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National Association Of Certified Hypnocounselors
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HYPNOLINK 2006 NEWSLETTER

September 2006

Volume 10 Issue 9

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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)

3RD Wednesday of each month

- *New Advisory Board*
- *Award for Dr. Gatto*
- *Setting Up A Plan*
- *Hypnosis in the Workplace*
- *Developing Motivation*
- *Upcoming Class Dates*
- *Summer Challenge*
- *Topic/Presenter*

Academy Advisory Board

We are very pleased and proud to announce that Ed Hamowy, A.C.H., the marketing instructor at the Academy of Professional Hypnosis, and Pat Conte, M.D., A.C.H. have been appointed members of our Advisory Board. Ed has a robust hypnosis practice, while bringing along his 40+ years marketing experience. Dr. Conte, a graduate of the Academy over 10 years ago, was the Chief Nuclear Radiologist at St Michaels Hospital in Newark for many years, presently is in private medical practice, and also brings along his expertise in Ayur Veda.

Dr. John Gatto Receives Award

Dr. John Gatto received the "Order of Braid" at the NGH Convention for his continued, committed work to the field of hypnosis. The award is named after the man who coined the word 'hypnosis' in 1841. **CONGRATULATIONS JOHN.**

Setting Up a Plan

Inner organization is as important as outer organization & most of us have problems in both of these areas. Look around in "your world" & you will also see your "inner world" staring you right in the face. Most of us do not want to see this & so we stay very busy & far away from reality. Imagery & interactive self-hypnosis help us get back on the path & it is with this metaphor of the "goal-den path" that we set up our organizational plan or program. It is the same for my clients in Sarasota, as it is for those on the www. We work with both inner & outer organization at the same time & find that while we feared being overwhelmed, it is just the opposite. We find ourselves in control.

You are going to need some supplies to work with your mind in this powerful way; a small journal, a larger journal or notebook, at least six colored file folders, regular paper & some self-stick notes. We are ready to begin. We are going to use a powerful organizational mind-image of a Golden Path and individual goal gardens. The very first folder is the over-view, labeled Goal Gardens. Open the folder and on one side place a piece of paper with a schematic of your Golden Path and the positioning of your separate goal gardens. On the right of the path sits only one garden, the Mind Body Health Garden. This garden houses all body part plants. It is the most important garden on the path. On the left of the path are your other gardens. Some include your home, work, finances or prosperity, spiritual, and relationships. You will have separate gardens for each relationship. The most important one is with yourself. If you have other garden areas that pop into your mind, do add them. On the other side of the organizing garden folder place a major emotional management list. These are frequent child emotional visitors on the Golden Path that go between gardens. Make one list for "out of control" negative-based emotions, and the other list for positive strong emotions. **Con't page 2**

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.

HYPNOSIS IN THE WORK PLACE

It is surprising how few people realize that hypnosis can have a powerful impact in the corporate world. In business we are all subjected to varying levels of stress, doubts about ourselves that effect self-esteem and/or self confidence. As for relaxation - just stop for a second and notice the tension in your shoulder and neck muscles. Hypnosis can help you!

Just consider for a moment the typical stages that a new employee goes through.

- Informed** - Letter or phone call letting them know they got the job
- Shock** - Although they felt confident about the interview the fact still gives a little shock
- Denial** - That initial doubt in their mind "Did they really mean to contact me?"
- Turmoil** - That first day in the new job. What do I do? Where do I find...? etc.
- The Pits** - (usually if no induction plan) The chaos of being left alone raises doubts
- Acceptance** - The realization that now they know what is expected and where everything is they can actually do the job
- Adapting** - Matching your processes with their style and skills
- Performance** - Doing a first rate job

The above stages are identical to the change curve of bereavement as researched by Dr Elizabeth Kubler-Ross. The thing to remember in most roles is that the performance stage does erode and performance drops. This is usually due to complacency, boredom, or just simply realizing that others are not working so hard. This creates a primary issue - lack of motivation. The knock on effect is that creativity stagnates and the business goes into stasis.

If you consider the effects of stress upon a human being then you need to be aware that some stress is a good thing. It is the negative stress that causes people to become less effective, perhaps even dropping them into times of anxiety or depression.

Hypnosis can provide an excellent antidote to the above issues by simply helping people to change their mindset. Whether you believe you can or can't achieve something you are probably right! What your mind believes is what you achieve. I am able to provide my corporate clients with a range of options from consultation to planning, group sessions or one-to-one sessions, simple relaxation and stress relief to self-esteem, self-confidence and motivation, from improved memory to speed reading, plus more!

Looking for a program to make my own CD's. Does anyone know of a good one? Where I can get it and what other accessories needed? Please call Roxanne at 908-561-1511, or see me at the meeting.

Cont. page 1

Setting up A Plan

Label a separate folder for each garden starting with the Mind body Health Garden. On one side list Plants to Nurture. My list goes something like this; nutrition, meal planning, exercise, calcium, teeth, relaxation, entertainment, and self-growth. Then make a list of emotions to enhance, those that will make the garden prosper. See them as children with their names of their tee shirts. Some of mine include Relax, Have Fun, and Celebration of Self. Next, a list of the emotions to be aware and diminish. Some of mine include a variety of compulsions, fears and involvement in harmful foods. On the other side of the folder build a grass catcher list. This is rather like a future to-do list and it helps us to make our daily to do list. Now move to your other folders following the same format. Each day we begin a discipline. Utilize the small journal as a gratitude book. This is a very powerful emotion to cultivate. Make your list and go to your garden folders. Start with the schematic folder, even though you know what is in it. The subconscious mind likes repetition. See your gardens and review your emotional lists. Perhaps you will add to those on either side. Next open each folder and see what comes to mind...anything to add? Look at the grass catcher list? What work will you do in this garden TODAY. We work in each garden each day or weeds get out of control. Move all of the things you will do today to your current to do list. Don't over-load, but don't be lazy either. When you are done, open your larger journal and begin your conversations with your subconscious mind. This is called writing from the right side of the brain. Converse about anything you want, perhaps discussing a particular garden. You will get plenty of messages, perhaps a new important awareness related to a big weed or rock, and new ideas. Follow this powerful self-growth discipline on a daily basis, through all weather and watch the beauty of your gardens emerge!

Developing Inner Motivation

Imagery keeps us motivated. It also keeps us improving our inner programs. When we design our goals they are often incomplete & not as grand as they could be. We often sell ourselves short because of low expectations & old inner programming telling us what we can & cannot do. Our dreams often reflect this. The subconscious mind is waiting in the wings to take us to new heights. We achieve this by working in the moment with motivational images. I like to program two types. One set takes me towards something I want such as running five miles or earning a certain amount of income. Another set takes me away from something I don't want such as diabetes or piles of medications & bills related to ill-health. All images live on the screen right behind my eyes. To open the screen all I have to do is breathe from center, allow my body to relax, tilt my eyes upward & bring the images forward.

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

HypnoCounselor Certification Course

Complete Hypnosis Session Procedures from Initial Contact to Conclusion.
Invaluable Hands-on Student-to-Student Practice with Multiple Induction Scripts
Utilize Unique Individual Hypnotic Scripts/
Techniques of Past Life Regression, Parts Integration, Time Line Repair, Hypno-Analysis, Regular Regression and Progression, Life Enhancement

Hypnosis Heals Many Issues

Smoking, Weight, Stress, Self-Confidence/
Esteem, Allergies, Fears, Frustration, Drugs, Alcohol, Gambling, Relationships, Motivation, Catastrophic Illness Help, Pain Management, Sports & Job Performance, Student Study Skills, Obsessive Behaviors, Victim Desensitization.

The Next FALL 2006 Academy Dates Are

- Basic Course Sept 16-17, 23-24
- Advanced Course..... Oct 7-8, 14-15
- Advanced Clinical Course..... Nov 4-5, 11-12

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.

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 there 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)

THE SUMMER CHALLENGE

For those that accepted my challenge, share it with us at our September Meeting. I will give the person who I feel truly took the seriousness of my challenge my book, "Medical Legal Workbook for HypnoCounselors Free". I also created a challenge for myself, and at the NGH this year I went ahead and reached the goal I set for myself.

Developing Persistence & Perseverance

We learn from what we have & from what we don't have. We learn from where we are in the moment. In our practice these are called the "lentils." A jar of sitting lentils on your desk is a great metaphor for your moments in the day. Each moment is filled with possibility for health & preventing disease. At the same time it is filled with the possibility of just the opposite. When working to prevent disease our job is to persist in our pursuit of prevention knowing that "all lentils count." This metaphor keeps us out of immediate gratification & into long term health goals. Without this approach we tend to hang out in momentary lentils, feeding our immediate gratification with sugar, alcohol, nicotine, stress & the like promising that "tomorrow" we will clear things up & work towards prevention. Tomorrow rarely comes.

Nutrition and Food

We are a nation of addicted people heading down the paths of our ancestors only decades earlier. Most of us are addicted to sugar-based foods & high glycemics. We over-do on fats & junk. Some of us are hooked on nicotine or alcohol. All addictions are sugar related. Much of this is related to lack of education, manipulation by the food industry, stored emotional states & old programming of "comfort eating." Education is the key

ATTENTION

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



N.A.C.H.

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HypnoLink 2006 Newsletter

TO:

FIRST CLASS

New Advisory Board / Award for Dr. Gatto / Setting Up A Plan / Hypnosis in the Workplace / Developing Motivation / Upcoming Class Dates / Summer Challenge / Topic/Presenter

NEXT MEETING

SAVE	SAVE	SAVE	SAVE
W	Wednesday:	Sept., 20th 2006	W
W	Networking:	7:00 PM	W
W	Dinner:	7:30 PM	W
W	Meeting Place:	Galloping Hill Inn	W
W		Union, NJ	W
SAVE	SAVE	SAVE	SAVE

TOPIC

THE LAW OF ATTRACTION

With Nury Abreu

You can be and have anything you want if you know how to use "The Law of Attraction". The presenter, Nury Abreu will show you how to use this Law and to acquire anything you want and will prove it to you. Not by what she has acquired but by what you will acquire once she teaches you about the Law. You cannot afford to miss this opportunity to attract to you that which you desire.

Nury Abreu is a certified Advanced Hypno-Counselor in the state of New Jersey. She has been in this prominent field for many years and has throughout her adulthood studied all kinds of alternative approaches to life including Holistic Hypno-Counseling. Nury is also the coordinator of a support group "The Amazing Gathering". The group centers on helping each other with those questions that have been haunting us for so long and gives us a brand new perspective in how to live in the present. Living without the worries, stress, and pain that seem to overpower us everyday of our existence on this planet is a major goal of the group.

Start our Fall, 2006 NACH dinner meetings off with this self-stimulating presentation.