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HYPNOLINK 2006 NEWSLETTER

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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

- *Psychosomatic Lies*
- *How Clinical Hypnosis Works*
- *Important Information*
- *Meeting Dates*
- *Education Dates*
- *Please Help the Editor*
- *See you in the Fall*

PSYCHOSOMATIC LIES

By Tony DeMarco

The subconscious mind has been lied to innumerable times since we were born. Not one of us escapes these lies, and you must always consider this when working with your clients. If we are not immune to subconscious acceptance of lies then neither are our clients. We are one of them and they are one of us. About 15 years ago I was having a conversation with a Naturpathic Doctor and we were discussing psychosomatic illnesses. I was of the opinion that 70%-80% of all illness was psychosomatic in nature, that the subconscious mind caused that percentage. He retorted: "100%". Our human frames of references relative to the conscious and subconscious minds are so limited that proving or disproving diverse statements is near impossible, and I had no way in knowing if even my 70%-80% was correct, so I just filed that 100%.

Psychosomatic illness starts with a negative imprint or thought in the subconscious mind, usually but not necessarily at a very young age with 3 years old and beyond being quite responsive. The imprint is then confirmed and reinforced with other negative thoughts, happenings, words, and attitudes as the years go on. We all know that the past 70 years has brought enlightenment to the medical professions wherein it is recognized that the whole person must be treated and not merely the body. No one doubted that the condition of the body affected the mind, but now it is realized that the reverse is true, that the mind affects the body, negatively and positively. But sadly, recognition and realization does not culminate in actions commensurate with these conclusions. And proper action when dealing with the mind is further hindered by those who cannot accept the concept of the subconscious mind nor the strength of the subconscious. However the traditionalists' shortcomings help create our strengths. We hypnotists thrive on the understanding of the workings of the subconscious mind, for, purely and simply, this is the embodiment of our work.

We laughed at witchdoctors, medicine men, shamans, and snake-oil salesmen before we realized that a certain percentage (or all?) of disease is psychosomatic in nature, that the physical treatment was ineffective, and that the psychological work was the curative factor. The minds were purged of the effects of the cause by the effect of the traditions and the words and demeanor of the witchdoctor. His 'medicine' was stronger than the imprint, therefore the symptoms disappeared. It may be considered a 'placebo', or that the negative fire was fought with a stronger positive fire, but whatever it was, it wore a mask and paint, and thoroughly understood the culture that was running through the entire being of the patient and himself.

Tension, fear, anger, disgust, terror, disappointment, lack of love, and loneliness all settle in the child-adult subconscious mind, and these negative imprints ferment for many years and wear many disguises. The subconscious mind is thousands, if not millions of times more powerful than the conscious mind. How many times personally have your conscious desires been overpowered by your subconscious mind? Too many to count nor to remember. Anecdotal narrations of actual cases and other happenings do not rise to the level of scientific proof, so the nay-sayer's will continue saying 'nay'. There are examples of children who were seriously undersized and grossly immature in their speech and behavior. When a new setting of warmth, and care, and love was furnished, the children flourished very quickly. When the children were returned to their plight, they stopped growing properly and lost weight. Exposure of a young child to anger, hatred and resentment causes emotional shock which manifests itself later in life as a psychosomatic illness. In many cases where overprotection prevails the children adopt the fears of the parents and are also prone to believe that they are losing their parents' love and this belief, it has been said, can bring on the symptoms of asthma.

Con't.....Pg.3

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.

How Clinical Hypnosis Works

Clinical hypnosis is the application of this technique to support medical concerns. It is not a mystical power nor is it something administered to you like medication. It is simply the natural process of tapping into our enormous self-healing resources.

Because the subconscious mind is the control center for all bodily function it can be led in many positive directions. The information offered with hypnosis mobilizes and maximizes a client's physical and emotional response to recovery and maintaining health.

Clinical Applications

- **Intensive Care:** Clients can block out distractions and reduce discomfort, which improves their ability to get quality rest and speed up recovery time. Clinical hypnosis reduces stress, balances blood pressure and heart rate, which minimize complications. It can also be used to reduce secretions, bleeding, improve immune response and make procedures more tolerable.
- **Oncology:** Hypnosis lessens stress, anxiety, pain, nausea and vomiting. It reduces respiratory distress and even helps prevent hair loss. It increases confidence and self-image. Clinical hypnosis helps ease the acceptance of physical restrictions or even managing end of life transition.
- **Pediatrics:** What better gift to give a frightened child than control during a time of crisis. Children have active imaginations and respond very well to hypnosis. It can melt away fear; increase their relaxation and focus making it easier for them to understand instructions, procedures and treatments.
- **Surgical:** Clinical hypnosis can reduce anxiety, pain, stress and bleeding. It promotes rapid healing and improved immune response. These clients can better manage post-op pain and nausea. They use less medication and avoid the side effects that go with it. Those who are relaxed going into anesthesia are relaxed coming out of it.
- **Internal Medicine:** It improves immune response, which minimizes infection; it can decrease inflammation, and relieves tension and migraine headaches. Hypnosis is also helpful for weight loss, arthritis, improved self-image and irritable bowel syndrome.
- **Mental Health:** Hypnosis relieves symptoms of despair or sadness, fears, phobias and addictions. It can put the client in control. They get to play an active role in their own recovery, which adds to an increased sense of fulfillment ensuring long-term success.
- **Dentistry:** Hypnosis helps minimize anticipatory anxiety, bleeding, gagging, pain, excess salivation and distorts time perception making procedure seem to go by quickly. Hypnosis can also help establish a positive association with dental care promoting routine care.

Summary

Clinical hypnosis offers clients an oasis of relaxation and control when they need it most. They have a shorter length of stay, use less medication, have fewer complications and feel like they were a part of the team. Hypnosis can blend nature and science with dramatically positive results. And clients who go on to become practitioners of self-hypnosis can make positive changes in many other areas of their lives as well.

Paul Gustafson RN, BSN, CH runs Healthy Hypnosis of Burlington, Massachusetts. He is a Registered Nurse.

REMEMBER, the GREAT AMERICAN SMOKE OUT IS IN NOVEMBER, start preparing and marketing now. Get free ads on Radio, free rooms at hotels to do the seminars, free flyers from Stables. Go for it.

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

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.

The Next 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

REMEMBER to write all dates for the meeting in your Appointment book. IT IS always the 3rd Wed. of the month. Except July And August, no meetings.

Con't.....

When the imprint is properly processed, the imprint is sent to centers of our being, but without harm; improperly processed, it goes to these centers causing harm. Have you ever heard of 'emotional contagion'? There was a great aunt who disliked liver and eggs, and when she fed a 4 month old infant, the aunt treated that food with disdain to the point that the infant 'caught' the feeling and refused to eat the food. The mother was sharp and put and end to the contagion. Silent messages are as powerful as those with sound. You have also witnessed body movements and knew what the person was thinking, and all of you have picked up on negative vibes and positives vibes of other people. I read of a case that is truly demonstrative of the power of the subconscious mind. A spinster who was born to cold parents and received no love whatsoever for she was an 'unwanted child', was diagnosed with 'heart disease with cause unknown'. The patient had such hatred for her mother that she dreamed of her mother shoveling coal while being in the ovens of hell. The patient hated her mother's birthday and her own for she cursed being born. She always wanted to die on her own birthday to show this resentment of being born. Her desire was fulfilled. The psychosomatic heart condition was programmed to perform its last act on her birthday, and it did it promptly and well!!

Con'tPG.1

The body responds to repressed and unwanted thoughts, ideas and concepts that the conscious mind does not presently hold, for the subconscious mind literally accepts what is given to it. It is not fooled; it is just not logical. This is why we, in our work, can tell the subconscious mind lies.....'good, healing lies'!! Think of the child who is hit on the back after falling and being unable to catch her breath. After the mother slapped her on the back to bring her breath back, the child thought that her mother did not love her because of the slapping. There was also the tale of the 18 year old girl who suffered because she thought her mother hated her since she was 4 years old. She was choking on something and her mother hit her very strongly to disengage the food. Two ribs were broken in the process and the girl imagined that her mother did not love her since, as the misinterpretation of the mother's actions was registered in the subconscious mind and was festering for the past 14 years. Be careful of what you say or is said to you: "You make me sick to my stomach. Someone is a pain in the neck. Sin always bring suffering. she's ugly. Doctors who say 'You must learn to live with it'.....or what? Die if you cannot learn to live with it?"

WELL NOW....Think well, speak well, act well, listen to only 'well', and stay well forever.

I am again asking our members to help me find articles, or send in something you have seen relating to hypnosis. I am only 1 person and I would love for all of you to share what you read, or learned with all our other members by putting it in the newsletter. Also you can use the newsletter to place an ad to other members if you have something to sell, looking for a special book to purchase or ask a question. I look forward to our Fall meeting when we pick up again with some new thoughts and presentations. As always, it is you, the members, that help to keep our chapter going. Thank-you

Our September Newsletter will have a lot of information about the NGH convention. It is the highlight of the year for education and meeting old friends and sharing all the things we have used and done all year. Mark your calendar for next year, always the 2nd week-end in August. You come back revived, energetic, and ready to add new modalities into your practice. It is a must.

Roxanne Cortese

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.

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



N.A.C.H.

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HypnoLink 2006 Newsletter

TO:

FIRST CLASS

Psychosomatic Lies / How Clinical Hypnosis Works / Meeting Dates / Important Info / Get Involved /

**NEXT
MEETING**

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

TOPIC

THIS SPACE CAN BE YOURS

Anyone interested in being a presenter please call Dr. John Gatto at 908 964 4467. With all of our members in private practice, there must be somebody who would like to share a new technique or teach us old dogs some new tricks. Also, give us some ideas of topics of interest for you. NLP, EFT, Scripts, Inductions, Types of Relaxation, Energy/Reiki night, OPEN FORUM night, Child-birth, Smoking, Weight Loss, exchange night, Sports, etc. Without the input from our members, we cannot give you what you want. Sometimes we get stuck, we're human. There's always something someone sees on TV and is curious about. Join the team at NACH, ask, give, receive, teach, learn. We need each other, we are in a lonely profession and need to share and pick each others brains. Have a great summer, get out of that office and come to the NGH convention in August, you won't be sorry. **Roxanne, Editor in Chief.** See you in September