

NACH and the Greater NGH Chapter

National Association of Certified HypnoCounselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
**September 21st,
2011**

Presentation for the September 21st, 2011 Meeting:

PSYCHIC GALLERY.. Experiences.. Messages from Beyond with Judy Lewis

In this open gallery event Ms. Lewis will share some of her psychic experiences and field questions from the group. Messages from beyond or just every day concerns will be discussed. Join us for a fun evening that will raise your awareness of all things spiritual and help with directions on life's path. Judith has been deeply involved in psychic phenomena since an early age and active as a professional Astrologer for over 20 years. A recognized New York area psychic she has had her own cable show, has appeared on The Howard Stern Show, Psychic Evenings National, and other guest television spots. She writes several astrology related columns for publications including the monthly Star-Gazine for The Riverview Observer. In addition to managing and practicing via the physical shop Stargazing in Bayonne, Judith has taught adult sponsored education classes furthering her goal of educating the public through lectures and classes on the metaphysical subjects of Astrology and Tarot.

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UPCOMING 2011 MEETING DATES

September 2011 October 19, 2011 November 16, 2011

No sessions December & January and July & August

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

HEALING ENERGY CIRCLE

Patty Pedersen has conducted Healing Energy Circles so that persons that need healing may receive it from a group concentrating on sending this energy through the universe. Thought and prayer is extremely powerful and we are beginning to realize that Distant Healing is real and rewarding. This is a chance to expand your horizons and help others. We all benefit from the power of prayer and energy, and in a group the power multiplies rather than adds. You will be surprised to feel the energy yourself and to begin your own healing. You owe your participation to yourselves!

STARGAZINE September 2011 Horoscope with Judy Lewis

Aries ^- 3rd house issues of short journeys, communications, brothers and sisters all are the focus of the month. Could it be an older sibling is somewhat jealous of your good luck? No need to worry, a kind family member will find a way to help just when you need them. Support of a loved one arrives and wipes away all doubt. Good luck returns. Enjoy.

Taurus _- Recent legal issues have made you lose sight that you are truly under the protection of Jupiter.

Things could have been much worse than you have experienced. So thank the stars, you are safe, remain free, and are progressing. You cannot be everything to everyone; you must just be true to yourself. Looking back to this time fills you with wonder on how you remained unscathed.

Gemini `- After the August retrograde that brought worldwide upsets and even an earthquake hitting Washington DC you can be proud of your ability to survive 6th house issues. Work and service matters allow you to excel and may make you feel deserving of a promotion. Feeling good is the first step towards being good. Benefits anticipated now arrive at the end of the year.

Cancer a- Mars in Cancer, what an unlikely couple. The emotion of Cancer driven by the Moon along with the sometimes aggressive nature of Mars allows you to be more than forceful with friends. You ask for and receive all that you want. This star position ensures face to face confrontations resulting in success for the Crab. Enjoy this fleeting power.

Leo b-Mercury in Leo may find you voicing your opinions loudly in public. Quiet and reserved in social setting you now push your personal point of view on all those who might listen. Subjects from global warming to the perfect color of paint for a bedroom are spiraling in all conversations. Harsh words said now can never be taken back. The astral advice suggests silence is the best rule for September.

Virgo c-Your luck has returned and it could have not come back sooner. Saturn in the past held your feet to the fire as you learned

lessons beyond compare. Now peace and security are yours. Curl up, read a book, and count your blessings. The good times have returned.

Libra d-More activity than in previous months finds you somewhat overwhelmed. Running from project to project both day and night is the theme. Prepare for the changes of your solar return and know that life as you currently know it is about to change. All good and no worries but please realize that you are on the trip of a lifetime.

Scorpio e-The Moon in the 10th house governing your status and honor finds you in a mode to change your life. Emotions run high as someone accuses you of a misstep. They are wrong but they learn not to tempt a Scorpio if they don't want a sharp stinging. Happiness returns as an apology is well received. You are the strong and psychic one & know your power.

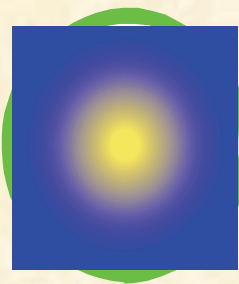
Sagittarius f Running on empty and working harder than usual combined with a heavy 12th house finds you worried and somewhat off your game. Get away for a well needed vacation for a day or a week. You return revitalized and are back. Good will and feelings of kindness towards friends are yours.

Capricorn g-Pluto breaks down the fiber of your life before it rebuilds a more stable base. The symbol of Pluto energy is the phoenix. Destruction and renewal are a part of life as we see in the seasons. Now you can shed the fears of the past. Saturn your ruler has at times prevented you from taking a chance but the stars encourage confidence and success.

Aquarius h - Money and professional rewards are highlighted in the month of September. A long awaited promotion may be yours. Remember you can do anything that you want and do it well. The Universe now requires an answer, what do you want? Ask and you will receive. Complete all projects and wait for the recognition that you deserve.

Pisces i- Look at the big picture and don't micro manage. You have succeeded at everything you've attempted. So pat yourself on the back and go forward with confidence. Don't allow minor problems at work to take you off stride.

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 Research & Theory.

By Scott C. Shelp, RN

Trance Logic.

Underlying many hypnosis theories is the concept of "trance logic," a state where language processing is altered, words are taken more literally and there is a decrease in critical judgment and an increase in tolerance for incongruity. From this, a number of theories about trance arose:

1. That trance is a form of psychological age regression.
2. That cognitive dissociation is a key element.
3. Trance can be seen as "contact with the unconscious [subconscious]."
4. Trance involves selective use of one hemisphere (specifically, the non-language side) of the brain.

The differences among the theorists fall into a few general categories. One theoretical division is that between the emphasis on a mental state and situation-related expectations (or Social Role Theory). Is there some actual change in the state of the brain under hypnosis or is the subject acting the way he or she thinks is expected? There is also a difference of emphasis on the hypnotic induction process (whether any special preparation must be performed to create a hypnotic state) and the condition of hypersug-

gestibility which apparently results. Many prefer to see hypersuggestibility as an end-point to which hypnosis is only one route.

Cortical Inhibition Theory focuses on the apparent decrease in activity in the cerebral cortex (specifically in the left hemisphere), perhaps the cause of the reduced critical thinking abilities of hypnotized subjects. However, this Pavlovian view has been criticized as overly simplistic. Any "left-brain / right-brain" dominance shift does not seem to be the primary mechanism of enhanced suggestibility.

HYPNOSIS AND THE IMMUNE SYSTEM

Self-Hypnosis Can Cut Stress and Boost Your Immune System

A number of studies have suggested stress can hinder the body's immune system defenses. Now researchers say people may be able to fight back with the stress-relieving techniques of self-hypnosis.

In a study of medical students under exam-time stress, investigators found

that those who received "hypnotic-relaxation training" did not show the same reduction in key immune system components that their untrained counterparts did.

The researchers looked at 33 medical and dental students during relatively low-stress periods and around the time of the first major exam of the term. Half of the students attended sessions where they learned to relax through self-hypnosis.

The investigators found that during exam time, the self-hypnosis students launched stronger immune responses compared with students who did not learn the technique. And the more often students practiced the relaxation strategy, the stronger their immune response.

In previous studies, the researchers found that stressful times may impair the body's wound-healing process and response to vaccination. They and other researchers have also found that relaxation techniques may combat these effects by relieving stress and boosting the immune system.

The data from this study provide encouraging evidence that interventions may reduce the immunological dis-regulation associated with acute stressors. *Journal of Consulting and Clinical Psychology* 2001;69

8 Superstar Spices Boost Health DOCTOR'S CORNER with Pat Conte, M.D.

8 Superstar Spices Boost Your Health

By Sylvia Booth Hubbard

Man has been using spices for thousands of years, and the desire for exotic seasonings spurred world trade and exploration. But in addition to making food taste great, modern science has discovered that spices are potent sources of antioxidants and other nutrients that help fight numerous diseases. Check out these spices, and find out how adding them to your diet can improve your health:

- **Cinnamon.** Research has shown cinnamon reduces inflammation and may help treat Type 2 diabetes by lowering sugar levels. Also, a study presented at a meeting of the Association for Chemoreception found that simply smelling cinnamon boosted several areas in the brain involved in everything from memory to attention and focus.
- **Cloves.** Cloves have been used as a treatment for toothache long before modern dentistry. Its anti-inflammatory properties also help ease the pain and stiffness of arthritis. A recent Japanese study found that cloves helped

suppress the growth of *E. coli*.

- **Cumin.** Cumin has been used for centuries to help digestion and fight bloating, but modern science has discovered cumin contains unique phytochemicals that spur a protective enzyme that helps protect the body against cancer. According to Dr. Ray Sahelian, author of "Mind Boosters," cumin may also inhibit blood clots and be beneficial in fighting diabetes.

- **Garlic.** Numerous studies have detailed garlic's cardiovascular benefits, which include lowering cholesterol and blood pressure. Some studies have suggested that garlic inhibits the development and progression of prostate, breast, colon, stomach, esophageal, and skin cancers in test tubes and in animals.

- **Ginger.** Ginger contains antioxidants and has been used as a treatment for nausea for hundreds of years. Some research has indicated it is effective in treating the pain of arthritis.

- **Rosemary.** Researchers at Kansas State University found that adding rosemary extract to ground beef reduces the cancer-causing chemicals that can form when meat is

cooked, especially at high temperatures. Anti-inflammatories in rosemary also boost immunity and may even lessen the severity of asthma attacks.

- **Saffron.** Australian researchers call saffron "nature's sunglasses" and say it may shield the eyes from damage caused by bright sunlight and even reverse age-related macular degeneration. Other studies suggest that saffron enhances memory and fights cancer.

- **Turmeric.** Studies show that turmeric, an herb used in Indian cooking, may treat or even prevent Alzheimer's disease, according to an article published in the *Journal of Biological Chemistry*. Other research has shown turmeric to enhance memory and improve cardiovascular health. A study at the University of Missouri found that curcumin, the active ingredient in turmeric, decreased the incidence of progesterin-accelerated breast tumors in animals. It also delayed onset of the disease and reduced the incidence of multiple tumors.

Combining spices into marinades adds flavor and nutrition to meats. Canadian researchers found that

marinades — especially the spicy varieties — are powerful sources of antioxidants and are a tasty way to add more heart-healthy and cancer-fighting nutrients to diet.

HYPNOSIS SAVES MONEY - Using hypnosis in the operating room could cut costs of some medical procedures in half. "Doing hypnosis on the operating room table certainly makes sense, but unless it saves money, you will not be doing it," said study author Dr. Lang, The NIH funded study followed 241 patients undergoing various medical procedures such as clearing blocked arteries. **All the patients were given standard medical care, including the option of self-medicating drugs for pain. **One-third was also given empathic attention from a health professional in addition to standard care. **Another third were given self-hypnotic relaxation techniques in addition to standard care as part of preparation for the procedure. Lang reported that the hypnotized group reported significantly less pain during the procedure. The hypnotized group also took significantly less time to complete their procedures and used half as much pain medication. Based on these and other findings, Lang calculated that the average cost for a procedure using standard care was \$638, while the cost for a procedure using adjunct hypnosis would cost \$300, cutting the cost by more than half.

Brain scans show how hypnosis works

Malcolm Ritter | 25th June 2009

HOW can a hypnotist paralyze your hand just with words? By making a part of your brain butt in on the process that normally makes your hand move, a study says.

So the brain region that's ready to move your hand ignores its usual inputs and listens to this interloper, which says, "Don't even bother," the research concluded.

It's "a kind of reconnection between different brain regions", said Yann Cojan, a researcher at the University of Geneva.

Cojan is an author of the study in Thursday's issue of the journal *Neuron*. It used brain scans to show what happened when 12 volunteers tried to move a hand that had been paralysed by hypnosis.

Results showed the right motor cortex prepared itself as usual to tell the left hand to move. But the cortex appeared to be ignoring the parts of the brain it normally communicates with in controlling movement. Instead, it acted more in sync than usual with a different brain region called the precuneus. That was a surprise, Cojan said.

The precuneus is involved in mental imagery and memory about oneself. Cojan suggests it was brimming with the metaphors the participants had heard from the hypnotist: Your hand is very heavy, it is stuck on the table, etc. So, he said, it might have been telling the motor cortex, "Oh, but your hand is too heavy, you can't move your hand." It's as if the motor cortex "is connected to the idea that it cannot move (the hand) and so ... it doesn't send the message to move."

For the research, 12 participants had their brains scanned while doing a task that required them to push a button with one hand or the other. For some sessions, they were hypnotised and told their left hands were paralysed. For other sessions, their mental status was normal. For comparison, six other participants simply pretended their left hands were paralysed. Dr Richard Frackowiak, a brain expert at the University of Lausanne in Switzerland who didn't participate in the study, called the new work a "very valuable addition" to research into hypnotic paralysis. Amir Raz, who studies hypnosis and the brain at McGill University in Montreal, said he found the work interesting. But he wondered if the results might partially reflect general effects of being under hypnosis, rather than the paralysis suggestion itself.

HYPNOSIS & COLOR PROCESSING IN BRAIN

Hypnotic Visual Illusion Alters Color Processing in the Brain

Stephen M. Kosslyn, Ph.D., William L. Thompson, B.A., Maria F. Costantini-Ferrando, Ph.D., Nathaniel M. Alpert, Ph.D. and David Spiegel, M.D.

OBJECTIVE: This study was designed to determine whether hypnosis can modulate color perception. Such evidence would provide insight into the nature of hypnosis and its underlying mechanisms.

METHOD: Eight highly hypnotizable subjects were asked to see a color pattern in color, a similar gray-scale pattern in color, the color pattern as gray scale, and the gray-scale pattern as gray scale during positron emission tomography scanning by means of [¹⁵O]CO₂. The classic color area in the fusiform or lingual region of the brain was first identified by analyzing the results when subjects were asked to perceive color as color versus when they were asked to perceive gray scale as gray scale.

RESULTS: When subjects were hypnotized, color areas of the left and right hemispheres were activated when they were asked to perceive color, whether they were actually shown the color or the gray-scale stimulus. These brain regions had decreased activation when subjects were told to see gray scale, whether they were actually shown the color or gray-scale stimuli. These results were obtained only during hypnosis in the left hemisphere, whereas blood flow changes reflected instructions to perceive color versus gray scale in the right hemisphere, whether or not subjects had been hypnotized.

What do we know about the degree to which a hypnotist can control a subject. Most hypnotists and hypno-therapists will tell you that hypnosis is not mind-control. They often state the subject is free to follow or not follow any suggestions given in hypnosis. Is this true? No less than Milton Erickson himself ran an experiment where the hypnotist attempted to force his will on subjects. Not only did subjects discriminate which suggestions they did and did not respond to, but also came up with ways to hurt or humiliate the hypnotist in retaliation for the attempt to control them!

Unnecessary Hand-Waving?

So what about those elaborate induction rituals? Are they necessary? If not necessary, do they enhance the results of the hypnosis in some way? The respected Theodore Barber promoted the view that induction was not necessary. He says the secret of hypnosis involved the ability to fantasize in a hallucinatory way and provide drama and excitement.

Consider this. A public figure makes a public address. From a simple podium with no ceremony, the listeners will hear the message. But when the speech is accompanied by colorful banners, stirring music and the attendance of respected dignitaries, the excitement we feel changes the way we take in the information. Suddenly it becomes much more important and the information becomes more reliable. Think of any situation that involves such pageantry (religious services, political campaign rallies). In most cases, the goal is to communicate something to the audience, to sway their opinions or change their beliefs. The inclusion of drama and emotion ensures that more people will "hear" what is being said. It is the same in hypnosis. The induction may not be necessary, but the anxious anticipation that "something" is about to happen makes the suggestions even more powerful.

In addition to research on the nature of hypnosis, there is quite a bit of literature examining the therapeutic applications of hypnosis or "hypnotherapy." There is evidence which supports the use of hypnotherapy for pain control, anesthesia, analgesia, certain skin conditions, control of bleeding, healing after surgery, enhanced cognition and learning, improved physical performance, strengthened immune response and others.

Other research areas which are not reviewed here include: the occurrence of psychic and extraordinary experiences while under hypnosis, memory retrieval under hypnosis, "false memory syndrome" and hypnotizability. Many important questions remain in the scientific study of hypnosis. Is an induction procedure necessary for the elicitation of a hypersuggestible state in a person? In what specific ways are cognitive functions altered in hypnosis? What is the nature of dissociation in hypnosis? This also brings to bear some central questions in psychology such as the very nature of belief, imagination, motivation, volition and compliance. We also need to know how a placebo works, how suggestions can affect dermatological responses, how imagination can produce the experience of a dry mouth, nausea, or an itch, and how coping strategies can affect the experience of pain.

While it is up to each of us to make our own conclusions about the hypnosis phenomenon, scientific research suggests there is something going on which changes individuals. This may be caused by some physiologic change, a person simply doing what he or she feels is expected or some other undefined process. For some, scientific evidence is not essential. If something seems to work, it works. And to an extent this is true. In the case of smoking cessation, it does not matter whether a person quits "cold-turkey," by taking Wellbutrin®, with hypnosis or any other method. When smoke no longer fills the lungs, the damage it causes stops. The ex-smoker is healthier and can expect a longer life expectancy. The research continues, as does the use of hypnosis for helping people live happier, healthier lives.

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NACH or NGH Members: \$425
Non-Members: \$475

Call to reserve your seat: 973 595 0460

Workshop Location:
SPRINGHILL SUITES
652 US Highway 1 & 9
Newark Liberty International Airport



ACADEMY OF PROFESSIONAL HYPNOSIS

FALL CERTIFICATION CLASSES BEGIN ON OCTOBER 1st, 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) Ask us for a copy of our New Jersey State License

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.

FALL SCHEDULE

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

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

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

EACH COURSE IS2 WEEK-ENDS SATURDAY & SUNDAY 100 hours of in class study

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

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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.

CEU Credit Hours

2011 MEETING DATE

Wednesday: Sept. 21st, 2011

Networking: 6:00—7:00 p.m.

Dinner: 7:15 p.m.

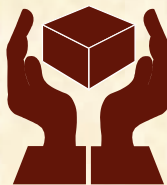
Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683

happening each year. The days turn



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS: To 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.

WWW.THINNERBANDHYPNOSIS.COM

The Imaginary Gastric Band Weight Loss Program

PLEASE SUBMIT ANY INTERESTING ARTICLES THAT YOU MAY READ

It is quite time consuming to search for articles, however so many of you use the internet and run across hypnosis articles that may be of interest to your colleagues. Take some time to help out with the Newsletter.

GREAT MEETING....GREAT BUFFET

We had a great buffets at our meetings thanks to the dedication of our NACH meeting coordinator, Joyce Rudinski. Thanks Joyce for the time that you put in to make sure that the menu is right for us, and also for the time that you put in at the table helping Dr. Gatto greet the guests of the evening

The Healing Circle of Patty Pedersen is always appreciated. This prompted Patty to do it again this upcoming meeting

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**CALL: Dr. John Gatto
(908) 964-4467**

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