotional heart and a desire for friendship and effects the 5th and 11th house. Thankfully, it is temporary and the true nature of your relationships will be revealed without any harm done. Love will find a way.

Taurus ♉ You seem more able to put aside a past hurt and move forward. This is a positive step in the right direction. An acknowledgment that we all make mistakes and that forgiveness is a blessing secured for the forgiver, will sustain you. A negative energy has lifted and you start a relationship anew with confidence and love.

Gemini ♊ Trauma with Mercury retrograde until the 12th of September is a fact of the Gemini life. The good news is that you have been able to minimize its effects by control over your emotions and your speech, Better times return and you are able to focus on your goals and make strides that continue until the end of this year.

Cancer ♋ The Dragon's Head in the 9th house of your higher mind ushers in a state of optimism bordering on euphoria. Surely good luck with all 9th house issues is in store. Legal matters or higher education are winning situations in the month of September. Feelings will stabilize but the positive effects remain until next year.

Leo ♌ Recently a wave of insecurity has passed over the usually brave Lion. This month, however, the Part of Fortune in the 9th house of your solar chart indicates a lifting of any unwanted thoughts. You instantly see the problems in your relationships and go about repairing those situations. Cleaning up bad feelings and taking control indicates that the Lion's power has returned.

Virgo ♍ Closing out old relationships that no longer work and moving forward in your life is the force of the month of September. After a long bout with Saturn you are cleansed and now realize who your friends are and the path your life should now take. It's exhilarating to finally be free of fear and back on track.

Libra ♎ September is a time to remove any obstacles that have been weighing down the Libra spirit. Take an inventory of your life and decide those friends and relationships that are worthy of your respect. Remember who you are and the rest will be easy. A cleansing of mind, body, and spirit will leave you renewed and ready for the next adventure in your life.

Scorpio ♏ Your sign rising in your solar chart will find your personality and charisma soaring in the month of September. People will be drawn to you and this could also bode well for any romantic relationships, if you are in the market. Be sure that all life areas are positively effected so use this power to your best advantage.

Sagittarius ♐ -This time is a good time to collect any money or favors owed you. After the 12th it is even a more advantageous time to secure honors, accolades, and to impress bosses and loved ones with your panache. Beneficial energies are plentiful so enjoy this growth period.

Aquarius ♒ This is a month that you should open your eyes to the events occurring in your home. You have been somewhat asleep as your attention is elsewhere and not where it matters. Maybe this is the effect of Neptune or just denial on your part but you could lose if you don't wake up. Take care of loved ones and pay attention. Someone needs your help/

Capricorn ♑ An issue of real estate or other 4th house energy has been gnawing at your well being for a long while. Now it seems to have come to the surface and remarkably you can handle it and let it go. Real estate will sell and issues with home or parents will clear up leading a path to understand and financial stability.

Pisces ♓ After a long dark period the Sun has begun to shine. Your emotions are calmed and September brings with it a feeling of security. The Uranian upheavals of the past years have subsided and you are on the way to achieving a little thing called happiness. Don't return to past hurts as they are no longer relative to the new and improved Pisces nature. Enjoy!

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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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Pain Management Health....Hypnosis, Meditation & Relaxation WEB MD Online

WEB MD Online 8-5-10

Pain Management Health Hypnosis, Meditation, and Relaxation for Pain Treatment

Stress and pain are intimately related. When being in pain causes stress or being stressed worsens pain, psychological therapies – including hypnosis, meditation, and relaxation – may help break the cycle. For pain therapists, these treatments, which focus on the relationship between the mind and body, are considered mainstream. For other health professionals, they may be considered alternative or complementary therapies. Regardless of how they are labeled, there is evidence that for many people they work. If you're considering trying one of these approaches to pain relief, here's what you need to know:

Hypnosis : For many, the word hypnotize brings to mind a parlor game or nightclub act, where a man with a swinging watch gets volunteers to walk like a chicken or bark like a dog. But clinical, or medical hypnosis is more than fun and games. It is an altered state of awareness used by licensed thera-

pists to treat psychological or physical problems. During hypnosis, the conscious part of the brain is temporarily tuned out as the person focuses on relaxation and lets go of distracting thoughts. The American Society of Clinical Hypnotists likens hypnosis to using a magnifying glass to focus the rays of the sun and make them more powerful. When our minds are concentrated and focused, we are able to use them more powerfully. When hypnotized, a person may experience physiologic changes such as a slowing of the pulse and respiration, and an increase in alpha brain waves. The person may also become more open to specific suggestions and goals such as reducing pain. In the post-suggestion phase, the therapist reinforces continued use of the new behavior.

Benefits of Hypnosis

Research has shown medical hypnosis to be helpful for acute and chronic pain. In 1996, a panel of the National Institutes of Health found hypnosis to be effective in easing cancer pain. More recent studies have demonstrated its effectiveness for pain related to burns, cancer, and rheumatoid arthritis and reduction of anxiety associated with surgery. An analysis of 18 studies by researchers at Mount Sinai

School of Medicine in New York revealed moderate to large pain-relieving effects from hypnosis, supporting the effectiveness of hypnotic techniques for pain management. If you want to try hypnosis, you can expect to see a practitioner by yourself for a course of hour-long or half-hour long treatments, although some practitioners may start with a longer initial consultation and follow up with 10- to 15-minute appointments. Your therapist can give you a post-hypnotic suggestion that will enable you to induce self-hypnosis after the

stereotype that hypnosis is simply grand-standing entertainment. As I discussed in Daily Health News, November 1, 2004, hypnosis is used today for a number of real medical challenges, including anxiety relief, smoking cessation and pain control.

A NATURAL PALLIATIVE FOR PAIN

Hypnosis can help relieve many types of pain – including chronic pain, cancer pain, headache and labor pain – by decreasing the intensity of the pain signal perceived by the brain, although the exact location where hypnosis interferes in the pain perception process still is unknown, says Dr. Schulz-Stubner. It is most effective when used in combination with more standard modalities of pain relief, and in an individually modified manner. Studies show that when hypnosis is employed preceding invasive medical procedures, patients experience less pain and anxiety.

Dr. Schulz-Stubner would not use hypnosis to replace anesthesia, at least in a North American population, where we seem to hold stereotypes about hypnosis as entertainment. However, he notes that it is a good way to provide sedation and comfort while a regional block provides anesthesia for the part of the body the surgeon is operating on. Hypnosis can also make the placement of the blocks more comfortable.

Hype or Happy?

Sebastian H.W. Schulz-Stubner, MD, PhD

Roy J. and Lucille A. Carver College of Medicine

If you think pain is where the wound is, think again. In some cases, it is actually in your head – and medical hypnosis can help.

According to Sebastian H.W. Schulz-Stubner, MD, PhD, an assistant professor of anesthesia at the University of Iowa's Roy J. and Lucille A. Carver College of Medicine in Iowa City, it's time that the

Past Life Regression by Brian Weiss, MD

History Lessons

Brian L. Weiss, MD
Mount Sinai Medical Center

Many people believe that hypnosis means being put under the spell of a Svengali-like individual who makes you stare at a swinging gold watch and do embarrassing things like imitating a chicken...

In reality, hypnosis is a form of focused concentration in a very relaxed state that is used to help people suffering from anxiety, depression, phobias or panic attacks, explains Brian L. Weiss, MD, chairman emeritus of psychiatry at Mount Sinai Medical Center in Miami, Florida, and author of *Mirrors of Time: Using Regression for Physical, Emotional and Spiritual Healing* (Hay House) and *Same Soul, Many Bodies* (Free Press).

At his medical center in Miami, Dr. Weiss and his colleagues use hypnosis as a tool to help patients recall incidents from their past that may have contributed to their present problems. Often, remembering past trauma is the key to understanding and controlling current challenges.

A PEEK INTO THE PAST

Dr. Weiss uses hypnosis techniques, such as deep, rhythmic breathing and progressive muscle relaxation, to help a person enter a deeper state. In this altered state of consciousness, one's memory is enhanced. At this point, Dr. Weiss instructs the person to go back in time to the traumatic event. Depending on the individual, the relevant incident(s) may have taken place in childhood, adolescence or, believe it or not, a past life.

Next, he asks, "Where are you? What do you see?" If someone has a fear of heights, he/she might remember almost falling off a rooftop as a child. Or perhaps she will travel back further in time to a perceived past life, in which she was thrown from the wall of a castle.

Dr. Weiss does not tell his patients where in time to go. If the anxiety is coming from childhood or adolescence, that's naturally where they return. Likewise, if the anxiety-provoking event occurred in a past life, a person will go back to that. (We'll talk more about past lives in an upcoming issue.)

Practically speaking, past-life regression therapy takes an average of three to 10 sessions. Serious cases of anxiety or depression may require more time. Dr. Weiss says that success is directly related to the ability to concentrate. This means that people who are psychotic or have dementia, such as Alzheimer's disease, are not good candidates. However, it works for most everyone else.

Approximately 85% of the population can be hypnotized. About two-thirds of his patients have memories from what they consider past lives.

A WORD TO THE SKEPTICS

If you're thinking that the concept of past lives is a bit far-fetched, so did Dr. Weiss. Following a traditional education at Columbia University and Yale Medical School, Dr. Weiss, too, was skeptical when, in 1979, one of his patients began recalling past-life trauma. Skepticism eventually gave way to belief, however,

when the patient channeled personal messages about Dr. Weiss's family that she had no earthly way of knowing. In many cases, relevant facts about past-life regressions also can be validated. Since then, Dr. Weiss has successfully completed past-life regression therapy with more than 4,000 patients.

Dr. Weiss notes that you can choose to believe that you are returning to past lives or take the incidents identified during the treatment session as a symbol or metaphor. Whatever it is, on a therapeutic level, it helps healing.

AN ALTERNATIVE TO MEDICATION

Hypnosis and regression therapy offer helpful alternatives to standard treatment with drugs. People with anxiety and depression often are given large doses of anxiety medications or antidepressants, which, like all medicines, have potential side effects. Whenever possible, it is preferable to find methods of treatment other than medication.

(Continued from Page 3 on Pain)

HOW IT WORKS

Hypnosis usually begins with a concentration exercise and goes on to use body sensations and visualization. The imagery chosen can be highly individual, but common themes are nature and travel, family and home, and personal skills.

According to Dr. Schulz-Stubner, hypnosis does not

work on everyone. On average, 60% of people can reach a deep level of hypnosis for pain control... 20% reach a superficial level... and the remaining 20% reach an insufficient level – or none at all.

LOOKING TOWARD THE FUTURE

Dr. Schulz-Stubner observes that hypnosis is similar to meditation exercises. The goal is to eventually use this practice on your own. This is called self-hypnosis (or in Europe, auto-suggestive training), and provides people with another valuable tool to control various types of pain, such as headache, chronic nerve or muscle pain or cancer pain.

Hypnosis is more widely used in Europe, especially in psychotherapy, but also for sedation and relaxation purposes (for example, in dentists' offices). Here in the US, it is gradually gaining greater acceptance.

The National Center for Complementary and Alternative Medicine (NCCAM) is currently recruiting patients to test the effectiveness of self-hypnotic relaxation to control distress from minimally invasive surgical procedures. Analgesics and sedatives have limited effectiveness and serious side effects in these cases.

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)

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, 2010 in order to qualify. Call Dr. John Gatto now to register: 908 964 4467

Basic Hypnosis..... October 2/3 & 9/10, 2010

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.

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.

CEU Credit Hours

2010 MEETING DATE

Wednesday: September 15, 2010

Networking: 6:00—7:00 p.m.

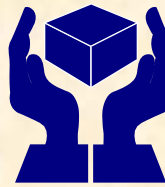
Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683



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.

Presentation for September 15 Meeting:

The Secrets of Bob Desch's Success

**Learn how to conduct Seminars in Schools and Corporate Settings
Dedicated to the Great American**

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Bob Desch is a certified Hypnotherapist who studied under Harry Arons and Max Rapkin through The Scientific School of Hypnosis in Edison, NJ, as well as IACT. Bob is also certified as a past life Therapist through the Michigan School of Hypnosis. Bob has been hired by many large corporations and has been teaching at adult schools for over 30 years in the metropolitan area on smoking cessation, weight loss as well as self hypnosis, past life regression, and phobias to name a few. He has been a speaker at our meeting previously and packed them in with his knowledge of hypnosis. Bob has a busy private practice in South Plainfield. Make your reservations early, to make sure you have a seat for this wonderful presentation.

Board Members

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