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National Association Of Certified Hypnocounselors
1358 Burnet Ave. Suite 1
Union, New Jersey 07083

HYPNOLINK 2006 NEWSLETTER

October 2006

Volume 10 Issue 10

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Reservations

Chapter Dinner Meetings
Members.....\$20.00
Non-Members.....\$25.00
AT The Door..... \$2.00 Extra

CALL: 908-964-4467

(payment due 5 days prior)

- *Cancer and Hypnosis*
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Childhood cancer patients suffer less pain when placed under hypnosis, scientists have claimed.

Children who had been hypnotized in trials reported they had less pain from medical procedures as well as cancer-related pain. Dr Christina Lioffi, from University of Wales, Swansea, suggested there was even tentative evidence that hypnosis prolonged the lives of cancer patients. The research is being presented at the BA Festival of Science in Exeter.

In one study, 80 children were placed in four groups: two experimental groups who were treated with an anesthetic and hypnosis. Two control groups were just given the anesthetic. "All [40] children who used hypnosis with a local anesthetic felt much less pain than children who were just given the local anesthetic," said Dr Lioffi.

The children, aged six to 16, were placed under hypnosis by experts and then taught to hypnotize themselves before they underwent procedures. Children not treated with hypnosis were talked to and counseled instead.

"We asked children to rate their pain from 0 to 5 on a graded scale. Before we perform hypnosis we ask them to rate their pain on this scale," Dr Lioffi explained. "Then we introduce hypnosis and then we ask them to rate pain again and they report much less."

Brain changes

Other evidence presented at the festival also supports the idea that hypnosis is a genuine physical state and that people are not simply deceiving themselves into thinking they are hypnotized. left frontal cortex of the brain and a structure called the cingulated gyros when viewed through a functional MRI (magnetic resonance imaging) scanner.

"The frontal lobe is concerned with our planning, our future actions, our analysis of the here and now, our critical evaluation and the things we do so we don't make silly mistakes," said Dr John Gruzelier of Imperial College, London.

"If you think about what the hypnotist does, he asks you to go with the flow and not critically analyze what you're doing." Dr Lioffi suggested there was even evidence that hypnosis might prolong life in adult cancer patients. "There are some studies and there are some encouraging results from these," she said.

Adult cancer patients placed under hypnosis show fewer cancer-related symptoms such as nausea, vomiting and pain, said Dr Lioffi. "There are some studies and there are some encouraging results from these that hypnosis can probably improve the survival of cancer patients.

REMEMBER.....October is Cancer Awareness Month

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), nor of its editors or officers.

Curious Baby Self

Learning came so naturally in those early years.... Revisit your Curious Baby Self

“And now I wonder if you can allow your mind to drift gently back through time to those earliest days and weeks and months and remember yourself.

From those earliest moments when you emerged from the womb, a safe, warm, comfortable environment where nothing mattered except you - and your comforts and bodily needs were met.. And that very first day when you pushed yourself down when you were ready to be born, and coming out into a bright, hard, cold world. How do you think was it for you? Did you feel loved and wanted – cradled in soft, loving arms - were you secure in the love of all those around you.

Remember how you learned to cry. At first it was instinctive but after a while you realized that your other needs could be met when you made a sound. You slept quite a lot those days, and then after some time in this bright new world, you learned how to lift your head – it was such an achievement.

There was a time when you tried to roll over and you tried and tried until you succeeded – it took such concentration to get all those muscles to work together – but you did it.

Remember learning to sit up and balance your muscles. Soon you were pulling yourself up into a sitting position – sometimes you lolled to the left and sometimes to the right – until you mastered the art – and even then you weren't satisfied with just that. Remember how brave and daring you felt when you ventured out onto that very first step. And even when you fell back on your bottom – you didn't give up – you persevered. You held onto the furniture to help you to move – until finally – you trusted yourself to let go – and you did – you succeeded again.

Remember learning your language – all the sounds that rolled off your tongue – and by your first birthday you could already understand a lot of what was being spoken to you. You could even begin to make a few of your own needs understood.

Now let yourself go right back – inside – and discover that baby self deep within you. You're still open – you're still curious – feel those special parts still there – receptive and eager to learn. For a few moments just let yourself enjoy yourself – (pause) and of course you can continue to enjoy for as long as your unconscious mind finds it necessary – discovering your love of learning – new things – and quite often the more challenging they seem the more satisfaction you feel afterwards – of having achieved – having learned something new – it's an exciting feeling – it's special. And your brain contains its own special patterns where your learning's are stored – new ones being created – all the time.

(Pause for about three minutes, then continue). Bring back with you to the present time, those special parts of you, the curious, eager, receptive parts. For you're learning all the time. Even when you're playing, you're learning – it's fun – it's exciting to discover new ways. Learning for you is just that. Fun and exciting.”

HYPNOTAPPING

November 18 & 19, 2006 9AM-5PM Holiday Inn, So. Plainfield

**COMBINING THE POWER OF
MERIDIAN ENERGY THERAPY**

WITH THE PERMANENCY OF HYPNOSIS

Dr. John Gatto & Tony De Marco, LL.B., Ph.D.

**An Instructional Workshop of
The Techniques for Clients and Self**

Academy of Professional Hypnosis

Place: Holiday Inn 4701 Stelton Road.
South Plainfield, NJ 07080

Tel: (908) 753-5500.....Time: 9:00 am – 6:00 pm
For Brochure & Financing Info:
Dr. John Gatto at (908) 964-4467

Flying Blanket

This induction is suitable for younger children. This visualization can capture the imagination of any child if you incorporate some personal details.....

Imagine that you are going on a picnic, going with your favorite people to a special place for a picnic. You have your favorite things to eat and drink. You can see and smell and taste them. Enjoy playing games with your family and friends. Then when you are finished eating and drinking and playing games, you may see a blanket spread out there on the ground. It's your favorite color, smooth and soft. You may sit on it, or lie on it. Pretend it's a flying blanket and you are the pilot. You are in control. You can fly just a few inches above the ground, just above the grass, or higher even above the trees if you want. You are the pilot. You can go where you want and as fast or as slow as you wish, just by thinking about it. You can land and visit your friends or you can land at the zoo, or anywhere you like. You're the pilot and you're in charge. You might fly by a tree and see birds in a nest. You can speed up and slow down. Enjoy going where you want to go. Take all the time you need to feel very comfortable. When you are ready you can find a nice, comfortable landing spot and land your flying blanket. When you have landed, let me know by lifting one finger.

Hypnosis Heals Many Issues

Smoking, Weight, Stress, Self-Confidence/
Esteem, Allergies, Fears, Frustration, Drugs, Alcohol,
Gambling, Relationships, Motivation, Catastrophic Ill-
ness Help, Pain Management, Sports & Job Perform-
ance, Student Study Skills, Obsessive Behaviors, Vic-
tim Desensitization.

FOR YOUR INFO:

Many of the articles that are written for this newsletter come from wonderful websites I have stumbled upon, shared by other colleagues, sent to me by free hypnosis e-mail lists I am on, newspaper articles etc. or my own information that I am sharing with you. Where there is no name it is just a general information shared by many. You will always see the name of the person if someone submits their own personal information for credit. The **WEB** has a world of free information on Hypnosis and I have spent years tracking them down. All articles taken for the newsletter gives permission to use this information freely.

Roxanne Cortese, Editor

**REMEMBER, MEETINGS ARE THE 3RD
WEDNESDAY of EACH MONTH,
(except, July, August, December and January)**

NGH CHAPTER KICKOFF MEETING

On Wednesday, September 20, the newly formed Greater New Jersey NGH Chapter in conjunction with the National Association of Certified HypnoCounselors held its monthly buffet meeting at the Galloping Hill Inn, Union, NJ. Attendance was excellent with 60 members enjoying the scrumptious buffet and the interesting topic presentation on The Law of Attraction. Our monthly buffet meeting offer a great opportunity to listen and learn from great presentations and to network with your colleagues and fellow members. We look forward to exciting growth of the NGH chapter along with the NACH. Be present to join the monthly fun and camaraderie.

FABULOUS DOOR PRIZE

Dr. Dwight Damon, President of the National Guild of Hypnotists sees great happenings for The Greater NJ NGH Chapter and to celebrate the chapter's birth, the NGH is donating a CD package of the 200+ seminars that were presented in August at the 2006 Convention, Marlborough, Massachusetts, to be given away to persons attending our NACH-NGH dinner-buffet meeting on October 18th, 2006. This package presently retails for \$650!! Not only will you enjoy a fun filled stage hypnotism show but you will be eligible to win this fabulous door prize. Mark your calendars now and send in you check to reserve your seat. We expect a large showing at this meeting.

IMPORTANT INFORMATION

The NACH NEWSLETTER will now go totally EMAIL to paid members. No more hard copies will be sent. If you do not have a computer, go to your local library and look up our web site and print it out. Or have a friend print one out from their computer. The rising costs of materials and stamps have made the decision for us. We feel this is better then raising our dues \$10.00. This will also enable us to send out the newsletter 12 months instead of 10.

ATTENTION

Only Presenters shall be permitted to sell their products and only on the date of their presentations with a charge of 10% of the sales to NACH. Any other sales will only be permitted with the permission of Dr. Gatto and at a charge of 20%.



N.A.C.H.

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HypnoLink 2006 Newsletter

TO:

FIRST CLASS

Cancer and Hypnosis / Curious Baby Self / Flying Blanket / Upcoming Meetings/Workshops / Important Information / Presenter/Topic

NEXT MEETING

Wednesday:	Oct. 18th 2006
Networking:	7:00 PM
Dinner:	7:30 PM
Meeting Place:	Galloping Hill Inn Union, NJ

TOPIC

Stage Hypnotism Show
With John Cerbone

Get ready to laugh out loud with an evening of hypnotic hilarity featuring the talents of The Hypnotic Trance-Master, John Cerbone, BCH, CI! This Master Showman and Hypnotic Powerhouse has hypnotized scads of people in his career. . . you might be next! John has hosted shows in thirteen states so far, from Universities and Colleges to High Schools, to Corporate Parties and Events to Fund-Raisers & Private Parties, so get ready for an evening of mind blowing fun with the Star of MTVU & MTVU.com show, Hypnotize My Roommate, check it out on-line now! You've just got to see him work, so come on down and get ready for an evening of unforgettable fun!

John Cerbone, BCH, CI - holds numerous Hypnotist certifications. He hosts programs for major corporations including Fortune 500 Companies and hospitals, as well as having hosted hilarious hypnosis stage shows for corporations and schools in over a dozen states as well as hosting private sessions for individuals, couple's, pediatric sessions, lectures and more. He has worked for leading NYC organizations including, *Gilda's Club*, *The Learning Annex*, and *The Seminar Center* where he hosted the workshop *How to Be a Hypnotist*. He is author of the internationally selling book: **Hypnotic Scripts That Work – The Breakthrough Book, A Hypnotic Script Encyclopedia for Professional Hypnotists**