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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

Board Of Directors

Anthony F. DeMarco, L.L.B. PhD
Lucille Durso, C.S.J.P.A., A.C.H.

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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3RD Wednesday of each month

Hypnosis could help soothe anxiety before surgery, new research shows.

Oct. 25, 2005 -- Doctors at Yale University's medical school reported the news at the American Society of Anesthesiologists' annual meeting. They tested hypnosis on a small group of adults right before outpatient surgery.

Their finding: Hypnosis worked. After one hypnosis session, patients were less anxious about their operation than they had been just half an hour before.

Less Anxiety Before, Less Pain Later

Why do pre-surgery jitters matter? They've been linked to greater pain, increased need for painkillers, and longer hospital stays after surgery, write the researchers.

"We all know that anxiety increases the chances of postoperative pain, postoperative analgesic consumption, and also hospital stay and recovery," researcher Haleh Saadat, MD, tells WebMD.

"We were hoping that by using behavioral modification like hypnosis programs, preoperatively, we can get rid of the [postoperative] complications," she says.

Saadat is an assistant professor of anesthesiology at Yale's medical school.

Pre-surgery Jitters

Saadat's study included 76 patients of similar backgrounds. They were approached in a waiting room before getting any type of outpatient surgery.

First, the patients took surveys that gauged their anxiety level.

Then, 26 patients got a 25-30 minute hypnosis session. Another 26 patients got caring attention and support for the same amount of time. For comparison, 24 other patients just sat there for half an hour, without hypnosis or special attention.

Next, all of the patients took the anxiety surveys again. They took the survey a third time -- right before surgery, in the operating room, where they "saw the knives and everything," says Saadat.

Easing Anxiety

Patients were less anxious after hypnosis, even in the operating rooms, the surveys showed.

Right after hypnosis, anxiety levels were 68% lower than in the waiting room. In the operating room, the hypnosis group's anxiety levels were still less than half of what they had originally been, says Saadat. Caring attention helped a bit at first, cutting anxiety by 10%. But the effect wore off in the operating room, when patients' anxiety level was 10% higher than it had been in the waiting room. The comparison group fretted the most. Their anxiety levels were up 17% in the second survey and then shot through the roof. Those patients' anxiety levels were 47% higher in the operating room than in the waiting room.

Soothed by Hypnosis

Hypnosis can be used for many purposes, such as weight loss and smoking cessation, notes Saadat.

"For our study, we were looking to decrease anxiety," she says. "We [gave] them the suggestion of well-being and relaxation while they were in a trance." Patients who got caring attention got encouragement and attentive listening from one of Saadat's colleagues -- but no hypnosis.

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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.

Clinical Hypnosis: Not a Stunt, but a Focused Mental State

Note: Excerpted from a Washington Post Article of November 8, 2005

The following is from materials compiled by the American Society of Clinical Hypnosis

Hypnosis is a state of inner absorption, concentration and focused attention. Employing hypnosis is like using a magnifying glass to focus the rays of the sun. When our minds are concentrated and focused, we are able to use them more powerfully.

Everyone has experienced trances, but we don't usually associate those events with hypnosis. All of us have been so absorbed in thought -- while reading a book or riding the bus to work -- that we fail to notice what is happening around us. While we were zoned out, another level of consciousness, our unconscious mind, took over. These very focused states of attention are similar to hypnosis. Clinical hypnotists do essentially three things:

They encourage the use of imagination. Mental imagery is very powerful, especially in a focused state of attention. The mind seems capable of using imagery, even if only symbolic, to embody the things we imagine. They present ideas or suggestions to the patient. In a state of concentrated attention, ideas and suggestions compatible with the patient's desires seem to have a more powerful impact on the mind. They facilitate unconscious exploration, to better understand underlying motivations or identify whether past experiences are associated with a problem. Hypnosis avoids the critical censor of the conscious mind.

Myths About Hypnosis: People often fear that being hypnotized will make them lose control, surrender their will and result in their being dominated. Many people base these assumptions on stage acts but fail to take into account that stage hypnotists screen volunteers to select those who are cooperative and responsive to hypnosis. Stage acts can discourage people from seeking legitimate hypnotherapy. Another myth about hypnosis is that people lose consciousness and have amnesia. The majority of people remember everything that occurs in hypnosis. *The Society lists the following uses for hypnosis:*

Treatment of gastrointestinal and skin disorders such as irritable bowel syndrome, colitis, eczema, herpes, psoriasis, warts. **To relax patients before surgery**. (In very rare cases -- such as allergy or chemical sensitivity to anesthetics, or if a patient must remain conscious and responsive during surgery -- hypnosis is used as the sole anesthetic.) **Pain relief** from back problems, cancer, headaches and arthritis. **For burn patients**, to reduce inflammation and promote healing. **To control nausea and vomiting** associated with chemotherapy and pregnancy. **During childbirth** for relaxation and occasionally as the sole analgesic for labor. **To assist in therapy with victims of crimes** such as incest, rape and physical abuse.

Other areas of application include: allergies; anxiety and stress management; asthma; bed-wetting; depression; sports and athletic performance; smoking cessation; obesity and weight control; sleep disorders; Raynaud's disease; high blood pressure; sexual dysfunctions; concentration, test anxiety and learning disorders.

Continued from page 1

Next Steps

Hypnosis was "effective" at treating pre-surgery anxiety, writes Saadat's team. They call for more studies to confirm their finding. Saadat and colleagues are already working on another study to see if pre-surgery hypnosis curbs pain, nausea, and vomiting after operations. Those results will "hopefully" be available in a year or so, says Saadat.

Medication or Hypnosis?

Saadat says she's often asked about calming anxious patients facing surgery with medications instead of hypnosis.

"The answer that I always give is that first of all, most hospitals in the United States don't give medications to relieve anxiety routinely because there is no one there to monitor the patient," she says.

"The other thing is that the medications that they use [are] very short acting, and it doesn't have any postoperative effect for the patient," Saadat continues. She says her team is working to extend anti-anxiety effects before, during, and after surgery.

SOURCES: American Society of Anesthesiologists' annual meeting, Atlanta, Oct. 22-26, 2005. Haleh Saadat, MD, assistant professor of anesthesiology, Yale School of Medicine. News release, American Society of Anesthesiologists.

Tony DeMarco submitted both articles, Thank-you

Welcome back and Happy New Year to all our members. What's your New Years Resolution for 2006?

Mine is marketing better and more often. Take some unique workshops with new modalities and thoughts to add to my practice and meditate more to bring about a wonderful busy profitable year.

Don't forget to start early with thinking about IACT and NGH Conventions
Information to be in next newsletter



ALERT

THIS NEWSLETTER IS NOW SWITCHING TO INTERNET EMAIL DELIVERY ONLY

The cost of paper and postage has forced us to discontinue hard-mail, and its easier to save and forward to friends Please email your email address to info@hypnoacademy.com If you have no email, please telephone.....

Dr. John Gatto at 908-964-4467

Asthma:Children/Adolescents with relaxation

Contributor: Horace Simmons

ABSTRACT: Clinical experience has often suggested that having asthmatic patients sit quietly and/or relax during asthma attacks is helpful. The present study was an attempt to provide a controlled experimental demonstration of the effect of systematic relaxation on peak expiratory flow rate in asthmatic children. Eighteen male and 18 female asthmatic children were divided into two groups matched for mean age, sex composition and asthma severity. One group of subjects underwent three sessions of modified Jacobsonian systematic relaxation training, while the second group sat quietly for three sessions. Peak expiratory flow rate measures were obtained prior to and following each session. It was found that relaxation subjects manifested a significant mean increase in peak expiratory flow rate over sessions compared to a non-significant mean peak expiratory flow decrease for control subjects. It was suggested that these results have important implications both for the clinical treatment and the understanding of bronchial asthma.

Sixty college men, divided into three equal groups, each attended two induced stress sessions in which their physiological, psychological and performance reactions were measured. Their responses were compared to determine if valid stress reactions could be induced through suggestion in an altered state (in this case, hypnosis), and also to determine the validity of such reactions if the subject had never before experienced that stress situation. It was demonstrated that valid stress reactions can be induced in an individual with the aid of suggestions, especially if the real stress situation has been experienced before. If no previous experience with that real situation exists, the subject still exhibits stressful reactions; however, the closest resemblance to real stress is found in the subjective or psychological measures, less similarity is found in the physiological measures, and the least similarity is found in the performance measures. **Contributor:** Richard Bloom

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

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.



Keep the education going. Always learn something new to add to your practice to keep a step ahead of other hypno-counselors. Tell us what else you would like to learn about and we will add it to our workshop schedule.

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:
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UPCOMING MEETING DATES FOR 2006

At Galloping Hill Inn Union, NJ.
Clip out and save, or put all dates in your appointment book

- February 15th.....June 21st
- March 15th.....Sept. 20th
- April 19th.....Oct. 18th
- May 17th.....Nov. 15th

Emotional Stress and Eyewitness memory

Although not addressing hypnosis specifically, this is a comprehensive review of literature on memory for negative emotional events relevant to issues of hypnosis and memory. The final conclusion is that emotional events are indeed remembered differently than neutral or ordinary events and are well retained with respect to the event itself and concerning central, critical detail (not peripheral detail). Such memories seem less susceptible to forgetting. There is evidence for dissociation between memory for emotional information and memory for specific event information. There is also evidence of amnesia or memory impairment effects after high-arousal events, with memory increasing as more time passes after the event. The functional amnesia effects are probably due to an interaction between altered encoding operations and the specific retrieval circumstances aiding consciously and unconsciously controlled reconstructive processes. There is little evidence to support Loftus' contentions that emotional stress is bad for memory.

Contributor: Jean Holroyd, UCLA



N.A.C.H.

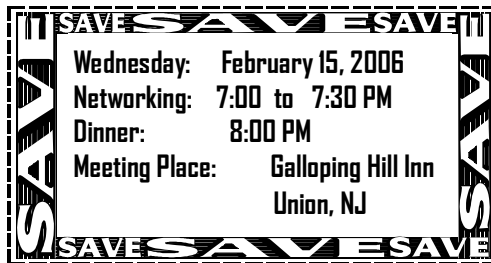
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HypnoLink 2006 Newsletter

TO:

FIRST CLASS

NEXT MEETING



TOPIC

**Communication with the
Higher Spiritual Realms
through Deep Trance States**
With Jane Doherty

This will be an extraordinary evening you won't want to miss!

Jane Doherty, hypno-counselor and renowned psychic, reached deep trance states and the psychic level of her mind by using hypnosis. Not only did she develop the ability to see into the future and to communicate with the dead, but she also learned how to go beyond the physical world to make contact with the higher spiritual realms- where guides and angels reside. The ability to communicate information from that realm is called Channeling- a phenomena that dates back to ancient days.

In this exciting presentation Jane will give a brief overview of channeling including its history, as well as, explain how she developed the ability. She will demonstrate her ability to go deep into trance and channel information from the spiritual realm. A select number of audience members will be chosen to address questions to Jane's guides, while she is in a deep trance state.

Jane Doherty, who has been featured by major news media, including The New York Times, the Today Show, CNN, MSNBC, and Fox, co-hosted a psychic call-in show for eight years, recently published a new book, and is starring in a new television series, "Dead Tenants", on the Learning Channel. As president emeritus of the Jersey Society of Parapsychology for a dozen years, Doherty was named by Dr. Hans Holzer, as one of America's "Top 20 Psychics."

Her book, *Awakening the Mystic Gift*, reveals her personal story and sheds insight on how you can develop the psychic within you. The Philadelphia Inquirer, New York Post, The Industry Standard, Woman's World Weekly, The Bridal Guide, and numerous publications have highlighted her work as a ghost-busting, paranormal expert. She has also been on the Telemundo TV Network, and reviewed by Reuter's news media in Australia, Russia, England, Germany and Austria.

Jane has assisted law authorities, has been retained as a government witness in a mail fraud case involving psychic claims and has added to the history of NJ when her services was used for an archeological dig. She has inspired a song by Simon Lake (Janesong) and inspired an off-Broadway play (*Dance, My Darling, Dance*).

MAKE RESERVATIONS EARLY, last time we had to turn people away because they had no reservations **The room was FULL**