



# HYPNOPATTER

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Feel free to forward this e-journal to your associates and friends interested in hypnosis.



Bruni Brewin

## President's Notes

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### President's Report May 2007

*Keep your thoughts positive because your thoughts become your words.  
Keep your behaviour positive because your behaviour becomes your habits.  
Keep your habits positive because your habits become your values. Keep  
your values positive because your values become your destiny. ~ Gandhi*

Great news for the hypnotherapy profession, on the 14<sup>th</sup> April 2007, 23 people representing 19 organisations comprising of both associations and training institutions, from WA, Victoria, Queensland and NSW met in Sydney to discuss forming a National Umbrella Organisation for the whole hypnotherapy profession. A further 12 apologies from other groups unable to attend, but still wishing to be part of this unique endeavour, showed the interest in the profession to make this happen.

I applaud them all for recognising the uniqueness of this opportunity to clearly develop and unify the hypnotherapy profession in Australia. . It is obvious that the past lack of unity served to increase confusion for government, health funds, consumers and the community. Having a recognised identity is the foundation of any credible professional body. Thus the building of unity is paramount to the credibility of the profession and future success of having hypnotherapists seen as professionals in their own right.

Thanks to Chris Visman's good facilitation skills, this first meeting brought about a lot of positive input and ideas that we took away with us to consider and build upon to bring to the next meeting. The one core requirement that each association and training organisation stipulated was that a National Umbrella Association should be an inclusive consensus-based and widely representative peak body of existing hypnotherapy associations and training institutions.

This ability to unite under a National Umbrella Association can be seen by just how well all associations and training institutions worked together recently when some of the South Australian Members of Parliament attempted to again restrict hypnotherapy to psychologists, doctors and dentists. Therefore if you support the formation of a truly Australian National Umbrella Organisation we ask you to back the AHA Executive in supporting this unique opportunity. It was agreed that the next meeting should be held in Brisbane on the 26<sup>th</sup> June 2007. Venue yet to be advised.

Unfortunately at the same time that the hypnotherapy profession was coming together to form a National Umbrella Association of associations and training institutions, I received complaints from a number of our members, in various States, that they have received canvassing letters urging them to join a new association. Apparently this association rather than attracting members on its own merits is directly targeting members of the AHA and ASCH and perhaps others, with offers of cheap joining fees without validation of any training other than your good reputation of being a member of the AHA or ASCH.

For over 25 years all Australian hypnotherapy associations have managed to live together amiably respecting each other and each other's members. Therefore to suddenly have an association so blatantly canvassing our members is a very sad situation indeed. If you receive such direct canvassing letters please forward these to the AHA Executive.

On this associations website it claims that by canvassing other association's members it is trying to bring the hypnotherapy industry together? Unfortunately this has been the cause of negative effects that goes against what they purported to do. Canvassing other association's members will further hinder the goals of uniting the hypnosis profession. In the past, the AHA and the ASCH have already had to write to the Department of Health to advise them that a letter that they received from this association (stating that it was speaking for the ASCH & the AHA amongst others) was false. Any association, truly wishing to bring the hypnotherapy industry together, rather than soliciting members by head hunting other association's members, would have approached the Executive of each association and training institution about forming an umbrella organization just as the PCHA and the AHA have just initiated. You are already in an association that is recognised Nationally and Internationally, yet we see that for the hypnosis profession to move forward it is imperative for all of us to work towards a National Umbrella Group where all groups speak with the one voice that truly reflects the standards of that Umbrella Group as set by all those within the group. We sincerely hope that all associations and training schools will work towards achieving this.

On a different note Glen Wheeler invited me to be interviewed on radio 2UE on Sunday 22<sup>nd</sup> April. It gave me an opportunity to tell his listeners about the AHA, hypnosis and some of the things that hypnosis may be able to help them with.

The AHA amongst other conventional and complementary disciplines have been invited to be part of an HPAT Committee group for depressionNet an organisation that supports people living with depression by providing comprehensive web-based information, help and 24/7 peer support. The depressionNet website has approximately 4,000 pages of information and resources including the symptoms and treatments of depression and related disorders, contributions of inspirations and personal experiences, self-help tips, research findings and contact details of help and support in the community. The site supports 18,000 members that suffer with depression and provides information and a forum for support. [www.depressionnet.com.au](http://www.depressionnet.com.au)

And to end on a great note... Congratulations to Joe Kee for his amazing feat to wean himself off dialysis. For the newer members, Joe Kee is one of the AHA's earlier pioneers in hypnosis and was President of the AHA for 25 years, (Joe has been in practice for 58 years). Joe had been on dialysis for over 3 years following an operation. The medical professionals advised Joe that he would never be able to cease dialysis but Joe was determined to prove them wrong. Diligent self-hypnosis and determination has done just that. Joe said that he didn't want to say anything too early, but he has now been off dialysis for 6 months and has been advised all is clear. What an inspiration you are to all of us Joe. Well done!

### *Bruni*



Joanna Malinowska receiving her certificate at the AGM



Angela Jamison receiving her certificate at the AGM

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## **Create a 30 Minutes Quiet Time and the Benefits Last All Evening!** by Maya Lak

As a relationship counselor as well as a hypnotherapist I often find that when couples come complaining about their relationship what they really mean is that there does not seem to be time for their relationship until after the children have gone to bed and by then they are both too tired to do more than veggie out in front of the TV. I'm sure if you've got children you'll know what I mean. You've both had a hectic day, and are looking forward to being home with your nearest and dearest, but you know there's a battle zone to hack through before you can sit down and relax. Your children are as keen to see you as you are to be home with them, and they've saved up all their day's stories - their trials and tribulations, their joys and successes, to share with Mum and Dad.

What I suggest to these couples is that as soon as the second parent walks in the door, both parents retired to the lounge room (or the back veranda etc) with a cup of tea or a drink and spent 30 minutes relaxing together and quietly catching up on the day. No children are allowed in the room, and all parent/child dialogue has to wait. At first there may be complaints from the children but normally within a matter of days, it will become 'the way we do things round here', and no notice will be taken of the parents until after the parents have spent those 30 minutes by themselves and are ready to face the evening onslaught.

Even if you don't have children, the logic behind the system is great – it creates separation, to help transition from one state to another. If you're a single person, it might take only 10 minutes quietly doing your self hypnosis before you start dinner, or your evening's activities. Or you might choose to drive home via a lovely park and take some time out to walk in the fresh air. Or you might choose to take a shower as soon as you walk in - casting off the day's events by casting off the clothes. Or instead of turning on the TV with its attendant crop of noise and disasters, put on some quiet relaxing music.

If you've got another favourite strategy, why don't you take a minute and tell everyone via the AHA discussion board - it's very easy to use.

**AHA NATIONAL**  
**Is holding**  
**A PEER SUPPORT GROUP**  
**Followed by a GENERAL MEETING**  
**and Free Lunch**  
**ON: 22 July 2007**  
**TIME: 9:00 am to 1:00 pm**  
**AT: The Ryde–Eastwood Leagues Club**  
**117 Ryedale Rd. West Ryde NSW 2114**  
**Please notify Megan Davenport; Phone 5526 2525; if you are coming to the Meeting**  
**(so we can inform the catering staff)**

## Why Does Hypnotherapy Sometimes Fail?

### Important Considerations for A Beginner Practitioner. By: Linda Bright - WA Branch

Hypnotherapy can fail due to any one of a number of factors. It may be due to the inexperience of the hypnotherapist or the resistance of the subject for a myriad of reasons - maybe the outcome desired was not appropriate for the subject or perhaps the use of hypnosis as a therapy may not be the best for that particular client.

The human psyche is complex and yet simple at the same time and so a response to this question could fill a book. However, in summary a short list follows with bracketed indicators of where the problem/s may lie:

- Acceptance of all clients for all and any changework (hypnotherapist/induction/hypnosis ie absence of any appropriate selection of clients);
- Unrealistic expectations of what hypnotherapy can and cannot do (on the part of both client and hypnotherapist);
- Unrealistic expectations of what constitutes success (client and hypnotherapist);
- Determination that no therapy will bring about change (client motivation);
- Fear or resistance of hypnosis for any number of reasons (client resistance/induction);
- Failure to cover classic client resistances in pretalk (hypnotherapist/induction);
- Expectation that the hypnotic state alone guarantees the change required (client and hypnotherapist/hypnosis);
- Poor selection of hypnosis as the appropriate therapeutic tool for the client (client and hypnotherapist/induction &/or hypnosis);
- Poor therapeutic background/training of the hypnotherapist (hypnotherapist/hypnosis);

To maximise the chances of positive outcomes for the client, in the ideal world, all the following points would be amply covered:

- Rapport would be established;
- Client would have all misconceptions clarified;
- Both client and hypnotherapist would agree to what is the problem to be addressed and the goal/s of the hypnosis sessions and how success will be measured;
- Background of the client would be explored to determine levels of motivation and resistance before accepting them as a hypnosis client;
- "Proper" therapeutic techniques would be employed in hypnosis;
- Both client and hypnotherapist would agree to commit to a minimum number of sessions or activities before re-evaluating and determining progress to date.

# AHA (Queensland Branch) ONE DAY WORKSHOP

**Venue:** Comfort Inn – Robertson Garden  
281 Kessels Rd Robertson 4109

**Cost:** \$ 110:00 Members (*Includes lunch*)  
\$ 130:00 Non Members (*Includes lunch*)

**Time:** 9:00 am to 5:00 pm

**Date:** Sunday, 15<sup>th</sup> July 2007

**Please notify Maria by  
10<sup>th</sup> JULY, of your  
attendance so we can  
ensure sufficient food  
for all attendees**

This workshop goes towards meeting the annual requirements for your mandatory ongoing education hours.

## **8.30 am – 9.00 am REGISTRATION**

## **9.00 am – 10.30 am THE PERSPECTIVE OF HYPNOANALYSES - Urban Sundvall.**

Today in Australia the focus of therapy under Hypnosis has mainly been concerned with Suggestion therapy and as it was presented "a good Hypnotherapist must believe in the presenting symptoms of a client and work with that information". As someone who works with free association, I would like to qualify that statement and say; "A HypnoAnalyst acknowledges the presenting symptoms, but ponders on the client use of language and the root cause of the problem" This is presented for your information and if you find you want to give more substance to your work then maybe HypnoAnalysis might be for you.

## **10.30 am – 11.00 am MORNING TEA BREAK**

## **11.00 am – 12.30 HELPING PEOPLE COPE WITH CANCER & ITS SIDE AFFECTS – Christine Poller**

Christine was recently featured in a National magazine and from the responses she received it became obvious that there are many people out there that need support and help with the effects of cancer and the side affects of the various cancer treatments. Christine will be sharing and demonstrating with you her methods and techniques. One of her cancer survivors, will also share her experience of how Christine's techniques affected her and how she helped her to cope, during this difficult period.

## **12.30 pm – 1.30 pm LUNCH BREAK**

## **1.30 pm – 3.00 pm ACUTE SENSITIVITY AND ITS RELATIONSHIP TO COPING MECHANISMS Isolde Kopping,**

Isolde lives and works in Byron Bay and makes the connection between Acute Sensitivity and creativity, art, psychic ability etc. People who have heightened perception (often in the emotional/feeling domain) feel it is a heavy burden for them, and feel weak, wrong, and that they are going mad. They may turn up at your doorstep because very often there is a sprinkling of them everywhere. Isolde will show you how a supportive rather than critical environment can turn things around, so their 'curse' becomes their 'gift'.

## **3.00 pm – 3.30 pm AFTERNOON TEA BREAK**

## **3.30 pm – 5.00 pm UNDERSTANDING THE DIFFERENT TYPES OF DREAMS - Lydia Deukmedjian.**

Many theorists such as Freud, Jung and Adler believed that dreams are a direct connection to the subconscious mind and that dreams are the pathway to our true thoughts, emotions, actions and spiritual wholeness. As Hypnotherapists, in understanding the different types of dreams and their meanings, we can see more of our clients hidden subconscious mind processing and therefore have access to direct information to help us understand more about them and make for greater success in their therapy. Lydia operates a very successful practice in Balmain.

## **AUSTRALIAN HYPNOTHERAPISTS' ASSOCIATION WORKSHOP REGISTRATION FORM**

### **For Sunday 15 July, 2007 Workshop**

AHA Members \$110:00 or Non-members \$130:00 (includes lunch)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Email: \_\_\_\_\_

I am a  AHA Member  Non Member

Please complete and return with your REMITTANCE AND PAYMENT to:

Maria Element; AHA Secretary, Unit 10; 10 Beaconsfield St, Highgate Hill 4101 Ph: 0421 396 994

HURRY! Get your registration in before the 12<sup>th</sup> July, 2007 and be in the running to win a workshop for free.

**THE AHA IS A MEMBER ASSOCIATION OF PACFA**

## A note from the President..

Would State Executive Members please put the beginning of the last week of the month for the months; Feb, April, June, Aug, Oct. as cut-off dates into your diary for Ann Sheridan to receive any State Report and Workshop submission that you wish to include into Hypnopatter: Anything received after these dates will unfortunately have to miss that bi-monthly issue. Thank you for your cooperation.

## PACFA News – GST

### GST-free SUBMISSION

At the March Council Meeting, Ron Perry discussed with delegates PACFA's planned submission to the Federal Government for exemption to the Goods and Services Tax.

By way of background, on 13 August 1998 the Prime Minister announced a wide ranging reform to Australia's taxation system. This taxation reform package saw the wholesale sales tax and nine State and Territory taxes replaced with a GST.

Government initially exempted the majority of health and aged care services from GST including counselling services. The decision around counselling services was reversed by the Tax Consultative Committee. This Committee considered that counsellors should not be considered as registered practitioners for the provision of counselling services for the following reasons:

- That counselling services are generally provided by three professional groups in the community; namely social workers, psychologists and the relatively new profession of counsellors;
- The Committee noted that Social Workers and Psychologists enjoyed either State/Territory registration requirement or a self regulation national professional association;
- That there were few equivalent systems in place for counsellors at that time; and that there were no minimum qualification requirements in place before an individual can describe themselves as a counsellor.

Our recent meetings with Treasury have been most insightful and to gain some traction in this matter, PACFA seeks from our Member Associations data/information about the inequity of the government's current position; information about competitive neutrality (that is; all persons providing the same service should either pay GST or be GST exempt); the uneven distribution of mainstream health and psychiatric services to regional and rural Australia and the extent and range of services that counsellors and psychotherapists provide Australia wide.

## PACFA News - The Medicare Better Access Initiative

Arising from our meetings with Government Ministers, MPs and government officials about the Medicare Benefits Scheme (Better Access) initiative arrangements it is PACFA's understanding that to gain eligibility for members of PACFA associations to access Medicare rebates PACFA member associations must demonstrate:

1. A uniform National Registration body to regulate the conduct of its members;
2. Specific credentialing requirements developed in partnership with the profession;
3. On-going professional development programs
4. Internal and external audit; and
5. Training in specific evidence-based therapies.

PACFA clearly fulfils the first 3 requirements. Internal and external audit was discussed at our March Council meeting. To address the fifth point, allied mental health professionals must have appropriate levels of knowledge, skills and experience in mental health care. Specifically, allied health professionals must have training and experience in the delivery of evidence based psychological theory and that those competencies are evidenced based. To advance this requirement, PACFA has commenced steps to ensure that those members of PACFA associations who wish to develop the appropriate mental health competencies should do so.

## KNOW ANYONE WHO WOULD LIKE TO BE A MEMBER

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

or

In **ACT; NSW; QLD; SA; & TAS** contact Beryl Bachell (02) 9484 1461

Email [bbachell@bigpond.net.au](mailto:bbachell@bigpond.net.au)

In **VICTORIA** contact Diana Oakley-Solla 0413 803 834

Email: [dosolla@tpg.com.au](mailto:dosolla@tpg.com.au)

In **WA** contact Linda Taylor (08) 9474 2077

Email: [linda@mindovermatter.com.au](mailto:linda@mindovermatter.com.au)

For an AHA booklet outlining the requirements and process of application

## Beyond Business Cards to Actual Business – Robyn Henderson

Networking accounts for more than 80% of business in the marketplace. And good systems form the backbone of successful networking. Consider 4 simple systems for 2007.

### 1. Prepare before the event

When you make the commitment to attend an event, decide at the time of registering for the event, exactly what outcomes you are wanting? Who would you like to meet? Do you have business cards with you?

### 2. Change your focus

Rather than thinking that you stop work and then go to the event, consider the event as an extension of your workday – you are just changing locations. Conversely, if you were attending a breakfast function, you in fact started work at 7 am today. With a work focus at this event, your priorities will be quite different. Basically you are building trust through communication. If you don't talk to people, you cannot build trust and rapport with them.

### 3. Don't over-commit

If you commit to forward information post event, don't over-commit. Be honest. If you have a full schedule that week, indicate that it may be 4-5 days before you can forward the information and check if that is okay. Most people are quite okay with this. It's when you say you will do something and you don't do it that you can lose credibility.

### 4. Develop a post event system

This may include having a specific business card holder for that network, where you place all the cards from the people you meet at this event. Prior to putting them in the folder, make a note on the back of the card with your date and place you met the person and something you remember about them, ideally something they are interested in outside of work. Then each time you attend that event or function, refresh your memory on your connections by scanning the cards and jog your memory with previous conversations. Networking is fun! The more organized you are the better your results will be.

***ACROBAT FILE HINT- (Acrobat is the format that this Hypnopatter document is saved to.)***

\* You would have noticed that all the items in Hypnopatter are listed in a '**List of Contents**' box on the first page at the Left Hand side of the document that let you know what page the items are on.

\* Did you know that you can go straight to a special article you would like to see, by pressing down the '**CTRL + Shift**' keys on your keyboard and while pressed down, hitting the letter '**N**'? - a small box will appear showing the *current page number you are on*. **Replace the number page shown with the page number you want to get to, and click on 'OK' (or just hit 'Enter')**. It will take you straight to the page that you want to see.

## 10 Ways to Reduce your Stress - NOW! By Aurelia Williams

Stress is the 'wear and tear' our bodies experience as we adjust to our constantly changing environment. Stress negatively affects the human immune system. These 10 tips below can be applied to your life and all of your relationships as it pertains to work, family and friends.

**1 - Manage Your Time Effectively:** Keep a To Do list or daily planner and make sure to include time for yourself and time for stress reduction activities such as self hypnosis and meditation.

**2 - Take a Break:** Schedule several short breaks between clients throughout your day to help minimize your stress. Get up and stretch, read a book, go for a walk, call a friend or simply do some self hypnosis.

**3 - Minimize Interruptions:** When focusing on something important, make sure to block off a period of time when you can work without being disturbed or distracted.

**4 - Eat Healthy Foods:** Try to avoid foods high in fat, sugar and salt. Be sure to snack on something healthy and do not skip meals because this will lower your energy levels.

**5 - Exercise:** Regular physical activity is one of the best ways to deal with stress. It releases endorphins and gives you a natural high. Try walking, bike riding or simply exercising in the comfort of your own home.

**6 - Think Positively:** Instead of focusing on negative thoughts, focus on the positive things in your life and say to yourself at least one positive thought each day.

**7 - Learn to Say "NO":** Don't feel guilty when you have to tell others "no". Taking on additional projects or work for others when you are busy will only cause you more stress.

**8 - Put Stressful Situations in Perspective:** Will it matter a month from now? What about a year from now? Is it something that you can control? Ask yourself these questions when you are faced with a stressful situation.

**9 - Get Enough Sleep:** Studies show that most people need between 6-9 hours of sleep, but most people give up sleep when they are under stress to finish more work. Be sure to get the proper rest so that you can energize your mind, body and spirit.

**10 - Talk to Your Supervisor:** Talking to your supervisor can help because it gives you a chance to express your thoughts and feelings to a person outside the situation.

## Members remember this is your newsletter:

**The more members that contribute, the more important Hypnopatter will become.**

**The more interesting articles that appear in Hypnopatter the more important the AHA website will become to Search Engines such as Google. The more important the AHA website becomes the more people will visit and this should have a flow on effect to you, your website and your business.**

## Google Now Supports High Quality Web Sites by: Maya Lak - NSW Branch

There's been a lot of discussion recently about how it's getting tougher and tougher to get a good position on Google. In an attempt to overcome this problem Google is rewarding high-quality websites. Your website now needs to be CCS 2 and WW2 compatible, which may not mean much to some of you but it is the future, at least for the next two to three years. So what does this mean for you? Google is favouring websites with useful content over clever marketing. Thus to keep your website near the top all you need to do is one or more of the following:

- Publish a regular newsletter.
- Post entries to a blog.
- Submit articles to other people's newsletters.
- Answer questions in Internet discussion groups.
- Send a free e-book to your mailing list.
- \* lots of text on the site
- \* not too many tables
- \* good meta tags
- \* no flash
- \* Write articles for your Web site.

Then your new design will take into account what the search engines are looking for; interesting content and being CCS (cascading style sheet) driven. This should give you good compatibility across different web browsers. You can then publish this material in various places - your Web site, your blog, a special report, and so on. Other people spread your message for you because it contains valuable information, and you benefit by getting the extra visitors to your Web site. So start writing those articles...

Discover the most common words and phrases people use when discussing hypnotherapy and write articles about those topics, (remember to use the most common words and phrases in the title). Then add them to your Web site.

### Word Searches done in January 2007

Estimated number of times a term was searched: Hypnosis 95,937; hypnotherapy 25,069; self hypnosis 15,530; weight loss hypnosis 10,677; stop smoking hypnosis 2,582; hypnosis treatment 2,127; quit smoking hypnosis 1248; lose weight hypnosis 658; clinical hypnosis 605; hypnosis tape 590; hypnotherapy loss weight 573; hypnotherapy smoking stop 512; hypnosis cds 503; hypnosis mp3 412; sleep hypnosis 291; sports hypnosis 279; anxiety hypnotherapy treatment 186; Hypnotherapy IBS 61.

Remember that Google is looking for high-content Web sites. So one very effective technique is to regularly publish more articles on your Web site. In other words, don't just make your Web site a sales brochure. Make it an information-rich resource centre instead.

**References:** Matarosso A. (2007) [antoine@trancesolutions.com](mailto:antoine@trancesolutions.com) Perera G. (2007) [gihan@GihanPerera.com](mailto:gihan@GihanPerera.com)

## AHA Internet Bulletin Board

The AHA Bulletin Board is for the benefit of all members to share ideas or just to simply get to know or keep in touch with other members. All AHA Members are encouraged to use this Internet Group to enter into discussions and debates, and/or to just simply make new friends with others from the Association .

All you need to do is point your web browser to: <http://ahatalk.forumcircle.com/>  
and click on registration to fill in you details.

If you have any queries please contact Jeremy Barbouttis on [Jeremy@exemail.com.au](mailto:Jeremy@exemail.com.au)  
for your AHA member password  
or phone Jeremy on (02) 9518 9912

# Australian (Victorian Branch) Hypnotherapists' Association

Founded 1949  
Phone 1800 186 305

3 Ryrie Crt., Vermont South, Vic 3133

ABN 20 004 388 872  
Email: [dosolla@tpg.com.au](mailto:dosolla@tpg.com.au)

## JUNE SEMINAR

### Psychometric Tests, SDS, Zung, SAS, and STAI. For anxiety and depression

#### Guest Speaker: Charles Huson, Psychologist

Seminar: 10.30am to 12.30pm  
Date: **Saturday, 2<sup>nd</sup> June 2007**  
Venue: The Vine Room at the Quest on Doncaster Road  
855 Doncaster Road  
Doncaster, Vic 3109  
Cost: AHA Members and affiliates \$25.00  
Non-members \$30.00  
Payment: Cash, cheque or credit card  
RSVP: Tuesday 15<sup>th</sup> May 2007  
Julie Madden 0408 355592  
Or [juliemadden@bigpond.com](mailto:juliemadden@bigpond.com)

The SAS, SDS and STAI, Tests are used in assessment of clients presenting with various pain and trauma problems. The Self-Rated scales measure anxiety states and traits and depression and will give measures over a timeframe. This measure gives a more accurate assessment of transitory or generalised anxiety disorders and treatment goals, medication or referrals for further diagnosis.

## Summary

The Zung Self-Rating Depression Scale (SDS) and SAS are 20 item instrument screens for three anxiety, depression and mood symptoms: Affective, Psychological, Somatic.

The SDS Zung is one of the most widely used adult depression screening instruments and are recognised by physicians and clinicians worldwide. The SAS and STAI 20 item instruments screen for general states of anxiety and traits which are the differences in anxiety proneness. These instruments are effective outcome measurement tools for tracking a client's progress with therapy overtime. The tests have reliable and validity scales and can be used when client reports are needed through the legal system, TAC, Victims of Crime Compensation or Workcare

You will receive a manual containing the instruments and through this workshop will be taught the use of the instruments. Charles will take you through the assessments and reporting the findings using a professional report style.

Charles Huson has a background in Engineering, Organisational and Human Resource Management. He worked in Senior Management and he become a consultant to Business and Organisations and has also lectured in Psychology and Human Resource Management. Charles is a Master of Psychology and specialises in pain and trauma management. He currently works in private practice in Berwick and as a practitioner for the Melbourne Spinal Clinic.

**We look forward to seeing you for an enjoyable and informative morning and join us for a casual lunch at the pub afterwards.**

✂.....

#### AHA JUNE SEMINAR:

Psychometric Tests, SDS Zung, SAS and STAI. Saturday 2<sup>nd</sup> June 2007

To register please complete the following slip and mail, email [juliemadden@bigpond.com](mailto:juliemadden@bigpond.com), or phone Julie on 0408 355592

I will be attending this seminar Yes  No  I am a member or affiliate of the AHA Yes  No

Name..... Contact Telephone No.....

Email address.....

The AHA is a member association of the Psychotherapy and Counselling Federation of Australia (PACFA)



# Regression - real or concocted?

By Beverley Arnold

For me, by far the most effective method of treating any symptom with which clients present has been the use of regression. Regression techniques enable me to uncover the root cause of the client's problem quickly and then to use a technique to resolve issues.

At the base of all neurotic problems is amnesia to one extent or another. I use regression to treat anxiety, phobias, depression, self-mutilation, drug/alcohol abuse, low self-esteem and many psycho-somatic disorders. These, and many other issues often have their genesis in significant emotional events of early childhood. These are called imprints and are often the reason for the inability of the client to move forward or to live life fully. Some common imprints that produce powerful negative emotions include: death of a loved one; humiliation; sexual, child and verbal abuse; disease; physical trauma and loss of a significant other through divorce etc. These events are traumatic; and imprints usually consist of three main components: a physically or emotionally traumatic event; a threat (either perceived or real) to body or psyche; and a loss of conscious awareness or dissociation from the event. These elements can make the recovery of the memory very difficult.

There are a number of different methods of regression. Having induced somnambulism, and given the instruction that the client's throat muscles work perfectly well, I generally use the presenting symptom as a pathway to the initialising event. However, with some clients a less directive approach may be more productive. At this point it is very important to be aware of the manner in which intervention is taking place so that phantom memories are not implanted into the subject's mind. The recovery of a significant memory often produces insight that leads to profound changes for the client. I then offer the client the opportunity to give the younger self resources to deal with the uncovered situation and also ask them to give the other party (if there is one) the resources they need to change their behaviour.

This is a very simple outline of the process and there are many excellent books dealing with this process. Without regression techniques, we are often simply applying a band-aid to a situation that can be dealt with once and for all. The pleasure of seeing the relief on a client's face after they have completed this process is very rewarding. However, this does not necessarily happen in one session and a very high level of rapport with the hypnotherapist is needed to enable the client to trust the process.

Ever since I began to practise hypnosis, I have been confronted with some "strange" events. Clients who are very trusting of me, and who relax into deep trance quickly, release a great deal of emotion just by being in the trance state. I have had clients who started out to deal with a phobia, or other symptom, and ended with a journey into several past lives. So be prepared if you are interested in doing this type of work. You may find yourself, as I have done, dealing with strong abreactions in another time and place.

The most common question asked by clients afterward has been "was that real?" As I like to be able to fully understand what my clients are being asked to do, I decided recently that I needed to undergo a present-life and past-life regression. I made an appointment with a colleague and was regressed to childhood. I know now what the ethereal feeling that my clients experience is like. Even more elusive was the experience of a past life where I found myself in Holland in the 1700's. Throughout the regression, I kept asking myself if I was fabricating the experience. This gave me an awareness of how the conscious mind can intervene in trance states.

I'm still not sure how "real" it was. Both experiences, however, were extremely useful in clarifying issues for me. So I guess it doesn't really matter whether we have lived past lives or if we are really re-living old experiences in present-life regressions, the point is that our subconscious is providing a framework for our conscious mind to deal with some issue that previously has not been dealt with.

It is by far the most shortcut method of uncovering deep-seated problems and offering a healing process. It certainly opens the door to our amazing beings!

## **Computer Tip** by Robyn Pearce

### **Don't Open .Exe Files – Ever**

It doesn't matter WHO it is that sends you such things - an exe file is a worm. Send it back and say you won't open it, and ask for the information to be sent in a Word document. And a further safety guard, because there can be hidden nasties in Word documents as well - save the file on a disc, and scan the disc with your up-to-date virus checker. (If you're not updating your virus checker every week or so, shame on you - you WILL get hit one day.)

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**Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated failure. Persistence and determination alone are omnipotent. Calvin Coolidge**



## Book & CD Review By: Lyn Macintosh (NSW Branch)

Members of the AHA receive a 15% discount from Footprint Books, 1/6a Prosperity Parade, Warriewood, NSW, 2102. Phone 02 9997 3973, fax 02 9997 3185, email [sales@footprint.com.au](mailto:sales@footprint.com.au) and check their website [www.footprint.com.au](http://www.footprint.com.au).

### **“Ericksonian Approaches – Exercises and Demonstrations”**

**CD by Rubin Battino, MS and Thomas L. South, PhD.** Crown House Publishing Limited.

The first part of this CD has been prepared to demonstrate how NOT to do trance inductions and then there is a more appropriate delivery style to illustrate the differences.

I'll be honest, I found the two incorrect deliveries frustrating. They were too long and annoying, which is probably exactly what was intended. So it was with a sense of relief that the correct delivery, with appropriate pauses and modulations, was heard.

Track 2 provided an example using embedded metaphors and this was useful, as was the basic floating hand induction.

The CD will be well received by those who want to hear how someone else does inductions. Pace and intonation have great impact and it is beneficial to hear the difference between what works and what doesn't.

The CD is available separately and stands alone but there is an accompanying book if one is interested in going further and it is entitled “Ericksonian Approaches: A Comprehensive Manual – Second Edition”

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## Hypnotherapy Versus Cognitive Behavioural Training For Pain

Results of a trial re clinical hypnotherapy versus cognitive behavioural training for pain management with paediatric cancer patients undergoing bone marrow tests by Christina Lioffi and Popi Hatira

Lioffi and Hatira conducted a randomised controlled trial to compare the efficacy of clinical hypnosis versus cognitive behavioural coping skills training (CB) in alleviating the pain and distress of 30 paediatric cancer patients (age 5-15 years) undergoing bone marrow tests. Patients were randomised to one of three groups: 10 received hypnotherapy, 10 received a package of CB coping skills, and 10 received no intervention. Patients who received either hypnotherapy or CB reported less pain and pain-related anxiety than did control patients, and less pain and anxiety than at their own baseline.

Hypnosis and CB were similarly effective in the relief of pain. However results indicated that children reported more anxiety and exhibited more behavioural distress in the CB group than in the hypnosis group. It was concluded that hypnotherapy and CB coping skills are effective in preparing paediatric oncology patients for bone marrow aspiration.

For the full article see “The International Journal of Clinical and Experimental Hypnosis” Volume 47, Number 2 – April 1999.

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Michael is an author who researches for his book writing.

[http://michaelprescott.typepad.com/michael\\_prescotts\\_blog/2006/12/hypnotized\\_by\\_s.html](http://michaelprescott.typepad.com/michael_prescotts_blog/2006/12/hypnotized_by_s.html)

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## Letter To The Editor

A short note to say thank you Bruni for your stimulating session in Perth on Saturday. I didn't get a chance to have a chat with you. As an EFT practitioner for many years, and other modalities, I realised the amount of knowledge I can incorporate into my sessions. I haven't been utilising EFT in my sessions to date but will from now on when warranted. Having seen your demonstration made me realise this. I thank you for that.

Hopefully we will see you over here again in the near future to stimulate and encourage our chapter. We are somewhat isolated over here and need some insight into what is being utilised in the eastern states, not only by colleges but by individual therapists.

Once again, many thanks.

Kristina Krysallis, WA Branch

## ASSOCIATE MEMBERS

How long have you been An Associate member?

Is it time to upgrade to "Clinical"?

If "Yes" In **ACT; NSW; QLD; SA; & TAS** contact Beryl Bachell (02) 9484 1461

Email: [bbachell@bigpond.net.au](mailto:bbachell@bigpond.net.au)

In **Victoria** contact Diana Oakley-Solla 0413 803 834

Email: [dosolla@tpg.com](mailto:dosolla@tpg.com)

In **Western Australia** contact Linda Taylor (08) 9474 2077

Email: [linda@mindovermatter.com.au](mailto:linda@mindovermatter.com.au)

For your AHA booklet outlining the requirements and process of application

## RESEARCH: Hypnosis & Bone Fracture

The Harvard Medical School conducted research on the use of hypnosis to enhance physical healing. Twelve people with a recent bone fracture were divided into two groups. One group received hypnosis and the other group served as control. Both groups received standard orthopedic treatment. The hypnosis group had individual hypnotic sessions and listened to audio tapes designed to increase bone healing. Xray and orthopedic evaluations were made during the 12 weeks of the experiment.

The results showed a faster healing for the hypnosis group at week 9 of the experiment. Xrays revealed a notable difference at the edge of the fracture at week 6 of the experiment. The hypnosis group also had better mobility and used less pain killers. The researchers conclude by saying that "despite a small sample size.... these data suggest that hypnosis may be capable of enhancing both anatomical and functional fracture healing, and that further investigation of hypnosis to accelerate healing is warranted." The article was "Using hypnosis to accelerate the healing of bone fractures: a randomized controlled pilot study", by Ginandes, CS, Rosenthal, DI. *Alternative Therapy Health Medicine*, 1999, March, 5(2), pp.67-75

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### Computer Tip by Robyn Pearce Hoaxes and Scams

"How many times have you had heart-rending appeals for distribution of a particularly poignant story, appealing to your humanitarian spirit, generosity, and sense of fair play? Most of them are scams, kept alive by well-meaning and unsuspecting folk. Unfortunately, passing on hoax messages, regardless of how good your intentions, affects your credibility and annoys some recipients.

The next time you receive a message about Craig Shergold's dying wish, Bill Gates' altruism, the Neiman-Marcus cookie recipe, the Good Times virus, kidney harvesting, or any number of other hoaxes, check the facts first before passing it on. Here are two excellent reference Web sites:

<http://www.Vmyths.com/> or <http://www.urbanlegends.com>

When you discover a hoax, delete the message, but also write back (politely!) to the sender of the message, referring them to the sites above." If, about now, you're feeling embarrassed about scams you've forwarded, join the club! I'm sure many of us have been guilty of this trap - I've learnt the hard way that it's safest not to send them on.

### LIFE HINTS:

**"A person often meets his destiny on the road he took to avoid it." Jean de la Fontaine**

# AHA (NSW Branch) ONE DAY WORKSHOP

**Venue:** The Ryde –Eastwood Leagues Club  
117 Ryedale Rd. West Ryde NSW 2114

**Cost:** \$ 110:00 Members (AHA & ASCH & PCHA) *Includes lunch*  
\$ 130:00 Non Members *(Includes lunch)*

**Time:** 9:00 am to 5:00 pm

**Date:** Sunday, 3 June 2007

**Please notify Lydia  
DIRECTLY by 1 JUNE,  
of your attendance so  
we can arrange  
sufficient catering for all  
attendees**

This workshop goes towards meeting the annual requirements for your mandatory ongoing education hours.

## 8.30 am – 9.00 am REGISTRATION

### 9.00 am – 10.30 am WINNING THE MARKETING WAR - LINDA HAILEY

Linda Hailey is a well known small business consultant, speaker and author who passionately believes it's time we took the mystery and megabucks out of marketing and small business growth. Linda one of the team of business experts on the Channel 7 "My Business" TV program and is the author of "Kickstart Marketing – the no nonsense system for boosting your small business" and "Your Business, Your Future – How to predict and harness growth" which was released in 2006. In 2007, health services businesses that want to thrive and not just survive will need to change their focus on marketing. Advertising and generic strategies are no longer enough to increase revenue and profit in an increasingly competitive marketplace. This practical presentation takes the mystery out of marketing and shares the secrets of successful businesses that thrive and not just survive. You don't have to be a marketing whiz kid to build your business using this easy approach to marketing. Books will be available for purchase on the day.

## 10.30 am – 11.00 am MORNING TEA BREAK

### 11.00 am – 12.30 pm CHRONIC PAIN MANAGEMENT - DEL LAYTON

It is essential for a Hypnotherapist, to be able to distinguish the differences between pain & suffering. Although patients suffer for many reasons, the informed Hypnotherapist can contribute substantially to the relief of suffering, by addressing the emotional impact on their client's life. This presentation offers a useful concept of suffering that distinguishes it from pain, accounts for the contributory relation of pain to suffering by describing pain as a stressor & explores the implications of these ideas for client care. Del Layton, is a qualified Clinical & Medical Hypnotherapist & Professional Counsellor with eleven years experience. Del was the first non-medically trained person, to be accredited & accepted to work within the private hospital system, in Australia. She has recently completed an 8 year period as a Consultant to the Pain Management team at St Vincent's Private Clinic & Hospital in Darlinghurst. Del has a busy private practice in Baukham Hills & has recently been accredited with visitation rights to in-patients at the prestigious Hills Private Hospital. Not only does Del have vast experience in the field of Chronic Pain Management, but having lived with a rare form of hereditary, inflammatory arthritis since her teenage years, can empathise fully with what clients may be experiencing. Her approach to this subject is both personal & informative.

## 12.30 pm – 1.30 pm LUNCH BREAK

### 1.30 pm – 3.00 pm TRAUMA INCIDENT REDUCTION (TIR) - ALEX FRATER

Alex obtained his basic training in 1993 in San Francisco; he had advanced training in London in 1996 and Sydney in 1998. Maree and Elizabeth are similarly trained with Elizabeth being an accredited trainer for TIR in Australia. TIR is a specialized approach in dealing with trauma and other emotional matters especially those emotions and somatic sensations which are triggered by issues that remain unresolved from past experiences or events, it is a systematic method of locating, reviewing and resolving traumatic events.

## 3.00 pm – 3.30 pm AFTERNOON TEA BREAK

### 3.30 pm – 5.00 pm LAUGHTER IS THE BEST REMEDY - CHERIE RICHEY-LOWE

Cherie Richey-Lowe runs a successful Clinical Hypnotherapy practice in Castle Hill. In addition to her practice she also operates a Laughter Club in Galston, each Sunday. She has found that laughter has many applications within her Hypnotherapy practice. The techniques are simple and easy to administer. Laughter can reduce stress and depression, boost the immune system, reduce pain ad trauma, and assist in improving a persons self confidence.

## AUSTRALIAN HYPNOTHERAPISTS' ASSOCIATION WORKSHOP REGISTRATION FORM

For Sunday 3 June, 2007

AHA & ASCH & PCHA Members \$110:00 or Non-members \$130:00 (includes lunch)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Email: \_\_\_\_\_

I am a  AHA Member  ASCH Member  PCHA Member  Non Member

Please complete and return with your **REMITTANCE AND PAYMENT** to: Lydia H Deukmedjian, P.O. Box 1673 Rozelle NSW 2039  
**HURRY!** Get your registration in before the 25 May, 2007 and be in the running to win a workshop for free.

For further information you can contact Lydia on 0410 327 665 or [lydia@acceleratedhealing.com.au](mailto:lydia@acceleratedhealing.com.au)

**AHA is a member association of PACFA**



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Contact Vital First Aid for information on 1800 084 825 or by email to [mail@vitalfirstaid.com.au](mailto:mail@vitalfirstaid.com.au).

Visit the AHA website regularly for general information, news, membership standards and details.

### **CHANGED YOUR ADDRESS?**

Please notify any change of address by contacting Maya Lak, [mayalak@ozemail.com.au](mailto:mayalak@ozemail.com.au)

National Treasurer on:  
**1800 067 557**

### **Did you notice that?**

The AHA has a National Toll Free number  
You can call with any of your enquiries:

**1800 067 557**

## **Fibromyalgia By: Conrad Adams**

Fibromyalgia, even though it affects an estimated 10% of the population in the USA and Australia today, is still a mystery. Just what is it, what are its symptoms, and what can be done to relieve it? Fibromyalgia (FMS) is a physician's nightmare. It is not a disease, but is considered a syndrome. It is a collection of symptoms that are usually accompanied by pain in the muscles, stiffness of the joints and a general feeling of fatigue. Even though lots of research had been conducted relating to this set of symptoms, there is still no known cause or cure for it. The most commonly heard complaints from Fibromyalgia sufferers are: widespread pain in the muscles, ligaments and tendons; stiffness; fatigue and non-restorative sleep. It is most difficult and frustrating to understand since sufferers appear healthy and normal on the outside, but feel miserable on the inside. To date there is no known cause. Most physicians are baffled as to what to do to reduce its symptoms, since there is no inflammation.

The symptoms of FMS can include irritable bowel, spastic bladder, headaches, myofascial pain, chronic fatigue, memory problems, dizziness, numbness, tingling sensations, itching, fluid retention, allergies, abdominal cramps, pelvic pain, and others. FMS affects eight times more women than men. It can strike at any age. Many sufferers have been to doctors for years before finally being diagnosed with FMS. And that is certainly understandable given the complexities of the symptoms and a lack of inflammation. How can a diagnosis be made for something that doesn't appear to exist? How can you cure something if you don't even know what causes it? Yet, without attention to them, the symptoms worsen.

The classical diagnosis for FMS is pain in all four quadrants of the body that last longer than three months and affects 11 of 18 tender pressure points. Often these tender pressure points are found by a massage therapist while the sufferer is engaged in a routine massage. Even though the cause of these tender pressure points is unknown, it is believed that there may be common triggering events that have created the onset. Some of the possibilities are an infection, an automobile accident, a hysterectomy, rheumatoid arthritis, lupus or hypothyroidism.

Recent research confirms that a many-faceted approach to helping FMS sufferers provides the greatest relief from its many symptoms as well as the best prognosis. Physicians are finding that there are several adjuncts to traditional methods that can provide an improved quality of life. These adjuncts can be used to improve sleep quality and duration, provide proper nutritional education and needs, help with physical conditioning, restore relaxation and enhance positive mental imagery. By using a combination of adjunctive remedies the FMS sufferer can often return to a healthier, more productive, and improved quality of life.

It has long been determined by the traditional medical community that our minds can make us ill. And if the mind can make us ill, it can also make us well. Today many informed doctors are referring their patients to alternative and complimentary methods such as hypnotherapy to help reduce the discomfort. A study published in the *Journal of Rheumatology* indicated that 40 Fibromyalgia patients were randomly assigned to treatment with either hypnotherapy or physical therapy for 12 weeks and a follow up at 24 weeks.

Patients in the hypnotherapy group showed a significantly better outcome with respect to pain reduction, fatigue on awakening, sleep patterns, and general assessment at 12 and 24 weeks. In addition, the hypnotherapy patients showed a significant improvement in their overall levels of discomfort. The authors of the study concluded that hypnotherapy was effective in relieving the symptoms of Fibromyalgia.

### **The 2007 National Meeting Dates**

**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**

**VENUE: RYDE, EASTWOOD LEAGUES CLUB**

Sun 22/7/2007 **General Meeting** - (Peer Support group prior to meeting) **Plus a Free Lunch**

Sat. 24/11/2007 **General Meeting**, Peer Support group, **Free Xmas Lunch** & 1/2 day Workshop,

#### **NATIONAL EXECUTIVE MEETINGS**

**Mon. 16/7/2007 Executive Meeting**

**Mon. 19/11/2007 Exec Meeting**

## **IMPORTANT - MEMBERS PLEASE NOTE:**

- Insurance companies insist that they will only cover Hypnotherapists who are financial members of an approved Association; insurance may be null and void if you become unfinancial.
- If you choose to take up the option of advertising in the 2008 Yellow Pages under the AHA logo your payment need to be forwarded by the July 15<sup>th</sup> 2007.
- For inclusion on the Health Funds Rebates Lists you must be a financial member. Meaning your fees must be forwarded to the Treasurer by 1<sup>st</sup> March 2007.
- Unfinancial members as at the 31 March 2007 will be removed from the AHA FREE website listing and/or the database referral lists.
- All Members are required to supply the “2006 Record of Ongoing Professional Development and Supervision” along with their renewal form.

## **MEMBERS GREETINGS AND NEWS**

A great advertisement for the healing power of hypnosis: Joe Kee (NSW Branch) has just been told he no longer needs to go on a dialysis machine every other day. After 3 years he has managed to reverse his diagnosis with the use of self hypnosis and a change of diet. Good for you Joe!

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### **Introducing: Diane Oakley-Solla, Executive Officer, Victoria**

Hello to AHA members across Australia. I would like to take this opportunity to introduce myself and fellow committee members from sunny Victoria.

I have come to the position of Executive Office after holding a range of positions on the committee and am very pleased to report that, for the first time in a number of years, we have all positions on the committee filled. Anne Wilson has taken up the post of Secretary and Tony Gilmore is Treasurer. Julie Madden, Harry Berger and Sandra Williams have likewise volunteered their time and expertise as general committee members. Kaye Griffin is also assisting the committee. You will hear more from each of these wonderful individuals over the coming months – their enthusiasm and commitment to the AHA and local members is inspiring. We are all here to make a difference.

My own pathway to hypnotherapy has been an interesting journey. After the birth of my children I became accustomed to waking several times a night. Somehow or other you just do it. When my second child was about 4 years old she started sleeping through the night. Good for her!! I, on the other hand, kept waking up . . .and frequently had difficulty going back to sleep. I wondered about hypnosis and sought out a local practitioner. I was fascinated and intrigued with the experience – and yes, it did help my insomnia.

Meanwhile I was becoming increasingly dissatisfied with work. I had spent over a decade and a half in the public sector and despite some very rewarding jobs over the years was becoming increasingly frustrated with what I was doing and the direction of the department I was working for. So I researched local hypnosis courses and took the plunge. Several years later I had left the public service and set up my practice. The transition has not been altogether straight forward – my entrepreneurial ego-state is still a work in progress.

Since then I have completed a Master of Counselling including a thesis on hypnosis and the treatment of trauma. I have also completed a host of other smaller, related courses. My particular areas of interest include hypno-birthing, pain management, and working with adolescents.



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## Computer Tip by Robyn Pearce

### Time-Saving Ideas For Your Emails And Computer Technology by Robyn Pearce

Control impulses and surf strategically. Create a folder in your In-box called "Web sites to check out." Whenever you read an email from any source that refers to an interesting Web site, move that email to this folder instead of taking the time (and getting distracted) to access the Web site immediately. Then, when you have some time and/or craving for Web surfing, use the messages in this folder for places to go.'

I've done this now, and find it a really useful strategy to keep your Inbox manageable, and yet not loose sight of stuff you want to research.



## Look & Learn Links to interesting Articles

**[Selective Amnesia: How A Traumatic Memory Can Be Wiped Out](http://www.sciencedaily.com/releases/2007/04/070402102218.htm)** (April 4, 2007) -- American and French scientists have shown that a memory of a traumatic event can be wiped out, although other, associated recollections remain intact. ... > [full story](#)  
<http://www.sciencedaily.com/releases/2007/04/070402102218.htm>

**[Arthritis Pain, The Brain And The Role Of Emotions](http://www.sciencedaily.com/releases/2007/03/070328073207.htm)** (March 29, 2007) -- A new study sheds light on the role of emotions in how patients feel arthritis pain. Arthritis pain is processed in brain areas concerned with emotions and fear indicating target for pain-relieving therapies. ... > [full story](#)  
<http://www.sciencedaily.com/releases/2007/03/070328073207.htm>

**[Study Shows Many Mental Health Needs Go Unmet](http://www.sciencedaily.com/releases/2007/03/070326152642.htm)** (March 28, 2007) -- Psychiatrists' first large-scale assessment of the general population shows nearly 30 percent need mental health care and about one-third of them get it. ... > [full story](#)  
<http://www.sciencedaily.com/releases/2007/03/070326152642.htm>

**A Short Walk Helps Smokers Quit** (March 19, 2007) -- Smokers should do short bouts of exercise to help them resist the temptation to light up, say experts at the University of Exeter. A review, recently published in the international journal "Addiction," concludes that when smokers abstain from smoking, exercise can help them to manage withdrawal symptoms and resist the urge to smoke. ... > [full story http://www.sciencedaily.com/releases/2007/03/070314093319.htm](http://www.sciencedaily.com/releases/2007/03/070314093319.htm)

**Fears Learned By Observing Others Are Similar To Those Learned From Direct Experience** (March 16, 2007) -- Humans acquire fears using similar neural processes whether they've personally experienced an aversive event or only witnessed it, according to a study by researchers at New York University's Departments of Psychology. ... > [full story http://www.sciencedaily.com/releases/2007/03/070316072634.htm](http://www.sciencedaily.com/releases/2007/03/070316072634.htm)

## ACT STATE REPORT

The first Meeting for Members of the AHA in Canberra was a great success. Already attracting 2 new members and 1 associate member, the group will now run monthly talks, the next proposed for the 20<sup>th</sup> of May on Kinesiology.

### **The 2007 ACT Peer Supervision Dates**

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 this year

[Sun. 20/5/2007 Peer Supervision](#)

[Sun. 24/6/2007 Peer Supervision](#)

## NSW STATE REPORT

Rachel Ford (NSW Branch) has had a baby girl! Mother and daughter doing well. Rachel says she misses Sydney and is talking about moving to the Central Coast to be closer to her family and friends.

I am very happy to report that 2007 has so far been a very productive year. We have processed more new applications for membership so far this year than in the same period last year, and some of the other states tell me they are also receiving more applications than they have in previous years. This is setting a completely new level for membership applications. I feel this accurately reflects the position of AHA within the industry. Growth such as this also indicates that new hypnotherapists are responding to the AHA's philosophy and choosing to be represented by an action orientated independent national association. And what is so great is this was all achieved without the need to canvass other association's members.

Beryl Bachell (Membership Secretary)

### **The 2007 NSW Workshop Dates**

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 this year

**VENUE: RYDE, EASTWOOD LEAGUES CLUB**

[Sun. 3/6/2007 Workshop](#)

[Sun. 9/9/2007 Workshop](#)

[Sat. 24/11/2007 1/2 day Workshop, General Meeting, Peer Support group & \*\*Free Xmas Lunch\*\*](#)

## QUEENSLAND STATE BRANCH REPORT

Queensland Branch held its first AGM on 25.02.2007 which followed on from our successful one-day Workshop in Brisbane. The new Queensland State Management Committee was duly elected, members of the committee being as follows: The Workshop attracted 25 participants, 14 of whom were not AHA members so there is good scope to increase our membership. Two more Workshops are planned for this year in Brisbane, the dates being 15th July and 25th November. Feedback from our last Workshop has been very positive and we thank our presenters, national President Bruni Brewin of Sydney, Mervyn Secker of Gladstone and Alistair Horscroft of the Sunshine Coast. Maria Element (QLD State Secretary)

### **The 2007 QLD Workshop Dates**

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 the year:

**Sun. 15/7/2007 Workshop & General meeting**

**Sun. 25/11/2007 Workshop & General Meeting**

## VICTORIA BRANCH REPORT

### VICTORIA BRANCH - AHA Peer Supervision - 2007

Date	Peer supervision groups	Address
Monday 26 <sup>th</sup> March 7:30pm	Contact Sandra Williams Tel: 9585 7904 Email: <a href="mailto:sw_hypno@bigpond.net.au">sw_hypno@bigpond.net.au</a>	5-6 Charles St Cheltenham
Monday 30 <sup>th</sup> April 7:30pm	Contact Adam Szmierling Tel: 9530 6353 Email: <a href="mailto:adam@baysidetherapies.com.au">adam@baysidetherapies.com.au</a>	Suite 4/75 Bay St. Brighton (next to Brighton International)
Monday 28 <sup>th</sup> May 7:30pm	Contact Harry Berger Tel: 9560 755 Email: <a href="mailto:hrberger@aapt.net.au">hrberger@aapt.net.au</a>	314 Jells Rd Wheelers Hill
Monday 25 <sup>th</sup> June 7:30pm	Contact Jean-Alain d'Argent : 9579 0700 Email: <a href="mailto:jean_alain@dharmayoga.com">jean_alain@dharmayoga.com</a>	Dharma Yoga Centre, 236 East Boundary Rd East Bentleigh (Enter from North Dve Virginia Park Estate)
Monday 30 <sup>th</sup> July 7:30pm	Contact Adam Szmierling Tel: 9530 6353 Email: <a href="mailto:adam@baysidetherapies.com.au">adam@baysidetherapies.com.au</a>	Suite 4 / 75 Bay St. Brighton (next to Brighton International)
Monday 27 <sup>th</sup> August 7:30pm	Contact Sandra Williams Tel: 9585 7904 Email: <a href="mailto:sw_hypno@bigpond.net.au">sw_hypno@bigpond.net.au</a>	5-6 Charles St Cheltenham
Monday 24 <sup>th</sup> Sept 7:30pm	Contact Anne Wilson Tel: 5944 4785 Email: <a href="mailto:venus_7@tpg.com.au">venus_7@tpg.com.au</a>	163 Stoney Creek Road, Upper Beaconsfield
Monday 29 <sup>th</sup> October 7:30pm	Contact Harry Berger Tel: 9560 7551 Email: <a href="mailto:hrberger@aapt.net.au">hrberger@aapt.net.au</a>	314 Jells Rd Wheelers Hill
Monday 26 <sup>th</sup> Nov 7:30pm	Contact Sandra Williams Tel: 9585 7904 Email: <a href="mailto:sw_hypno@bigpond.net.au">sw_hypno@bigpond.net.au</a>	5 – 6 Charles St Cheltenham

## The WA STATE REPORT

We had our first workshop on the 21<sup>st</sup> April 07. Approximately 25 people attended the workshop. Feedback from the workshop was very positive and it is envisaged that people who attended will put out the good word for future workshops. We would like to thank Mr. Michael Tunnecliffe who gave a talk on 'Risk Management' and Rhonda Stewart for her talk on 'phobia' for stepping in at such short notice due to cancellations of advertised speakers. Thank you also to Bruni Brewin and Leon Cowen for generously giving their time to contribute to the workshop.

We are currently sourcing prices for an AHA badge and when pricing is to hand we will let other State members know so that they are able to order these as well.

**Our next meeting is:** Executive & General meeting: 28th May 2007

#### Peer Support Groups

South Perth [Linda (08) 9474 2077]	3 <sup>rd</sup> Sunday of each month 2pm – 4pm
Forrestfield [Mailin (08) 9474 2077]	4 <sup>th</sup> Monday of each month 6pm – 8pm
Coolbinia [Peter (08) 9201 9290]	1 <sup>st</sup> Tuesday of each month 6.30pm – 8.30pm
East Perth [Beverly (08) 9227 1284]	2 <sup>nd</sup> Friday of each month 4pm – 6pm

#### Did you find this newsletter useful?

Feel free to FORWARD this newsletter to colleagues, friends or family interested in the Australian hypnotherapy industry! To provide information about events and developments of the AHA and hypnotherapy, simply click on the **FORWARD** button of your email program and enter the recipient addresses you would like to inform. It's all about sharing, isn't it?!

PS: If you are forwarding this e-journal to a friend or colleague, please ensure you notify them first for their OK.

# COMMITTEE MEMBERS

## NATIONAL COMMITTEE

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#### AHA Web Master

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