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

HypnoLink 2006 Newsletter

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Board Members and Contacts

President

Dr. John Gatto, A.C.H.
Office: 908-964-4467

E-mail:

GGattohypno@aol.com

Web:

www.hypnoacademy.com

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Editor

Roxanne Cortese, CHP, A.C.H.,
Off: 908-561-1511
Fax: 908-561-7916

E-mail:

cj4yourhealth@comcast.net

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Joyce Rudinski, A.C.H.

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

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(payment due 5 days prior)

- *A students passion*
- *Upcoming workshops*
- *Deepening scripts*
- *Topic/Presenter*

A Student's Passionate Homework

At the Academy of Professional Hypnosis, we teach a basic level of Neuro Linguistic Programming (NLP) so that the students may become familiar with the dominant human learning channels (5 senses) so that the language used with clients may favor the dominant sense of the client. When a hypnotist uses words that appeal to the dominant sense of the client whether it be visual, auditory or kinesthetic, we believe that the message goes deeper into the subconscious mind because the communication is more readily understood and grasped by the client. In class, we utilize demonstrations, word choices, and reading of eye accessing cues. To further obtain more insights as to the dominant sense of each student, one homework assignment is for the student to write a story about a past or present experience, and then read it to the class the following week...whereupon the class will exchange thoughts as to the dominant sense of the student who wrote the story. Jorge Nolau read his story to the class and the class was spellbound. Everyone was silent and some had teary eyes. At the end of the story everyone clapped and expressed strong feelings about the content of the story. We asked Jorge if we could share this beautiful story with our members, colleagues and friends by publishing it in our Newsletter and he gave us permission. The story is contained in this Newsletter.

Moments in Time

Somebody told me to write you a story and this is the story I decided to share with you. We all have stories, but sometimes it takes the right storyteller to keep you interested. Live this life long enough and there is bound to be few good one's in the mix. I've learned many things in this life, but there are two I'd like to share with you. Number 1, you can never make somebody feel a certain way, think a certain way, or love a certain way. You can't make anyone love you the way you want to be loved. They can only love you the way they know how. So, if you have to tell someone how you want to be loved, then in all probability you won't receive the love that you want. Number 2, Don't ever judge anyone, no matter what. You haven't walked in their shoes, you haven't lived their life. You haven't tasted their defeat or basked in their victories. No matter what, you can't interpret their world through your eyes. Seems easy, doesn't it, but we all get caught up in putting other people in the boxes that we've surrounded our own lives with.

They say "a picture is worth a thousand words. You know what? I want to know who "they" are; take them out back and throttle them with Dr. Gatto's imaginary two by four. Give me a thousand words any day. Look at me. Take a picture and what do you get. Nothing! You don't know who I am. What I feel! What I love! What it took to get me here! The world that lives inside of me, that aches to be unleashed on this world. You don't know the passion that burns inside of me that was ignited from one moment in time.

One thing I've always been good with is dates. But it always seems that you remember the very things that traumatize you, if not for life, then at least for a good portion of it. On October 22, 1999, a Friday night around 6 pm, I called my wife at the time on her cell phone. In fact, I called her 4 or 5 times, and every time there was a pick up and disconnect, but on my last attempt, someone did pick up, but there was no disconnect. So, for the following 20 minutes I heard my wife in a hotel room with her boss. Nobody can prepare you or even explain to you what follows when your whole world collapses around you. Breathing becomes a chore. It's as though the very air that your body craves escapes and there's no way to get it back. Everything and everyone moves in slow motion. You see things moving so slow that you can't comprehend how someone tampered with reality. Something died in me that night; hope, dreams, innocence. Years later when I contemplated this slowness of everything around me, I realized that everybody and everything was moving at the same speed, but the world inside of me was rapidly accelerated. So, for the next few weeks I didn't eat or drink much of anything. I died, not physically, but emotionally, I was gone. Continued on 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 Hypnocounselors, (NACH), nor of its editors or officers.

ENERGY PSYCHOLOGY

Joaquín Andrade, M.D. David Feinstein, Ph.D

Despite its odd-seeming procedures and eye-raising claims, evidence is accumulating that energy-based psychotherapy, which involves stimulating acupuncture points or other energy systems while bringing troubling emotions or situations to mind, is more effective in the treatment of anxiety disorders than the current standard of care, which utilizes a combination of medication and cognitive behavior therapy.

Treating Anxiety

During any six-month period, nine percent of Americans are afflicted with an anxiety disorder—panic disorder, post-traumatic stress disorder (PTSD), specific phobias, social phobias, obsessive-compulsive disorder, or generalized anxiety disorder (background information for this section was drawn from the website of the American Psychiatric Association, www.psych.org). While anxiety is an emotion designed to cause us to either flee from danger or to be fully focused and motivated in situations that demand effective action, if the mechanisms that control this process become impaired and anxiety will not turn off or goes into overdrive for no detectable reason, the experience is hard to bear. In addition to psychic distress that can be overwhelming, anxiety disorders often interfere with a person's ability to function. They not only occupy the mind with panic, consuming fears, excessive worry, terrifying flashbacks, or horrific scenarios, they can permeate the body with shakes, nausea, a racing heart, stomach upset, aching muscles, fatigue, numbness, restlessness, or insomnia. In the circular grip of chronic anxiety, fear of the next episode becomes yet another source of anxiety. People cannot usually just will themselves out of this condition, however strong their desire.

Over two dozen separate studies were conducted with 29,000 patients coming from the 11 centers in South America over a 14 year period. Approximately 2,500 patients were in each group, with diagnoses including panic, agoraphobia, social phobias, specific phobias, obsessive compulsive disorders, generalized anxiety disorders, PTSD, acute stress disorders, somatoform disorders, eating disorders, ADHD, and addictive disorders. "Positive clinical responses" (ranging from complete relief to partial relief to short relief with relapses) were found in 63 percent of those treated with CBT and medication and in 90 percent of those treated with tapping techniques. Complete freedom from symptoms was found in 51 percent and 76 percent, respectively. The number of sessions required to attain the positive outcomes also varied between the two approaches. In one of the studies, 96 patients with specific phobias were treated with a conventional CBT/medication approach and 94 patients with the same diagnosis were treated using a combination of tapping techniques and an NLP method called visual-kinesthetic dissociation (the patient mentally plays a short "film" of the phobic reaction while watching it from a distance, and then rapidly rewinds and replays it, gradually entering the film, until a "dissociation" from the triggering event is effected). Positive results were obtained with 69 percent of the patients treated with CBT/medication within 9 to 20 sessions, with a mean of 15 sessions. Positive results were obtained with 78 percent of the patients treated with the tapping and dissociation techniques within 1 to 7 sessions, with a mean of 3 sessions. (These are compilations from the original article) (See [HYPNOTAPPING](#) page 3)

Continued from page 1

Moments in Time

Needless to say, months later I grabbed my clothes, threw it in the back of my Jeep and I was on the road to being a statistic. The story doesn't end there, because that's not who I am, that's not what I believe. I believed that there was a happy ending in my life, in my future. **Guess what?**

I met a beautiful woman, I mean unbelievably gorgeous. She worked for the same company, but at a different location. Not only was she beautiful on the outside, but inside as well. Her smile, her aura, just lit up a room. But never in a million years, could I imagine that this classy, beautiful woman who had it all going on would see anything in me. This is probably the first time in history that anyone's low self esteem would be their main asset. I was just me. I never thought I had a chance, so I was comfortable.

She called me up one beautiful day in February and told me that she had received a new beeper and she set it on vibrate and that I should call her to see if it worked. Yep, I beeped her. Well, about the twentieth beep she finally called me back, and I heard this angelic voice laughing and giggling. We chatted on email and then she heard from one of our co-workers that I write poems and short stories.

"Write me a story", she said. Well..... I did. 12 pages later, I sent her the most passionate story with her and I. as characters. The next day she called me and asked if I would be interested in going out with her for a drink. I was bewildered and shocked and thought that there would be a candid camera prank at the end of this night.

We met at Chi-Chi's in Secaucus. I parked my car and realized that my heartbeat was so loud that everyone else around me could hear it. I walked into an almost empty bar and there she was; cascades of blonde hair and a smile that put me at ease. I have a vague memory of the next half hour of conversation, so forgive me. In the midst of words that I believe I was speaking; it happened; she leaned in.... and kissed me. It wasn't just a kiss. She kissed me with her soul. Her delicate hands caressed my face and she kissed me. That was the day that my heart realized what passion was. That was the day that I was reborn.

That kiss inspired me to write her a poem of that very moment of my awakening.

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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

2007 Feb. 3,4,10,11, 24,25 March 3,4, 17, 18, 24, 25 2007
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Dr. John Gatto and Tony DeMarco, LL.B Ph.D

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A KISS

“Looking, but not touching, my eyes immersed with only
you. Speak, a melody. Makes a heart vibrate with hope.
Distracted by your beauty, Enchanted with your voice,
our worlds meet, our lips touch. I am conquered. Taste, I
am stirred, my senses ablaze with you, caressing your
face, dancing in your eyes, I am overwhelmed by this. A
kiss lasting a lifetime, A lifetime remembering a kiss,
Vanquished to a world few have known. Alive in a place
where your lips were mine. Mortality seeps in, the kiss
still eternal.”

I have been kissed like that for the past six years. I am
the luckiest man alive. All these words total out to a little
over a thousand words. A picture could never have told
you about the world that exists inside of me.

**Somebody told me to write you a story and this is the
story I decided to share with you.** J M Nolau

BEST FRIEND DEEPENING SCRIPT

(This deepener is a variation of Milton Erickson’s “My Friend John”
method. It works well for resistant subjects as most people like to help
others or show them what to do; consequently the subject, in showing
his best friend how to go into trance, goes into trance himself)
“See that chair over there? I’d like you to imagine that your best friend
is sitting there, wanting to be hypnotized, and that you’re the one who
is going to show him how to do it. So form an awareness of how your
friend looks, whilst sitting there. Give the instructions to your friend
after me (in your mind, if you wish).” “Tell your best friend to close
his eyes. Tell him to relax the tiny muscles around the eyes. Are they
relaxed? Good, now tell him to relax all of the facial muscles and very
slowly, very gradually, talk him through relaxing the rest of his body,
working down from the head to the toes and the shoulders to the fin-
gertips.” Give a long pause to allow your subject to carry out this
instruction, intercepted with “that’s right” “good”, “relax”, very softly.
Watch your subject for muscle relaxation and change of skin color.
“Now tell your best friend to breathe slowly, and deeply, in and out,
deeper and deeper. Now tell him that in a moment one of his hands
will begin to feel light and floaty. He might begin to wonder whether
it will be the right hand or the left hand. Tell him that those fingers are
lifting ever so slowly, ever so gently, off his lap (or wherever the hand
is resting), and it is beginning to float all the way up.” This is an ex-
cellent tester to see how your subject is responding. By now his own
hand should begin to lift, and when you observe the signs of this, en-
courage the movement by saying “lighter and lighter”.
“And when his hand touches his face you go into a very deep trance.
You hear everything that I say but you feel so comfortably relaxed
that you just want to sink deeper and deeper down into that wonder-
ful feeling, and you do.”

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%.

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 hyp-
nosis 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 in-
formation 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

