



HYPNOPATTER

Official Newsletter of the Australian Hypnotherapists' Association

www.ahahypnotherapy.org.au

March 2005



President's Notes

Ich möchte Ihnen allen ein glückliches neues Jahr wünschen. Ich dachte, daß es interessant sein würde, diesen Buchstaben in meiner gebürtigen Zunge zu beginnen, die deutsch ist. Gleichwohl isn't es interessierend, das ich zu einer Übersetzung Web site gehen mußte, so zu tun, wie ich an ein Wort des Deutschen kaum mich erinnern kann. Selbstverständlich geht es gerade, zu zeigen, wie einfach es ist, damit das unterbewußte unterdrückt und/oder vergißt, was auch immer es wünscht.

For those of you that don't understand German, what the above says is that, "I would like to wish you all a Happy New Year. I thought that it would be interesting to start this letter in my native tongue, which is German. However isn't it interesting, that I had to go to a translation web site to do so, as I can hardly remember a word of German. Of course, it just goes to show how easy it is for the sub-conscious to repress and/or forget whatever it wishes." I would add to that, "or no longer uses."

I am reminded my third term as President of the AHA is coming to a close and that we are shortly to have our AGM. I will update you on the years' happenings at that meeting. I hope that all NSW members will be able to attend, so that we can all have an input to pave the way for a successful year ahead for the AHA. It's a time to meet old friends, new members and network. Details of the AGM are shown further down. If there is a reason why you are unable to attend, or for those members too far away to be able to attend, please make sure that you send your apologies and get your proxies in to Lydia. (Contact details are shown at the end of this Hypnopatter.

The Executive has worked very hard on your behalf. When you are not involved in the action then you miss out on what is happening. Being right in the thick of it, I am aware of the amount of unpaid for time that each of the Executive has donated to the Association. I thank each of you for your time, support and assistance and you have my admiration for your dedication to making the AHA an association to be proud of.

My thoughts are on an article by Robert Anthony, Ph.D, on the secret of "Doing without Doing".

He says that one of the mistaken certainties or misconceptions most people operate under is that you get what you want in life by what you DO, or through the actions you take. Most people believe that the DOING or action part is what makes things happen.

He says however, this causes you to create in reverse.

He says the reason we put a lot of emphasis on action is because we do not understand the power of our thought. If you analyze it, 90% of most people's actions are spent trying to compensate for inappropriate thought.

If your decision to DO is dominant, then you will not focus on what you want to BE in the present moment. This causes you to miscreate because BEING is the first and most important step in the creative process.

He says that the secret is not your action that makes things happen, it is your intent. You can reduce the need for action to a very minimum by allowing yourself to focus on what you desire until you feel the positive energy begin to move within you. If you focus on what you want instead of what you don't want, you will know when it is time to take action. And when you do, it will be effortless. Doors open and the entire universe will conspire to assist you in your desire.

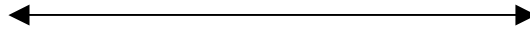
He says you should take no action on anything until you have visualized your desire and made it real enough in your mind that your next action (step), whatever it is, seems like the most logical step.

That then makes me think about Pareto's principle – The 80-20 Rule. The 80/20 rule means that it has been shown that in anything, it is 20 percent of what we do that brings us results, and 80 percent is trivial, and doesn't. The value of the Pareto Principle for anyone is that it reminds you to focus on the 20 percent that matters. Of the things you do during your day, only 20 percent really matters. That 20 percent produces 80 percent of your results. So if you focus 80 percent of your time and energy on the 20 percent of your work that is really important, you don't just 'work smart', you work smart on the right things.

This last year I have spent a lot of time researching 'Mind Power' that has strengthened my desire for goal setting and the presence of 'being' to bring them about. I wish you lots of visualization to see a great future for your own goals so that you continue to grow and prosper.

Good Luck to all of you for 2005 and beyond, and I look forward to meeting up with those of you that can make it on the 6th of March. I am hopeful that I will be able to visit other States this year, and be able to catch up with members during my visit.

Sincere regards, Bruni



For your information:

You can now log onto this site for free and download questionnaires, such as the HAD (Hospital Anxiety and Depression) scale etc. Have a look.

<http://www.medalreg.com/>

To Support the AHA we need you...

To purchase some AHA electro-static signs

They read: ahahypnotherapy.org.au

They cost: \$10.00 each

They will stick onto the car window, office window, on the outside of the door etc.

They are easily transferable and best of all....

They advertise your expertise

They support your Association by putting the name of the AHA out there!

Please contact your State Representative, or Maya on 1800 067 557 to place your order

**NATIONAL MEETINGS & WORKSHOP DATES
FOR 2005
FOR YOUR DIARY**



SUNDAY: 6/3/05 PEER GROUP; AGM & GENERAL MEETING

SUNDAY: 20/3/05 All day workshop

SATURDAY: 14/5/05 PEER GROUP & GENERAL MEETING

SATURDAY: 28/5/05 All day workshop

THURSDAY: 11/8/05 7pm – 9pm, PEER GROUP & GENERAL MEETING**

**** This meeting will revert back to Sunday 7/8/2005 at 10:00 am unless enough members phone the AHA to advise that they would like to attend this evening meeting.**

SUNDAY: 21/8/05 All day workshop

SUNDAY: 27/11/05 PEER GROUP, GENERAL MEETING & CHRISTMAS LUNCHEON & ½ Day Workshop

FOR EASY ACCESS TO OUR WEBSITE TO LOOK AT DATES OF UPCOMING EVENTS CLICK ON: <http://www.ahahypnotherapy.org.au/nsw.htm>

GETTING TO KNOW AN AHA MEMBER



**Profile by: Lydia Deukmedjian – Our Federal Secretary
NSW Branch**

Hypnotherapy became an interest to me when I wanted to quit smoking. I was married at the time and had been a smoker for over 17 years (I started very young) and my (ex) husband and I decided that we would give up the bad habit together. Well, actually I decided we would give up the bad habit. We had been married for about three years and we were considering having a child but I didn't want to fall pregnant as a smoker. I wanted my body to be ready for pregnancy by being healthy, so that the baby would have a healthy start to life. He (ex-husband) just came along for the ride because I *'told him to'*!

I became a non-smoker within three days and he became a non-smoker for three days. This fascinated me. How could this happen? Why did I quit smoking and he didn't? We both had the same number of sessions with the same Hypnotherapist using the same processes. How powerful is the subconscious mind for this to happen I wondered. This intrigued me even more, and I wanted to know more about the subconscious mind. But there were too many things going on in my life at the time for me to learn about it, and time rolled on.

A year and a half later the reason for being a non-smoker walked out the door and so did the potential of becoming a mother and without realising it, I started smoking again within one month. How could this be? I wondered (again). I was happy being a non smoker, I never craved it, it never crossed my mind to pick up a cigarette, all urges for cigarettes were gone, gone forever, I thought. What went wrong? I did some investigating and learned and studied the subconscious mind and became a Hypnotherapist, which I added to my practice as an Energy Therapist and Psychic, in Balmain.

I learned that it isn't just enough to want to achieve a certain goal, it had to be when the person is ready to make the changes and for the right reasons, for themselves and not for anyone else. In my practice I work towards finding the right reasons to ensure that the results achieved are what the clients wants long term. My passion is to see people achieve positive changes and be more at peace with themselves and others. To empower them to live happier, fuller lives. An empowered person has a healthy ego, a strong sense of self, an understanding of others and can achieve anything in a positive way with clear boundaries. I believe that our subconscious mind and our higher consciousness are strongly connected. I often work on both the metaphysical, and the subconscious, sometimes simultaneously and other times separately.

Meditation along with Energy Therapy and Psychic Readings is another passion of mine. I've been teaching meditation for a number of years and I have several casual creative visualisation meditation classes in and around Sydney, which are suitable for all ages and experience levels. Regular meditation has numerous benefits on our health and wellbeing and supports Hypnotherapy in many ways.

To me, Hypnotherapy is an exciting profession with many new and interesting discoveries. It gives me a great sense of achievement and personal satisfaction. The direction in which our profession is moving is very motivating as we grow in number, strength and experience. I look forward to being a part of the evolution and growth of Hypnotherapy as it begins to play a strong and considerable role in society, along side other healing professions, both modern and traditional.



Greetings to John Paul Granata. John Paul has had a long rehabilitation after a shoulder operation. We all wish you the very best J.P. and hope by now your shoulder is feeling and working much better.

Greeting to Joe Kee. Joe is battling with his affliction needing thrice-weekly dialysis treatment. I know that you intend to rewrite what the Medical Profession calls 'Normal' – so good luck with that and hopefully we will hear of your daily improvement.

**REMINDER
A. H. A.
(NATIONAL)**

PEER SUPPORT GROUP

**AND
ANNUAL GENERAL
MEETING**

ON
SUNDAY 6th MARCH 2005
AT

RYDE / EASTWOOD LEAGUE CLUB
117 Ryedale Rd
West Ryde

9.00am to 12.00 noon

Followed by a get together over lunch in the downstairs Dining Room

We would love to see you there – so please make an effort to come

**Please notify Lydia on 9818 7096 by March 3rd if you are coming to the Meeting
(so we can inform the catering staff)**



BOOK REVIEWS

Book Review No 1: by Lyn Macintosh

Eye Movement Integration Therapy- The Comprehensive Clinical Guide

By Daniel Beaulieu, PhD 2003 ISBN 1904424155

“Every experience creates a ripple effect in our lives, influencing us in profound or insignificant ways in the present and future. When those influences are strongly negative and limiting; when they disturb our functioning; when they deny us full enjoyment of life; when they disrupt our mental or physical health, then they are a problem.”

This is a book that has been thoroughly researched and the information presented was, at times, overwhelming. It has left me wanting to see a demonstration of the technique, to access another way of absorbing the information.

The author has defined trauma as “...any experience that leaves an imprint that continues to give rise to negative effects and recurrences in one or more of the sensory, emotional or cognitive systems.”

In NLP terms, we use “accessing cues” to access information stored and eye movements are the most easily observed and are the most consistent among different cultures. Using the client’s eye movements to access stored trauma and using a different series of eye movements to reduce that trauma is explained in great detail.

“The objective of the EMI approach is to recruit the inner resources needed to resolve a painful memory.”

Daniel Beaulieu has identified a lot of precautions to be undertaken by a therapist using EMI. A comprehensive history taking of the client’s psychological and physical conditions is paramount. The process of integration, which begins during the eye movements, will continue for several days and an assessment of progress is required. Support is categorised as “too little, too much or just enough.” The “Setting of the Therapy Session” makes a lot of sense and the metaphors presented to help explain the process to the client are valuable.

This is not a book for the novice and is designed to assist those who are seeking to add other skills to those they have already honed over a period of time.

Books reviewed are available through the post from Footprint Books 4/92a Mona Vale Road, Mona Vale NSW 2013. Ph: (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.





Book Review No 2: by Bruni Brewin
Healing Back Pain
The Mind-Body Connection
By John E. Sarno, M.D. 1991 ISBN 0-446-39230-8

The book is by a medical pioneer whose program has helped thousands of patients overcome their back conditions – without drugs or surgery. It goes through the Manifestations of Tension Myositis Syndrome (TMS), which the author believes is the major cause of the common syndromes of pain involving the neck, shoulders, back, buttocks and limbs. This book outlines Dr. Sarno's research into the Psychology, the Physiology and Treatment of TMS, as well as outlining the traditional (conventional) Diagnosis and Treatments.

The author notes that whilst conventional diagnosis confirms structural and/or physical problems (such an example might be a herniated disc; some people with these same symptoms do not experience pain.

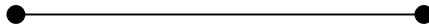
Some published medical articles are included in the book that confirm his findings, where studies that had found no statistical differences in structural problems, also suggested that structural abnormalities of the spine do not necessarily cause back pain. His findings attributes these pains to oxygen deprivation caused by the brain to cause physical pain thus diverting attention away from repressed emotion, (generally anger) which the brain doesn't want to deal with.

Dr Sarno suggests that like the Pavlov effect, the brain when confronted with issues of repressed anger or frustration, chooses to divert this emotion into pain. Not only does the brain use pain to avoid dealing with the emotion, but it also chooses the same area to manifest further pain when the repressed emotion emerges again. So if it was the straw that broke the camel's back so to speak (emotion), the next time emotion builds up, the brain again chooses to manifest the pain in the back.

Dr Sarno adequately describes the physiology of symptoms and easily persuades the reader to readily accept the evidence given, that is contra to the conventional diagnosis usually given for our back problems. The cure comes from knowledge, acceptance of that knowledge and integrating and accepting this at a subconscious level. The clients are taken through a reminder list of twelve key thoughts that they are asked to review daily in a relaxed quiet state. They are instructed to take their minds away from their pain and instead focus on their current emotions, and to instruct/demand their brain to stop its old tricks. (Sound like self-hypnosis?).

Dr Sarno explains that whilst 95% of his patients released their pains in a matter of a few weeks through his unconventional therapy alone, those with more severe problems usually needed psychotherapy in addition to the education program. He makes a note of saying it is important to make it clear that people do not do these things to themselves intentionally, and reminds us that our emotional patterns were well established long before we reached the age of responsibility, and that they are now a result of a combination of generic and developmental-environmental factors over which we have no control.

The book also describes some experiments, which showed how the brain had become unintentionally trained to reproduce a condition from memory, without the initial criteria that had produced it. The book also correctly points out that other scientists have also demonstrated equally dramatic connections between the mind and the body.



HYPNOSIS AND COLOUR

Article by Bruni Brewin

Hypnosis can make people literally see what they believe by affecting the way their brains function, according to scientists. Volunteers who had their brains scanned while under hypnosis showed they were not just doing what they were told.

The scans revealed that when they were asked to see non-existent colours, they really saw them. A burst of activity was seen in the part of their brain responsible for perceiving colour.

When the reverse happened and the subjects were asked to look at a coloured grid pattern and see it in black and white, activity in the same region decreased.

Look at the chart and say the COLOUR not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

Left - Right Conflict

**Your right brain tries to say the colour but
your left brain insists on reading the word.**

If you want to save the above to your own file – right click on the picture, click ‘Copy’ – then open a word document and on the blank document click ‘Edit’, then click ‘Paste’. Finally click ‘File’, click ‘Save As’ and name your document.

AUSTRALIAN HYPNOTHERAPISTS' ASSOCIATION ONE DAY WORKSHOP

Venue:	The Ryde –Eastwood Leagues Club 117 Ryedale Rd. West Ryde NSW 2114
Cost:	\$ 100:00 Members (AHA & ASCH) \$ 120:00 Non Members
Time:	9:00 am to 5:00 pm
Date:	20th March 2005
This workshop goes towards meeting the annual requirements for your mandatory workshop / ongoing education hours. Please notify us that you are coming so we can inform the catering staff	

9:00 am to 9:15 am Registration

NUTRITIONAL & HERBAL ASPECTS OF MENTAL/EMOTIONAL HEALTH

9:15 am – 10:45 am Catherine Smith ND, DBM, Dhom, DRM

Since most people manifest symptoms on all 3 levels of health – mental, emotional & physical – it is important to support healing on all levels. In this Presentation, Catherine will address the body/mind link and how diet, key nutrients and herbal medicine can help restore balance. The talk will focus mainly on depression and anxiety. Catherine runs a very successful naturopathy practice in Bondi Junction.

THE TREATMENT OF PSORIASIS WITH HYPNOTHERAPY

11:00 pm – 12:30 pm Antoine Matarasso CMAHA; Dip.CM, Dip.CH, M.EHA

Antoine's background is in hypnotherapy, leadership training, lecturing & public speaking He has toured throughout Australia, Asia, Europe, Africa, and the USA and speaks fluent French and English. Today he will outline how hypnotherapy can help sufferers of psoriasis (a chronic inflammatory skin disease) and one of the 10 most common skin ailments presented to GPs. Antoine currently runs a flourishing practice in New Farm, Queensland.

NLP – ITS FLEXIBILITY WITH STOP SMOKING & OTHER ADDICTIONS

1:30 pm – 3:00 pm - David Taylor: MAHA, MAINLP, MPCHA, AFAIM.

David is a Master Practitioner in NLP as well as a Clinical Hypnotherapist. David will give an overview of how to utilise client values, beliefs and met-programmes within the change process. David has found his method of combining NLP and Hypnotherapy to be very useful in helping clients to stop smoking as well as helping clients with other addictions to overcome their habit. David operates a flourishing practice in Castle Hill.

WEIGHT CONTROL USING AGE REGRESSION

3:15 pm–4:45 pm Maria Element DCH; MAHA; MASCH.

Maria has just returned from a stay overseas and will share some of her experiences from overseas in treating weight control problems with such strategies as age regression and ideomotor techniques. Maria is currently running a flourishing practice in Bateau Bay. Prior to moving to Bateau Bay she has had successful practices in Sydney and Melbourne, as well as working extensively with some interesting expatriate communities in both Shanghai and Bangkok.

AUSTRALIAN HYPNOTHERAPISTS' ASSOCIATION

WORKSHOP REGISTRATION FORM

20th MARCH 2005

AHA & ASCH Members \$100:00 or Non-members \$120:00

NAME:

ADDRESS:

PHONE:.....Email:

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 14th March and be in the running to win a workshop for free.

**ALL MEMBERS PLEASE NOTE:
THE ENTRY CODE TO OPEN THE MEMBERS ONLY PAGE ON THE AHA WEBSITE IS aha03**



NSW BRANCH REPORT FEBRUARY 2005

PEER SUPPORT AND SUPERVISION TIMES AND DATES

Ryde-Eastwood Peer Support/Supervision Morning Group

These Peer Support/Supervision sessions are free and held at the beginning of each General Meeting. This is a wonderful opportunity to share your ideas, issues and resources with fellow Hypnotherapists in a friendly, supportive peer group atmosphere. All members are welcome; Morning tea is provided. Please phone Lydia on 9818 7096 if you wish to attend.

The next Free Peer Support meeting will be 6th March 2005:

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 –

Please phone Bruni on 9755 5512 if you wish to attend

Killara Monday Peer Support/Supervision Morning Group

held at 1 Willow Close Killara –

This group is full

Killara Friday Peer Support/Supervision Morning Group

held at 1 Willow Close Killara –

This group is full

Lindfield Peer Support/Supervision Group

held at 302 Pacific Highway Lindfield

Please phone Leon on 9415 6500 if you wish to attend

Wahroonga Peer Support/Supervision Group

held at 19 Macleay Ave Wahroonga
Please phone Maya on 9489 3285 if you wish to attend

Waverton Peer Support/Supervision Group

Held at unit 11 / 14-16 Ross St

Please phone Karin on 9954 6313 if you wish to attend

ACT BRANCH REPORT FEBRUARY 2005

ACT membership is gradually growing and we are looking forward to an even better result in 2005

Peer Support - The ACT Peer Support/ Supervision Group is still in the process of being established. Interested Parties are asked to contact Kim Brehmer on (02) 6231 1630

WA BRANCH REPORT FEBRUARY 2005

Membership.

WA membership is gradually growing and we would like to congratulate our new Clinical Member: Linda Bright on her successful application. The WA Peer Support/ Supervision Group is still in the process of being established. Hopefully if we can have a workshop here in 2005 this will encourage more hypnotherapists to join the Association.

QUEENSLAND BRANCH REPORT FEBRUARY 2005

There have been encouraging signs for the future of hypnotherapy over the past year in Queensland. Whilst numerically the Association has not grown its membership, it is beginning to be seen as a representative voice for the profession in the state. This is evidenced in the following:

- Significant increases in referrals from GPs and specialist medical professionals to Association Members.
- On several occasions throughout the year, the Courier Mail newspaper has contacted Association Members for comment regarding hypnotherapy.
- A feature article on the benefits of hypnotherapy is planned for publication in the same newspaper.
- Public interest in hypnotherapy is at an all time high with many therapists reporting 3 – 4 week waiting time for new clients.

There have been no formal meetings of Association Members over the past few months due to the geographical separation of members, however there are plans to rectify this during 2005. Overall there is a very positive outlook for the profession in the state.

VICTORIAN BRANCH REPORT FEBRUARY 2005 MEETING

The First General Meeting of the Victorian Branch will be held on Saturday Feb 19th at 9.30am, 41a Tunstall Square, East Doncaster.

PEER SUPPORT

The Peer Support/Supervision Nights are held at 7.30pm to 9.30pm on the last Monday of each month. This is a great opportunity to share ideas, issues and resources with fellow Hypnotherapists in a friendly, supportive group. All welcome. Cost \$10. Supper is provided. These evenings contribute to your supervision requirements for membership so remember to take your record card if you have received one.

The first Peer Support night will be held at two locations at 7.30pm on Monday Feb 28th. You are welcome to attend whichever location is closer for you.

Please ring to confirm your attendance.

Simply Natural Therapies

41a Tunstall Square,
East Doncaster.
Ph 9893 7790

Sandra Williams home

5a Charles St
Cheltenham
Ph 9589 0764

For venues and dates for 2005 Peer Support groups please call Alison Burton on 9893 7790 or email alisonburton@optushome.com.au

VICTORIA MEMBERSHIP

Our Membership is steadily growing and we would like to congratulate our most recent successful applicants.

Associate Members: Tony Gilmour, Beth McKenna

Clinical Member: Jean-Alain D'Argent, Lea Kewish, Frank Jockel and Hamid Soltani



**VICTORIA BRANCH
UPCOMING WORKSHOP**

HYPNOTHERAPY FOR IRRITABLE BOWEL SYNDROME

26th February 2005

**The Quest on Doncaster Rd.
Doncaster, Vic**

Price: \$140.00

\$120.00 Early Bird payment by 12/2/2005

Lunch is Included

Call 9893 7790 to register

Prof. Peter Gibson – Gastroenterologist and President of GESA

Ms Sue Shepherd – Dietitian and Author

Ms Bruni Brewin – President AHA

Irritable bowel syndrome (IBS) is a common disorder of the gastrointestinal tract that gives rise to recurrent upper and lower Gastrointestinal symptoms.

This day is designed to give Hypnotherapists better understanding of IBS and give them the skills to work effectively with IBS sufferers.

The workshop is based on the large-scale audit by Wendy M Gonsalkorale, Lesley A Houghton and Peter J Whorwell from the Department of Medicine, University Hospital of South Manchester, Manchester, United Kingdom, that clearly demonstrated that hypnotherapy is an extremely effective treatment for irritable bowel syndrome.

We are indebted to Professor Peter Gibson, President of The Gastroenterology Society of Australia, who has given his time to present at this workshop and give us the benefits of his immense expertise.

Sue Shepherd is an Accredited Practicing Dietitian who has recently won the Dietitians Association of Australia Annual Award for Achievement for outstanding contribution to the profession. She has written two gluten free cookbooks, including the newly released “Irresistibles for the Irritable” written especially for irritable bowel syndrome. She works in the Department of Gastroenterology at Box Hill Hospital and is undertaking PhD research into aspects of dietary management of irritable bowel syndrome. She is recognised as one of Australia’s leading dietitians in the area of IBS.



Please take note of the below guidelines. These now form part of our ethics and will be added to the Prospectus.

GUIDELINES FOR AHA MEMBERS WORKING WITH CLIENTS IN CONTEXTS IN WHICH ISSUES RELATED TO FALSE MEMORIES OF CHILDHOOD SEXUAL ABUSE MAY ARISE

Preamble

The following guidelines are intended to apply to AHA members working in all professional contexts in which 'false memories of childhood sexual abuse' issues may arise. It is clearly part of the professional duty of such members to seek to maintain an awareness of the debate about 'recovered memory therapy' and to develop an empirical and professional perspective on false memory/recovered memories, and base their practice on sound principles and evidence as a counter-balance to the polarised beliefs that currently abound in this emotive area.

As the result of extensive reviews by various professional bodies there is no doubt that child sexual abuse is a serious social and individual problem, commonly with long-lasting effects. In addition there can be little doubt that at least some recovered memories of Child Sexual Abuse are recollections of historical events. However, there is also genuine cause for concern that some methods of intervention and questioning can lead clients to develop illusory memories or may foster false beliefs concerning Child Sexual Abuse.

AHA Guidelines

- 1** The welfare and interests of their clients are to be the primary concern of all AHA members. This concern includes the requirement to maintain respect for the client's autonomy and confidentiality, the extent of which should be clarified and agreed to at the outset of the professional engagement.
- 2** Thus, the AHA strongly cautions against any member becoming involved in any therapy or counseling which focuses on probing for forgotten or repressed memories of child sexual abuse.
- 3** Members need to be aware that the question of whether traumatic memory is processed, stored and recalled differently from normal memory is currently still unresolved. Unusual, dramatic, powerful or vivid memories, and 'flashback' bodily sensations cannot always be relied upon as evidence of the historical truth or falsity of the memories.
- 4** However it is important always to take the client who recovers Child Sexual Abuse memories seriously. The first response of members should be to accept that what the client tells them reflects their reality and respect their feelings. Nevertheless the member should draw no conclusions about the historical truth of a memory.
- 5** Members need to tolerate, and help their client tolerate, uncertainty and ambiguity regarding the client's possible early experience/s, as eventually they may both have to accept that the historical truth cannot be known for certain, and that helping the client to make reasonable sense of their lives is not the same as discovering objective facts.
- 6** Members need to be alert to a range of possibilities; for example that a memory may be literally/historically true or false, or may be partly true, thematically true or metaphorically true, or may derive from fantasy or dream material. Discovering that some aspects of a 'memory' are displaced, metaphorical, or part of a construction or narrative derived from the therapeutic relationship, should not lead members to immediately discount the rest of that memory. Likewise, the discovery that some aspects of a memory are factually accurate does not imply that the whole content of the memory is factual. It is not really possible to establish whether a memory represents factual events without external corroboration.
- 7** Whilst it may be part of a member's work to help clients to think about their early experiences they should avoid imposing their own conclusions about what took place in childhood.

- 8 Members should seek supervision before engaging in activities and techniques that are intended to reveal indications of past sexual abuse of which the client has no memory. Members must be aware that these techniques may make memory more confident but less reliable.
- 9 If a client wishes to come with the sole purpose of uncovering a Child Sexual Assault memory, the AHA recommends referring him/her to a forensic specialist. Members need to be aware that only those especially trained in this area, know the correct procedures required to deal with this type of request.
- 10 Members must be alert to the dangers of suggestion. Potential sources of suggestion include subtle cues about the member's attitudes and beliefs that may be inferred from the therapeutic context (e.g. particular books on the shelf) or client contact with 'survivor literature' and subcultures of abuse. Members must be aware that there may be situations in which clients are motivated to recall memories of child sexual abuse for a variety of reasons.
- 11 When working therapeutically, members must be aware of their inevitable engagement in the client's narrative. Whilst taking care about the implications of active investigation and suggestion, they should not seek to manage these risks simply by refusing to deal with past events and 'work in the present', since this actively denies the client's experience and is unlikely to meet their needs.
- 12 Members should be clear about the circumstances in which they would feel ethically or legally obliged to breach client/therapist confidentiality. They should carefully assess the risk of self-harm and the risk of abuse to minors. Members should be aware of current child protection guidelines and procedures http://www.community.nsw.gov.au/documents/caypcapa_act1998.pdf and abide by them. Members should also be aware of their ethical responsibilities to protect others from significant harm.
- 13 Members are reminded of their ethics for good practice.



Joke Corner

Doctor's Notes....

One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a "massive internal fart."

--Dr. Susan Steinberg, Manitoba, Canada



Contributions (Articles, Book reviews, Jokes) welcome, wanted, desired and hoped for. All contributions by email, please send them to me: Ann Sheridan at: annsheridan@optusnet.com.au

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