

SUMMER 2007

Unlimited HUMAN!

The Official Magazine
of the IACT and IMDHA



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Message from Robert Otto, CEO

Dear Friends and
Colleagues,

The saying “Build it and they will come” now has a new meaning. To say our first conference was a home run is an understatement. It was a grand slam with the ball sailing right out of the ballpark! I am delighted to be experiencing these growing pains at such a tender administrative age. A sold out event is clearly an indication that we are doing something right.

From the moment we arrived in Miami, our staff was keenly aware of their responsibilities to our members and the desired outcome that was expected. Our objective was to treat each person with respect and offer assistance when it was needed. The importance of providing individualized attention was paramount and I believe we succeeded hands down. Our team continued to have a smile on their faces, provide an informed answer to a question and lend a helping hand throughout the event. To those of you who recognized the individualized attention, thank you for noticing! You can expect to receive more of the same kind of respect and professionalism from our staff in future communications throughout the year.

As promised, our speakers came through with flying colors, delivering presentations that were masterpieces! The list of subjects offered certainly gave those in attendance a challenge in deciding which lecture to attend. Our hats are tipped to each speaker who shared their expertise and knowledge. Their participation was influential in helping to

‘re-hydrate the mind’ of conference attendees by providing refreshments to those with a thirst for learning.

As I am writing this piece, we are already well into the preparations of the 2008 event. We have listened to your suggestions, understand your needs and have taken action. Our new conference location, the Daytona Beach Hilton, offers guest services as only a Hilton can offer - and at an affordable price. Surrounding the new location are dozens of eateries priced to fit the needs of every budget from gourmet dining to grabbing a sandwich at a local delicatessen. The oceanfront resort is situated in the heart of Ocean Walk Village where you can find shopping amenities, a water park and the beach conveniently located (and) at your fingertips. (Idea: This is an excellent location to finally combine business with a family vacation.) I believe we found our new home - I trust you’ll think so too! I invite you to take a look <http://www.daytonahilton.com/>. Daytona Beach has long been known for Motorcycles, Spring Break and Nascar - very soon they will need to add Hypnosis Conference to the list!

I'm looking forward to hearing more from each of you in the days ahead. We stand committed to helping our members in areas of education, benefits and the achievement of individual goals.

Enjoy your summer!

Very truly yours,

Robert F. Otto

Robert Otto

special announcement

This year we had a sold out event! That means we've outgrown the conference facilities offered at the Miami Sofitel. We are happy to announce our new location. The new host hotel for Hypno Expo 2008 May 14th – 20th is the Hilton Conference Center Oceanfront resort in Daytona Beach! Just 5 miles from Daytona Beach International Airport. Need a good excuse to attend conference? You've got it! You are in for a perfect blend of combining business with pleasure. This location is the perfect place to bring your family and extend your stay a few extra days. We invite you to take a look <http://www.daytonahilton.com/>. We've secured an early bird special for just \$99/night (limited number of reservations - restrictions apply). Call our corporate office NOW to secure this rate! Daytona Beach has long been known for Motorcycles, Spring Break and NASCAR - very soon they will need to add Hypnosis Conference to the list! We look forward to seeing you in 2008!

Enlightenment & The Fulfillment of Highest Purpose

by: Julie Griffin, B.C.H.

Julie Griffin, B.C.H. is the director of The Hypnotherapy Training Company, TWT Publishing, and founder of the House of Living Faith, a non-denominational healing and teaching mission. She is also the author of 12 books, multiple hypnosis and motivational audio programs, and the primary headliner of Whole Health Expos in New England and beyond. She is an IACT certified instructor.



Are you the type of person who gets through life or who gets into life? When you wake up in the morning do you feel excited about the day ahead or do you want to hide under your covers? Do you know what you want to accomplish? Do you know how to accomplish your goals?

These questions are posed in attempt to help to identify possible strengths and weaknesses. This questioning process is offered to place its user inside an internal channel the channel that can lead to helpful truths – truths that can free, heal, and empower.

Why is this questioning process useful? I have noticed in my hypnosis practice that often the clients who are not thriving are the clients who have not taken the time to identify their goals and highest purpose. These clients are simply getting through life instead of living life. Conversely, the people who have a clear picture of where they want to go, what they want to accomplish, and how best to accomplish their goals are the clients that are often the most successful, the happiest, and the healthiest.

In order to identify your highest purposes in life and to begin the process of its fulfillment, you may choose to ask yourself the following questions. Conversely, you can pose these questions to your clients in intake forms, during pretalks, or during self-discovery phases of hypnosis sessions.

1. List your three most important goals.
2. If you could be, do, have, or become absolutely anything, what would you do?
3. Are there any creative processes you wish to be better at?
4. Are there any mental or academic processes you wish to perform better in?
5. Are there any functions of your work life you wish to be more competent at?
6. Do you have any physical conditions that are currently limiting you in any way?
7. Do you eat the kind of food that creates health and energy in your body?
8. Do you meditate or pray often?
9. Do you stop to examine how much you have to be thankful for?
10. Do you take time to notice all the beauty in the world around you?

11. Do you exercise regularly?
12. Do you set goals and evaluate your progress and behavior periodically?
13. Do you give yourself pep talks?
14. Are you aware of any obstacles standing in the way of your success?
15. Do you regularly take steps towards achieving your goals?

The reasons for taking time to consider these questions are three-fold. First, it gets the participant to stop and examine his life and to identify his strengths and weaknesses. The second reason is that it suggests things the participant might do to improve his life and the status of his health. Another reason for posing these probing questions is because the answers provide vital insight into how a hypnotist or other practitioner can help the participant as well as what imagery might be employed in the process.

Once you or another participant have done the conscious soul-searching necessary to answer the questions, time can be spent in a relaxed state visualizing the desired outcome. Steps and verbiage that will enable this process follow:

1. Imagine that your entire body and mind are relaxing.
2. Feel your mind and spirit soar into a higher plane of awareness as your body relaxes.
3. Picture your life as it is now and become consciously aware of any obstacles that are standing in the way of your obtaining your own perfection.
4. Use your imagination to see and feel yourself moving the obstacles out of the way and creating a clear path to your ultimate goal.
5. Picture yourself making the important changes in your life that will create your success.
6. Picture your final outcome as though it has already been achieved. Fill in all the details of what it will look and feel like to be totally happy, healthy, fulfilled, and successful.
7. Imagine that your mind and spirit are rejoining your physical body in a highly energized and powerful way.
8. Return to your “real” life with the knowledge that you have the power and energy necessary to make changes in your life and to achieve your own highest purpose.

While this procedure may sound complicated, it is actually

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easy. It is simply a matter of the participant relaxing his body and focusing on what he wants to achieve. A very simple version of it can be achieved in seconds merely by having the participant visualize the desired outcome. The more this process is repeated the more energy (life) you will be giving to it and the more likely it will be to manifest any truly helpful goals.

If you desire to supercharge your visualization sessions for your own use, you may choose to record some of the suggestions below in your own voice (or use your own suggestions), and play them while you are in the relaxed and focused state:

Now that I am in this higher plane of awareness I can clearly identify any obstacles standing in the way of my success.

I feel myself gaining power and courage to move the obstacles out of my way.

I see myself feeling happier and healthier with each step I take toward my fulfillment.

I am becoming more positive about my success and more excited about my life.

I now have the thoughts, deeds, and actions, of a happy, healthy, and fulfilled person.

I consistently think clearly and act in my own best interest and in the best interest of mankind.

I always know when to act and when to wait.

I communicate with those around me perfectly and lovingly.

I notice the beauty in nature and it nourishes me.

I turn every situation into a situation that is productive.

I operate inside the flow of the universe knowing that as I do so and as I operate toward the good of mankind that the universe will provide me with everything I need for support.

I am now on a fruitful, prosperous course.

Each day I gain momentum towards achieving my goals.

Each day my levels of health, happiness, peace, and success increase.

All my capacities are comfortably expanding.

I feel myself turning on my own power and creativity.

I consistently treat myself in a loving and respectful manner.

There is a glowing light radiating from my heart. This light heals and protects me.

Each day I fall more in love with the world around me as I fall more in love with myself.

Naturally, the very same steps outline above, can be put into sessions with your clients. These ideas and questions can be used during a self-discovery phases of a professional hypnosis session, or some of what is cited above can be turned into affirmations or mantras that the client can regularly employ on their own.

Enlightenment: What Is It? Where Do You Find It?

There are many ways to define enlightenment. A few definitions follow:

- a blessed state marked by the absence of suffering
- an ability to see internally and externally with total clarity
- knowledge
- awareness of the unseen
- spiritual insight.

In thinking of the word enlightenment, the thoughts that come into your mind may well be those of love, peace, inner harmony, respect, and freedom. As you operate in a manner that is in keeping with the manifestation of your highest purpose, you will become increasingly enlightened. Fulfillment of your highest purpose and enlightenment walk hand-in-hand. One state creates the other they are inseparable.

Weakness occurs in us when we operate in ways that are inconsistent to the fulfillment of our highest purpose when we feel separate from mankind separate from the flow of the universe. As we choose to forgive, to accept, and to share love and knowledge it becomes easier to be in flow with the Universe and to achieve increasing degrees of enlightenment. When we project loving kindness through our thoughts and actions instead of anger and hatred, we light up our spirits and in turn the world becomes more harmonious as a whole.

When you shower the gifts of loving kindness, compassion, and understanding on yourself and others then miracles occur. You can choose in any moment to step inside the flow of the universe to find yourself there thriving, pleasuring in your own strength bathing the beauty of the world around you. Once you find yourself inside the flow you will never feel alone and you will receive all the insight, love, and energy that you need.

As we share such concepts with our client's both during hypnosis sessions and during pretalks, their wellness begins to occur immediately in most cases. Of course, as with all hypnosis sessions, if, when, and how fast a client turns a corner, is more reliant upon their readiness and dedication than any words spoken by us.

Perhaps, as hypnotherapists, part of our enlightenment is the realization that we are not responsible for the client's outcome. We are only responsible for doing our best work. Fortunately, doing our best work is something that we can do every day. We can choose to always be a light of hope and a beacon of faith in the minds of those who seek our services. Inside such thoughts and behaviors wellness and miracles frequently occur.

We can each see and become miracles. How miraculous!

*"Dear Linda and Robert,
Thank you thank you for the effort you made to make the conference in Miami a huge success. The presenters were amazing and it was a wonderful opportunity to learn and listen. I look forward to the next conference in Daytona. Have just the kind of summer you most desire."*

Sincerely, - Nancy P. Hiebert

— SPECIAL ANNOUNCEMENT ABOUT PAINWEEK™ 2007 —

IMDHA/IACT have joined forces with this prestigious group of LEADING Medical organizations by becoming a Participating Organization

MEMBERS ON THE MOVE

If you attended the opening session of Hypno Expo 2007, you've already heard this great news! IACT/IMDHA members Michael Ellner and Dan Cleary have been accepted as Mind/Body Pain Educators at major medical conference: PAINWeek™ 2007.

And, thanks to their efforts IMDHA/IACT will also be participating in this world class, "Collaborative Educational Conference."

Participating organizations include: American Headache Society (AHS) American Osteopathic Academy of Addiction Medicine (AOAAM) American Society of Pain Educators (ASPE) National Fibromyalgia Research Association (NFRA) National Stroke Association (NSA) Nevada Psychiatric Association (NPA) Pain Society of Oregon (PSO) Trigeminal Neuralgia Association (TNA) Western Pain Society (WPS).

We highly recommend attending the Ellner/Cleary One-Day Pre-Conference Mind/Body Healing Workshop (Sept. 5th, 2007). As part of our participation we are offering One-hour to One-hour CEUs to IACT/IMDHA members who attend any and all of their programs in Las Vegas.

We are planning to staff a Meet and Greet IMDHA/IACT booth at the conference and believe that doing so is a giant step toward helping our members take their rightful place within our health care communities.

Mind / Body Approaches to Pain Relief -- Pre-conference Workshop with Michael Ellner and Daniel F. Cleary

Using simple techniques, hypnosis practitioners and health care providers can ease anxiety and improve client/patient

cooperation. Join Michael Ellner and Daniel Cleary and discover easy to use methods that will enhance client/patient outcomes and reduce the time required for testing and procedures.

9:30 - 10:00 AM INTRO – Relief is Realistic PRESCRIPTION FOR RELIEF

Using the Little Red-Book and QUANTUM FOCUSING exercises gives your client/patients a sense of control and comfort as they develop coping skills and abilities to address their condition. Learn how these dynamic and synergistic protocols can improve your patient/client's quality of life.

10:00 - 11:00 RELAXATION 101

11:00 - 11:15 BREAK

11:15 - 12:30 STRESS MANAGEMENT 101

12:30 - 2:00 LUNCH

2:00 - 3:30 WORDS THAT HEAL -

The Power of Language

3:30 - 3:45 BREAK

3:45 - 5:30 TIMELESS TIPS AND TECHNIQUES

Note: The Workshop is primarily intended for hypnosis practitioners ... Physicians, nursing professionals, physician assistants, dentists, pharmacists, psychologists, podiatrists and counselors and therapists of all persuasions are encouraged to join us and will be able to incorporate what you learn into your practices by the time you get home.

PAINWeek 2007

September 6th - 9th

Red Rock Casino, Resort & Spa
Las Vegas, NV

Call: 877- PAIN-WEEK (724-6933)

Fax: 973-741-2337

www.painweek.org

Did the Punishment Fit the Crime?

Zoilita Grant was forced to close her private practice after thirty years of practicing.

1. This is what I did: I allowed a client to become a student at my school and did private sessions with them when they were a student. I actually did this several times. (This was a violation of the Dual Relationship clause of the Colorado Mental Health Act.)

2. This is what the Grievance Board decided through the Expedient Settlement process: I would be on probation for two years.

3. This probation is unreasonable, severe and extremely costly in time, money and energy; it forced me to close my private practice of Hypnotherapy.

Time: 104 hours of face-to-face sessions with the Practice Monitor. Hours more of complicated note taking and detailed treatment planning.

Money: \$12,480 for face-to-face sessions with the Practice Monitor. \$3,000-\$5,000 more for report writing.

Energy: I would be miserable practicing in such constricted, managed care. I would also be unable to do the transpersonal work, which is my specialty.

This action against me and the enforcement of the Dual Relationship clause affects the field of Hypnosis. I encourage everyone to be proactive. Please write letters, make phone calls and send e-mail.

The public wants the benefits of Hypnosis ... it works!

Thanks for your help,
Zoilita Grant

*Zoilita may be contacted via e-mail at
info@coloradohypnotherapy.com*



Irritable Bowel Syndrome

– 6 STEPS TO RELIEF

by: Melissa Roth

Irritable Bowel Syndrome strikes one out of three adult women and is the second most cited reason for missed work days. While conventional medicine has only provided relief for 25%-30% of sufferers, hypnotherapy provides relief to 86% and the symptoms do not return when the sessions end.

Jackie characterized her irritable bowel syndrome symptoms as a "panic attack of the bowels." Her impromptu episodes of explosive diarrhea had prevented her from attending family activities and functions for three years. She described herself as heavily medicated. However, after only six sessions of gut-specific hypnotherapy she was symptom free, off all medications and happily going to events with her family.

Katie only had a bowel movement once a week when she used a combination of laxatives and enemas. Her days were spent in pain and discomfort. When she bought clothing she bought the same item in three sizes, never knowing which size she would be due to bloating. She now buys clothing in only one size and has an unassisted bowel movement every day.

These are typical case histories of people who have used a special type of hypnotherapy to tame their savage gut. While the symptoms of IBS (constipation, diarrhea, gut pain, gut spasms, gas and bloating) do not indicate a life threatening condition, they are life changing. For some people, IBS represents an inconvenience. For others, it dictates their lifestyle.

Twenty percent of the population, one out of five people and one out of three women are affected by IBS. Everyone has a friend or family member with this illness whether they know it or not. Since IBS is not life threatening many physicians brush it off as inconsequential. But, to the person whose life is turned upside down it feels anything but trivial.

Typically, medications and dietary changes only provide relief for a maximum of 25% to 30% of sufferers. That leaves 70% or more who have their lives disrupted on a regular basis, who cannot go shopping, to work or on an outing with their family. In fact, IBS symptoms account for more missed work days than anything except the common cold. It is more common than asthma, diabetes and depression combined.

Research has learned many things about the way the gut

functions and what could go wrong. However, the cause of IBS has remained elusive. We know more about what does not cause it than what does. It is not about the food. And, even though stress and anxiety exacerbate symptoms they are not the cause.

Hypnotherapy represents an alternative to "learning to live with it." Regardless of age, the severity of symptoms and how long you have had IBS, an average of six to eight sessions of gut-directed hypnotherapy can eliminate all IBS symptoms and the symptoms do not return when the sessions end. True, not just any hypnotherapy will work. The sessions must be aimed at normalizing the actions of the digestive system. The best results are obtained by treating the entire digestive process, not only the gut. Jean was seventy-two and had experienced severe IBS symptoms since she was twenty-one. After only eight hypnotherapy sessions she became symptom free. At eighty, she is still symptom free and leading an active, comfortable life free of digestive problems.

Does that mean that IBS is a psychological illness? Not at all. Consider that when you were a newborn your unconscious mind programmed or trained your autonomic nervous system, that part of you that controls all those bodily systems considered automatic, such as breathing, body temperature, digestion and blood pressure. Everything ran fairly smoothly until you hit a pothole in the road of Life. Then, just like a pothole in the road knocks the wheels of your car out of alignment, the autonomic nervous system that controls your digestive processes is knocked out of its proper alignment. That pothole can be mental, physical, emotional, spiritual or any combination of those. It can be a big pothole or even a tiny one you hit just right.

Since your unconscious mind trained those systems initially, you can use it to re-train them to function properly again. That is exactly what the IBS Hypnotherapy program does. As a result, after as few as six sessions, 86% of IBS sufferers will become symptom free and remain that way when the sessions end. For people over fifty years of age, the number of sessions required increases to eight. 94% of sufferers will get a minimum of a 50% reduction in symptoms. And, those people will be able to come off all the medications and supplements they were taking for their IBS.



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I developed this therapy program to relieve my own IBS symptoms. Personally, I have been symptom free since 1996. I eat and drink what I please, when I please and never worry about where the nearest bathroom is located. I take no medications or supplements for IBS symptoms. And, there have been episodes since 1996 when the stress in my life has spiraled out of control. However, IBS hasn't been a contributor.

For more information on this illness and the hypnotherapy program which tames it, go to www.ibshypnotist.com or, for information on the author, go to www.tranceworkers.com.

Melissa J. Roth, CHT., PhD is an internationally renowned therapist, author and lecturer who specializes in therapies for chronic illnesses. She is the founder of Alabama Hypnotherapy Center located in Birmingham, Al.

special announcement

Robert Otto has assumed the office of President of both IACT and IMDHA. The administration of IACT and IMDHA wish to express sincere thanks and gratitude for the services Jaime and Helene Feldman have rendered in the past by serving as President of IACT and IMDHA respectively. We wish them both much success in their future endeavors.

2007 Awards Presented to Outstanding Members



"Thanks to everyone who made this possible! It is an honor to support such a great organization."

- Paul Aurand, 2007
Chapter Leader of the Year

"The IACT community is such a wonderful, knowledge-able group of caring professionals, that it is an honor to be amongst them. I have been supported, mentored and enriched by so many of the individuals in this group, making it easy to share the word about my colleagues. Thank you for the honor and recognition represented by this award."

- Debbie Lane, 2007 Therapist of the Year

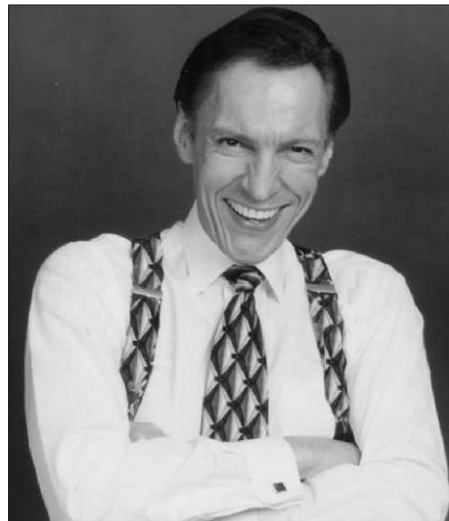
I am deeply honored and appreciative to have been selected to receive the IACT Innovative Therapy Award for my development of the Non-Verbal Hypnotic Induction Technique.

It is truly humbling to be among the other recognized recipients of awards presented by IACT for their outstanding contributions in the hypnosis profession.

I was inspired by the works of Dr. Milton Erickson and especially his hand shake induction technique which I never was able to master. It was that frustration which started a path for the development of this unique technique. Becoming a Professional Hypnotist is a Journey and not a Destination. It is sometimes that FRUSTRATION, which we all have experienced, that sparks insight to the origination of new and innovative ideas, techniques, and effective intervention strategies that truly help others whom we serve.

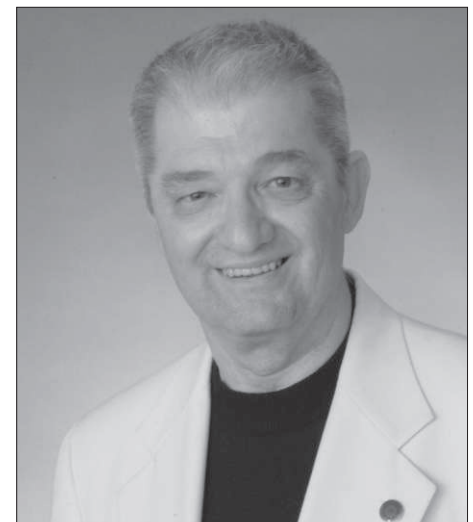
IACT is to be commended for their efforts at expanding the knowledge, competency, and ethics of all who attended the Ottos' first convention for which I am thankful to have been a part."

- Marx Howell,
2007 Innovative Therapy Award



"I have always taken my hypnotherapeutic work very seriously. Yet my greatest passion has always been teaching. I experience such joy in motivating students to stretch their abilities beyond the usual and encouraging them to display levels of unconscious competence. It is for these reasons and more that I am so excited to receive the 2007 IACT Educator of the Year Award. It is the second time I've received this Award from IACT (I first received it in 1996). I am humbled, yet thrilled to receive this honor from what I believe to be the greatest hypnosis-complementary health organization in the world."

- George Bien, 2007 Educator of the Year



"I just returned from your conference and wanted to drop you a note to tell you how much I enjoyed the experience. I was truly shocked to receive the Lifetime Achievement Award. Over the years I have received many awards, but none have honored my lifetime work in our wonderful profession. Without a doubt, this award is highly significant and meaningful to me. Thank you so much. I wish you the best in your future endeavors both personal and professional."

- Gerald Kein, 2007
Lifetime Achievement Award

"Thanks so much...You put together a great conference. You handled all of the limitations of the hotel with grace and graciousness. All my best."

- Zoilita

There is nothing too good for this bunch."

- MJH

Cambiando El Trance Negativo a Trance Positivo Al Hacer Hipnoterapia Con Parejas

by: Ada Rosabal-Silva Psy.D CHT



Haciendo hipnoterapia con parejas, he tenido la experiencia de que algunas relaciones están “trancadas”, como que no importa los esfuerzos que se realicen, no se

logra que ellos re-establezcan la comunicación o muestren algunos gestos afectivos. Es como si todo lo que dicen o hacen parecieran tener la intención de

provocar reacciones de molestia, oposición o negatividad en el otro. En apariencia, esa pareja ya no da señales de vida afectiva o sentimental.

Si has tenido o tienes una experiencia similar en tu trabajo hipnoterapéutico, puede que tu pareja sin darse cuenta, hayan caído en un “trance negativo.”

Le llamamos “trance” a un estado alterado de conciencia en el cual, sin perder contacto con lo que estamos haciendo en el aquí y ahora, comenzamos a “operar” desde unas experiencias previas almacenadas en el inconsciente, y que ante una señal o estímulo cualquiera: una canción, un olor, una actitud,

verbalización o una emoción fuertes, las señales actúan como una llave a ese banco de experiencias almacenadas, sean estas positivas o negativas.

Sin embargo, estas experiencias almacenadas desde las cuales actuamos, no necesariamente pertenecen a la situación actual a veces ni siquiera son de la relación de pareja, pueden venir de otras situaciones o conflictos de la persona, que puede ser con su mamá, papá o cualquier otro significativo. También podrían ser de situaciones negativas sin resolver de su actual relación.

Lo interesante de estos recuerdos, es que ellos se activan por algo que decimos, hacemos o dejamos de hacer. Por ejemplo: el se puede sentir presionado al ella insistirle que haga las cosas de determinada manera, automáticamente se le activan memorias de otras figuras autoritarias femeninas. Quizás le trae recuerdos de conflictos pasados no resueltos, que le hacen entrar en un trance donde puede experimentar sentimientos de oposición o ira. La consecuencia es que ambos se envuelven en una discusión fuerte que ella no comprende, porque lo que ha dicho no guarda proporción con la indignación manifestada por él.

La cosa se complica más si ella, recuerda situaciones del pasado en la cual se sintió humillada y maltratada por alguna figura masculina de autoridad, es entonces cuando podría reaccionar agresivamente, ampliando el círculo de tranque y alejamiento emocional.

La razón por la cual es importante caer en cuenta de que quizás los conflictos actuales, tienen raíces más allá de la relación y que se caen en ellos inadvertidamente, es porque de la misma manera que se cae en el trance negativo podemos provocar el trance positivo “terapéuticamente”, al traer al consciente recuerdos positivos de la relación que siempre están ahí, por más difícil que sea la vida con esa persona.

Estudio del caso de Jennifer y Orlando (nombres y datos ficticios)

Jennifer y Orlando fueron a buscar ayuda debido a los conflictos que cada vez se hacían más frecuentes y agresivos. La relación entre ellos en sus 18 años de casados había sido más o menos buena, con toda su atención dedicada a sus tres hijos ahora en su etapa de adolescencia. Durante el proceso de terapia salieron a relucir datos de conflictos que se acumularon sin resolver durante todos esos años, pero además y más importante, ambos describieron situaciones de su propia vida de adolescentes, que le provocaron mucha angustia y que ahora con la adolescencia de sus hijos se activaron.

Durante el proceso terapéutico se les habló del trance negativo y de la importancia de caer en cuenta de ese hecho. Se les propuso revertir el trance a uno positivo desde el cual sería más fácil resolver los problemas inmediatos y los del pasado que los aquejaban. Estando ambos de acuerdo, se indujo en trance, donde ambos tuvieron acceso a su memoria remota y allí encontraron recuerdos muy agradables en común desde el momento en que se conocieron incluyendo su boda, el nacimiento de sus hijos en además de muchos otros momentos agradables que habían experimentado en común.

A partir de ese momento hubo un clima emocional mucho más propicio en la que ambos pudieron hablar de sus corajes, angustias, temores del pasado así como del pasado individual de cada uno. Pero lo más importante es que pudieron comunicarse el deseo de tener una relación satisfactoria donde pudieran disfrutar de muchos otros momentos felices en el tiempo por venir.

Así que, al trabajar con parejas muy disfuncionales, no temas sus tranques, más bien, conceptualízalos como que ambos han caído en un trance negativo, y trabaja desde el inconsciente ambos, trabajando en conjunto con la pareja para convertir el trance a uno positivo y así fomentar las fortalezas necesarias para fortalecer su relación.



The Anatomy Of Anxiety

by: Paul Aurand

Anxiety is an emotional alarm response to the anticipation of danger or threat. There are two primary elements to anxiety. One is the triggering thought or event and the other is the physiological response to the trigger.

A trigger may be a thought or some other event that sets off the internal warning system, causing the body to prepare for fight or flight. Once the alarm is sounded, there are a number of profound physiological responses that occur almost instantly. Breathing becomes short and shallow, heart rate increases, muscles tense, brain and blood chemistry change, powerful chemicals including adrenaline and cortisol are released into the blood system. On high alert, the body is ready for action.

The Physiological Response

Whether a fear is real or imagined does not matter. The physiological response to a perceived fear is very real.

Because the mind and the body communicate through images, your body responds to what you imagine as though it is truly happening. When you imagine falling, the body prepares for the fall and subsequent impact. Are you falling? No. But by imagining falling, your body gets the message that you are falling, the alarm sounds and the body springs into action.

Try this. If you close your eyes while sitting comfortably in a chair and imagine, as vividly as possible, something that is anxiety producing, say, falling from cliff. By simply imagining falling you can very quickly produce an anxiety response. The body responds as though whatever you imagine is truly happening.

Although it may be difficult to stop negative or fearful thoughts from coming into the mind, it is relatively easy to learn to manage and even control the physiological responses to triggering thoughts. This is learning to elicit the relaxation response.

The subconscious mind is responsible for setting off the alarm and causing the physiological responses to the perceived threat. Many of the responses to danger are carried out beneath the level of awareness. Actually, the fear response even bypasses the rational part of the conscious mind. Although this may make the response time to danger faster, it also precludes your ability to make a rational choice about

whether you respond or not. Without a thought, the body reacts.

Trying to Stop the Thoughts

The other element of anxiety that must be addressed is the actual thoughts that generate anxiety and the resulting physiological responses. Remember, the mind and body communicate through images and whatever you imagine, your body responds to as though it is truly happening.

The conscious mind generates thoughts. Someone with anxiety and fears tends to have negative and fearful thoughts. The subconscious mind and the body respond to the thoughts that the mind generates. Trying to stop the mind from generating thoughts is counterproductive, as the more you try to stop the mind from thinking, the louder and more insistent it gets.

Most people who have a tendency to worry will report that they try not to worry or that they try to make their mind stop. Unfortunately, it seems that the harder on tries to stop the mind from thinking or worrying, the louder and more insistent it becomes. The harder you try not to think of something the more you end up thinking about the thing you don't want to think about.

Don't think about a pink elephant ... What did you just think about? That's right, a pink elephant. Now just push the thought of a pink elephant out of your mind. Pink elephant, pink elephant, pink elephant, pink elephant.... Don't think about a pink elephant. The more you try to stop thinking about a pink elephant, the more you think about it.

It is far more effective to become the observer of the mind. Take a few moments to just observe what it is that your mind is telling you. Listen to what it is saying. You don't have to do anything about it, just listen to the thoughts running through your mind. And what is it saying? More often than not, when you step out of your mind and become the objective observer and listen to what the mind is saying; it grows quiet.

This technique works for many but it does not work for everyone. For the very active or obsessive mind one may find it difficult at first to quietly observe what the mind is saying. In cases such as these it is far better to simply give the mind something else to do.

Continues next page ...

One of the qualities of the conscious mind is that it can do only one thing at a time. It cannot possibly worry and think about calming, soothing images simultaneously. It must be one or the other. Yes, it can ping pong from worry to calm and back again, but with some direction the mind can be retrained to focus on the more desirable thoughts. You can learn to focus your mind on something that will elicit the relaxation response rather than the stress response.

Robert and Linda -

"Just a note to thank you both for being there for all of us - with so much energy - I don't know how anyone can keep up with you guys - I have yet to figure out how you keep up with yourselves - the professional hypnosis community is very fortunate to have you leading the way - I thank you for making room on the path for everyone."

- Mark

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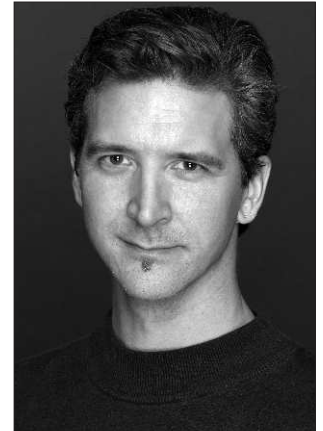
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Mastermind Mentoring

NO ROOM FOR DOUBT

by: James Duncan, CHt



The title of this article says it all. There IS no room for doubt in wellness work. Concern, yes, (when it is truly warranted) but NO DOUBT.

The subconscious power of being free of doubt is astounding. When one approaches their work with a freedom from doubt that what they can provide to a client/patient is going to benefit them, it creates not only an intent that the subconscious strives to manifest, but it also creates a barrier to thoughts and energy of failure. When such a barrier is created ALL energy focused on the improvement of wellness is forward moving energy and THAT is what the subconscious mind will always set into action as its' operating program.

It is the job of the subconscious mind to always move forward and to always work from the concepts that are most protective and most beneficial in any circumstance. That fact cannot be altered.

So, being free of doubt sets up a forward moving atmosphere that removes limitations and the "braking system" that self-doubt normally puts into any healing or recovery process.

Get in the habit of never doubting yourself or the intentions of the client. Assess progress and assess the situation on a day to day basis but remember that everything you have done to that point has brought you to THIS point where you are actively assessing what would be better. Because of that there IS no reason to doubt. You are creating the understanding that everything is moving wellness forward. Limitations are gone and renewed sense of ease for everyone involved is a given.

Many Blessings,
James Duncan, CHt
IMDHA Fellow Mentoring Chairman
jimwduncan@wowway.com
www.DuncanHypnotherapy.com

Linda and Robert:

"Thank you both for the wonderful conference you delivered in Miami. Every event exceeded our expectations. Please take at least a few days of rest and recuperation before moving full power into the planning for next year's event. Thanks again."

- Jim & Joan Ryan

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Paul Durbin has worn many hats - Military Chaplain, Brigadier General, Hospital Chaplain, Internationally Acclaimed Hypnotherapist, Director of the World's first hospital based Department of Clinical Hypnotherapy - He designed it! (Methodist Hospital, New Orleans), Author and many more. Dr. Durbin is widely renowned for his many accomplishments - deservedly so! But those who know Paul realize that underneath all these roles is his role as a humble servant. 'Hypnotherapy for Body, Mind and Spirit' is a treasure chest jam packed with techniques and concepts that work. As it is going into its first printing, several professional schools of hypnotherapy have already included it in their curriculum. You've done it again, Paul. Your latest book is one more example of your faith, love and selfless giving. What a gift! It is a deep honor to be your friend and to help bring 'Hypnotherapy for Body, Mind and Spirit' to the world! Publisher - Access Books, Gordon Boyd; "This is a book that will stand the test of time and will become one of the most valuable resources available for anyone interested in the art and science of Hypnosis" - Anne H. Spencer-Beacham, PhD, Founder, International Medical and Dental Hypnotherapy Association.

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Paul Durbin has worn many hats - Military Chaplain, Brigadier General, Hospital Chaplain, Internationally Acclaimed Hypnotherapist, Director of the World's first hospital based Department of Clinical Hypnotherapy - He designed it! (Methodist

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Because your education is important to us, we've taken the liberty of recording many lectures presented during the 2007 annual convention held in beautiful Miami, Florida this past May.

We are pleased to announce the TOP TEN recordings of the conference as:

- | | |
|--|--|
| 1) 'Puff! Allergy Gone in One Session' – Anne King | 6) 'Anchoring' – Richard Neves |
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| 3) 'Insurance Reimbursement' - Zoilita Grant | 8) 'How to Get MD Referrals' - Melissa Roth |
| 4) 'Slaying the Dragon of Addiction' – Anthony DeMarco | 9) 'Mind Games That Win!' – Michael Ellner |
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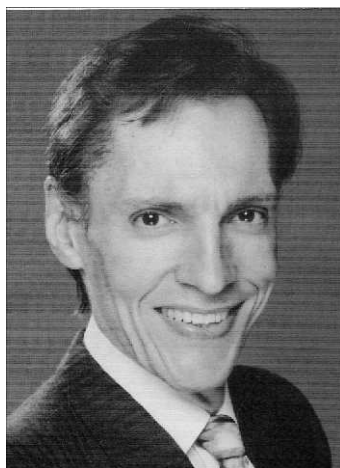


Lifetime Members Honored in 2007 for their years of dedicated service, loyalty and support



"I have been a member of IACT/IMDHA for years. It was indeed an honor to be named "Life Member" I am proud of my association with both organizations."

– PAUL G. DURBIN



"To be part of IACT's illustrious group of Lifetime Members is truly an honor. I am grateful. I am thrilled. I feel honored. Above all, I feel privileged to be part of an elite group of notables whom I admire so greatly - hypnotists/hypnotherapists who display "who's who" in the field of hypnosis."

– GEORGE BIEN



while providing opportunities for continual education.

Thirdly: The leadership of the IACT holds itself accountable to its members and has become active in C O P H O and other organizations designed to unite practitioners rather than to subdivide these practitioners.

Fourthly: I believe that due to the high ethical standards expected of the membership, there is a sense of unity with one another, and a sense of harmony and balance with the Universal Godhead that makes this organization a very unusual and bonded group of professionals. One does believe in a higher power when one belongs to this group. There is a sense of peace and harmony that permeates the gathering when we all come together.



"It was an honor to be among those representing the body of Lifetime Members. I am willing to help to improve the organization and be an educator in the Holistic and Hypnosis field for many years to come."

– J.A. SANCHEZ-DOMENECH



"I want to thank Robert and Linda Otto for the pleasure and satisfaction of receiving this very special honor - It's deeply appreciated!"

– MICHAEL ELLNER

"I wish to take this opportunity to thank Robert and Linda Otto for the Lifetime Membership Awarded to me at this year's conference in Miami. I want to tell you how significantly important this gesture was to me for several reasons. First: I have been a member of this Organization (IACT) since its' birth.

I watched it grow from an idea, to a concept, to a reality. The International Association of Counselors and Therapists was designed to bring together some of the brightest and most effective people in the field of counseling and therapeutic healing. I have been blessed to have the experience of walking among the membership and of being updated on evolving and groundbreaking concepts of personal wholeness and healing.

Secondly: The International Association of Counselors and Therapist has been like a watchdog in the field of therapy. It holds its members to the highest ethical standards of any organization in the field and it requires its' members to continually update their approaches to their individual certifications as therapists

Fifth: Each member has the opportunity to explore varied fields of interest while pursuing higher education. There is insurance inclusion for the members and a broad spectrum of opportunities for personal growth that make membership an even greater attraction.

Sixth: IACT has given hypnotherapists a vehicle through which they can be acknowledged and recognized as a valid field in Integrated Therapies. We no longer have the expectation that we are "a last hope modality" utilized only when all else has failed. We Are recognized for our legitimacy and not just as stage show performers.

- SISTER LUCILLE, CSJP

... more Lifetime Members Honored



"Thank you so much for the honor of being recognized as a Lifetime Member of the IACT at convention. It was wonderful to see so many Lifetime Members still active in our association. I have so enjoyed being a member as well as creating supports for members. Through the IACT I have: 1) studied with the Best in our field 2) networked with extraordinary professionals and 3) developed lifelong friendships. Our strength is in our diversity. The power of many, holding the vision of excellence."

--Jillian LaVelle,
Founder of the IACT

"From the moment that I heard that the Otto's had purchased IACT and later IMDHA, I was excited because I knew that both organizations would carry on the finest qualities of the previous founders/ owners and go beyond. I have been involved with both organizations for many years, and have also known the Otto's throughout that time. Both Linda and Robert inspire respect for their high standards, personal and business integrity, and vision. Robert, in particular, is known to be a bridge builder, Linda is a superb organizer/ administrator, and neither partake in partisan politics that has sullied other groups. I was thrilled not only to attend their first conference, which was outstanding (for those of you that made the mistake of not going), but to have been a presenter on their maiden voyage event! And hearing Robert speak of the many benefits being offered to members, shows that he is working hard to create even more value for your membership dollar.

I was also pleased to be recognized as one of the many

"Thank you for a great conference and I wish you well in the future. I know you are going to soar with these endeavors and am excited for you and the field of hypnosis to have such quality "real" people involved in this phase of our growth. With your leadership, I see nothing but great things happening."

Sincerely,
Carm Blacconiere



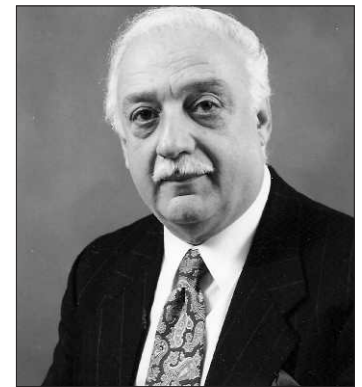
Lifetime Members of IACT. I stand behind the Otto's in commending them for what they have done already in such a short time, and for what they are doing. I strongly recommend not only joining the organizations, but also in making sure that you are at their next convention in Daytona, Florida next May."

– Sincerely, Roxanne Louise



"I am proud and honored to be a lifetime member of the International Association of Counselors and Therapists. This year's conference was very special with so many long time friends and brand new ones. Linda and Robert, you did an excellent job. Thank you for all you are and all you do."

–SHELLEY STOCKWELL-
NICHOLAS



"It was a pleasure to see everyone again and to get back into the realm of hypnosis. It was three years since I last attended any of the conferences due to health reasons, however that all appears to be in the past now. Seeing old friends and colleagues and the "youngsters" of the profession brought back many memories. I think that the conference was one of the warmest, professional and best that I have attended. Unlike other conferences where the speakers usually are aloof, this one was full of good cheer, comradeship, fun and education. The Lifetime Member Award was a surprise because when I joined the organization many years ago all I wanted was to help and spread the word about hypnosis and its benefits. We sure have come a long way since those early years. The key I feel is education, education and sharing and sharing. I wish you all the success for the future and you can count on me to help. Thank you once again."

– ALBERT C. BOTTARI

"Thanks again for a great conference - I heard very positive feedback! You guys are the greatest!" - Roger

Weight Loss for the Mind: Lighten Up!

By Philip Holder, PhD



One philosophy I follow is “Never take life too seriously... you won’t get out of it alive!” One of the best attributes a person can have is a sense of humor. That’s why I decided to start a new program called “WEIGHT LOSS FOR THE MIND: LIGHTEN-UP™”. In both my hypnotherapy courses and my Kung Fu classes I have always tried to pass on to my students the idea that a person’s quality of life is enhanced greatly when they can see humor in the world around them.

I’ve been told on more than one occasion that I should be a comedian because of the way I view the world. I have always taken that as a great complement. Life, in fact, is funny.

Recently I have been looking for new office space. When I arrived at one of the potential building locations I was greeted by a grumpy old fellow who told me that he would be showing me the building. As we approached the entrance he waived his hand toward the building proudly stating, “This represents the entire building”. Hey, that’s funny stuff! I chuckled to myself. What would the entire building represent other than “the entire building”, but I guess that was his sales pitch. Then he asked me, “Are you interested in the bigger half or the smaller half of the building?” That’s funny too! (Bigger half, smaller half!?) This all happened within five minutes. I still had the rest of the day to go. Life is full of humor ... even in the simplest of circumstances. You just have to be open to it.

SERIOUSLY FOLKS

One of the biggest pitfalls in life is that of taking ourselves too seriously. I meet and work with thousands of people each year. I have noticed the best instructors, in both hypnotherapy and in the martial arts (and I’m convinced in all other walks of life as well) are those that have a lighter perception of themselves and of others. My belief is that teachers or instructors who attempt to portray themselves as stern and all knowing, or as wizened Guru’s (or Guruettes as the case may be), are those who in fact lack the confidence and the base of knowledge that would allow them to simply be at ease with who they are and what they do.

I love working in the hypnotherapy profession. If tomorrow I were to decide that I didn’t, I would quit. Each moment of this wonderful classroom we call life should be cherished. Life can be a pleasure if we simply perceive it in a positive way and with humor.

Want to know a good way to decide what you should be doing with your life? Imagine that today you are lying on your deathbed. Then ask yourself what you would have done differently if this were actually the last day of their life. Then change whatever you would have changed now because it is too late when death actually comes.

EXPECTATION

Many of our disappointments in life are a product of unrealistic expectations of ourselves and of others. The remainder of disappointments results when we strive for what we think we need, or what others say we need, instead of simply following what we love.

Think about it. Haven’t most of your disappointments resulted from those times when you expected something from someone and they didn’t fulfill your hopes and expectations? Disappointment may also have come your way when you were unable to live up to your expectations of yourself. When you expect a person to be someone other than who they are, or when you are untrue to your own nature, disappointment is the result. If you expect nothing then everything that comes your way is a gift.

MY DUCK STORY (I made this up in session when working with someone who had totally unrealistic expectations of his spouse):

A man went into a pet store to get a dog. The pet store owner said, "Sorry, we're all out of dogs sir but I do have a great duck for sale. Best duck you'll find anywhere." After some haggling the man agreed to purchase the duck and took it home. A few days later he brought the duck back saying that he wanted his money back. The pet store owner asked what was wrong. The man said, "This duck is no good. I tried to get him to sit and he wouldn't. I tried to get him to fetch my slippers, he wouldn't. I tried to housebreak him and I couldn't. I want my money back". The pet store owner looked at him and said, "Sir, you purchased a duck. If you really wanted a dog you should have waited and purchased a dog."

The moral of the story is this. All creatures (including people), must be true to their own nature. It is often our expectation that they should be something different than what they are that leads to disappointment.

Continues next page ...



Treating Obsessive-Compulsive Behavior Through Regression

By Sunny Satin

Based on our combined experiences as Regression Therapists, we find that a majority of times Obsessive-Compulsive Disorder (OCD) has its root in a past life. Hence Past Life Regression Therapy is very effective in treating OCD.

Just to give you one real case history, I had a client, a young man in his late 20s, who owned and ran a successful business. His problem was that he would spend an inordinate amount of time in arranging everything: whether it was papers on his desk, or clothes in his closet.

The situation was so bad that at times he would actually keep his customers waiting in the lobby while he just arranged everything in his office, even when his office would be considered neat and tidy by common standards.

He had previously approached some psychologists seeking help, but had given up with no results. Then he read one of my articles in a magazine talking about regression therapy; so he called me for an appointment. In just two sessions, his problem was solved completely. The first session, we did a regression to cause, and in the second session we did some past life therapy.

When I regressed him for cause, he immediately went back

to a life where he was the son of a very wealthy landowner, who had vast land holdings. He was a playboy, not at all interested in his father's affairs.

When his father died suddenly, some of the workers and managers of the farmland tried to claim the land. The matter went to court. The judge asked him to produce the papers proving his ownership of the land, and gave him a deadline. In that life, as a playboy, he was a very disorganized person.

When he first entered that life in his regression, he was desperately looking through all the closets and all over the big house trying to find the papers that would prove his father's ownership of the land. He was desperate since the court deadline was fast approaching, and he had not found anything.

He never found those papers, and the judge ended up giving all the land to the workers and manager, and he even had to move out of his big house! Since the mind does not recognize time, in his current life he is being over-organized, so as not to suffer a loss!

Note: Sunny submitted this article for publication in Unlimited Human! in November 2006, before leaving this earth in December 2006.

MEMBER KUDOS!!! THE WORK OF IACT AND IMDHA MEMBER DEBBIE PAPADAKIS IS FEATURED IN THE JULY O (OPRAH'S) MAGAZINE IF YOU HAVE NOT ALREADY READ THE ARTICLE, PLEASE PICK UP A COPY AND READ IT.

Toronto Hypnotist Helps Woman From Mexico Overcome A Lifetime Of Shyness In Only 6 Hours

Beverly Donofrio fired the most recent in a long list of therapists, and traveled from Mexico to Toronto Canada to finally be rid of her overwhelming shyness. After just one 6-hour session with Hypnotherapist Debbie Papadakis, she was able to attend a party the same evening with no fear and months later she has "enjoyed every social gathering" since her session.

Beverly was so elated; she wrote a feature story for Oprah Magazine about her experience. "I'm middle aged now" she reports in her story and goes on to say how she had been "suffering" since elementary school.

"Shyness is a habit, a defense mechanism learned to protect against the fear of being hurt by other people" Explains Debbie Papadakis, Master Hypnotherapist "Habits are easy to break using hypnosis."

"Some people don't believe you can change a behavior such as shyness in just one session" states Papadakis, "but like I told Beverly when she called, if you want to take a long time and have somebody hold your hand, I'm not for you. I like results!"

"I'm excited and flattered to be in Oprah magazine," says

Debbie, "but I'm even more excited for the profession of Hypnotherapy, and how people who struggle with issues like shyness will know where they can go for help."

DEBBIE PAPADAKIS IS THE DIRECTOR OF THE TORONTO HYPNO HEALING INSTITUTE AND AN APPROVED IMDHA SCHOOL OWNER.

Continued from previous page ... **Lighten Up!**

PERCEPTION

Do you perceive the glass as half empty or half full? When you take yourself less seriously the world around you suddenly becomes less cumbersome. Slow down and observe life. See the humor around you. I promise you, it is everywhere. My opinion ... comedy writers have an inexhaustible pool of material simply by observing the people and situations around them. Start within yourself. Our perception is our reality; so don't take yourself or others too seriously. Lighten up! Lose the baggage that weighs heavy on your mind. Chances are you'll live a longer and happier life.

Magical Thinking, Magical Causation, or Magical Power

by: Shelley Stockwell-Nicholas, PhD
President of the International Hypnosis Federation and
www.hypnosisfederation.com



"The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science."

– Albert Einstein

Magical thinking; oh, how we love you.

Athletes, gamblers, sailors, soldiers and lovers use you. In war, both sides call upon you as whatever god to tweak fate in their direction. Superstitions celebrate you in symbols, chants to get the job, the winning ticket, or the parking place.

Do thoughts really control things outside of yourself? Can perception distinguish real from imagined? That's what hypnotists want to know.

By 18 months, children play in imaginary worlds. Then we introduce them to Santa, the Tooth Fairy, super heroes, gods, and angels. Being invincible and having super powers makes you feel bigger to escape feeling little. Our inner child still hangs a hopeful hat upon pretends, magical miss-tickles, non-sense rituals, and made-up traditions.

I remember the day my three-year-old son ate spinach and then raced to the mirror to see if his muscles popped like Popeye The Sailor's. Perhaps he was on to something, studies suggest that those who imagine sculpting their body while working out get better results than those who don't imagine.

Since the nineteenth century magicians, scientists and educators entertain the magical mind with demonstrations of electricity and magnetism. We and our children are fascinated by the spectacular science magic of Exploratoriums.

"It's magic" we say as the slight-of-hand showman pulls a rabbit from the hat or a toxic tissue from intact skin. Grown ups rename magical thinking, role-playing, faith and prayer as "into-wishin'," "visualization," "karma," and the "power of intention."

Athletes wear good luck socks; amulets or perform special rites. Those who watch them think they influence the outcome.

A 2006 Princeton/Harvard study told well-educated young adults, "visualize and mentally help a blindfolded person score baskets in an arcade basketball game." Unknown to the observer/helper, the shooter peeked through the blindfold to made most of the baskets. "Helpers" believed themselves the factor in the shooter's success. Another experiment, had people curse via a voodoo doll. If the person feigned a headache, the hexer felt responsible. ("Everyday Magical Powers: The Role of Apparent Mental Causation in the

Overestimation of Personal Influence" Daniel M. Wegner, Kimberly McCarthy, Emily Pronin, and Sylvia Rodriguez, 2006)

Pills or placebo become magic bullets to fight disease. Books transport us as a magic carpet.

What part of you connects the dots, leaps to conclusions, and bypasses logic for magical explanations? Who is the you that stubbornly shouts "My mind's made up; don't confuse me with facts." And "It's the truth, it's actual; everything is satisfactual."

When does magic become pure delusion? A friend of my brother in Hawaii was told by her "guidance" that blended papaya seeds would offer birth control. Oops... she gave birth to a little papaya. Anorexics look in the mirror and see themselves fat.

In 1812 Chevreul noted, "suspending a 'magical' pendulum or dowsing stick over a bowl of mercury caused the pendulum to move spontaneously." He concluded that thought and micro-muscular movements moved the pendulum. In 1852 William Carpenter labeled motor response produced by an idea "ideo-motor" which is now called "ideomotor" or "ideokinesiology."

In Chevreul's words: "The mysterious movement of a small pendulum held by an 'unmoving' hand is a venerable example of the erroneous assignment of unusual properties to inanimate objects. The pendulum swings back and forth or in a circular path depending on what the holder is thinking, even though the holder is convinced that he or she is holding the pendulum perfectly still. The direction of the movement is said to provide 'yes' or 'no' answers that relieve holders from personal responsibility for decisions and choices. The pendulum allegedly reacts to the presence of certain objects or liquids, and even provides information, such as the sex of a fetus. Its actions are sometimes attributed to mystical forces or mysterious energies (like chakras), but all these magical effects occur only when the pendulum is hand-held."

Still, my dearest magical thinking, thank you for the make-believe, faith healing, miracle workers and special goodness of stubborn optimism; it makes for a magical life.

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**MARX
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Inspector Marx Howell (Ret'd), a 32 year veteran of the Texas State Police, has been involved in hypnosis for 28 years. Marx is an authority on the Forensic Application of Hypnosis. He holds a Bachelors Degree in Criminal Justice, an Investigative Hypnosis Certification with the state of Texas, a graduate of the FBI National Academy, and

served in the US Marine Corp.

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Three modules will be covered, Stress Management, Working with Individuals for Job Interviews, Promotions, and students to improve test taking. Many hypnotists have helped people in the above categories. Develop a systematic approach and increase income. The model can also be applied to group seminars for Smoking Cessation & Weight Loss. A power-packed program with useful information and no wasted time. If you have attended one of his presentations before, you know you are in for a “Cliff Hanger.”

Award-winning, international instructor/medical hypnotist, Julie Griffin, directs The Hypnotherapy Training Company and

Hypnosis Today. Author of twelve books, and primary headliner for New England's Whole Health Expos, Julie has appeared on scores of radio and television programs. Her dramatic, modern hypnotherapy captivates her audiences while providing unique therapeutic content.



**JULIE
GRIFFIN, BCH**

BLAST OFF! Innovative Weight Loss Programs for Men, Women & Children

Julie Griffin will share with you her dramatic, new weight loss programs for men, women, and children. BLAST OFF! mentally takes participants into outer space to free themselves of thoughts and behaviors that cause weight gain. Her GREEN LIGHT program helps clients get the emotional and physical “junk out of their trunks” that can prevent happiness and fitness. Julie's fun, HYPNO-RAP, has proven to appeal to teens and people of all ages. All this, and more will be shared in this dynamic workshop. This action-packed, exciting, medically sound program shares tips to help anyone of any gender and health condition become empowered to lose excess weight enjoyable. Julie will also coach you on how to fill your seminar halls with customers.

Richard Neves, Ph.D., has over 30 years experience in Hypnotherapy. He primarily teaches hypnosis, NLP and is considered an expert in the field. He is a caring, intuitive instructor. He has a way of bringing out the best qualities in each student. Dr. Neves teaches in the USA, Canada, the UK and Japan, and is a sought after motivational speaker.



**RICHARD
NEVES, PhD**

CREATING MAJOR CHANGE WITH NLP SUB-MODALITIES

Many of you have learned NLP, however, there is a power tool in that field that can create major change in your clients. This class is designed to assist you in becoming intimately familiar with sub modalities. We will cover boundaries and how to establish them, how to motivate people and much more. Additionally you will be given many techniques to assist clients using NLP. Once you understand sub modalities and how to use them, hundreds of interventions will be available to you. Come join me in an expansion of your world of therapy.



**PHILIP
HOLDER, PhD**

Dr. Philip Holder, president of Master's Center is a motivational speaker, and author appearing in magazines, television/radio and instructional DVDs. He is an instructor of hypnotherapy, and college professor. As a highly respected Shaolin Kung Fu master with certification in acupressure and other holistic modalities, his experience also encompasses personal fitness. His background gives him a unique ability to address the body/mind union like few others.

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Wendi Friesen is an accomplished Hypnotherapist. Alcohol Freedom is a program she created that has sold to over 25,000 people worldwide. Her methods work even for those who have failed many times. This approach is radically different and desperately needed in a world where the struggle with addictions increases constantly. Wendi's unique training approach to Hypnotherapy makes her a much sought after trainer. She was recently awarded the 3rd fastest growing business by the Sacramento Business Journal.

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This unique approach to addictions will give you a new perspective on the beliefs and mind set that creates success or failure. Your clients who want to end their addictive habits will be grateful to have a new approach. Even if a person has failed at rehab, willpower, cold turkey, and 12 step meetings, they can succeed with your personal care and your expertise. Wendi's method uses a long term approach that provides support, consistency, commitment and power in your client. Learn how important this work is, and become part of a network of specialized hypnotherapists who are addiction freedom experts. Who can you help? Alcohol, drugs, prescription drugs, gambling, shopping, and other difficult addictions will be discussed. With the success rate for traditional 12 step approaches being less than 5%, there is a great need for an approach that gives the power back to the client.



WENDI FRIESEN



**DR. GEORGE
BIEN**

Dr. George Bien is widely known for his extraordinary ability to model others. As a leading authority on subconscious reprogramming George has been featured on the covers of professional journals, magazines, in scores of books and on numerous radio and television programs. George conducts seminars and workshops throughout the world.

CREATE HIGH-IMPACT CHANGE THROUGH MODELING!

You may not become America's Next Top Model, but you can certainly incorporate the process and structure that makes the model or any other peak performer successful. The primary objective of modeling is to take a skill intrinsic to one person's behavior and transfer that skill to another person. One of the key features of high performance is that it seems so easy and natural, and what usually distinguishes top performance from mediocre is knowing what behaviors and accompanying thought processes to choose in a specific situation. This dynamic seminar will teach you: The fundamental aspects of Modeling. Numerous information gathering tools. Gordon's "Experiential Array" and "Belief Template". How to gather information with respect to what an expert is thinking, feeling, believing and doing when engaged in the specific activity to be modeled so that they can be transferable. How to refine your micro-muscle matching ability. How to access evidence procedures used by an expert to determine goal-related progress. How to fine-tune and/or increase abilities that you already possess.

JANET MACY WAS A WIFE, MOTHER, TEACHER AND FRIEND. SHE WILL BE MISSED.

In Memory of Janet Macy

Last night, Janet Macy succumbed to her battle with cancer and passed away. She was a talented hypnotist, a patient teacher, and a caring friend.

Janet has been an active member in the hypnosis community for the entire eight years that I have known her. Her free talks to hypnosis groups and her formal classes were well attended and received. Many hypnotists and hypnosis students have had the great fortune of receiving her kind words of encouragement and her quiet words of advice, an often subtle push that required one's own desire to execute.

I was fortunate enough to be her first student as she mentored under the late Rev. Jeanne Neher-Schurz, Ph.D. at the school that was to become Janet's, the California Professional Hypnosis Institute. Both of these wonderful women helped guide me as I entered what would become my passion and profession with a remarkable casualty that instilled great peace and confidence in me. It was such a unique experience to study under two teachers at once while simultaneously seeing the next step, learning how to teach.

Janet and I shared a bond because of this time. I sort of embodied a bridge between Jeanne's teaching and hers, and I think she liked that. Our relationship shifted from mentor to colleague to friend as I continued to learn and grow in my skills as a hypnotherapist.

I remember Janet teaching me the hand drop induction. I remember being nervous and my palm sweating as I performed it for my first time. I remember listening so intently to the feedback she gave me at lunch at a horrible Peruvian restaurant nearby. I remember trusting her.

And that trust continued in the years since. Janet, like Jeanne, wasn't one to boast or try and be the center of attention. We had numerous conversations in more recent years when I encouraged her to share more of her insights and wisdom. She saw herself, I think, as a facilitator of hypnosis to more than just her clients, but as a facilitator to the modality itself. In spite of this humility, people quickly caught on to the depth of Janet's knowledge and caring. She was truly respected by her peers.

Janet lit up whenever she spoke of her children, and more recently, her grandchildren. She showed pictures of them all with such exuberance it sometimes seemed as if the photos were spring loaded into her purse. She had an endearing pride and joy for her family, anchored soundly in her marriage to her husband.

Janet's presence will be missed by those who knew her. Her gentle influence will be missed by many more.

— by: *Scott Sandland*

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"I have to tell you as I have considered the Trainer's Class, it is the best class I have ever been in. I think George naturally attracts great people. I'm still thinking about Casey and Roger who came half way across the world to take his class. I do feel privileged."

Blessings, - Gloria Grant



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