



# “HYPNOPATTER” e-News

**The Official A.H.A Quarterly e-journal**

Founded 1949 Registered 1956

ABN 20 004388 872

[www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)

**AUGUST 2005**

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## President's Notes

### **President's Letter – Bruni Brewin - August 2005.**

We extend a big welcome to our new Queensland members. 23 Clinical Members and 1 Associate member joined the AHA this month. David Kennedy's decision to step down and close the EHA lay open the opportunity for Antoine Matarasso to negotiate with David and the EHA members to offer them the opportunity to join us. Thank you for choosing to join with the AHA. We look forward to your support and participation in continuing the good name of the association.

You have just joined to receive our latest 'last minutes news update' from AON Public Liability & Mal Practice Insurers, that you are able to obtain special rates for being a member of a Member Association of PACFA. When our Webmaster, Antoine Matarasso receives the AON Policy, as soon as practical, he will place this onto the Members page for download.

That reminds me of part of an article that I was reading just recently:

**SUCCESS WON'T HAPPEN – WITHOUT “U”.**

What a great line to feed your clients, but what about 'U'? How often are you so immersed with your clients that you forget about 'U'? So this is just a reminder to take care of yourself and take time out for 'U' to create your own success.

Kerrie Higgin has needed to step down from her position as Federal Secretary. I would like to thank Kerrie for her time and commitment during her time on the National Executive Committee. Carolyn Dean has volunteered (without too much pressure I hope?) to fill the gap. Also a welcome onboard to Rachel Ford who has volunteered to come aboard as Assistant Membership Secretary. Thanks to all of you for becoming involved. You will see both these ladies contact listings on the last sheet below.

I would also like to congratulate Beverley Bultitude on becoming a Supervisor for the AHA. (For the newer members who don't know Beverley, you will find her story on the Members page of the website under the Hall of Fame.) For those that live close to Beverley, they might like to contact her. Details for contact will be listed in the Supervisor segment.

AHA Victoria have recently had their AGM and you will find new contact people and details shown under their heading. Thank you to those that have put themselves up for office. The backbone of the AHA is its members and it is your vision that makes the association grow stronger. It is nice to see Harry Receveur-Berger is well and truly active, having taken on the position of Director to the Federal Executive. (Harry, for the newer members who don't know him, is also listed on the Members page of the website under the Hall of Fame).

Our Health-Fund Sub-Committee, Lydia Deukmedjian, Peter Richard-Herbert, Ria Manolias and Carolyn Dean are working hard on our behalf. They are all contacting Health Funds to see which funds are providing cover for hypnosis and will give us an update at the next Sydney General Meeting on Sunday 7<sup>th</sup> August 2005. We look forward to

hearing the outcome of their research. Without going into specifics till all the information is to hand from the sub-committee, we contacted the Health Ombudsman who advised that they did not have jurisdiction over what health funds choose to cover. All States will be advised by email as soon as the research is complete.

The Sociedad de Hipnoterapia Clinica now has links with 16 groups, most of which are Spanish Speaking who all participate in attaching e-journals of interest. Robert Lopez has offered to become the AHA's "official explorer and reporter", and he is going to have a look at the journals and advise anything worthwhile to report to the AHA and its members. Thanks Robert. The Spanish Society has also linked with me on SKYPE so we now have the ability to talk together over the computer without cost.

I received a phone call from a person that I met at a Property Investment club some months ago. This person belongs to a UFO society. He says that there is a program scheduled to go to the media (I have no details yet at the time of sending this letter), and he said that the last time there was such a program, the society were inundated with phone calls from people suffering with anxiety looking for help and feeling/saying that they had experienced similar happenings. He was concerned about being able to refer these people to accredited therapist's that could help them, and asked if we would be a referral source.

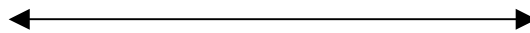
The UFO Association acknowledges that there may be people out there who erroneously think they have been space-napped by aliens and the anxiety may relate to a terrible childhood (their words not mine). They wanted to put our Association on their website for contact, however the Executive felt this could be detrimental to our association's good name, image and reputation, and so we declined. Instead I said that I would mention this in our next Hypnopatter communication and that if any members felt that they would feel comfortable and have enough experience to deal with this type of thing, that they could give me their names, suburb and contact details that I can pass onto them. You can advise me by email: [bruni.brewin\\_aha@froggy.com.au](mailto:bruni.brewin_aha@froggy.com.au) or phone me on (02) 9755 5512.

Whilst this is a controversial topic, the need to have therapy available for people with anxiety is real, and as long as we remain within the guidelines of our training we felt it was up to each individual therapist to make up their own decision on this matter. (Please refer to our website members site page for the '*Guidelines for AHA members working with clients in contexts in which issues related to false memories of childhood sexual abuse may arise*'. Whilst the guidelines refer to recovered child sexual abuse, in a broader sense they refer to all recovered memories).

We thank the Executive of the ASCH for taking the trouble to advertise the IBS (Irritable Bowel Syndrome) workshop to its members. The more Clinical Therapist's and Associations can work together and present a united front, the more we will all achieve. It is the intention that at the end of the IBS workshop that all Clinical Member participants will have their names listed under their Membership Association, which will be on-forwarded to GESA (Gastroenterology Society of Australia) as a client referral network. All Associate Members that attended the workshop are able to forward us documentation of the Clinical Membership, and their names will also then be forwarded for inclusion on the GESA client referral network.

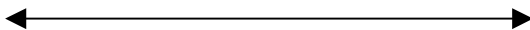
There are some interesting articles for you to enjoy in this session of Hypnopatter. You will find a new section on 'Look & Learn' that takes you to links of interesting articles. If you come across any such articles yourself, don't forget to pass these onto Ann Sheridan our Hypnopatter Editor for inclusion into the next e-journal.

***Till next time. Best wishes, Bruni***



## FROM THE EXECUTIVE

- The Executive would like members to know that anyone can put an article on the AHA Website and it will be counted as hours for continuing education because it will be a "Published Article".
- Any suggestions that members may have to make our Association better, would you please email them to our President Bruni Brewin. All suggestions are appreciated and will help to make our Association a more relevant and therefore better Association for our members.
- Members are advised to look up: [www.iselect.com.au](http://www.iselect.com.au) as it lists all Health Funds and what the different funds cover and what they don't cover.



# EXPERIENCES IN ESTABLISHING HYPNOTHERAPY AS A CAREER

Article by: Maya Lak - NSW Branch

Many Hypnotherapists start their hypnotherapy career later in life and while still employed in their former career choice. This method of changing careers provided them with the benefit of a stable income during the formative years of establishing a practice. The transition into full time practice was often the logical step in the ongoing development of their new professional identity. This article is a summary of a number of hypnotherapists' reflections on their experience when taking the step into full time practice.

Moving to working fulltime as a Hypnotherapist often emerged in response to an escalating local market, or to a growing sense of competence and expertise as a professional hypnotherapist. There seems to have been significant benefits, for most, in making the move gradually. This allowed for a substantial lead up time for putting into place the necessary infrastructure, such as establishing accounting procedures; undertaking marketing and building networks for referrals. Exploring this process with their supervisor or peer supervision group provided support in this transition period. It also created the opportunity for dealing realistically with the impact of leaving a stable, even if not fulfilling, job and its associated collegial relationships.

One of the early difficulties many encountered was in being able to trust that it would work. Self-confidence was particularly shaken in periods when client numbers were low. For some the process of building a referral network presented repeated challenges, for others it was building an appropriate support network. The move into private practice was often accompanied by a growing sense of isolation. This was often resolved by them joining or forming a peer supervision group.

For some creating a designated and separate space in their home, or needing to lease appropriate premises caused considerable tension. Because of the unpredictability of clients in these early months some stretched their working hours by seeing too many clients in a day or a week, which resulted in a potential for 'burnout'. Experience has shown them that it is important for their long term health to ensure that they structure their work in such a way that it allowed for frequent breaks, time off and clear designated working hours, thus establishing clear boundaries for both client and family time.

The importance of strong collegial support was emphasised, as was the benefit of time set aside for regular supervision. Building balance into their life was also discussed as vital to maintaining a healthy approach to working in private practice. A need to set aside time for family and hobbies proved to be very important. The role of the AHA in providing information; accountability and integrity, as well as legal and ethical guidelines within the wider hypnotherapy profession was also seen to be significant. The AHA was seen to be a source of support in this regard. But the opportunity to attend AHA functions was mentioned again and again as the most important of all for developing and maintaining collegial networks. Thank you again to all those who have contributed to this article by sharing their ideas and experiences.



## JUST WHO IS YOUR COUNSELLOR/THERAPIST?

**An Extract of an Article contributed by Robert Lopez – NSW Branch,  
printed in the The Sun Herald 27/2/05**

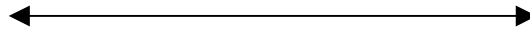
“At present, anyone in Australia can set up as a counselor /therapist. An individual's training could range from a post-graduate university course to a weekend workshop to none at all. How can you make sure that your therapist/counsellor didn't get their qualifications out of a “Coco Pops” cereal box? There are no laws to restrict practice or mandatory professional standards to meet. As long as you are not labeling yourself as a psychiatrist, psychologist or a doctor, you can practice and since about 800,000 Australian adults a year suffer depression, business is booming!”

Dr Russell Meares of Westmead Hospital said that: “A large number of therapies have sprung up. Many of them on a flimsy basis. They have flimsy back-up in scientific terms with few outcome studies related to them. It is a field that is flourishing, but there are dangers in poorly trained people embarking on therapeutic endeavours with people who have been damaged. That is one of the reasons why people are now trying to regulate it, because all sorts of things can go wrong”. “We need to make sure that the public is protected”.

Although the State and Federal Governments have expressed concern, they are unwilling to legislate, so they have asked that the industry to self-regulate. To that end, the Psychotherapy and Counselling Federation of Australia (**PACFA**) was formed in 1998. As an umbrella organisation - it represents about 43 professional associations, covering thousands of members. All member bodies must meet PACFA's rigorous counselor training standards and professional code of ethics. They are also in the process of accrediting training courses.

PACFA's executive director, Margot Scholfield, said: "There is a strong demand in the community for people to know more about what it takes to become a good therapist. One of the tasks PACFA has set itself is to establish a very credible register for counselors and psychotherapists. It will act as a way of informing the public as to how to find an appropriately trained therapist". She is shocked by some of the courses available and the people subsequently practicing. "We are very clear that a totally distance based course is not adequate". "Clearly, the interpersonal skills and personal development of the therapist is a crucial part of the training process and cannot be conducted just by reading an assignment-based program over the internet.

While PACFA attempts to rein in any charlatans, it remains totally voluntary for practitioners to enlist. "Of course self-regulation can only work if all the professionals agree to come into the self-regulatory system and submit to that, Scholfield said, and our challenge is to try to provide strong incentives and to encourage more practitioners to do that."



## INTRODUCING ANTOINE MATAROSSO

### Our Vice President – Queensland Branch

#### Short Biography

Raised and educated in England and France, Antoine lived in Israel and Europe before settling in Australia where he has lived and worked since 1981. After completing studies in theology and ministry he was involved in pastoral work in Townsville, Warwick and Toowoomba.

In 1989 he began working in Brisbane, primarily in the Fortitude Valley and New Farm areas. His work there involved leading a congregation of more than 1000 people many of whom were university students. Working with this group, he establishing welfare assistance schemes, emergency housing for homeless men and hospital and prison visitation. He has worked in counseling and therapy for more than 20 years. Antoine actively engages with people, both individually and in groups, helping develop strategies for dealing with life's challenges. Leadership training, teaching, lecturing and public speaking have taken Antoine throughout Asia, Europe, Africa, the USA and Australia. He is a gifted communicator who speaks fluent French and has qualifications in theology, counselling and clinical hypnotherapy. A diagnosis of cancer brought a change in focus in 1992 and Antoine undertook further study in Clinical Hypnotherapy, NLP and counselling and established New Farm Hypnotherapy in 1998. New Farm Hypnotherapy is a busy two-therapist inner city practice in Brisbane. As well as seeing clients presenting with all of the usual problems, the clinic has a focus of helping cancer patients and sufferers of skin complaints such as psoriasis. Antoine also works with the Queensland Cancer Fund teaching relaxation techniques to cancer patients and carers. He is married to Beth and between them they have three children. Antoine is our Webmaster responsible for maintaining our website as well as the National Secretary of the [Ericksonian Hypnosis Association of Australia](#).

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### **Jeremy Barbouttis – NSW Branch has contributed his impression of our last General Meeting and Supervision Sessions as follows:**

"I really enjoyed the meeting the other day as it gave me an insight into the work that goes on behind the scenes to improve the status and recognition of the professional hypnotherapist, particularly with health funds. It was also nice to get to know other therapists and to hear about their accomplishments and challenges in their practice at the supervision meeting".

**Regards, Jeremy Barbouttis**

## Baby News

- Congratulations to Carmen Walker - Associate Member, NSW Branch and to her husband on the birth of their beautiful baby daughter. And a warm welcome to little Lily from us all!
- Also congratulations are in order for the birth of Riley, a precious grandson for Rhondda Stewart.

We wish your families much love and happiness with the new responsibility that has been put into your caring hands.



## Sick List

Good News! Just heard that Joe Kee is back at work 2 days a week. Glad to hear that your health has improved Joe. We also take this opportunity to wish Joe's wife Beryl a speedy recovery after her surgery. A cheerio to John-Paul Granata. We wish you well and hope your health is improving with each and every passing day.

## To the Editor,

A few comments on the Irritable Bowel Syndrome workshop, which I attended in Sydney recently. I was impressed by the standard of the presentations and found them educational and informative. I enjoyed the down to earth, honest approach of the presenters.

Professor Peter Gibson (Gastroenterologist) was easy to understand. His use of good layman language made accessible a complicated subject. In plain English he called 'a fart', a fart. He was creditable and offered an excellent power point presentation.

Miss Sue Shepherd (Dietician) was very knowledgeable and also presented in an engaging way. It was interesting to understand the impact of diet on IBS and also the overlap with Coeliac Disease. Sue exposed some urban myths about food and it was generally educational for personal dietary needs. The presentation was enlightening and user friendly, with an understanding of the enjoyment of food in life.

Bruni presented information on the hypnotic aspect of the study in England. This provided a broader background and looked at the process and impact of hypnotherapy in IBS. I enjoyed the workshop of breaking into groups and coming up with different metaphors and suggestions for IBS sessions. It was a positive and informative time.

I was disappointed by the lack of professional conduct exhibited by some participants during the sessions. Their level of conversation was clearly audible and distracting.

I look forward to attending further workshops on specific subjects.

**Maureen Doherty – NSW Branch**

# JOKE CORNER

This article appeared in the Sydney Morning Herald:

## “Entranced Victims Lose Dollars and Sense to Power of Suggestion”

Contributed by: Robert Lopez – NSW Branch

“Agus Haryianto was in Jakarta on business when he became another victim of an unusual branch of Indonesian crime – hypnotism theft! The 43 year old from Magelang in Java still can’t quite believe what happened after he had finished Friday prayers at Jakarta’s biggest mosque last year and then wandered through the grounds where the usual array of peddlers sold books and clothing and sundials. He stopped to join a crowd watching a man demonstrating his magic techniques, somehow putting a drink bottle into an empty, locked birdcage apparently by covering it with a simple black cloth. “This is not magic, this is God’s power,” the magician told the crowd before leading into his main point about the importance of giving money to orphans.

That message clear, he picked out 10 of the most prosperous looking men, including Agus, whom he asked to stand together. All agreed. Then, one by one, he asked them to walk with him to his car.

Agus does not know what the others did but remembers happily going with him and just as happily opening his wallet and handing over the contents – about \$160, or two month’s wages for an average housemaid. “I just did what he asked,” he said, struggling to explain why he gave all his money away. Agus is convinced he was a victim of secret hypnosis that rendered him unable to control his actions. “I think I was unconscious!” he recalled.

A veteran of 10 years in the army with four years’ experience driving intercity buses, the successful fruit and vegetable merchant was too embarrassed to tell his wife or friends that he was hypnotised without his knowledge and gave away all his cash. And he was much too embarrassed to tell the police.

A spokesman for the central Jakarta police chief, said many people who believed they were victims of instant hypnotism did not report their losses to police. And, while police talk about hypnotism crime, they do not believe people are actually hypnotized because they are still fully conscious. “We studied their modus operandi and it’s simply cheating,” the spokesman said. “I think the victims just fall under the influence of these criminals.”

The commissioner’s station alone already has eight cases on its books from this year, all of which remain unsolved. And he expects the total will soon pass the 11 cases last year. While police may say victims are not hypnotised, there is no shortage of Indonesians who insist that these thieves can render you defenseless simply by looking into your eye, or touching you on the shoulder. Such victims regularly ring television and radio crime shows to recount their losses. A woman called Lilly told a TV station she was alone in the street when approached by two men she thought were from Brunei or Malaysia. She spoke to them before they drove together to an ATM at her bank, where she took out her money and gave it to them, along with her jewellery.

“I thought. I was going to meet the Sultan of Brunei,” she recalled. Another woman named Happy told the same TV station she took her hypnotist thief to the bank, filled in a withdrawal slip and waited while he stood in line to withdraw her savings. To help people avoid such calamities, the TV station asked a psychic, Lauren, for some practical advice.

Lauren said ... *“Don’t walk alone and wear dark glasses!”*

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## With Sympathy

On behalf of the AHA I would like to extend to Jeanette Teagle – Associate Member, NSW Branch, who’s son, at only 21 years of age, passed away very recently. Our deepest sympathy goes out to you Jeanette and your family.



# REMINDER

**A. H. A.**

**NSW PEER SUPPORT GROUP**

**AND THE**

**NATIONAL GENERAL MEETING**

ON

**SUNDAY 7<sup>th</sup> AUGUST 2005**

AT

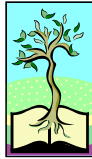
RYDE / EASTWOOD LEAGUE CLUB  
117 Ryedale Rd  
West Ryde

**9.00 am to 2.30 pm**

**Attendance will give you 1 hour towards your Supervision requirements and 2 hours towards your Annual Continuing Professional Education requirements.**

<b>9:00 to 10:00 am</b>	<b>Peer Support &amp; Supervision Session</b>
<b>10:00 to 10:30 am</b>	<b>Morning Tea Break</b>
<b>10:30 to 12:00 noon</b>	<b>General Meeting</b>
<b>12:00 to 2:30 pm</b>	<b>Lunch (at own expense) an opportunity to network and catch up with friends</b>

**The AHA needs your input – so please make an effort to come**



## **BOOK REVIEW**

**By Lyn Macintosh – NSW Branch**

### **HYPNOCOUNSELING An Eclectic Bridge Between Milton Erickson & Carl Rogers by Hugh Gunnison ISBN 1-90442449X 2004 Crown House Publishing**

Carl R Rogers and Milton H Erickson had something in common – they favoured non directive counselling and both opposed a formalising or channelling of styles into ‘theoretical schools; that would be rigid and narrowing.

They both spent their professional lives stressing that the “interpersonal relationship, the therapeutic climate, stands as the fundamental variable that must be present if learning, growing and changing are to occur.”

Unconditional positive regard for clients where clients feel ‘prized as people’, a warm trusting relationship between client and therapist and genuineness on the part of the therapist, ‘being fully there’ for the client can lead to what I call ‘a dance with the client’ that can be so therapeutically beneficial. “In all of this, the counselor’s psychological health – the importance of being grounded and in the process of growing – is of critical importance.”

The word “choice” appears frequently in this book and Victor Frankl is an apt model “...when all choice seemed taken away he still had the choice as to how to react.....”

This is a book about counselling. The first half is about Carl Rogers and Milton Erickson and explores their similarities and differences.

It was from Chapter 4 onwards that I became engrossed and found the author’s own techniques and experiences so very valuable.

Some of the basic NLP techniques are linked to the counselling examples provided and coupled with good counselling skills, we are given a wealth of knowledge that is sensible and usable. A couple of scripts are at the end of the book, one of which contains that oh so Ericksonian three sentence induction that can be so useful.

There is a chapter on “Hypnocounseling and Brief Therapy” and de Shazer’s ‘Miracle Question’ “propels us into the future where we can look back to see how the issue has been resolved.”

If you want to hone your counselling skills and don’t we all, Hugh Gunnison’s book is readable, entertaining and informative.



**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](mailto: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.**



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](mailto:annsheridan@optusnet.com.au)



# Switchwords & Words in therapy.

Article by Bruni Brewin  
NSW State Branch

Lets take on-board what many various disciplines tell us:

By deliberately declaring, affirming, chanting, singing, writing, saying, or even just intentionally thinking what we want to achieve, your subconscious can then manifest the corresponding experience, condition, or desired result into your life.

By doing these things in the lower brainwave frequencies and thus bypassing our conscious critical mind (IQ) and accessing our emotional mind (EQ), and Higher consciousness mind (HQ), these suggestions can result in a more effective outcome.

But this is only able to be achieved, providing our EQ believes, accepts or is persuaded of the possibilities of this being able to be manifested, and is not in direct conflict with another opposite belief. Back to the book...

Switchwords are in relation to: (I am quoting from the pages by Shunjam Nirav.)

“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world” ~ Gautam Buddha or ...

“Though shalt decree a thing and it shall be established unto thee and light shall shine upon thy ways.” (Job 22:28) ~ The Bible.

Thus it is well documented and said in various ways, that to ask is to receive. But it is how we declare, affirm, chant or sing, or even just think that may or may not bring the desired results.

James T. Mangan was said to have researched what he called “Switchwords” over a period of 50 years and in this book wrote 100 known and tested words that manifested the desired result, complete with advanced techniques, using the combining of words, using names as switchwords and switchwords feng shui.

Some of the words of suggested use are, saying the word:

**REACH** – to find a misplaced object or reaching a solution for problems...

**SLOW** – for being wise...

**CURVE** – for creating beauty...

**CANCEL** – for eliminating negativity or unwanted conditions...

**BE** – for being in good health and at peace...

**DIVINE** – order (*I need to say this every time I go into my office*).

The greatest “**MASTER**” switchword for a life of heaven on Earth and mastery of any task at hand is the word “**TOGETHER**”.

Whilst I agree in principle with the statements:

- \* Put your attention on what you want to happen.
- \* Throw the ‘Switch’ by declaring the appropriate switchword.
- \* Then let go and trust your subconscious to produce the result.

Today’s teaching tells us that to help our clients move forward in their lives, it is important that the client uses their own ‘switchwords’ or ‘symbols’ that are symbolic or mean something to the client. Therefore I believe that the 100 or so words used in Mangan’s book are only examples of what worked for Mr. Mangan and those people that read the book and believed him.

Personally I use the word ‘**FIND**’ as my switchword rather than ‘SEARCH’, although I do confess I use the switchword ‘**CANCEL**’ when I have wanted to cancel a negative thought that has been presented to me. It is an interesting concept for us to think about using ‘switchwords’ in our therapy.

Reference: free e-book download of the first 43 pages by Shunjam Nirav. [www.switchwords.com](http://www.switchwords.com). Original book: The Secret of Perfect Living by James T. Mangan (Prentice-Hall, 1963)

## **NSW Branch - Peer Support And Supervision - Times and Dates**

### **Ryde/Eastwood Free Peer Support/Supervision Group**

The next Free NSW Peer Support meeting

Open to all Student, Associate and Clinical Members

On: 7 August 2005:

From: 9:00 am -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 –

Now runs every 2<sup>nd</sup> Tuesday in the month. 7:00pm to 9:00pm

Please phone Bruni on 9755 5512 if you wish to attend

### **Killara Monday Peer Support/Supervision Morning Group**

held at 1 Willow Close Killara – 3<sup>rd</sup> Monday of the month

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

### **Penrith/Springwood Peer Support/Supervision Group**

held at 3 Azalea Cres., Glenmore Park

Please phone Leonie on 4751 3892 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

### **Port Macquarie Peer Support/Supervision Group**

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

### **Caringbah Peer Support/Supervision Group**

held at 7 Chamberlain Ave Caringbah

Please phone Beverley on 9525 9911 if you wish to attend

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## **Queensland Branch Report**

Queensland has for many years had only a small AHA membership and I am pleased to inform members that in July after much negotiation, the AHA has accepted into Clinical Membership 23 members of the Ericksonian Hypnosis Association of Australia Inc. This is a step toward the future for both associations, for the AHA this assures our continuing representation in Queensland and for the EHA this amalgamation will give members a wider focus and more involvements in hypnotherapy Australia-wide. We welcome these new members and trust that this will prove to be a strengthening of the profession in Queensland.

**Antoine Matarasso, Executive Member**

# Victorian Branch Report

## Victorian Executive Committee

Following our recent AGM we are pleased to let you know that the following Executive positions have all been filled and we have a growing and enthusiastic team now supporting Victorian AHA Members.

**Victorian Representative  
Secretary**

**Harry Berger 9560-7551 [hrberger@bigpond.net.au](mailto:hrberger@bigpond.net.au)**

**Anne Wilson 5944-4785 [yenus\\_7@tpg.com.au](mailto:yenus_7@tpg.com.au)**

**Administration Manager:**

**Lisa McLaren, 042263-8366 [themclarens@optusnet.com.au](mailto:themclarens@optusnet.com.au)**

**Membership Secretary:**

**Diane Oakley-Solla 0413 803 834 [dosolla@tpg.com.au](mailto:dosolla@tpg.com.au)**

**Treasurer:**

**Julie Madden 0408355592 [juliemadden@bigpond.com](mailto:juliemadden@bigpond.com)**

**Seminar Coordinator And Information Line:**

**Stella Dichiera 9893 7790 [stella.hypno@hotmail.com](mailto:stella.hypno@hotmail.com)**

**Email Distribution:**

**Craig Lee 5968-2456 [craig\\_a\\_lee@dodo.com.au](mailto:craig_a_lee@dodo.com.au)**

## Upcoming Seminar

### *HypnoBirthing and Pain Management*

**Guest Speaker: Diane Gardener**

Seminar: 7.30pm to 9.30pm  
Date: Thursday, 11<sup>th</sup> August 2005  
Venue: Simply Natural Therapies  
41a Tunstall Square, East Doncaster  
Contact: Stella Dichiera 9893 7790

**Birth is a very special journey and one to be remembered with love and joy not fear and stress.**

Diane Gardner has been a HypnoBirthing practitioner for 4½ years and loves every moment of preparing couples for that special time, the preparation for the birth of their baby.

Pain management during labour and at other times in our lives often involves our beliefs and values. Society influences both and so often we form our beliefs on here say and not on our own truth and trust.

Diane is also an NLP Trainer, Trainer of Rediscover the Joy of Learning, has a Diploma of Professional Counselling and currently studying the Advanced Diploma of Solution Oriented Hypnosis with the Ericksonian Institute.

After studying in the USA she was the first NLP Practitioner to be employed in a primary school to work with ADD/ADHD children. She worked in schools for 4 years.

Stay for refreshments and meet with colleagues, exchange ideas and business cards.

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

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.

## **Supervisors' Course** **SUPERVISION SKILLS TRAINING** **with Lea Kewish.**

The aim is to learn and explore what is required to perform professional supervision and will cover :

- What is the purpose of professional supervision?
- What are the legal requirements and implications?
- What are the content, process and strategies issues?
- What difficult issues can arise and how can they be managed?
- What professional and personal skills should a supervisor demonstrate?

Participants will be invited to share experiences and support each other in learning. Discussion and problem

solving will be encouraged and case material will be useful to bring (with any identifying features remove please). Brief notes will be provided.

**Dates:** Saturdays 8th and 15<sup>th</sup> October, 2005.  
**Venue:** “Kells House” 87 Buckley St.,  
 Essendon. 3040.  
**Costs:** \$250.00 incl refreshments. BYO lunch  
 or it can be accessed locally.

**Places are limited. Enrolment closes 23<sup>rd</sup> September, 2005.**  
**Please send deposit (50%) or complete fee BEFORE THIS DATE. Receipts will be issued. For further information please contact Lea Kewish Ph: 9372 9444 or email [leak@alphalink.com.au](mailto:leak@alphalink.com.au)**

Lea is an Accredited AHA Clinical Hypnotherapist and Supervisor, Accredited Occupational Therapist and trained teacher and trainer. She has been in professional clinical practice for over 35 years and has a broad experience in teaching and training in tertiary, industry and community sectors. She welcomes specific suggestions and input into the proposed training. If you have requests or suggestions please write or email to the above addresses in plenty of time for consideration and incorporation.

**\*\*President’s note\*\* Please see the “Eligibility criteria for AHA Supervisors” on the AHA Member’s area at [www.ahahypnotherapy.org.au](http://www.ahahypnotherapy.org.au)**

**Victorian AHA Peer Support and Supervision Evenings**

The Australian Hypnotherapists' Association Peer Support/Supervision Nights are held between 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 Members welcome. Cost \$10. Supper is provided.

**Dates and Locations for 2005**

**Wheelers Hill** Harry Berger, 314 Jells Rd, Ph 9560 7551 [hrberger@bigpond.net.au](mailto:hrberger@bigpond.net.au)

**East Doncaster** Alison Burton and Julie Grant, Simply Natural Therapies, Upstairs 41a Tunstall Square Ph 9842 7033 [simnat@bigpond.net.au](mailto:simnat@bigpond.net.au)

**Essendon** Lea Kewish, 87 Buckley St Ph 9372 9442 [leak@alphalink.com.au](mailto:leak@alphalink.com.au)

**Cheltenham** Sandra Williams, 5b Charles St, Ph 9585 7904

**Please call or email if you plan to attend. Dates and locations are subject to change.**

<b>July 25</b> Essendon Cheltenham Wheelers Hill	<b>October 31</b> Cheltenham East Doncaster
<b>Aug 29</b> East Doncaster Cheltenham	<b>November 28</b> Essendon Wheelers Hill Cheltenham
<b>September 26</b> Essendon Wheelers Hill Cheltenham	

### **Research Project- Smoking Cessation and Hypnotherapy**

We are conducting a survey in conjunction with RMIT about smoking cessation and hypnotherapy. Information about participating in this study will be distributed to all Victorian AHA members. We hope all members will be happy to be involved in this project. We are currently waiting for ethics approval from RMIT. The project is being conducted by Ritsa Kotsopulu, a third year student at R.M.I.T University. Ritza is studying Consumer Science. She can be contacted directly at S3057158@student.rmit.edu.au if you have any questions. You can also contact Alison Burton on 0415 401 655.

### **Irritable Bowel Syndrome Update**

Alison Burton has been invited to speak briefly at a Dietitians Seminar on July 15<sup>th</sup>. She has prepared an information sheet for patients to be given by the dietitians when they refer someone for hypnotherapy.

### **Sick List (which should really be called the “Getting Better” list)**

We would also like to send our best wishes to Terry Shannon, a valued Victorian Associate Member, who is currently recovering from surgery. We wish him a full and speedy recovery.

**IMPORTANT NOTICE**  
**If Members have any requests for changes to their AHA website information**  
**please forward your request to Mia Lack**  
**Her details are listed on the last page under Committee Members**

### **HEALTH FUND PROVIDER MESSAGE:**

Please read below, you are able to obtain Health Fund rebate from MBF Health, NRMA, SGIC, and SGIO HEALTH

Sally Debrowski, Provider Services Officer, MBF HEALTH has advised:

If the hypnotherapist is not a member of a recognised professional association they must fill in an application form and forward together with all supporting documentation.

In general, Hypnotherapy guidelines for us to register a provider are: Minimum of 400 hours training at a recognised College and 100 hours of supervised clinical training. All diplomas and relevant study information should be copied and forwarded to us for our assessment:

A current senior first aid certificate  
Current professional indemnity insurance  
Associations recognised by NRMA Health:  
Clinical Members of the Australian Hypnotherapists Association  
Registered Members of the Australian Society of Clinical Hypnotherapists  
Members of the Australian Traditional Medicine Society

#### **ADMIN & PROVIDER SERVICES HEALTH INSURANCE**

Phone: (08) 8233 1874/ (08) 8233 1654  
Fax: (08) 8233 1401  
Email: [healthadmin@mbf.com.au](mailto:healthadmin@mbf.com.au)

*The Sub-Committee, Lydia Deukmedjian, Peter Richard-Herbert, Ria Manolias and Carolyn Dean, are looking more closely at what the criteria of other funds are providing and will give us an update at the next General Meeting.*

# **Australian Hypnotherapists' Association**

## *Brisbane One Day Workshop*

**Sunday 23<sup>rd</sup> October 2005**

### **HYPNOTHERAPY FOR IRRITABLE BOWEL SYNDROME**

**This workshop is based on the large-scale audit taken by the Department of Medicine, University Hospital of South Manchester, UK.**

**Price: \$145:00 Members**

(\$125:00 Early Bird Price if paid by 14/10/2005)

**Price: \$165:00 Non-members**

(\$145:00 Early Bird Price if paid by 14/10/2005)

### **Buffet Lunch is Included**

**Venue: To be advised**

**Time: 9:00am to 4:30pm**

**Presenters:**

***Professor Peter Gibson – President of the Gastroenterology Society of Australia***

***Ms Sue Shepherd – Dietician and Author***

***Ms Bruni Brewin – Clinical Hypnotherapist & President AHA***

This workshop is designed to give Brisbane Hypnotherapists a better understanding of IBS and the skills to work effectively with IBS sufferers. 15% of the population suffer with Irritable bowel syndrome (IBS) making it a common disorder of the gastrointestinal tract that gives rise to recurrent upper and lower Gastrointestinal symptoms.

**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, UK, that clearly demonstrated that hypnotherapy is an extremely effective treatment for irritable bowel syndrome.**

**Professor Peter Gibson is giving his time and immense expertise to present at this workshop. Prof. Gibson is a highly sought after presenter in both Australia and Overseas. His support in assisting us to train Clinical Hypnotherapist's to be able to improve the lifestyle of the approximately 15% of the population is truly representative of his dedication to his work.**

**Sue Shepherd, Australia's leading dietician in the area of IBS, has recently won the Dieticians Association of Australia Annual Award for Achievement for outstanding contribution to the profession. She has written two gluten free cookbooks, including the newly released "Irresistible for the Irritable" written especially for IBS. She works in Dept of Gastroenterology at Box Hill Hospital in Victoria, and is undertaking PhD research into aspects of dietary management of irritable bowel syndrome.**

**Bruni Brewin is a Clinical Hypnotherapist and the current President of the Australian Hypnotherapists' Association. Bruni has worked in a private rehabilitation trauma and pain centre, as a trauma and pain management therapist, within a Community Centre as a Child Sexual Assault Counsellor, as well as a counsellor and hypnotherapist. She now runs a very successful private practice in Chipping Norton NSW.**

**A Certificate of Attendance will be given to all participants. A list of Clinical Hypnotherapist participants will be sent to GESA as a Network Referral List and a Marketing list for distribution to doctors for referrals. Associate Member participants are able to have their names put onto the Network Referral List upon reaching Clinical Membership and forwarding their verified Clinical Membership certificate to the AHA National Executive. (This offer has also been made available to members of the ASCH and PCHA).**

# What's in a Name?

Article by Bruni Brewin  
NSW Branch

The way we use words can be very powerful. A technique I put together, after attending a 'Women in Business' luncheon, some years ago uses the clients name as a stimulant for change. At the luncheon, the guest speaker was Anne Rennie, an author, who successfully wrote Romantic Thriller novels. After being announced, Rennie put her name on the whiteboard and then rattled off a positive word for every one of the letters in her name before proceeding to explain how she structured her novels.

Anyway, after my subconscious (and my stomach) had digested this lunchtime meeting, a light bulb went off in my head suggesting adapting her technique as a great way of helping some of my clients. The technique is very simple I ask my client to put their name downwards on a piece of paper – so lets pick a fictitious name: Betty. (If anyone knows a Betty it is purely coincidental). I usually use the surname as well as the first name.

I ask Betty to give me a word to tell me how she feels right now, using each letter in her name and put that next to each letter. I then ask Betty, could she give me some other words that would describe how she would feel if she had achieved what she came to see me about, and I then put that on the very right hand side of the page to the first word given. So the page would look something like the following:

B	Bitter	Beautiful
E	Empty	Elevated
T	Tired	Terrific
T	Torn	Trusting
Y	Yo-Yo (sometimes up and sometimes down)	Yo-Yo (always up)

Now to get Betty to fill in the middle I would ask "*What would it take to move from the Betty that is Bitter, to the Betty that is Beautiful?*". "*What would need to happen so the empty feeling went away and you felt elevated?*" Get the idea?

This can also be a really good set up for collapsing anchors.... On the one hand we have the Betty that feels.... And on the other hand... It can also lead to further questioning. Lets say Betty gives me the answer to the first question: "*I would need to forgive myself.*" (to move from feeling 'bitter' to 'beautiful'). What a beautiful lead into: "*What do you need to forgive yourself for?*" I may never have known (in the first few sessions at any rate), that Betty felt guilty about something.

I reckon that luncheon has paid for itself many times over.

## IMPORTANT NOTICE

Due to unforeseen circumstances  
the NSW Workshop for Sunday August 21<sup>st</sup> has been cancelled

# Asset Protection Essentials...

## “How To Legally Protect Your Assets Against Unjust Lawsuits”

Article by Bill Thomson – Asset Protection Consultant

You have only to look at the rising cost of your professional liability insurance to realise that there is a war going on, and your assets are the target. The litigation mentality that has developed in Australia, and the rising litigation payouts are of great concern. Like it or not, there are people who want to take your money and property away from you, and unfortunately health care workers are a prime target for unjust lawsuits.

### What Is Asset Protection?

Most people would say insurance is the answer to protecting your assets. Good insurance is critical these days, but it's only a step in the right direction. But how would you feel if your insurance company denies your claim for coverage, or you are sued for an amount above your insurance limits? Your insurance company could even become insolvent, or go broke like HIH, leaving you liable.

Asset protection is all about making you less of a target for lawsuits and legally making it more difficult for a creditor to find and/or take your assets. The goal of asset protection planning is to reduce your risk of losing any of your wealth where possible. At worst it helps you withstand a legal attack significantly better than you would have if you had not done asset protection planning.

### How Does It Work?

In order to understand asset protection you must first understand your enemy. His motivation is usually obvious – Money! It might come disguised as a fight for principles, but what most litigants want in the end is your money. This means that the first thing the enemy needs to know before suing you is – if they win, will they get paid. Do you have something of value that would make it worth their time and effort to sue you?

If you have a business or assets in your own name then you are at risk. You don't have to be wealthy to get sued these days. If you own even a partly paid off house, your home equity can be quite a target.

Despite privacy laws, a professional asset search can uncover all you own in a very short time. Once you are served with a lawsuit, even if you are in the right, you have only two options – settle out of court, or pay a solicitor to defend you – it costs you either way. Even if you win the case, your legal bills may cripple you.

To avoid having your assets targeted you need to appear “penniless”. To do this your assets may need to be “switched” from an unprotected type of ownership to a new type of ownership using various asset protection strategies. Another good strategy is to make your assets appear worthless by having debts on the “exposed” assets equal to, or greater than, their value.

### Is Protecting Your Assets Unethical?

Asset protection is perfectly legal – there are many laws designed to protect your assets from unjust seizure – but is it ethical? I'm not recommending that you avoid paying a judgement or fine that you rightfully owe, but you should have the right to protect your assets against unjust attacks. There are clearly opportunists out there who will sue you just to make some money. Protecting your assets from “legal thieves” is a moral decision.

## “Have You Made This Dangerous Mistake?”

The mistake is assuming that Professional & Business Liability Insurance is all you need to protect your personal and business assets against an unjust or vexatious lawsuit.

Discover how you can protect your assets from being grabbed by patients, creditors, tenants or employees when your insurance company is unable or unwilling to cover you

### **FREE** Report and DVD Reveals “How to Legally Protect Your Assets”

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*Australia's #1 Asset Protection Firm has made it Surprisingly Reasonable - Surprisingly Simple*

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For your **FREE** Report  
“How to Legally Protect Your Assets”

*Listen to our recorded message 24/7 (Please quote advert AHA1)*

**1300 762 950**



To protect your assets and reach your retirement goals requires careful early planning. To achieve your goals these days you need a survivor mentality. You are in a war. Fight to win.

The author, Bill Thomson, is offering a complimentary "Risk Analysis and Assets at Risk Survey" (value \$220) to AHA members. Call 1300 762 950 and listen to the recorded message to get your free report entitled "How to Legally Protect Your Assets". This report will explain how to get your risk analysis survey. Remember to mention your AHA membership.



## **Look & Learn** Links to interesting articles

### **Melanoma Insight**

[http://www.sciencentral.com/articles/view.php3?article\\_id=218392583](http://www.sciencentral.com/articles/view.php3?article_id=218392583)

Gene researchers are finding out why some people who get melanoma sometimes still face the prospect of the deadly cancer spreading to other parts of their body, even though it's caught early.

### **Alcoholic Brains**

[http://www.sciencentral.com/articles/view.php3?article\\_id=218392582](http://www.sciencentral.com/articles/view.php3?article_id=218392582)

Scientists have found a way to interfere with the pleasure your brain feels from drinking alcohol.

### **Risky Brain**

[http://www.sciencentral.com/articles/view.php3?article\\_id=218392585](http://www.sciencentral.com/articles/view.php3?article_id=218392585)

Animals often sense danger in advance, an instinct that scientists say we lack. But one researcher says he's identified a brain region in people that may serve as our own version of an early warning system.

### **The Hypnotic Induction Profile (Hip)**

*Rationale for a Clinical Test Ceremony versus Measurement*

<http://med.stanford.edu/school/Psychiatry/PSTreatLab/trance.html#top>

### **NDE's (Near Death Experiences), are they real?**

<http://www.melvinmorse.com/e-cpp.htm>

## **AN ACTIVE MEMBER**

**Are you an active member, the kind that would be missed?**

**Or are you just content that your name is on the list?**

**Do you attend the meetings and mingle with your peers?**

**Or do you stay at home and criticise and whinge?**

**Do you take an active part to help your association grow?**

**Or do you leave the work, for workshops, meetings,**

**And the like, to just those few hardworking souls?**

**So are you an active member, or do you just belong?**

**Author: Anonymous**

# **Hypnopatter e-Journal of The Australian Hypnotherapists Association**

## **INSTRUCTIONS TO AUTHORS**

Hypnopatter the e-Journal of the Australian Hypnotherapists Association publishes articles on the activities of the Australian Hypnotherapists Association, as well as on aspects of Hypnotherapy and other related subjects that may be of interest to the members of the Association.

Please submit your article by email to [annsheridan@optusnet.com.au](mailto:annsheridan@optusnet.com.au) The postal address of the Hypnopatter e-Journal is: Ann Sheridan, 104 / 5 Karrabee Ave; Huntley Cove NSW 2111.

Authors cannot assume that a submitted article will be accepted. The acceptance of an article will be at the discretion of the Editor and the Executive Committee.

An author or authors with a commercial interest in their submission must declare this interest. This interest may then be published with the article to warn the readers.

An article must be on a theme that is generally accepted as being part of the Hypnotherapy field or a closely related field as recognised by the Australian Hypnotherapy Association, and is of relevance to hypnotherapists in their clinical practice.

All articles are subject to peer review and the editing process. If a submitted article needs to be substantially edited, the article will be returned to the author or authors for approval prior to it going to print.

Information presented in the article must be substantiated from generally accepted reputable sources. The editor may request copies of the references used in the article.

At the head of your article, please show –  
A short Headline that describes your article,  
e.g. Scientist discovers a Brain in our Gut...  
Then Your Name,

References to the source of information for the article should be placed at the bottom of the article. For example:

References: Gonsalkorale, W. Gut, 2003; vol 52: pp 1623-1629.

Submissions must be presented by email attachment or on a CD or 1.44MB 3.5" HD diskette.

Submissions by email or on Disk must be in 'Word' format for easy editing if necessary.

If photos, illustrations or graphics are included in the article, it is the author's responsibility to ensure that those photos, illustrations or graphics are not copyright material.

Advertorials, or articles/news items whose purpose is to inform, advise or promote a course or service, are not accepted as journal articles but are seen as advertising and to be paid for accordingly.

When an article has been submitted, the author gives permission that the article may be additionally published on the AHA website, or in any of the bibliographic index databases that index the Journal, or in any other media that the Journal participates in. Whilst no payment is made for accepted article(s), the author agrees that any revenue received by the AHA from the publication of their article(s) will go into the AHA National Banking to be used for the advancement of hypnosis and its members.

Submission of an article for printing is deemed as authorisation to this effect, unless otherwise so stated.

## Vetab Accreditation

"Congratulations to Rhondda Stewart for gaining VETAB accreditation for the Diploma of Hypnotherapy and a Certificate IV in NeuroLinguistic Programming (NLP). We now have two members with training institutions that have walked the extra mile to gain Government Accreditation, namely Rhondda and Leon Cowen. Well done to both of them - it is no mean feat complying with all the requirements to gain this type of accreditation."

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## NSW Seniors have entered the AHA in the NSW Seniors Member Guide.

It will show that we offer seniors a minimum of 10% discount by participating therapists, and it will include the 1800 067 557 free advisory line. Those of you in NSW that are prepared to offer discounts to seniors, would you please let Maya know so that if she receives a call she can direct them to you. We will receive a complimentary listing on the Seniors Card website and a FREE line listing in the 2005 Member Guide that goes out to 890,000 Senior Card members through direct mail in NSW. We have told the NSW Seniors that this offer is available to Interstate Card members in all States; however they said that they only handle NSW. The Executives of other States have been given this information to see if they too are able to do the same in their States.

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### Advertising

## NLP Practitioner Training for Therapists with Alistair Horscroft

Duration: 10 Days Training  
Full NLP training + advanced hypnosis. As well as covering full NLP Practitioner syllabus we will spend considerable time demonstrating how to utilise NLP in a professional therapeutic context.

Cost: \$1500  
Date: March 6th - 16th 2006  
Location: Sydney

If you can't wait and want to do it in 2005 there are a few places available for a Sydney November Training 7th - 18th (again this is for existing therapists)

Contact: [alistair@alistairhorscroft.com](mailto:alistair@alistairhorscroft.com) [www.alistairhorscroft.com](http://www.alistairhorscroft.com)

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

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