

SUMMER 2008

The Official Magazine



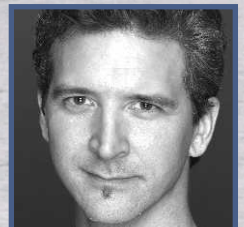
of the IACT and IMDHA

Unlimited HUMAN!

RR2 Box 2468, Laceyville, PA 18623

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www.iact.org / www.imdha.com



INSIDE THIS ISSUE:

**TEN GREAT ARTICLES
BY LEADING EXPERTS
IN THE PROFESSION!**

... AND MORE!



MESSAGE FROM ROBERT OTTO, CEO

Dear Friend and
Colleague,

Hello and Welcome!
Contained within these
pages is a plethora of
interesting and well-

written articles for your enlightenment and reading enjoyment. As you browse the content, you'll find evidence that our campaign for progression and growth is steadily on the rise.

Our May Conference in Daytona Beach was an astounding success! There were significant signs pointing to a sold-out group well in advance of the conference. And how true those signs were! We are happy to report that, for the second year in a row, we've outgrown our facility. The final tally for Saturday's awards banquet was 'standing room only'. In preparation of next year's event we've taken the liberty of reserving the larger of the two conference facilities available (in the same hotel). If you think this year's spacious amenities were fantastic, wait until you get a glimpse of the accommodations for next year - our new conference area has a birds-eye view of ocean and beach that's visible with the exchange of each class and workshop.

From the moment we arrived on the premises we could feel the surge of excitement building as each day brought more and more people together in the spirit of learning. And the location ... to quote the famous real estate agent's mantra: "It's all about location, location, location!" It's the number one rule in real estate, and no wonder! When planning a conference you can carefully select the greatest topics, you can bring in top-notch speakers with educational prominence, you can offer affordable rates and more... but it won't add up to a hill of beans if you don't offer an excellent conference location.

Throughout this magazine you'll find testimonials from members both here and abroad, all boasting of the marvelous time they had in sunny Daytona Beach, Florida. The weather was magnificent. And there's something to be said for turning in at the end of a day to the sound of the ocean waves as they break softly against the beachfront sand; the coolness felt by the ocean's breeze, even on the warmest of days; and the aroma of salt air as it drifts invisibly through the opening of your patio door. Did I mention that ALL rooms have an ocean view? I'll let you read the reviews contained herein and then judge for yourself. I believe we've managed to combine the best of both worlds! With the ever-rising cost of travel, it makes good sense to combine education with vacation (an allowable tax deduction!), and by joining us in 2009, you can easily do both.

Next year's event will be held over the Memorial Day

weekend. In honor of the holiday the hotel is promising a spectacular fireworks display off the pier on Saturday evening along with many other holiday activities to entertain and delight families and children of all ages. Additional information will be shared as the events unfold.

In keeping with our promise to deliver a variety of classes and workshops, you'll notice that we've added more dates, topics and locations to our lecture circuit. We've had an outstanding response to last year's Galaxy of Stars symposiums. On members' insistence we'll host another in the Detroit metro area again this October. We've added 3-day classes that offer exceptional content with an emphasis on raising the educational standards, expanding your knowledge and accelerating your business. The Addictions class has the backing and experience of what is currently being implemented at Kaiser Permanente, and it's taught by two outstanding educators; Dr. Mary Eno, MD and Scott Sandland, CHt. The Hypnotic Boot Camp training taught by Dr. George Bien, PhD goes beyond the typical 'feel good' seminars that you may have experienced in the past. This dynamic 3-day intensive class will help put your hypnotic and hypnotherapeutic skills on the level of unconscious competence! I encourage you to take a moment to review the training information offered and then decide for yourself which classes are the best choice for you.

Thanks to the marvels of the Internet, in December of 2007 we initiated the distribution of 'CONNECT' – our monthly electronic newsletter. Its purpose is to keep you connected with timely articles, scripts, websites of interest and more. Our goal is to provide additional information, more often, more directly and more quickly. Want an office copy? Each edition can be downloaded, printed and placed in a presentation binder for quick reference.

"Hypnosis & You, A Perfect Partnership!" made its official debut this year at conference. Those in attendance were gifted their very own copy of this brilliant DVD marketing tool narrated by Dr. George Bien. This State-of-the-Art documentary-style program is designed to introduce Hypnosis and YOU to the community, to acquaint viewers with the benefits of Hypnosis and better understand how it can be applied to enhance lives. You can find Hypnosis & You, A Perfect Partnership! by going to our store and typing the title in the search field. With more than 30 minutes of relevant information, this studio-quality presentation speaks for itself. Here is what one member had to say:

"Wow!! This is powerful and professional. Thank you. What a wonderful promotion piece for hypnosis. I have many, many ideas of how I can use this DVD to promote the profession and my practice. I can show it to the public at talks about hypnosis. I can loop it for continuous play in my waiting room, I can also play it

on my PC at my table at health fairs and other promotions. Thank you for your leadership. You are demonstrating that you are committed to growth and increased professionalism in the profession.”

– Jim Ryan, Ponte Verde Beach, Florida

Here is another way that your organization is working in your best interest. Did you know that the International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association are both proud members of the Council of Professional Hypnosis Organizations?

The Council of Professional Hypnosis Organizations (COPHO) was founded on September 23, 1989. It is comprised of hypnosis organizations, which represent in excess of 12,000 practicing hypnotists. In order to fulfill our mandate, the Council sees as its mission ... 1) To unify the profession of hypnosis by uniting all hypnosis organizations. 2) To monitor and support or contest legislation in North America pertaining to the practice of hypnosis. 3) To provide legislative information to its member organizations for dissemination to their members to promote and maintain the practice of hypnosis in accordance with rules, regulations, laws, and statutes of the respective states and provinces. 4) To set professional educational and ethical standards for the practice of hypnosis. 5) To continuously educate the public.

IACT and IMDHA have been members of COPHO since its inception. Additional information and a list of COPHO members can be accessed by going to our website and selecting COPHO. Please take a moment to review the contents of this very worthwhile organization's site. COPHO members believe as we do that there is strength in numbers. They also believe that we reap far better results when we opt to position ourselves as 'inclusive' organizations rather than 'exclusive'. Evidence can be found in our monthly chapter meetings. In keeping in line with this way of thinking, we've consistently maintained an open door policy for all IACT/IMDHA chapter meetings. We encourage participants to bring a friend, invite someone who has expressed interest, or better yet, bring family members. The result: we're truly amazed at the increase in membership, interest in our sponsored training, and receptiveness of those in adjunct professions.

In closing, I trust you are as excited about these current happenings as we are. It is with YOU in mind that IACT and IMDHA continue to grow in membership, expand in vision and forge a new frontier toward education, unity and excellence for our profession.



Yours in service,

Robert F. Otto

Robert Otto

"I know you put a lot of hard work and thoughtfulness into the IMDHA/IACT meeting and I wanted to let you know that it WAS a wonderful meeting. Sometimes, it's nice to be recognized for all our work so I just wanted to acknowledge your efforts and let you know ... I think you did a great job!!"

*Warmest of Regards,
Seth Deborah Roth*

Unlimited Human! is published for the International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association RR #2 Box 2468 Laceyville, PA 18623. Phone: 570-869-1021 Fax: 570-869-1249 www.iact.org and www.imdha.com. It is the goal of **Unlimited Human!** to reach beyond the expected and provide our readers with timely articles and innovative ideas that will help them in their business, professional and personal lives. The editors are always looking for news and unusual concepts in the medical, business and social arenas, and encourage submissions. Please send manuscripts to our international headquarters at the above address. Manuscripts must be submitted no later than two months prior to publication date. Manuscripts may also be submitted electronically using MS Word format or those compatible with Microsoft. Please include one printed copy of your submission by physical mail or fax, even when submitted electronically. Each manuscript will be considered carefully, but cannot be guaranteed publication. **Unlimited Human!** welcomes stories related to health, business, technique and wellness through the unlimited power of the mind. It is through the writings, stories and news articles supplied by our members that we can inform, educate and inspire our clients and ourselves. No outside advertising is accepted. We encourage you to **SHARE THIS ISSUE WITH A FRIEND!** Subscriptions to **Unlimited Human!** are reserved for members of the International Association of Counselors and Therapists and the International Medical and Dental Hypnotherapy Association.



THE ART OF 'BEING' FOR THE HYPNOTHERAPIST

By: Dr. George Bien

George Bien has inspired and changed the lives of hundreds of thousands of people worldwide. He is the principal trainer for the International Association of Counselors and Therapists, a Lifetime Member of IACT and conducts Hypnosis Certification Seminars and Training Programs around the world.

It always amazes me how many hypnotherapists still follow a prescribed therapeutic outline when working with their clients. Before they move on to step "B," they have to complete step "A." And, heaven forbid, that they do step "C" before completing both steps "A" and "B." One of the most trying things that I encounter in my training programs is getting my students to forget about the printed page and to begin trusting their intuition. The very best thing that you have is "You" with a capital "Y." There is no other person like you in this world. Who you are, how you think, the experiences that you've had, all make up the special individual that you are. Unfortunately, the basic makeup of our educational system stifles the creative process. Teachers, at times frequently due to necessity, rely on methods of discipline and control, as do well-meaning parents. This often suppresses normal impulses and teaches us to be overly self-critical.

It's obvious why many of us grew into adulthood with inhibitions, insecurities, and a loss of trust in our feelings. Yet it's so important that as a therapist, you not only are in touch with your feelings, but begin relying on them during the process of therapeutic intervention. Many therapists, for example, down-play the aspect of "touch" during hypnotherapy because of concern about law suits. It's true that there are hypnotherapists who've been accused of sexual advances. While some of these allegations may be true, we, as true helpers of humanity, must continuously trust our instincts. And, if "touch" is part of your process, include it (neutral territory only, of course). It seems that numerous hypnotherapists are so taken up with doing what is considered "the politically correct thing to do," that they sometimes lose sight of "BEING." Just a quick sidebar: One must, of course, be intelligent about this. For example, to respect the belief of a person whose religion forbids them to be touched, as in the case of Muslim or Orthodox Jewish women not being touched by men other than their husbands.

Before you can help create change in a client, you must bring yourself to the situation. That situation will include four entities: your conscious mind, your inner creative mind, and your client's conscious and inner creative minds. In this manner it becomes a cooperative, interactive effort. What about this act of "BEING" that I mentioned above? It's the essence of "being honest," not only with your client but also

with yourself; being "free" enough to trust your intuition, and "free" enough to be "present," "in the moment," during every therapeutic instant.

In a workshop I used to do some years ago, I had the participants, who usually were mostly therapists, perform various exercises that helped release constipated emotions. After all, how can you effectively deal with someone else's emotions, if you can't get a handle on your own? I'd have the class members build up intensity by repeating "Yes, yes, yes, yes," and when they'd feel the urge, to loudly express whatever emotions they'd feel until these emotions appeared to be emptied. The emotions could be based on frustrations, complaints, needs, desires, etc. Then I'd have them push out the limiting, disturbing, and unwanted baggage by screaming statements like, "Get out of my life!" and/or, "I don't want you here anymore!" Following this, I'd immediately have them break up into pods of three and have them do a "Stream of Consciousness" exercise. They take turns saying anything that they were thinking or feeling. It could go something like, "I feel vulnerable being watched ... There was, however, a certain experience that I just had ... I don't know exactly what took place ... I'm afraid when I'm alone ... I want to lose weight ... I think I'll shower tomorrow morning ... John doesn't understand me ... Actually, he really doesn't love me," etc. This process would continue until a person ran out of things to say.

In another part of the workshop I'd have people get in touch with their individuality. I'd have them get to the bottom of what and how they felt about as many things as possible. Everyone was instructed to find a partner, preferably NOT someone in the workshop with whom they felt comfortable, rather someone with whom they felt a level of discomfort, or by whom they were even threatened. I'd then have them share their emotions, fears and insecurities. If, for example, a workshop participant felt strongly about the senseless killing of animals for use in fur coats, I'd urge him/her to not just express it verbally, but to really get touch with the associated emotions as they express their feelings.

Since as a therapist, sensory awareness is crucial, another part of the workshop included a "sensitizing" exercise. I'd have the participants begin by concentrating on their scalp as though they were living in there. They were not to progress to

Continues on page 23 ...

THE COUNCIL OF PROFESSIONAL HYPNOSIS ORGANIZATIONS (COPHO)

by: Tony De Marco, Chairman

Anthony DeMarco is the co-founder of the Academy of Professional Hypnosis, the first school of Hypnosis approved by the state of New Jersey, Chairman of the Council of Professional Hypnosis Organizations and IACT Lifetime Member



As acceptance of the myriad benefits of hypnotism as being highly complementary to traditional medicine grows, so does increased scrutiny by the very medical professions whose treatment is so complemented. We must recognize that each of us is obligated with the duty of professional advertising, whether on our business cards or in the media, not only because this advertising may be placed under the microscope of jealous or overzealous detractors, but because we have an ethical obligation to our clients and to our profession to observe our limitations while promoting the benefits of hypnotism and our individual expertise. There is a 'buzz word' that is popping up in the medical and holistic arenas which is 'integrative'. What does this actually mean? The obvious meaning would be that there are an enlightened few that are utilizing an integration of different therapeutic modalities to attain greater individual results whether the results are physical or psychological or in the form of growth and change in the pursuit of life's goals. However, there is no doubt in my mind that this integration dictates that the future of hypnotism is now.

Events of the past decade have dictated our approach to the professional practice of hypnotism and made it quite clear for those who are willing to use their eyes, experience and intelligence. We are no longer separatists practicing in our own state, immune from oppressive legislation hundreds or thousands of miles distant, as internet communications have made us 'partners' in the responsibility for the 'safe passage' of our profession. What each of us does today sets the boundaries of our practices tomorrow. Recognizing and respecting the fact that our work is complementary to that of the medical profession will permit us to make allies of former antagonists, standing side by side to benefit those who suffer diverse maladies. Hypnotism is truly the hub of the holistic healing wheel while we add the spokes of other holistic modalities to strengthen the entire hypnotic healing process. With hypnosis, we have the ability to retake the God-given power improve our lives in so many ways of which we are aware and those future ways that we are yet to discover. Our vision must be one that permits us to see the future horizon of hypnotism now. Our strengths lie in the power of hypnosis, while our weaknesses lie in the lack of monetary funding to proclaim our independence in a speedy fashion.

Nevertheless, we do have the ability to make timely gains and inroads through our ethical practice, respect for other ethical practitioners, and striving for unity among all hypnotists regardless of their affiliations. COPHO is dedicated to implementing these very principles with its Ethics and Standards of Practice and Recommended Educational Requirements. It is so foolish for a hypnotism practitioner to compare himself/herself with a medical doctor, psychiatrist, psychologist, etc., as these professionals have studied their chosen fields for approximately four years after college and residencies upon graduation. And it is also foolish for a practitioner to think that he or she knows everything that there is to know about the use of hypnosis as we learn new approaches and techniques very often. We must continue educating our selves through the auspices of the courses, seminars, workshops, and conventions offered by organizations throughout the world.

On May 16, 2008, COPHO held its bi-annual meeting at the IACT/IMDHA Expo, Daytona Beach, Florida and it was noted that from time to time I had been asked to comment on the existing New York Mental Health Law, effective January 1, 2005 relating to the practice of hypnotism in New York. I reiterated my opinion that a hypnotist cannot offer psychotherapy nor mental health counseling in New York as the hypnotist could be charged with practicing a mental health profession. But, it is also my opinion, that any certifications or diplomas which use the word 'hypnotherapy' or 'therapist' are proper and can be placed on the office walls of the New York practitioner but that the hypnotist can not offer therapy unless he or she was licensed in one of the other professions permitted in New York. It was also reiterated that hypnotists must be very careful in their advertising, not to use terms that may be construed as being covered in the DSM IV. It is sad to say, that sometimes we are our own worst enemies. Many of the complaints by the medical professions or state government against hypnotists that I have witnessed were as a result of improper advertising. So, you really do owe it to our profession to be extremely careful of the material that you place in the media.

There was also recent activity in the State of Washington in which legislation was enacted on March 8, 2008 relative to

certification of Counselors. Prior to this enactment, hypnotists could practice in Washington as hypnotherapists or register as counselors. The enactment eliminated Registered Counselors and set forth very stringent requirements for certification as counselors. However, this law did not affect the present or future hypnotherapist from practicing hypnotherapy in Washington, only those who desired to be certified as counselors. It is always a matter of the pocketbook. Those with certification as counselors would in all probability be accepted by insurance companies for third party reimbursement. Those who are just 'regular' practicing hypnotherapists would probably not be third party

eligible.

It is the responsibility of each and every one of us to be aware of the laws in our own states in which we practice. Your organizations cannot be responsible for interpretation of these laws as this would place too harsh a burden on them. You may receive non-binding opinions from your organizations, but the final responsibility rests with you to seek competent legal counsel when there is doubt. Keep your memberships current to support your organizations as they do support you through awareness of present and pending legislation and the ability to receive continuing education to keep up with the future in the present. Each of us is the future of hypnotism. Proudly carry our banner.

New Opportunity for Hypnotherapists!

Hypnosis-Enhanced Addiction Recovery Therapy

Would you like to learn the hypnotic techniques and protocols already being accepted and used in drug rehab centers? In this hands on, Three-Day Course taught by Dr. Mary Eno, MD and Scott Sandland, CHt. you will learn how to help people to overcome addiction. This comprehensive program covers the hypnotic applications as well as an overview of the chemistry and science of addiction so that practitioners will:

- Understand addiction within physiologic and subconscious models
- Demonstrate familiarity with categories and examples of commonly abused substances and processes
- Have a basic understanding of the types of recovery currently available, including the strengths and weaknesses of each
- Feel comfortable tailoring the modalities they already know to address addiction
- Identify the emotion triggering any potential relapse and retune therapy appropriately
- Contemplate the legal and ethical complexities of working with this very rewarding client base
- Establish empathy for the struggle of addicted persons
- Earn back the cost of tuition with your first client or two!

LIMITED SEATING IS AVAILABLE!

**CALL TO SIGN UP TODAY!
570-869-1021**

Feel confident and competent interacting with Addiction Physicians, Primary Care Physicians, Drug & Alcohol Counselors, and other recovery professionals.



3-Day Class (9 am to 5 pm)

2 Convenient Locations:

September 19th, 20th and 21st
Romulus, MI

October 17th, 18th and 19th
Newark, NJ



Mary Eno MD, MPH is Lead Addiction Physician at UCLA's Venice Family Clinic, serving Venice Beach and Santa Monica; she also provides inpatient detoxification expertise for Kaiser Permanente's Chemical Dependency Recovery Program in Los Angeles. An East Coast native, she completed a BA in Psychology at the University of Virginia before earning her MD from Medical College of Virginia and Master of Public Health from Emory University in Atlanta. She completed an internship at Harbor-UCLA and residency with Kaiser Permanente/UCI, and is a Diplomate of the American Board of Family Medicine and the American Society of Addiction Medicine. Dr. Eno began hypnosis at the age of 12, and undertook serious academic study of hypnotic phenomena during her undergraduate tenure. She continued this pursuit during graduate school, medical school, and beyond – earning certification above the level of Master Hypnotist. As an Addiction Physician and a Trainer of Hypnotherapy, she commands the latest knowledge of both fields and channels them both to help her patients achieve and maintain recovery from drugs and alcohol.

Scott Sandland, CHt. has risen to a level of expertise that is respected by hospitals, private practice physicians, dentists, and drug and alcohol rehab centers. His clinical successes in the fields of addiction and pain control led to a position on the Board of Directors for the International Medical and Dental Hypnotherapy Association and a chapter Presidency for the International Association of Counselors and Therapists. Scott formally mentors fledgling members of the International Medical and Dental Hypnotherapy Association to express his commitment to continuous education for himself and his colleagues. Scott is one of the only hypnotists today on staff in a dental office, medical office, and drug rehabilitation center. His recent success as a radio personality has not distracted his focus from using hypnosis to aid in recovery from drugs and alcohol at his private practice in Newport Beach and at Sober Living by the Sea. He is a dynamic speaker, highly skilled in hypnosis and NLP.

Cost:
\$795

**Call to register early.
Classes fill quickly**



MEMBERS ON THE MOVE ...

Michael Kivinen is spreading the good word and raising awareness in Michigan. *"The Anxiety Resource Center, a non-profit organization in Grand Rapids, Michigan provides educational and support services for persons with anxiety disorders. It seemed like a perfect place to raise awareness about the benefits of hypnosis. After reading about the center in the local newspaper, Michael contacted the director who invited him to give a presentation there."* – Michael has the right idea. This is something anyone can do in his or her city or town. It's good public relations and a great way to market your services in the community. Follow Michael's lead and contact directors in your area. FREE lectures and demonstrations work wonders for filling empty blocks in an appointment book.

Katherine Zimmerman appeared on KCRA TV Monday, April 14th, hypnotizing one of the anchors off-air and giving him a post-hypnotic suggestion.

Ron Glassman is the only visiting scientist certified in hypnotherapy at the Columbia University Center for Functional MRI. Ron developed a technique called Neuro Immersion Method that is producing an over 90 percent success-rate for people with fears and phobias as well as general anxiety. He also presented several hundred case studies on his method at Harvard Medical School's Conference on Anxiety Disorders in November of 2007.

Scott Sandland has been asked to join the staff of the largest chain of drug rehabilitation centers in the nation, incorporating his hypnotherapy protocol into their program. Scott has partnered with **Dr. Mary Eno** who, in addition to providing inpatient detoxification for Kaiser Permanente's Chemical Dependency Recovery Program in LA, is the lead Addictions Physician at UCLA's Venice Family Clinic.

Additionally the American Dental Association has approved **Scott and Sue Weinert Hull** to teach a dental hypnosis class to dental professionals! Participants will receive 16 hours of credits through the ADA and will be exposed to modern dental hypnosis in a big way! Just think of all the ways this is important to us as hypnotists! The American Dental Association says that Dental Hypnosis is worthy of 16 hours of continuing education. More dental professionals in your area are taught to use hypnotic principles in their practices and to work with well trained dental hypnotists. When you realize the sheer number of people you can help with appropriate dental hypnosis you will know the magnitude of this breakthrough!

Michael Smith, is a Hypnotherapist (retired from Psych. several years ago) who practices at Caesars Palace as an employee. His presence in such a high profile place has gotten a lot of attention and people come to see him because he is a Hypnotherapist, and he says that title is getting more respect every day. *"Calling it 'Hypnotherapy' was a decision made by the Caesars Palace Pres and top management staff. They thought it was the right time to embrace hypnosis, and they were right,"* says Michael.

Zoilita Grant has been able to get HypnoticCoaching™ accepted as a new modality. Like the Life Coach, the HypnoticCoach™ acts as a partner with their client. Hypnotic Coaching was first credentialed as an independent hypnosis modality in 2007 by the International Association of Counselors and Therapists and approved by the Colorado Department of Higher Education for certification as occupational training the same year.

Dr. Murray Fullman and **Dr. Yoshie Sone** will be conducting a research project involving hypnosis and infertility in women. The results of this study are to be presented at the largest OB/GYN conference in Japan early next year. Dr. Fullman is on the faculty of the Derner Institute of Advanced Psychological Studies at Adelphi University. Dr. Sone is a practicing OB/GYN physician at the University Hospital in Tokyo and holds both an MD and PhD with a specialty in Reproductive Medicine.

Robert and Linda Otto have been asked to join the Consultation Board of the International Positive Psychological Association. The IPPA is a legal body approved by the Hong Kong Government.

New Book Releases:

Hypnotherapy: An Alternative Path to Health and Happiness by **Kweethai Neill** ... *"A well written, lucid, and well organized treatment that bridges the gap between hypnotic techniques and clinical intervention"*. – Gil Boyne, Founder of the American Council of Hypnotist Examiners.

The Art of Hypnotherapy Third Edition by **C. Roy Hunter** ... *"The chapter on regression in this book is so complete that it is a mini training in the art of safe and competent hypnotic regression. And as if that were not enough, the chapter contains a step-by-step guide to take the reader from start to finish of a professional therapy. Chock-full of the sort of wisdom that can only come from a well-spring of clinical*



HYPNOSIS MOVES INTO 21ST CENTURY WITH HYPNOTICCOACHING™

by: Debra Berndt, Dr. Ed Chavez, and Zolita Grant

Zoilita Grant began teaching in the early 1990s, has a private practice in Longmont, CO and continues to teach at conference and schools in the US and Canada. She is an IACT Approved Instructor, an IMDHA Approved School Director and the recipient of the 2006 IMDHA Life Fellow Award.

HypnoticCoaching™ gives hypnosis the opportunity to join the fastest growing profession in human relations, coaching, with the extra advantage of hypnosis. Appealing to an entirely new client market, HypnoticCoaching™ combines the skills of Life Coaching and self hypnosis training. HypnoticCoaches™ work with self esteem and empowerment, life design, prosperity, sports, peak performance, teamwork, dating, sales, real estate and much more. Utilizing techniques of classical hypnosis, HypnoticCoaching™ focuses on the achievement of goals: performance goals, learning goals and fulfillment goals.

With the American population becoming more open to understanding how the mind affects the quality of life, more people are looking for ways to harness their mind power to reach their goals. The profession of coaching has emerged in the marketplace and opportunities to create a six figure income as HypnoticCoaching™ professionals are unlimited. People are already seeking the help of coaches to help them achieve both personal and professional goals the use of self-hypnosis will accelerate their success.

The market is wide open for HypnoticCoaching™ professionals to stake their ground and make their fortune. Aside from getting the proper training, it is imperative that they learn how to develop a comprehensive marketing plan, create complementary products, and become a leader in their field. Having clearly defined prospective clients will help them achieve this.

A multitude of opportunities are available for HypnoticCoaches™. In the professional world, business executives, sales professionals, and newly self-employed individuals, already seek coaches to take them to the next level. The combination of coaching with self-hypnosis is appealing to those who wish to develop their inner game. Corporations spend millions on the personal development of their executives and employees. People are also turning to coaches for their personal lives. Some find themselves in career transitions, health issues and relationship challenges and need support rather than therapy.

This is the ideal time for HypnoticCoaching™. Dating Hypnosis is very effective to educate singles to make wiser choices in their romantic life. Using self-hypnosis increases

their confidence and belief in themselves. They feel better about themselves and make more successful choices. Many clients enjoy the coaching process because, unlike therapy, they see themselves as a whole and healthy person which enables them to experience more immediate results. HypnoticCoaching™ blends classical hypnosis techniques with the coaching style to attract a new and more success orientated clientele. Since most coaches include visualizations in their tool box, HypnoticCoaching™ is a natural evolution to this new profession. HypnoticCoaching™ is a wonderful way to empower individuals to move beyond the blocks that they set up in their own mind without dwelling on the past. HypnoticCoaching™ is focused on the achievement of the goal. The work is rewarding and the opportunities for wealth in this field are unlimited.

In the world of sports, athletes are constantly looking for something to give them a competitive edge and improve their performance. No matter how physically prepared an athlete is, if they are unprepared mentally, their performance will suffer. By using visualization, positive imagery, self-hypnosis and positive suggestions, athletes can use the power of their minds to take their sports performance to new levels. Clients ranging from the recreational athlete to those on an elite level!

HypnoticCoaches™ help their clients to: set goals, develop effective preperformance routines, develop quality practices, reverse and release the limiting thoughts and beliefs that are blocking them from achieving peak performance, program effective autosuggestions for enhancing optimal states, and anchor positive states for easy future access. This way, athletes can condition their minds, just as thoroughly as they condition their bodies.

In order to accomplish a collective goal, it is essential that all the members of a team are working together. If a group lacks cohesion, this can lead to decreased productivity, conflicts or hostility among members, miscommunication, apathy and lack of involvement, and a general sense of negativity. Without effective communication and collaboration skills, and a greater sense of cooperation and trust between team members, a team is seriously limited.

HypnoticCoaching™ is excellent for building dynamic teams. It provides valuable tools and processes in working with groups and teams in a variety of settings, from athletic teams to corporations. HypnoticCoaches™ help teams establish a method and an approach that fuels success by: creating team unity, setting goals, working with affirmations, trusting team members, taking responsibility, and developing a team mission. These powerful team building techniques are used to guide any team to success!

HypnoticCoaching™ takes classical hypnosis into to an entirely new client market. This expansion will bring opportunities for well trained HypnoticCoaches™ to attain a six figure income. By combining the skills of the Life Coaching and the power of hypnosis, HypnoticCoaches™ step into mainstream America. Performance goals, Learning goals and Fulfillment goals are made attainable through the power of the mind.

MEMBERS Continues from page 7 ...

experience, this is an eminently must-read chapter in and eminently must-read book.” – Terrence Watts, UK Founder, Association of Professional Hypnosis and Psychotherapy.

Healing the Enemy: Hypnotic Nights in Baghdad by Larry Garrett, “... Imagine traveling to Baghdad, Iraq on September 9, 2001 and not realizing what is about to happen in two days. You are in a land that few would travel to. Imagine that in the very moment the Twin Towers are falling to the ground you are sitting with one of the most feared people in the world watching this devastation on Iraqi TV. Imagine being the only American in Iraq on September 11, 2001 and you can't go home!”

Indigenous Medicine Wheel of All People by Dr. L.M. Bluehawks Stec, “Insightful, illuminating and educational... Bluehawks provides a wealth of much needed information in a clear concise, easy-to-use format. This book is an excellent reference tool for all healers and energy workers.” – Francine Haydon, Reiki Master/Teacher, Columnist.

“Thank you so much for organizing and providing an exciting and educational opportunity for Hypnotherapists worldwide. You are both excellent hosts and your warmth spread throughout the conference breeding cooperation and the free sharing of knowledge and experience. What a joy it was participating as a speaker and a student, I look forward to seeing you both in July.”

~ Bonnie Miller

*Director of Clinical Hypnotherapy
Methodist Health System Foundation, Inc*

“The conference was incredible. I have been to many conferences with a multitude of specialties and have never been to a conference filled with so much love and respect for each and every participant. It is clear that Linda, Robert and their fabulous staff are focused on the membership and their needs. The words I would use to describe the conference would be RESPECTFUL - CARING - INNOVATIVE - EDUCATIONAL - SUPPORTING - FUN !!!!!

I enjoyed the range of expertise that were present... from the Masters in our field to the new generation... we had the opportunity to learn from them all in an environment of respect that Robert and Linda provide for us all to gather together to learn, share and rejoice.

Thank You, Linda, Robert and the PREMO crew. I hope you all mark your calendar for the 2009 conference and I see you there. 2009 is on a holiday weekend, so make plans to spend your holiday at the conference. There are so many things for the family to do right in the immediate area. For example I could see... just out the window of my room...Small amusement dock, swimming pool, the beach and so much more than what was just outside my window...LOL. I am sure the staff will be posting all the fun things available for the family members that come with you next year to spend a wonderful time at Daytona Beach with IACT/IMDHA conference and enjoy the reunion of friends and colleges.”

~ Linda Gentry

In Memory of Dr. Maurice Kouguell

This is to inform you of the passing of another long-time servant of our profession. Dr. Maurice Kouguell passed on the 15th of April.

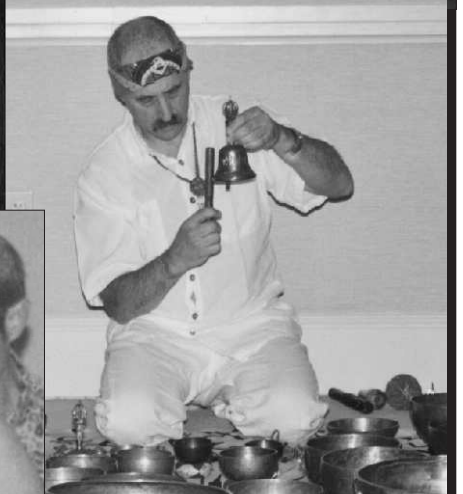
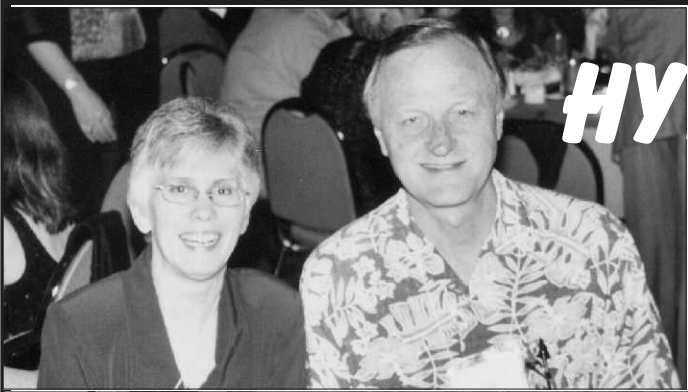
Dr. Kouguell's internship and training program at the Brookside Center for Counseling and Hypnotherapy (an IMDHA approved school) had been awarded the Certificate of Excellence by the International Medical and Dental Hypnotherapy Association.

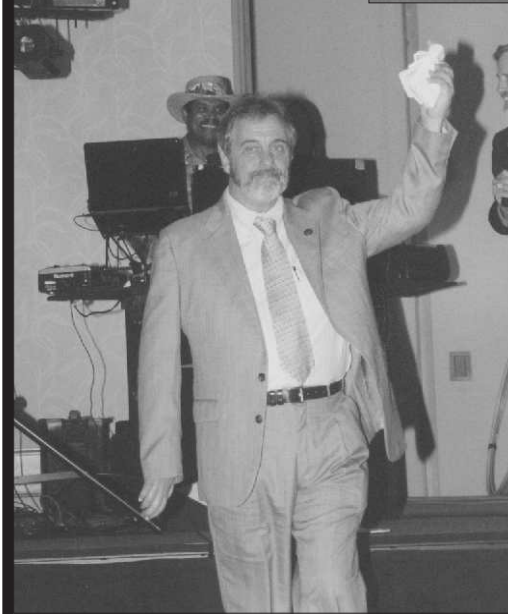
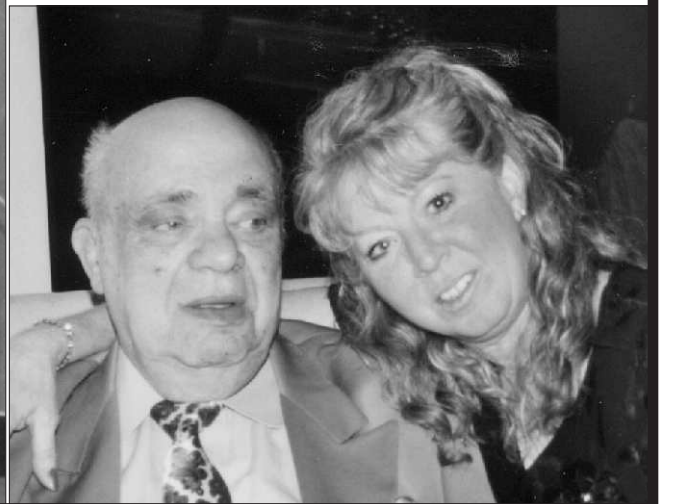
Cards may be sent to his wife and family at the following address:

Kathi Kouguell
20 Chesnut Street #15N,
Exeter, NH 03833



HYPNO EXPO 2008







THE EVOLUTION OF HYPNOSIS GENERATIVE PROCESS IN CONTEMPORARY PRACTICE

by: Michael Watson

Michael Watson is an internationally known trainer of NLP and Hypnotherapy. He is the President of the Hypnosis Education Association and an IACT Approved Instructor. A former Benedictine monk, Michael is known for his light-hearted and caring style.

Nothing happens in the world without some intention behind it. Hypnotherapists often presuppose this concept in an effort to uncover the source of many client conflicts and difficulties. To figure out the reason behind the unwanted habit, or the cause of a particular limitation. Most of us have learned enough about the power of intention to realize that our inner objectives will insist upon finding expression in the world.

And when we chose our professional paths, we were guided by a deep intention as well. As an adolescent, I set my sights on the priesthood inspired by a self-declared, youthful and naively exalted mission to “lessen human suffering and bring some peace to those in distress”

I ambled into hypnosis. My evolving practice of trancework has been the result of an unfolding path that led me through monasticism and meditation, guided imagery processes, spiritual practices and past life regressions to NLP and hypnotherapy. Yet through all of these changes, the original mission remained essentially the same. Still aimed at helping people overcome their difficulties, my work began to reflect a greater interest in expanding self-awareness for those in my care.

When I was first trained in hypnosis some twenty five years ago, it seemed that the “bread and butter” for most hypnotherapists was weight loss and smoking cessation. I believe that this may still be the case for many of us. But as time went on, and as the public perception of hypnosis grew away from the limiting misconceptions of the past, hypnotherapists we called upon for assistance with a variety of unwanted habits and phobias, resolution of traumas, family troubles and more. I had set my sights on “human suffering” and I found it all around me.

So I was delightfully surprised one day when a client came to see me who didn't seem to have a problem at all. A client who didn't need “fixing”! All was going well for this artistic young man (a successful creative writer) who wanted to use hypnosis to stimulate his creativity. And then another client came to me who wanted to explore her dreams. And one who wanted guidance to find her purpose.

I had become so accustomed to doing remedial work with clients that it was a major paradigm shift for me to consider

that troubles weren't a requirement of the process. This realization opened up a new and rewarding dimension to my practice to that been a source of professional enthusiasm and satisfaction ever since.

In practice we are often called upon to uncover a client's resources and apply them in ways that can be used to achieve the goals of therapy. The purpose is to resolve some difficulty. This is remedial therapy.

As we let go of the assumption that our clients are broken and in need of repair, we can begin to utilize our clients' resources differently. Generative hypnosis involves processes that “generate” new options and understandings. Once initiated, these understandings seem to take on a life of their own and unfold through time in accordance with the inner needs and intentions of the individual.

Unlike the old understanding of hypnosis as a means of planting suggestions in the unconscious mind and programming it to conform to a consciously chosen directive, generative hypnosis invites the unconscious to come forward and express itself in the world. It utilizes the wisdom of the unconscious to make better choices than we can make consciously, and it invites further exploration and self-discovery.

The human potential movement has been maturing steadily since the 1960s when young people started to turn to non-traditional spiritual paths, meditative options, transformational training programs and other self-help and self-development choices. It has called us to take deliberate and conscious control over the direction of our own evolution. And to do so requires skills and tools.

The invitation to self knowledge and self unfoldment can be answered by a variety of techniques for which hypnotherapists are especially well equipped. Rather than the mistaken stereotypical notion of hypnosis as the imposition of the hypnotist's will on a subject, we have the opportunity to use our expertise in ways that are ultimately respectful of the client. We create the context for change and growth and trust the nature of the client's unconscious mind to use that context appropriately.

Continues on page 13 ...

In the descriptions to this work offered by NLP developer and researcher Robert Dilts, generative process involves finding some quality that already exists within the individual and enhancing it, making more of it, or finding more uses for it. And the real difference between one practitioner and another is how we go about finding those qualities.

Before I studied hypnosis, my own experience with altered states of consciousness began with meditation and I still appreciate the value that sitting daily in silence, openness and expectation offers me. Consequently I often find it worthwhile to teach my clients how to meditate. As a hypnotist I know how to induce deep meditative states and to install mantras, mudras or other anchors as a means for the client to re-enter these experiences on their own

Some of the expansive processes available to the hypnotherapist such as past life regression or meetings with "inner guides" or "guardians" for example, have a more esoteric or spiritual presentation, yet equally effective results can be achieved by the use of more secular metaphors as well.

When we are invited to assist our clients in generative ways, we are given the rare honor to participate actively in the process of human evolution. The work involves the stimulation and encouragement of the client's desire to expand ... to become more. Not because he needs to, but because he can.

One of the most basic generative practices takes the form of personal and professional coaching, and the great success of the coaching industry in the past decade is evidence of the public interest in this kind of service.

As an instructor of hypnotherapy, and as a friend of the holistic and "new age" communities, I'm often asked to provide supportive services for new professionals as they establish their practices or create their businesses.

Another generative application involves guided meditation or structured processes that draw information out of the client. This could involve hypnotic dream incubation or a walk through the library of history or any compelling open-ended process that allows the client's unconscious to fill in the blanks in a useful way.

Milton Erickson taught that the reason for most client difficulties is that, on some level, they have lost rapport with their own unconscious mind. Another way to say it is that they are in a state of internal discord and that aspects of themselves are working against one another. Bearing in mind that all aspects of self have value, I especially like to use a process called "The Parts Party." Based on the work of Virginia Satir and embellished by numerous practitioners and trainers through the years, this process invites a dialogue between different "parts." Some parts that we especially like, some that we especially dislike, and some that serve us well are brought together to gain a better understanding and appreciation of one another so that they can develop more

harmonious and cooperative relationships freedom from conflict and peace within. These new relationships often result in creative expression as a result of the new collaborative possibilities they open up in the lives of our clients.

Erickson also said that hypnosis is a relationship and is a process of communicating ideas. However, in some approaches, the frame is "take these suggestions and ideas that I (the hypnotist) am giving you and make them your own." Sadly, the suggestions are often part of a script that is used for all clients with a particular issue and don't reflect any personal understanding or deep rapport, nor any individualized tailoring or true interpersonal communication. In such approaches the client is essentially told to "Go where I send you and do as I say." In more generative applications the client is encouraged, guided by her unconscious mind to "Go where you need to, and let me know what happens as the process unfolds."

Our training has equipped us to facilitate the hypnotic process, while the client has the capacity to use whatever leadings her inner self has to offer as she proceeds to make progress within. She knows far better than we do what would make that inner adventure meaningful, and her unconscious mind knows even more than she does to lead her through the greatest of transformational adventures. Our clients resourcefulness is the single most valuable tool in our work and it is the unconscious mind which many of us are trying to muscle into compliance that needs to be given freedom of expression if our work is to be generative.

I'm all for doing whatever works to get the client what he wants, and the more traditional approaches can do that nicely up to a point. They are quite effective for the many people we see who are searching for remedial work with specific issues. These remedial protocols can be the backbone of a highly successful practice of hypnotherapy and save us from the need to re-invent the wheel with each new session. But when we find a client who is trying to re-invent himself it's time for us to create the space and the opportunity and to support and encourage him to find his own way.

Rather than developing dependencies, the generative client knows that she has not changed because of the power of some hypnotist who said the magic words and without whom she couldn't have succeeded. But because we've assisted her to establish a new and empowering relationship with her own creative and resourceful self. We have the professional opportunity and deep privilege to participate in human evolution and do so we need merely develop the willingness to step back from the need to control the process as we support, encourage and witness the beautiful unfolding that has been waiting to occur.

*"Great conference. You were so professional!"
Blessings, ~ Zoilita Grant MS. CCHt.*



MASTERMIND MENTORING

IS IT ALL SELF HYPNOSIS?

by: James Duncan, CHT © 2008

James Duncan is the Director of Mentoring Programs for the International Medical and Dental Hypnotherapy Association and has a private practice in Royal Oak, MI. He is also the recipient of this year's IMDHA 2006 Life Diplomate Award. Jim is also a member of IACT

I was recently interested in a discussion regarding the standard mantra among hypnosis practitioners of, "all hypnosis is self hypnosis" and how this may not be quite truthful. The twin statement to this is, "No one can be hypnotized if they don't want to be or to do anything against their morals, ethics or will." These two phrases are a part of this discussion whenever it arises. How are we to address these concerns of control or being unwittingly coerced with the public when these same questions are presented and argued by our own peers and what may often seem like very convincing debate?

The concepts of covert hypnosis and social hypnosis as well as the practices of advertising are often brought into the dialog when this topic is resurrected for debate, and the discussion is indeed an interesting one. There is one major issue to keep in mind so as to make this debate valid. When looking at any topic one must keep guidelines in mind about what is actually being discussed and in what framework we are going to view the arguments.

For this exploration in the framework of what we as practitioners refer to as "hypnosis," we begin with the framework of the dictionary definition.

hyp-no-sis - A trancelike state resembling sleep, usually induced by a therapist by focusing a subject's attention, that heightens the subject's receptivity to suggestion.

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We now have a framework to express views on the topic of whether or not a person can be hypnotized against their will or to alter actions based on established, morals, ethics and will. Hypnosis by definition is a discernable state. This too might be argued, but one must keep in mind that any well trained hypnosis practitioner can and should be able to notice even the subtlest of indicators of the hypnotic state when it is in play.

Now, I want to share that I am one of those practitioners who uses the mantra phrases with my clients or those who engage me in conversation regarding our profession. When I do so I am working within the framework of discussing "formal" hypnosis, in which a person chooses to engage in hypnotic process. I firmly believe that in this scenario free will and choice to accept or reject suggestion is and always remains with the client. I certainly would be open to any examples of this not being the case in the framework of formal hypnosis but in my years of practice, I have yet to be presented with such examples of loss of will or choice on the part of any person.

This discussion usually will move into the area of "social hypnosis," which can include the topics of religious beliefs, political beliefs and/or propaganda, moral standards, societal norms, etc. To these arguments I fully agree that in some instances the thoughts, and beliefs of a person may be altered through time, especially during the formative years of youth by the suggestions or instruction of others, and indeed there may be times when "hypnotic techniques" may be employed knowingly or unknowingly, in this process of sculpting a person or societies thoughts or beliefs, but I offer that this is not hypnosis but rather, indoctrination.

in·doc·tri·nate – To imbue with a partisan or ideological point of view: a generation of children who had been indoctrinated against the values of their parents. To fill with a certain teaching or set of opinions, beliefs etc. Example: The dictator tried to indoctrinate schoolchildren with the ideals of his party.

Can indoctrination include hypnotic techniques or suggestion whether purposefully or unwittingly? Sure, but is this persuasive teaching over extended periods of time actually what we honestly call hypnosis? And would we

Continues on on page 15 ...

WANT to call it hypnosis? I would have to say no on both counts. Most often indoctrination comes from the sharing of beliefs or thoughts by someone of respect or perceived power and/or insight over extended periods of time through repetition and by leading through example. This would include parents, teachers, ministers, political leaders, etc. This is simple persuasion over greatly extended periods of time and, again, while hypnotic techniques may be utilized in an attempt to persuade a person or group, persuasion is not “hypnosis”.

per-suade – To induce to undertake a course of action or embrace a point of view by means of argument, reasoning, or entreaty: "to make children fit to live in a society by persuading them to learn and accept its codes" (Alan W. Watts).

Persuasion is also the key ingredient of advertising, which is also brought into this discussion in many instances. Advertising is a unique area of this concept as it often utilizes hypnotic techniques that are easily identifiable, such as music, repetition, seductive language and images or rapid successions of words and images that are difficult to recognize at a conscious level. Advertising is an interesting area of discussion in this debate since it often utilizes hypnotic techniques in an overt way and yet, in the United States anyway, it is illegal to use “hypnosis” in advertising. In other words, the hypnotic state is not formally induced. This brings us back once again to the framework idea that “hypnosis” is a discernable state. Just because someone has been persuaded does not mean they have been hypnotized.

In the framework of social hypnosis one must also consider the idea of brainwashing, which usually has more sinister implications. Brainwashing, it could be argued, entails many forms of hypnotic technique but this must again be viewed through the definition of indoctrination and persuasion, usually over extended periods of time in which physical or emotional stressors are utilized to break down resistance to the doctrines or ideology being presented. This process is, what may be argued, what induces a more apparent hypnotic state of submission. I would argue that in the case of brainwashing, submission is not the same as willing acceptance of suggestion but rather a state of self preservation or suspension of beliefs as a way to end persecution or gain social acceptance. This process is rarely, if ever, a simple process of inducing trance and changing beliefs, and therefore, while using hypnosis in the process it, again, is not “hypnosis.”

brain-wash – persuade completely, often through coercion; “The propaganda brainwashed many people” – submit to brainwashing; indoctrinate forcibly.

The last area of this debate I would like to consider is the phenomenon known as “covert hypnosis” or “speed seduction.” There are many hypnosis practitioners and aficionados out there who make a lot of money spreading this

concept. My personal opinion of this behavior is that it is damaging to our profession and based on unscrupulous and unethical behavior if it were to actually be effective, which I do not believe to be true.

The idea behind covert hypnosis is that through the use of hypnotic language, usually based in NLP language patterns that the practitioner/seducer can persuade anyone to do anything they want. This usually involves seducing a person in the social setting for romantic/sexual reasons. Many purveyors of this process will claim they can get any woman/man to do whatever they want. This idea is interesting and appealing to many people, but I offer that this area of “hypnosis” has a completely different angle than all the others already discussed and is not actually effective if it is at all, for the hypnotic reasons claimed.

Covert hypnosis, while utilizing known hypnotic techniques, is in my opinion a very flawed and virtually ineffective process. The flaw in the concept is that it is almost always used in an atmosphere or situation when the desired outcome for the seducer is usually already a part of the mind set of the person being “hypnotized.” In the social setting, it is suggested for use in bars and clubs where much of the clientele are there for the same reason as the seducer, and often are already in an “altered state” where judgment is questionable, and so success based on the technique can never be anywhere near being verified.

Outside of the social gathering places, covert hypnosis may indeed cause a subject to be intrigued through language to engage in extended conversation or even agree to meeting again based on a sparked interest; but it is my assertion that any person presenting themselves as something other than who and what they truly are will soon if not immediately be recognized and the beliefs, morals, ethics and choices of the “subject” will still rule out.

If considering covert hypnosis in the business setting, we again have to recognize that in negotiating any area of business the end result for both parties is always to reach some form of agreement whether it seems that way on the surface or not. For instance, a manager may have to say they can't offer a raise, or a purchaser may say they can't agree to a vendor contract, but they may very well WANT to or know that they are going to eventually either in the short or long term. Management often needs to ACT in ways that are against their personal beliefs or desires because they must act in the best interest of a business or, more often than not, they must first present a picture to the employee or vendor to establish control of the situation. If the seducer presents something that fits into an agreeable framework for management, they may very well agree to the suggestion, not because of hypnosis but because it is good business and it may have been in the plan all along. One must remember that management has more information about a bigger picture than the seducer has, and so belief that they have hypnotized



HYPNOCONTROL: BANE OR ILLUSION

by: Tim Brunson, DCH

Tim Brunson is a Doctor of Clinical Hypnotherapy, a Certified Trainer in Neuro-Linguistic Programming. He holds masters degrees in Business Administration, Public Administration, and Strategic Studies. Tim is a long standing member of IMDHA

An issue that often comes up with new subjects involves fear and concerns about being led by the hypnotic operator to perform acts, which would be against their moral or ethical values. This phenomenon is normally called hypnocontrol. This is a myth. Having performed hypnosis sessions since 1992, I've never seen anyone do anything that was against their will.

Fears of hypnocontrol have been perpetuated by the media for a long time. George Du Maurier (1834-1896) wrote a novel, Trilby, about hypnocontrol. In the novel Svengali, a character, used cruel domination of his hapless hypnotic suspect. In fact, in the late 19th century, both natural split personalities and artificial personality splitting (by suggested amnesia under hypnosis) were hot new items in psychological research. The unknowing young female in the novel was subjected to such artificially-split personality. The continuance of this myth has carried on in recent movies about vampires and a relatively recent Woody Allen movie where the character was induced by hypnosis to burglarize homes. Unfortunately for the public, these myths have greatly hurt the reputation of hypnotherapists.

The fear caused by this myth is an obstacle to hypnotizability. As David Elman stated in his 1964 book, Hypnotherapy, the fear of a subject may often prevent someone going into trance. (Elman was a stage hypnotist who spent the final years of his career training medical and dental professionals in the art of hypnosis.) This is why all new clinical hypnotherapists are taught to discuss this "Svengali" phenomenon early in the pre-induction talk, thereby assuring the client/patient need not fear the hypnotic process.

As far as legitimate research attempting to dispel this myth, I am not aware of any. I can state, however, that this has been addressed in numerous court depositions and articles by Martin Reiser, Ed.D, Director of Behavioral Science Services at the Los Angeles Police Department. Essentially Dr. Reiser's comments together with the case law history supporting (and sometimes rejecting) forensic hypnosis fully address the risk that victims and witnesses may have implanted false memories and/or due to hypnosis take actions that they would not take otherwise. Frankly, I feel that even the courts have finally ruled that hypnosis intrinsically cannot

sufficiently alter someone's behavior in a way to induce them to take actions that are contrary to their normal activities or actions.

"Joan insisted that I email you this AM to thank you for your gracious hospitality. It's good to meet 'old friends' again. We had a warm, fun time in Daytona, and were pleasantly surprised with the great eating places... as you know, we like to eat!! It was a far cry from the last time we were in Daytona Beach ... over 30 years ago! Things do change."

~ Love, Tony and Joan DeMarco

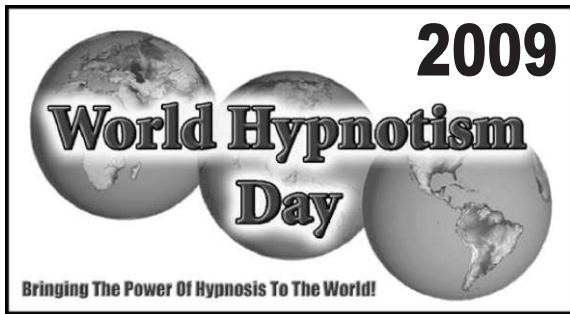


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WORLD HYPNOTISM DAY

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Juan Sanchez Domenech offered a FREE full day seminar in the University of Puerto Rico on Hypnosis and Counseling.

Debbie Papadakis held a workshop entitled "Journey Into The Subconscious" from 6:30 pm to 9:00 pm in Toronto, Canada. She was also interviewed by the National Post <http://network.nationalpost.com/np/blogs/toronto/default.aspx>, The Toronto Sun <http://www.torontosun.com/News/TorontoAndGTA/2008/01/04/4751938-sun.html>, and on January 3, appeared on Breakfast Television on CITY TV http://www.citytv.com/toronto/tvshows_breakfasttelevision.aspx. Debbie appeared on CFRB 1010AM on the Christina Cherneskey Show, December 30, 2007 <http://www.cfrb.com/shows/501342> and on BBS Internet Radio January 3, 2008 with Phyllis Pricer, www.bbsradio.com

Debbie Lane, our hiccup therapist and recipient of the 2007 IACT Therapist of the Year award, was back in the news again as she promoted her services on WHD. Read all about it here: http://www.sptimes.com/2008/01/04/Life/You_are_getting_very_shtml

The Michigan Chapter of IACT/IMDHA joined forces and held a special all-day event. Those participating had a most enjoyable time promoting themselves and hypnosis while networking with fellow professionals. Way to go, Michigan! Here are the participants: Jim Duncan – Smoking Cessation and Weight Management; Kim Manning – Hypnosis and It's Applications; Diane Youngson, Hena Husain – Stress Management; Pauline Rzepecki – Healthy Pregnancy and Enhancing Fertility; Jill Grenevitch – Insomnia and Self Hypnosis; Don Lee Fuller – Self-Mastery and Self-Realization; Jeff Papadelis – NLP; Carol Harper – Hypnosis & EFT; Robert and Jenny Kirk – Hypnosis and Children; Anne Spencer – Smoking Cessation; Jerome Beacham – HypnoAnesthesia.

Katherine Zimmerman writes: "I think I've done a good job of raising awareness with this article. The article is causing the phone to ring off the hook! I'm booking clients into the second week of February right now." <http://www.sacbee.com/107/story/592809.html>

Kim Manning reports: In Bloomfield Hills, our Chapter hosted World Hypnotism Day offering lectures and group sessions from 10:00 am to 8:00 pm. We had presenters from IMDHA and IACT giving of their time and talents to promote the truth and benefits about Hypnotism. We had booths with literature and Compact Discs available. Besides the

Hypnotherapists offering generous discounts for services, we held group sessions for insomnia, weight control, smoking cessation, self-hypnosis, EFT and hypnosis, HypnoAnesthesia, enhancing fertility, healthy pregnancy and mapping the mind. Included in this day event were lectures on anxiety, hypnosis and its applications, NLP, stress management, and hypnosis for children. We had attendees from as far away as Kalamazoo MI travel in for the event. There was radio and news coverage pre-event promoting our efforts. Fun was had by all.

Scott Cooper: I'm very happy to report that WHD at the meeting room of Orion Township Library saw over 65 people attend the event and participate in Guided Imagery and Stress and Anxiety Hypnosis sessions.

Anne Catherine Pawelczyk writes: "I did the following to promote WHD. 1) Posted my WHD specials on the WHD site; 2) Posted the Bloomfield WHD Expo details on the Body Mind Spirit Guide site, my business site, a new publication called *AuraSense*, and on By Region Healing Network; 3) Promoted my own WHD event specials in the office center I work out of, my business site, the Body Mind Spirit Guide site, and By Region Healing Network. I think that's all of them."

Anne Spencer: Michigan World Hypnotism Day was a great success on January 4, 2008! We were present all day to answer question and hand out general Hypnosis information as well as a free CD called "Hypnosis Works!" In addition, we promoted certification training for IMDHA. On the FREE table we contributed informational materials, inspiring documents and cassette tapes, etc. That table was empty by the end of the evening! Early evening we gave a Free Stop Smoking Seminar and reinforcement CD to attendees. One young woman was on leave from Iraq who wanted to stop smoking so she could run better and longer as part of her physical fitness routine. She brought her mother who was so glad to have a partner in her quest to stop smoking. We all gave the young lady our thanks and blessing plus a big round of applause as she left a non-smoker clean fresh air breather one day at a time for the rest of her life! There were 2 speakers every 45 minutes from 10:00 am till close at 9:00 pm. During this time frame we had close to 100 participants. This all took place at the Bloomfield Open Hunt Club in Bloomfield Hills, MI USA, hosted by Kim Manning and crew. In preparation for WHD: we notified all of our graduates from the past three years via email. Many of them

Continues on page 26 ...

Body Imaging Device® Workshop – B.I.D. Certified Instructor: Robert Otto

Participants of this class will receive professional training modeled after scientific research spearheaded by Professor Rong-Seng Chang of National Central University, Institute of Optical Sciences, Chung-Li, Taiwan

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- 4) How to increase your resonance energy using hypnosis

This class unveils a new detection tool that monitors the body's response while in a hypnotic state. Using the Body Imaging Device® allows you to gauge the hypnosis energy state, and it's scientific, repeatable measurement in 'real time'. You will see the 'real time' image of the fringe vibrations in the body in varying states of hypnosis.

You will also see various patterns that help you determine how the client vibrated, how your energy transmitted, and how the energy transmitted between you (the hypnotist) and the client. By using 'real time' image of the interference fringe on your client's body you can see how your suggestions (either the linguistic wave or energy waves) are transmitted to your client.

According to the analytical curves of the body vibration, you can alter your delivery of suggestions to get more effective hypnotic results. This class presents a non-invasive, non-contact measurement of three dimensional meridian energy forms. The dynamic changes in the hypnotic state by applying image technology of the Body Imaging Device® is the analysis tool of the future.

The real advantage of this new method lies in the ability to achieve whole field monitoring and quick response, especially in the hypnosis analysis. While in the hypnotic state the muscle's acupoints vibrate (and are visible) in different parts of our body. The invention of the Body Imaging Device® shows micrometer (skin vibration) curves in real time. According to these curves the different hypnosis levels can be viewed and tells the hypnotist when to move on to the next state or level. The curves tell us if the client was or was not hypnotized, and if so what level was achieved.

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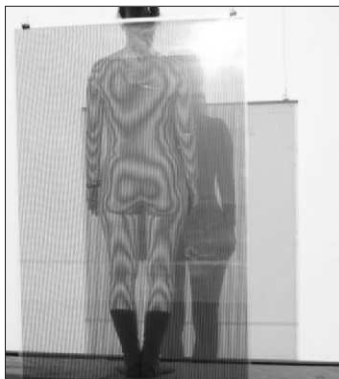
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B.I.D Patent Pending

MASTERMIND Continues from page 15 ...

the subject into agreement is a naïve one.

My assertion to how covert hypnosis and speed seduction may work is probably more in line with the truth. I believe that any success a person using these “covert techniques” finds is actually because they themselves are hypnotized. They are operating on a suggested belief that they have a secret weapon for success. This is strengthened by the fact that they are already accepting of the idea that hypnosis works; otherwise, they wouldn't be using it as a secret weapon. In this self-hypnotic state which they induce by studying the techniques and then anchoring each time they enter an area in which they are going to use those techniques, they will exude confidence and self-assured ease. This in turn makes the “seducer” more attractive either in a personal or business framework. People will always respond more openly and accepting of someone with confidence and an air of calm and ease. This is what actually makes the technique effective, but it is not effective for the subject being seduced, it is effective for the practitioners who have successfully hypnotized THEMSELVES covertly. Interestingly enough, if this is indeed what takes place, the term “covert” is no longer accurate and it also destroys the argument that anyone, including the seducer is being hypnotized against their will, because the goal was always to use hypnosis to entice/seduce/persuade and they have done exactly that. It just happens to be SELF-HYPNOSIS.

So in the framework of hypnosis, we must all recognize that hypnotic phenomena can be found in many aspects of life. It can be recognized as factors in establishment and metamorphosis of social norms, political and religious beliefs, advertising and personal interaction. These are all influenced by degrees of persuasion ranging from simple advice to indoctrination, to even brainwashing in rare instances. The key to understanding the idea that “all hypnosis is self hypnosis” comes from first agreeing on what hypnosis is by definition. Then we must be wise enough to recognize that hypnosis may be found in persuasion, but persuasion is not hypnosis. Hypnosis may be found in indoctrination but indoctrination is not hypnosis. Hypnosis may be found in brainwashing, but brainwashing is not hypnosis. Elephants may be in the circus, but the circus is not elephants.

Social hypnosis, indoctrination, or any other terms that might be tossed around in discussion of whether or not a person might be hypnotized against their will, or to go against morals, ethics, or choice are interesting and spark very beneficial discussion and critical thought, but as ethical practitioners of hypnosis we must always be careful not to call an elephant, a circus. It isn't exactly true and it may PERSUADE people away from enjoying the circus for what it truly is.

*"CONGRATS on an outstanding convention!"
Thanks, Roy Hunter*

PLANNING A PROGRAM FOR SUCCESSFUL HYPNOTHERAPY

FOR LONG TERM SUCCESS PLAN PROGRAMS, NOT SESSIONS

By Philip Holder, PhD

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Philip Holder is president of Master's Center for Personal Development, an IMDHA Approved School Director and offers certification courses in the Philadelphia vicinity. Philip is a college professor and teaches Hypnotherapy courses at Bucks College.



ENHANCING CLIENT'S SUCCESS

In the past, many practitioners assumed, in error, that bragging they could solve a client's problem in "one easy session" somehow enhanced their image and credibility. I would suggest the opposite is true. Implying that hypnosis is a magic pill will more often than not cause the public to view hypnosis as a novelty rather than a true "profession." In no other profession do its credible members make claims of instant resolution to a problem. Physicians, chiropractors, lawyers, dentists, accountants, massage therapists, nutritionists, and all other wellness professionals recognize that helping a person to move forward is a process not an event. Why then would some in the hypnosis/hypnotherapy professions assume that we possess some higher "super-power"? To truly provide services that facilitate long-term development and/or change it is vital that we help clients progress via a well thought out therapeutic plan. For long term durable change it is essential that a hypnotist/hypnotherapist understand each client's goals, motivators, obstacles, belief system and most importantly, "Reward System" before hypnosis is ever induced. It is for that very reason we conduct the all important "intake" prior to an initial session. [Note: when I say intake I am not referring to an intake "form." A form can not be compared to a true intake. I am referring to a professionally conducted comprehensive one-on-one intake-interview.]

With each year that passes, public acceptance of therapeutic hypnosis continues to grow. In part, the increased acceptance is due to a growing trend in our profession to approach hypnotherapy in a more scientific, structured and professional manner. That is certainly essential if we as a professional community want the public to view hypnotherapy as a viable option for enhancing the quality of their lives.

THE CLIENT'S INVESTMENT

For a client to have long-term success he or she must be invested in the process. This investment is a combination of intellectual, emotional and financial investment as well as the willingness to invest the time and effort in accomplishing his or her goal(s). One important thing ... Never be more invested in a client's life than they are." Your client must accept the very personal responsibility that he or she has in the

process. I have an extremely high success rate. Part of the reason for that, I'm sure, is that I won't see someone that I think is not truly invested in making the changes they claim they want to make. Doing otherwise would be a formula for failure.

When working with a client, look for that person's individual level of motivation and discover the real underlying reasons they want to make change. This can be accomplished to some small extent on an initial phone call but is developed to its fullest potential during the intake. Ask the right questions. Getting the right answer to the wrong question is of no more value than getting the wrong answer to the right question. For example, on an initial phone contact, getting solid information is particularly important when one person is calling on behalf of another (e.g.: I'm calling to find out about hypnotherapy for my sister). I want to know ... Why the perspective client is not calling personally. Does the perspective client, want to stop smoking or does the sister want her to stop smoking? If I feel a perspective client is not really ready to make change I have no problem telling someone that they should return when they truly want to make a change. The structure and protocol of the services you provide, even before the actual hypnosis/hypnotherapy takes place, should reveal levels of motivation and create higher levels of client investment. As well, detecting initially how serious the prospective client is in accomplishing their goal is important. That knowledge provides you with valuable information pertaining to that perspective client's readiness.

PROGRAM STRUCTURE WORKS

What has worked well for me is using a 3-session program format. Even for rudimentary meat and potatoes work such as basic stress management, smoke cessation and weight management, we structure sessions in a minimum 3-session program. The program is paid for in total up front. This provides an environment where the ultimate long-term success rate is substantially increased (Investment). This benefits both the client and the reputation of the office thereby leading to additional referrals.

Perspective clients are told that we provide programs rather than individual sessions. They are provided with an estimate of how many programs they will likely need. For

Continues on page 20 ...

example, for a smoker (with no additional issues in play) we would normally tell the prospective client that they would be seeing us for one program (or 3 sessions). For an adult with long standing issues of fear or anxiety stemming from perhaps childhood abuse issues, or some other serious matter, we might advise the client that they would probably be with us from between 1 to 3 programs depending on the rate and degree of progress seen at the end of each 3-session cycle. Clients are told that after the third session (end of Program 1) they will be evaluated to see if they need to return and, if so, what the frequency would be for the next program cycle.

SESSIONS WITHIN THE PROGRAM

We advise new clients that we will need to set aside approximately 2 hours at the first session and that although we may not actually need the full 2 hours we want to have it available in the event we do need it. They are told to set aside an hour for subsequent follow-up sessions.

The first session includes the following:

1. Filling out of necessary forms
2. "Non-Refundable" Payment for the entire 3-session program is collected
(Goes to investment and commitment)
3. The Pre-Talk (To the client refer to the pre-talk as a preliminary consultation)
4. A comprehensive one-on-one intake from which information is gathered to develop suggestions specific to the client's individual needs.
5. Hypnosis/Hypnotherapy session
6. Emerge
7. Waking hypnotic Suggestion
8. 10 minute transitioning period

The Second Session:

1. Mini Intake to access the client's progress between the first and second session with the goal of acquiring information to fine tune this session and subsequent sessions.
2. Hypnosis/Hypnotherapy
3. Waking hypnotic Suggestion
4. 10 minute transitioning period

The Third Session:

1. Mini Intake to access the client's progress between the second and third session with the goal of acquiring information to fine tune this session and any subsequent sessions.
2. Hypnosis/Hypnotherapy
3. Waking hypnotic Suggestion
4. 10 minute transitioning period
5. Client evaluation

BENEFITS OF USING PROGRAMS

We all want clients to be successful. Well designed

"programs" provide an opportunity to methodically work through issues with a client and to make adjustments that further enhance the client's level of success as you move through the process together. For example, if a client were to come for "1 session" (instead of a program) and for whatever reason was unsuccessful after that 1 session, they will likely not come back for more sessions. As well, they are not likely to tell their friends, family and acquaintances how wonderful hypnosis is. To the contrary, if anything they would probably say, "That hypnosis stuff doesn't work". With the prior understanding that they are enrolling in a program and having paid for the program in advance, they will complete the program and have durable success.

As well, during the course of each program you will be able to glean information about additional needs the client may have that you could be helpful with. This increases the potential for additional programs with the client for other areas of personal development.

During a multiple session program you have greater ability to establish rapport, to motivate, create expectation, enhance imagination and further develop all of the other essentials to success. You will "learn your client" and therefore have a greater ability to communicate with and understand your client's goals and motivators. You have the ability to fine tune and adjust for changes in the client's perspective and to modify your approach as additional information surfaces.

Certainly there are cases where a person, for example, stops smoking forever after one session. That is not, however, the general rule. We completed a research project in the late '80s with one group of subjects completing one session and the other group completing a 3-session program. We tracked the people for almost three years. The group who completed the 3-session program had a far greater long-term success rate than those completing only one session. Whenever someone tells me that they do one session with clients and that their clients stop smoking (for example) forever, my first question is always ... How many clients have you actually tracked over a period of years so that you know that to be factually true? To date I have only gotten blank stares from that question.

CONTINUED REVENUE

The therapeutic use of hypnosis certainly comes under the heading of "Brief Therapy." Especially when compared to most behavioral change modalities. In order to grow your practice it is important to develop new clients. It is also important to find other legitimate areas in which you can continue to help existing clients. A 3-session program provides you with additional time to explore other ways that you can help your client. For example, a client who comes to you to stop smoking may at some point indicate that he or she is experiencing a great deal of stress for whatever reason. It is to both your and your client's advantage to bring up the idea of a stress management program after he or she completes the current program.

Continues on page 22 ...

2008 AWARDS WERE PRESENTED TO THESE OUTSTANDING IACT/IMDHA MEMBERS



**IACT: CHAPTER OF THE YEAR
SANDRA LANDSMAN**



**IACT: EDUCATOR OF THE YEAR
SANTIAGO ARANEGUI**



**IACT: LIFETIME ACHIEVEMENT
A.M. KRASNER**



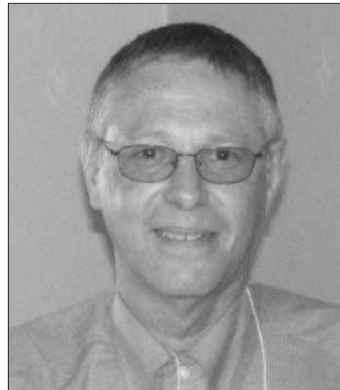
**IACT: INNOVATIVE THERAPY
RONG SENG CHANG**



**IMDHA: FELLOW
KIM MANNING**



**IMDHA: FELLOW
DANIEL CLEARY**



**IMDHA: PEBBLE IN THE POND
CARM BALCCIONAIRE**



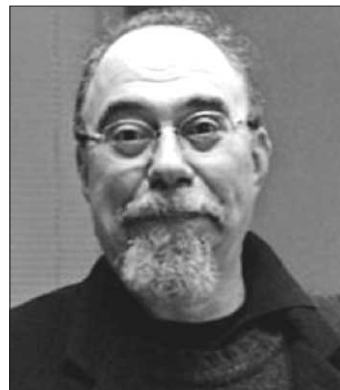
**IMDHA: PEBBLE IN THE POND
CONRAD ADAMS**



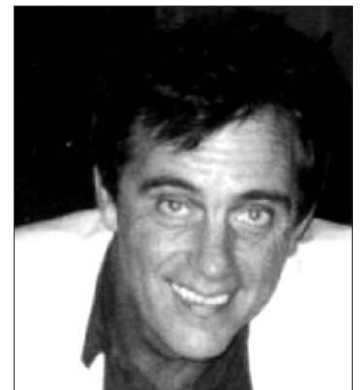
**IACT: DIPLOMATE
JAMES DUNCAN**



**IMDHA: DIPLOMATE
DAVID KATO**



**IMDHA: EDUCATOR OF THE
YEAR – MICHAEL ELLNER**



**IMDHA: EDUCATOR OF THE
YEAR – DAN CLEARY**



NURSING AND HYPNOSIS: A PERFECT COMBINATION

By: Ron Eslinger, Captain USN Retired – RN, CRNA, MA, AP, BCH, CMI, FNCH
Owner, Healthy Visions Hypnosis & Wellness Center, Oak Ridge Tennessee

Ron Eslinger United States Navy Retired is a Registered Nurse from St Mary's nursing school. He is an internationally renowned speaker, presenter and television personality. His published articles on hypnosis can be found in medical and hypnosis journals. Ron is a member of IMDHA.

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In her book, Notes on Nursing, published in 1859, Florence Nightingale said, "Volumes are now written and spoken upon the effect of the mind upon the body." She discussed in detail how nurses should help patients vary their thoughts. Florence Nightingale was more in tune with complementary therapy in 1859 than most nurses and physicians are today. She spoke at length in her book on the benefits of music, color, aroma, physical activity, fresh air, and exercise. She understood the power of words and how using hypnosis to help patients change their thoughts helped them heal.

Another nurse, Alice Magaw, a pioneer in nurse anesthesia wrote an article in 1906 titled, A Review of Over Fourteen

Thousand Surgical Anesthesias. The anesthesia death rate was one in one hundred anesthetics at the time. In the article she states, "In 14,380 anesthetics given by me, I have yet to see a death directly from the anesthetic." Magaw wrote that, "Suggestion is a great aid in producing a comfortable narcosis and the subconscious or secondary self is particularly susceptible to suggestive influence." When patients were told what to expect and how to respond, the amount of stress was decreased to such an extent that she was able to use only 10 percent of the normal anesthetic dose. Many anesthesiologists and thousands of nurse anesthetists use hypnosis as a part of their anesthesia. Blue Shield of California reported in a research study that patients listening to guided imagery and hypnosis CDs prior to surgery saved Blue Shield an average of \$2000 for each surgical patient. Makes you wonder why hospitals don't offer this service to their patients, doesn't it?

Hypnosis is an altered state of consciousness. Patients entering hospitals, clinics or physician's offices for procedures are in an altered state, which makes them more susceptible to suggestions by health care workers. No health

Continues on page 23 ...

PLANNING Continued from page 20 ...

GO FOR THE LONG HAUL

Be fair to yourself and to your client. Winging it or reading from a script isn't the answer. Take the time to help them through a quality process leading to long term success. Learn your client and develop a plan to facilitate their success. The referrals from satisfied clients alone will make it well worth your time and effort in structuring client programs.

"I've been speaking at conferences for 10+ years and this conference was the most fun I have ever had. The hotel was great, the people in attendance were great, everything was great!"

*~ Melissa J. Roth, Ph.D.
Alabama Hypnotherapy Center*

"I am so thrilled with your efforts in the field of hypnosis. We, in the hypnosis field and the general public will benefit so much by your leadership and professionalism you are contributing to the field. The world needs the fruits of your efforts to help improve the quality of life, particularly in these times of stress and so many more health issues. You are affecting the quality of life for both hypnotists and the general public.

Thanks so much, to you, Robert, your staff, and the organizations you are directing.

More than that, I appreciate having quality people like you, making our profession progress on such a sure and definite path."

~ Carm Blaconaire

care worker spends more time with the patient than the nurse; therefore, it makes sense that hypnosis and nursing are a perfect combination.

Nurses trained in hypnosis greatly enhance patient satisfaction and outcomes because they understand how to use positive and therapeutic language. Unfortunately, for every nurse trained in hypnotic techniques there are thousands who aren't. The nurse can say, "this won't hurt." The patient is only hearing the last word – hurt. Another nurse trained in hypnotic language may say, "Take an abdominal breath and think about your happy place. You will probably be surprised at how much more comfortable this will be than you thought."

You probably know someone who was told they had three months to live, or someone with pain being told they would have to endure it. Perhaps you've heard of a patient getting an MRI, being told it is dark, loud and scary in there, or when getting an injection being told to hold still, this is going to hurt. There are thousands of small comments that can greatly affect a patient's response. That response will be either positive or negative. It is the nurse's responsibility to know the difference between negative toxic language and therapeutic positive language.

An elderly lady, during her first cataract operation, was told to hold completely still or her eye could be damaged. She refused to have the second cataract replaced, because she was afraid she would move and the eye would be destroyed. To counteract this, she was given a self-hypnosis CD and the nurse was instructed to tell her that she would hold her hand and it was okay to move if she let the nurse know ahead of time by a squeeze of the hand. Her second surgery went without incident.

Of all professions, nursing is the most trusted. This is because nursing care is based on rapport with the patient. For the nurse, rapport is gaining trust and confidence. For hypnotists, rapport is a light stage of hypnosis in which the client or patient accepts suggestions. Research shows that when rapport (hypnosis) between the patient and the health care provider is optimal, the healing process is enhanced. According to *The New Medicine*, which aired March 2006 on PBS, the Public Broadcasting System, many medical schools are making a course in bedside manner (rapport) mandatory. In the same manner that Alice Magaw used the extraordinary benefits of hypnotic techniques with her anesthesia, all nurses can achieve the same benefits by understanding how they already use hypnosis as a nursing tool.

Unfortunately, as many nurses and nurse anesthetists talk to their patients, they are not aware of how their words impact the patient in their hypnotic rapport state. Words can be toxic or therapeutic, therefore to use hypnosis, suggestion and rapport effectively, it is important for the nurse to understand that a simple question can have either a positive or negative effect on the patient. For example: "How bad is your pain?" is suggesting there is pain and that it is bad. JCAHO 2000

standard states all patients are to be asked their pain scale. At Beaufort Naval Hospital, instead of asking, "What is your pain level?" health care workers ask, "What is your comfort level?" A different perception gives a different physical response which in turn has shown to actually lessen the patient's pain.

'BEING" Continued from page 4 ...

any other part of their body until they actually felt a pulse or some heat in their scalp. I'd then have them move in three-inch increments down their body – their forehead, face, neck, etc., until they got to the soles of their feet. They were then urged to feel as if they were living in each section of the body upon which they were concentrating at any given moment. Then they were to become aware of their ears, their shape and structure. I'd say something like this, "Imagine living in your ears. Become aware of every sound, its origin and direction. Become aware of any moment of silence." I'd then have them imagine living in their nose, becoming aware of any smells or odors around them, increasing the smells, then decreasing them. Then they were to isolate each smell, and then try to smell everything collectively. Following this, the same process was repeated with their mouths and eyes.

Breaks in this kind of a workshop were few. Rather, I'd have the participants do extra relaxation exercises including, "deep abdominal breathing," the "Rag Doll," and the "Gravity Exercise." During the deep breathing, the class would lie down and begin breathing slowly, deeply and rhythmically, and imagine that their body was hollow and being filled up with air completely.

In the "Rag Doll" exercise, the participants would stand with their arms at their sides imagining that there was a heavy weight on the top of their heads that was pulling them down towards the floor, continually dropping very slowly, until they had to bend their legs. I'd then have them bend their knees and continue moving towards the floor gradually becoming limper and limper until they gently crumbled on the floor. During the "Gravity Exercise" the group would lie down on the floor and become aware of their weight, slowly exaggerating the weight until it was impossible for them to lift their arms and legs off the floor. This was usually followed by repeating the deep breathing and the "Rag Doll Exercise."

Exercises such as these can help a therapist get better focused and centered. They can also help get rid one of a lot of the excess baggage that is often needlessly carried into the therapy room.

Are You Interested In Forming a Chapter In Your Area?

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**RON
ESLINGER**

Captain Ron Eslinger, United States Navy, Retired is a Registered Nurse, graduating from St. Mary's nursing school Knoxville, TN (1970). He completed Nurse Anesthesia training at the University of Tennessee in 1974, Certified as a Registered Nurse Anesthetist in 1975, Certified in Hypnotherapy in 1978. He received his BS degree in Professional Arts from Saint Joseph's College in Wenham, Maine, and his Masters

Degree in Foreign Affairs for National Defense and Strategic Studies from the United States Naval War College, Newport, RI in 1994. Ron is past President of the Virginia Association of Nurse Anesthetists and President and CEO of the American Association of Moderate Sedation Nurses. Ron was nominated by the Navy to represent the Department of Defense on the National Institutes of Health's Committee for Complementary and Alternative Medicine. Ron is an internationally renowned speaker and presenter who has appeared on TV, radio and continues to publish many articles on hypnosis in medical and hypnosis journals in addition to a monthly Tennessee magazine article. He is the owner of Healthy Visions Hypnosis and Wellness Center, Oak Ridge, Tennessee.

BIOLOGY OF PERCEPTION AND SAS

Stress - Anger - Sleep

SATURDAY AM SESSION (9-1)

The objective of this workshop is to identify the components of the SAS Cycle – its cost, implications and treatment. We will discuss how perceptions rewire the brain which in turn changes the behavior. Stress is the underlying component in over 80 percent of anger and sleep disorders. Sleep deprivation is considered torture by amnesty international and the Geneva Convention yet millions of Americans torture themselves willingly. Anger and PTSD are directly influenced by stress and lack of sleep. The legal system is now sentencing SAS related offenders to parenting and anger management classes. You can become a part of this lucrative system. This workshop gives you the tools.

Hypnosis, meditation and guided imagery are the most effective tools for overcoming the problems influenced by stress, anger and sleep deprivation. This workshop gives you the blueprint and building blocks to:

Work effectively with stress, anger and PTSD

Set up your SAS programs

Market using forms, letters and brochures made available

Write SAS scripts and use scripts that are included in the workshop

This workshop is a turn key operation. All you need is made available at no extra cost.

This workshop helps you create the thought that changes your brain to change your behavior toward creating your success.

Dan Cleary is an internationally recognized, certified Hypnosis Instructor and a certified Master Practitioner of NeuroLinguistic Psychology. Teaching Hypnosis and Hypnotic Techniques throughout the United States and Europe to Doctors, Psychologists, Therapists and other Hypnotists, his specialties include Pain Relief and Personal Transformation.



**DAN
CLEARY**

Dan is the founder of Hypnosis for Health Learning Center International and the Palm Beach Hypnosis Group. He is editor and publisher of The Link, a magazine connecting the community of the Healing Arts and author of the successful client guide, Little Book Of Change; a Primer to Hypnosis. His new book, Changing Pains, is celebrated as going way beyond conventional 'Pain Management' and advanced hypnosis training. Many of his articles and hypnosis scripts have been published in the journals of national Hypnosis organizations, books and magazines. He is well know for specialty courses in Pain Relief, Hypnosis Certification, Creating Change, Comfortable Childbirth, Regression Research, Developing Intuition and Effective Therapeutic Language. Dan recently

had the privilege of presenting a program during PainWeek 2007, a mainstream medical conference as one of only eight Course Directors featured.

INTRODUCING CHANGING PAIN The Program that Changes Lives

SATURDAY PM SESSION (2-6)

Based upon the book, CHANGING PAIN - Relief is Realistic, this program will change the way you assist your clients and enhance the way you live your life as well. Many excellent hypnotists who already know about Dan Cleary's, LITTLE BOOK OF CHANGE - A Primer to Hypnosis, will want to participate in this program, because this new 'little book' addresses pain relief in the same clear, concise way. Take this opportunity to learn from a person who lives with chronic pain. Other programs will teach you modified medical models, while Changing Pain developed from personal experience and over twenty-five years of assisting clients. Learn the difference between pain and suffering, and begin to recognize the experience of chronic conditions from a new perspective.

You will learn about:

- The Ten Percent Solution
- Chronic Identity
- Pain Times Three
- Effective, Eyes-Open Trance
- When 'Healing' Won't Work

"Changing Pain, offers straightforward, easily accomplished strategies to lessen suffering, while providing effective methods to improved quality of life." – B. Eliot Cole, MD, MPA, Executive Director, American Society of Pain Educators

Paul Aurand is the President and lead trainer of The Michael Newton Institute for Life Between Lives Hypnotherapy. He is the Founder and Director of the Holistic Healing Center in New York City and has over 30 years experience as a healer, hypnotherapist and counselor.

Based in New York City, Paul Aurand, MHT is a dynamic educator, an award winning Master Hypnotherapist and Certified Hypnotherapy Instructor and trainer who has worked in the field for over 30 years. He has been honored as both "Therapist of the Year" and "Hypnotherapist of the Year."

Mr. Aurand teaches and lectures widely in Europe, North and South America, Australia, Africa and Japan. He has been featured on both radio and television for his unique work with The Body Wisdom Process - a synergistic combination of hypnotherapy, interactive guided imagery and healing touch.



**PAUL
AURAND**

EXPLORING AGE, WOMB AND PAST LIFE REGRESSION

Experience a healing journey back in time

SUNDAY AM SESSION (9-1)

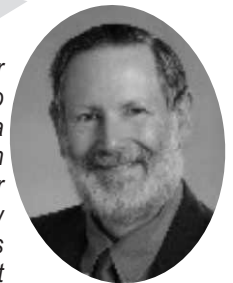
In this dynamic presentation you will learn the specialized induction, deepening and facilitating techniques necessary for conducting deeply therapeutic age and past life regressions. You will observe a live regression demonstration and conduct or experience your own past life regression.

Presenter Paul Aurand, MHT, specializes in past life and life between lives regression therapy. He is the president and lead trainer of the Michael Newton Institute for Life Between Lives Hypnotherapy. Paul has conducted thousands of past life regressions and teaches PLR and LBL throughout Europe, Australia, and the United States.

Some of the topics we will cover are:

- Facilitating a Regression
- Moving through time
- Visiting childhood and womb
- Using healing Interventions
- Recognizing therapeutic opportunities
- Exploring patterns from the past
- Renewing or releasing contracts, promises and agreements
- Discovering soul's purpose and life lessons

Come with your own questions about relationships, health, finances, fears or patterns in your life.



**ROY
HUNTER**

C. Roy Hunter, is the only hypnotherapist ever granted authority by the late Charles Tebbetts to certify other hypnotherapy instructors. He is a presenter who has taught professionals on both coasts as well as abroad, and is a regular contributor to several hypnosis journals. Roy started practicing hypnotherapy in 1983, and has been teaching professional hypnotherapy at Tacoma Community College in Tacoma, Washington, since 1987. His current experience includes working with terminal cancer patients for the Franciscan Hospice in Tacoma. Roy was personally trained by the legendary late Charles Tebbetts and has written several books on the subject, including *The Art of Hypnosis*, and *The Art of Hypnotherapy*. His latest book on parts therapy, *Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy*, was published by Crown House Publishing in the spring of 2005. Roy was inducted into the International Hypnosis Hall of Fame for his written contributions to the hypnotherapy profession, and has received numerous other professional awards for his work.

HYPNOSIS FOR INNER CONFLICT RESOLUTION Introducing Client-Centered Parts Therapy

SUNDAY PM SESSION (2-6)

How can you effectively help clients who struggle with inner conflicts? Someone strongly desiring to attain a goal, but who also experiences self-sabotage, may be a prime candidate for PARTS THERAPY. Often using different names, others emulate this profoundly beneficial technique taught and practiced by the late Charles Tebbetts. Competently facilitated, parts therapy often helps people get past barriers when other techniques are insufficient. However, there are pitfalls that must be avoided in order to maximize results for your clients. This 4-hour workshop covers the essentials of the entire parts therapy session from start to finish, and is packed with substance! Roy Hunter, your facilitator, is the published author of two hypnosis texts based on the teachings of the late Charles Tebbetts, as well as *Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy* (Crown House Publishing, 2005). All who attend will receive a participant workbook.

participated and learned from the various presenters. We helped Scott Cooper prepare for his event in his hometown. He will fill you in on those details. Due to the cooperation of IMDHA and IACT members we can say with pride, WHD 2008 was a Smashing Success here in Michigan USA.

From **Jim Duncan** our mentoring IMDHA Chairman: Michigan had a great WHD EXPO Kim Manning, Walter Rosenblum, Pauline Rzepecki and Henna Husain did a great job putting the event together. We had vendor and information tables set up beginning at 9:00 am. Two lecture rooms going at all times from 10:00 am to 8:00 pm. I was scheduled to give a 10:00 am group smoking cessation session but ended up with a room of hypnotherapists so we instantly changed the lecture to explain my program for Single Session Smoking Cessation. (You have to be ready to wing it.) I also presented an 8:00 pm group weight management session, which was received with great enthusiasm and as a result have already heard from five new clients that were in attendance to work on other issues. We should also be finding some new members in the Formal Mentoring Program as a result of the event. Other presenters for this daylong event were, **Kim Manning, Diane Youngson, Don Lee Fuller, Hena Husain, Pauline Rzepecki, Jill Grenevitch, Jeff Papadelis, Robert Kirk, Carol Harper, Anne Spencer, and Jerome Beacham.** For a first time event, it was a great success and we have already started discussing next year.

Kerry Skiffington from Vermont writes: I gave a general talk Friday at the state office complex in Waterbury. There was a good turn out and my entire supply of Dan Cleary's Little Book of Change vanished, ... and I've had calls and appointments as a direct result. One is a gentleman that I am told is in contact with the hospital clinicians – YES!- due to

come in to divest himself of snoring. I did a free workshop at the Parent-Child center, a non-profit organization supporting unwed moms and dads and their children in the pre-school years. So the audience was 16- to 23-year-olds, some at risk. Quite a different demographic for me. The counselors are interested in smoking cessation and weight control for their clients, so we're working on some future workshops for them. Not having any experience beyond the standard, American sit-com kind of solutions offered for their woes, they were blown away by the lemon script. It was GREAT fun; we sat around talking on floor cushions and they laughed very easily. Also teaching a 4-week evening workshop in Self-Hypnosis at Middlebury College, just down the road – a nice mix of college staff and students. But for me the biggie was a column written by Chris Bohjalian in the Vermont's largest newspaper: *The Burlington Free Press*. Chris is a novelist that may be familiar to folks: his "Midwives" was a selection of Oprah's five to six years back and his stuff is translated into many different languages. He lives in my little town and writes a regular column called 'Idyll Banter.' He has quite a following and his is a very credible endorsement. This url will get you there (I don't know how to make it a link): www.burlingtonfreepress.com/apps/pbcs.dll/article?AID=/20071230/COLUMNISTS03/712\300301/1004

Now ... if we could just get some snow. Cheers, Kerry
Al's Behren's client, Nichole, shown on MTV's program True Lives. The show aired on Jan. 5th – one day after World Hypnotism Day. It's about three people living with panic attacks. Go to the MTV website - they have the full episode online! The link is: <http://www.mtv.com/overdrive/?id=1579316&vid=202443> MTV did something for Hypnosis. We got the word out to younger people (20 to 35) that Hypnosis works.

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THE FUTURE OF DENTAL HYPNOSIS IS NOW!

By: Sue Hull

Sue Hull is a Registered Dental Hygienist, graduating from the University of Nebraska Medical Center College of Dentistry. Sue maintains membership in both IMDHA and IACT. She is Moderator of the IACTMembers Bulletin Board, an IMDHA Approved School Director and Chapter Leader.



I am so excited to pass the following information on to you all!

Those of you who have taken dental hypnosis classes from Scott Sandland and I over the past months and those who were at Robert Otto's IMDHA/IACT Conference Keynote Address know that Scott and I have been approved to teach a dental hypnosis class to dental professionals by the American Dental Association. Participants will receive 16 hours of credits through the ADA and will be exposed to modern dental hypnosis in a big way.

I have attached the information from the class website which also includes where dental professionals can go to register for the class. We already have dentists registered and it is important to all of you to have a full class in August in Newport Beach, CA. Once this first class is taught we can schedule others throughout the country (coming to a dental office near you!).

Just think of all the ways this is important to us as hypnotists! The American Dental Association says that Dental Hypnosis is worthy of 16 hours of continuing education. More dental professionals in your area are taught to use hypnotic principles in their practices and to work with well trained dental hypnotists.

When you realize the sheer number of people you can help with appropriate dental hypnosis you will know the magnitude of this break through! - 10 percent of adults in the United States have NEVER been to the dentist because of fear! One-third of adults who HAVE been to the dentist at least once in their lifetime are "profoundly" afraid of the dentist. 60-70 percent of all dental patients have some form of problem with their TMJ (joints of their jaws). Then add in the numbers of people we can help with dental pain relief as well as pain prevention. Add to that the need for relaxation and stress relief for all the dentists and their staff members who are involved with these people and the numbers become too big to add up. This really only scratches the surface of all the areas in which we can help in the dental field.

Once dentists and hygienists learn why and how to work with well trained dental hypnotists, the next question they ask

I belong to several hypnosis and non-hypnosis organizations. However, in my heart I feel that IMDHA is my home. Thanks."

~ Tim Brunson

is, "Where do I find someone like this to refer to or to work in my office?" That's where our classes for certifying dental hypnotists come into the picture. We will be teaching those classes in the cities where the trained dental professionals practice. When you have dental professionals from your area who take the ADA class, that will bring the certified dental hypnotist class to your area.

So please pass the information on to dentists and hygienists who might be interested in making their personal and professional lives less stressful and more fun filled. Start by talking to YOUR dentist and hygienist. This can be a great talking point to open the door with them about what you do and the possibilities of how you can complement their practice.

Thanks for sharing in my excitement and thanks in advance for your help. The future of Modern Hypnosis is before us and Dental Hypnosis is a big player in that future!

For information on ADA classes, contact
Sue@mindyourpotential.com

"I just attended the conference in Daytona, & feel as though I need to comment on what a wonderful job Bob & Linda did on the planning & the follow through. It was very informative & keeping with the new thoughts, ideas, & trends in our profession. I enjoyed meeting & talking with many new people. Also, as an RN for 24 years, a CHT. for 6 & EFT Practitioner for 5 years, out of all the classes & seminars I have been to, I feel as though the pain management class post conference, was the very best I have ever had the pleasure of attending. Not only was it informative, but Michael & Dan made it fun & interesting along the way. They are both to be commended. I brought home many new skills for my clients, some of which I am already using on myself. Thank you all so much."

*~ Margaret Arthur
Cincinnati, Ohio*



THE ART OF HYPNOTHERAPY

THE FIVE PHASES OF HYPNOTIC REGRESSION

© 2008 by C. Roy Hunter, M.S., FAPHP

Primarily based on Chapter 7 of *The Art of Hypnotherapy*, 3rd Edition

C Roy Hunter teaches workshops on parts therapy all over the world. He practices hypnotherapy in the Pacific Northwest region of the United States. Roy carries on the legacy of his mentor, the late Charles Tebbetts and is an IMDHA member.

How often have you employed hypnotic regression to help a client discover and release the core cause of a problem? When you first learned about hypnotic regression, did you have a good book available, and/or other reference materials?

This series of articles on regression will reveal my recent updates that appear in my third edition of *The Art of Hypnotherapy* (2007, Kendall/Hunt Publishing), scheduled for release in June of 2008.

To make it easier for hypnosis professionals to learn and employ hypnotic regression, I have organized the various steps of a regression session into five phases, summarized below.

Phase 1 is client preparation, normally done during the pre-induction interview and/or the previous sessions. Preparation also includes an appropriate induction and other hypnotic procedures before employing a regression technique.

Phase 2 involves the actual regression techniques: guiding the client back into time in his/her mind, like imaginary time travel, in order to discover the cause(s) of a problem the important second hypnotherapy objective. (We also need to know how to keep a client in the regression once we discover the primary cause, as well as understand the difference between leading and guiding.)

Phase 3 of hypnotic regression involves techniques to facilitate release. This includes facilitating abreactions, which will pave the way for emotional clearing or release the important third hypnotherapy objective. Gestalt techniques often help immensely when combined with regression therapy...but the wise facilitator confirms subconscious release in the client's peaceful place before moving on.

Phase 4 follows the third one, and accomplishes the fourth hypnotherapy objective: subconscious relearning. After asking the client to verbalize his/her new understanding, the hypnotherapist enhances this understanding with appropriate suggestions and imagery.

Phase 5 is the conclusion, which may include additional suggestion and imagery for general well-being, a slow awakening, appropriate debrief with the client, and scheduling follow-up as appropriate.

Note the inclusion of all four hypnotherapy objectives in the above phases of a regression session. These objectives were covered in previous articles. In case you missed this

material, you may read it for free at my website. Go to: www.royhunter.com/hypnosis_articles.htm and click on "The Four Cornerstones of Successful Hypnotherapy."

Before exploring the phases, let's discuss the important differences between guiding and leading, which all hypnotherapists should understand before ever employing hypnotic regression.

Guiding vs. Leading – Although many clients may immediately jump into descriptions of events, some may require guiding especially if the regression is to remember forgotten details when the specific goal is for conscious memory rather than for release and emotional clearing. In either case, it is vitally important that we understand the difference between guiding questions and leading questions. Increasing numbers of professionals experienced with hypnosis recognize the importance of guiding rather than leading.

Questions that are leading the client into preconceived conclusions are very dangerous, and can result in creating fantasies that the client can mistake for real memories! This is called false memory syndrome. For example, let's assume a client is describing a scolding from a parent. A guiding question would be non-specific, such as asking, "What's happening now?" or "What do you see, hear or feel?" An improper leading question would be, "Does Daddy spank you?" The way this latter question is phrased will very likely cause the client to fantasize a spanking even if it never took place!

The danger of false memories – The danger of false memory syndrome is very real! If said hypnotist is not extremely careful in how the questions are asked, the memories could easily be embellished and/or distorted in a way that could damage other people greatly (Sheflin & Shapiro, 1989). This danger is so real that testimony recovered by hypnosis from a witness in court will cause that testimony to be thrown out (Zimmerman, 2003).

The biggest danger is in how the questions are phrased. This determines whether they become leading questions instead of guiding questions. DO NOT suggest what you believe is happening rather, let the client tell you his or her perception! Memories can become distorted even by a seemingly innocent question like: "Is your father sitting at the

Continues on page 29 ...

table with you?" It's almost like the law of reversed effect: if I tell you not to imagine a dog, did you imagine seeing one? ... or did you hear the barking instead? Maybe you imagined petting a dog. See how easy it is to create fantasy? During a hypnotic regression, the fantasy can easily become mixed with reality.

The risk of false memories is very real (Durbin, 2001). Unfortunately the mental health community remains divided over this issue (Yapko, 1995). If you have concerns and/or doubts about false memories, I strongly suggest that you read Chapter 22 of Yapko's book, *Essentials of Hypnosis* (1995, Brunner/Mazel). You will also find some important information relating to hypnosis on Marx Howell's website (Howell, 2007).

The best way to avoid the temptation to lead a client is to be extremely careful to remain objective and unattached to the outcome! By "diagnosing" or forming a preconceived opinion in advance, and then asking questions during a hypnotic regression to validate that diagnosis or opinion, a therapist could easily end up talking about the case in a court of law. This is one very important reason for the hypnotherapist to refrain from diagnosing, even if he/she is licensed to do so.

Remember that a person in hypnotic rapport wants to please the hypnotist, and therefore becomes more vulnerable to any suggested fantasy even if the "hypnotist" is a mental health counselor without any training in the art of hypnosis. Even during the pre-induction interview, a trained hypnotherapist should watch for signs of early trance, and avoid leading questions if this occurs.

Understanding the difference between guiding and leading questions is so important that Chapter 7 of *The Art of Hypnotherapy* includes a portion of a session with a client who said that he had hidden some money while sleepwalking. Space does not permit me to reproduce it here, so let's move on to Phase 1.

Phase 1: Client Preparation – This first phase of regression therapy is just as important as the regression itself. Without proper preparation we might not attain the desired results.

First of all, remember that hypnosis does not guarantee client veracity; so enough rapport and trust must be built during the previous sessions and/or the pre-induction interview to make it as easy as possible for the client to tell the truth. When we adequately accomplish the above, we may improve the probability of success by following the other steps of preparation:

1. Give pre-induction discussion.
2. Choose and use appropriate hypnotic induction for client.
3. Deepen to at least medium depth, using convincers if necessary.
4. Establish (or reconfirm) peaceful place.
5. Establish (or confirm) Ideomotor response signals. (#4

and #5 may be reversed if desired.)

6. Verify hypnotic depth.

Give pre-induction discussion – Explaining the role of imagination is, in my opinion, just as valuable for regressions as it is for the progressions presented in the chapter on the benefits approach covered in my hypnotherapy text. Also, helping to build the client's belief and expectation before we use hypnosis may help convince him/her of the potential benefits of going back in time inside the imagination.

If there is any reason to consider regression therapy, I briefly describe a hypnotic regression before I ever hypnotize a client. I explain that in the imagination there is only NOW. Whether we are fantasizing tomorrow, remembering yesterday, or thinking about today, our subconscious reacts as though our fantasy is happening in the here and NOW whether it is fact, fantasy, or a combination of both.

I also ask the client if he/she has either heard or read anything about false memories. (Over 90% say "yes.") The mind does not always remember things accurately; rather, memories are stored on the basis of perceptions, and subject to distortions (Yapko, 1995). We can remember selected fragments of an experience and embellish them or combine them with other memories.

My brief discussion is that two children can give differing stories of the same event just minutes after it happens. Likewise, we don't always remember things with total accuracy, because emotions often alter our perceptions of emotional events. I want the client to realize that my objective is neither to prove nor disprove whether perceptions are valid memories or fantasies, because we respond to subconscious perceptions as though they are real.

My first objective is to discover the subconscious perception of the event that caused the problem, and then to simply help facilitate both release as well as new understanding (relearning), which are required for emotional healing. Since the perceptions of details of the past often differ from reality, one should carefully consider any potential consequences of laying blame on others for a client's presenting problem. Some clients may even respond to guiding questions with distorted memories of painful events; but if the client's goal is release rather than laying blame, it may not be necessary to distinguish false memories from the real ones. If release and relearning can take place, the client can still become empowered.

In light of this, the client must indicate a willingness to release the past and heal, or I might decline to initiate a regression; and instead I may recommend that they see a psychotherapist or psychologist. Remember that we cannot force someone to change; so if we encounter resistance, or if the client indicates consciously that an abuser is a present threat, suggest other professional help. Also remember the words of Charles Tebbets: "You could resist if you wanted to, but that's not why you're here ..."

Now let's discuss the remaining steps of the preparation ...

Choose and use appropriate hypnotic induction for client

– The best induction for most of your clients most of the time is the one you like best. Your confidence and competence with your favorite induction will come across subconsciously, and most willing clients will respond provided you have a good rapport. Nonetheless, no induction works with all the people all the time, so master several alternate inductions. Mental confusion techniques often work well with analytical clients (Hunter, 2000).

Deepen to at least medium depth, using convincers if necessary.

To review available techniques, refer to Chapter 6 of my text, *The Art of Hypnosis*, or any other credible basic hypnosis book.

Establish (or reconfirm) peaceful place – If you have already established a peaceful place in a previous session, guide the client back there and ask him/her to confirm being there. If the client does not have a peaceful place, help him/her to establish one.

Establish (or confirm) Ideomotor response signals– Refer to your original training notes regarding the use of finger response questions. Even if we have already established finger response signals in a previous session with a client, we should still confirm the same signals for the current session. If you have my hypnotherapy text, *The Art of Hypnotherapy*, you will find this information in Chapter 6...or you may read an abbreviated article on ideomotor response signals at my website: www.royhunter.com/hypnosis_articles.htm.

Verify hypnotic depth – When a client makes it obvious that he/she attains a somnambulistic state of hypnosis, I guide the client right into a regression with the appropriate technique. More often than not, I find it necessary to verify the client's hypnotic depth. Many clients consciously underestimate their trance depth (including experienced hypnotherapists), but finger responses often indicate deeper levels than the client might claim verbally. You may ask the client to imagine a scale of 100 down to the number 1, with "Number 1" being as deeply hypnotized as possible without falling asleep...and 50 being halfway, or medium. Using yes/no questions regarding the numbers, I find out whether the client is deeper than 40. If not, then I will continue deepening until the client verifies a depth of 40 or lower.

If the client is an analytical resister who fails to reach a level of hypnosis deeper than medium depth, there is risk of that person either emerging from hypnosis or inhibiting any lasting benefits from the regression.

Once the client reaches a sufficient depth, then I'm ready to move on to Phase 2, which will be discussed in my next article in this journal.

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	L144-08	Understanding Neurotechnology: Light, Color & Sound	R. Ditson-Sommer	
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	W105-08	Hypnosis, Obesity & Diabetes	L. Olsen	
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Contact: Rayma Ditson-Somer
(602) 912-0609

CALIFORNIA

Fremont Chapter
Contact: Karen Lockman
(510) 792-2003
2nd Tuesday of the Month

Glendale Chapter
Contact: Liza Boubari
(818) 551-1501

Newport Beach Chapter
Contact: Scott Sandland
(949) 999-0831

San Diego Chapter
Contact: Mitchell Perey
(619) 988-6100
Contact: Dr. Brian Hooper
(858) 453-0561

CONNECTICUT

New Haven Chapter
Contact: Barbara Herr
(203) 980-9601

Southbury Chapter
Contact: Salvatore Martone
(203) 264-6957
Contact: Harry Laurie
(203) 245-9789

FLORIDA

Miami Chapter
2nd Wednesday of the month
(305) 267-0117 or (305) 267-8277

Palm Beach Chapter
Contact: Dan Cleary
(561) 313-1844

Palm Harbor Chapter
Contact: Patricia Scott
(727) 943-5003
Last Tuesday of the month

Jupiter Chapter
Contact: Sandra Landsman
(561) 575-0547

1st Tuesday of the month
Jacksonville Chapter
Contact: Michael Hunt
(904) 608-5276

Pensacola Chapter
Contact: Jacquie Reed
(850) 910-2090
2nd Thursday of the month

GEORGIA

Augusta Chapter
Contact: Renee Sherman
(706) 294-4564
3rd Thursday of the month

ILLINOIS

Chicago Chapter
Contact: Shawn Mossell
(847) 256-7708

LOUISIANA

Baton Rouge/New Orleans Chapter
Contact: Conrad Adams
(225) 924-0604
2nd Saturday of the month

MICHIGAN

Detroit Chapter
Contact: Kim Manning
(248) 433-3075
4th Thursday of the month

Oscoda Chapter
Contact: Charles Kinney
(989) 739-4849
1st Monday of the month

MISSISSIPPI

Hattiesburg Chapter
Contact: Bonnie Miller & Leonard Byrd
(601) 408-5983
3rd Saturday of the month

MISSOURI

Kansas City Chapter
Contact: Linda Gentry
(660) 747-3277
2nd Saturday of the month

NEBRASKA

Omaha Chapter
Contact: Dawn Wagner
(402) 740-9731

NEVADA

Las Vegas Chapter
Contact: Mari Lifrieri
(702) 454-7910
Last Wednesday of the month

NEW JERSEY

Central New Jersey Chapter
Contact: Elaine Hoyo
(732) 290-2511

Pompton Lakes Chapter
Contact: Barbara Klink
(973) 633-1202

Bridgewater Chapter
Contact: Marissa Santos
(908) 797-1611

NEW YORK

Hudson Valley Chapter
Contact: Artie Huy
(845) 226-5780
2nd Tuesday of the month

Long Island Chapter (Kings Park)
Contact: Alesia Simco
(631) 269-4819 or 974-2836

New York City Chapter
Contact: Paul Aurand
(212) 631-3549
2nd Wednesday of the month

Niagara Falls Chapter
Contact: Jim Costanzo
(716) 990-4854
2nd Wednesday of the month

Oxford Chapter (Southern Tier)
Contact: Louise Gregg
(607) 533-6625

West Seneca
Contact: Doreen Daniels
(585) 591-2620
3rd Tuesday of the month

OHIO

Norwalk Chapter
Contact: Nora Krieg Knopke
(419) 202-9705 or (419) 660-8509

Northern Ohio Chapter
Contact: Mary Ellen Ott
(440) 670-1518

PENNSYLVANIA

Allentown Chapter
Contact: Beverley Bley
(610) 797-8250
4th Monday of the month

Bucks County / Philadelphia Chapter
Contact: Phil Holder
(215) 295-8062
2nd Wednesday of the month

Upper Bucks County / Ottsville
Contact: Eric Schneider
(866) 773-7399

TEXAS

Austin Chapter
Contact: Michael Cloud
(512) 585-8224

Dallas Chapter
Contact: Nadine Romain
(214) 796-5327
4th Tuesday of the month

VIRGINIA

Fairfax Chapter
(National Capital Area)
Contact: Nancie Barwick
(703) 385-9311

Virginia Beach
Hampton Roads Chapter
Contact: Mary von Posch
(757) 424-1893

WASHINGTON

Seattle Chapter
Contact: Roger Moore
(206) 903-1232

WISCONSIN

Madison / Milwaukee Chapter
Contact: Lawrence Stec
(262) 960-6244

Mukwonago Chapter
Contact: Patricia Lawn
(262) 363-5179
3rd Saturday of the month

INTERNATIONAL CHAPTERS

HONG KONG

Kowloon Chapter
Contact: Lam Cheuk Man, Steven
852-9806-8273
Lau Chi Kiu (Vice Chairperson)
852-6590-4545

INDONESIA

Bandung Chapter
Contact: Achmad Ridwan Triono
62-22-204-2323

MALAYSIA

Contact: John Lee
(012) 337-9279
Contact: Lennie
(012) 330-0413
Last Sunday of every other mo.

PUERTO RICO

San Juan Chapter
Contact: Ada Rosabal-Silva
(787) 225-4500

SINGAPORE

Contact: Dr Wolff Von Auer
(65) 6762-2378
Ass Group Leader:
Ms Loke Ying Ying
(65) 6778-3829

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Contact: Mervyn Bartholomew
(27) 0861-105 808

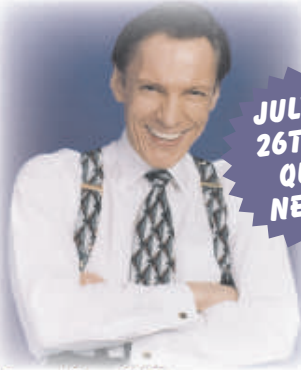
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