



“HYPNOPATTER” e-News

The Official A.H.A Quarterly e-journal

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Bruni Brewin

President's Notes President's Letter November, 2005

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I was sad to hear that Ormond McGill died on the 19th October 2005 at the age of 92. Actively involved in hypnosis since 1927 he was one of the great Pioneers of hypnosis in our time. You will see his obituary on page 11.

I have been to Brisbane to meet up with Dr. Gerald Power, Director of Cardiac Anaesthesia, Princess Alexandra Hospital. The meeting was arranged to hypnotise seven volunteers whilst their brain waves were being monitored by a Bispectral Index Monitor (BIM) to assess the depth of hypnosis. The BIM is a modified EEG machine that processes the frontal EEG from a patient and via some algorithm yields a dimensionless number from 1 – 100 that reflects the level of patient's anaesthesia. 100 is wide-awake and 0 is no brain activity/dead. A number 40 – 60 is taken as an acceptable level of anaesthesia for surgery. You will find further details of this in a separate article starting on page 15.

The AHA took part in the early submissions to the Western Australian Health Commission in respect to the regulation of hypnosis. We are pleased to report to you that the Parliament of Western Australia, Legislative Assembly had the second reading of the Psychologist Bill 2005 on the 1/9/2005. This Act now comes into operation on a day fixed by Proclamation. On hypnosis, the Bill states “It is no longer a requirement for a person who wishes to practice hypnosis to be regulated by the board.”

South Australia is also in the process of deregulating hypnosis. This is scheduled to come before Parliament by December 2005.

Whilst this is a win for hypnosis, check out the article in the Sydney Morning Herald below, that shows us that we need to be diligent to maintain our standing, as hypnosis may still be regulated.

On the 19th September 2005 an article was printed in the Sydney Morning Herald. You can view the article by clicking on this link: <http://www.smh.com.au/news/national/call-to-end-free-rein-for-therapists/2005/09/18/1126981947758.html> The Minister for Health, John Hatzistergos, said that he would seek advice on whether the law should be changed to further regulate the field (referring to the therapy industry). The Sydney therapist referred to, that calls herself a professor even though the

qualification comes from an unrecognised institution, had applied to become a member of the AHA but was unhappy with our application criteria and so joined another Association.

If the hypnosis profession is to retain its hard worked for credibility, it highlights the need to recognise and check that paperwork submitted with applications are credible as well as taking care with examinations and interviews. It is prudent to remember that any Association is only as good as its weakest link and whilst we would like to see the Association's membership continue to grow, it is paramount that we maintain the integrity of the AHA.

Another article comes from our member Ann Sheridan. Ann tells me that she was interviewed for the article which appeared in the Sunday Telegraph, a 2 page article on page 10 and 11 of the Body + Soul Section about hypnotherapy. I found the link to the article on the web, which is shown below:

<http://www.sundaytelegraph.news.com.au/story/0,9353,16769142-22811,00.html>

Ann says that she is already booked quite heavily and doesn't think that she is going to be able to take on too many new clients, so will be giving most callers the AHA hotline to ring. Well done Ann, and thanks.

The AHA's third Irritable Bowel Syndrome (IBS) workshop was held in Brisbane on the 23rd October 2005 and proved to be another great success. The workshop has been given the stamp of approval by Dr. Nadeem Bieharyd MD, and I would like to thank our member, Onsy Matter for asking Dr Bieharyd to do this. I also thank Dr Bieharyd for taking the time and trouble to do this for us. I am hopeful that with this approval, the workshop will gain even further acceptance.

I received an enquiry from a deaf person wishing to know if I could do hypnosis with them. They could lip read and felt that they would need to keep their eyes open. Having had both a next door neighbour and a nephew who were also deaf, I could not see a problem with doing hypnosis with them using a system of visual and tactile cues and even combining these with EMDR, TIR and EFT. It occurred to me that members might like to have a workshop on how to do hypnosis with the hearing impaired. If you are interested, please let me know. Perhaps you could come up with some further ideas of the type or workshop that would be of interest to you. Bring these ideas with you to our next meeting.

I have 4 video's from the 'Rural Health Education Foundation' that were sent to me 'free of charge'. These are all on continence. There are more videos on the way that are currently out of stock. Although these videos are free, there is also a Resources Catalogue for other video's at a cost of \$75.00 each, some of which members may feel they would like to buy for themselves or for the AHA library for members to be able to loan; I have listed some titles that are available:

1. Grief and Bereavement in Palliative Care (counselling to the terminally ill and their families and those recently bereaved).
2. Gambling
3. Suicide
4. Mental Health issues (Various)
5. Health Promotion (Obesity and Overweight)
6. Domestic Violence

The web-site to look up is www.rhef.com.au
A thank you to our member Leon Cowen who advised me of the opportunity to obtain the free video tapes.

Carolyn Dean has updated me on the Health Fund investigations. Carolyn advises that the updated list of Health Funds will be available for download from the website from the 24th November '05. I would like to thank all those that have taken the trouble to do this work for the benefit of the rest of the members. Thank you.

In our profession burnout can be a real danger. We all have stressful things happen to us, and of course, as do most of our clients. Providing we can resolve the stressful situation and it does not become chronic, we can rebound and further develop our resilience and stress resistance. A positive outlook on life, a regular stress-management regime, attending supervision and the support of friends and colleagues can help buffer the potential risk of burn-out caused by ongoing stress.

Attending meetings and networking with like-minded people is another good avenue for us to make new friends as well as avoid work related burnout. It is only by putting that time aside to attend meetings that we get to know other members, become friends, exchange problems and share ideas that then benefit us and our practice.

Our next meeting, the last meeting for the year is on Sunday 27 November 2005. We will start with Peer Group Supervision, followed by our General Meeting, then a free Xmas lunch and a half-day workshop. I look forward to seeing you then. Cheers, [Bruni](#)



Contributions (Articles, Book Reviews, Jokes) welcomed, wanted, hoped for and desired. Please send them to me: The Editor, Ann Sheridan, email address: clinicalhypnotherapy@exemail.com.au

What's love got to do with it?

**By Beverley Pinder Copied with permission from the "Healthy Living" magazine.
Article supplied by Maya Lak – NSW Branch**

As therapists, we need to help our clients optimize health and prevent disease by encouraging them to find love in their lives. Professor Marc Cowen, founding Professor of Complementary Medicine at RMIT University spoke recently at the International Conference on Healthy Ageing and Longevity in Brisbane. He said that "there is a growing research base that suggests the more we experience love in our life, the longer we will live and the more protected we are against a whole range of degenerative diseases."

Professor Cohen pointed out that the bias shouldn't just be on romantic or human-to-human love. "Whether it is another person, or loving an animal or activity, love is all about connecting. All activities where you're totally focused on an act and loose track of time may be considered loving activities. When I talk about love, I'm talking about a deep connection with something other than your self" he said.

Professor Cohen went on to say "There is increasing clinical evidence that enjoying activities and social connections will improve both the quality and quantity of life." He said there was also evidence that having social support may help a person's overall sense of well being and protect their heart. This fact has been recently recognised by the National Heart Foundation, which has declared that a lack of quality social support is an important risk factor for heart disease.

"Connecting with other people is a vital part of our well being" Said Professor Cohen. Thus teaching people to meditate, relax and or do some self hypnosis can help their quality of life and can even help them to live longer. After all it is an activity that has been practiced throughout the ages to improve health and well being and increase longevity. Therefore helping your clients to cultivate love (have a strong connection) with another person, their pet or even their garden will be of great benefit to them.

*(Thus coming to AHA meetings and mixing with your colleagues can be seen as good for your health and well being
~Maya)*

The Brain

Article sent by NSW Affiliate member - Horace Drew
August 2004, volume 127(8),pages 1741-1747.

Increased anterior-corpus-callosum size associates positively with hypnotisability and the ability to control pain.
Horton JE, Crawford HJ, Harrington G, Downs JH 3rd.

Department of Social and Behavioral Sciences, The University of Virginia's College at Wise, 1 College Avenue, Wise, VA 24293-4412, USA. This is the first MRI study to report differences in brain-structure size between low and highly hypnotizable, healthy, right-handed, young adults.

Participants were stringently screened for hypnotic susceptibility with two standardized scales, and then exposed to hypnotic analgesia training to control cold pressor pain. Only the highly hypnotizable subjects (HHs) who eliminated pain perception were included in the present study. These HHs, who demonstrated more effective attentional and inhibitory capabilities, had a significantly ($P < 0.003$) larger (31.8%) "rostrum", a corpus callosum area involved in the allocation of attention, and transfer of information between prefrontal cortices, than low hypnotizable subjects (LHs). These results provide support to the neuro-psycho-physiological model that HHs have more effective frontal attentional systems implementing control, monitoring performance, and inhibiting unwanted stimuli from conscious awareness, than LHs.



Letters to the Editor:

NSW Branch General Meeting

"I had a wonderful time at the last meeting and got a lot out of it. The Peer Supervision was conducted in a friendly and supportive atmosphere and I learnt more than I expected to. It was great to be able to get practical advice and encouragement from members with much more experience than myself. The General Meeting gave me an opportunity to have my say and, more importantly, to be heard. I feel privileged to be a member of the AHA. Thank you all for sharing your advice today. I feel so inspired!" Rachel Ford

BBC NEWS UK Edition

<http://news.bbc.co.uk/go/pr/fr/-/1/hi/health/4485969.stm>

Article Posted 2005 September 26, Monday

Hypnosis Could Banish Hay-Fever

Hay fever sufferers could benefit from using self-hypnosis, researchers say.

A Swiss team at Basle University taught 66 people with hay-fever the art of hypnosis and found it helped them alleviate symptoms such as runny nose. The volunteers also took their regular anti-hay-fever drugs, but the effect of hypnosis appeared to be additive and reduce the doses they needed to take.

The findings appear in the medical journal "Psychotherapy and Psychosomatics".

Self-hypnosis

The study took place over two years and included two hay fever seasons. During the first year, some of the volunteers with hay-fever were taught and asked to regularly practice hypnosis as well as take their usual allergy medicine.

The hypnosis training consisted of one two-hour session with an experienced trainer. The remaining volunteers had no other treatment apart from their normal allergy medication. After a year, the researchers found the volunteers who had been using self-hypnosis had reported fewer symptoms related to hay-fever than their fellow volunteers.

Runny noses

During the second year, the researchers taught the remaining "untrained" volunteers how to use hypnosis. By the end of this year, these volunteers also reported improvement in their hay-fever symptoms. Although the improvement in symptoms was not statistically significant and, therefore, could have been down to chance alone, the researchers also found that the volunteers had cut down on the amount of hay-fever medication they used after learning self-hypnosis.

"While our findings are not a definite answer, this simple intervention is worth investigating further" Lead researcher Professor Wolf Langewitz

Professor Wolf Langewitz and his team also tested the volunteers in the laboratory to see what effect the hypnosis was having on the body. Using a machine that measured how forcefully a person could exhale through their nose, the researchers found that the hypnosis was helping to improve nasal airflow, even when the volunteers were exposed to things that triggered their hay-fever, such as pollen and grass.

Professor Langewitz said: "It is cheap and only takes a couple of hours to teach."

How it might work

He suspects that hypnosis might work by helping alleviate congestion in the nose that can occur with hay-fever.

Dr Peter Whorwell from Wythenshawe Hospital in Manchester, who uses hypnotherapy to treat people suffering from Irritable Bowel Syndrome, said some of his own patients who also had hay-fever had commented to him that their noses were less runny after hypnotherapy sessions. He said: "Hypnosis has been used for a variety of medical conditions, including asthma, eczema and migraines. It's definitely an area that is worth researching."

What Bill Gates says about Today!

www.quantum-self.com and LandOnYourFeet ezine

Article by Dr Jill Ammon-Wexler

Contributed by: Bruni Brewin – NSW Branch

What you are doing at this very moment is the most important event in history for you. Why is that?

Because you have chosen to invest your most important resource -- your time -- in a 1-1/2 minute opportunity for personal advancement.

There are two days in the week we should not worry about -- yesterday and tomorrow. All the money in the world can't bring back yesterday.

We cannot undo a single act we performed, or erase a single word we said. Yesterday is history.

Tomorrow is also beyond our immediate control.

This leaves only one day to be concerned with -- today.

Anyone can successfully meet the challenges of just one day -- Today. It is only when we add the burdens of Yesterday and Tomorrow that life gets complicated and unnecessarily stressful.

It is not the experiences of Today that drive us wild - it is the regret or bitterness about something that happened yesterday -- or the dread of what could happen tomorrow.

Let's live a great Today -- and i.n.v.e.s.t in something Today that will strengthen our ability to just forget yesterday, and create great tomorrows.

And remember -- your thoughts got you where you are today. If you are not satisfied with your lifestyle today -- consider creating more powerful thought patterns today to ensure you will have a better tomorrow.

** Remember; all great men (and women) start out as babies, and then grow into children, teenagers and eventually into adults. It is up to each adult to give them the right nurturing, love and encouragement so that they can find their own destiny. If that wasn't possible, it is our own intelligence and learning that may correct that deficiency.*



Unwell List

Antoine Matarosso, Queensland Executive Member and Webmaster, has not been well lately but thankfully I believe he is now on the mend. Geoff Sly, Queensland Branch Member went into hospital on 6th October but is now also on the mend. We send you both our very best wishes for quick recoveries. I've also received word that NSW member Jeff Moxham has recently been in hospital. We would like to extend our best wishes to you Jeff for a speedy recovery.

I would like to let one of our Queensland Members of many years, Jenny Rasmussen know that our thoughts and best wishes are with her as she is having to put her work on hold to look after a sick relative.

The A.H.A. NSW Meeting; Xmas Luncheon and WORKSHOP

9.00 am on Sunday 27th November 2005
at the Ryde-Eastwood Leagues Club

PROGRAM

9:00 am Peer Group Supervision

10:00 am COFFEE BREAK

10.30 am General Meeting

12: 00 p.m. **FREE XMAS LUNCH**

Please notify us if you are coming to the Meeting and Xmas Lunch so we can inform catering staff

Half Day Workshop - (1.00pm to 5.00pm)

1.00 Registration (Members \$50:00 Non Members \$60:00)

1:30 pm Traumatic Incident Reduction:

by Elizabeth Clark: BA (Psych & Sociology); Cert Hyp; REBT; TIR; Elizabeth is currently working from a busy office in Campbelltown. (TIR) is a specialised approach in dealing with trauma Especially those emotions and somatic sensations which are triggered by issues that remain unresolved from past experiences or events, it is a systematic method of locating, reviewing and resolving traumatic events.

3:00 COFFEE BREAK

3:30 pm Hypnotherapy to help children & teenagers with Enuresis

by Peter Richard Herbert. BA (Psych); Cert Hyp; Peter runs a successful practice in the Willoughby area. Peter is an experienced hypnotherapist who will demonstrate his method of handling enuresis in children & teenagers. Bedwetting is an extremely common problem normally caused by deep sleep patterns that prevents the bed-wetter from awakening. Less than 1% is actually caused by a medical problem.

A.H.A. HALF DAY WORKSHOP REGISTRATION FORM

27th November 2004

AHA & ASCH

Members \$50:00 or Non-members \$60:00

NAME:

ADDRESS:

PHONE:.....Email:

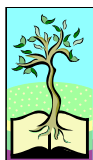
I will be attending Supervision [] The meeting [] The Workshop [] The full day []

Please complete and return with your remittance to:

The Treasurer; 19 Macleay Ave; Wahroonga NSW 2076.

Free Phone 1800 067 557

HURRY! Get your registration in before the 18th November 2004 and be in the running to win a workshop for free.



BOOK REVIEWS

“Mastering Blocking and Stuttering – A Cognitive Approach to Achieving Fluency”

by Bob G. Bodenhamer, DMin Crown House Publishing 2004 ISBN 1904424406

Book Review by Lyn Macintosh – NSW Branch

This is a book I may never have read. The title indicates a speciality which addresses the needs of those who stammer but the content does much more than that. It makes sense of the limiting beliefs we put upon ourselves and lights up a pathway of options for dealing with those limiters.

“In the early years children expect love and acceptance from the significant people around them, but often find that they are rejected for whatever reason. Actually, being rejected is inevitable; it is part of growing up.” “There are many times in the early years when children are learning to speak when they stumble and stutter as they express themselves. If the PWS (Person Who Stutters) learns to associate rejection from others with a particular behaviour – their blocking and stuttering – then the emotions surrounding that become dominant, and the child pays more and more attention to the way they are speaking.”

The author talks about how a person’s model of the world determines how they experience life at any moment and “If they tell themselves that they are a person of worth, they will live their life one way. If, on the other hand, they view themselves in a negative light with little or no power to navigate their world, they live their life in a more restricted way.”

The book abounds with simple NLP techniques that fit well into the hypnotherapeutic model. Recognising the triggers that cause the person to block or stutter, finding the person’s calm state, dealing with stress, changing perceptual positions to dissociate and observe from an objective viewpoint and explaining how to go about helping the person to create change and take control. One particular technique is the “Drop-Down Through pattern” and this is fully explained and having recently experienced it myself, I wholeheartedly endorse it.

I found the whole book fascinating and extremely readable. The author provides an insight into what can be done to loosen the mortar around long held beliefs and offers techniques that can help people who stammer change the way they think about themselves and how they relate to others.

Books reviewed are available through the post from Footprint Books 1/6a Prosperity Parade, Warriewood NSW 2102. Ph: (02) 9997 3973 Fax: (02) 9997 3185 Email: info@footprint.com.au. Please note that Footprint Books offers 15% discount to members of the AHA on all books ordered. Ask for a catalogue. Their titles are impressive.

How Successful Is Your Practice?

Article contributed by Maya Lak – NSW Branch

How come some hypnotherapists have long waiting lists and others barely make ends meet? It is a known fact that 50% of people setting up small business ventures fail in the first couple of years. So what can make a business such as hypnotherapy successful?

Well first of, look around you and wherever you look be it computer software or fashion you will notice that all successful people are positive people. People who are enthusiastic, and believe in what they are doing or selling. They exhibit their belief through their actions and words and they are truly excited about the product they have to offer.

Therefore to be successful it would make sense that hypnotherapists need to be forward thinking business people, as well as enthusiastic about the opportunity they have to help their clients improve their lives. We might as well face it, in today's world this includes promoting yourself by advertising and having your own website. People won't come to your door if they do not know you exist. Also if you don't believe that what you have to offer is the best thing since "sliced bread", there is little chance that you will be able to convince others either.

OK, so you agree you need to be business minded and that enthusiasm is important; but how do you become enthusiastic? There are four proven elements that are essential if you are going to exhibit this positive attitude.

1. Self-confidence. To be in a successful private practice, you need to have confidence in your abilities. If you are quiet or timid you may need to develop your self-confidence you may need to study how successful people display a positive attitude. Experience and knowledge will play a large part in developing this, but also attitude.

2. Self-improvement is another important aspect. All successful people continue to read, attend seminars and attend industry meetings, to broaden their knowledge. All successful people have a mentor, or role model, to help keep them on their learning journey. Always mix with like minded people and never, never stop learning!

3. Make sure you have a plan of action. All successful businesses have a plan. In fact you will find that they normally have a short term one year plan as well as a long term 5 year plan. If you have a systematic and effective step by step plan for growing your private practice, your expectations for success will be met.

4. Visualize your goals and get excited as you get closer to them. Associate yourself with successful people, especially successful hypnotherapists. Make sure they are people who represent the kind of success and practice you intend to have. It's all very well feeling good about helping people, but you also need to make a comfortable living.

Thinking of your hypnotherapy practice as a business, will help you to perform your job in a way that is worthy of professional and personal pride. You will look upon challenges as a chance to shine and show what you can do. You will go out of your way to promote your business. Then because enthusiasm is contagious, you may find your clients becoming infected with your enthusiasm about hypnotherapy too. This leads to referrals and starts that viscous cycle that is called success.



YOUR HELP IS URGENTLY NEEDED

To help us get a better idea as to what you might expect from your membership with the AHA please answer the questions below.

This is a voluntary segment, and while we would love you to answer everything on this sheet, it is totally up to you what you would like to share with us!

How did you hear about the AHA?.....

When did you become a member?

My first impressions of the AHA were.....

If you have been a member for a while, have your impressions of the AHA changed, and how?
.....

What kind of people have you met at the AHA meetings, supervision/support sessions & workshops?.....

Have they shared their experiences with you, and if yes, how?

Have their experiences influenced you, and if yes, how?

What would you recommend to others thinking about joining the AHA

What would you recommend to others thinking about starting up their own private practice?

Anything else you would like to tell us, for example: your experiences and maybe even some mistakes and successes when dealing with cases or when initially setting up your own practice.....

Please write your comments on a separate sheet and post it to Maya Lak at 19 Macleay Ave Wahroonga 2076. Alternatively, in this modern day and age, e-mail it to mayalak@ozemail.com.au

We thank you kindly for answering this questionnaire, and hope you will join us for many more AHA meetings and workshops! Good luck on your life's journey and may your hypnotherapy practice be profitable!



JOKE CORNER

Hypno-robber strikes again

From: Chisinau, Moldova
October 12, 2005

POLICE are chasing a con artist who used hypnotism to steal tens of thousands of dollars from bank tellers in Moldova - Eastern Europe's poorest country.

The suspect, identified as Vladimir Kozak, 49, is believed to have stolen more than \$40,000 from bank employees unable to resist his powers, police said yesterday. Kozak's biggest haul took place last week, where police say he convinced a teller to give him \$12,000.

His technique was to gain eye contact, put his targets in a hypnotic state and convince them to hand over cash!

NSW Branch Report

Lydia Deukmedjian (AHA membership Secretary) is opting for lifestyle over workload and is going to spend the next 12 months touring Australia. Lydia is hoping to meet up with as many AHA members as possible, during her travels so don't be surprised if Lydia drops in on you! We want to wish you a safe and very happy journey Lydia.

NSW would like to Congratulate Maya Lak on the birth of her new grandson James, mother and baby are both doing well.

NSW Supervision Groups

Peer Support - NSW

The next meeting will be Date: 9:00 -10:00 am at Ryde-Eastwood Leagues Club
117 Ryedale Rd. West Ryde.

Bankstown/Liverpool Peer Support/Supervision Group

held at 22 Epsom Rd. Chipping Norton – every 2nd Monday of the month 7-9pm
Please phone Bruni on 9755 5512 if you wish to attend

Lindfield Peer Support/Supervision Group

held at 302 Pacific Highway Lindfield
Please phone Leon on 9415 6500 if you wish to attend

Killara Monday Supervision Morning Group

held at 1 Willow Close Killara –
Third Monday in the month, 9.45-11.45am
Please phone Lyn Macintosh on 9498 6334 if you wish to attend

Killara Thursday Peer Groups, Morning and Afternoon

held at 1 Willow Close Killara -
Fourth Thursday in the month
Both full at this stage

Killara Friday Supervision Morning Group

held at 1 Willow Close Killara –
Fourth Friday in the month, 9.30-11.30am
Full at this stage

Wahroonga Monday afternoon Supervision Group

Held at Macleay Ave on the 2nd Monday of each month
Please contact Maya on 9489 3285 if you wish to attend

Wahroonga Tuesday afternoon Supervision Group

held at Macleay Ave on the 3rd Tuesday of each month
This group full

Port Macquarie Peer Support/Supervision Group

Please phone Elizabeth Bullock on (02) 6582 3041 if you wish to attend.

Lennox Head Peer Support/ Supervision Group

held at 8 Amber Dr on the 1st Friday of the month
Please ring Isolde on (07) 5526 2525 if you wish to attend.



With Sympathy

NSW Branch would like to extend our sympathy to Rachael Ford on the sudden death of her Father. Our thoughts are with you at this sad time.

OBITUARY

Ormond Dale McGill 1913-2005

The Legendary Ormond McGill, known world-wide as The Dean of American Hypnotists, was born in Palo Alto, California on June 15, 1913, where he lived until his death on October 19, 2005 at the age of 92.

Actively involved in the field of hypnotism since 1927, McGill received international acclaim for his innovative books, pioneering the integration of hypnotism, meditation and creative hypnotic strategies. In all, he published over twenty-five books, several of which are considered classics in the field. He was honoured by numerous organizations, including the American Council of Hypnotist Examiners, The National Guild of Hypnotists, the Hypnotherapy Training Institute, and the Society of American Magicians

Ormond McGill was a magician and hypnotist of international acclaim, and toured many parts of the world with his exciting stage shows. He was one of the first stage hypnotists to perform on radio and television, including appearances on the popular Art Linkletter TV show. After the passing of his wife, Delight Olmstead McGill, in 1976 he continued to tour, presenting his "Concerts of Hypnotism."

In addition to his work in stage hypnotism, McGill was an active faculty member of the Hypnotherapy Training Institute in Corte Madera, training hypnotherapists since 1981. He taught his last class for a group of advanced students just four days before his passing.

Ormond McGill was also a prominent naturalist and made well-known contributions in the fields of entomology and conchology. He was a true collector with a great variety of interests.

Of all his contributions, the wealth of his teachings will stay with us forever. They came out of his profound mastery of many hypnotic techniques, his deep personal understanding of Eastern systems of meditation, mysticism, wisdom and healing, and his creativity, vision, compassion, humour and life experience.

In recent years, Ormond McGill has been able to stay independent, largely through the loving care of his dear friend and colleague, Marleen Mulder, Director of the Hypnotherapy Training Institute. He is survived by his four nephews and their children from the Olmstead family of Palo Alto, as well as by thousands of grateful students and colleagues and a wonderful circle of friends.

A memorial celebration of Mr. McGill's life will be held on Sunday, Nov. 6, 2 p.m. Mail to P.O. Box 1103, Palo Alto, CA 94302.



NOTE FROM THE EXECUTIVE:

- ***A reminder to all members that only Clinical Members are able to use the AHA Logo***
(Also, Clinical Members are reminded that their Clinical Member Number needs to be shown underneath the logo.)
- ***The listing of AHA practitioners for the Sydney Yellow Pages is now finalized and closed for the year 2006.***

Yellow pages Advertising is only available to Clinical Members. If you are currently an Associate Members and would like to upgrade your membership, please contact Lydia Deukmedjian 0414 718 027 or Rachel Ford 9299 0931

Queensland Branch Report

The AHA website

One of the things that search engines look for as a point of interest for their rankings is how often a site content changes or is added to. They particularly like general information relating to the topic of the site, so if anyone has some book reviews or articles please send them to Maya @ mayalak@ozemail.com.au It would be good to get a few more articles or even reviews on the web site. So any members that are looking for something to do.....

Queensland Branch would like to welcome new Queensland members Robert Pearson; Wayne Pickstone; Christine Poller and Helen Rixon.

We would also like to welcome new Brisbane Clinical members Melanie Barrett; Gayle Bonaventura; Dianne Kennedy; Rachel Kennedy; Philip Hollingdale; Glen Chandler; Carol Moore; Werner Grimm.

We welcome new Gold Coast Clinical member: Christine Poller; and new Associate member Adele Moore; New Sunshine Coast Clinical members: Annita Levitt; Irene Dalton; Jennifer McCormack; Gary Raeburn; Helen Grant; Simon McKay; Welcome new Gladstone Clinical members Mervyn Secker; Wendy Hall; Danny Elliott

Queensland Branch would like to extend a warm welcome to Alistair Horscroft, who has just moved up here from Sydney.

Western Australia Branch Report

Como / South Perth Peer Support/Supervision Group

Please phone Linda on 9474 2077 if you wish to attend

Victorian Branch Report

As we approach the end of 2005, from the AHA Vic Branch executive, I would like to extend warmest wishes to all our members for a happy and safe festive season. I would also like to thank the Executive Committee for their most valued contribution to the Committee throughout the year. We also particularly thank Lisa McLaren in her role as assistant treasurer, and send her best wishes for the forthcoming birth of her second child. Lisa is strong advocate and participant in hypnobirthing and offered valuable insight into her experiences at the Hypnobirthing seminar held in August.

We will be holding our last seminar on Saturday 12th of November, and are fortunate to have Thelma Paull as our guest speaker. Thelma has a wealth of experience and knowledge to share with us for working with children.

Meeting Dates

2006 Saturday 12th November, 10am (preceding the seminar)
 Saturday 18th February, 10 am. (Venue to be notified.)

Victorian AHA Peer Support and Supervision Evenings

The Australian Hypnotherapists Association Peer Support/Supervision Nights are held at 7.30 pm to 9.30 pm on the last Monday of each month. This is a great opportunity to discuss any challenges or successes you may be having in your practice amongst peers, as well as sharing techniques, ideas and resources that you have used.

All members are welcome. Cost \$10. Supper is provided.

Dates and Locations *(Please call or email if you plan to attend. Dates subject to change.)*

31 st October 2005	28 th November 2005
Cheltenham Sandra Williams, 5b Charles St. Ph 9585 7904 East Doncaster Alison Burton, Julie Grant, 41a Tunstall Sq, Ph 9842 7033. simnat@bigpond.net.au	Essendon Lea Kewish, 87 Buckley St. Ph. 9372 9442 leak@alphalink.com.au Wheelers Hill Harry Berger, 314 Jells Rd. Ph. 9560 7551 hrberger@bigpond.net.au

Yellow Pages

This year's listings of AHA practitioners for the yellow pages is now finalised and closed for the coming year. Advertising in this block is available to all Clinical Members and is subsidised by the AHA. If you are currently an Associate Member and would like to upgrade your membership, please contact our Membership Secretary Dianne Oakley Solla on 03 9803 8310 or email dosolla@tpg.com.au. If you would like to register your name for the next AHA yellow pages entry, please contact Lisa McLaren on 0422 638 366 themclarens@optusnet.com.au

Changes to member details.

Please contact Craig Lee to notify of change of details for phone or email contact numbers. Craig can be phoned on 5968 2456 or email craig_a_lee@dodo.com.au

New Members

We would like to congratulate Wayne Edwards on being accepted as an Associate Member. Many thanks to all members and affiliates for their support throughout the year.

Anne Wilson, MAHA
Vic Branch Secretary
Ph 03 5944 4785

Victoria Branch Workshop/Seminar

Working with Children Workshop

Guest Speaker: Dr Thelma Paull

Seminar: 11.00am to 1.00pm
Date: Saturday, 12th November 2005
Venue: The Vine Room at the Quest on Doncaster R
855 Doncaster Road, Doncaster, Vic, 3108
Contact: Stella Dichiera Ph: 9893 7790

Dr. Thelma Paull
Ed. D., M.Ed. Studies, Dip Ed. Psych
B.A.T.P.T.C., M.A.P.S.

PSYCHOLOGIST
Educational, Developmental, Community and Clinical Practice.

Most Hypnotherapists work with children from time to time, or specialise in this area. Developing rapport, creating the right environment and creating the therapy are the challenges we face. Thelma Paull's many stories and work experience will give much insight in how we can improve our practice. When the treatment goal also includes trauma or issues of childhood development more information is often required to assist our practice.

Thelma Paull has worked with children for many years in a range of different organisational settings as well as in her own private practice. Dr Paull is a Psychologist and University Lecturer specialising in this area. As well as the many stories she has to share, Thelma will also discuss various techniques and strategies when working with children.

There are various professional and legal requirements when treating children, such as the storage and length of time to keep records, liaising with other professional organisations who may also have contact with the child. Thelma has extensive knowledge and experience in the field to offer us and will be able to answer questions you may have in your own practice.

Refreshments are available and meet with colleagues. Exchange ideas and business cards.

We look forward to seeing you for an enjoyable and informative morning.

A fee of \$20.00 for all AHA members and affiliates and \$25.00 for non-affiliates by cheque, cash or credit card is payable on the day. To register your attendance please complete the following slip and mail or fax it by Friday, 4th November 2005.

✂.....
AHA Victoria SEMINAR 'Working with Children' – Saturday, 12th November 2005

I will be attending this seminar YES NO

Name.....Phone

Number.....

Email Address.....

Or RSVP by Friday 4th November 2005 Phone: 9893 7790

Fax: 9872 6060 email: ha_vic@arbeco.com.au

HOW TO DEVELOP PMA (Positive Mental Attitude).

Article supplied by Bruni Brewin

Program your mind with positive thoughts.
Master your body.
Associate with a network of positive people.

Practise your skills to perfection.
Motivate yourself with goals and deadlines.
Always look for the good in every problem.

Pray: Count your blessings and ask for guidance.
Magnify your talents.
Act optimistic (fake it till you make it).

Plan your work: Work your plan.
Maintain your perspective: See the big picture.
Appear successful: Dress for success.

Persevere.
Model attributes from other great and successful people.
Aspire to be the best you, you can be!

Introducing Isolde Kopping - NSW Branch, living in Lennox Head

I have practiced as a Hypnotherapist since graduating from Leon Cowan's Academy of Applied Hypnosis in Sydney in 1994. I graduated from the University of New England, Armidale, with majors in Psychology and Sociology in 1988, intent on qualifying as a Psychologist. I was greatly influenced, however, by a Hypnosis session I experienced a few years earlier, and more or less consciously decided to follow that path instead. I had always worked while studying - so my working career involved a variety of positions in the fields of mediation, grievance counselling, conflict management, training, anti-discrimination and equal opportunity. I relocated from Sydney to the Far North Coast in 1997 where I have worked as a Hypnotherapist since.

However, studying is never far from my mind - so I now study visual arts for my own enjoyment. Clients have traveled from as far as Queensland, the Mid North Coast and Western NSW. Sometimes I see tourists who, as part of their North Coast experience, want to quit smoking while on holidays in the parallel universe (Byron Bay).

Working in the Rainbow Region, not far from Nimbin and Byron Bay, has been unexpectedly rewarding. I am constantly stimulated by this spiritual environment which is vibrant and positive. Not surprisingly my client profile reflects this. I often assist people with acute sensitivity, people undergoing spiritual meltdown, people who have UFO experiences, and yes - your normal fears, phobias, performance anxieties and weight control and quit smoking issues also do appear in my appointment diary.

I find my work extremely rewarding and stimulating and perfectly balanced by my interest in art and landscape. It has to be - because the financial rewards are nowhere near as good as in Sydney. But I would not swap it for anything in the world.

Regards
Isolde

Clients With Acute Sensitivity

Article contributed by Isolde Kopping – NSW Branch

A brief introduction

In my practice I have come across a number of clients with acute sensitivity. I call it the ‘extra antenna’ with which they pick up feelings, emotions, thoughts or the physical pain of people around them without realising it.

For example - they don’t know that the sadness they feel is not theirs and that it belongs to the person sitting on the bus next to them or to their friend in another city. Or they may be feeling ill in the stomach or their knee hurts for no reason (the list could go on). This can make life very confusing and filled with unexplained suffering, emotional as well as physical. Some think they are going crazy, sometimes the burden is too much and there may be suicidal thoughts.

Once these clients understand that their unusual sensitivity may be causing or influencing their distress, they can begin to reassess their own actions and reactions in relation to it. They can begin to understand the coping mechanisms they have developed as a result, begin to see this sensitivity as a GIFT rather than a CURSE, begin to see themselves as RIGHT rather than WRONG.

I have found some similarities in their case histories, which I’d like to share:

1. Childhood has often been extremely difficult, being the ‘odd one out’ at home, often ignored or misunderstood or even punished for being somewhat different. They grow up believing they are ‘WRONG’ and everyone else is right.
2. As a child they carry the weight of the world on their little shoulders and don’t know it. Being unusually sensitive they pick up things that their friends or family cannot feel.
3. Sensitive to others’ suffering, they often can’t bear the sound of ambulances passing by, or seeing cruelty on TV or in films (they have to turn the TV off or walk out of a movie), they may feel strongly about animal rights, social injustice etc.
4. Escape into drugs or depression or other coping strategies, lending further support to their view of themselves as being WRONG or BAD.
5. Helpful and kind they will frequently be used by others but may also repel others with a certain ‘remoteness’. This is due to the protective wall they have erected as a way of controlling the flood of demands and feelings they are exposed to and pick up with their extra antenna. They often have ‘boundary issues’, becoming either aggressive or passive over time, instead of learning appropriate assertive behaviours.
6. Many have suffered abusive relationships, have been on anti-depressants for some time, have been in and out of drug rehab programs, or are currently alcoholics or workaholics.

Of course, the client profile I have described above may have nothing to do with acute sensitivity at all, there could be other causes for these behaviours. However, acute sensitivity may be present and needs to be taken into account. Over time and through experience I have come to at least consider the possibility when someone like this presents in my practice.

How do I identify someone as acute sensitive?

During the initial interview I may begin to suspect a client’s problems to be caused or exacerbated by acute sensitivity. There is no set formula or checklist. Empathy, intuition, experience and a genuine interest in the client (as well as a lack of time pressure) work best. I then discuss my views openly and my clients’ responses can vary considerably, from outright rejection to displays of immense relief at finally being able to make sense of puzzling and disconcerting past or present events. A point to note - the temptation is there to look for acute sensitivity once we become aware of its existence. I probably did just that in the beginning - and quickly learned to discriminate between clients’ responses and reactions. What matters most is to be aware of its existence, to be open to it and to know what to do if it presents.

Treatment:

During the hypnosis we work with acceptance of self and forgiveness, reframing 'reality' and learning to see oneself and one's choices in a new light. Using the 'GIFT' rather than passively suffer from the 'CURSE'. Experiencing empowerment, discovering true life purpose, developing boundaries and healing past hurts and relationships. Developing strategies for a healthier life and healthier relationships and a lot of ego strengthening. If necessary I help these clients install a protective adjustable shield, which allows them to regulate how much they want to feel, depending on the circumstances they find themselves in. But it is best to use shields and bubbles sparingly – what keeps things out can also keep things in – and this may be counterproductive.

A further note – these sessions are often much longer than ordinary sessions. I am in the habit of scheduling clients well apart so I am not under any time pressure. This really helps. And who said that sessions have to be one hour long anyway?

I would welcome some feedback as I have not seen anything in writing on this subject, books or otherwise. My email address is available from the Association.

Research of Hypnosis Induced Anaesthesia

by Bruni Brewin

On the 18th of September 2005 I went to Brisbane at the invitation of Dr Power, who is the Director of Cardiac Anaesthesia, at the Department of Anaesthetics, Princess Alexandra Hospital in Queensland. In essence, the idea was to use a Bispectral Index Monitor to assess hypnosis.

The ability to monitor the depth of anaesthesia has been an elusive goal and to this end the Bispectral Index monitor (BIS) was developed. The BIS monitor is a modification of the Electroencephalogram (EEG) and was first described in 1971 (Barnett et al. 1971). The method of analysis that is used in a BIS monitor is to examine the coherence between the different frequency components of the frontal EEG waveform (Vierito_Oja et al. 2004). The measurement has been used to predict movement in response to laryngeal mask insertion (Doi et al. 1999) and intubation (Sleigh and Donovan 1999). However the index is not uniform in its response to various anaesthetic agents and this has been explored in respect of propofol, ketamine and nitrous oxide (Goto et al. 2005; Hans et al. 2005; Vakkuri et al. 2004). The BIS monitor has also been used to document physiological sleep and it has been shown that it is a reliable measure of the various stages of sleep (Niewenhuijs et al. 2002; Sleigh et al. 1999).

The aim of this Australian study was to explore the BIS changes that may be associated with the state of verbally induced anaesthesia.

Hypothesis

- 1) Hypnosis has an effect on the EEG recording, which will be reflected as a BIS score lower than achievable by an individual attempting to relax
- 2) Individuals have varying levels of hypnotic susceptibility and this will be reflected in the BIS score achieved under hypnosis

Questions

- 1) What level of BIS score is achievable under hypnosis?
- 2) How do different individuals respond to hypnosis as reflected by the BIS score?

The BIS of volunteers varied. It did show that hypnosis was able to lower brainwave activity, which varied considerably, however only one out of the seven volunteers was able to access between the 40-60 BIS, though not consistently. This first study has set some further ideas and guidelines for future research.

It was worthwhile to note whilst one subject appeared to have very good hypnotic responses as he did well in the induction of eye closure, hand lowering, arm levitation and mosquito hallucination, this did not particularly reflect in the BIS, whilst another subject monitored in the lower BIS without displaying as well in hypnotic susceptibility testing. Another subject whilst claiming to reach 4hz on an EEG monitoring scale, did not measure lower than around 80 BIS. (a BIS number between 40 & 60 is taken as an acceptable level of anaesthesia for surgery). Dr

Power mentioned that in another test a subject, using a drug relaxant, took the BIS down to zero, but was still able to feel pain. Thus a more detailed study would seem to be appropriate.

Dr Power suggested that he would look into the possibilities of being able to obtain, on loan, a Bispectral Index Monitor with printout for the AHA to do some further testing. If this is possible the AHA would be able to set up a study in Sydney under Dr Power's guidance and send him back the data to collate for further research.



Look & Learn - Links to interesting articles

The link to the Body + Soul article on hypnotherapy is below:

<http://www.sundaytelegraph.news.com.au/story/0,9353,16769142-22811,00.html>

Canine coach keeps dieters on a leash -

A ROBOT dog that monitors your daily food intake and exercise levels...

<http://www.newscientist.com/article.ns?id=mg18725156.400>

Claiming self-education expenses -

self-development courses. Australian Government Taxation Office

<http://www.ato.gov.au/individuals/content.asp?doc=/content/38359.htm&pc=001/002/013/005/002&mnu=45&mf=001&st=&cy=1>

How the brain affects health - A hostile attitude raises heart attack risk, while dummy drugs 'cure' 30 per cent of people. What's going on?

http://www.saga.co.uk/health_news/article/8EF457D0-D3B5-4C1A-903E-23212892923D.asp?bhcp=1#topofpage

Another New Study Says Positive Thinking Can Overcome Pain

<http://www.seniorjournal.com/NEWS/Health/5-09-07OvercomePain.htm>

Negative thoughts 'make you ill'

<http://news.bbc.co.uk/2/hi/health/3198935.stm>

Those interested in the PACFA release on their web site might like to click on the link below.

http://www.pacfa.org.au/scripts/PDFs/Achievements-07_03_05.pdf

Learning Abuse - Scientists studying monkeys have found that child abuse appears to be a learned behavior passed on from generation to generation.

http://www.sciencentral.com/articles/view.php3?article_id=218392598

Smoking Organs - We know smoking can damage lungs. But new research shows it may also impact how a key body chemical passes along substances like nicotine. Perhaps explaining why some smoke more, and some people quit.

http://www.sciencentral.com/articles/view.php3?article_id=218392613

Good Video Games - Is your child wasting summer vacation inside playing video games? Research has shown that playing video games can have beneficial effects on the brain.

http://www.sciencentral.com/articles/view.php3?article_id=218392612

Fat Food Fables - Food False Memory - Time-line hatred for a specific food...

http://www.sciencentral.com/articles/view.php3?article_id=218392608

Sweet Spot - Making small amounts of sugar taste larger...

http://www.sciencentral.com/articles/view.php3?article_id=218392606

Deprived Senses - sensory and visual stimulation could be forming the brain connections ...

http://www.sciencentral.com/articles/view.php3?article_id=218392607

Give us your thoughts on this section of Hypnopatter. Are there too many links? Do you find it interesting? We would like to know.

Note* The editorial, comments and ideas in Hypnopatter do not necessarily reflect those of the AHA or of the Executive

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