



The Australian Hypnotherapy Journal

The official journal of the AHA & its member associations ASTA & ASOCHA

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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: BongareeSunset, Bribie Island, Queensland (*Your Photos are welcome*)

President's Report

Mailin Colman

Greetings members,

I sincerely hope you are all staying warm with the freeze that has been gripping most of the country of late!! I awoke to minus 3.7 yesterday and a beautiful view of icicles on the fence.

National and State Committee changes

Following the Annual General Meetings around the country, many changes have occurred on all committees and I'm delighted to say that we now have a near full complement in each state. I say a heart-felt thank you to all of those wonderful members who have stepped up. We will support you in all ways possible.

Please visit the AHA website contact us page for the changes:

<http://www.ahahypnotherapy.org.au/contact-us/>. You can also view the contacts page towards the end of this journal.

Thank you to the outgoing committee members

I'd love to take this opportunity to thank Lydia Deukmedjian and Bernadette Rizzo for their 10 years + service to the AHA. They are both taking time to have a life outside the AHA and we wish them the very, very best and send them off with gratitude that knows no sufficient words. THANK YOU – you will be missed.

Of course, our sincere thanks go to all committee members who have left the fold – you have been appreciated and valued more than you will ever know. We wish all outgoing committee members across the country the very best in their future endeavours.

Future plans – world conference and raising awareness of hypnotherapy

At the planning day held around the national AGM in June, decisions were made as per the following:

World Conference 2019: As most of you are aware, the AHA holds a conference every five years and the next one is now scheduled for the 13th to the 15th of September 2019 and will be held in Brisbane. The working theme of this conference at present is *"Resilience, bend or break; Hypnotherapy creating resources from within"*. A draft call for abstracts has been completed and will be reviewed at the national committee meeting in July with the view to widely distributing this in August 2018.

Raising awareness of Hypnotherapy: the national committee are currently sourcing quotes from reputable marketing/media strategists in order to begin a campaign of awareness in both the general public and the medical communities. There will be more details on this as the plan unfolds with expert advice.

So, an exciting 12 – 18 months ahead for the AHA! Please do not hesitate to contact the AHA with your suggestions and ideas.

Until next time, stay warm and prosperous.

Mailin Colman
President, AHA



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

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.

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Cert IV Small Business Management, Cert IV Freelance Cartooning & Illustration.
Editor – Australian Hypnotherapy Journal

Book Review 'Life WAS meant to be easy!!

Title: Life WAS meant to be easy!!
 A tool Kit For those who want everything.
 Author: Anne Rhodes
 Publisher: Rhodes Multimedia, 2002
 ISBN: 0-9750238-0-2
 Email: jazz.ink@bigpond.com



"Life WAS meant to be easy!!" was written by Anne Rhodes, currently living in Deception Bay. We share a common Hypnosis heritage, we were both mentored by John Suess of Myndslynk.

Her book is an easy to read, self-help guide that anyone can use to improve their life circumstances. It is not overburdened with the required verbage of most publications. The methods are no-nonsense and direct. Hypnotherapists and NLP practitioners would benefit immensely from the exercises in this book to assist clients in their own healing.

In her experience, everyone Anne met had potential which exceeded what most of them would ever reach. They didn't know how to dream with imagination, they knew how to dream but didn't know how to achieve what they wanted, or they knew how to create and build their dream, but were held back or derailed by the common pitfalls of being human.

This book has a three-fold purpose: to guide people to discover what they really want, make dreams come true and demolish all the emotional obstacles '*so you don't stuff it up!*'

Subjects include, making time for Dream Weaving and Dream Building, what can stop you and what can help. Her book is about creating choices, taking control of unhelpful or unwanted behaviours and replacing them with new learnings that promote a helpful and successful future the easy way,

Discussion chapters or 'blurbs' talk about Anger, Fear, Depression, Limiting Beliefs and Perceptions and are followed by solutions and practical exercises.

Examples on body posture for **relieving Depression** include:

Stand up, feet apart at shoulder width. Bend at the waist with your hands dropping close to your feet and say loudly, "I'm so happy!" Try to sound as if you mean it. It will be difficult to sound sincere?

Raise your hands in the air above your head and say, "I'm so depressed!" Was that equally unconvincing?

If your depressed client has difficulty smiling, have them place a pencil sideways between their teeth and move their lips so that they don't touch the pencil. This will force them to emulate a smile. While consciously they know they're not smiling, the unconscious will still respond with endorphins.

For dissolving **Anger** she recommends reviewing themselves and the other person during the anger episode on a black and white five second video on a TV screen and say *shhhh*. Notice how you feel. Next, place green cellophane over the TV screen and review the incident again and say *shhhh*. How do you feel this time? Repeat if necessary or whenever you feel angry to dissolve the emotion.

Anne's book is filled with simple, practical, down-to-earth techniques that don't require a degree in astro physics to understand. They really work and are easily adapted for client self-use.

Please contact Anne via her email address if you are interested in acquiring a copy of "Life WAS meant to be easy!!"



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Alternative Solutions

Bruni Brewin

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Dental Anxiety

Researchers have found evidence that acupuncture could help people who experience dental anxiety.

Dental anxiety affects up to an estimated 30% of the adult population in countries world-wide. Patients can experience nausea, difficulty breathing and dizziness at the thought of going to the dentist, during an examination, and following treatment.*

For many, the thought of acupuncture needles holds as much dread as the problem it is supposed to alleviate.

Alternative Solution?

Hypnosis is recognised in 'Complementary Medicine & Health' as a complementary assistance, in Integrated Medicine. Throughout history, medical traditions from different continents have demonstrated their awareness that the mind influences the body. The evidence base of scientific data amassed over the past decade shows clearly the links between the brain and the immune system, as well as the brain and the endocrine system.

As a hypnotherapist we are aware that the mind can release the 'causal anxiety' by various hypnotherapy methods.

To contact a therapist near you, go to –

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

<https://www.sciencedaily.com/releases/2018/05/180501130805.htm>

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.)

An Adult Client with a very limited Diet ~ A Hypnotherapy Strategy

by Brett Cameron CHt.

Quote: "I've been eating bok choy."

Overview: I had a 38 year old male client presenting with a desire to broaden his food choices. He told me that his food limits are now putting strains on his marriage. He would love to take his wife out for dinner but he said "there would be nothing on the menu that I could eat." This was a pattern that had been in play for as long as he could remember.

Goals:

1. To be able to freely choose to eat any foods and to enjoy the new experiences.
2. To lose about 10kg in weight.
3. To be self-confident.

Method: I suggested to the client that he might require 3 sessions of Hypnotherapy to which he agreed. It was in the initial discussion that he produced the "light bulb" moment. When we were discussing the sorts of food that he likes, he listed hamburgers, chips, fried chicken and pizza as his staples. I asked him, if he was out with his wife at a restaurant would he be happier choosing from the children's menu. His eyes lit up and he gave me an animated "yes!"

I asked him how old is the voice that answered yes? He replied in a quietened tone ... 11. I then explored what had happened when he was 11. He told me that his older brother had an accident and died. This changed the family dynamic, as the client then became the sole child. His parents went into a never-ending spiral of grief and depression. The client said in essence that his parents gave up. He was then given free will to live however he wanted ... and that included making food choices. I suggested that as he grew into teenage years and then adulthood, there was a part of him that needed healing. There was a 'responsible for food choices' part of him that was stuck at age 11.

While in trance I allowed him to bridge back to the age 11. As an adult he met the younger self, had a healing discussion with him and told him that the now mature adult will be taking on responsibility for food choices. The younger 11 year old self is now free to be an 11 year old. He can play. He can have fun. He can grow and create new experiences.

Results: Over the course of 3 sessions (5 weeks), the client experienced many positive changes. At the start of the second session, the client proudly exclaimed, "I've been eating bok choy". He said that his wife made a stir-fry of which he would normally pick out the meat and carrots and would leave the rest. He said that he picked out the bok choy, took a bite, enjoyed it and asked his wife "what is this?" From that day he is happily eating bok choy and other greens. His results are:

1. Eating a range of vegetables, proteins, fruits etc. with no restrictions.
2. Juicing vegetables to take to work for lunch.
3. Bought a bicycle and now riding to work (3kms)
4. He texted me to say that he was down the 10kg in 2 months and was feeling fantastic.

This is a story from a client from 2014. I was inspired to put this to paper after attending the AHA NSW June workshop where Neil Buckley presented Resource Therapy and Hypnotherapy. It was when he was talking about 'parts therapy' that I recalled the above client success.

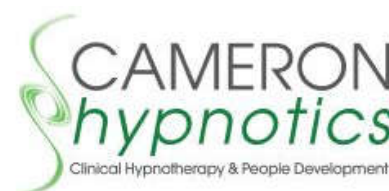


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Working beyond our Comfort Zone

A common issue presented by qualified hypnotherapists at supervision and student hypnotherapists on training is a sense of feeling out of their depths with potential or current clients. I expect this is something all therapists, no matter how qualified they are, experience during the course of their career by the very nature of the job we do and the issues we are presented with at the start and during therapy.

Many hypnotherapists/students are either approached by potential clients, or a current client's issue changes shape or form and new issues arise whereby the therapist is delving into unfamiliar territory. There are several ways of managing this ethically, safely and confidently to ensure a therapist has the best interests of the client at the forefront of their mind.

There are professional body guidelines, and all qualified and student hypnotherapists are advised to register with a professional body. This is what the General Hypnotherapy Register (UK), the Australian Hypnotherapists Association (Australia), and the National Council for Hypnotherapy (UK), for example, advise on this:

The General Hypnotherapy Register advise that 'Practitioners are expected to maintain or improve their level of skills and professional competence in accordance with the requirements laid down by the GHSC. This could include: meetings with a colleague (or colleagues) to discuss, in confidence, ongoing cases and issues arising from them, and to work through any personal matters that might affect their own position or ability as practising therapists.'

The Australian Hypnotherapists Association state that 'Members have a responsibility to themselves to maintain their own effectiveness, resilience and ability to help clients. They are expected to monitor their own personal functioning and to seek help or withdraw from their therapy practice when their personal resources are sufficiently depleted to require this. [...] Members will have regular suitable supervision and will use such supervision to develop their skills as a therapist, monitor performance and provide accountability for practice.'

The National Council for Hypnotherapy require that hypnotherapists 'Act within the limits of your knowledge, skills and experience and, if necessary, refer on to another member or healthcare professional'.

There are a number of reasons we should seriously consider not taking on clients, or referring them on:

- If there is a lack of rapport or mutual respect between client and therapist
- If the therapist has no experience of working with the presenting problem or a particular client group e.g., children or people with severe mental illness, and have not engaged in CPD courses to extend their knowledge beyond initial trainings
- The therapist has little interest in working with the client group or problem
- If the client has too great expectations from therapy e.g., presenting after a relapse with depression and expecting their problems to be solved in one session
- If there are signs that the client is taking little, or no, responsibility for their change or improvement and expecting the therapist to work their magic on them to take the problem away

The nature of any presenting issue can easily change once a client is in therapy. And this requires good self-reflection and monitoring to ensure as therapists we are always doing the best for our clients and if we have come to the end of our ability to help, the client is referred on to an appropriate other.

There are times however, when therapists lose confidence and believe they are beyond their competencies when they may not be. At the heart of most presenting issues there are a cluster of sub-issues. These include confidence, self-esteem, fear and motivation. By addressing these

core issues with a client, a hypnotherapist can often not only manage a re/lapse or new change, but also assist to remove the problem presenting altogether. This again requires the hypnotherapist to seek appropriate supervision or self-reflect and ask themselves a number of key questions...

- 1) Do I have the confidence to continue working with this client?
- 2) Do they have confidence in me to help them further and am I the best person to be working with them?
- 3) Am I capable should things escalate with this client without having to refer them on?
- 4) Do I understand, and am I knowledgeable about, their main problem enough to continue working with them
- 5) Do I have transferable skills I have used from working in other areas that I can use here e.g., although I haven't worked with a spider phobia, I have worked with a fear of flying
- 6) Realistically, if I was to address the sub-issues with this client, would their main concern be resolved?
- 7) Do I have ready access to supervision should I need it
- 8) If I do need to refer them on, do I have enough connections in my network to give them the continuation of care they might need?

So whilst it is not important to have worked with a particular presenting issue before, it is important to have a strong sense that whilst this issue isn't the same, it is very similar to xyz that I do know about, and have worked with before. And, to have support on hand as appropriate.



Karen Bartle, MSc is an advanced practitioner and has been specialising in mental health and behavioural change for over 20 years and in 2008 co-founded the [Academy of Advanced Changework](#), a hypnotherapy and NLP academy providing training from beginner to advanced practitioner.

Her Academy provides attended Diploma courses in Clinical Hypnotherapy & NLP on the Sunshine Coast, Brisbane, Gold Coast, Melbourne, Perth & Sydney, Australia, and a range of CPD courses (online, distance & attended), including an [Advanced Diploma in Hypnotherapy course](#).



Hypnosis in Sport or Other Endeavour(s) and the Inner Game.



How does one improve in their chosen sport or endeavour? You are keen. You practice for hours. You want to be a winner. But it just isn't happening for you. What's going on here?

Mostly this article is about Sport. It can equally be an endeavour of any kind that is eluding the client. I have included a couple of non-sport examples at the end. For simplicity, I call it the 'Inner Game'. A term taken from W. Timothy Gallway and the many books he wrote on sport.

"If human beings did not have a tendency to interfere with their own ability to perform and learn, there would be no Inner Game. But the fact is that because of self-interference, few of us perform up to the level of our potential for more than brief moments at a time. Learning to get out of one's way is the purpose of the Inner Game". - W. Timothy Gallway

Gallway talks about Self 1 and Self 2. He is referring to the Conscious and Sub-Conscious minds.

Advances in modern research provide information from people such as Bruce Lipton⁶ and Robert Lanza⁷

- Dr Bruce Lipton, internationally recognised leader in bridging science and spirit, began his scientific career as a cell biologist. In 1982, Dr Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the science of epigenetics. He is regarded as one of the leading voices of the new biology.

- Dr Robert Lanza, an acclaimed biologist, a leading astronomer and widely acknowledged as one of the fathers of the field of applied stem cell biology, has written about the new theory of the Universe - The Biocentric Universe. Stem-cell guru Robert Lanza presents a radical new view of the universe and everything in it. Refer Robert Lanza's essay: "A New Theory of the Universe" on which Biocentrism is based.

Like "A Brief History of Time" it is indeed stimulating and brings biology into the whole. Any short statement does not do justice to such a scholarly work. Almost every society of mankind has explained the mystery of our surroundings and being by invoking a god or group of gods. Scientists work to acquire objective answers from the infinity of space or the inner machinery of the atom. Lanza proposes a biocentrist theory which ascribes the answer to the observer rather than the observed. The work is a scholarly consideration of science and philosophy that brings biology into the central role in unifying the whole. The book will appeal to an audience of many different disciplines because it is a new way of looking at the old problem of our existence. Most importantly, it makes you think.

E. Donnall Thomas, 1990 Nobel Prize winner in Physiology and Medicine.

Links are listed below for further reference.

When you ask the question of a client who is in hypnosis; "Are there any parts inside that are unhappy, and can they please come forward to speak with me?" (Hitherto thought to be parts of the sub-conscious). Who are we talking to? No researcher has yet been able to find where 'consciousness' is within the body.

It can be very frustrating to have an inconsistency where one time you are playing at the top of your game, and then even when you didn't feel you were doing anything different, the next time everything seems to go wrong. You may decide that you need to take more control. You become obsessed with tips and techniques and read more books to improve your game. They seem to make things worse rather than better.

THE INNER GAME -

We are all very different. Our perceptions and belief systems based on indoctrination as a child, our own training and life events, both positive and negative, create our inner energy and vibration.

There has been much talk about the placebo and its opposite, the nocebo. Research has shown that 30% of all healing occurs when the patient is given an inactive placebo i.e. a chalk pill instead of the real medication. This demonstrates that we have an inner ability to create healing. Case studies have reported that if a doctor tells a patient they only have about a year to live, it brings about the nocebo effect. The patient dies in 12 months.

- Our 'inner game' to be a winner requires that the Mind, Emotions, Body and Energy must be focused in one direction. To succeed, our mind must see our self as a winner and having won the game. Visualisation – In the hypnosis trance state, should be a multi-sensorial. As well as seeing yourself winning, the 'when, who, what, where, why and how, comes into play.
 - In the inner game of golf for example, the client needs to see themselves at their next golf game, swinging the golf club easily, feeling how that feels, seeing it go into the golf hole, everything working freely and well. Winning the game and feeling the elation as you realize you can do things that were until recently impossible to complete.
 - We could call this the placebo effect. Our expectancy having seen our self-doing what is required to be a winner, shows our subconscious what to do and causes our own inner ability to do just that.

Doubt that ability, listen and believe someone, or even yourself telling you that this is impossible for you to do and you are likely to put in the nocebo effect and fail. Many top sports people have used hypnosis to become winners of the 'inner game', thereby releasing any nocebo effect that might be there.

- To doubt the possibility of winning despite any earlier intentional thought of winning will negate that intention.

Visualisation is a muscle that needs to be exercised just as much as your 'intention muscle'. In hypnosis the subconscious mind can be projected forward in time to produce a 'new learning to habit' state of the 'inner game'.

Set the goal. Question the subconscious as to how that feels, does it need to make any adjustments? When it is happy that winning is able to take place, put a 'trigger' into place whilst in hypnosis. This allows the subconscious to take over to complete the game in the manner to be a winner.

CLIENTS: Case names have been changed. Any similarities are purely coincidental.

GOLF¹

Client A – Alan, a mature aged client who played golf came to me to see if hypnosis could improve his golf game. His friend had told him that when he swung his club back to hit the ball, his body twisted to the left causing him to strike the ball in the wrong direction instead of straight to its destination. I asked him to show me how he should be hitting the ball. There was no twisting in what he showed me. We used that knowledge, revisited how that felt and put this golf swing into place as a normal way to hit the ball from now on. This released his anxiety of his previous failures.

Client B – Brian was a professional player. He had tried for three years to win an open golf tournament. He had read the 'Inner Game of Golf' by W. Timothy Gallwey. Brian had highlighted information in the book that described the problems he had with his game or how he could correct them. Yet still, he had not fulfilled his dream of winning the coveted trophy. With hypnosis we corrected his play and that year Brian achieved his dream and won the trophy.

SNOOKER²

Client C – Charlie's dilemma was having a friend who was a professional snooker player. Each time he played a friendly game with his friend, he would win, but during a competition he would invariably lose. We compared his play during a friendly match against how he played in competitions. He noted the differences and we used hypnosis to adjust his game to win.

[AUSTRALIAN] COMMANDOS TRAINING³

Client D – David advised me that he was undergoing a training course to become a Commando. Australian Commandos are trained to an exceptionally high level of physical and mental fitness. David not only had difficulty achieving the supreme endurance required, he also had trouble keeping within the allotted time or of withstanding the pain of completing this training segment. Under hypnosis we changed his breathing and released any tension or anxiety from earlier failures.

CLAY PIGEON SHOOTING⁴

Client E – Eric came to see if hypnosis could help to improve his game. To excel at clay pigeon shooting, he must shoot and hit a fast flying target with precision to smash the clay disc. There is no time to consciously take aim and fire as the flying target moves too fast to make that kind of decision. When the trap projects the clay disc, it is a matter of 'intuitively knowing' how to move the gun in the right position and when to pull the trigger to get a hit. Using hypnosis, we slowed down the target so he had sufficient time to know where to aim and when to shoot. Through repetition and increasing the speed, these actions became automatic.

WAKEBOARDING⁵

Client F - Freddie came for hypnosis to gain confidence and improve his wakeboarding game. (Refer bibliography). Wakeboarding is a dynamic water sport akin to snowboarding. It evolved from a combination of surfing, snowboarding, skating and water skiing and includes a variety of performance tricks. These can range from skate/snowboard inspired grabs and spins to massive flips and soaring jumps. Freddie had witnessed many wakeboarding accidents. However, he loved the sport despite the danger. He came to see me shortly before his next contest. While in trance, he saw himself as the winner. After his first hypnosis session, Freddie came second out of 19 riders. He had been just 0.3 points away from coming 1st.

Client G – Grace had studied at University to become a Doctor. It was no mean task to learn all the Latin names; body parts, symptoms, medications, etc., and keep up with the numerous changes in the medical world.

A few years later applied for a position which would have afforded more pay. She had not studied to successfully meet the criteria and she failed. This caused a fear of failure. When she applied again, despite

knowing the work back to front, immediately she entered the examination room, her mind went blank. She failed the exam seven times before coming to see me. We released the fear and replayed the desired outcome. After her hypnosis session, she passed her exam.

Client H – Secondary School Student Hillary couldn't get through her high school PowerPoint presentation without crying and messing it up. During the presentation she felt that her peers were judging her work as not good enough. This brought about feelings of 'not good enough, anxiety and helplessness'. In trance, Hillary was asked to watch the people watching her. She realised that they were equally as anxious about their own performance. Nobody had laughed if any student made a mistake. We released the fears and replayed the desired outcome until she felt confident about her presentations.

FINAL THOUGHTS ON COMMON BLOCKAGES THAT NEED TO BE OVERCOME

- Lack of Confidence and self-doubt usually brought on by past failure/s.
- Fear of not being good enough and expecting failure or a mediocre performance.
- Stress and tenseness contrary to being relaxed and focussed.
- Lack of that intense concentration to the absolute exclusion of all thoughts as to the method – the secret of a good game.
- The Inner Game Terminology - the player learns to trust the subconscious through practice in hypnosis until the mind learns what to do automatically.

Suggestions are very powerful in hypnosis. Two guys elected to stay in the room together when they came to me to give up the smoking habit. Each went through the hypnosis part of the program separately. On completion of his hypnosis Guy Number 1 moved to another chair to let his friend take the recliner. As he did so, he said; "We are having a really important football match tomorrow. It's important that we win. You wouldn't be able to make me play really well tomorrow, would you?" As I went through his friend's induction, I noticed that Guy No. 1 was going back into trance. I put my hand on his shoulder and told him that he would play the most amazing game in his mind while I was helping his friend to become a non-smoker.

"And tomorrow ... when you play that important game ... you will absolutely amaze yourself and everyone around you ... at how well you play. You will have lots of stamina ... and speed ... to outplay your opponents. You will work that out now ... so that you will know just what to do tomorrow."

I continued with his friend. He called me the next day and jubilantly thanked me for the brilliant match he had played. They had gone on to win the match.

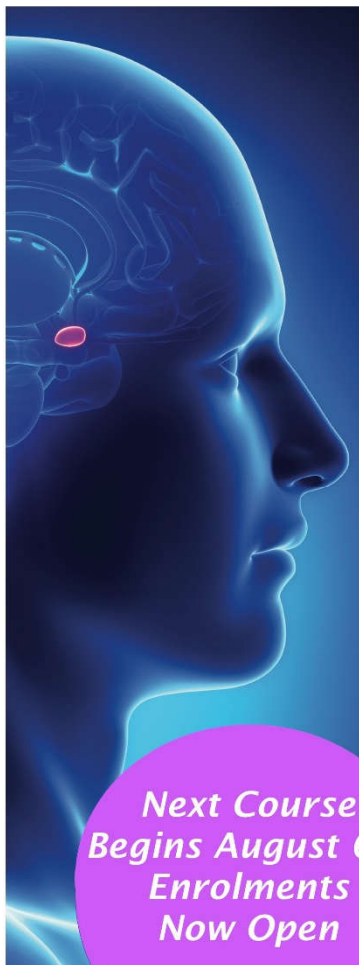
References:

- ¹ <https://en.wikipedia.org/wiki/Golf>
- ² <https://en.wikipedia.org/wiki/Snooker>
- ³ <https://bootcampmilitaryfitnessinstitute.com/elite-special-forces/australian-elite-special-forces/Australian-commando-regiments/>
- ⁴ <http://www.asc.sydney/>
- ⁵ http://www.iwwfwakeboard.com/IWWF/Wakeboard_History.html
- ⁶ <https://www.brucelipton.com/>
- ⁷ <http://www.robertlanza.com/biocentrism-how-life-and-consciousness-are-the-keys-to-understanding-the-true-nature-of-the-universe/>



Bruni Brewin JP - Dip Hypnosis, Dip Counselling, Cert Mental Health Practitioner, Cert Complementary Medicine, Cert TIR, Cert NLP, Cert TA, Cert EFT, LMAHA, CMAHA/SUPERVISOR. (Member since 1992.) President Emeritus – Australian Hypnotherapists Association (Honorary Title) Note: all thoughts in this article are those of the author and do not reflect the thinking of the current National Executive. Co-Author "The Art of Spiritual Hypnosis: Accessing Divine Wisdom" <http://amzn.to/1WozWNW> email: bruni.brewin@bbbenefits.com.au website: www.bbbenefits.com.au

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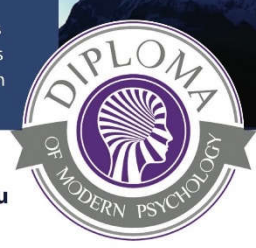
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ESA Workshops open 'Ego State Analysis' developed by Dr Richard-Herbert

Ego State Analysis (ESA) is a new psychological theory that identifies and analyses both adaptive and maladaptive ego states within the personality.

ESA also targets and identifies specific functions of individual ego states and their related clusters that have formed from the person's life and relationship experiences. ESA examines the defence mechanisms and functions that make up an individual and which of their predominate personality parts are used to run the person's life and relationships.



Dr Peter Richard-Herbert's method of integrating Ego State Therapy and ESA has produced a well-rounded, therapeutic tool that offers new and relevant techniques for psychological and hypnotherapeutic interventions.

ESA offers patients the ability to recover in a concise structured way taking into account feelings and emotions arising from their everyday life.

The therapy of ESA utilises and advances the original concepts of Freud and Jung, bringing psychoanalytic technique that used to take years into modern time short-term psychotherapy. The unconscious mechanisms of the mind can be analysed, interpreted and redirected efficiently.

ESA holds the concept that a lot of people's actions, emotions and behaviour in relationships and life in general actually hold voice, energy and have a function. The function is a defence mechanism within the personality to help the everyday person deal with their everyday issues. ESA carries the theoretical belief that ego states or self states form neural pathways in the brain that are commonly occurring in the form of defence mechanisms and unconscious behaviours that protect the person from being overwhelmed by stress or emotional overload. The defence mechanisms therefore supply a function to personality for everyday coping and survival.

By examining and analysing predominant everyday functioning states and their outcomes the therapist can track why those states are in use, where they came from in the first place and how they are actually working for or against the person in their everyday life. The states then can be enhanced or reduced to help the person in life situations, or relationship situations, to do things better or to unblock blocked avenues within themselves.

This is a ground breaking application that extends therapy beyond traditional Ego State Therapy.

Dr Richard-Herbert's work will be showcased in Montreal, Canada in August 2018 at the World Congress of Medical and Clinical Hypnosis. Titled 'Ego State Analysis – Back to the Future', the presentation is a tribute to Helen and Jack Watkins from the 1990's, their theories and practical talents which relate to the original concepts of Ego State Therapy.

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He is a former NSW State Executive Officer AHA, former PACFA Liaison Officer, and National

President of AESTA. (Australasian Ego State Therapy Association) His specialist interests are Ego State Therapy, Clinical Hypnosis, Counselling and Psychotherapy techniques.

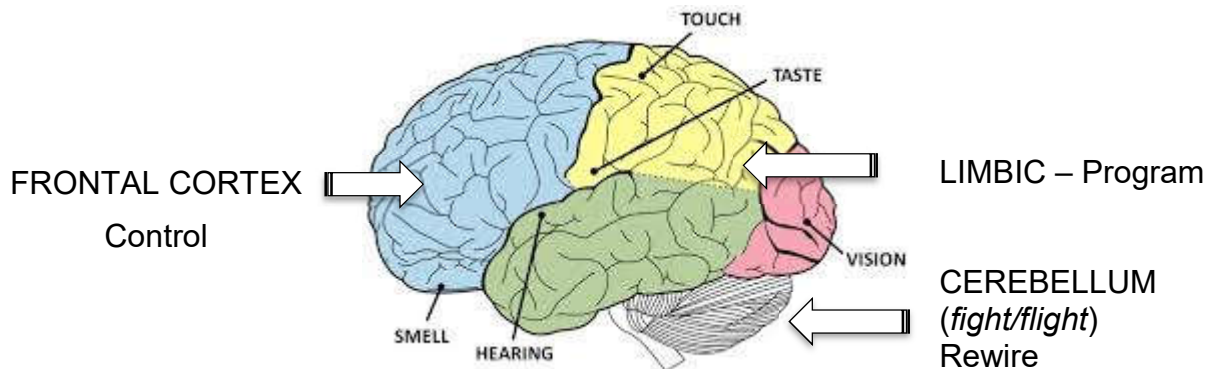
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AHA State Workshop Reports Queensland Workshop 27.5.2018

C.P.R. Brain Training™ – Where Hypnotherapy Meets Neuroplasticity

This workshop was presented by Maggie Wilde at the Comfort Inn, MacGreggor, Brisbane. She discussed a Control Program and Rewire Brain Training Model about how change happens, how the brain learns, how the client can become actively involved in the process.



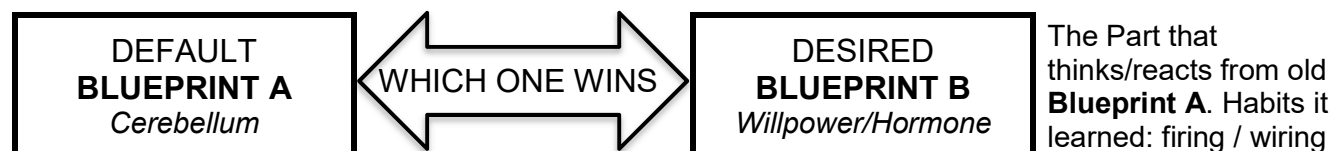
It is important to switch off the intensity of the wiring/firing of old habits. These include addictions, beliefs, secondary and tertiary gains. The self is indulgent if they choose not to change. When you create a new pathway you can feel uncomfortable because the brain is changing.

- Use the client/therapist bond to enhance the change process for clients and simplify their understanding of the principles of Brain Training
- Eliminate the Magic Pill Syndrome
- Instruct clients on how to use CPR to recognise and clear layers of secondary and tertiary gain.

Every client has an Inner Battle.

Brain Science: It requires 3 to 6 cycles of 21 days to change a habit. Aim for 84 days (3 months). 68 seconds or 2 minutes for mood change.

In times of stress, the default wiring will always win.



Caroline Leaf: Proteins build on Neural Pathways and create behaviours/habits.



Yo-yoing continues until B steal proteins (glue) and becomes the default. Yoyo habit eventually disappears.

OVER 20 DIFFERENT CONTROL TECHNIQUES:

- **Eye Roll Pattern:** Find an unproductive thought/issue. Locate its position in the body. Blink 3 times. Eyes left/right. Blink 3 times.
- **BYS Pattern Interrupt:** Blinking, Yawning & Stretching. Breathe deeply. Scale 0 – 10. Think about an issue with a strong emotional reaction. Use interventions.
- **Curious Detective:** It's just wiring and firing, it's not who I am.

Resistance Language verses Inspired Action Language: Resistance, rebellious, sabotage, procrastinating. What is its positive purpose? What thoughts am I having around them?

Language from childhood is hard wired i.e.: should have, could have; must; have to. These phrases are triggers for old conditions. Change to: get to, choose to; free to; allow to – permission.

- If a **Curious Detective** had a couch, what would he say?
- **Ego State or Parts Therapy** for persistence.
- **Tapping Technique EFT or TFT**
- **Brain Shifts - NLP**: Where is the thought in the body? Anchor Collapse.
- **Shape Shifts – NLP**: Disassociate; Colour Submodalities; Spinning techniques; Focusing.
- **Breathing Techniques**
- **Heart/Brain Balance**: Put one hand over the heart. Think of something in nature. Breathe. Blink three times, roll eyes to Left then right.
- **Bad / Good Emotions – Boomerang**.
- **NLP Submodalities** – Breathe it out.
- **Anchor collapse** negative to positive. Trace good feeling back and disconnect.
- What is their **Recipe for winning**? How do they do it? Focus on part that loves winning or doesn't like losing – Sabotage?

GRIEF TRIGGER:

Phantom wiring is still dormant in Brain. It's not their fault. Teach them how to cope. Check for secondary and tertiary gain. Measure intensity on a scale of 1 – 10 (intense). Meet client at own model of their world.

BRAIN TRAINING RECIPE:

There it is, that ... (state what) ... in my ... (state where).

That's not me. That's simply wiring. If it could speak it might say ... (state what) ...

If it had an emotion, it might be ... (state what)

If it had a sensation it might be (state what).

None of that's me. It's all simply wiring. I switch that (whatever it is) off. I let it go.

Breath in, roll the eyes right then left. Blink three time. Recheck scale. Repeat. Karate chop.

Enough is enough, the past is the past, it happened, it's over, I survived.

Three deep breaths, eye rolls, blink three times. It can be used for positive feelings to reinforce them.

REWIRE STRATEGIES

Mind - Mirror Rewires. Stand in front of a mirror and review your features. Complete a Secondary / Tertiary Gain Discovery. "I am, you are."

Rewire Achievement

List top 10 positive things you could say about yourself. Note your first thought

What is the Emotion / Sensation attached to what you see? Enhance the above three times in front of a mirror at night.

Attach the Recipe for the New Goal.

The above summaries some of the information and strategies Maggie Wilde presented at her CPR Brain Training workshop. For more information visit her website: MaggieWilde – The Potentialist: www.thepoten/alist.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





AHA Information and Updates

Workshops for 2018

<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.

State workshop dates 2018

	WA	QLD	NSW	VIC	SA
GM & Workshop	12th Aug Lisa Webber	19th Aug Peter Smith	9th Sept Peter Smith & Nicolas Gerey	26th Aug Joane Goulding et al	25th Aug
GM & Workshop	17th Nov Rona Spicer	25th Nov	25th Nov David Newman & Dean Wooding	25th Nov Tess Graham	17th Nov

AHA State Workshop Reports

AHA WEST AUSTRALIA - Winter State Report

Saturday 19th May saw the outgoing WA committee stand down, I'd personally like to thank these ladies. Outgoing: SEO - Linda Milburn, Secretary - Miranda Diprose, Treasurer - Hope Wesley (myself), Workshop committee Carol Vaughn.

Western Australian Committee 2018 – 2019

SEO	Hope Wesley	0430 224 130	ahaseowa@gmail.com
Treasurer	Miranda Diprose	0450 747 886	ahatreasurerwa@gmail.com
Secretary	Lisa Billingham	0403 932 311	ahasecretarywa@gmail.com
Workshop Co-ordinator	VACANT		ahaworkshopwa@gmail.com

WA Membership:

2 Affiliate; 20 Clinical; 1 Fellow; 23 Professional II; 12 Student: **58 Total**

WA Workshops:

12th August 2018 - Helping Clients become Unstuck – with Lisa Webber

17th Nov 2018 – Rona Spicer

Kind Regards,

Hope Wesley

SEO AHA WA



AHA VICTORIA - Winter State Report

At our May meeting, a new committee was elected, SEO Tony Ahearne, Secretary Nina Shayan, Treasurer and Workshop Coordinator Janine Nash still - thanks Janine- with Karen Williams and Tim Falkiner also serving.

Our Aug 26th Workshop will be in a new venue, the Mulgrave Country Club, the topic Sleep Talk - The Goulding Process. We have none other than Joane Goulding herself presenting.

Since 1974 Joane has specialized in the biopsychosocial aspect of stress and mind management. Professional qualifications include Clinical Hypnotherapy, Counselling, Psychotherapy, Psycho-nutrition, Training and Assessment Systems. Joane is an international lecturer, a published author and creator of the Goulding SleepTalk® for Children process. She has been an invited guest speaker in the China, UK, USA, Singapore and NZ.

She will be supported by Natalie Cossar and Kerrie Burley.

Tony Ahearne
SEO AHA Vic



AHA QUEENSLAND - Winter State Report

This quarter QLD AHA had 'The Potentialist' Maggie Wilde present at our May workshop. Maggie brought Neuroplasticity and Hypnotherapy together with her C,P & R Brain Training Model.

Maggie explained that rather than subscribe to '21 days to change a habit' that brain science suggests three to six cycles of 21 days. She went on to describe what is actually happening in the brain when new habits are formed as well as what happens when people 'fall off the wagon'. Our synapses were firing! After this detailed yet simplistic explanation Maggie taught us some strategies to interrupt old ways of thinking (old neuro-networks) and get our brain (and our client's brain) on the right path.

After lunch Maggie taught us how to maximise our organic reach on Facebook. Even those with experience learnt a bunch of new things. Recent Facebook changes, simple structure for reaching the most amount of people, what to do when going 'live', and even how to work out what to write in your e-books. Maggie was very generous in just how much she gave us! She broke things down into simple steps which even the least tech savvy of us could understand, and brought a refreshing vibe and renewed vigour to Facebook marketing.

Bernadette Rizzo has stepped down from the QLD (and National) AHA team. Bernie has dedicated many countless hours to the AHA over the years, and the QLD AHA would not be where it is without her. Words simply cannot do justice to the time, effort and love that Bernie has put in. I hope that I can serve the AHA half as well as she has. Bernie, on behalf of every Queensland & NT member thank you so very much!

Greg Thompson
SEO AHA QLD



AHA SOUTH AUSTRALIA - Winter State Report

Our AGM was held at the beginning of June four member of the previous committee continued and there are two new members, Rosalie Cronin and Tess Boyd, we welcome them aboard. So with an energetic and enthusiastic committee we move into the new year supporting professional development in SA.

The workshop held in conjunction with the AGM was on Clean Language in the context of a person centred approach, presented by Colin Darcey and Oliver Rozsnay. Attendees found the workshop engrossing and informing, particularly as for the majority this was new territory. The next workshop will be held on Sat 25th Aug, the topic will be EFT and presented by Annie O'Grady.

Kind regards,
Colin Darcey
 SEO AHA SA



AHA NEW SOUTH WALES – Winter State Report

In NSW we welcome new committee members for 2018-19. Following the 3 June AGM, the new members are:

Brett Cameron:	SEO and State Workshop Team Leader
Toni Knight:	Secretary
Ilona Nichterlein:	Workshop team member
Greg Elsey:	Workshop team member
Louise Jang:	Workshop team member
Yvette Allen:	NSW Member Liaison Officer

After many years of diligent and dedicated service to the AHA, Lydia Deukmedjian and Katherine Ferris have both stepped down from their respective roles of SEO and Secretary. We are very thankful for their commitment over the years. Also thank you to Kelly Buckley for the professionalism that she brought to the Treasurer role.

On the day NSW members attended a workshop in two parts.

Antoine Matarasso presented “The Blood Sugar Challenge”. Antoine and his Brisbane team are conducting an extensive study where one of the criteria is the measuring of the effectiveness of hypnotherapy on a control group of pre-diabetic adults. A key focus of his presentation was on educating the audience on the sugar problem that society in general is facing. Antoine was not short on information. This was an engaging presentation that gave hypnotherapists new knowledge, resources, therapy tips and inspiration for dealing more effectively with ‘weight loss’ clients or clients who are bordering on sugar addiction. From the feedback of members present, this was one of the most enlightening presentations that NSW has hosted.

Neil Buckley presented Resource Therapy within your hypnotherapy practice: Neil briefly discussed the history of Resource Therapy and the work of Professor Gordon Emmerson. Resource Therapy is a form of parts therapy. Neil discussed how as a hypnotherapist and counsellor of many years standing, he finds now that in the majority of cases, he is practising Resource Therapy with clients as he finds that modality to be effective, quick and fluid. He suggested that most of his clients would be working on the release of an old trauma. He demonstrated the effectiveness of his work by helping a volunteer to work through an erroneous negative behaviour. Neil’s presentation was clear, helpful and engaging. Neil has a passion for the work that he does and this was conveyed to all present.

September 9 GM and Workshop:

- Nicolas Gerey: Sleep Talk and Hypnotherapy (2 hrs)
- Peter Smith: Quantum Consciousness (3 hrs)

Brett Cameron
 SEO AHA NSW

AHA State & National Committees

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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 National Hypnotherapists Register of Australia™ which 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 National Advisory Line by an experienced, specialist hypnotherapist to all professional and clinical members (our 1300 55 22 54 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: http://ahahypnotherapy.org.au/aha_members_area/)

- 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 has 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.