



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 June 08

Helen Keller was once asked, "Is there anything worse than not having your sight?" She responded earnestly, "Oh yes; it would be much worse to have your sight but not to have vision!"

The Executive have been busy responding to Government Committee reviews with a further two upcoming reviews still to be submitted.

The AHA made a submission to the Federal Government, Australia 2020 Summit to; Section 5. A long-term national health strategy – including the challenges of preventative health, workforce planning and the ageing population. You are able to see the AHA submission if you go to the Government website; <http://www.australia2020.gov.au/topics/health.cfm>. click on 'submissions', choose the topic, 'Health', then search for Submission ID 7662.

The Social Development Committee of the South Australian Parliament gave the AHA the opportunity to submit to their Inquiry on the issue of bogus, unregistered and deregistered health practitioners in South Australia, (It is expected that the final report for this won't be complete before the end of 2008. (There is nothing further to be done at the moment in regard to the Psychologists Bill and we need to be patient but continue to be vigilant to ensure that we are kept updated with the proceedings.)

The AHA were requested and did provide information for a Government research being conducted in Western Australia in regard to details about the requirements for Hypnotherapists practicing in Australia.

You will find a new uploaded and updated Insurance Application document that offers members a policy for Mal Practice and Liability Health Professional Insurance. All AHA members will receive a \$25 discount on their Professional Indemnity Insurance as the AHA is a preferred association.

The AHA met with the Australian Health Insurance Association on the 12th March 2008. This was a Council meeting that had representation by most health funds. One fund that was unable to be present at the Committee meeting has contacted the AHA to

receive the information and hand-outs presented on the day. Other funds that were unable to be present on the day have also been sent this information. We hope that the case we have put forward will be to the mutual benefit of both AHA members and Private Health Insurance Providers.

The AHA now has a large membership and we are having problems with some members asking for changes to their profile many times in the one calendar year. This is causing a substantial workload for our volunteer webmaster. Therefore we are restricting changes to 3 changes per year per listing for each member. Extra changes will now cost \$25 per change with the money going towards the cost of listing the AHA website.

On the 2nd May 2008, Antoine Matarasso, Vice President of the AHA, travelled from Brisbane to meet with the National Executive who held a 5-year business planning session for the future; We had a very productive meeting – we would be pleased to hear from any member wishing to lend a hand to some of the innovative ideas we have in mind.

Three Articles have been written for depressionNet to be reviewed for inclusion to their new website expected to be available in June. Any person suffering from depression is able to log on to; www.depressionnet.com.au to join their chat forum to discuss with other people suffering depression as a support system to each other. The forum which is Government funded and is monitored by professionals to ensure the site is not open for people to use inappropriately.

The AHA has been approached by Macquarie University asking if the AHA would be willing to participate in their “Stop Smoking Day” Campaign. The AHA has been asked to supply people who can explain the benefits of hypnotherapy for stop smoking to the students on Wednesday 28th, Thursday 29th and Friday 30th May. AHA member that were contacted to participate in this venture Lydia Deukmedjian in her usual efficient way has organized for members to participate. We look forward to hearing the results.

Members have had some interesting discussions and research articles shared on the AHA Discussion Group forum. We have had a number of members concerned about the process of joining the group, and how to join in on discussions. Have a look further below in this issue and see the article by Jeremy Barboutis that will outline some details for you. In the interim, Jeremy has volunteered to put every member onto the Discussion Group. If after 30 days you wish to be removed, there will be a ‘unsubscribe’ option for you to do this.

Ann Sheridan and Robert Lopez are planning something special for Sydney. Robert announced that he was keen to organise a Social Dinner Dance and extend the invitation to all Associations. Robert and Ann feel this may be a good step in the right direction of getting Associations working closer with each other – which can only benefit us all as an Industry. They hope to make a modest profit which would be donated to the new HCA umbrella group, thereby, benefiting all Hypnotherapy organisations. Thanks Ann and Robert, we look forward to hearing more about this occasion.

We are delighted to advise you that the Australasian Subconscious Mind Therapists' Association (ASTA) has voted to Affiliate with the AHA. It is our intention to work together to further the recognition, benefits and services that will be afforded to both associations. We would like to welcome the members of ASTA and look forward to networking together.

Sincere regards, Bruni

Would you like to advertise in Hypnopatter?

The AHA's e-magazine is a great opportunity to easily promote your workshops, services, or events to a large targeted audience.

Full Page = \$70

Half Page = \$40

Quarter Page = \$25

Simply email your advertisement to

Ann Sheridan:

annsheridan@bigpond.com

Professional Insurance Policies for Hypnotherapists

If hypnotherapists ever stopped to consider the numbers of bills we need to pay each month we would probably all need counselling. It often seems like we are only working to pay the rent, the insurance companies and the tax office. However the Professional indemnity policy by Insurance House combines the two essential insurances - malpractice and public liability at a most reasonable rate.

In fact they will also cover additional modalities that a practitioner may be practising as well as a lot of other products, all at no extra cost. But the best part is that there is no excess should there ever be a claim. There are some members out there that may have compulsory malpractice insurance but they have never bothered to get public liability insurance that covers them if they practise from home. The Insurance House policy now leaves them without an excuse to protect themselves properly.

<http://www.insurancehouse.com.au/professional.html>

On-Going Professional Development

OPD is an essential part of hypnotherapy and AHA membership. You owe it to yourself to participate and continue to improve your professional standards. Make a commitment now to attend and participate in the OPD seminars and workshops offered by the AHA.

Does Thinking You Got A Work Out Make You Healthier?

ScienceDaily (Feb. 7, 2007) — As the commitment to our New Year's resolutions wanes and the trips to the gym become more infrequent, new findings appearing in the February issue of Psychological Science may offer us one more chance to reap the benefits of exercise through our daily routine. Harvard University psychologist Ellen Langer and her student Alia Crum found that many of the beneficial results of exercise are due to the placebo effect.

The surgeon general recommends 30 minutes of daily exercise to maintain a healthy lifestyle. While this may be harder for those who are required to sit behind a desk for eight hours, other jobs are inherently physical, like a hotel housekeeper. On average, they clean 15 rooms per day, each taking 20 to 30 minutes to complete. According to the study, the housekeepers might not perceive their job as exercise, but if their mind-set is shifted so that they become aware of the exercise they are getting, then health improvements would be expected to follow.

The researchers studied 84 female housekeepers from seven hotels. Women in 4 hotels were told that their regular work was enough exercise to meet the requirements for a healthy, active lifestyle, whereas the women in the other three hotels were told nothing. To determine if the placebo effect plays a role in the benefits of exercise, the researchers investigated whether subjects' mind-set (in this case, their perceived levels of exercise) could inhibit or enhance the health benefits of exercise independent of any actual exercise.

Four weeks later, the researchers returned to assess any changes in the women's health. They found that the women in the informed group had lost an average of 2 pounds, lowered their blood pressure by almost 10 percent, and were significantly healthier as measured by body-fat percentage, body mass index, and waist-to-hip ratio. These changes were significantly higher than those reported in the control group and were especially remarkable given the time period of only four weeks.

Langer writes, "Whether the change in physiological health was brought about directly or indirectly, it is clear that health is significantly affected by mind-set." This research shows the moderating role of mind-set and its ability to enhance health, which may have particular relevance for treating diseases associated with a sedentary lifestyle.

Adapted from materials provided by [Association for Psychological Science](#), via [EurekAlert!](#), a service of AAAS.

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.

A note from the President...

Would State Executive Members please put the **20th of the month for the months; Jan., March, May, July, Sept. Nov.**, 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 consideration.

Students who Believe Intelligence Can Be Developed Perform Better

ScienceDaily (Feb. 7, 2007) — Research on how junior high school students' beliefs about intelligence affect their math grades found that those who believed that intelligence can be developed performed better than those who believed intelligence is fixed.

The findings come from two studies conducted by researchers at Columbia University and Stanford University, and are published in the January/February 2007 issue of the journal *Child Development*.

One study looked at 373 12-year-olds over 2 years of junior high school. Although all students began the study with equivalent achievement levels in math, students who believed that their intelligence could be developed outperformed those who believed their intelligence was fixed. Furthermore,

the researchers found, the gap between these two groups widened over the 2 year period.

Researchers concluded that the difference between the two sets of students stems from the fact that students who believed their intelligence could be developed placed a higher premium on learning, believed more in the power of effort, and had more constructive reactions to setbacks in school.

A second study looked at 91 12-year-olds in two groups, both of whom had shown declines in their math grades. One group was taught the expandable theory of intelligence as part of an eight-session workshop on study skills. Another group participated in the same workshop, but did not receive information on the expandable intelligence qualities of the brain. The students who learned about the intelligence theory reversed their decline and showed significantly higher math grades than their peers in the other group, whose grades continued to decline.

"These findings highlight the importance of students' beliefs for their academic progress," said Carol Dweck, one of the researchers and professor of psychology at Stanford University. "They also show how these beliefs can be changed to maximize students' motivation and achievement."

Summarized from *Child Development*, Vol. 78, Issue 1, *Implicit Theories of Intelligence Predict Achievement Across an Adolescent Transition: A Longitudinal Study and an Intervention*, by Blackwell, LS (Columbia University), and Trzesniewski, KH, and Dweck, CS (Stanford University).

Adapted from materials provided by [Society for Research in Child Development](#), via [EurekAlert!](#), a service of AAAS.

Fixed Versus Growth Intelligence Mindsets: It's All In Your Head, Psychologist Says:

ScienceDaily (19/2/07) — When psychology Prof. Carol Dweck was a 6th grader she experienced something that made her want to understand why some people view intelligence as a fixed trait while others embrace it as a quality that can be developed.

Dweck's teacher that year, Mrs. Wilson, seated her students around the room according to their IQ. The girls and boys who didn't have the highest IQ in the class were not allowed to carry the flag during assembly or even wash the blackboard, Dweck said. "She let it be known that IQ for her was the ultimate measure of your intelligence and your character," she said. "So the students who had the best seats were always scared of taking another test and not being at the top anymore."

Asked what seat number Dweck occupied during that memorable year, the professor paused, and silently raised her right index finger. "But it was an uncomfortable thing because you were only as good as your last test score," she said. "I think it had just as negative an effect on the kids at the top [as those at the bottom] who were defining themselves in those terms."

From that experience, Dweck became fascinated with intelligence, convinced that IQ tests are not the only way to measure it. "I also became very interested in coping with setbacks, probably because being in that classroom made me so concerned about not slipping, not failing," she said.

Dweck, a soft-spoken, elegantly attired woman, joined Stanford's faculty in 2004 as the Lewis and Virginia Eaton Professor. Before that, she taught at Columbia for 15 years, as well as at Harvard and the University of Illinois. A native New Yorker, Dweck earned a bachelor's degree from Columbia and a doctorate in psychology from Yale.

According to Dweck, people's self-theories about intelligence have a profound influence on their motivation to learn. Students who hold a "fixed" theory are mainly concerned with how smart they are--they prefer tasks they can already do well and avoid ones on which they may make mistakes and not look smart. In contrast, she said, ***people who believe in an "expandable" or "growth" theory of intelligence want to challenge themselves to increase their abilities***, even if they fail at first.

Dweck's research about intelligence and motivation, and how they are variously influenced by fixed and growth mindsets, has attracted attention from teachers trying to help underperforming students, parents concerned with why their daughters get turned off math and science, and even sports coaches and human-resources managers intent on helping clients reach higher levels of achievement.

The journal *Child Development* released a paper Feb. 7 co-authored by Dweck titled "Implicit Theories of Intelligence Predict Achievement Across Adolescent Transition: A Longitudinal Study and an Intervention." The research shows how at one New York City junior high school students' fixed and growth theories about intelligence affected their math grades. Over two years, students with a fixed mindset experienced a downward academic trend while the others moved ahead.

The psychologists then designed an eight-week intervention program that taught some students study skills and how they could learn to be smart--describing the brain as a muscle that became stronger the more it was used. A control group also learned study skills but they were not taught Dweck's expandable theory of intelligence. In just two months, she said, the students from the first group, compared to the control group, showed marked improvement in grades and study habits.

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***' key on your keyboard and while it is 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.

"What was important was the motivation," Dweck said. "The students were energised by the idea that they could have an impact on their mind." Dweck recalled a young boy who was a ringleader of the troublemakers. "When we started teaching this idea about the mind being malleable, he looked up with tears in his eyes, and he said, 'You mean, I don't have to be dumb?'" she said. "A fire was lit under him."

Later on, the researchers asked the teachers to single out students who had shown positive changes. They picked students who were in the growth mindset group, even though they didn't know two groups existed. Among them was the former troublemaker, who "was now handing in his work early so he could get feedback and revise, plus study for tests, and had good grades," Dweck said. **The research showed how changing a key belief**--a student's self-theory about intelligence and motivation--with a relatively simple intervention can make a big difference. Since then, Dweck and her colleagues at Columbia have developed a computer-based version of the intervention, dubbed "Brainology," that has been tested in 20 New York City schools.

Although "Brainology" is not yet commercially available, Dweck has brought her work to public attention with her latest book, *Mindset: The New Psychology of Success*. The author of many academic books and articles, Dweck noted *Mindset* was her first foray into mainstream publishing. "My students kept saying to me, 'You write for these professional journals and that's important, but what about people in the world?' We are in a profession that talks to each other and writes for each other. That's what we're rewarded for. But my students kept saying, 'Everybody should know this.'"

Mindset certainly resonated with Ross Bentley, a world-renowned car racing coach based in Seattle. Unlike coaches who stress technical skills, Bentley focuses on teaching mental competitiveness. He said great drivers strive to attain "a state of flow--a moment when you lose yourself in the act of driving, when it becomes effortless and time slows down. When you get into the flow, or the zone, you're at your peak."

Bentley was thrilled to learn that Dweck's research confirmed his own approach to coaching. "One of the things that's fascinating for me is that someone with her knowledge has verified things I've known," he said. "She brings a scientific approach, and we're able to give her real-world experience. The majority of champion racing drivers have a growth mindset."

This month, Dweck and Bentley are launching a study of about 40 racing-car drivers to learn how applying a growth mindset approach improves their speed times during the 2007 racing season. Bentley explained that car races can last hours and drivers may lose their concentration at pivotal points, making it possible to lose a race by only a few seconds. The objective of coaching is to help drivers recover quickly and maintain an optimal state of flow, he said. The research, carried out by psychology graduate student Fred Leach, will use surveys to gauge the mindset of drivers before, during and after races to see if there is a correlation with their race results, Bentley said. "The goal is to build a growth mindset," he said.

In addition to sports coaches, parents and teachers have written to Dweck to say that Mindset has given them new insight into their children and students. "One very common thing is that often very brilliant children stop working because they're praised so often that it's what they want to live as--brilliant--not as someone who ever makes mistakes," she said. "It really stunts their motivation. Parents and teachers say they now understand how to prevent that--how to work with low-achieving students to motivate them and high-achieving students to maximize their efforts." The point is to praise children's efforts, not their intelligence, she said.

Last year, Dweck taught a freshman seminar based on Mindset. She chose 16 students from more than 100 who applied, selecting those who expressed personal motivation rather than intelligence. "You can impress someone with how smart you are or how motivated you are, and I picked students who expressed their motivation," she said.

It turned out that embracing a growth mindset was critical to the students' transition to Stanford. The freshmen loved being on campus and quickly became involved in activities, Dweck said, but failed to anticipate the approach of midterm exams. "They were just really overwhelmed," she said. "How did they deal with it? They told me they would have dealt with it poorly, thinking they weren't smart or were not meant to be at Stanford. But knowing about the growth mindset allowed them to realise that they hadn't learned how to be a college student yet. They were still learning how to be successful as a Stanford student." Dweck described the seminar as a "peak experience" in her long teaching career. "The students were fantastic," she said.

Dweck continues to conduct research into what motivates people and what holds them back. Based on the success of Mindset, which is being published in nine countries, Dweck has been asked to collaborate on other non-academic projects involving business and sports. "I'm such an egghead," she said with a smile. "My book was my first foray into the real world. Articles go out into the [academic] field and it's very gratifying, but a book goes to all corners of the earth. People take a lot from it, and they introduce themselves into your life." Other scheduled participants in the AAAS panel are Susan Carey from Harvard University and Marcia Linn from the University of California-Berkeley. *Adapted from materials provided by Stanford University*

Members News

- The AHA would like to congratulate Carolyn, and Gerry Dean on the birth of their daughter Ciara Rose who was born at 11.57am on the 3rd of May, Sydney time. She weighed in at 3.604Kg and is 52cm long. Carolyn and Ciara are both doing well. They are all very excited to welcome a new member to their family. Callum has already said his "sista nice."
- Congratulations to our Vice President Antoine Matarasso on your Fellow Membership, in recognition of all your hard work for the AHA. It is members like you that are making the AHA great!



Our Vice President,
Antoine Matarasso,
receiving his
Fellow Membership award.

Joe Kee reports that he has never been so busy after an interview on his success in coming off dialysis. Joe has volunteered to be part of a research that is endeavouring to find out how this happened, and is currently having blood analysis on a monthly basis. More news on this in the coming months.

We have to congratulate Joe not only on his amazing achievement in this. He was telling us that he has now been practicing hypnotherapy for 59 years. Good on you Joe!

Joe also went to visit his early fellow hypnotherapists Roy Williamson and Paul Savage. (Roy you will see on our Hall of Fame. We still need to wait patiently for both Joe and Paul to send us their story.)

From the Membership Registrar – Maya Lak

Another month gone, where is this year going? So far this year has been a very positive and constructive one, with AHA membership constantly growing. The AHA now has over 350 registered members who have passed our strict auditing process. This is unique in that every hypnotherapist on the AHA register has been individually audited and the AHA holds a personal and electronic file on each of those hypnotherapists. I would like to take the opportunity here to welcome all our new members and hope your membership is as important to you as it is to us.

Being on the AHA register reflects that the hypnotherapist has passed the most vigorous processes of any similar register. This has guarantee to the public, government, private health funds and other professionals that they can be confident that entry onto the AHA register is only available to hypnotherapists who have supplied the AHA with verified supporting documentation.

This is a very important distinction particularly as the AHA is able to confirm the authenticity of documents supplied by applicants who apply for entry onto the register. This register has gone a long way in regard to supporting our representations to governments and private health funds to formally recognise hypnotherapy as a separate profession and not just an adjunct to psychology as the APS would like people to believe.

The National Register is continuing to be posted on the internet and is updated monthly. This normally happens at the end of every month and all clinical members who have changed details or been added to the register during that time will appear when the Register is updated. Please check the Register, and if there is anything not quite right or you are missing, or need to update your information please let me know straight away so it can be fixed.

FOR AHA MEMBERS ONLY ...

HAVE YOU JOINED THE AHA DISCUSSION GROUP? Nothing could be simpler.

It seems every hypnotherapy association has a forum/discussion group. Why is this?

Well, because it gives members access to all the other members of the forum in times when you might need new or extra ideas, or you might just wish to discuss a particular subject, or even to just share information. And the beauty is that it doesn't matter which State you are in, whether you live in a CBD or Rural District – each of us are able to communicate and share ideas and knowledge with every other member. As there are now over 350 members, that is a huge resource that we should all take advantage of.

Once you are listed all you have to do is write an email, just like you do when writing an email to anyone, using your normal email client and address it to aha-Discussion@googlegroups.com. Your message then gets posted to all the other members on the discussion list, automatically.

When you are a member of the list, you receive postings from all other members. These posting include requests for help with clients, interesting articles, links and other discussion topics of interest to your hypnotherapy practice.

To reply to a message, just reply like you would to any email and click send. It couldn't be simpler. There is no website to visit, and everything is accessed via email.

Currently, we have 165 members on the list. Members are finding their participation in the discussion list a very useful and worthwhile source of information, sharing and help.

We would like to see ***All*** members being involved, where possible, so if you haven't joined up yet, send an email to my personal email address jeremyb@exemail.com.au, and I will verify that you are an AHA member and then add you on. ***You must do this before you can receive or post a message.***

Get more out of your AHA membership and join up now.

Jeremy Barbouttis
Discussion Group Coordinator

Did you know?

Currently, there are 2,860 Australians over the age of 100 and that is expected to explode to 78,000 by 2055.

While it is difficult to verify and for privacy reasons, the oldest Australian is believed to be a 112 year-old woman who lives in Victoria. She is now among the 40 oldest people in the world.

(source: The Gerontology Research Group.)

She is part of another ageing phenomenon known as the “super centenarians” – those who are over 110. She is currently Australia’s only validated super-centenarian.

Depression by Philip Braham

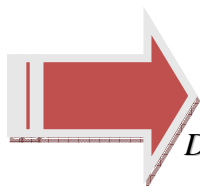
Most people get bouts of depression sometime in their lives. With some, it is an ongoing battle. Other people may get it occasionally. A person may get depressed after the death of a loved one, or at the thought of going to work. When the attention is turned to the death, or to work, the thought has what we may call a depressed shade to it. The depression is associated with the thought in the same way as a colour is associated with an object. Eventually, the depression associated with a loved one fades as time heals the memory. The concentration is turned to other things. When the person who gets depressed thinks about other things they are no longer depressed. Along with the depression of a mundane nine-to-five job is the euphoria of a Friday evening.

If you found out that you had just come into a substantial amount of money, say from a lottery, your mood would be upbeat. Work would have a pleasant feel about it. The future may look rosy but until you pick the cheque up nothing has really changed. Suppose you were subsequently informed that it was a mistake and you hadn't won any money. You would probably feel a bit depressed, but again, nothing has really changed.

One of the characteristics of clinical depression is that it doesn't have an apparent cause. The individual feels depressed about life. Whatever their attention turns to has a depressed colour to it. The depressive can't simply turn their attention to something else. The naive idea that a depressive can simply snap out of their depression by thinking about something else is not true. Having said that, anyone can choose to make themselves depressed if they worked at it. A similar effort can get someone out of the depression, but the depression robs an individual of both the incentive and the ability to change their state.

Personally, I find particular days of the week are associated with certain moods. These probably come from the prevailing mood of the general population, as my own life does not usually follow a weekly schedule. If I so chose I could absorb the prevailing mood and get euphoric on a Friday evening, or depressed on a Tuesday evening, but I stay detached from the mood. In the same way a person can stay detached from the feelings associated with work or the death of a loved one. You still feel it but it doesn't overpower you.

People who suffer from depression should attempt to identify the cause. What is that they think about that is associated with the mood? If there is nothing apparent then do the following: write down everything that is not associated with depression. For example, eating, for some people it may be smoking or talking to a particular person. You have to separate the mood from the events. As it were, learn to detach a colour from the object it colours. When you are able to do that you have the hook to pull yourself out of the depression.



Hypnopatter Mailing List

*Do you know of any persons or groups that may be interested in receiving our newsletter?
Please let us know and we will put them on our email list.*



JOKE CORNER

Self Hypnosis:



Professional Insurance Policies for Hypnotherapists

If we ever stopped to consider the numbers of bills we need to pay each month we would probably all need hypnosis for stress. It often seems like we are only working to pay the rent, the insurance companies and the tax office. However **Insurance House** is giving us something back. A Professional indemnity policy by Insurance House combines the two essential insurances - malpractice and public liability at a most reasonable rate.

In fact while Insurance House is already the cheapest it will reduce Professional Indemnity insurance for AHA members by a further \$25. They will also cover additional modalities that a practitioner may be practicing as well as a lot of other products, all at no extra cost. But the best part is that there is no excess should there ever be a claim. There are some members out there that may have compulsory malpractice insurance but they have never bothered to get public liability insurance that covers them if they practise from home. The Insurance House policy now leaves them without an excuse to protect themselves properly.

<http://www.insurancehouse.com.au/professional.html>

NSW Meetings 2008

Sunday	01.06.2008	Workshop
Monday	14.07.2008	Executive meeting
Sunday	20.07.2008	General Meeting
Saturday	06.09.2008	Workshop
Monday	24.11.2008	Executive Meeting
Sunday	30.11.2008	General Meeting (+ Free Xmas Lunch and $\frac{1}{2}$ Day Workshop)



DVD Review – Lyn Macintosh

Books reviewed are available from Footprint Books, 1/6a Prosperity Parade, Warriewood NSW 2102. Phone (02) 9997 397, Fax (02) 99973185 www.footprint.com.au. Check out their catalogue and remember, AHA members receive 15% discount..

“The Weight, Hypnotherapy and YOU Weight Reduction Program” An NLP and Hypnotherapy Practitioner’s Manual by Judith E. Pearson, PhD, Crown House Publishing Wales 2006. ISBN 1845900316

Here is a ‘how to’ book that those who are interested in the subject of obesity will appreciate. It is designed to help a therapist conduct an eight session program with a client and comes complete with a series of handouts in the book, session by session, and replicated on a CD for ease of printing. Innovative and practical.

Judith Pearson has provided a complete package that starts with the client interview through to reframing, self-hypnosis, stress management, motivation and exercise. A sample of a Consent Agreement is provided along with Self-Hypnosis templates for the client to use.

Hypnotherapy scripts are provided for motivation, making sensible food choices, ‘pulling it all together’ and self-hypnosis and the sections on NLP provide a range of techniques that are easy to understand and utilise.

The book provides a wealth of information that will be most useful for the practitioner and is one I’d highly recommend.

“Treating Stress and Anxiety. A Practitioner’s Guide to Evidence-Based Approaches”

Lillian Nejad PhD and Katerina Volny BSc. Crown House Publishing, Wales, 2008. ISBN 978-184590077-9

This is a wonderfully practical book that the authors have provided on a subject that we, as therapists, encounter frequently. As such, it is not a book of hypnotherapeutic techniques but is a book of useful techniques that we all need to know and can incorporate into our ‘grab bag of skills’. The CD accompanying the book enables the printing of the handouts to be simple and accurate.

The initial overview covers the discussion of confidentiality with the client, the assessment and setting of realistic treatment goals and risk assessment regarding suicidal thoughts, mood disorders and coping mechanisms. Extensive handouts and worksheets are excellent.

The chapters covering the treatment for anxiety disorders provide a wealth of useful information and strategies for maintaining emotional health, the impact of thoughts on stress and anxiety and a range of relaxation exercises including using the breath to ease away the discomfort. Communication styles are discussed, substance abuse and much more.

A group programme over eight weeks, complete with the handouts and worksheets, is set out clearly and there are helpful tips regarding the group structure that a therapist would find most useful.



Contributions welcomed, desired and hoped for.

Send all contributions by e-mail to:

The Editor: ANN SHERIDAN:

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Case Study about Supervision. Summarised extract from an article by Lars Anderson

About six months into her career as a practitioner in private practice, Alison ran into difficulties. In her work with a client, of a similar age to herself, Alison found herself getting more and more confused. The last session had felt unproductive, and left Alison feeling irritated and frustrated. The client had also expressed that while he was still committed to their agreed contract he was unsure as to how beneficial the sessions would be to him.

As much as Alison wanted to sort out her difficulties on her own, she now recognised the validity of attending regular supervision, not because it was a requirement from her professional association, but as essential for her ability to deliver the best service to her clients. After talking to her colleagues Alison found she had two options. Either she could see a supervisor on a one on one basis or she could partake in a supervision group. Alison decided to join a group.

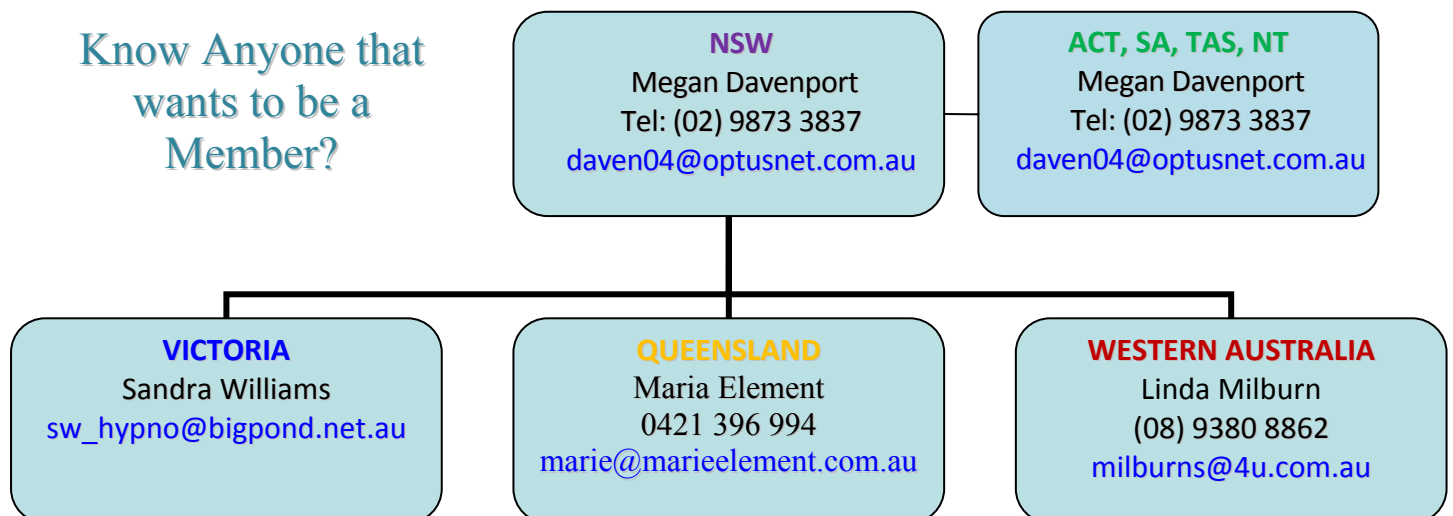
In general it can be said that if supervision is of benefit to the therapist, then that will also benefit the client. When supervision takes place in a group setting, the material presented can stimulate conscious and unconscious parallel processes in all members of the group, all of which affect the supervision process. In supervision groups, group dynamics affect the individual group members and their reactions are often unconscious but greatly influence the roles adopted in the supervision group (Ogren, Apelman & Klawitter, 2001).

Also group supervision is economical, both in terms of supervisor fees and time, since the supervision is shared by several supervisees. It is also economical with regard to knowledge resources, in that the supervisees learn from the supervisor's expertise as well as from each other (Schultz & Stoeffler, 1986).

However the group supervisor requires extra skills to those needed for one on one supervision. The group supervisor also needs to have group leadership skills to manage group resistances, personality conflicts and competitiveness or else the group may prove to be unproductive. For a group supervision to be functional the group needs to be small (4-5 participants) ongoing and long-term, so that participants develop a positive group climate of support, understanding and trust. Thus for most supervisors, they will need extra specific group training to complement general supervisory skills.

Now Alison's chosen group had been going for some time with an experienced group supervisor, so that by the time she had attended a couple of sessions she felt like she had known the group for months. Listening to other supervisees presenting cases gave Alison many insights into her own work with clients. She was relieved to learn she was not the only one experiencing difficulties and she also discovered that she too had valuable reflections to contribute, which further increased her professional confidence.

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Look & Learn Links to interesting Article

[Study Shines More Light On Benefit Of Vitamin D In Fighting Cancer](http://www.sciencedaily.com/releases/2007/08/070821163248.htm) (August 22, 2007) -- A new study looking at the relationship between vitamin D serum levels and the risk of colon and breast cancer across the globe has estimated the number of cases of cancer that could be prevented each year if vitamin D3 levels met the target proposed by researchers. According to them, 600,000 cases a year of breast and colorectal cancer could be prevented each year by adequate intake of vitamin D. <http://www.sciencedaily.com/releases/2007/08/070821163248.htm>

[Hypertension Appears To Be Frequently Undiagnosed In Children And Adolescents](http://www.sciencedaily.com/releases/2007/08/070821162144.htm) (August 23, 2007) -- In a study of children and adolescents with hypertension, only about one in four had been previously diagnosed with the condition. Hypertension, with an estimated prevalence of between 2 percent and 5 percent, is a common chronic disease in children and is increasing in prevalence with the pediatric obesity epidemic. <http://www.sciencedaily.com/releases/2007/08/070821162144.htm>

[Happiness And Its Causes](http://www.abc.net.au/compass/s2009754.htm) – there is such little understanding of what causes us to be happy? The Dalai Lama and a faculty of expert speakers from Australia and overseas explore the techniques for achieving peace and happiness at the 2nd International Conference on Happiness & Its Causes. Compass will cover the debates that span the disciplines of psychology, science, philosophy, and religion. <http://www.abc.net.au/compass/s2009754.htm>

[Cannabis And Psychosis \(Health Minutes: 21/08/2007\)](http://www.abc.net.au/health/minutes/stories/s2005513.htm)

A review of the medical literature shows cannabis use is linked to psychotic illness and the more cannabis, the higher the risk. <http://www.abc.net.au/health/minutes/stories/s2005513.htm>

[Is Feeling Blue The New Black? \(Health & Science News: 17/08/2007\)](http://www.abc.net.au/science/news/stories/2007/1959057.htm?health)

<http://www.abc.net.au/science/news/stories/2007/1959057.htm?health>

[What Exactly Is 'Internet Addiction' And What Is The Treatment?](http://www.sciencedaily.com/releases/2007/08/070817130113.htm) (August 18, 2007) -- Is your first craving in the morning for your computer mouse? Do you obsessively check email in the middle of the night? If so, you may be among the ten percent of all Internet surfers afflicted with "Internet addiction disorder," a pathological condition that can lead to anxiety and severe depression.

<http://www.sciencedaily.com/releases/2007/08/070817130113.htm>

[Global Risk Factors For Cancer \(Health Minutes: 15/08/2007\)](http://www.abc.net.au/health/minutes/stories/s2000324.htm)

Researchers have identified nine causes of cancer worldwide - smoking, alcohol, obesity and six others. Over 2.4 million deaths annually are linked to one or more of these preventable risk factors.

<http://www.abc.net.au/health/minutes/stories/s2000324.htm>

[Teen Alcohol \(Catalyst: 9/08/2007\)](http://www.abc.net.au/catalyst/stories/s2000936.htm)

Should we be rethinking underage drinking? That's the question experts around Australia are asking as new evidence mounts of the long term damage to vulnerable brains and lives.

<http://www.abc.net.au/catalyst/stories/s2000936.htm>

[Sleeping Pills And The Elderly \(Health Minutes: 15/08/2007\)](http://www.abc.net.au/health/minutes/stories/s20003)

Sleeping pills are commonly prescribed for older people, but any benefit is outweighed by the side effects - unsteadiness, falls and memory problems, researchers say. <http://www.abc.net.au/health/minutes/stories/s20003>

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NSW Health Watchdog Aiming to Increase Community awareness -

An article in the Sydney Morning Herald 1st May 2008 called “*/Health Watchdog Flooded with Complaints/*”, advised that the Health Care Complaints Commission (HCCC) had been forced to put on three temporary staff after recent highly publicised cases of patient mistreatment in the past two months.

HCCC commissioner Kireran Pehm said many of the complaints had followed publicity surrounding the investigation of malpractice allegations against former doctor Graeme Reeves - dubbed the Butcher of Bega, and also the Garling commission of inquiry into patient care following the findings of a NSW coroner’s investigation into the death of 16-year-old Vanessa Anderson, who died two days after she was admitted to hospital with a skull fracture after having been hit with a golf ball in November 2005.

Mr Pehm said it was likely the HCCC would never have heard of many of the recent complaints without the publicity of these incidents, and the HCCC were aiming to increase community awareness of the commission for this purpose.

You are able to access the HCCC through their website: [www.*hccc*.nsw.gov.au](http://www.hccc.nsw.gov.au) <<http://www.hccc.nsw.gov.au>>

ASSOCIATE MEMBERS

How long have you been an Associate member? Is it time to upgrade to “CLINICAL”? If “Yes”

In **ACT; NSW; QLD; SA; NT & TAS** contact Megan Davenport (02) 9873 3837 daven04@optusnet.com.au

In **Victoria** contact Sandra Williams sw_hypno@bigpond.net.au

In **Queensland** contact Maria Element 0421 396 994 marie@marieelement.com.au

In **Western Australia** contact Linda Milburn (08) 9380 8862 milburns@4u.com.au

For your AHA booklet outlining the requirements and process application contact your State Members above or Maya Lak on the Free Advisory Line 1800 067 557

Macquarie University International No Tobacco Day

The AHA has been asked to supply people who can explain the benefits of hypnotherapy for stop smoking to the students on **Tuesday 27th, Wednesday 28th and Thursday 29th May 2008**

Macquarie Uni is also asking representatives from the people producing stop smoking products such as patches etc; so we need to present well....Macquarie Uni is hoping to be smoke free by 2009 or 2010

All AHA members that nominated to go to support the AHA at the **INTERNATIONAL NO TOBACCO DAY FUNCTION** at Macquarie Uni are able to advertise their own practice.

Thank you to those members that put forward their name and will be attending the Uni and explaining to students and teachers the benefits of hypnotherapy to stop smoking. By handing out your own brochures inviting them to attend your practice or maybe even do some individual or group sessions at the Macquarie Uni premises will hopefully be of great benefit to you. We look forward to your feedback.

The ACT STATE REPORT

No report received from ACT at time of printing.

The NSW STATE REPORT

It is encouraging to realise that as we approach our 60th Birthday, we are moving from strength to strength. We are growing and expanding our numbers. We extend a heart-warming welcome to ASTA and its' NSW Members, who have joined us as our newest Affiliate Association. On behalf of all the Members I wish to thank our State Executive Board for all their dedication and efforts in moving us forward. This is truly a wonderful achievement. Thank you, to all those who responded to the recent Questionnaire. In response to those NSW members asking for more opportunities to advertise the AHA and its members, Maya has been able to get a good deal for all those interested in advertising in the Sydney Yellow Pages. All those advertising in Sydney Yellow Pages under the AHA logo will now also be listed on Yellow Pages on Line and receive a free listing in their Local Yellow Pages as well; i.e. 3 ads for the one price. I highly recommend Sydney members take advantage of this great deal.

Warm wishes,
Katherine Ferris

The QUEENSLAND STATE REPORT

Welcome to our new ASTA members. On 2nd March, the Queensland branch held a workshop to coincide with the AGM. Twenty one people attended the workshop which included presentations on the vital subjects of hypnotherapy's role in the management of obesity and depression. The President of the AHA federal branch, Bruni Brewin, presented a detailed and interesting update on activities at the national level. The new committee is:

- Qld State Executive Officer – G. Sly
- Secretary – M. Element
- Membership Secretary – M. Element
- Treasurer – B. Rizzo
- Director – H. Miller
- Director – A. Thorne

Best regards,
Marie Element

The SA STATE REPORT

No report received from SA at time of printing.

The TASMANIA STATE REPORT

No report received from Tasmania at time of printing.

The VICTORIAN STATE REPORT

We are gearing up for our next seminar which will be about Nicotine and Marijuana smoking cessation. There has been a lot of interest in this subject and Tony Ahearne who is a member recently moved to Victoria will be our guest speaker. Plans are in place for other seminars later in the year. We are never short of subjects about which our members would like to expand their knowledge. We hope to offer a workshop on suicide prevention next year.

It is great to see so many members taking the time to be involved in the committee and attend workshops.

Best Regards
Julie Madden

The WESTERN AUSTRALIA STATE REPORT

We have two members applying for Clinical Membership. Martyne Keeley and Jennipher Macdonald.

We are having a workshop for Supervision on the 5th and 6th of July at the Tom Dador Centre Subiaco. Apart from that. all is quiet on the Western Front

Cheers
Linda Milburn



NSW Branch One Day Workshop

**Sunday, 1st June,
2008**

Registration

8.30 am

Ryde Eastwood Leagues Club
117 Rydale Road
West Ryde

Cost
Members—\$120
Non Members—\$140

EARLY BIRD

**Members. \$110
Non Members \$130**

**(Paid in full
before 30 May)**

Summary of Presentations

The Importance of
Counselling in
Hypnotherapy

Power up Your
Presentation

Self Relations

Rapid Induction in
Hypnosis

For more information call
Lydia on 0410 327 665
To enroll complete and return your
registration form along with your
payment to
Lydia Deukmedjian
AHA Workshop Coordinator
P.O. Box 1673
Rozelle NSW 2039

THE IMPORTANCE OF COUNSELLING IN HYPNOTHERAPY

by **Barry Shirley**, DCH, Dip Couns Skills, DRM, MAHA, MASCH, MATMS

"The art of eliciting information is in the ability to counsel"

9.00 — 10.30am

It could be argued that hypnotherapy is the vehicle for the counselling dynamic with the main difference being the use of trance states. It is vital that we have an understanding of basic counselling and communication skills in order to become effective Hypnotherapists. Right from the initial contact and first consultation session, how the information that we obtain from our client could well determine the whole therapeutic process. In this session, we will explore some counselling methods and techniques that could be helpful in both eliciting information from our clients and for

POWER UP YOUR PRESENTATIONS by Deborah Edwards

"Being able to speak confidently in public is a skill that many people wish they had."

11.00 — 12.30pm

Inspire and engage your audience. Learn how to clearly project confidence and evoke motivation and action. Discover how to structure your presentation to gain the maximum effect. Have fun and interact as you learn about the key performance elements and magic behind a skilled speaker. Deborah is Octavian's lead International trainer and has been described as a dynamic, energetic and a powerful presenter. Debbie has outstanding skills in facilitating and enhancing your skills and

SELF RELATIONS by Judi Gurd-Chapman

Experience Self Hypnosis and other mind expanding techniques.

1.30 — 3.00pm

Improved Self Relations can remove our anxieties, tensions and pains, quell our anger, and calm our bodies with a new freedom, contentment and inner peace. Engage your imagination as you become aware of the fantastic potential of Self Hypnosis as a primary method for redirecting your and your clients' energies into more creative living. Judi Gurd-Chapman is a Trainer/Master Practitioner of NLP and a Clinical Hypnotherapist with wide ranging local and international Experience. Each year she travels the world to bring the best and latest techniques back to clients and peers.

CONFIDENCE WITH RAPID INDUCTIONS by Bill Wheeler Stage Hypnotist

"Learn the Secrets of Rapid Inductions"

3.30 — 5.00pm

Improve your skills and confidence with clients and groups by learning the art of Rapid Induction. Learn how and when to use this powerful tool with your clients.

Bill is one of Australia's leading Comedy Stage Hypnotist's and performs an entertaining, high impact show that displays the power and fun of hypnosis. Bill will share what he believes to be the true secret to working with individuals and large groups successfully, while having fun and enjoying yourself in the process

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Early Bird Registration (payment received before 30th May)

I am a AHA Member (\$110) ASCH Member (\$110) PCHA Member (\$110) Non Member (\$130)

Standard Registration (payment received after 30th May)

I am a AHA Member (\$120) ASCH Member (\$120) PCHA Member (\$120) Non Member (\$140)

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HURRY! Register & PAY before the 30th May, 2008 to be in the running to win a FREE WORKSHOP



TWO DAY PROFESSIONAL DEVELOPMENT PROGRAM:

SYDNEY: Saturday 24th MAY and Sunday 25th MAY 2008

**VENUE: Wests Ashfield Leagues, 115 Liverpool Rd, Ashfield NSW
(parking available) TIME: 9.30 AM – 5.30 PM**

**SYDNEY ACCOMMODATION: ACH can advise you on discounted accommodation available in Sydney.
Phone 'Effie' on (02) 9550 9673 to book your place in this very popular course**

As all associations require ongoing professional development Rhondda Stewart, the Principal of The Australian College of Hypnotherapy is holding a 2 day Professional Development Workshop for new and experienced hypnotherapists.

DAY 1: Applying proven hypnosis and NLP techniques Hypnotic Approaches to clients presenting with symptoms of Anxiety, Fear & Panic Attacks. PARTICIPATION CERTIFICATE ISSUED

Our current era is often referred to as the "Age of Anxiety". Anxiety comes in many forms and is often overlooked or misdiagnosed. This one day training is essential because it will look at what your clients needs really are and how you can better assist them in changing their emotional and behavioural responses to a more empowering state, now and in the future. The cost for this one day training is \$150.00 which includes Course notes.

DAY 2: Utilising the effectiveness of Waking Hypnosis PARTICIPATION CERTIFICATE ISSUED

This one day workshop will cover:

- Processes involved in the "hypnotic transaction";
- Nasal Cycle-Brain Dominance (a simple practical and direct technique to quickly and effectively influence brain function and emotional processing);
- Symptom conversion;
- Naturalistic techniques Advanced conscious/unconscious communication technique; and
- Advanced Waking Hypnosis techniques (you don't have to believe your thoughts).

The cost for this one day training is \$150.00

OR, if attending both training days, the total cost is only \$250.00

This Two Day workshop will present/practice the following techniques:

- BMR (Body-Mind Re-orientation);
- EA (Emotional Alchemy) the 'Real Feeling of Now';
- Types of anxiety and panic attacks;
- Anxiety triggers;
- Therapeutic designs to clear anxiety and phobias;
- Self help techniques for clients;
- Developing hypnotic language for change; and
- Case Studies and a practical review of techniques for clearing anxiety using hypnotherapy and NLP.

The Australian College of Hypnotherapy offers a wide selection of other training programs and workshops that can meet your professional training requirements as well as extending and expanding your theory base and practical skills. For those like yourself already in the industry, who may want to upgrade there professional qualifications, ACH can provide a suitable training program and hours to suit your needs. The College currently offers a Diploma of Clinical Hypnotherapy, with a nested Certificate in Neuro-Linguistic Programming (NLP). This is nationally accredited by the Vocational Education and Training Accreditation Board (VETAB – course code 91235 NSW).

Australian College of Hypnotherapy;
PO Box 929, Leichhardt NSW 2040, Ph: (02) 9550-9673 Fax: (02) 9550-0653
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I have been fortunate enough to have students from pretty much every other training provider in Australia attend this course and *Every Single One* has said that this course was the real deal - the one that gave them the confidence, the skills and the attitude to make it work.

I invite you to take part in the last run of NLP & Hypnosis certification courses that I will be offering for the foreseeable future. Full info is on my website at www.alistairhorscroft.com

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