



The Australian Hypnotherapy Journal

The official journal of the Australian Hypnotherapists' Association

July 2019

Volume 68; Issue No 2

www.ahahypnotherapy.org.au

ABN 20 004388 872 • Founded 1949 • Registered 1956



Contents

AHA Presidents Report	2
Letter to the Editor	3
Keeping in Touch	4
Advertising in the Journal	4
Articles	
The Language, Type and Uses of Association and Dissociation in Therapy – Karen Bartle	6-7
Bio-Feedback	7
History helps Us to Know the Past, Present and Possibilities for the Future – Bruni Brewin	8-10
Poem of Intent – Bruni Brewin	10
Mindful Hypno-Coaching – Shelley Stockwell-Nicholas PhD	11-12
Symbols, Metaphors & Patterns (Themes) – The Butterfly: A Symbol of Death, Rebirth and Hope – Sonia Barbara Czernik	13
See the Whole World – Barry Thain PDCHyp MBSCH NRH	14-16
Professional Indemnity Insurance	17
Advertisements	
Alternate Solutions – Bruni Brewin	5
The Mind Academy	17
70th Anniversary Australian Hypnotherapists' Association	18
Drug & Alcohol Recovery Hypnosis Masterclass – Dr Tracie O'Keefe	19
AHA Discussion Group	5
AHA Information and Updates – AHA 2019 Workshops	22
AHA State Workshops & Reports	20-21
AHA National & State Committees	23-24
AHA Journal – Benefits of Submitting Quality Articles	25
Australian Hypnotherapy Journal Advertising Guidelines	26
Benefits of AHA Membership	27-28

© The Australian Hypnotherapy Journal is published every April, July, October and January. Deadlines can be found under the **Australian Hypnotherapy Journal Advertising Guidelines**

Opinions of contributors and advertisers are not necessarily those of the publisher. The publisher makes no representation or warranty that information contained in articles or advertisements is accurate, nor accepts liability or responsibility for any action arising out of information contained in this journal.

Letters to the Editor should be clearly marked as such and be a maximum of 200 words.

Editor: Chereyl Jackman

Proof Reader: Bruni Brewin

Front Cover: Antarctic Beech, New England Highlands, NSW (*Your Photos are welcome*)

President's Report

Mailin Colman

Dear members,

I sincerely hope you are all keeping very warm as it seems that $\frac{3}{4}$ of the country has experienced a great freeze of late!

Some exciting things to report ahead

State and national Annual General Meetings

These have now been concluded with the national AGM being held on the 23rd of June in Melbourne. The Victorian branch of the AHA hosted the entire national committee and both their welcome and catering were above and beyond. A great time was had by all.

At the AGM, the new AHA Constitution was ratified and voted into existence replacing the very, very old Articles of Association and bringing the AHA even further into the 21st century. This task has been mammoth and has been a very long time in coming so we are all delighted that we can add another tick to the list of completed tasks. The new constitution is available on the website via: <https://www.ahahypnotherapy.org.au/member-area/policies-procedures-and-guidelines-for-members/>.

The national committee remains the same with the exception of the following:

Brett Cameron is now the Vice President

Rona Spicer is a Director

Marilyn Peterson is the SEO of SA

Online CPD is finally here!

The national committee is so proud to announce that the online CPD we've been talking about for so very long is finally a reality. This is available on the AHA website shop page and emails have now been sent out letting members know about the hows and whys. It has taken some time to find the perfect platform and Intuto certainly ticks all of the boxes in that its professional, easy to use and links up with the AHA database perfectly, allowing CPD to automatically be allocated to a member profile once the online CPD has been completed. If you'd like to know more, please email administrator@ahahypnotherapy.org.au.

Stay warm and until next time,

Warmest regards,

Mailin Colman

AHA National President



— ❄️❄️❄️ —

Letter to the Editor

JOHN MANGION

Born 16-2-1943 / Died 14-4-2019

It is with personal sadness that I advise my long-time friend and colleague, John Mangion died at 10:00pm in Palliative care at Camden Hospital, NSW on Sunday 14th April 2019.

John was an early member of the AHA. Living in the Southern Highlands NSW. After his first trial with cancer in 2002, he left the AHA to continue his spiritual journey.

15 years ago, John went into hospital for Bowel cancer. The surgery removed his whole rectum. John refused Chemotherapy and Radiation and used his inner power to heal and relearn how to use his muscles to hold in his faeces, so we can only imagine how hard that would have been for him. However, he rehabilitated himself and life continued.

This year John was diagnosed with terminal stomach cancer. It all seemed to happen rather quickly. Despite his belief in miracles and our working together on this, unfortunately it was his time to leave us. He was 76 years old.

My daughter Anna and I saw John on the Thursday before. He was awake and remembered our names and we spoke for quite some time. John was a palliative care nurse in his younger days, and he would have made a perfect Priest. His thoughts right to the end were always to be there to help others. I was quite startled when he suddenly said; "Bless you Bruni, bless you Anna, and bless you John." And I wondered, did that come from him or through him?

John, may you rest in peace. I look forward to your continued guidance from above. He leaves behind a wonderful son Paul, with whom he had a very close relationship.

Bruni Brewin



John Mangion

National Hypnotherapists Register Australia: <http://www.ahahypnotherapy.org.au/find-a-practitioner/>

AHA guidelines & policies: <http://www.ahahypnotherapy.org.au/member-area/policies-procedures-and-guidelines-for-members/> (Access requires member to be logged on)

AHA Submissions to Government: <http://ahahypnotherapy.org.au/submissions-to-government/>

State and national contact details: <http://www.ahahypnotherapy.org.au/contact-us/>

Keeping in touch ...



<http://www.hypnotherapycouncilofaustralia.com>



http://www.psh.org.au/about_psh.htm



<http://asochaorgau.wordpress.com/>

Advertise in the Journal

Advertising rates for the Australian Hypnotherapy Journal:

Full page	\$75.00
½ page	\$45.00
¼ page	\$25.00

Please Note: Payment must be made in full prior to lodging your advertisement. Details are listed in the Journal.

Contact: Australian Hypnotherapy Journal

Editor - Chereyl Jackman

(07) 3204 0402 or 0434 936 613

Email: ecs_nt@bigpond.com



Chereyl Jackman

BVA; MEd; Dip. Hypnotherapy; Dip. Kinesiology / Supervisor & Mentor;
NLP, NLK & NOT Practitioner, CranioSacral Therapist. Cert IV Workplace Training & Assessment;
Cert IV Small Business Management, Cert IV Freelance Cartooning & Illustration.
Editor – Australian Hypnotherapy Journal



Alternative Solutions

Bruni Brewin

www.brunibrewin@bbbenefits.com.au

British American Tobacco industry slammed by Cancer Council

“120,000 Australians use e-cigarettes daily, according to Federal Government statistics, and that is operating in an environment where these products are illegal.”

Cancer Council WA policy and strategy manager Kelly Kennington said; “The tobacco industry is responsible for a product that kills 7 million people every single year. There is strong evidence to suggest vaping led to smoking among young people.”

WA Health Minister Roger Cook said the evidence suggested e-cigarettes did not combat tobacco addiction. “You now have heavy investment by the big tobacco companies into e-cigarettes. They are not there because they want people to quit tobacco, they are in there because there’s a profit and they can continue to prey upon people’s nicotine addiction.

“E-cigarettes are not a ramp off nicotine, they are a ramp on.”

Alternative Solution?

Some doctors have promoted e-cigarettes say that they feel so much better using them. For those of us that smoke, 5 years of smoking tobacco didn’t cause us a health problem – but 20-30 years later it was a different story with the many lung cancer deaths that are still prevalent today. Don’t be fooled by aggressive advertising. Remember the lies of the tobacco companies who said; “We believe that smoking doesn’t cause cancer.”

Why not let hypnotherapy help you today? For the client - To contact a therapist near you that may be able to help you in health and wellness – go here:

<http://www.ahahypnotherapy.org.au/find-a-practitioner/>

Reference:

<https://www.abc.net.au/news/2019-02-22/british-american-tobacco-pushes-for-wa-e-cigarette-regulations/10841780>

FOR AHA MEMBERS ONLY ... HAVE YOU JOINED THE AHA DISCUSSION GROUP?

Nothing could be simpler

By joining the AHA discussion group forum you gain access to the largest membership of any hypnotherapy association in Australia, a huge resource of sharing ideas to benefit our practices. It helps all members, no 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.

It’s as simple as writing an email, just like you do when writing an email to a friend.

Your forum email address is:

aha-discussion@googlegroups.com.

When you are a member of the forum, you receive posting from other members, as well as being able to post yourself. You can decide whether to respond to an email to be helpful, or watch other responses, or just delete the email if you have no interest in the topic of discussion. These postings can include requests for help with clients, interesting articles, and other discussion topics of interest to your hypnotherapy practice.

The one rule we have is that you do not post advertising (your own or links that have advertising of their own or someone else’s business, workshops, etc.

Advertising can be placed in the Journal. Refer Australian Hypnotherapy Journal Advertising Guidelines in ‘Contents’ page for details of fees and page number.

We would like to see all members being involved, so if you haven’t joined us yet, send an email to my personal email address:



AHA Discussion Group

Jeremy Barbouttis

02 9518 9912

jeremy@clinicalhypnotherapy.net.au

... and I will verify that you are an AHA member and add you on. (You are required to do this before you can receive or post any messages.

The Language, Type and Uses of Association and Dissociation in Therapy

Association and dissociation mean different things in different contexts. It seems fair to say that the concept is a complete shamble in the hypnotherapy and psychotherapy literature, being used to describe multiple and often quite different phenomena. Here is a subdivision of those contexts in an attempt to bring some clarity, using a female client who has experienced domestic violence at the hands of her husband as an example.

Standpoint association and dissociation

Standpoint associated – the client is in the first-person position, i.e., looking out of their own eyes. Typically, the client is *feeling*, e.g., 'I can't bear this pain. Why are you doing this to me?'

Standpoint dissociated – the client is looking at themselves from a third person 'observer' position, e.g., 'I can see him beating me. I look so scared.'

Time association and dissociation

Time associated – the client re-experiences an earlier period of their life as if it were happening in the present (*revivification*), e.g., 'get off me.' or 'stop glaring at me like that. Why are you so angry?' Or they experience the future as if it were the present, e.g., 'I'm in a new relationship, much happier'.

Time dissociated – the client remembers the experience 'at a distance' while they are in the 'present' in the therapy room (*hypermnnesia*), e.g., 'he was even angrier back then and I had no idea why he flared up like that.' Or they project themselves into the future, e.g., 'I'm going to be very calm and assertive in future.'

Mind–body association and dissociation

Mind–body associated – the client's mind and body act together as a whole, e.g., 'I'm thinking about the bruises and how they look worse than they feel now.'

Mind–body dissociated – the client's mind and body are separate, e.g., 'I can see my legs, but I cannot feel them,' or 'it is as though I am looking down at myself from the ceiling.' (an 'out-of-body' experience). This happens with some clients experiencing trauma. A rape victim might not feel their body, and this would seem to be adaptive in some senses as it avoids being flooded by the sensations of the rape. A further example is the use of genuine ideomotor responses where the client is unaware of the response (not the 'finger-wagging' variety where the client knows they are doing it – this would be mind-body associated).

Mind-mind association and dissociation

Here, two parts of the mind are associated or dissociated. This is something that is deliberately pursued in parts therapy (from Gestalt therapy) and useful in hypnotherapy. Here, two parts of the mind can be thinking or emoting in either harmonious (associated) or dissonant (dissociated) ways.

In everyday speech, people often speak the language of dissociation with sayings like 'one part of me wants to start a new relationship but the other part of me says I shouldn't', or 'when I tried to quit smoking previously, it was like there was a devil on one shoulder and an angel on the other. One pestered me to smoke and the other kept telling me it was wrong', or 'I'm in two minds...'. This dissociation may be genuine (invested in), or a habitual figure of speech.

Parts are used in dissociative age regression work (mind-mind dissociated, and time dissociated). As an example, the client may be asked to, 'notice how you are taking your 'adult you' back in time, along with all the life experience and knowledge that you now have. Going back to the source of your current problems, and seeing the younger you there, what kind

words of advice could the 'adult you' offer to the 'younger you' that would help her/him to cope well and to bring some resolution to today's troubles? ... Good. And now give the younger you a big hug and tell them everything is going to be fine.' Incidentally, this can be very emotional.

Getting the language of association and dissociation correct

Association and dissociation seem to be regularly misunderstood or confused by hypnotherapists and hypnotic scripts. An example is 'see yourself in your favourite place'. If a client 'sees themselves' in a favourite place they may well be looking as a third person would, that is, looking at themselves from the outside. They could of course be looking at their legs whilst sitting on the beach, but the potential is there for dissociation. This is not likely to be as powerful as a pleasantly associated experience.

Compare the previous example with this: 'Look around you. What do you see? And what do you hear? And perhaps there are smells and tastes involved? And as you notice these things, how do you feel? This is the proper language of association (on the receiving end of sensory data) and it is also engaging in the sense that it is in the present tense.

On the other hand, you might want to purposefully use dissociation. For example, the client might be well versed in their own views of themselves but you might want them to gain a broader perspective: 'Joanne, for a moment, I would like you to imagine you are someone else – an independent observer who you have never met. Let's say you are called Barbara. Or you can choose a different name if you prefer. OK, as this other person, you are looking at Joanne over there. What do you think her best qualities are?' You may have noticed this was standpoint dissociated.




Are you a qualified hypnotherapist ready to take your hypnotherapy know-how to an advanced level? Find out more about our internationally recognised Advanced Diploma in Hypnotherapy for qualified hypnotherapists by downloading a Free copy of 'The Advanced Hypnotherapist' <http://eepurl.com/c-Bqsn> written and published by Karen Bartle MSc, and Dr Paul Peace.

To access online individual or group supervision with Karen Bartle please email for further details: admin@hypnotherapy-training.com.au



BIO - FEEDBACK



Biofeedback is the use of mechanical means to amplify certain internal cues, make us aware of them, and make it possible to control mental and brain states. Extensive research has shown that what were thought to be "involuntary" psychophysiological states, such as blood pressure, body temperature, etc., are in fact controllable through the use of biofeedback.

We can utilise this knowledge by teaching our clients to monitor their own symptoms and controlling these through their own biofeedback.



Werner22brigitte from Pixabay

History helps Us to Know the Past, Present and Possibilities for the Future.

These stories don't go back terribly far, but they might change your view and your belief system and your clients about what is possible.

Bannister – The 4-minute mile

On May 6, 1954, Britain's Roger Bannister was the first Athlete to Break the 4-minute Mile. Bannister's 3:59:4 mile unlocked the door to what was possible in track — both physically and psychologically. It had long been thought that a sub 4-minute mile was humanly physically impossible.

An interview with now 75 year old Sir Roger Bannister, 50 years later by Donald McRae, gives insight into his thoughts about his achievements. Bannister felt that his win was a severe handicap to him for more than a decade afterwards. He was already studying to be a doctor at the time of his race. He still had another 9 years of study before he would achieve his dream of becoming a neurologist.

He'd always had this insidious feeling that his medical colleagues thought; 'How can Bannister, a mere athlete, dare to aspire to neurology?' rather than acknowledging his greater achievement of 40 years work on the brain in Neurology.

Recalling the race: For almost three-quarters of a mile Bannister ran with effortless power, his desire to increase the pace curbed by Brasher and Chataway who led him expertly around in 3min 0.7sec. A 59-second last lap would make history. He felt that his greatest achievement in this win was the wonderful lifelong friendships he formed with Brasher and Chataway. The race taught him that he could do most things he turned his mind to.

His time of three minutes 59.4 seconds, stood as a record for just 46 days before Australian runner John Landy shaved 1.5 seconds off his time in Findland, but Bannister's place in athletics history was assured.

[Michael McGowan - The Guardian](#) reported that the back-to-back record-breaking performances set the stage for one of runnings most incredible showdowns when in August of 1954, Bannister and Landy faced off at the British Empire and Commonwealth Games at the Vancouver Exhibition (renamed the Pacific National Exhibition in 1946).

During the race, Landy led with Bannister at his heels. At the final turn, however, Landy turned and looked over his left shoulder to find out

where Bannister was. At that moment Bannister surpassed Landy on the right, winning the race. Both men finished what came to be known as the Miracle Mile in under 4 minutes, the first time that had ever happened.

Up until then, it had been thought it was physically impossible for a man to run the mile in less than four minutes. People thought that the human body would burst running at such a speed.

This set the stage for other runners to run the mile in under 4 minutes. Now, we accept that as doable. It took a sense of extreme certainty for Roger Bannister to do what was then considered un-doable. He alone was able to create that certainty within himself without seeing any proof that it could be done. Once he had crashed through that barrier, the rest of the world saw that it was possible.¹

Bannister, who was knighted Sir Roger Bannister in 1975, never lost his interest in athletics. He retired from running soon after setting the record. He always knew that he would stop being an athlete after ceasing to be a medical student. Bannister went on to have a long career as a neurologist, serving for many years as the director of the National hospital for Nervous Diseases in London.²

In 2011, Bannister was diagnosed with Parkinson's disease. He died on 3rd March 2018 at the age of 88. He had viewed running as something he did in his spare time away from the demands of his medical studies,

but that did not prevent him reaching the summit of his sport. He continued to run to keep fit until he broke his ankle in a car accident in 1975, the year he was knighted.³

The ICEMAN – Wim Hof Defying Science

The Iceman has found the answer to a science-backed, heart-centred approach to improving your mind, body, effectiveness and performance, not only for himself but has proven he is able to teach others to do the same.

There is a free breathing tutorial video link shown below that you might like to trial and evaluate for your own purposes. It moves away from the medical model of diaphragmatic breathing. Ensure that your clients have no underlying health problems if you recommend this method. There are contra indications to following the Wim Hof Method (WHM) shown on his website.

I discovered the Wim Hof Method (WHM) whilst looking for new resilience and trauma release methods. Further investigation will show many health benefits to health issues when using the WHM. Current scientific evaluation is keen to do further research based on what has already been shown.

His 1-day inspirational event at the Olympic Park in Sydney on the 8th December 2019 is already sold out. His two 6-day Summer Expedition workshops being held in June/July 2019 in Spain are sold out. In Europe and Canada he is in great demand. There are already certified WHM trainers in many countries.

Wim's extraordinary achievements have opened the minds of many to realise just how powerful the mind is. Anyone can be trained to achieve what he has achieved. The WHM is based on three Pillars.

1. Cold therapy 2. Breathing and 3. Commitment. There is a Free Mini Class to learn the basics here: <https://www.wimhofmethod.com/free-mini-class>

The science behind the Wim Hof Method – Wim has achieved what was long been viewed as scientifically impossible.

In 2007 the first scientific analysis was done at Feinstein Institute in New York. In 2011, the University Medical Centre St. Radboud in Nijmegen really got the ball rolling. After running several tests, they found that Wim and others were able to voluntarily influence their own Autonomic Nervous Systems. Something which up until then was thought impossible. His ground-breaking techniques, published in PNAS and Nature, established credibility and bred curiosity among academia. Increasingly, researchers across a wide range of disciplines have taken an interest, and various promising studies are currently underway.⁴

Here are some of the feats Wim has accomplished:

- *Climbing mount Everest past the "death zone" (~7,500 meters) wearing nothing but shorts and shoes (2007)*
- *Completing a full marathon in temperatures close to -20°C (-4°F) above the polar circle in Finland. Hof ran the entire race shirtless and finished the marathon in 5 hours and 25 minutes (2009)*
- *Taking the longest ice bath ever recorded: 1 hour 53 minutes and 12 seconds, which is a Guinness World Record.*
- *Ran a marathon in the Namib Desert without any water. The list goes on ...*

At 55, Wim holds 26 Guinness World Records for extreme sports challenges. For example, he and his 18-strong climbing group scaled Africa's highest mountain in a record time of 31 hours and 25 minutes. Wim said: "This year's Kilimanjaro challenge was to show that a group of people without mountaineering experience could scale the mountain within 36 hours by using a specific breathing technique".

Final Thoughts

- Bannister's did not compensate for his later health problems. Do life happenings i.e. accidents, MS, play a part in our longevity? Perhaps?
- Wim Hof has avoided health problems using his methods and commitment. Other people have been able to do the same. How many people will successfully adopt his method has yet to be determined.

Will he live a long life, or will his method play a part in shortening it? Consider Steve Irwin's exuberance for living. Think about Epigenetics, Biocentrism ... methodologies we still must thoroughly investigate.

- My mother-in-law and her two sisters were overweight. They did not exercise from their early 50s. All three lived until their mid to late-90s. Was their age predetermined by a belief system... by genetics ... or their lifestyle?

We can conclude that innovative techniques for endurance and self-healing are available within each one of us. '*Mind Over Matter*' is a key teaching component of our profession. As hypnotherapists we are at the forefront to bring about our own innovating solutions and to build on the work of those who came before us.

References:

1. McRae, Donald 26.4.2004 interview Sir Roger Bannister. <https://www.theguardian.com/sport/2004/apr/26/athletics>
2. Daley, Jason. 5.3.2018 Smithsonian.com <https://www.smithsonianmag.com/smart-news/five-things-know-about-roger-bannister-first-person-break-four-minute-mile-180968344/>
3. 4.04.2018 BBC tribute. <https://www.bbc.com/sport/athletics/43273249>
4. **Voluntary activation of the sympathetic nervous system and attenuation of the innate immune response in humans** - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034215/>
5. Further reading –
 - a. <https://www.mirror.co.uk/news/weird-news/iceman-wins-26th-world-record-5031479>
 - b. https://youtu.be/HZ87_xPKsMs 2019 interview
 - c. <https://youtu.be/nzCaZQqAs9I> Wim Hof breathing tutorial by Wim Hof



Bruni Brewin JP

President Emeritus [AHA]*

PEMAHA, LMAHA/CMAHA, SUPERVISOR

website: www.bbbenefits.com.au

about: <https://www.bbbenefits.com.au/about/>

*President Emeritus is an honorary title only. All writing in my emails, website, workshops, articles, media, or elsewhere, are my thoughts alone. They should not be seen to be or interpreted as the thinking of the current National Executive of the AHA



Poem of intent

It is not your intent that shapes your universe,
For what you rehearse in your mind may cause inverse.

The point of power, action in the now is the master,
the absolute requirement to make things happen faster.

The logical steps to creating things is clear,
step one, and most important is to release any fear.

Mental activity counts for nought without visualisation,
remember! The mind listens and creates an adaptation.

Whatever you see, it will create for you, fair and true,
Think it once, think it twice, the outcomes accrue.

Positive, negative, it doesn't care, clarify or reorganise,
nor even mechanise, deputise, emphasise or empathise,

The intention is to bring you what you ask for without question,
Is your thinking causing progression or depression?

Where will you be in ten years' time based on your current thinking?
Do you foresee a beautiful perfumed garden, or a quagmire stinking?

Is it time to reorganise that grey matter with different patter?
Should the chatter change to create a different mind over matter?

But how so, who can help? Is there such a specialist?
Of course there is, the brilliance is inside of you!

... Bruni Brewin

Mindful Hypno-Coaching

By Shelley Stockwell-Nicholas, PhD

*(Includes excerpts from her book, **Hypno-Mindfulness: Be Here Now!** available at www.hypnosisfederation.com)*

Present awareness of feelings, thoughts, actions and reactions bring excellent results that empower your beneficial take-charge attitude. The more you pay attention to NOW, the more expanded, organized, and peaceful you are; you master your mind as a master mind.

Research shows that mindfulness boosts mood, soothes your body, helps you deal with challenges and may even let you live longer. The New York Academy of Sciences and several other studies suggest that mindful practices increases your lifespan by lengthening DNA telomeres on immune response cells and soothes inflammation so you stay healthier.

Of your 2100 plus thoughts an hour, the ones you embrace and act upon, profoundly affect your life, love, work and play. No wonder mindful classes are included at our Hypnosis Federation ReTreat, the Creativity Learning Institute, and in workplaces, wellness centres, public agencies, schools, and as digital interventions.

NOW-focused awareness is in fact, hypnosis in a tuxedo, currently marketed under awesome titles like mindful based-cognition, autogenic training, prayerfulness and meditation and digital device therapeutics.

BETTER UNDERSTAND YOURSELF

You have programmed your mind to react as you do for your survival. And that's a good thing or you wouldn't be reading this (Whoopee! You are alive!). Yet, some reactions may be antiquated and not in your best interest. Mindful attention to automatic reactions bring you better outcomes at work and at play and most certainly makes a difference in how you feel toward yourself.

As you get along with YOU now, you get along better with others and get the job done. Mindfulness makes even bumpy situations smoother. You don't have to be Mahatma Gandhi to know that Happiness comes when your thoughts, words and actions are in harmony. So, tune in and get ready to bring out the very best you here and now.

WHO ARE YOU?

"Who are you?" The caterpillar in Wonderland asks Alice. She answers; "I hardly know, Sir, just at present. I know who I was when I got up this morning, but I think I must have changed several times since then. I can't explain myself because I am not myself, you see."

Most define self by what they've been hypnotized to believe about themselves. The biggest hypnotist in your life is, of course, yourself. The next biggest is your mother followed by your father, caretakers, siblings, friends, teachers, the culture and the media. Many spend tremendous energy stubbornly defending such hypnotic judgments.

INTO-GREAT NOW!

In fact, there are zillions of you doing, thinking and being. Mindfulness integrates these aspects into a unified conscious holistic ME! Peace becomes YOU when you create a mind-set where all parts of YOU work as a team here and now. Stage directions for a play present everything in the present (I.e. noon. The old house is full of toys. The boy enters from downstage left. Even as a hypnotist guides you to another time in your life or into another life time, the same past or future sense becomes a vivid NOW perception.

SOCIAL WELL-BEING

Think of a time when someone cut you off in traffic or while waiting in line. What was your knee jerk response? Whatever it was, what were the consequences? Inevitably, one thing led to another and your automatic reaction brought about an outcome. When mindful, you more easily redirect your reaction for a better result. So, next time you are irritated, or someone cuts you off, take a breath and choose a more peaceful response. Then notice and enjoy a more nourishing outcome. Conscious awareness enhances how you relate and connect with others.

DE-STRESS

Ever noticed how some folks have stronger resilience? They transcend issues, trauma, conflict and challenge and seem to just move on. They do this by embracing an Ideal focus. You can cultivate resilience with centring (or de-centring). Simply note your here and now and you will reduce the stress of recounting the past or worrying about the future. Biologically, you tap into your parasympathetic nervous responses and release oxytocin, the hormone of love.

DO THIS! Think of something that stresses your body or mind Got one? Good. Now, close your eyes. Sit up straight. Take a slow deep breath and relax your jaw. Notice the sensation of the easy breath as it enters and leaves. You might even smile. Why not it could make you happier. Notice any thoughts or sensations that come to mind. Now, with another easy full breath, try to think about stress Gone?

As you rise above conflict as you become proactive rather than reactive.

NOW, REST YOUR MIND

With eyes open or closed, notice thoughts as an omniscient observer. This more objective bird-eye-view of perception is like seeing, hearing, smelling, tasting, feeling and intuiting a babbling brook as it moves gently along. Your mind may have a thought as you witness its ebb and flow. You might think, 'My brain is having a thought' as it comes and goes with each easy breath. If something is heavy on the mind a couple of slow full breaths lighten it up. No wonder wonder-full observing is shown in study after study to curtail stress, anger, obsessive thinking, the blues.

Deputy Commander of the U.S. Combined Joint Task Force, Maj. Gen Walter Platt, says, "Mindfulness gives [troops] what is needed to reintegrate into life at home after a combat environment and post-traumatic stress."

DO THIS; HOCUS FOCUS

Take a thought-full break and focus your attention on a wall or ceiling for one full minute. Give it a go! ... Were you able to sit still?

What were you thinking as you focused on that place?

Now, this time as you look at the wall or ceiling focus on your breath.

Is your mind more at ease this time?

OCCUPATIONAL WELLNESS

When I teach mindful strategy to corporate employees and executives, they're amazed at how quickly benefits take effect. Work challenges and interactions are more positive which translates into harmony and mindful organization of data and papers make for more productivity.

Research shows that a nourishing work-place environment attracts & retains great employees and reduces stress and absenteeism. The Ontario Canada Minister of Labour presents this idea, A healthy workplace intentionally promotes [here and now] well-being which decreases accidents, compensation claims, and boosts morale and the bottom line. Simply taking a short mental time out or bringing a lovely plant or flower to the workplace is uplifting.

TEN MINDFUL-BASED ACTIVITIES

1. Create an encouraging and nourishing supportive environment.
2. Give only appropriate responses when needed.
3. Take mini-breaks and pet your pet
4. Breathe to relax, increase concentration, enhance exercise, have more rewarding intimacy, sooth discomfort and sleep more soundly.
5. Delete distracting apps and notifications from your gismos and gadgets.
6. Decide how you want to spend your time.
7. Consciously bring your thoughts to the positive. When you have a good experience, bask in it fully.
8. Go for a stroll in nature and call in all your senses.
9. Play and laugh
10. Listen to the voice of your inner wisdom and you will evoke genuine trust, honesty and fairness.

Shelley Stockwell-Nicholas, PhD joins us from California USA. She is President of the International Hypnosis Federation, the author of 22 books and is sometimes called 'the mother of mindful-hypnosis' and has appeared on hundreds of talk shows including Good Morning Australia. She will be teaching at the AHA anniversary conference in Brisbane in September.

Symbols, Metaphors & Patterns (Themes) – The Butterfly: A Symbol of Death, Rebirth and Hope

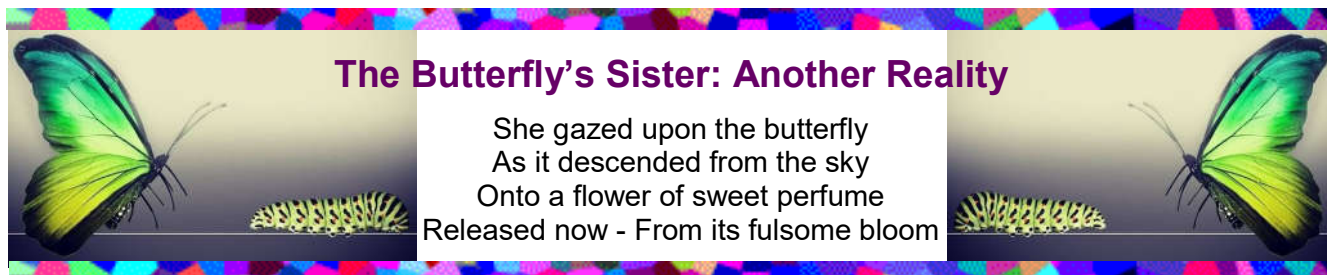
We recognise that symbols, metaphors and patterns (themes) are part of the language of the subconscious and so when incorporating these elements into a hypnotherapy session, it pays to ask the client, how they view say a butterfly, in terms of associations they may have made. The following article continues both the theme of butterflies, which I began in my previous article published in the April issue of this Journal (Vol 68, Issue 1) and the theme for the upcoming 70th Anniversary AHA World Conference, which is *Resilience*. Whilst that article and its associated metaphorical rhyme (uniVerse™) looked at *resilience* in terms of struggle, perseverance and breakthrough, this article and its metaphorical rhyme looks at *resilience* more specifically from the perspective of *hope* and *courage* after the death of a loved one. Naturally there are a host of additional perspectives that this metaphorical rhyme offers and it would be helpful if used with a client, to ascertain their perceptions pre-hypnosis before using it whilst they are in hypnosis.

Many cultures and certain religions such as Christianity, associate the butterfly with the ‘Soul’ and it is interesting to note that Butterflies are deep and powerful representations of life. Many cultures associate the butterfly with our souls. Although abandoned now by modern Greeks, Aristotle gave the butterfly the name Ψυχή (psūkhē), which translates as psyche and to the ancient Greeks meant *Soul*.

I have created several versions of this particular uniVerse™, as it applies to the recipient. Each is a reminder of the hypnotic nature of not just metaphor but rhyming metaphor. I have used this uniVerse™ with clients experiencing grief and it has brought them great comfort.

I hope you enjoy this uniVerse™ and find it of value with clients experiencing grief. If you choose to use this uniVerse™, I ask you to use in its entirety, honouring copyright laws and let me know how it was received. If you would like a version more applicable to the person who has passed i.e. a mother or a husband, let me know, and I will do my best to accommodate you. Similarly, if you would like to know more about metaphorical rhymes as this and the one in my article in the April issue of this Journal, both part of the Butterfly Collection (Butterfly Rhymes for Transcendent Times), do connect with me at HypnosisAndHealth@gmail.com

What the caterpillar calls the end, the rest of the world calls a butterfly. Lao Tzu



On close inspection – She wondered why
The attention of that butterfly
Was fixed on something on a leaf
A caterpillar! – Crawling beneath

It was as though that butterfly
Was calling out - “Please, please don’t cry”
To her sister – Who wept beneath
Tears now flowing – Tears of grief

“I did not die – I’m here with you”
“Believe me please – I’m real – It’s true”
“Look up! – Look up! – And you will see”
“I never left – Though now I’m free!”

“Free to be me – In another reality!”



Sonia Barbara Czernik BSc(Hons), BHyp., AdvDipHyp.,
AHA Registered Clinical Hypnotherapist, Mentor & Author
Hypnosis And Health Practice, Suite 7 - 17 Green Street
(London St entrance), Mt Hawthorn WA 6016
Tel. 0417 417 782 www.HypnosisAndHealth.com.au

See the Whole World

By: Barry Thain PDCHyp MBSCCH NRH Clinical Hypnotist, London UK www.Mindsci-clinic.com

Mojdeh called me recently. "I don't know if you remember me. You treated me for a phobia in 2010. I wondered if you could help my friend?"

I recalled some details and Mojdeh thought I remembered her remarkably well. How could I forget? ...

Mojdeh had asked me to treat her phobia. After a few minutes I understood that she wasn't going to say what she was afraid of. She was so phobic she couldn't name her fear. I knew it had something to do with animals because she said she'd just come back from Singapore where they are on some menus. I guessed dogs.

Mojdeh was a mental health worker with a vague, semi-professional curiosity about hypnotherapy. She asked if she could record the session. If it worked, she would tell others about it and send them to me for treatment.

I don't like other people recording my sessions, but I like saying no even less so I agreed. Mojdeh asked if her sister-in-law, Rima, could come too. Rima would do the recording.

Mojdeh wanted to know how I would treat her. I explained that I often don't know how I'm going to treat a patient when they get on my couch, and she was three days away from that. But I knew what she was getting at. She didn't want to have to think about dogs at all, and certainly didn't want a trip back to any traumatic experiences with them. I told her we wouldn't be doing any flooding, exposure or revivification, and we made an appointment.

Mojdeh arrived with Rima the following Monday.

At the start of the case history I said, "Just to be sure we all know what we're dealing with here, this is cynophobia, right?" (Cynophobia is dog phobia.) Mojdeh confirmed it was indeed cynophobia, so that was all right.

During the case history she told me how her sons had cut all the relevant pictures out of every book at home. And I was told how Mojdeh had imagined her aversive stimulus whilst driving once and crashed the car. Rima had been in the car at the time and confirmed this.

I asked, "So what happens if you come out of your house in the morning and your neighbour is walking their pet past your front door?"

"Oh, I'm not bothered about that," she replied.

"Ah," I mused. "I think we are at cross-purposes here. This isn't about dogs, is it?"

"Oh no. It's not about dogs."

"I think you're going to have to tell me what it is."

"I can't."

"Can you write it down for me?"

From the neck down she was shuddering but her face was cataleptic and her eyes just staring at me in silent terror. Gosh, I thought, this is going well.

I asked Rima if she knew what it was. She did. I asked her to tell me.

"I don't like them either."

"So much that you can't say it either?"

"Not really."

I didn't know if that meant she didn't really dislike them that much or she didn't really think she could say it. But as no further information was offered, I assumed the latter. I turned back to Mojdeh.

“Can you give me a clue, please?” Any moment now, I thought, we’ll be playing charades.

“It’s like you said before,” Mojdeh volunteered.

“Like dogs?”

“Yes.”

“Wolves?”

“No.” And she started tugging her earlobe. I thought, we are playing charades!

“Oh right, sounds like dogs?”

“Yes.”

“Frogs?”

“Aaaaaaaaaaaaaaaaaaargh!!!!!!!!!!!!” Mojdeh and Rima clapped their arms behind their necks and buried their faces in their thighs while they screamed their heads off. Bingo, I thought. Frogs.

Once they had recovered, Mojdeh proceeded to tell me how she would love to be able to look out of her kitchen window into the garden, but couldn’t. She said there were corners of her garden she would not mow for £1m. She said that whenever she went back to Bangladesh it was an absolute nightmare, especially after dark when they would come into the house and she would be up on tables screaming until someone cleaned them out. Then she’d stop screaming, but she’d stay on the table.

Eventually I invited her to get onto my couch. I told Rima to stay where she was and if she heard screaming she was to come into my consulting room and rescue me. I’d forgotten that Rima was going to record the session. She came in too.

Perhaps the recording thing was just a ruse to ensure that Mojdeh, being Muslim, was not alone with me. Anyway I sat Rima on a chair at the foot of the couch and I got ready to hypnotize Mojdeh.

Rima produced not the dictaphone I was expecting, but a video camera. Oh well, in for a penny. Mojdeh didn’t seem bothered by having it stuck in her face, so I didn’t think I could complain about it being stuck in my ear.

I hypnotized Mojdeh and got her subconscious mind to signal yes and no by moving a finger and thumb. In the trade we call these ideomotor responses. After I don’t know how long but maybe ten or 15 minutes, Rima started going BEEP BEEP BEEP BEEP BEEP, only it wasn’t Rima, it was her camera. Great! It stopped after 30 seconds or so. I ploughed diligently on for another few minutes until BEEEEEEEEEEEP BEEEEEEEEEEEP BEEEEEEEEEEEP. Oh boy! Stoically, I continued, doing my best to ignore the rustling Rima.

WrrrrzzZZZ CLICK CLICK ... FLASH!!!

I turned my head, and treated Rima to my very best withering look. In return, she favoured me with her very best sheepish look.

All the while I thought I wasn’t really getting the response from Mojdeh’s subconscious mind that I wanted. There was an agreement to some easing-up on the phobia but not an abandonment of it. I woke Mojdeh up, moved Rima behind the head of the couch, rehypnotized Mojdeh and gave her subconscious a bit of a kicking. Once I knew she’d understood that the deal was ‘no more phobia at all, whatsoever, and there is no other deal’. I woke her up again. She looked punch-drunk.

“How are you?” I enquired.

“Yeah. OK.”

“What about frogs?”

“Frogs? Why? What about them?”

“Do they bother you?”

"I don't know? What, frogs? No. They don't bother me. Why should they?"

"Rima," I said "Why isn't your beeping camera working now?"

"I know," she said. "I can't believe it. But the battery ran out. So I tried to film it with my phone but I don't know how to work it so I took a picture by mistake. Sorry!"

"That's all right. I forgive you. But you're my witness here. What did Mojdeh just say?"

"She said she didn't know why she should be bothered by, err, ummm ..."

"Frogs," said Mojdeh, completing Rima's sentence. "I'm exhausted."

And off they went.

Mojdeh (and Rima) returned the following week.

Mojdeh said "You know, when I left here last week I was still in a bit of a daze. When I got home, I was exhausted and went straight to bed. I didn't even take my clothes off. When I woke up the next morning, I felt a stone lighter. Completely different. I didn't tell you but when we bought the house there were frogs on some of the kitchen tiles. My mother taped greaseproof paper over them, but I knew they were there. I went downstairs and tore the paper off and you know, it was fine. It was really OK."

"I've always wished I could stand in my kitchen and just look out of the window at my garden, but I've never been able to. I've spent a lot of time doing just that since Tuesday.

And I've been on line and googled frogs. I phoned my brother and said 'You won't believe what I'm doing now. I'm watching a video of frogs!' He didn't believe me, until he realised, I'd said 'Frogs'."

"I've told everyone. They all knew I had this terrible fear, but none of them new what it was. I've been telling them all 'I'm not afraid of frogs anymore'. It's been hilarious."

Rima said, "If I hadn't been here myself, I wouldn't have believed what you've done."

Mojdeh said, "The video was really spooky. I had no idea you'd given me a pair of scissors to cut something with, and I only know what I was cutting because I asked Rima."

Rima said "But I got in such a lot of trouble for not filming it all. Everyone wants to see more so this time I've made sure the battery is fully charged."

"Everyone?" I asked. "More?"

Mojdeh said "We're having a party on Saturday. Everyone is coming to watch the videos. Oh, and I need some of your cards to hand out. At least 20 people I know want to come and see you, and they all have real issues."

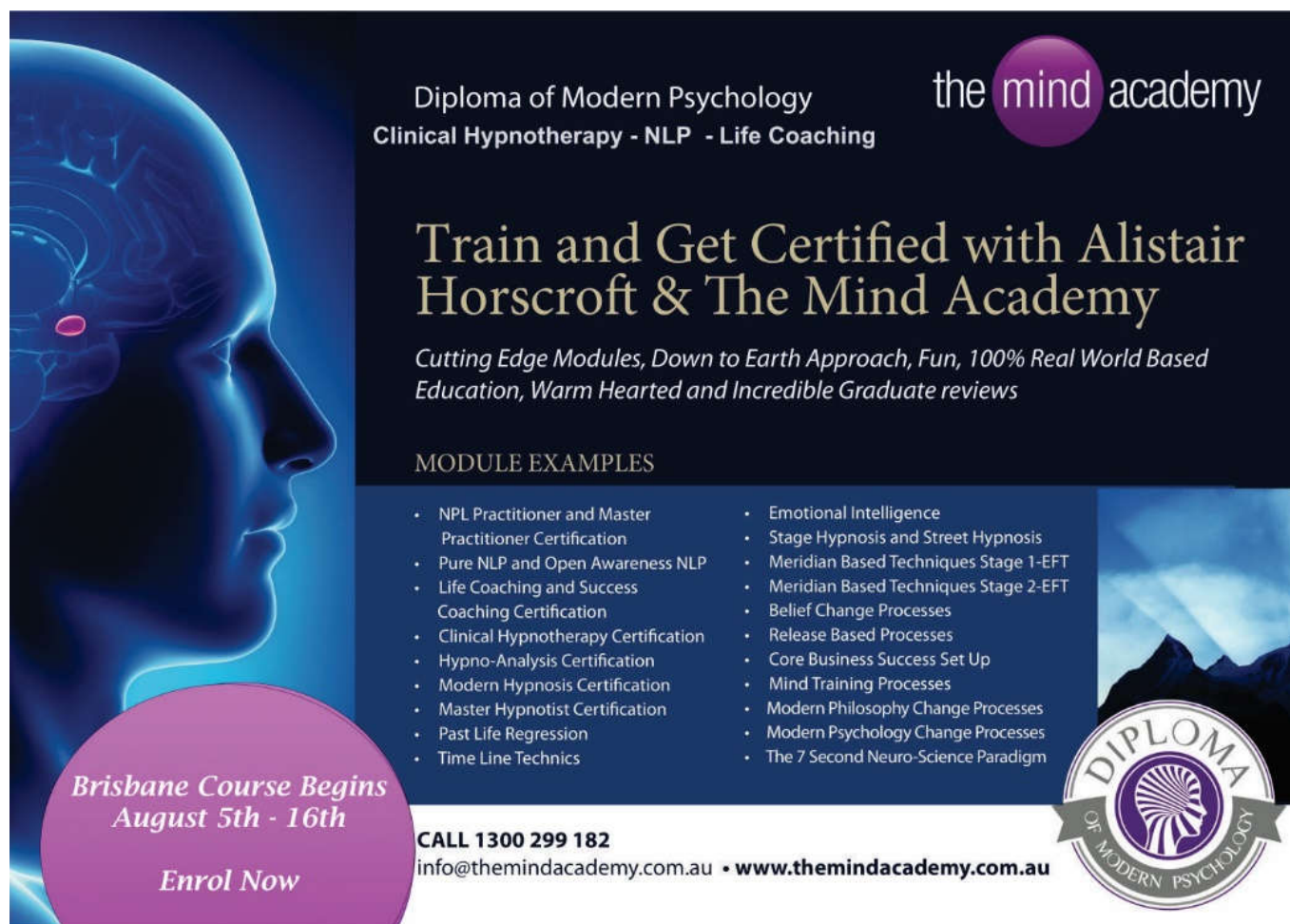
Mojdeh had decided that she wanted to know how she got the phobia in the first place so this time I hypnotised her and sent her back to before the initial sensitizing event.

She was four years old and playing in her village on the edge of the jungle with her brother and cousin. The brother was being an idiot, trying to act like Superman. The cousin rode off on his bike in one direction and her brother went off the other way. There was a little chick that ran off into the bamboo and she decided to go and bring it back. Just as she entered the bamboo the chick ran out covered in blood. A toad had bitten its neck. She saw the toad. She ran back to her home, screaming. Her mother and everyone else tried to sooth her but she was beyond consolation.

As they were leaving, Mojdeh said "Before I came to see you, for me the world only existed from the waist up. For thirty years, I was scared to look down. Now I can see the whole world!"



Advertisements



Diploma of Modern Psychology
Clinical Hypnotherapy - NLP - Life Coaching

the mind academy

Train and Get Certified with Alistair Horscroft & The Mind Academy

Cutting Edge Modules, Down to Earth Approach, Fun, 100% Real World Based Education, Warm Hearted and Incredible Graduate reviews

MODULE EXAMPLES

- NPL Practitioner and Master Practitioner Certification
- Pure NLP and Open Awareness NLP
- Life Coaching and Success Coaching Certification
- Clinical Hypnotherapy Certification
- Hypno-Analysis Certification
- Modern Hypnosis Certification
- Master Hypnotist Certification
- Past Life Regression
- Time Line Technics
- Emotional Intelligence
- Stage Hypnosis and Street Hypnosis
- Meridian Based Techniques Stage 1-EFT
- Meridian Based Techniques Stage 2-EFT
- Belief Change Processes
- Release Based Processes
- Core Business Success Set Up
- Mind Training Processes
- Modern Philosophy Change Processes
- Modern Psychology Change Processes
- The 7 Second Neuro-Science Paradigm

Brisbane Course Begins August 5th - 16th

Enrol Now

CALL 1300 299 182
info@themindacademy.com.au • www.themindacademy.com.au

DIPLOMA OF MODERN PSYCHOLOGY

Professional Indemnity Insurance

The AHA National Executive Committee has arranged a discounted combined professional indemnity and general public liability insurance policy for our members.

This policy has been specifically designed for AHA members and offers excellent rates and cover.

Should you have any questions concerning this insurance policy or any other insurance related enquiry, we encourage you to call

Fenton Green & Co on (03) 8625 3333 or 1800 642 747.

**Visit: <https://www.fginsure.com.au/>
and click on AHA (4th line down).**



70th Anniversary Australian Hypnotherapists Association World Conference

13-15 September 2019
Mercure Hotel Brisbane North Quay



RESILIENCE – BEND OR BREAK? HYPNOTHERAPY CREATING STRENGTH WITHIN

70th Anniversary Australian Hypnotherapists Association World Conference
Friday 13 to Sunday 15 September 2019 | Mercure Hotel Brisbane North Quay

RESILIENCE – BEND OR BREAK? HYPNOTHERAPY CREATING STRENGTH WITHIN

In this conference, international and Australian professionals will provide current and leading-edge information to integrate into the day to day practice of clinical hypnotherapists.

- What determines whether we overcome or are overcome?
- How do we build resilience to overcome adversity and see ourselves as victim or victor?
- How do we build the coping ability emotionally, mentally and physically?
- What tools and skills do we utilise and build to develop empowered resilience?

Who should attend?

Hypnotherapists, counsellors, psychologists, psychotherapists, medical professionals and other mental health and family therapy professionals.

Important dates

August 2018 Abstract submissions open

31st January 2019 Abstract submissions close

11th March 2019 Registrations opens

31st July 2019 Early Bird deadline

13-15 September 2019 Conference

Contact for more information:

DC Conferences, PO Box 637 North Sydney 2060

Tel 61 2 99544400

AHAConference2019@dcconferences.com.au

www.dcconferences.com.au/ahaconference2019

Drug & Alcohol Recovery Hypnosis Masterclass: 6 Step Program 2-Day Live Training

16-17 November, 2019 (Sydney)

**Presenter: Dr Tracie O'Keefe DCH, BHSc, ND
Clinical Hypnotherapist & Naturopath**



Are you prepared to handle cases of addiction ranging from heroin to alcohol and get results fast?

Are you confident to help clients who come through the door of your therapy practice with any kind of substance abuse?

Do you want to have the level of skills that enable you to instantly interrupt your clients' addictive behaviours?

Most hypnotherapists see substance abusers as the scary end of their clinical abilities and have no experience in dealing with addicts.

Helping clients withdraw from life-threatening and destructive substance abuse addiction fast can be one of the most rewarding experiences for a therapist.

If you want to learn how to handle all substance abuse addictions with hypnotherapy then join Dr Tracie O'Keefe DCH in her popular LIVE, 2-day training in Sydney.

What you'll learn:

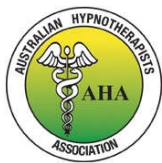
- How to attract substance abuse clients to your practice
- How to recognise addiction
- How to instantly stop addictions with hypnosis
- How to handle clients with substance abuse addictions
- How to adapt your treatment and hypnotic techniques to different types of substance addiction
- How to address addiction issues with your client
- How to rehabilitate your clients to become clean and sober
- What hypnotic language patterns to use in treating addiction
- How to become confident in working with people with addictions
- How to deal with addiction-related co-morbidity
- How to deal with clients with multiple addictions
- Practice hypnotic techniques for substance abuse pattern interrupters in a safe environment with your peers
- How to deal with drug and alcohol complications

14 hours Continuing Education Points

Earlybird rate available until 31 July, 2019.

The previous trainings sold out well in advance, so secure your place now:

[CLICK HERE FOR DETAILS](https://www.doctorok.com/drug-alcohol-training-nov-19-aha) <https://www.doctorok.com/drug-alcohol-training-nov-19-aha>



AHA Information and Updates

Workshops for 2019

<http://www.ahahypnotherapy.org.au/hypnotherapy-training/aha-events-calendar/>

AHA workshop information

AHA workshops are suitable for hypnotherapists, NLP practitioners, Counsellors and psychotherapists etc. They are aimed at areas such as skill development, personal development, business, health, and overall wellbeing.

We encourage all members to take advantage of these workshops as you are not only able to continue your learning, you are also networking and involving yourself in both the association and the profession.



AHA State Workshop Reports

AHA NEW SOUTH WALES – Winter State Report 2019

I am feeling a healthy energy from the NSW/ACT membership. The AGM is over, and the NSW committee is in place for another year.

State Executive:	Brett Cameron
Secretary:	Toni Knight
W/S Co-ordinator:	Greg Elsey
W/S Team:	Ilona Nichterlein
Supervision co-ordinator:	Kerry Bailey

Dr Sarah McKay (Refire to Rewire)

Sarah presented an entertaining and informative workshop on her six steps Refire to Rewire. She is a Neuroscientist of world acclaim and to have someone of that renown to present to our members was a privilege. Feedback from registrants was positive.

Richard Hill (Mirroring Hands)

Richard followed Sarah to present his “Mirroring Hands” workshop. Fresh from presenting in the US, Richard topped off the neuroscience day with his usual witty charm.

Next workshop December 1:

Katina Gleeson: Neurocounselling, Using modern counselling skills and neuroplasticity to achieve life-changing results.

Jiten Damudre: Obesity; a medical perspective

I look forward to seeing everyone at The AHA World Conference in Brisbane September 13-15.

Brett Cameron
 AHA NSW State Executive Officer
 M: 0403 335751
 Email: nsw@ahahypnotherapy.org.au
 Web: ahahypnotherapy.org.au



AHA QUEENSLAND - Winter State Report

This quarter QLD AHA had Richard Hill present at the Winter Workshop. Richard is very charismatic and shows genuine care for people, even taking the time to individually talk to every participant in attendance (although he clearly does like to talk).

Richard is an international speaker and highly regarded in the neuro-psychotherapy and neurobiology fields. In collaboration with Ernest Rossi (mentored by Erickson himself), Richard developed 'Mirroring Hands'. He presented level one of mirroring Hands at the workshop.

Possibly due to his background in acting, he kept the audience amused and engaged. He involved the attendees and had us practising what we were learning.

One of the more challenging parts that many participants reported was learning the value of silence and allowing the client to do their own work and draw their own conclusions.

If you haven't done Richards Mirroring Hands Workshop yet, you should. For those that missed him he will be one of the presenters at the AHA World Conference in September.

Joane Goulding will be presenting 'SleepTalk – The Goulding Process' at our next state workshop in November.

We look forward to seeing you all there!

Greg Thompson
State Executive Officer, QLD
Australian Hypnotherapists' Association
M: 0422 741 041
E: qld@ahahypnotherapy.org.au



AHA VICTORIA/TASMANIA - Winter State Report

In August we held our first new Committee meeting by Skype, it worked well and has become our regular meeting mode. This preceded the Workshop at the Mulgrave Country Club where Joane Goulding took us for a walk down Memory Lane, describing some of the adventures, and combatants in the Hypnotherapy world over the last thirty years. Natalie Cossar and Kerrie Burley then did a great presentation on Sleep Talk.

Our November Workshop was Enhancing Hypnotherapy by Better (Not Deep) Breathing with Tess Graham; our February Workshop was presented by Dr Steve Carey.

Today's Workshop, after the Victorian and National AGMs will be a three hander on Extinguishing the Gambling Lamp with Clive Girdham, Tim Falkiner and yours truly.

Our current membership stands at 54 Clinical, 56 Professional; 17 Affiliates; 1 Associate and 34 Students for Victoria and Tasmania.

The Newly Elected Committee (Committee re-elected (unopposed))

State Executive Officer: Tony Ahearne
Secretary: Nina Shayan
Workshop Coordinator: Janine Nash

Committee Member: Tim Falkiner
Tasmanian Rep: Noeline Robinson

Tony Ahearne
State Executive Officer Victoria/Tasmania, AHA Victoria
Mobile: 0419 190 542



AHA SOUTH AUSTRALIA - Winter State Report

February workshop with Richard Hill.

Mirroring Hands – More than just a technique: A way of practice with Richard Hill

‘Mirroring hands takes you and the client the next step toward healing and resolution by utilizing the connection between the outer and inner self to stimulate our natural problem-solving and mind-body healing. ‘Richard Hill, author of the book took us through the fundamentals of the way of practice in a day that flew by! The practice of mirroring hands demonstrated how clients can access problem-solving skills in seemingly simple, surprising, but quite complex ways as the participants used this practice for themselves.

May workshop with Dr Peter George

“Neural correlates of Hypnosis and their Clinical significance.”

Our most recent workshop was held with the state AGM with presenter, Dr Peter George taking us through the complexity of the hypnosis experience as highlighted by recent neuro-imaging studies. This highlighted and added new dimensions of understanding to the importance of taking notice of the elements of focused attention, expectation, agency and dealing with rumination in our practice.

November workshop with Joy Anasta

Joy previously presented an AHA workshop in November 2018 in Adelaide on the approaches to understanding and clinical approaches to Body Dysmorphia & Eating Disorders. We are looking forward to the expertise she has to share. The focus of the workshop is yet to be announced.

We have a small but enthusiastic committee continuing to work towards providing an excellent delivery of workshops, contact with and supervision support for our AHA hypnotherapy community. The launch of our Facebook page, Hypnotherapy 4all, Adelaide in October of 2018 now provides the opportunity to extend our community further.

Kind Regards,

Marilyn Peterson

State Executive Officer, AHA SA.



AHA WEST AUSTRALIA - Winter State Report

Having just returned from a very productive 2 days of Planning with the National Committee, Miranda and I went almost straight into our February workshop.

Maggie Wilde drew a comparatively large crowd for WA, with 30 very interested attendees who enjoyed the workshop and the information passed on.

We moved venues from the building we have used for some 3 years to a smaller venue due to cost considerations, so our limit had to be 30. We were snug but comfortable, sadly the State Tennis Centre won't be available for our AGM and workshop in May due to a tournament, which means we will take temporary space in a close by suburb of Mount Hawthorn.

Our local membership is currently:

○ 4 affiliate	○ 1 fellow	○ 24 professional
○ 22 clinical	○ 24 student	

We look forward to the upcoming trainings for 2019 as we start to plan for 2020.

- Saturday 18th May 2019: Katina Gleeson – Neurocounselling
- Sunday 17th November 2019: Gail Rogerson – Our three brains (MBIT) introduction.

Hope Wesley

State Executive Officer, AHA WA, National Treasurer AHA

Clinical Hypnotherapist & Strategic Psychotherapist

Telephone: 0430 224 130

AHA State & National Committees

National Committee



President

Mailin Colman

0417 184 355

president@ahahypnotherapy.org.au



Vice President

Brett Cameron

0403 335 751

vicepresident@ahahypnotherapy.org.au



National Treasurer

Hope Wesley

0430 224 130

treasurer@ahahypnotherapy.org.au



National Secretary

Miranda Diprose

0450 747 886

secretary@ahahypnotherapy.org.au



State Executive Officer - Victoria

Tony Ahearne

0419 190 542

vic@ahahypnotherapy.org.au



State Executive Officer – Queensland

Greg Thompson

0422 741 041

qld@ahahypnotherapy.org.au



State Executive Officer – NSW

Brett Cameron

0403 335 751

nsw@ahahypnotherapy.org.au



State Executive Officer – West Australia

Hope Wesley

0430 224 130

ahaseowa@gmail.com



State Executive Officer – South Australia

Marilyn Peterson

0408 825 932

sa@ahahypnotherapy.org.au



Director

Rona Spicer

0408 816 118

director@ahahypnotherapy.org.au



National Head Office

**National Administrator & Co-Administrator
Membership, Health funds, Database**

Mailin Colman

1300 552 254

administrator@ahahypnotherapy.org.au

OR your local state membership secretary or
committee member.

NSW / ACT Committee



Director & SEO – NSW

Brett Cameron

0403 335 751

nsw@ahahypnotherapy.org.au



NSW State Secretary

Toni Knight

0406 882 456

ahasecretarynsw@gmail.com



NSW Treasurer

Brett Cameron

0403 335 751

ahanswtreasurer@gmail.com



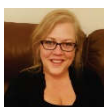
NSW Workshop Co-ordinator

Greg Elsey

02 4324 5109 Fax: 02 4324 5119

www.interconnectccc.com.au

NSW Membership Liason



NSW Peer Support Coordinator

Kerry Bailey

0412 412 881

kerry@sydneyhypno.com.au

Victoria /Tasmania Committees



Vic State Executive Officer

Tony Ahearne

0419 190 542

vic@ahahypnotherapy.org.au



Vic State Secretary

Nina Shayan

0412 444 821

ninashayan@me.com



Vic State Treasurer

Hope Wesley

0430 224 130

treasurer@ahahypnotherapy.org.au



Vic State Workshop Co-ordinator

Janine Nash

0488 692 722

janine@acceleratelife.com.au



Vic Committee Member

Tim Falkiner

0417 107 440

timothyfalkiner@optusnet.com.au



Tasmanian Representative

Noeline Robinson

03 6224 2060

noelinerobinson@bigpond.com

AHA State & National Committees (continued ...)

South Australian Committee



SA State Executive Officer
Marilyn Peterson
0408 825 932
sa@ahahypnotherapy.org.au



SA State Secretary & Treasurer
Colin Darcey
0419 808 593
ahasecretarysa@gmail.com



SA Workshop Coordinator
Rosalie Cronin
0474 573 098
rosalie@wholisticservicesadelaide.com



SA Supervision co-ordinator
Lynda Watson
0402 433 735
lyndaw164@gmail.com



SA Committee Member
Tess Boyd
0422 093 298
tessboyd@optusnet.com.au

Queensland / North Queensland Representative & Northern Territory Committees



QLD State Executive Officer
Greg Thompson
0422 741 041
qld@ahahypnotherapy.org.au



QLD State Secretary
Lynne (Rice) Lumley
0438 411 551
lynne@phoenixhypnotherapy.com.au



QLD State Treasurer & Workshop co-ordinator
Brian Smith
0423 112 322
ahaqldworkshop@gmail.com



QLD Supervision Co-ordinator
Lee Barnasson
0411 075 445
lee.barnasson@bigpond.com



North QLD Representative
Jeffrey Mack
0428 968 777
tsvlmodernhypnosis@gmail.com

West Australian Committee



WA State Executive Officer
Hope Wesley
0430 224 130
ahaseowa@gmail.com



WA State Secretary
Lisa Billingham
0403 932 311
ahasecretarywa@gmail.com



WA Treasurer
Miranda Diprose
0450 747 886
ahatreasurerwa@gmail.com



WA State Workshop Co-ordinator
Emma Stewart
0438 719 088
emma.stewarttherapies@gmail.com

AHA Journal – Benefits of Submitting Quality Articles

The Australian Hypnotherapy Journal Benefits

Getting published in the journal, especially now that it is recognised and stored at the National Library, boosts your credibility and begins the trust cycle with your readers, as well as:

- **Boosts Your Personal and Business Credibility:**

For many authors, being published in the Journal is an excellent way to get started. Having your articles in The Australian Hypnotherapy Journal allows them to pre-sell your ideas without you having to make any cold calls or face-to-face sales appointments to advertise your services.

- **Builds and Markets the Brand Called 'You':** Having your articles published in the Journal builds 'you' as a brand name, builds your business, and advertises your expertise. It begins or reinforces in your colleagues and prospective clients' minds what you can do for them.

- **More Effective than Regular Advertising:** Publishing your article in the Journal means you become known as the expert by the reader and this encourages trust by potential clients, before they even visit your website. There is no better way to "pre-sell" you, as the expert, than by article marketing.

- **Exposure to the Hundreds of Readers:** Your articles may be viewed by the hundreds of AHA members and other associations' members as well as the public that visit the AHA website every month! We work very hard to deliver a positive, fast and reader friendly experience that keeps readers returning for more.

- **Receive Quality and Relevant Leads to Your Website:**

People who read your articles and then click on your website link at the end of each of your articles, for further information; are highly-motivated prospects by the very nature of how they initially found your website.

- **Increases Traffic to Your Website:**

This is caused by the various e-zine publishers who regularly scrutinise the latest copy of the Australian Journal throughout the year to pick up quality articles for their email newsletter or website in addition to our hundreds of members who are looking to immediately benefit from your expertise. When your articles get picked up for reprints, you will often get a surge of traffic to your website, as your articles are introduced to other associations' email list members, etc.

- **You May Receive Free Ads in other E-zines:**

When other e-zine publishers come to the Journal to pick up and reprint your articles to their newsletter base, this is essentially a free ad in their newsletter. The better quality you put in your article, the higher your chances are of increased distribution by other e-zine publishers who use the Journal to find quality content to send to their readers.

- **Optimise Your Existing Article Archive:**

If you have already produced a series of quality articles, why not submit them to get even more readers and promotional mileage for your efforts? After all every article you submit to the Journal will reach new readers that would have never found your articles or website before.

- **Get Continual Traffic to Your Website for Many Years to come for Free:**

Your articles will be stored in the Journal archives on the AHA website for many years. They will also be stored at the National Library of Canberra digital archiving section:

<http://pandora.nla.gov.au/tep/114491>

- It is also the case that many e-zine publishers will pick up your articles for reprints and this could mean continual traffic over the next decade or more.

The Australian Hypnotherapy Journal

Advertising Guidelines

Submissions - News and Articles

We welcome your feedback and input in the form of news, views, poetry, letters, articles etc. Please forward these to the editor, Chereyl Jackman at:

ecs_nt@bigpond.com by the date/s noted below.

Schedule of Issues

Spring: Submissions received by **20th September** for publication beginning **October**.

Summer: Submissions received by **10th January** for publication at end of **January**.

Autumn: Submissions received by **20th March** for publication early **April**.

Winter: Submissions received by **20th June** for publication early **July**.

Advertising Guidelines

1. The Journal will refuse an advertisement if we do not consider it suitable.
2. The inclusion of an advertisement in the Journal does not imply endorsement of the product, the company advertising the product or the service being advertised.
3. It is the responsibility of the advertiser to ensure they don't offer products and/or services that are unsafe or defective.
4. Advertisers are responsible for complying with the relevant Australian guidelines for advertising their products and must be able to substantiate any claims they make.
5. Advertisers are responsible for ensuring that all claims about your goods and services are accurate. Do not claim that your goods and/or services have any special sponsorship or affiliation that it does not have.
6. When advertising the price of goods or services, the total cash price, including GST, must be provided. You must show the full price, including any commissions, charges, or postage and handling.
7. Advertisers should not advertise goods or services at a specified price if they are aware, or should be aware, that they are unable to supply reasonable quantities at that price for a reasonable period. Advertisers must not make false or misleading representations about the products and/or services being advertised. Misleading behaviour includes any kind of conduct or behaviour in business that could give a customer the wrong impression or may potentially breach the Trade Practices Act.
8. Disclaimers should be specific, clear and highly visible.

9. Advertisers do not exert any influence on the editorial content, selection of content or presentation of material in the Journal.
10. If you follow a link from an advertisement you may be taken to a third party website. The Journal does not review or control the content of third party websites and is not responsible for the accuracy of the information contained, or the views expressed, in those sites. If you supply information to those sites, or access their products and service you do so at your own risk.
11. Advertisers should not accept payment if they know, or should know, that they cannot provide the kind of goods or services promised.
12. Comparative advertising is acceptable as long as it is legal, truthful and does not mislead in anyway.
13. When the disclosure of qualifying information is necessary to prevent an ad from being deceptive, the information should be presented clearly and conspicuously so that consumers can actually notice and understand it. The Journal Advertising Policy may be revised periodically.

Artwork

Artwork is the responsibility of the advertiser and needs to be sent to the editor as an email attachment. Preferred document type is **Word**. Graphics should be submitted as **JPEGs (300 dpi resolution)**. Graphics can be resized to full page or as required. Entire article including graphics should not exceed **2,000 words** or **5 MB**.

Bookings and Payment

Please provide your advertisement together with your payment to ecs_nt@bigpond.com before the submission date as the AHA only accepts a limited amount of advertising for inclusion in each issue of The Australian Journal of Hypnotherapy.

Please note advertising will not be accepted without the accompanying payment. Payment details are listed below.

Direct Deposit

The Australian Hypnotherapists Association,
CBA, Paddington, NSW
BSB: 062 220
A/C: 10012818

Advertising Rates

Full Page	\$75.00
Half Page	\$45.00
Quarter Page	\$25.00

Benefits of AHA Membership

Once you are a member, the AHA offers you a unique combination of benefits.

These benefits include:

Professional Opportunities:

- The prestige of being part of the oldest and largest professional hypnotherapy association in Australia recognised nationally and internationally
- The opportunity to attend international and national hypnosis conferences at reduced registration
- The circulation of details of forthcoming AHA workshops and seminars giving you access to advanced specialist hypnotherapy training
- The opportunity to be published in the Australian Hypnotherapy Journal
- Free subscription to 4 issues per year of the Australian Hypnotherapy Journal – this journal is subscribed to by universities and libraries around Australia
- Free publication and distribution of regular *News Bulletins*
- Upgrading to higher membership levels as soon as you qualify.

Promotional Opportunities:

Free listings on the AHA Practitioner Directory

- <https://www.ahahypnotherapy.org.au/find-a-practitioner/>
This includes:
 - “find a Hypnotherapist” search by postcode, suburb or name
 - Free active link to your own email address and website(s)
 - Personalised description of your qualifications and specialities
 - Able to update any time for no cost
- Use of *AHA Logo*
- Free inclusion (where applicable) in the *Foreign Language Speaking Register*
- Free dedicated referral facilities from the AHA Advisory Line by an experienced, specialist hypnotherapist to all professional and clinical members (our 1300 552 254 number is available to members and the public between 9:00 am to 12:00 pm Monday to Friday)

Professional Support:

- Strong support network – access to professional supervision with trained AHA supervisors willing to support your career progress
- The publication (within the AHA website) of regional information to Registrants seeking peer group or personal supervision arrangements
- Access to AHA administration support willing to assist with clinical and administrative information / support
- Receive all membership mail outs
- The Forum – online case discussion where you can ask questions of other members about any issues you may encounter
- As a member of the AHA you have the opportunity to establish professional relationships with hypnotherapists throughout the world

Professional Security / Credibility:

- Access to **discounted Professional Indemnity & Public Liability Insurance**
- Health fund provider numbers allowing rebates for your clients (the list of health funds can be found here: <https://www.ahahypnotherapy.org.au/member-area/your-membership-details/>)

- Advice with regard to obtaining *Criminal records bureau disclosures* (WWC and Police checks)
- Ongoing updates with regard to government legislation concerning the hypnotherapy field
- Opportunity to create positive change in the industry by becoming a committee member
- Representation to and dissemination of relevant information from the Department of Health and Aging and other relevant agencies
- The provision of relevant information on all aspects of the profession to registrants, the media and public

International reciprocal alliances:

- Automatic acceptance under an *international reciprocal alliance* into either the General Hypnotherapy Standards Council (GHSC UK), the Association of Registered Clinical Hypnotherapists (ARCH Canada) or the New Zealand Association of Professional Hypnotherapy (NZAPH) if relocating to those countries. Please also note that the application process and standards apply if you are entering Australia. Please call 1300 55 22 54 for further information.
 - [The General Hypnotherapy Standards Council \(UK\)](#)
 - [Association of Registered Clinical Hypnotherapists \(Canada\)](#)
 - [New Zealand Association of Professional Hypnotherapists \(New Zealand\)](#)

Access to the above benefits in individual cases is always at the discretion of the AHA Executive Member Associations:

- The AHA is a member association of the Hypnotherapy Council of Australia (HCA)

For details on how to become an AHA member go to:

<http://www.ahahypnotherapy.org.au/join-the-aha/join-the-aha/>

and download the prospectus and application forms.



The AHA a Facebook page!

Please visit and 'Like' the AHA Facebook Page

<https://facebook.com/Australian-Hypnotherapists-Association-1831236970460290/>

NOTE: Some internet links may not be accessible from this journal and will have to be manually entered if you require more information.