



“HYPNOPATTER” e-News

The Official A.H.A Quarterly e-journal

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President's Notes



President's Letter February, 2006

Bruni Brewin

I hope that you have all had a great 2005. If unfortunately it has not been such a great year, let us hope 2006 is a turn-around year for you. As I am sure that this will be the case for many of the clients that will come to see you this year. I wish everyone a happy and prosperous 2006, and I look forward to continuing to work together with you to make our practices and the AHA even better.

I have taken the following quote for my inspiration this year: "We have forty million reasons for failure, but not a single excuse." ~ *Rudyard Kipling*

We have our Annual General Meeting (AGM) on the 11th March 2006. Please try to attend, and if that is really not possible, don't forget to send your nomination forms and/or proxy forms to those people whom you would like to vote for you at the AGM. Also please send your apologies to the Secretary, Carolyn Dean at carolyn@innerfocus.com.au so that your apologies can be noted at the meeting

It is pleasing to note that we have had a number of Associate Members raising their status to Clinical Membership, and remind those few that haven't done so yet of their requirement to elevate their status to Clinical Membership no later than sixty months from the date of their acceptance to Associate Membership. I'm sure your Supervisor will be more than pleased to assist you with this process.

I was saddened when Anthony Wood, a member for more than 20 years, advised me that he had decided to retire and is relinquishing his membership from both the AHA and ASCH. He says that it has been a privilege to belong to the two societies for so many years and wishes us all the best for the future. The AHA thanks him for his support over the years and wishes him well in his retirement.

I have also been advised that Max Baker from our Victorian section will be retiring on his 79th Birthday in February 2006. The AHA wishes you all the best in your retirement Max, and I believe that you will still support the AHA by being an affiliate member, which is great news. You will still be passing on that hard earned knowledge from those years of being in practise. Pleased to hear it.

It was a pleasing way to end 2005 with the news that the AHA had gained approval to go onto the G-Line data base for referral to assist people with a gambling problem. Many people have made this possible. Especially those responsible for setting up the AHA standards, the Articles of Association, the AHA Competencies book, our Ethics, and our membership with PACFA, as well as the IBS workshops and our working closer with main-stream medical people generally, all were part of the recognition process. So well done, to all those dedicated people, past and present, that strive to bring hypnotherapy out there for public recognition.

A special thanks to the current Executive Board. Your input has been fundamental in shaping this Association, and without you and past people like you on the Board, it couldn't have become the highly respected Association it is today.

Thank you to the Members that have supported the Executive, and thank you to our Sub-Committees that have gone out of their way to assist all members of the association by their work, as well as those that faithfully turn up at General Meetings to guide us and support us. Thank you also to all the members that care enough to be the very best that they can be. I am sure that there are many clients out there that would like to thank you for that also.

This is my last President's letter for this term. I have enjoyed the challenge and the interaction and I hope that the new incoming Executive will come in with the motivation to continue working for the best interests of the Association and its members. I also hope that you will support them by being a proactive member in the coming year.

Regards, Bruni

NSW 2006 DATES FOR YOUR DIARY

06.02.2006	EXECUTIVE MEETING
11.03.2006	GENERAL MEETING AND AGM
09.04.2006	WORKSHOP
01.05.2006	EXECUTIVE MEETING
13.05.2006	GENERAL MEETING
04.06.2006	WORKSHOP
03.07.2006	EXECUTIVE MEETING
23.07.2006	GENERAL MEETING
26.08.2006	WORKSHOP
06.11.2006	EXECUTIVE MEETING
19.11.2006	GENERAL MEETING - XMAS LUNCH - 1/2 DAY WORKSHOP
2007	
10.02.2007	WORKSHOP
5.03.2007	EXECUTIVE MEETING
10.03.2007	GENERAL MEETING AND AGM

NSW members, please put these dates into your diary now, so you are able to work round any other commitments that you might otherwise make. Thanks, Bruni

Call For Articles /Book Reviews Etc, On Gambling And Other Addictive Behaviour

Call for articles, book reviews etc on gambling and other addictive behaviour and its effects on the individual and/or their family for the next AHA newsletter. It can cover as wide a range of areas as possible relating to gambling and/or other addictive behaviour that affect the individual and their family. Moreover, gambling and other addictive behaviours represent a wide spectrum of concerns, such as mental health, psychological wellbeing, career or general development, housing, education, and biological health areas, etc, depending on one's interests. Submissions are invited from as wide a range of writing as possible, and can include (1) research, (2) a review of a report or book on addiction, (3) a case analysis based on personal experience in working with gambling or other addictive behaviour, etc.

All members wishing to contribute to the AHA e-journal *Hypnopatter*, are asked to make their submissions to the editor, Ann Sheridan clinicalhypnotherapy@exemail.com.au

KNOW ANYONE WHO WOULD LIKE TO BECOME A MEMBER OF THE AHA?

If "Yes" ask them to contact the Free Advisory Line on 1800 067 557 or –

For an AHA booklet outlining the requirements and process of application, please ask them to contact –

In ACT, NSW, NT, SA, & TAS –
Rachel Ford, on 0416 347 574,
Email: rachel.ford@optusnet.com.au

In QLD –
Antoine Matarasso, on (07) 3254 1373,
Email: antoine@trancesolutions.com

In VIC –
Diana Solla, on 0413 803 834,
Email: dosolla@tpg.com.au

In WA –
Linda Bright on (08) 9474 2077
Email: linda@mindovermatter.com.au

Interesting Websites:

Therapist Finder <http://www.therapistfinder.com> is a website for locating American therapists. However members may be interested on the links located on the left hand side which lead to many resources including articles, that are free to read.

An online medical dictionary containing definitions of equipment drugs and pharmaceutical drugs can be found at www.online-medical-dictionary.org.

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ARTICLES:

Brain Power and Change

Article Contributed by Bruni Brewin – NSW Branch

Scientists tell us that our brain is made up of 100 billion nerve cells called neurons. A nerve impulse is a wave of electrical activity that passes from one end of a neuron to the other. Neurons communicate with each other at special junctions called synapses. The signal may be directly transferred at electrical synapses or, if there is no physical link between adjacent neurons, the signal is carried across the gap by chemicals called neurotransmitters. Each cell is connected to around 10,000 others that all communicate with each other. It is estimated that the total number of connections in your brain is about 1000 trillion.

Researchers claim that the brain is an electrochemical organ, and that our brain generates enough electrical power to light a flashlight bulb. Mind Researcher and Personal Achievement Coach, Dr. Jill Ammon-Wexler says, "Whilst that doesn't seem like much power, and whilst a 5-watt light bulb won't light the inside of a refrigerator, a focused 5-watt laser would easily burn right through the metal door of that same refrigerator".

When thinking about the above, it makes me think that it could be likened to our state of 'Desire'. If our desire is weak, we would hardly generate enough electrical power to stimulate our neurons into action to achieve that desire. But, if our desire is strong, the electrical power is so focused, that like that laser, it can power through all that is required to obtain our desired result.

Whilst history has shown that people have known for thousands of years that the brain is able to be influenced to alter bodily reactions and functions, it was not until the 1950's that scientists were able to scientifically prove this through biofeedback experiments. Today we know almost everyone is capable of learning to control their brain waves, and people are able to access states of relaxation, creativity, productivity, stress management, and emotional expression. The brainwave state during hypnosis or self-hypnosis is the major facilitator to these states. And whilst EEG machines can now show us the different parts of our brain that light up to different stimulus, how the brain decides to organize these happenings is still largely a mystery.

When it comes down to people making the changes that they desire, we know that sometimes there are stoppers that prevent them from doing so. One of those stoppers is the power of their 'belief system' or another name for that might be 'past programming'. Another is their 'Automatic Negative Thoughts' (ANT's). One of the most powerful ways that a person can overcome their ANT's is to override the stimulus of negative thoughts by replacing them with Positive Thoughts. Not an easy thing for anyone to do, you would no doubt agree. However, in the state of hypnosis with assistance from a well-trained Hypnotherapist, we know there are techniques that are able to facilitate these changes.

Loren Parks from Psychological Research Foundation, Inc. says, "That no matter how you look at it, SUGGESTION is the necessary element to healing. Getting the subconscious to ACCEPT the suggestion is the problem."

Parks says one of his frequent admonitions during therapy is. "I want you, the person you are today to be in charge of yourself, not the little girl/boy within you. So when I clap my hands (squeeze your hand, shoulder or whatever) and say DISCONNECT! It will disconnect you completely from that younger girl (woman)/boy (man) within you and YOU will be in charge of your own emotions."

He reminds us that the subconscious mind is child-like and non-reasoning and that the mind can respond to commands from an outsider (such as parent, teacher or hypnotherapist) much more readily than it responds to commands we give ourselves. For example when, as a child, it is given a command with a defined "trigger" it is much more likely to be accepted. "Here, Mommy'll kiss it and make it better." This is exactly the way parents trigger change! (When I do this, then that will happen.)

Then when we become adults, Parks cites as examples of suggestions: the ritual of prayer, rituals by witch doctors or shamans and other religious rituals such as the ritual of exorcism, the ritual of the laying on of hands, the ritual of "psychic surgery", the ritual of chants and others. In Park's view, the basic element in all these rituals is "suggestion." Put another way, they all reprogram the person's subconscious mind and it is this trigger that the hypnotherapist can also access to help their client change an undesired behaviour or belief.

References:

Anatomy of the Brain, http://www.neurosurgerytoday.org/what/patient_e/anatomy1.asp
How does your brain work? <http://www.sciencemuseum.org.uk/exhibitions/brain/1.asp>
Loren Parks, How this simple therapy works, <http://www.psychresearch.com/>
Dr Jill Ammon-Wexler, The Power of a belief, 13.11.2005, <http://www.quantum-self.com/ezine.htm>



At The Snap Of My Fingers

Article contributed by: Robert Lopez – NSW Branch
Published in Sydney Morning Herald 3/12/05

The science – or art – of hypnosis is gaining new respect from scientists, writes Sandra Blakeslee.

Hypnosis, with its long and chequered history in medicine and entertainment, is receiving some respect from neuroscientists.

Recent brain studies of people who are susceptible to suggestion indicate that when they act on the suggestions their brains show profound changes in how they process information. The suggestions, researchers report, change what people see, hear, feel and believe to be true.

The experiments, which used brain imaging, found that people who were hypnotised "saw" colours where there were none. Others lost the ability to make simple decisions. Some people looked at common English words and thought they were gibberish.

“The idea that perceptions can be manipulated by expectations” is fundamental to the study of cognition, said Michael Posner, an emeritus professor of neuroscience at the University of Oregon and expert on attention. “But now we’re really getting at the mechanisms”.

Even with little understanding of how it works, hypnosis has been used in medicine since the 1950’s to treat pain and, more recently, as a treatment for depression, trauma, irritable bowel syndrome and eating disorders.

There is, however, still disagreement about what exactly the hypnotic state is, or whether it is anything more than an effort to please the hypnotist or a natural form of extreme concentration where people become oblivious to surroundings.

Now, Posner and others say, research on hypnosis and suggestion is providing a new view into the cogs and wheels of normal brain function. One area that it may have illuminated is the processing of sensory data. Information from the eyes, ears and body is carried to primary sensory regions in the brain. From there, it is carried to so-called higher regions where interpretation occurs.

The processing stream from lower to higher region’s, exists for sounds, touch and other sensory information. Researchers call this direction of flow “feedforward”. As raw sensory data is carried to a part of the brain that creates a comprehensible, conscious impression, the data is moving from bottom to top.

Bundles of nerve cells dedicated to each sense carry sensory information. The surprise is the amount of traffic the other way, from top to bottom. There are 10 times as many nerve fibers carrying information down as there are carrying it up. These extensive feedback circuits mean that consciousness, what people see, hear, feel and believe is based on what neuroscientists call “top down processing.”

What you see is not always what you get, because what you see depends on a framework built by experience that stands ready to interpret the raw information – as a flower or a hammer or a face.

The top-down structure explains a lot. If the construction of reality has so much top-down processing, that would make sense of the powers of placebos (a sugar pill will make you feel better), nocebos (a witch doctor will make you ill/well), talk therapy and meditation. If the top is convinced, the bottom level of data will be overruled. This brain structure would also explain hypnosis, which is all about creating such formidable top-down processing that suggestions overcome reality. That is, top-down processes override sensory, or bottom-up information, says Dr Stephen Kosslyn, a neuroscientist at Harvard. People think sights, sounds and touch from the outside world constitute reality. But the brain constructs what it perceives based on past experience, Kosslyn says.

Most of the time bottom-up information matches top-down expectation, Spiegel says. But hypnosis is interesting because it creates a mismatch. “We imagine something different, so it is different”, He said.

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Where to now for Arthritis Sufferers?

A letter from Doctor Mark* Taken from Blackmoores news.

Article Contributed by Bruni Brewin – NSW Branch

The “miracle drugs” that were meant to steer Australia’s ageing population safely through the jagged reefs of arthritis and pain have proven, in some cases, to be dangerous. Products have been withdrawn worldwide, and some, known as COX-2 inhibitors, face severe restrictions on dosage and warnings.

Thousands of Australians are turning away from another class of drugs known as non-steroidal anti-inflammatory drugs (NSAIDs).

What is most amazing to me with this scenario is that hardly a mention has been made about the safer alternative - natural healthcare products that can not only relieve the symptoms of arthritis, but which look likely to be the first agents ever to reverse the whole process.

Glucosamine (derived from prawn shells) when combined with chondroitin has revolutionised my own practice in managing arthritis. The evidence is not simply that the combination compares favourably with the NSAIDs in managing pain and swelling, but that it seems to actually repair the damaged joints, resulting in less severe arthritis over time.

To his credit, Health Minister Tony Abbott has funded a half million dollar study of glucosamine, and there certainly seems support for it to achieve PBS funding in the not too distant future, making it available to far more Australians.

As well, omega-3 fatty acids found in fish oils have proven effective in reducing arthritic inflammation with remarkably few adverse effects. A recent meta-analysis has also suggested that these can also protect your heart – better, in fact than the very expensive drugs known as statins - a kind of bonus! The doses needed probably mean that the amount of fish in the average diet alone is not likely to be sufficient to manage arthritis, but capsules of fish oils and green-lipped mussel extracts have now proven their mettle in high quality scientific studies, and should be next in line for the PBS subsidy.

The problems with arthritis drugs may well be a turning point in the recognition of the value of natural medicines in Australia. It's time to wake up and smell the prawn shells (and mussels, and fish)!

**Dr Mark Donohoe is one of Australia's best known medical practitioners in the areas of environmental medicine, chronic fatigue syndrome, chemical sensitivities and allergy, and is a strong proponent of the use of natural healthcare. He graduated from Sydney University in 1980, and has twenty years of education and experience in identifying and managing allergies, intolerances and chemical sensitivities both in private medical practice and inpatient hospital settings. He practices at Your Health in Manly, and works in a referral-based private medical practice in Mosman, providing diagnostic services and treatment advice to complementary health practitioners and doctors. He is a member of the Australian College of Nutritional and Environmental Medicine (ACNEM), the Australian Integrative Medicine Association (AIMA, and is President of the Natural Health Care Alliance (NHCA.)*

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**“The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention....
A loving silence often has far more power to heal and to connect
than the most well intentioned words.”
- Rachel Naomi Remen.”**



BOOK REVIEWS

METAPHOR's

Book Review Articles contributed by Lyn MacIntosh – NSW Branch

“THE MAGIC OF METAPHOR – 77 Stories for Teachers, Trainers & Thinkers” by Nick Owen, Crown House 2001 ISBN 1899836705

“No excellent storyteller was born an excellent storyteller. It is a learned skill.”

“Always bear in mind that the power of effective story telling depends on several key factors. First, the frame you put around each story. Second, your willingness to withhold your own interpretation so that others can freely supply theirs. Third, your commitment to, and involvement in, the telling. Fourth, that the meaning of any story depends upon the context in which you tell it, who you are, and who you tell it to.”

Here is a book that teaches about storytelling in simple, easy to follow terms. It also provides some wonderful stories to draw on. I thoroughly enjoyed the insights I gained as I reviewed this little gem.

“More Magic of Metaphor – Stories for Leaders, Influencers and Motivators” by Nick Owen, Crown House 2004 ISBN 1904424414

This book has a different flavour to the earlier book of metaphors. The author became 'fascinated' by questions around leadership, influence and motivation.

As a practitioner of Spiral Dynamics he has created a starting point for those of us unfamiliar with that model that may well excite our curiosity to know more.

The stories seem, to me, more obscure. I found I needed to read the interpretations that followed in order to “get the message” and by doing that, the subtleties and inferences became clearer, much to my delight.

There's plenty of food for thought here and whether for use with clients or just for yourself, it certainly is a book you'd dip into and thoroughly enjoy.

“Hypnosis for Inner Conflict Resolution – Introducing Parts Therapy” by Roy Hunter MS FAPHP, Crown House 2005 ISBN 1904424600

Here is a book for those with an interest in Ego State Therapy.

Roy Hunter studied hypnotherapy under Charles Tebbetts who “evolved parts therapy into a client-centered approach” and the author has put together a book where he leads the reader through the steps required to reconcile “the conflicting parts of a client's personality.”

Easy to read and understand, the valuable how-to is here along with solid background information that establishes a firm foundation for the use of parts therapy.

When inner conflict is experienced, parts therapy taps into aspects of the subconscious. Getting parts to communicate and co-operate in order to resolve problems is rewarding for the client – and the therapist.

This book is a valuable addition to one's collection.

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



COUNSELLORS AND SUBPOENAS: A Practical Guide for Counsellors served with Subpoenas (3rd Ed) Women's Legal Services, NSW 2004 (35 pages)

Book article review contributed by Maya Lak – NSW Branch

This booklet lays out, in very clear and precise way, without being in legal jargon, where a counsellor or hypnotherapist stands with regards to receiving a subpoena. Remember, in the eyes of the law, ignorance in these matters is no excuse.

What would you do if you were served a subpoena to produce your case notes in court on a particular client?

If you've never had to deal with subpoenas you may be tempted to ignore this publication – but let me urge you to reconsider. The justice system serves to help people resolve disputes or to punish those who break the law. Being a counsellor or hypnotherapist in this day and age – like it or not – involves the scary and anxious reality of being caught up in the legal proceedings of our clients from time to time.

When lawyers believe that a client's counsellor or hypnotherapist may have valuable information for their case, they will subpoena her/his notes, records, and in some instances, even the counsellor or hypnotherapist themselves. In general, once a subpoena is served, it must be obeyed, or you could be charged with contempt.

While this booklet deals mainly with Family Court and criminal proceedings this publication is still worth reading because it explains simply yet accurately all the in's and out's of dealing with subpoenas. Eg

- Do you know what your responsibilities are?

- Do you know what your rights are?
- Would you know what to do – what procedures to follow?
- Would you know what to do if you did not want your notes to be used in court?
- Would you benefit to have some draft letters to help address your concerns?
- Do you know how to keep “court-friendly” notes, and how long to keep them?

All these questions and more are dealt with in this small booklet.

Copies are available from the Women’s Legal Service NSW, PO Box 206, Lidcombe NSW 1825
Ph: (02) 9749 7700





Contributions (Articles, Book reviews, Jokes) welcome, wanted, desired and hoped for. All contributions by email, please send them to me:

Ann Sheridan
clinicalhypnotherapy@exemail.com.au





Unwell List

We wish to send Rhondda Stewart our very best wishes. Rhondda had a back operation late last year. We hope you are recovering quickly now Rhondda and you are regaining your strength.

Joe Kee is still improving and able to keep his health on track. Keep up the good work Joe.

John-Paul Granata has had a trial in 2005. Hopefully this will be the turn-around year for you John-Paul.



Below are the Health Funds that currently give rebates for Hypnotherapy for Members Information

You will need to contact each fund directly and apply on an individual basis for a provider number.

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. American Express 2. Australian Casualty Co Ltd 3. Australian Country Health 4. Australian Health Management 5. Australian Unity 6. BHP Medical Fund 7. CBHS 8. Cessnock Hospital Medical Fund 9. Defence health 10. Emory Worldwide Health Care and Dental Plan 11. Government Employees Health Fund 12. Illawarra Health Fund 13. Mutual Health 14. Naval Health Benefits Society | <ol style="list-style-type: none"> 15. Royal Australian Navy Fund 16. SGIC Health, Sth Australia 17. SGIO Health, Western Aust. 18. Veteran Affairs 19. Reserve Bank 20. Phonenix Insurance 21. Rail and Transport 22. NSW Railways & Transport Employees 23. NRMA 24. Lysaght Hospital and Medical Club 25. Esso Health Fund 26. Grand United 27. Manchester Unity
(quit smoking course only) |
|--|---|

NOTE: Medibank Private will now give rebates for Hypnotherapy to clients who are in their top cover ie "Package Bonus" The practitioner will need to add their ABN number to the receipt.



Letters to the Editor:

Well Earned Appreciation For Our Hardworking Executive -

I'm impressed with all the work the entire AHA Executive members have been doing. Congratulations on the effort you all put in. I appreciate your involvement especially because it is given freely and it is time consuming. I know because I volunteered my services for a good number of years.

Beverley Bultitude - AHA NSW Branch (Foundation member 1972)

Thank you Beverly for your time in giving our Executive feedback on how appreciated they are for giving of their time and energy selflessly so that we can have a successful Association not only working on our behalf in the community but also ensuring that there is further education, support and networking for our members. We mostly work independently and it's so important to feel a part of something greater than yourself. So I want to add my appreciation to Beverleys' for our wonderful Executive.

Ann Sheridan , Editor, NSW Branch

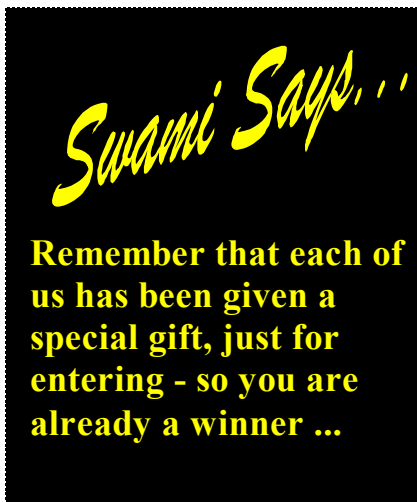
"It feels great to receive a personal greeting from the Association, we sometimes forget that there are PEOPLE behind every desk, every phone and every effort. Thank you Bruni. I found the IBS seminar very worthwhile and have been using the knowledge and the reference notes in my practice".

Isolde Kopping, Byron Bay, NSW Branch



A Reflection on Peer Group Supervision -

By Maya Lak - NSW Branch



Most of us, as hypnotherapists, spend time participating in group supervision, many of us in Peer Group supervision/support groups. This is because of the mandatory requirements of qualifications, or because we actually regard supervision as an important vehicle for support, professional development and accountability. Yet how many times have we actually presented a case to a hungry and enthusiastic group of peers? Often it seems to be to a well habituated and rather bored group of peers ... How often is the case discussed with enthusiasm rather than that tired sense of duty and cynical "Oh not again" quality?

If we are one of the lucky ones where we have an enthusiastic peer group, the group responses are often many and varied, simple and complex...with hypotheses and interpretations coming from all corners of the room, but often the feedback or reflections can create self doubt, therapeutic 'doomsdaying' and negative descriptions of

our work with our client.

It may well start off with "Great! Yes! What a good angle, I must try that one" or "That makes sense" ...but soon moves to "Oh No! If only I'd done that!"...or "Wow! How could I possibly do that?... I'm not as good at it" ...or "She's a much better hypnotherapist than me.....I'll need to go and study some more"..... or "But I've already tried that..... and it still hasn't worked it must be because I'm a lousy therapist" Do any of these thoughts ring some bells?

These conversations we have with ourselves when presenting a case to a group can be overwhelming, demoralising and also strangely informative. These privately held conversations are often the ones that stay with us following a peer supervision group session, despite all the good advice we have received.

Thus, as an equaliser it is very important, especially in peer groups, that before moving on to the next presenter that someone takes responsibility to also discuss the themes and issues that have arisen out of the presentation and processing of the case. As well as each group member disclosing what bells rang for them, either from their own personal or professional life that they feel comfortable to share with the presenter (and the group).



EGO STATE THERAPY with DR GORDON EMMERSON In SYDNEY 2006

In 2001 I graduated from an Ego State Therapy course conducted in Sydney by Dr Gordon Emmerson and I can honestly say that what I learnt has been invaluable in the work I do with clients. As a Supervisor for several associations, it is obvious to me that so many would benefit greatly from also becoming skilled in the practice of Ego State Therapy.

Recognising that many practitioners have not had the opportunity to attend the Gordon Emmerson conducted course, I have invited Gordon to Sydney in 2006 to conduct a Certificate course (March 18-19) and a Diploma course (April 28-30 and May 19-21).

Ego State therapy facilitates the part of the client with the problem to come forward so the origin of the problem can be directly addressed. Obviously, there's a lot more to it and that's where Gordon's expertise is highly prized.

Gordon Emmerson, a Senior Lecturer in Psychology at Victoria University in Melbourne, has authored two books **Ego State Therapy** (2003) and **Advanced Therapeutic Techniques and Interventions** (in press for release in February 2006). He is an accomplished international presenter of a technique that has become widely recognised and highly recommended by practitioners globally.

This really is a 'must do' for hypnotherapists, counsellors, psychologists and psychotherapists. I urge you to take advantage of this opportunity to be taught by a specialist in this proven technique. Excellent for addictions, PTSD, depression and other presenting problems, it will prove to be a worthy addition to your ever expanding skills base. Venue is the Ryde Eastwood Leagues Club, West Ryde.

For more information you can contact me, Lyn Macintosh, on 02 9498 6334 or email lyn@hypnotherapy.net.au



JOKE CORNER

Counselling

The husband and wife go to a counsellor after 15 years of marriage. The counsellor asks them what the problem is, and the wife goes into a tirade, listing every problem they have ever had in the 15 years they've been married. She goes on and on and on. Finally, the counsellor gets up, goes around the desk, embraces the woman and kisses her passionately. The woman shuts up and sits quietly in a daze.

The counsellor turns to the husband and says, "That is what your wife needs at least three times a week. Can you do that?" The husband thinks for a moment and replies, "Well, I can get her here Mondays and Wednesdays, but on Fridays I play golf."



Reminder

Annual General Meeting

11th March 2006

Those Clinical Members unable
To attend, please send in your
Nomination and Proxy forms as early as possible



Look & Learn - Links to interesting articles

Extraordinary States - Gamma, HyperGamma, Lambda and Epsilon
brainwave states above the highest recognized brainwave frequencies of Beta (30 Hz).
<http://bethcoleman.net/gamma.html>

Hit the 'O-spot' for out of body experience
http://brainew.com/ezboard.cgi/db=brain_debate&action=read&dbf=200210010000

Antibiotic Crisis - Why are life-threatening hospital infections so easily spread? We're the ones carrying
around the antibiotic-resistant bacteria that get us.
http://www.sciencentral.com/articles/view.php3?article_id=218392694

Dreams That Predict The Future
<http://www.bellaonline.com/articles/art37802.asp>

An interesting EFT story.
<http://www.emofree.com/addictions/lost-110-pounds.htm>

Three Ways To Hypnotize A Chicken - (The Third Way Not Shown On The Link Is The Beak On the white
line.)
<http://www.almanac.com/preview2000/hypnotize.html>

Top terrorist 'may be master hypnotist'
<http://www.smh.com.au/news/world/top-terrorist-may-be-master-hypnotist/2005/11/22/1132421661698.html#>

Hypnosis key to longevity, 100-year-old advises
<http://www.slidellsentry.com/articles/2005/05/20/news/news05.txt>

Wasp Hounds - take 25 seconds to sniff out smells through 3 minute brain programming...
http://www.sciencentral.com/articles/view.php3?article_id=218392717

Time Travel For Beginners
<http://www.thothweb.com/article-1582--0-0.html>

Mosquito preferences - Ever wonder why mosquitoes attack you more than your friends?
http://www.sciencentral.com/articles/view.php3?article_id=218392692

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

NATIONAL AHA MEETING/WORKSHOP

The National Annual General Meeting is on the 11/3/2006.

If there is anything that members wish to have discussed (either at the next Executive Meeting or the next General Meeting), please contact the Secretary, Carolyn Dean prior to the meeting date (dates shown earlier in this newsletter).

The next NSW WORKSHOP is on 9th April 2006. Details to be advised.

NSW BRANCH REPORT

It has been pleasing to see more members attending meetings. At the November meeting we held a brainstorming session on what members wanted out of being a member of the AHA. Some of the suggestions were:

- That the workshops be more practical and interactive with more demonstrations.
- That we go into more research,
- That we involve people from other organisations,
- That presenters and facilitators have an understanding and responsibility of being a good presenter and remain focused on the topic and keep the group on track.
- That we have an open day,
- That we target markets,
- That we educate the public.
- That we increase our effort for Hypnotherapy to be seen as a separate professional body/therapy.
- That we have a 'Buddy system' and more. Something for us all to think about and work on.

NSW Supervision Groups

Peer Support - NSW

The next meeting will be on Nov. 27th from 9:00 -10:00 am
at Ryde-Eastwood Leagues Club
117 Ryedale Rd. West Ryde.

Bankstown/Liverpool Peer Support/Supervision Group

Normally held every second Monday in the month at 22 Epsom Rd. Chipping Norton –
NB.February only – held on Wednesday 15th, 7:00 to 9:00pm
Please phone Bruni on 9755 5512 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

Lindfield Peer Support/Supervision Group

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

Killara Monday Supervision Morning Group

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

Killara Monday Supervision Morning Group

held at 1 Willow Close Killara –
Third Friday in the month, 9.30 - 11.30am
Please phone Lyn on 9498 6334 if you wish to attend

Killara Friday Supervision Morning Group

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

Lennox Head Peer Support/ Supervision Group

Held at Amber Dr on the 1st Saturday of the month
Please ring Isolde on (02) 5526 2525 if you wish to attend.

Port Macquarie Peer Support/Supervision Group

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

Wahroonga Tuesday afternoon Supervision Group
held at Macleay Ave on the 3rd Tuesday of each month
This group full

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

Queensland Branch Report

See separate page below.

Queensland Supervision Groups

Gladstone Peer Support / Supervision Group
Held at Martin St on the 1st Tuesday of the month
Please ring Mervyn on (07) 4979 4037 if you wish to attend.

Gold Coast Peer Support / Supervision Group
Held at Albert Ave. Broadbeach on the 1st Monday of the month
Please ring Geoff on (07) 5526 2525 if you wish to attend.

New Farm Peer Support / Supervision Group
Held at James St on the 1st Friday of the month
Please ring Antoine on (07) 3254 1373 if you wish to attend.

Sunshine Coast Peer Support / Supervision Group
Held at Memorial Dr. Eumundi on the 1st Friday of the month
Please ring Isabella on 0402 912 228 if you wish to attend.

Victorian Branch Report –

No report available at time of printing

Peer Support The Victorian 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.

Please phone Harry or Alison if you wish to attend:

ALISON BURTON on 9893 7790 (East Doncaster evenings)

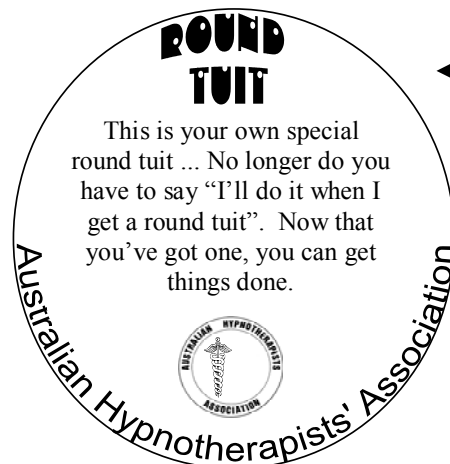
HARRY BERGER on 9560 7551 (Wheelers Hills evenings)

W.A. Branch Report

Perth Supervision Groups

Como / South Perth Peer Support / Supervision Group

Please phone Linda on (08) 9474 2077 if you wish to attend.



← If you would like your own Round Tuit to give away to your client's, send Bruni an email:

bruni.brewin_aha@froggy.com.au

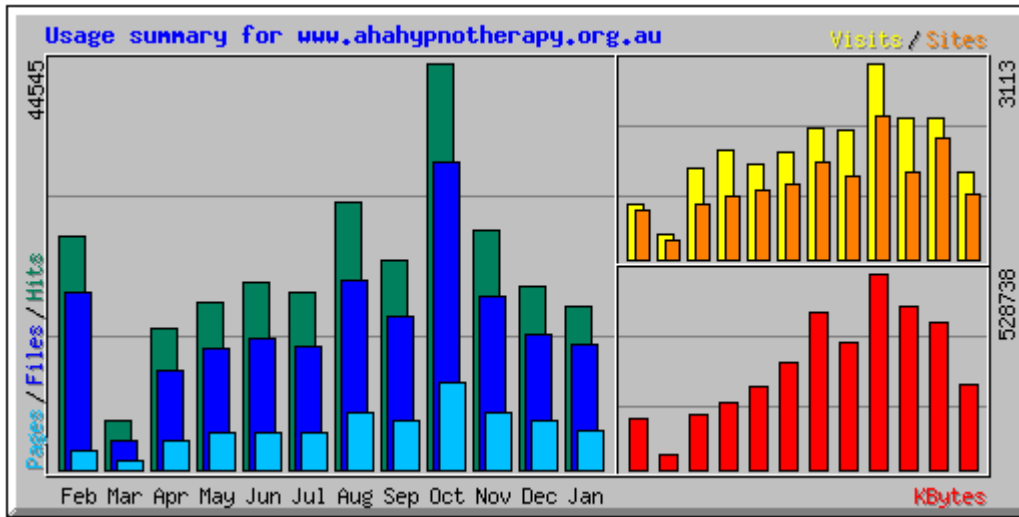
Its on MS Word and you will be able to enlarge it to the size you want.

From our Webmaster Antoine Matarasso in Queensland:

For your information, the AHA web site now has 74 pages and is rating quite highly with most search engines. I had an interview with a News Ltd reporter for I think the Sunday telegraph in Sydney wanted the article that also appeared (two Sundays ago) in the Sunday Mail in Brisbane. Being an altruistic sort I gave them the AHA web address rather than mine and for the few days after and we got a lot of hits the following week. Below are our web site data details for the last year (2005). In January this year when the article appeared it spiked up even more. I will send you that data later.

Essentially we had 265,000+ hits in 2005, which is pretty good, and it is trending up, the reason October was so high is that the ABC had a Catalyst program on hypnosis. If you have any queries or questions I'd be happy to answer them.

01/11/2006 05:53 PM Usage Statistics for www.ahahypnotherapy.org.au - Last 12 Months



Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	KBytes	Visits	Pages	Files	Hits
Jan 2006	1631	1241	386	125	1046	231853	1376	4254	13659	17949
Dec 2005	648	476	174	72	1935	397316	2236	5411	14768	20088
Nov 2005	870	632	209	74	1368	439377	2247	6297	18967	26124
Oct 2005	1436	1086	306	100	2271	528738	3113	9501	33671	44545
Sep 2005	767	556	182	68	1320	341378	2059	5485	16687	23036
Aug 2005	946	667	200	66	1534	423255	2068	6204	20702	29332
Jul 2005	628	432	132	54	1197	287998	1685	4105	13392	19471
Jun 2005	683	479	137	49	1083	225185	1497	4112	14395	20509
May 2005	587	428	132	55	1002	182467	1718	4099	13275	18223
Apr 2005	513	364	109	48	873	150716	1453	3288	10942	15413
Mar 2005	667	394	135	48	297	38595	390	1085	3152	5336
Feb 2005	911	691	76	31	764	138133	868	2149	19352	25520
Totals						3385011	20710	55990	192962	265546

Antoine is one of the quiet achievers of the AHA. You can only imagine the huge amount of work he has done for the AHA, not only during this year but also for many past years now. Thank you for your support Antoine. It is people like you that make the AHA what it is today.

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