



HYPNOLINK 2005 NEWSLETTER

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Chapter Dinner Meetings

Members.....\$20.00

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AT The Door..... \$2.00 Extra

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(payment due 5 days prior)

3RD Wednesday of each month

INSIDE THIS ISSUE

- Dreams and Hypnosis
- Dreams and Healing
- Energy work
- Hypnosis in the News
- 2 minute Rule
- Q/A New Thought?
- Alert News
- Add Years to Your Life
- What is Relaxation
- Topic/Presenter

DREAMS and HYPNOSIS

The role of the hypnotist is not to interpret a dreamer's dreams by using dream symbol books. The role of the hypnotist is to ask questions to allow the dreamer to understand the dream and its relationship to his/her life. Having your client maintain a dream journal to share with you, will help you to understand more completely his or her issues.

1. *Dream Incubation Technique*
Teach your client to incubate a dream by inducing the feeling of relaxation and meditation. Concentrate intensively on a particular problem. Formulate what is wanted to be known into a question and repeat that question over and over again in the mind, thus programming the dreaming mind to take over when falling asleep. Under hypnosis, suggest that the client will have a powerful dream that will cause her/him to wake up and record the dream. Suggest that the dream will give insight into the current problem.

2. *Guided Re-Entry Technique*
Under hypnosis, help your client to re-enter the dream and experience it more fully as well as possibly resolve it. Ask questions of the dreamer to evoke responses relevant to the dream and to connect it to what is going on externally.

3. *Sharing a Dream with a Partner or Group: A Step-By-Step Guide*

- Sit in a circle in a relaxed or meditative state.
- While concentrating on the dreamer's words, the group hears the dreamer read his dream, concentrating on the dream as if it were their own.
- One by one, the listeners tell their reactions and projections to the dream to give insight to the dreamer. They do not interpret the dream for the dreamer; they only tell what the dream evokes for them.
- The dreamer uses these projections and relates them to real-life events surrounding the dream, possibly considering other interpretations.
- The group or partner has an ethical responsibility to keep the dream confidential.

DREAMS and HEALING



1. Healing is the process of bringing resolution to oppositions in the body, soul, mind, and life. This means that the way to heal is to face conflict rather than to avoid it.

2. Healing includes dealing with the fear or adversity in our dreams so that it is resolved.

3. We can even use dream-work to heal the dream itself or allow it to go to a natural resolution of conflicts.

4. Healing, like hypnosis, involves removing inner blocks and evoking integration in oneself and one's life.

5. The need for healing is actually a spiritual issue to find wholeness (integration of all parts of the self) and new meaning to life.

By Grace E. Smith, Ph.D., C. Ht.

THE 2 MINUTE RULE

Remember this two-minute rule? This is a reminder to keep using it.

The two-minute rule says that if you can do a task in two minutes or less you do it right then. That means you can sort the mail, fill the dishwasher, put away a jacket, take out the garbage, and so on. What can you do this week that you usually put off but can now just get it done in two minutes?

The start of a new month is here (as well as Fall) and that means its time for the **Use It or Lose It Clutter Challenge!**

Sometimes we can get stuck with our clutter because we are not sure where to start. This is one of the best jump-starts ever! Get up out of your chair whether you are home or at work and grab the first 15 items you have been meaning to do something with. Grab anything that is broken, missing pieces, old, not loved, too small/big, you get the picture. Dump it all! Remember tossing it doesn't always mean throwing it away, you can donate it, pass it along, or recycle it. An organized home/office clutter free represents you as your new client walks into your office.

Ever Thought of Bringing Energy Work into Your Practice?



Whether you are a complete novice, a physician, chiropractor, Acupuncturist, Reflexologist, Qigong practitioner, Massage Therapist, Hypno-counselor or other health-care professional, Quantum-Touch allows you a dimension of healing that heretofore has not seemed possible. Remarkably, this work amplifies the effectiveness of a wide spectrum of healing modalities. Chiropractors are impressed because bones spontaneously melt into their correct alignment with a light touch; physical therapists see Quantum-Touch as an advanced form of physical therapy that rapidly brings down inflammation. Practitioners of acupuncture, reflexology, Kinesiology, and a host of other modalities are consistently impressed when combining Quantum-Touch with their practice. Massage practitioners provide deeper relaxation and faster healing, while Reiki Masters say Quantum-Touch radically improves the outcome of their sessions. Beginners enjoy a wonderful stand-alone therapy that is also effective from a distance to reduce pain, balance emotions, care for pets, and so much more.

Quantum-Touch teaches simple breathing and body awareness exercises that can be easily learned by everyone. Without exception, professional practitioners of the various modalities have seen that this work can be seamlessly combined with what they know, and in most cases it has transformed their practice. Lay people discover an elegant and profound hands-on healing method that they can effectively use.

In principal the Quantum-Touch practitioner learns to focus and amplify life-force energy, which is most often referred to as "Chi" or "Prana". This is accomplished by combining various breathing and body awareness exercises. When the practitioner holds a high vibrational field of life-force energy around an affected area, through a process of resonance and entrainment, the client naturally matches the vibration of the practitioner, allowing one's own biological intelligence to do whatever healing it deems necessary.

All healing is self-healing, and thus, a favorite definition of a healer is someone who was sick and got well; a great healer is someone who was very sick and got well quickly. As long as Quantum-Touch breathing and body awareness exercises are employed, the practitioner never becomes drained in the process.

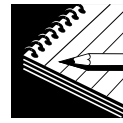
Quantum-Touch provides extremely fast and profound pain relief and accelerated healing for a wide range of conditions.

Ever ask any of your fellow Hypno-Councilor's if they use other modalities in their practice? Ever think that's why they may have a more lucrative clientele? Don't be afraid to add other alternative modalities into your practice. I started as a Hypnotherapist and continued learning in other areas to enhance my practice by learning, Reiki, Reflexology, Massage Therapy, Doula, (birthing assistant). When they come in for one service, it makes them curious about the other. This has allowed me to have a busy full time practice. Step outside of your boxes, and explore.

Roxanne Cortese

HYPNOTHERAPY IN THE NEWS

Hypnotherapy can help with IVF!



On the 30th June 2004, the Daily Mail published a story documenting positive research carried out into IVF treatment backed up by hypnosis.

Hypnotherapy is not magic but once again it appears it can be a very powerful adjunct to traditional methods.

The research was carried out in Israel. To read further on this evidence, go to the BBC website to read their article 'Hypnosis doubles IVF Success'

All Doctors Should Know How To Use Hypnosis!

'Professor David Spiegel, of the Department of Psychiatry and Behavioral Sciences at Stanford University, said the therapy had been shown to help patients deal with pain, and could potentially be used in many other situations, such as helping people cope with long-term illnesses.

Go to the BBC website to find out why American doctors are being advised to use hypnosis with their patients.

Scared of Cats?

In an article entitled 'That sinking Feline', the Guardian lists some famous cases of cat phobia. In summary, the article suggests that cognitive behavioral therapy and indeed hypnotherapy can both be extremely useful over a few sessions as treatments for all specific phobias whether animals or otherwise.

'Hypnosis Helps With Childhood Cancer Pain'

Paul Rincon of the BBC reports on trials that suggest children in hypnosis suffer less pain from procedures as well as less cancer pain. Read this interesting report that even suggests there may be some evidence of hypnosis prolonging the life expectancy of cancer patients.

Hypnosis Definitely Works

'The evidence really is there', says Peter Naish of the Open University. Whilst pointing to the trickery aspect of stage hypnosis, this article on the Guardian website highlights just how much evidence now exists to support the therapeutic value of hypnotherapy. The aspect of the evidence that seems to be developing most strongly is an understanding of the underlying 'mechanisms' in hypnosis - in other words, how it works, not just that it does work. The scientific community will feel much more comfortable with a process which can be explained and understood. For those of you who didn't already realize - hypnosis is not a belief, it is something we know works and have done for a very long time.



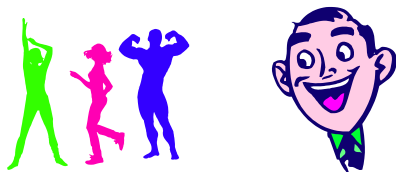
ALERT

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

10 Things You Can Do Right Now to Add Years to Your Life

- Avoid refined, processed foods—skip anything with white flour.
- Avoid fried foods and foods with hydrogenated oils—they're toxic.
- Eat berries, soybeans and cruciferous veggies (broccoli, cabbage, brussel spouts, kale)
- Keep 2 medium-weight dumbbells by your bed. Do a few reps before sleeping and when you wake up.
- Put a stationary bike in front of your TV and only watch when pedaling.
- Develop an everyday stretching routine, such as simple yoga poses.
- Find something to be grateful for every day.
- Take 10 slow, deep breaths every morning and evening.
- Smile while making eye contact. It will make you and the other person feel better.
- Distance yourself from negative emotions by observing them without judgment.



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:

Dr. John Gatto at (908) 964-4467

UPCOMING MEETING DATES FOR 2005

Clip out and save, or put all dates in your appointment book
September, 21st, October, 19th...November, 16th



I would like to create a question and answer corner for the new newsletter. Please forward your question to be put into the newsletter to me at cj4yourhealth@comcast.net and in the following newsletter you will have several answers from members and our board members with some answers.



Roxanne

What is relaxation?

The mystics say it is to completely "lose yourself" or to "be in flow" in your activity, so that all internal "chatter" is stilled. Modern-day researchers have linked relaxation to a marked slowing of brain waves accompanied by clarity that is called "the awakened mind." But how do we achieve this admirable state, and how can we maintain it over time? Let's explore some of the ways that you can quiet your mind, melt away stress and approach relaxation of the body, mind and spirit:

1. Spend some time in the silence every day.
2. Reconnecting with stillness is an important component of health.
3. Don't buy into the cultural definition of "news."
4. Pursue your passion
5. Practice the "Relaxation Response."
6. Treat yourself to a massage or other type of bodywork
7. Let the tears flow
8. Laugh



N.A.C.H.

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HypnoLink 2004 Newsletter

TO:

FIRST CLASS

Dreams and Hypnosis/Dreams and Healing/Energy work /Hypnosis in the News/2 minute Rule/Q/A New Thought?/Alert News/Add Years to Your Life/What is Relaxation/Topic/Presenter

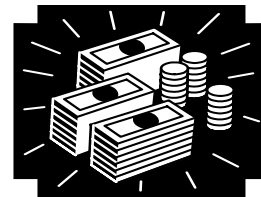
**NEXT
MEETING**

SAVE	Wednesday:	Sept. 21st.
	Networking:	7:30 PM
	Dinner:	8:30 PM
	Meeting Place:	Galloping Hill Inn Union, NJ
	No meetings Dec./Jan.	
SAVE	SAVE	SAVE



TOPIC

Outrageous Good Fortune
With Jim Malone



WANT TO GET LUCKY?

Did you know that luck is a trait that can be learned? Creating Luck and Opportunity with Hypnosis! Just about everyone has heard how hypnosis helps people reduce stress and overcome unhealthy habits, but for becoming more lucky? Actually, it makes perfect sense as it has been demonstrated that people who are considered luckier than average share certain beliefs, attitudes and behaviors that can be incorporated into your life as well.

Find out how to attract more opportunity into your life using specific principles and techniques during this fun workshop.

Your presenter will be Jim Malone, a hypno-counselor from Point Pleasant, NJ who holds a doctoral degree in clinical hypnotherapy and who is going into his tenth year of practice. He is also the publisher of the Creative Calm online newsletter and the developer of the theholisticmall.com website.