

N
A
C
H



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

HYPNOLINK 2006 NEWSLETTER

June 2006

Volume 10 Issue 5

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. De Marco, L.L.B. PhD

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.

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

NGH Creates Greater New Jersey Chapter

The National Guild of Hypnotists, the world's largest hypnosis organization, has designated the NACH as the official Greater New Jersey NGH Chapter. Dr. Dwight Damon, President of the NGH, has pledged the NGH's full support to the NACH to grow the chapter. Our monthly buffet meetings with exciting topic presentations, monthly Newsletter and readiness to assist members, continue to strengthen our organization for the past 15 years. We have championed the cause of hypnosis in NJ and in 1994 obtained the present exemption, under which we practice, from the NJ Board of Psychological Examiners. (The NACH has formally withdrawn as the NJ IACT Chapter)

The NGH has also approved the Academy of Professional Hypnosis and designated Dr. John Gatto and Tony as NGH Certified Instructors. Further, all future HypnoCounselor certification graduates of the Academy shall receive a free one year membership in the NGH (a \$95 value) and free one year membership in the NACH (a \$35 value). We sincerely believe that by supporting the NGH membership we contribute to the NGH in its legislative efforts throughout the USA to protect the practice of hypnosis and elevate our profession to its rightful stature.

Hypnosis helps Relieve Chest Pain

Main Category: [Pain / Anesthetics News](#)

Article Date: 22 Apr 2006 - 3:00am (PDT)

Hypnosis seems to relieve severe chest pain that is not caused by a heart condition, known as non-cardiac chest pain, suggests a small study published ahead of print in Gut.

Around a third of patients investigated for chest pain thought to be caused by coronary artery disease have no identifiable cause for their pain. Nevertheless they often continue to be severely incapacitated by it, despite reassurances that there is nothing to worry about. Young women seem to be particularly prone to the condition.

The cause of non-cardiac chest pain is unknown, although several factors have been implicated, including [acid reflux](#) and psychological problems. The condition is notoriously difficult to treat.

Researchers randomly divided 28 patients with the condition into two groups. One group received 12 sessions of hypnotherapy over 17 weeks; the other group were given "supportive therapy" plus dummy medicine (placebo).

Of the 15 people treated with hypnosis, 80% reported significant pain relief, although there was no change in frequency of bouts of pain, compared with just three of the 13 people treated with supportive therapy and placebo.

Hypnosis also significantly improved the sense of overall wellbeing and reduced the use of painkillers and other drugs prescribed to control the condition. By contrast, the group treated with supportive therapy increased their drug intake.

Hypnosis did not affect levels of [anxiety](#) or [depression](#), however, which remained the same as before. Brain scans of patients treated with hypnosis for other conditions show that it directly affects a region of the brain which processes the emotional content of a painful stimulus. And hypnosis can also cut levels of gastric acid produced by the stomach.

The authors acknowledge that hypnosis is labor intensive and therefore expensive, but so too are the many investigations and drugs given to patients with non-cardiac chest pain, they say.

And previous research carried out by the same authors on patients with irritable bowel syndrome shows that most of them remain well in the long term, requiring far less medication and far fewer visits to their doctors.

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.

Meridian Energy Tapping

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).

Over two dozen separate studies were conducted. In the largest of these (and some of the other studies were sub-sets of this study), approximately 5,000 patients were randomly assigned to receive CBT and medication or **tapping treatments**.

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.

The study was conducted over a 5½-year period. Patients were followed by telephone or office interviews at 1 month after treatment, 3 months, 6 months, and 12 months. “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.

In a study comparing tapping with acupuncture needles, 40 panic patients received tapping treatments on pre-selected acupuncture points. A group of 38 panic patients received acupuncture stimulation using needles on the same points. **Positive responses were found for 78.5 percent from the tapping group, 50 percent from the needle group.**

Chinese proverb: “Everything in the past died yesterday; everything in the future was born today.” Is it possible that we can wipe the slate clean like that? Even though we carry our deepest tendencies, karmas, recurrent thoughts and patterns into the next moments (and into the “now”), it is possible to become more free. That’s what we’re all working on. If we continue to be determined to move forward as well as to “be here now,” we’ll move beyond the past and open to the new. The more focused, encouraged and affirmative we can be, the more we can know the spiritual energy available to uplift us at this time of year.

Cancer Society Bike-a-thon

Dear Friends,

I have decided to get involved in the fight against cancer. On July 10, I will be cycling in the 33rd Annual American Cancer Society Bike-a-thon presented by KPMG and need your help. I am riding in honor of my friend, Steve Crowe who passed away from complications of Leukemia at age 9. Steve told me he wanted to be a cancer survivor. He fought very hard and endured 10 months of treatment but unfortunately, he didn't get his wish. Steve died on April 11, 2005. Those of us who loved him are joining together, riding as "Team Steve" to act on his behalf to help others who are afflicted by this disease. Please consider making a donation to my efforts and that of the American Cancer Society.

Thank you for your support!

Carole

Carole Reifsnnyder RN, HNC, A.C.H.

Member of National Association of HypnoCounselors

email: czreif11@aol.com

office: 973-971-4575

mobile: 973-714-1122

- *I deserve to be happy and successful*
- *I have the power to change myself*
- *I forgive and understand others and their motives*
- *I make my own choices and decisions*
- *I am free to choose to live as I wish and to give priority to my desires*
- *I choose happiness whenever I wish no matter what my circumstances*
- *I am flexible and open to change in every aspect of my life*
- *I act with confidence having a general plan and accept plans are open to alteration*
- *It is enough to have done my best*
- *I deserve to be loved*



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

True Healing

It has been well researched and proven that the body and mind work together. What our minds believe, our bodies respond to. Because our inner belief systems, unconscious habits and our self-talk play such a large and important part in our development and wellness, hypnosis can help provide lasting change and true healing.

It has become general knowledge that most doctor and hospital visits are psychosomatic in nature. Conventional medicine treats symptoms and masks internal dis-ease. Doctors tend to believe that it is easier and more profitable to prescribe pills to treat symptoms not causes of illness. Because of this, our pain and dis-ease shift to other parts of the body or shift into mental illness because the cause wasn't treated. Drugs are often unnecessarily prescribed to patients as they are scooted through the system. Many of the drugs prescribed counteract drugs that are already being taken or they cause a host of side affects in which help plummet a patient into a deeper dis-ease.

Hypnosis techniques have been found to help alleviate symptoms in conjunction with lower dosages of medication. In some cases, medication becomes unnecessary. People who use hypnosis are finding that they can heal from within and by making changes in their mind, they are better able to control their wellness.

True healing comes from within. Amy uses hypnosis techniques to help people reduce pain, complications, and heal better. She uses other healing modalities such as Reiki and Emotional Freedom Mechanics when called for. By helping you find the root cause to your issue, you can create an internal environment that promotes healing and peace.

From:

Amy Hale, CHT Changing Lanes

CAVEAT: The NACH warns that a client should avail himself/herself of the best traditional allopathic medical treatment. Hypnosis is complementary to the practices of the medical professions. Hypnotists do not diagnose, prescribe, nor render a prognosis with clients. These are strict guidelines which must be adhered to in every case, without exception.

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

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

REMEMBER, MEETINGS ARE THE 3RD WEDNESDAY of EACH MONTH, (except, July, August, December and January)

I have room for another girl at the Best Western in Marlborough, MA. for the NGH Convention. If you want to share a room and save money. call Roxy Cortese at **908-561-1511.**

The Next 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

NACH Members Presenting at NGH Convention

Roxanne Cortese:

“Parenting the Parent of an ADD/ADHD Child”

Tony:

“ Triggers”

Beth Ellwanger:

“Seven Steps To Center Stage”

Dr. John Gatto:

“Attack Sensitive Substances”

Walter and Maureen Stock:

“Twice Told Tales

Come and support your fellow colleagues

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.



N.A.C.H.

National Association of Certified Hypnotherapists
1358 Burnet Ave. Suite 1, Union, NJ 07083

HypnoLink 2006 Newsletter

TO:

FIRST CLASS

- *Greater NJ NGH Chapter / Meridian Energy Tapping / True Healing / Upcoming Hypnosis Certification Courses / Topic / Presenter*

**NEXT
MEETING**

Wednesday:	June 21st, 2005
Networking:	7:00 PM
Dinner:	8730 PM
Meeting Place:	Galloping Hill Inn Union, NJ

TOPIC

**Keeping It Simple
With Bob Desch
Certified HypnoCounselor**

Back by popular demand is our very own, Bob Desch. This presentation is just that, keeping it simple. Bob will go over all of his secrets to his success in all areas of his hypnosis business/practice. He will go over his protocol for his clients with weight and smoking programs, private and corporate levels. He will explain why he only uses 1 session. He will share his answers to his clients questions to enhance their belief systems in hypnosis and that they can do it. He will share his homework he gives his clients to use as self hypnosis. He'll share how he gets into the corporate area and why still 20 years later, his clients are still referring people to him. Does he give a tape for support or not? And why? What his fees are, How he gets invited to be a speaker at many functions. There is just too much to write to let you know what this meeting will be about. But, when you leave tonight, you will have the knowledge to go ahead in what ever area has been holding you back. This will be a keep it simple evening. Its about picking Bob's brain with a million questions. We are very fortunate to be able to have Bob back, and for him to really give us his secrets of success.

Bob Desch is a certified Hypnotist who studied under Harry Arons and Max Rapkin through The Scientific School of Hypnosis in Edison, NJ, as well as IACT. Bob is also certified as a past life Therapist through the Michigan School of Hypnosis. Bob has been hired by many large corporations and has been teaching at adult schools for over 30 years in the metropolitan area on smoking cessation, weight loss as well as self hypnosis, past life regression, and phobias to name a few. He has been a speaker at our meeting previously and packed them in with his knowledge of hypnosis. Bob has a busy private practice in South Plainfield. Make your reservations early, to make sure you have a seat for this wonderful presentation.