



“HYPNOPATTER” e-News

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Bruni Brewin

President's Notes

President's Letter May, 2006

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"A dream is just a dream. A goal is a dream with a plan and a deadline." Harvey Mackay – Author of Swim With The Sharks Without Being Eaten Alive

This is my first Hypnopatter contact since the Annual General Meeting. Those of you that don't know me yet, hopefully you will get to know me better during the coming months. I look forward to getting to know you better on a more personal level.

Your Federal Executive members for this term are listed on the last page of Hypnopatter. We say goodbye to Carolyn Dean as National Secretary, and thank her for holding the fort whilst being busy setting up her own business and we welcome Megan Davenport who has kindly accepted to take over this position. We also welcome Linda Bright as the Western Australia State Executive Officer. I would like to thank Harry Miller for taking on the role of Queensland Executive Officer and Geoff Sly for taking on the role of Queensland Treasurer until elections can be held later this year. Please feel free to contact any of the Executives with your queries, requests or comments.

We are fortunate in having many skills and dedicated people within the AHA. The New Executive is already working together to formulate a Business Plan and welcomes your suggestions. The more hands on deck, the more we do collectively will ensure continued growth, recognition and success of the AHA.

Thank you to our member Jeremy Barbouttis for sending us an article by Linda Silmalis of the Sunday Telegraph printed on April 2, 2006. The article talked about a shame file for Doctors.

The article said that Doctors and psychiatrists struck off the register would be banned from working in health-related fields

under sweeping changes to NSW laws.

A public shame file of de-registered medical professionals will be established to help safeguard the public and prevent barred practitioners from re-inventing themselves.

Furthermore, that massage therapists, homeopaths, naturopaths, counsellors and psychotherapists will also be required to be registered with authorities, who will be given the power to shut down unauthorized practices, and the Sunday Telegraph revealed that a draft Bill approved by State Cabinet last week will be circulated among health groups in the coming weeks.

We have since been advised that aspects of the above newspaper article were inaccurate. At this stage, the Bill is in Draft form only. Once the draft is approved, it will be available for members of the public to read it and make comment. We will keep you updated as we follow the Bill.

News - Deregulation of Hypnosis in South Australia. Ms Kay Anastassiadis, Senior Policy Officer, Policy and Legislation Health System Improvement and Reform, Department of Health, South Australia advises that the draft Psychological Practices Bill is not likely to be in the Parliament until later this year and may take some time to be considered by both Houses of Parliament. It is therefore likely that deregulation of hypnotherapy in South Australia will not be in force until sometime next year depending on the progress of proposition in this Bill in the Parliament.

Also thank you Rachel Ford and Carolyn Dean. I spoke to two participants at the workshop that came on your recommendation. They thoroughly enjoyed the day and were talking about someone else that they thought would be interested in coming next time.

As I am sure you are all aware, none of the funds from the workshop goes into any of our direct purses, but is kept in the AHA funds for the strict purpose to promote the AHA and support and protect the character status and interests of all duly accredited hypnotherapists practising in Australia. This is a truly worthwhile cause for all of us to foster.

I recently came across a great website, <http://www.gpcare.org/guidelines/index.htm>, the link here goes directly to symptoms for various problems. You might like to check it out and put it in your favourites list. Anyone else that comes across links that may be useful, please let Ann Sheridan know so that we can post them in Hypnopatter for sharing.

Regards, Bruni

NATIONAL AHA MEETING DATES

The Next National General Meeting is on the 13/5/2006. If there is anything that members wish to have discussed please contact the National Secretary, Megan Davenport prior to the meeting date.

2006 NATIONAL MEETING DATES

13.05.2006 GENERAL MEETING

23.07.2006 GENERAL MEETING

19.11.2006 GENERAL MEETING – PLUS FREE XMAS LUNCH

2007

10.03.2007 GENERAL MEETING AND AGM

All members please put these dates into your diary

Gambling – Its been said that Australians will bet on anything....

Article by Bruni Brewin – NSW Branch

What is gambling? "Staking money on uncertain events driven by chance. The major forms are wagering (racing and sports) and gaming (casinos, gaming machines, keno and lotteries)."

The term "Problem Gambling" includes, but is not limited to, the condition known as "Pathological", or "Compulsive" Gambling, a progressive addiction characterized by increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences.

People around the world have been gambling for many hundreds of years and it has been part of Australian culture since European settlement.

For most Australians gambling is an enjoyable form of entertainment. Gamblers come from all walks of life and sections of the community. For most people it is an enjoyable pastime that does not cause any difficulties because people are able to control their behaviour and are prepared to spend and lose what they can realistically afford. For a small proportion, however, gambling has negative social consequences. For every person who has a problem with gambling it has been estimated that another five people are negatively affected.

The frequency of a person's gambling does not determine whether or not they have a gambling problem. Even though the problem gambler may only go on periodic gambling binges, the emotional and financial consequences will still be evident in the gambler's life, including the effects on the family.

Although no substance is ingested, the problem gambler gets the same effect from gambling as someone else might get from taking a tranquilizer or having a drink.

The gambling alters the person's mood and the gambler keeps repeating the behavior attempting to achieve that same effect. But just as tolerance develops to drugs or alcohol, the gambler finds that it takes more and more of the gambling experience to achieve the same emotional effect as before. This creates an increased craving for the activity and the gambler finds they have less and less ability to resist as the craving grows in intensity and frequency.

Some of the reasons for gambling may include; a way to escape bad feelings, eg anxiety, loneliness, depression, sadness and grief; a way to cope with feelings of stress; to relieve boredom; to feel accepted in a group; to cope with unhappy relationships or a way out to solve all their problems.

New figures released on Tuesday 14th February 2006 from the Australian Bureau of Statistics estimates on the component of gambling within the overall retail sector of the economy. The bureau said between December 2003 and the December 2005 quarter, gambling net proceeds grew 22.1% to almost \$2 billion. Turnover through hotels and licensed clubs was up 12.1% to more than \$4.8 billion. Gambling now accounts for 40% of total turnover in the nation's pubs and licensed clubs. Gambling proceeds grew 4.5% in the December quarter alone, and followed growth rates of more than five per cent in two of the previous three quarters.

NSW is still the nation's gambling epicentre. Seven per cent of total retail turnover in the premier state is attributable to gambling. Gambling accounts for 3.2 per cent of retail turnover in Queensland, 3.1 per cent in the ACT, 2.9 per cent in South Australia, 1.8 per cent in Victoria, 1.4 per cent in the Northern Territory and less than one per cent in Tasmania and Western Australia.

Many of us have entered a Melbourne Cup sweep (when the whole country seems to stand still for a horse race) or taken part in 'footy pools' during the football season, or lottery tickets in general.

It's been said that Australians will bet on anything – even two flies crawling up a wall. Yearly, as part of the celebration of our National ANZAC day, hundreds of people around the country openly play the illegal game of two up. Today, we are able to play it on the internet.

The Internet will change gambling as we know it. Personal computers will become virtual casinos and digital television could transform living rooms into gambling venues. There is little doubt that

while less than 1 per cent of Australians are gambling online now, the number will increase – and so will the amount being gambled. For example, Canbet, an online wagering site operating out of Canberra, has reported that its turnover increased from \$14.2m in 1996 to \$47m in 1998-99. Lasseters Online, Australia's first licensed online casino, reports that it is making a profit of \$1m per month. The turnover for its first year of operations was \$78m.

The National Crime Authority (NCA) advised that online gambling provides criminals with the means to launder money. The Committee recognised the need to ensure that existing resources in the fight against money laundering are adapted to meet the challenges posed by online gambling. Australians are able to access overseas-based online gambling sites with the click of a mouse. In fact, the majority of Internet gambling sites are located offshore. Most are found in the Caribbean, which offers operators favourable taxation rates and lax regulatory standards.

Whilst helping a gambler to get back on track suggest that they pay their bills, rent, mortgage and buy food etc before deciding to gamble; only gamble with their own money; plan their gambling before they leave the house, for example set limits on the amounts of time and money they will spend; keep a weekly record of their wins and losses; do not take an ATM card to access extra money; arrange other activities for some of the times they would normally go to gamble.

Some helpful ideas that have worked for others have been to always eat before gambling, as this will help to think more clearly; reduce intake of caffeine if not sleeping well; not to drink alcoholic drinks while gambling; tell someone who cares if they are feeling stressed, unhappy or upset; don't feel ashamed about getting help from a professional who has a good understanding of gambling and the problems that may come with it.

If assisting a spouse of a problem gambler, in order to stay safe they may need to think about arranging separate bank accounts; cancel joint credit cards; get legal advice about protecting their share of joint assets, like the house; pay the bills themselves or arrange automatic bank transfers; talk about their worries over with a trusted friend; and be aware of their own stress and the effects the situation may be having on their children.

There is some evidence to suggest that children of parent(s) who have a problem with gambling are at a greater risk to using alcohol, drugs or gambling at an earlier age than other children.

More immediate problems for children come from the financial hardship experienced causing a lack of money for items like food, clothing, family outings, activities and school excursions. They may feel the loss for a parent who is always away gambling for long periods, the loss of security and loss of trust may become an issue. This may cause a withdrawal of the child from making friends at school, a loss of confidence, feeling guilty or ashamed about their parent's behaviour and not wanting to bring other school children to their home.

As with every other problem, people who gamble are responsible for their behaviour and are the ones that will decide if they want help to change their behaviour. It doesn't matter how long they have gambled or how many other things they have tried unsuccessfully to stop the gambling habit. It does matter that it is their decision to want to change if therapy is to be successful.

References:

FairfaxDigital, the age.com.au , Gambling spending continues to grow, February 14, 2006

www.aic.gov.au , Australian Institute of Criminology

www.coag.gov.au Council of Australian Governments' Communique

www.cyh.com Children, Youth & Women's Health Service

www.smh.com.au, August 4, 2004

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

Kicking the addictive habit of smoking with Hypnotherapy

by Geoff Sly (QLD)

With all the new laws now in place to stop people smoking in public places, more and more are seriously thinking about quitting smoking. It has become a very anti-social behaviour and is now recognised as one of the world's major killers. Years ago, it was smart to take it up just to be like others but today it is the smart thing to give it up. The current trend is that males are giving it up but young women are sadly taking it up.

Medical research clearly shows that smokers are twenty-five times more likely to get cancer than non-smokers, twelve times more likely to get chronic lung disease and three times more likely to get heart disease or stroke. Latest research shows that it can be responsible for thinning of the bones as well. Furthermore, recent figures indicate that lung cancer is on the verge of overtaking breast cancer as the leading cause of cancer deaths in women.

For some unknown reason, women are more susceptible to nicotine addiction than men and whilst smoking is dangerous for both sexes, there are added gender-specific risks for women such as the increased likelihood of cervical cancer, cardiovascular disease and stroke related to the use of the contraceptive pill, reduced fertility, complications in pregnancy including a greater risk of miscarriage, menstrual problems and premature menopause.

Because of the carcinogenic chemicals that each cigarette contains, it is imperative that smokers do not smoke around young children whose lungs are most vulnerable from second-hand smoke. Nor should they be around non-smokers as this will make them passive smokers against their will. These terrible chemicals get into your cells playing havoc with the genes and DNA which can then lead to cancer.

However when smokers quit permanently, their lungs become more efficient, their red blood cells carry more oxygen to all the vital organs thus making them feel more alert and alive.

Hypnotherapy is a quick and effective way of helping people quit smoking. However the bottom line is their strong commitment in wanting to give up smoking and being prepared to make small adjustments to their lives in order to have a happier and healthier and longer life.

The AHA National dates below are for the year 2007:

Could you please make a point of putting them into your diaries and keeping the dates to one side so that you can endeavour to work around these dates when making other commitments for next year

Sat. 10/2/2007 Workshop

Mon. 5/3/2007 Executive Meeting

Sat. 10/3/2007 General Meeting & AGM

Sun. 3/6/2007 Workshop

Mon. 18/6/2007 Executive Meeting

Sun. 25/6/2007 General Meeting

Sat. 9/9/2007 Workshop

Mon. 17/9/2007 Executive Meeting

Sat. 23/9/2007 General Meeting

Mon. 9/12/2007 Executive Meeting

Sun. 16/12/2007 General Meeting, Free Xmas Lunch and 1/2 day Workshop.

Future Developments

Article By Bruni Brewin – NSW Branch

The development of Homo sapiens has been a history of innovations, from the earliest crude tools to the modern technological society of today. The growth of science and technology has been exponential during the last century; and under the right circumstances, this rapid growth can be expected to continue.

Observe, Orient, Determine, Act – the four tenets of modern aerial fighter combat developed by John Boyd of the US Air Force and subsequently applied as a mantra by countless pilots world over apply easily to any discipline. The practice of any discipline often requires instantaneous coordination of knowledge, skills, determination, and action. The “brain – hand” coordination, unless trained, vanishes with astonishing rapidity. Even if gone, the practitioner is frequently left with a false sense of confidence that the once learned abilities continue to remain intact. The sense of security persists in the face of countless reports of malpractice that provide a vivid proof to the contrary – the need for training is a continuous, pervasive, and necessary fact of modern life. Today, with the explosive growth of new knowledge, rapidly increasing often simpler ways of often complex, multidisciplinary forms of treatment, and the emergence of new, devastating anxiety and depression states, the need for training is greater than ever.

Before the invention of the printing press there was only one book in the west – the bible – and it was hand-written by monks. After the invention of the printing press – writing and reading was democratized and this was truly the beginning of general education. In a similar way the birth of the Internet has democratized broadcasting – the broadcasting channels no longer control the dissemination of recorded material – individuals and groups of individuals can now do it themselves and so the Internet has enabled broadcasting to fulfill the promise it has always had – to be a superb educational medium.

New technology is and always has been vital to our intellectual and cultural development (particularly our children's) as it is important to our training to get along in the Modern World. The use of course management systems and the rapid increase of new literacy's through the Internet in higher education have developed into new ways of teaching and learning practices. The Internet is having a significant impact on university teaching: how the course is presented, student/faculty and student/student interaction, how students conduct research for course assignments, and administrative processes.

A typical indication of this is the University hospital Medical Information Network (UMIN) Japan, that was established in 1989 to share common database and application software among national university hospitals in Japan. UMIN has evolved into one of the largest and most versatile public academic network organizations in the world and indispensable information infrastructure for the Japanese medical academic community. Currently, the number of its registered medical professionals and its web page views per month is about 153,000 and 15,000,000, respectively. It follows that similar public information centers for academic activities will become the norm in other countries.

Will this new literacy's become the predominant forces that influence our thinking and teaching practices in the universities of the future? At the pace technology is moving forward, the answer is 'yes', and preliminary indications also show that teaching and learning in this mode will enhance the learning process.

There is no longer any question that the Internet and electronic communication are the major new tools for collaborative advances in the creation of new knowledge and in future learning. There are countless examples of highly successful professional courses taught on the Internet. Similarly, international and multidisciplinary collaborations in scientific research based upon little contact other than through electronic communication dominate the scientific literature.

A significant challenge remains. The challenge is to devise a remote mode for nonverbal communication about difficult concepts. In the shared creation of new ideas and knowledge, facial expressions and body gestures frequently play an important role in peer interactions. As the speed and bandwidth of electronic communication increase, we have the prospect that the important

elements of human contact can be imitated. Without the development of sympathetic peer or mentor relationships, distance learning will remain quite sterile.

If we are to be part of history's innovations, we need to look at broadening our outlook on what type of learning and qualifications are acceptable to accredit our practitioners, whilst ensuring their abilities are of the highest standards.

Conclusion:

Whilst our knowledge base, so fundamental to our training provides us with current core knowledge, this can easily become extinct with more innovated ways. With evidence that not only does learnt ability recede, a view supported by reports of Malpractice, highlights the needs for continuous training and supervision.

With the innovation of new technology the Internet will have a significant influence in the learning process and collaboration of research worldwide, which also highlights the requirement for maintaining sympathetic peer and/or mentor relationships. If we are to be part of history's innovations, we need to look at broadening our outlook on what type of learning and qualifications are acceptable to accredit our practitioners, whilst still ensuring their abilities meet minimum acceptable proficiency standards.

For our discipline to continue forward, requires us to 'Observe, Orient, Determine and Act', using the resource and coordination of our knowledge, skills and determination to achieve this.

References: taken from <http://www.ipsi.co.yu>

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Penrod J I, - *Impact of the Internet in a Higher Education Leadership Doctoral Program*

Von Lubitz D. - OODA

Richardson R, Nobel Laureate, Cornell University, USA - *Electronic Business and Education* (SSGRR-2001)

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by purchasing the [AHA electro-static sign](#) available to all Clinical & Associate members
They read: www.ahahypnotherapy.org.au (white lettering on see-through electro-static film)
They cost only: \$10.00 each.

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

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**Please contact your State Representative, or Maya on 1800 067 557 to place your order.
(A small quantity will be made available at the NSW & VIC General Meetings.)**



The AHA Executive and members would like to wish Geoff Sly very best wishes following his health crisis and stay in hospital. After finally getting the all clear from his doctors Geoff is now back at work building up his business again. Good luck and continued good health Geoff

Good News! Terry Shannon from Victoria has completely recovered from cancer and is eager to get back to work again. Congratulations on your wellness Terry and we all wish you good health for the future.

Below are the Health Funds that currently give AHA members' clients rebates for Hypnotherapy

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

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 (quit smoking course only)
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

* There is a requirement to be a Clinical Member of the AHA by Health Funds that provide cover for hypnosis to their clients.

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. .

Navy Health Ltd Update

Navy Health Ltd advises that Clinical Members will need to apply for a Navy Health provider number. But this is **only** necessary if they have a Navy Health patient. A provider number will be issued on the day of request. The provider will need to show this number on the patient's invoices/receipts. The Navy Health contact is Helen Holt/Claims Manager and you can contact her on 1300 30 (NAVY) 6289 or direct on (03) 9896 9310.

Stress Management

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden." "So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." So, my friend, why not take a while to just simply RELAX.

Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. Life is short. Enjoy it! Here are some great ways of dealing with the burdens of life: Accept that some days you're the pigeon, and some days you're the statue. Always keep your words soft and sweet, just in case you have to eat them. Always read stuff that will make you look good if you die in the middle of it. Drive carefully. It's not only cars that can be recalled by their maker. If you can't be kind, at least have the decency to be vague. If you lend someone \$20 and never see that person again, it was probably worth it. It may be that your sole purpose in life is simply to serve as a warning to others. Never buy a car you can't push. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on. Nobody cares if you can't dance well, just get up and dance.

Since it's the early worm that gets eaten by the bird, sleep late. The second mouse gets the cheese. When everything's coming your way, you're in the wrong lane. Birthdays are good for you. The more you have, the longer you live. You may be only one person in the world, but you may also be the world to one person. Some mistakes are too much fun to only make once. We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird games, and all are different colours, but they all have to live in the same box. A truly happy person is one who can enjoy the scenery on a detour. Have an awesome day and know that someone has thought about you today.

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,

Rachel Ford, on 0416 347 574,

Email: rachel.ford@optusnet.com.au

In NT, QLD, & SA,

Rachel Ford, on 0416 347 574,

Email: rachel.ford@optusnet.com.au

In VIC –

Diane Oakley-Solla, on 0413 803 834,

Email: dosolla@tpg.com.au

In WA –

Linda Bright on (08) 9474 2077

Email: linda@mindovermatter.com.au

In TAS -

Rachel Ford, on 0416 347 574,

Email: rachel.ford@optusnet.com.au

By Giving, I Receive

I launched a smile; far out it sailed, on life's wide troubled sea.
And many more than I could count, came sailing back to me.

I clasped a hand while whispering, "The clouds will melt away."
I felt my life was very blessed, all through the hours that day.

I sent a thought of happiness, where it was needed sore,
And very soon thereafter, found joy adding to my store.

I think each morning when I rise, of how I may achieve,
I know by serving I advance, by giving I receive.

.....**Thomas Gaines**

Hypnotherapeutic Interventions in the Treatment of Compulsive Gambling

Author: Leon W Cowen; Executive Director ; Academy of Applied Hypnosis; 302 Pacific Hwy
Lindfield NSW 2070

Therapeutically speaking, there are many methods of dealing with compulsive gambling. The treatment methodology is directly related to the skill set of the hypnotherapist. Those trained in learning paradigms could use cognitive behavioural therapy (Corey G 2005, pp. 268-313.) or direct suggestion, those trained in existential paradigms (Corey G 2005, pp. 268-313.) could use hypnotic empty chair. Whilst those trained in interpersonal training could use transactional analysis (American Society of Clinical Hypnosis 1990, pp. 538-541.) or ego state therapy. Techniques and training in psychodynamic methodology could involve any of the hypnoanalytical techniques (Barnett 1981.) of progression, regression, automatic writing, ideomotor questioning or dream therapy. Of course there are other techniques associated with each paradigm but the fact remains the choice of technique is the responsibility of the therapist.

For the compulsive gambler nobody says "Gee I wish I was like you" if anything it is often that people look on compulsive gamblers with disdain, at least that is what the gamblers believe. Gamblers hide their compulsion from almost everybody and in reality very few friends know of their addiction.

I will outline 3 different case histories that illustrate the various methodologies employed to achieve the range of outcomes. The choice of technique varied from client to client because each presented differently even though each client portrayed virtually the same behavioural processes.

Case Study 1

Nick was 34 involved in the real estate business. He reported he had a good job, was in a stable heterosexual relationship and was a compulsive gambler. He previously believed "I can stop any time I want but I know a big win is just around the corner". Nick's previous belief system was the same as many gamblers but when he decided to *get serious with his relationship* he realised he was *hooked*. Nick reiterated he was looking for the big win.

When counselled regarding his belief that the "big win was just around the corner", Nick recounted the following history. When he was at school he would drink a popular brand of soft drink. A contest run by the soft drink company had the gimmick of a sticker showing half of a car under the bottle cap and when both halves were found you won the car. Nick found excitement when he thought he had found both halves. He told everyone and they were as excited as he was. When questioned on what was the most significant aspect of the perceived win he stated he loved the attention.

However, when he needed to produce the two halves he found both halves were the same, so in fact he had won nothing. Nick said he was devastated and embarrassed. He needed to save face so he concocted a story where he told his friends he lost the most important half. Nick described in detail how happy he was to be noticed and loved being the centre of attention. Using ideomotor

Questioning (Barnett 1981, pp. 112, 118-134.) Nick confirmed he made a decision that this was the way to be the centre of attention. Having a big win (reinforced by subsequent wins) captured everyone's attention and that was what he desired.

Maintaining ideomotor Questioning, Nick admitted he still wanted to be the centre of attention but recognised the mechanism was inappropriate. Reframing was employed to allow Nick to keep the positive intention of *getting attention* but Nick's subconscious mind helped him identify a more appropriate behaviour.

Nick did give up gambling and implemented his chosen alternate behaviour, that of a magician, to get the attention he craved. This new behaviour allowed him to feel noticed by his friends and worthwhile within himself. Nick has since married, purchased his own home and has a happy marriage which, whilst he was gambling, could never have happened as his girlfriend refused to marry him while he still gambled. Nick is now a very competent magician.

Case Study 2

Brian was 46, married with 2 children and presented in a totally different situation. He would bet "on the dogs" primarily but also occasionally the horse races. He was so compulsive that he would often bet and not even know the history of the "animal" on which he placed his bet. Each race day he would go to the TAB, place his bets and often he wouldn't even check if he won or lost.

Brian wanted to know the cause of the compulsion. He was regressed (using his feelings of involvement as the pathway) to the first time it was experienced. What Brian recounted was a usual Saturday at home when he was about 12 years old when his father and much older brother were discussing racing. He felt left out during these discussions and decided that the only way to be accepted by his father and older brother was to be like them and "get involved". Consequently when he was old enough he started betting along with them and this allowed him to feel that he was part of the family and closer to his father and brother. The case was complicated even further by the death of his father and the need for Brian to maintain his closeness to his father's memory.

After his father's death, Brian tried to keep in contact with his brother on a regular basis but his visits were mainly spent talking about "the dogs" however that feeling of closeness was gone. Brian felt unable to bridge the gulf that had occurred when his father died. As a result of the regression work (Kroger 1977, pp. 30-31, 183.) Brian now knew how he used the betting to get closer to his father and brother. During counselling Brian realised there were things he wanted to say to his father but he couldn't say them when his father was alive. Now his father was dead, and he felt he could never say them at all.

We continued with therapy using the Hypnotic Empty Chair which allowed Brian to say the things he needed to say to his father. "You never included me just because I was the littlest. I always felt left out, alone - you loved John (elder brother) more than me. You never even wanted me to be born." This was the first time that Brian had ever mouthed these words - the first time he had ever allowed the feelings that were deep inside to come out and be expressed. He was always told "you're a man - men don't cry - men are strong" and up till that moment he didn't realise just how intense these feelings were.

The technique we used also allowed Brian to take the role of his father which gave him an understanding from a different viewpoint. This proved to be the turning point for Brian. He realised that there was a different way to interpret things that had happened in his life and his need to gamble spontaneously disappeared. He just didn't think about gambling. No longer did he need to get up on Saturday and go to the TAB for a bet. It didn't haunt his thoughts daily.

Brian told his brother about the therapy he had gone through. He said John was somewhat skeptical but when they both went into the TAB and Brian didn't bet John was convinced.

Case Study 3

The last is that of Eve. Eve's husband Ron, was a compulsive gambler. Ron gambled on the pre-electronic poker machines - he would often put all his wages into the "one armed bandits". In the early stages of their relationship Ron made excuses like "I lost my pay packet", "I didn't get paid this

week" or "I went out to the club and only shouted a few rounds". Eventually the excuses ran out and Ron didn't even bother excusing his behaviour, he just got angry and even violent if she queried him about his wages or told him that more bills were due. The situation became critical when the phone was cut off and the electricity almost suffered the same fate. Creditor's threatening to sue forced Eve to bring the "forbidden topic" to Ron's attention. His response was that we are in such debt the only way out was to have a big win and he just knew that one was just around the corner.

Maybe because of her emotional state, sheer desperation or just getting even with Ron, Eve went to the club and decided to gamble a small amount, \$10. She was lucky she had some drops and realised she must have doubled her original investment. "If its this easy I can win enough to get us out of debt" - that was the last thought Eve was aware of before walking home minus her weekly pay packet and the months rent.

Eve gambled compulsively once and only once. It scared her so much that she came to me for help and has never done so again. "Terrified, that doesn't describe it. No money, no food and no home" she said all she could think about was what she had done. Her family knew about Ron's problem and refused to lend them any more money. She made a booking to see me and managed to borrow enough money from a friend for food, rent and necessities until Ron was paid.

The technique chosen in Eve's case was Rational Emotive Therapy (RET) (Corey G 2005, pp. 268-313.). Because RET challenges irrational beliefs it was perfect for Eve who was already challenging her own behaviour and beliefs. Eve knew that her thought of "If its this easy I can win enough to get us out of debt" was irrational and readily accepted the rationality of the cognitive behavioural techniques. She looked at her irrational beliefs regarding her gambling, marriage, and the fears associated with these issues. She made decisions and implemented the new behaviours.

Eve is not a compulsive gambler although she can be compulsive about things. She learnt a very hard and painful lesson which has left a lasting impression. Unfortunately whilst Eve was able to be helped, Ron refused to even acknowledge that he had a problem and continued to insist that he could stop at any time.

For many, gambling is a compulsion. Many compulsions are seen as good, the person who cleans up after cooking, the person who is conscientious at work or the person that keeps their car beautifully clean and polished. Friends say "Gee your car always looks so good, I wish I would keep mine looking so good". However, for socially unacceptable compulsions or compulsions which cause hardship to self and others assistance through hypnotic intervention has shown many successful results – these are but three cases.

References:

- American Society of Clinical Hypnosis (Ed.) (1990) *Handbook of Hypnotic Suggestions and Metaphors*, W.W. Norton, New York, pp. 538-541.
- Barnett, E A (1981), *Analytical Hypnotherapy: Principles and Practice*, Junica Publishing Company, Ontario.
- Barnett, E A (1981), *Analytical Hypnotherapy: Principles and Practice*, Junica Publishing Company, Ontario.
- Corey G (2005), *Theory and Practice of Counselling and Psychotherapy*, 7th ed. Thomson Brook Cole.
- Kroger, W S (1977), *Clinical and Experimental Hypnosis in Medicine, Dentistry and Psychology*, 2nd ed. J. B. Lippencott.

QUITLINE

Bruni contacted Quitline to ascertain the AHA's current position for referrals and received confirmation that the AHA is still valid on the NSW Quitline (131 848) database. However this only refers to the State of NSW. All other States Executives are now looking at making this referral service available for their State members as well.

Alcohol Abuse and Other Addictive Behaviour

Call for articles, book reviews etc on Alcohol Abuse 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 alcohol abuse and/or other addictive behaviour that affect the individual and their family. Moreover, alcohol abuse 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 alcohol abuse or other addictive behaviour, etc.



JOKE CORNER

"Secrets Of Personal Growth"

1. As I let go of my feelings of guilt, I am in touch with my inner sociopath.
2. I have the power to channel my imagination into ever-soaring levels of suspicion and paranoia.
3. I assume full responsibility for my actions, except the ones that are someone else's fault.
4. I no longer need to punish, deceive, or compromise myself, unless I want to stay employed.
5. In some cultures what I do would be considered normal.
6. Having control over myself is almost as good as having control over others.
7. My intuition nearly makes up for my lack of self-judgment.
8. I honor my personality flaws for without them I would have no personality at all.
9. Joan of Arc heard voices too.
10. I am grateful that I am not as judgmental as all those censorious, self-righteous people around me.
11. All of me is beautiful, even the ugly, stupid and disgusting parts.
12. I am at one with my duality.
13. Only a lack of imagination saves me from immobilizing myself with imaginary fears.
14. Today I will gladly share my experience and advice, for there are no sweeter words than "I told you so!"
15. False hope is better than no hope at all.
16. Who can I blame for my problems? Just give me a minute. . . . I'll find someone.
17. Why should I waste my time reliving the past when I can spend it worrying about the future?
18. To have a successful relationship I must learn to make it look like I'm giving as much as I'm getting.
19. I am willing to make the mistakes if someone else is willing to learn from them.
20. The only friend I have...moved to parts unknown.
21. They no longer allow me into the confessional.
22. When I am here I wish I was there....and I am.



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

Is Your Hypnotherapy Practice As Successful As It Can Be?

Supplied by Maya Lak

If you're going to run a successful professional hypnotherapy practice, it's very important that you think of yourself as first and foremost a small business and only second as a hypnotherapist. Remember hypnotherapy is just the service that you are selling in your small business. I'm sure you are aware of hypnotherapists that earn over \$100,000 a year, and others that struggle to get clients. Yet they each offer similar services. They both deliver quality hypnotherapeutic outcomes to their clients. So what's the difference between the two MARKETING and MIND SET! How they promote, sell and re-sell their services and themselves.

One of the key elements to running an effective and successful small business is your ability to market yourself by portraying professional confidence. Your ability to portray confidence in your abilities, reflects to others, your belief in the hypnotherapy process, and also contributes to how effectively you are able to network or communicate your services to prospective clients or their agents, such as doctors and other alternative therapists etc.

One of the most effective ways to build professional confidence is by attending professional clinical supervision. During these supervision sessions you will have the opportunity to review theory; hear some of the ways others handled different situations or built up their business. It is also a safe place to practice the practical application of techniques and gain invaluable feedback from your peers and/or supervisor. Another good way for you to build your confidence is by experience. If you are low on clients start by hypnotising your colleagues, family and friends delivering your service in the same professional manner that you would a normal client. Then ask them for testimonials and referrals.

Of equal importance to your hypnotherapy confidence is your marketing mindset; ie your selling confidence. An enormous number of hypnotherapists can clinically help their clients confidently, but they find it almost impossible to 'sell' their services to prospective clients or their agents – and thus fail to grow their business. This can be due to many reasons, but commonly it's because they have not developed the right mindset. They do not first and foremost think of themselves as running a small business that needs to be promoted.

Therefore when setting up your practice you first of all need to think of yourself as running a small business and then like all businesses you need to develop a Business Plan that clearly sets out your short term and long term goals. Consider how many hours per week you would like to work as a hypnotherapist initially and long term? Then write down a plan on how you expect to go about achieving those goals. What are you physically going to do to achieve your goal? Successful practices don't just happen, they need to be constantly worked at.

One thing you may find useful is to write down a general outline of your business. Make it sufficient for others to fully understand what services you are offering. Consider what you can say that is going to give your business that 'edge' over your competitors.

You are also going to need a professional personal Resume' that outlines your qualifications, experience, specialties and interests. Most importantly, it should create a point of difference between you and your competitors and should be an endorsement of your skills. Your Resume' will weigh significantly in the decision making process of your prospective clients as to whether they use your service or the service of your competitor.

So, to set up and grow your business successfully, it's absolutely critical that you pay attention to setting up a proper Business Plan and your Professional Personal Resume'. Without a well thought out Business Plan and a great looking Resume' you may spend too much of your time and money in advertising your services, yet not actually be selling yourself effectively enough to attract your prospective clients.

A professional personal Resume' should always be truthful and ethical. However, with careful wording, it can make you sound much more professional and credible. Some basic principals to follow when preparing your professional personal Resume' include:

- Keep it to a couple of paragraphs only;
- Direct the language to your reader;
- Use third person. Don't refer to 'I' but rather refer to yourself by your first name;
- Keep sentences sharp and succinct. Don't waffle;

- Don't be modest! If you've had major achievements and accomplishments, state them!
- Don't be dull;

Remember you need to SELL yourself and your business. Because you are now a small business owner, and only 50% of the job is being a good hypnotherapist, the other 50% includes you being a good administrator, advertiser and sales rep.

A good cheap way to advertise your business is to communicate with non-competing businesses that have clients that may be predisposed to use your service, eg naturopaths etc. It's important as the sales representative that you remain committed to working on the growth opportunities for your business and these growth opportunities are: 1. Marketing: Here your goal is to generate as many enquiries as possible from your marketing dollar so you need to constantly test your marketing strategies. For instance, through testing you may find one form of advertising results in more enquiries than another. 2. Conversion: Once you've generated an enquiry, you need to convert enquiries into clients and 3. Client Referrals: You need to encourage clients to become referral sources.

If you are planning to be in the hypnotherapy business for the long haul, getting your marketing systems and processes in place is absolutely paramount - as is developing a business marketing mindset. These two factors will most likely be the most influential determinants in how well your hypnotherapy business operates. To develop your Marketing Mindset you need to: 1. Be determined to succeed, and that means, willing to go the extra mile, If you are truly determined, you will be confident and this confidence will automatically show in your business and be transparent to prospective clients. 2. Set achievable, specific goals. 3. Establish a specific plan of action to attain your goals. 4. Implement your plan. Non-action is the forerunner to business failure and 5. Always maintain a marketing mindset. How effectively you market will be the most influential determinant on the success (or otherwise) of your business. The moment you lose focus on marketing your business, is the moment your business will suffer.

Therefore you need to know the cost to you to get a new client? The Client Acquisition Cost (CAC) needs to be evaluated for each marketing strategy. For instance, if you are concurrently running a press advertisement in the newspaper, distributing pamphlets, and have a website, you would assess each of these strategies independently. This process then validates the effectiveness of each strategy against the other.

Obviously it is in your best interest to minimise your costs whilst maximising your number of new clients. This will give you the best net gains; eg to determine the CAC of a newspaper advertisement. The newspaper advertisement runs for four weeks, with each weekly submission costing \$150. The total cost being \$600. The four week campaign generated 6 enquiries. These enquiries converted into 4 new clients. So the CAC is: $\$600 / 4 = \150 . Then if each of these clients had 2 sessions making you \$800 you can see that you're ahead by \$200 and that your marketing dollar for newspaper advertising is only just working and you may need to look for a better alternative marketing strategy.

Unfortunately there is no fixed proven formula for marketing. Different people prefer different strategies. Only you can determine what works best for you and your business. It's for this reason that it's crucial that you test and quantify. Never market blindly!

Reference: National Educators: www.lcia.com.au

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



Look & Learn Links to interesting articles

Hidden dangers of failure to diagnose ADHD correctly

<http://www.newscientist.com/channel/opinion/mg19025451.800>

Apparent telepathy between babies and nursing mothers survey - Rupert sheldrake

<http://www.sheldrake.org/papers/Telepathy/babies.pdf>

Slow down Aging with meditation

<http://www.remoteviewer.nu/modules.php?op=modload&name=News&file=article&sid=2018>

The Brain Sees What We Don't

http://www.livescience.com/humanbiology/051101_blindsight.html

Brain controls pain.

http://www.sciencentral.com/articles/view.php3?article_id=218392741

Dealing with the problem of "false memory" in clinic and court ~ John G. Watkins, Ph.D.

<http://www.clinicalsocialwork.com/dealing.html>

Warning Urged on Stimulants Like Ritalin

<http://www.nytimes.com/2006/02/10/health/policy/10drug.html?ei=5094&en=b71d0cf12c6d1ccf&hp=&ex=1139634000&partner=homepage&pagewanted=print>

Big Drug Makers See Sales Erode With Their Image

<http://query.nytimes.com/gst/fullpage.html?res=9D06E4DF103EF937A25752C1A9639C8B63&sec=health&pagewanted=print>

Uses of Humor and Speech Acts

<http://facstaff.uww.edu/shiblesw/humorbook/h5.html>

This Is Your Brain Under Hypnosis - New York Times

<http://www.mindpowernews.com/BrainUnderHypnosis.htm>

Hypnosis can work wonders - The Dallas Morning News

<http://www.wtopnews.com/index.php?nid=106&sid=647466#>

The Definitive Hypnosis Cheat Sheet - *A Complete Induction Script for Hypnotizing Anyone*

<http://www.mindpowernews.com/HypnosisCheatSheet.htm>

Catastrophic immune response may have caused drug trial horror

<http://www.newscientist.com/article/dn8863>

Drug Development of TGN1412

http://www.tegenero.com/research_development/drug_development/index.php

Up to 140,000 heart attacks linked to Vioxx

<http://www.newscientist.com/article.ns?id=dn6918>

An interesting article on child development

http://www.sciencentral.com/articles/view.php3?article_id=218392778

Promote healthy eating: feed folks false beliefs (a way of influencing people to avoid fattening foods?)

<http://www.newscientist.com/article.ns?id=dn7770>

Equipped For Success

Figured it out yourself, my lassie, my lad, you've all that the greatest of people have had,
Two arms, two hands, two legs, two eyes, and a brain to use if you would be wise.

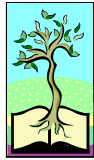
With this equipment they all began, so start for the top and say, "I can."
Look them over, the wise and great, they take their food from common plate,

And similar knives and forks they use, with similar laces they tie their shoes,
The world considers them brave and smart, but you've all they had when they made their start.

You can triumph and come to have their skill, you can be great if you only will.
You're well equipped for what fight you choose, you have legs and arms and a brain to use,
And people who have risen great deeds to do, began their lives with no more than you.

You are the handicap you must face, you are the one who must choose your place,
You must say where you want to go, how much you will study the truth to know.

So figure it out for yourself, my lassie, my lad, you were born with all that the great have had,
With your equipment they all began. so get hold of yourself, and say "I can."



BOOK REVIEWS

By Lyn Macintosh – NSW Branch

Advanced Skills And Interventions In Therapeutic Counseling

by Gordon Emmerson, PhD Crown House Publishing 2006 ISBN 1845900170

It is refreshing to come across a book that competently covers various aspects of therapy, namely counselling and ego state therapy, marrying the two and drawing them together successfully.

This book approaches ego state therapy from a counselling perspective, where trance is induced through the client's involvement in the process and engagement with the therapist. Two chair work or even multiple chairs can be used instead of traditional hypnotic induction and this has been proved to be most effective.

This broadens the use of ego state therapy into the vast network of counsellors, thereby offering an effective skill that can be embraced by many.

Dr Gordon Emmerson's book reminds the reader of the ethics associated with counselling. Boundaries are mentioned along with transference and the question of the keeping and security of case notes. For example "What will happen with the notes upon the death of the counsellor?" The author suggests an arrangement with a co-supervisor to provide a thoughtful provision of duty of care.

Emmerson introduces the reader to ego state therapy at the first opportunity, outlining the development of the therapy and the origin of ego states with an overview of the ego-state personality theory.

Counselling skills are covered thoroughly and thoughtfully. This is a great learning tool for a newcomer to the field and a salutary reminder for those of use who trained some years ago. "The first thing a client sees when coming for counselling is the counsellor. When he or she is greeted with a professionally dressed person, an appropriate tone is set. The second thing that the client notices is a counselling room."

Good active listening skills are discussed and even how to bring the session to a close with examples and the use of "positive phraseology said in a way to minimize resistance will ensure a better chance for positive results."

One has to admire the clarity utilised by Gordon Emmerson as he takes us through the therapeutic use of ego state therapy from a counselling perspective.

"Everything that happens has a cause. When the cause of the stressful reaction cannot be accounted for by the situation at hand, the stressful reaction is being caused by something else." "That tender spot is an ego state that needs resolution."

Crisis and trauma interventions are addressed with three important elements explained – Expressions, removal and relief and an explanatory script adequately illustrates this.

This is an easily read book that will hold the reader's attention and there is much knowledge within the pages as the author gives the valuable "how to" and allows ego state therapy to come into the realm of many.

A valuable contribution ...one not to be overlooked.

BOOK REVIEW 2 – By Lyn Macintosh – NSW Branch

"Hypnosis for Inner Conflict Resolution – Introducing Parts Therapy"

by Roy Hunter MS FAPHP, Crown House 2005 ISBN 1904424600

Here is another book for those with an interest in Ego State Therapy. In fact, the author speaks highly of Dr Gordon Emmerson's work in this field. Praise indeed.

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 or Email: info@footprint.com.au. Please note that Footprint Books offers 15% discount to members of the AHA on all books ordered. Do ask for a catalogue.

A. H. A. (NATIONAL)

PEER SUPPORT GROUP AND GENERAL MEETING

On Saturday 13th May 2006

at

RYDE / EASTWOOD LEAGUE CLUB

117 Ryedale Rd West Ryde

9.00 am to 2.30 pm

Attendance to both will give you 1 HOUR towards your Annual Supervision requirements and 2 HOURS towards your Annual Continuing Professional Education requirements.

9:00 to 10:00 am Peer Support & Supervision Session

10:00 to 10:30 am Morning Tea Break

10:30 to 12:00 noon General Meeting

12:00 to 2:30 pm Lunch (at own expense) an opportunity to network and catch up with friends

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

STATE BRANCH REPORTS

ACT Branch Report

Peer Support Groups are a great opportunity to share ideas, discuss issues and resources with fellow Hypnotherapists

Duffy Peer Support Group

Held at Somerset St on the 1st Monday of the month

Please phone Jim on 6288 4511 if you wish to attend.

AHA (NSW Branch) ONE DAY WORKSHOP

Venue:	The Ryde –Eastwood Leagues Club 117 Ryedale Rd. West Ryde NSW 2114
Cost:	\$ 100:00 Members (AHA & ASCH & PCHA) \$ 120:00 Non Members
Time:	9:00 am to 5: 00 pm
Date:	Sunday 4 th June 2006

This workshop goes towards meeting the annual requirements for your mandatory workshop / ongoing education hours. Please notify us that you are coming so we can inform the catering staff

9:00 am to 9:15 am Registration

HOW HYPNOSIS CAN HELP PEOPLE WITH THE SIDE AFFECTS OF AIDS or HIV

9:15 am – 10:45 am Robert Lopez; B.Couns; B.Econ; Dip. Hyp;

Robert will share with us his method of using hypnosis to offer patients suffering from AIDS or who are HIV positive methods of coping with some of the more debilitating side affects. He will be explaining about the immune system and how hypnotherapy can help patients improve their quality of life. Robert works at the Bobby Goldsmith Centre as well as operating a successful and busy practice in Concord.

MARKETING ESSENTIALS FOR PRIVATE PRACTICE SUCCESS

11: 00 am – 12:30 pm Carolyn Dean- Cert IV Hyp. CMAHA,

Carolyn is a well known Hypnotherapist & Private Practice Coach. Marketing is more than just selling and advertising. It is about finding out who your clients are and how many of them there are, working out how to reach them and letting them know about your service. Learn the essentials of marketing your private practice that every health professionals should know! As well as having a successful hypnotherapist practice in Chatswood NSW, Carolyn runs IntoFocus - a business committed to providing health professionals with the knowledge & tools to enable them to maximise their private practice success.

THE USE OF HYPNOSIS FOR BREAST ENLARGEMENT.

1:30 pm – 3:00 pm Harry Miller; Dip. Psch; Dip. Hyp; MAHA; MASSERT.

Hypnosis offers women an alternative choice to other intrusive methods of Breast Augmentation. Harry will explain his method whereby the client has the ability not only to augment the size of her breasts, but also to mould and contour her whole body into the shape she desires. Harry has a very successful practice on the Gold Coast in Surface Paradise; Queensland

PARKINSON'S DISEASE, HYPNOSIS AND THE DOPAMINE CONNECTION

3:15 pm – 4:45 pm Geoff Williams; BSc; Cert IV (Hyp); Cert IV (train).

Geoffrey Williams is a very experienced hypnotherapist and a lecturer at the Academy of Applied Hypnosis. Geoffrey also runs a flourishing practice in Wahroonga. He is a former natural products chemist and has a particular interest as to why hypnosis works with major mental illnesses. The talk will cover what happens at the neurotransmitter level, how hypnosis relates to this and possible outcomes using hypnotherapy as a treatment. Case studies will also be discussed.

AUSTRALIAN HYPNOTHERAPISTS' ASSOCIATION

A.H.A. WORKSHOP REGISTRATION FORM

Sunday 4th June 2006

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

NAME:

ADDRESS:

PHONE:.....Email:

Please complete and return with your remittance to:

The Treasurer; 19 Macleay Ave; Wahroonga NSW 2076.

Free Phone 1800 067 557

HURRY! Get your registration in before the 30th May 2006 and be in the running to win a workshop for free.

NSW Branch Report

Our full day workshop on April 9th was extremely successful and our thanks go to Maya Lak for both organizing the speakers and the many phone calls it would have taken to get such a good turn up. Also a big thank you to our presenters, Kim Brehmer, Michael Donk, Patricia Jones and Alistair Horscroft for so generously giving of their time and knowledge to present at the workshop.

Sydney Supervision Groups

NSW Free Peer Support group-

Held prior to each National General Meeting
at **Ryde-Eastwood Leagues Club**
117 Ryedale Rd. West Ryde.

This is a great opportunity to share ideas, issues and resources with fellow Hypnotherapists in a friendly, supportive group.

Bankstown/Liverpool Monday Peer Supervision Group

Held second Monday in the month 7:00pm to 9:00pm
at 22 Epsom Rd. Chipping Norton –
Please phone Bruni on 9755 5512 if you wish to attend

Bondi Junction Peer Support Group

held at Bronte Rd for **Clinical** members only
Please phone Kerry on 9387 8777 if you wish to attend

Caringbah Peer Supervision Group

held at 7 Chamberlain Ave. Caringbah
Please phone Beverley on 9525 9911 if you wish to attend

Killara 3rd Monday Supervision Morning Group

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

Killara 3rd Friday 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 4th Friday Supervision Morning Group

held at 1 Willow Close Killara –
Fourth Friday in the month, 9.30 - 11.30am
Sorry, this group is now full.

Lindfield Supervision Group

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

Wahroonga 4th Monday afternoon Peer Supervision Group

Held at Macleay Ave Wahroonga
on the 4th Monday of each month from 2:00 pm – 4:00 pm
Please contact Maya on 9489 3285 if you wish to attend

Wahroonga 2nd Tuesday afternoon Supervision Group

held at Macleay Ave Wahroonga
on the 2nd Tuesday of each month from 2:00 pm – 4:00 pm
Please contact Maya on 9489 3285 if you wish to attend

Wahroonga 3rd Tuesday afternoon Supervision Group

held at Macleay Ave on the 3rd Tuesday of each month
Please contact Maya on 9489 3285 if you wish to attend

NSW Country Supervision/Peer Support Groups

Campbelltown Peer Supervision Group

held at Owen St for **Clinical** members only
Please contact Alex on 4628 1197 if you wish to attend

Central Coast Peer Support Group

held at Bluewave Crescent for members only
Please contact John on 4385 9401 if you wish to attend

Lennox Head Peer Support 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

Held at Ashdown Dr on 2nd Monday of the month
Please contact Elizabeth on (02) 6582 3041 if you wish to attend.

Here is a definition of Psychotherapy from over 50 years ago that you might find interesting:-

"Psychotherapy is an undefined technique applied to unspecified cases with unpredictable results. For this technique, rigorous training is required."

~Raimy (1950)

Queensland Branch Report

We give a warm welcome to the new QLD State Executive officer Harry Miller. Harry has kindly agreed to take on this position temporarily until Queensland members are able to set up their own State Executive Committee. Harry has been a clinical member of the AHA for over 15 years, first in SA and now in Queensland.

Jenny McCormack reports that Stephen Gilligan Ph.D is coming to Australia, and there will be a workshop in Brisbane on 3rd to 6th October 2006. He will be speaking on Ericksonian Hypnosis. I have recently given a 2 hour talk at the Queensland University at the invitation from a professor of anthropology in the Religion & Philosophy department. She was running a 10 week undergraduate course on 'Trance and Altered States of Consciousness' and invited me to speak on the grounds of my hypnosis, spiritual and quantum physics interests. It was a good opportunity to expound the value of hypnosis and therapeutic trance along with the crossover of spirit and science.

Queensland representative Antoine Matarasso reported that he was interviewed by a News Ltd journalist a few weeks ago and as a result had a full page spread in the Brisbane Courier Mail including photos and a mention of the AHA's website. Congratulations Antoine for keeping the AHA's name and website in the media and thus furthering the cause of hypnotherapy.

Melanie Barrett is also to be congratulated on her full page interesting and informative article in the Queensland Courier Mail in the 'Cool Careers' section. The article gave accurate information on the misconceptions and benefits of hypnotherapy particularly with people who are suffering from depression. Well done Melanie for your refreshing and down to earth approach.

AHA (QLD Branch) ONE DAY WORKSHOP

Venue: The Comfort Inn
281 Kessels Rd
Cost: \$ 100:00 Members (includes lunch)
\$ 120:00 Non Members (includes lunch)
Time: 9:00 am to 5:00 pm
Date: Sunday 2nd July 2006

This workshop goes towards meeting the annual requirements for your mandatory ongoing education hours. Please notify us that you are coming so we can inform the catering staff

9:00 am to 9:15 am Registration

THE USE OF GENOGRAMS.

9:15 am – 10:45 am Maya Lak; M.Adult Ed; B.Ed; B.Man; Dip Hyp; Cert. NLP; Cert Couns; Cert. Supervision
The use of Genograms offers therapists an alternative way of engaging with their clients. When dealing with clients with multiple problems genograms can often be very useful in supplying a reasonably detailed demographic profile of the client and all their significantly related family members. Maya operates a successful counselling & hypnotherapy practice in Sydney. NSW

HOW HYPNOSIS CAN HELP PEOPLE WITH PSORIASIS

11:00 pm – 12:30 pm Antoine Matarasso; B.Th; Cert Counselling; Cert.Hyp.
Antoine's background is in hypnotherapy, leadership training, lecturing & public speaking He has toured throughout Australia, Asia, Europe, Africa, and the USA and speaks fluent French and English. Today he will outline how hypnotherapy can help suffers of psoriasis (a chronic inflammatory skin disease) and one of the 10 most common skin ailments presented to GPs. Antoine currently runs a flourishing practice in New Farm, Queensland.

LUNCH This is the time & place where good friendships and alliances are formed or developed.

THE USE OF HYPNOSIS FOR BREAST ENLARGEMENT.

1:30 pm – 3:00 pm Harry Miller; Dip. Psch; Dip. Hyp; MAHA; MASSERT.
Hypnosis offers women an alternative choice to other intrusive methods of Breast Augmentation. Harry will explain his method whereby the client has the ability not only to augment the size of her breasts, but also to mould and contour her whole body into the shape she desires. Harry has a very successful practice on the Gold Coast in Surface Paradise; Queensland

HYPNOSIS FOR THE TREATMENT OF TRAUMA

3:15 pm – 4:45 pm Bruni Brewin Dip. Hyp. Dip. Couns. CMAHA.
Bruni is the current President of the AHA. Bruni's background is as a counsellor and highly experienced hypnotherapist as well as a Trauma and Pain management consultant and Child Sexual Assault Counsellor. Bruni will share with us some techniques she has found successful in helping people overcome some of their issues relating to trauma. Bruni currently runs a successful counselling & hypnotherapy practice in Chipping Norton in Sydney, NSW.

A.H.A. (Queensland Branch) WORKSHOP REGISTRATION FORM

Sunday 2nd July 2006

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

NAME:

ADDRESS:

PHONE:.....Email:

Please complete and return with your remittance to:

The Treasurer; Geoff Sly Unit 1104; 19 Albert Ave Broadbeach 4218 or phone (07) 5526 2525

Queensland Peer Support/Supervision Groups

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.

Broadbeach Peer Support / Supervision Group

Held at Albert Ave on the 1st Monday of the month
Please ring Geoff on (07) 5526 2525 if you wish to attend.

Eumundi Peer Support / Supervision Group

Held at Memorial Dr on the 1st Friday of the month
Please ring Isabella on 0402 912 228 if you wish to attend.

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.

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.

W.A. Branch Report

Exams have been held on Tuesdays 14 March and 2 May. The next exam is scheduled to be held on Tuesday 27 June. About 8 new applicants have applied for Associate Membership. As well as 2 applicants who are seeking entry at the Clinical Membership level. Applicants have ranged from new graduates through to those who have been practicing for some years. We are looking forward to holding our first monthly peer support groups in July. Peer Support Groups are a great opportunity to share ideas, discuss issues and resources with fellow Hypnotherapists.

Linda Bright is the new WA State Representative. And as we prepare to welcome in our new members we are saying good bye to Derk Brocx, Derk we're sad to see you go but we wish you all the best in your well earned retirement.

Perth Peer Support Groups

Como / South Perth Peer Support Group

held at Fraser St. if you wish to attend
Please phone Linda on (08) 9474 2077.
linda@mindovermatter.com.au

Victorian Branch Report

We congratulate Anthony Gilmour on becoming a clinical member.

The Victorian Branch ended 2005 with a workshop on working with children run by Psychologist Thelma Paul which was well attended. Thelma provided a comprehensive overview on many of the techniques she used including visual cards and sand therapy to create a rapport with children. She also gave us valuable information on current statutory requirements when working with children.

We commenced 2006 with a workshop run by Bernadette Walsh on becoming successful in private practice. Bernadette gave us some valuable keys to utilise practically in increasing our awareness of

the roles and functions we have in our practice and how to expand our business by incorporating a vision for the future.

A reminder to all Victorian members of our Annual General Meeting to be held on Saturday 20th May. A workshop to be notified will follow the meeting Venue will be The Vine Room, at The Quest in Doncaster.

Peer Support and Supervision Groups for 2006

NOTE CHANGES: NEW DATES, TIMES and LOCATIONS for 2006:

Supervision meetings are held for people wanting to attend group supervision by a qualified supervisor. Essenden Group currently being held by: Lea Kewish

Essenden Supervision Group

Lea Kewish Phone 9372 9442 email leak@alphalink.com.au

Buckley St. ESSENDON

May 24th September 25th November 27th

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

Peer Support Groups are a great opportunity to share ideas, issues and resources with fellow Hypnotherapists in a friendly, supportive group.

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

Cheltenham Peer Support/Supervision Group

Sandra Williams Phone 9585 7904

5b Charles St., CHELTENHAM

Monday 1:00 – 3:00PM meetings March 20th and October 30th

East Doncaster Peer Support/Supervision Group

Alison Burton Phone 9842 7033 email: simnat@bigpond.net.au

Simply Natural Therapies, 41a Tunstall Square, EAST DONCASTER

Monday 7.30 PM EVENING April 24th and August 28th

Upper Beaconsfield Peer Support/Supervision Group

Anne Wilson Phone 5944 4785 email: venus_7@tpg.com.au

163 Stoney Creek Rd. UPPER BEACONSFIELD

Day time meeting Monday 29th May 1:00 – 3:00pm

Evening meeting Monday 24th July 7.30 pm

Wheelers Hills Peer Support/Supervision Group

Harry Berger Phone 9560 7551 email hrberger@bigpond.net.au

215 Jells Rd., WHEELERS HILL

Evening Monday September 25th 7.30pm

VICTORIAN DIARY DATES 2006

EXECUTIVE MEETING	SATURDAY MAY 13TH
ANNUAL GENERAL MEETING	SATURDAY MAY 20TH
WORKSHOP AND GENERAL MEETING	SATURDAY AUGUST 12TH
PROPOSED SEMINAR	SATURDAY OCTOBER 28TH

Please put these dates into your diaries. Suggestions for topics for workshops would be gratefully received. Contact Anne Wilson on (03) 5944 4785, for more details.

VICTORIA AGM and WORKSHOP

AGM 9.30 am & Workshop 10.30 am Lunch 12:30 pm on Saturday 20th May 2006

at

The Vine Room at The Quest
855 Doncaster Road DONCASTER 3109

WORKSHOP : Getting Organised **Guest Speaker: Julie Madden**

Dip Clinical Hypnotherapy, Dip Ego State Therapy

Cost: AHA Members and affiliates \$25.00 Non-members \$30.00

Payment: Cash, cheque or credit card

RSVP: Tuesday 16th May, 2006

The Treasurer Julie Madden 0408 355592

Or juliemadden@bigpond.com

Cont....

Julie will help you understand the costs and benefits of being organised in your personal life as well as your practice.

- Discover systems to support you and your memory
- Explore personal time management
- Understand the internal and external resources available to you
- Design systems that support your particular learning style
- Motivate yourself to work efficiently and effectively
- Minimize the time you spend on administration

About Julie

Julie has been a business consultant for over 20 years assisting small businesses to increase efficiency through training, systems and structures. Her area of particular interest is in the day to day running of organisations and developing people friendly systems. Julie has been an Effectiveness Training instructor for 18 years and recently became a facilitator for a new Australian course – Understanding and Handling Anger in you and your children. In her clinical practice uses Hypnotherapy, in particular, Ego State Therapy, to help clients overcome procrastination and other blocks to having their lives and business run smoothly.

This is a great opportunity to meet with colleagues, exchange ideas and business cards. We look forward to seeing you for an enjoyable and informative morning. We meet for a casual lunch afterwards at the pub – please join us.



A.H.A. MEETING & WORKSHOP REGISTRATION FORM

20th MAY 200⁶

AHA Members & Affiliates \$25:00 or Non-members \$30:00

NAME:

ADDRESS:

PHONE:.....Email:

I will be attending; The meeting [] The Workshop [] Both []

I am a member or affiliate of the AHA Yes No

To register your attendance please complete and email: aha_vic@arbeco.com.au or fax 9872 6060 or mail, to The Treasurer at 31 Darlingsford Blvd, Melton, 3337 by Tuesday 16th May, 2006.

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WA Representative & Executive Officer & Membership Secretary

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