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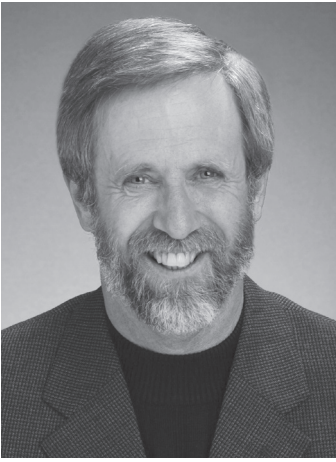
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MESSAGE FROM ROBERT OTTO, CEO

Dear Friend and Colleague,

What an incredulous 2020 we've encountered thus far.

Our profession has experienced many trials and tribulations over the years. But of all of the challenges we have faced together as a community, a global pandemic was never on our radar. The most alarming part for us was how quickly everything came apart for so many of our friends and loved ones. For those of you who are [or have loved ones] still working on the frontline, we applaud your commitment and tenacity. We are ever so grateful to have the numbers reflect positively for the efforts made in flattening the curve.

While some may consider this to be a stifling adjustment period, there is something to be said for the skills we improve upon and the innovative ideas that manifest when a situation like this presents itself. After all – we are agents of change. We know that when we shift our perception of an event, we change the dynamics, and as a result facilitate change in the moment. Stephen R. Covey said it best when he said, “To change ourselves effectively, we first need to change our perceptions”. Fortunately, many brilliant change agents out there carry out real innovation – even in times of struggle and uncertainty.

We all learn to deal with sequestering in our own ways. However, one thing that I have learned through this experience is how important it is for people to gather together – remotely or otherwise. I continue to enjoy receiving emails about your transition to tele-sessions, and marvel at how innovative many of you are - to offer support groups and services to overcome fear, boost immunity, not touch our face, remain calm during quarantine and so on. The list is really quite impressive.

In this issue you will find 22 outstanding articles written by experienced practitioners; some written exclusively to help deal with the current world affairs. I am confident there is something that will speak to each of you and be useful for helping your clients deal with the challenges that arise.

We wish to thank everyone who played a part in making Hypno Expo LIVE Online an astounding success! It was amazing to see so many people pull together in such a short amount of time, and indicative of our adaptability and resiliency.

It truly was a collective effort. From our coordinators, moderators, presenters, and staff, working diligently behind the scene - to colleagues and professionals supporting the event; we all played a part in making this year's conference a historic and memorable event.

With hundreds in attendance, we had the privilege of delivering 58 lectures in 3 days to 16 countries simultaneously without incident. What a remarkable demonstration of a professional community pulling together and standing strong in the face of adversity.

I had the honor of sharing a message of hope and change with Paul Aurand; delivering a keynote address on Saturday morning to a 'virtual room' full of practitioners. They were equally eager and excited to be part of the global movement.

Although we worked our tails off to make the switch from live to virtual in a short window of time, I am delighted with the outcome. I am also inspired by the support and humbled by the loyalty shown from peers and colleagues, who placed their confidence in our abilities. Technology is a wonderful thing!

I trust next year finds us well beyond dealing with the COVID-19 pandemic and together once again in the beautiful Sunshine state. While nothing compares to a live presentation, real handshake or hug, coming together virtually is the next best thing. I'm counting on seeing many of you in Orlando over conference week in May 2021.

My warmest and most sincere regards,

Robert Otto

“When we are no longer able to change a situation, we are challenged to change ourselves.” – Victor Frankl

INDIVIDUALIZED GROUP MENTORING

By Paul Aurand



*Based in New York City, Paul Aurand travels the world conducting sessions and teaching transformational workshops and training courses. He is an award-winning Master Practitioner who has worked in the field for nearly 30 years. Paul has been honored as “Educator of the Year” “Therapist of the Year” and “Hypnotherapist of the Year.” Paul has been featured in the films *Flipside*, *On the Threshold*, *Dying to Know*, and *Discovering Regression Therapy* for his ground-breaking work with *NDE Regression* and *Life Between Lives Regression*.*

After years of running trainings around the world, I recognized the need for mentoring and community, for new and practicing Hypnotherapists. In answer to that need, I created an online mentoring program I call Individualized Group Mentoring. I offer you the same opportunity for mentoring here through the *Unlimited Human!* I invite you to submit questions you have about cases or topics for this mentoring column to Paul@PaulAurand.com. Here is a question I received recently from our mentoring group: “What is Life Between Lives regression?”

Beyond Past Life Regression

Although I had done thousands of past life regressions in my work as a hypnotherapist, it was not until shortly after being struck by lightning and having a near death experience that I began searching for a way to take people to that very special place between lives. After reading Dr. Newton’s second book, “*Destiny of Souls*” I had the opportunity to meet and train with him in Virginia Beach and learned to do Life Between Lives Regression therapy.

My Own Experience with LBL

Imagine being taken back to the end of your most recent past life and hovering above the death scene. As an objective observer I view my body, say my farewells, and then feel drawn away from the scene. Pulled higher and higher I move faster and faster towards a light. This light seems to reach out towards me. It embraces me, wraps me in a welcoming blanket of reassurance and comfort. A beautiful garden-like scene develops. It is a sort of Roman Greco affair with columns. My mind is saying “now wait a minute, this is too Hollywood”, and the understanding comes that I am experiencing this welcoming back to the spiritual world in a way that will be comfortable for me and that it can really appear however I want it to appear.

Before I know it, I am being guided to a place of healing. Here I am led into an area where concentric circles of light are directed over and through me. Much like sound waves these circles of light heal me of the “density” I have brought with me from my life on earth. I stay here for some time and don’t really want to move on. In time I feel rejuvenated and know it is time to go.

The next stop in my journey is before the Elders or Council of Light Beings. As I approach, I am feeling guilty and apologetic about not having lived my life well enough. The message comes loud and clear “There is no place for guilt here.” and “You have done well.”

I am greeted by five light beings wearing energetic robes of light. They emanate the most beautiful bluish white light and I am overwhelmed with total and unconditional love. Tears flow

now as my life is reviewed and my progress as a soul is discussed. All of this is done in a most loving and accepting way. My life patterns and soul lessons are shown to me and I am taught about judgment, separation, and the interconnection of all beings. I am also able to ask questions about my life’s purpose and some of my experiences and lessons. This will all help me live my current life in a much more conscious and meaningful way.

From the council chambers I am taken to a wonderful gathering place where I can sense the presence of those souls with whom I have deep and lasting connections. They seem to line up in rows waiting to greet me. There is an indescribable sense of being welcomed back from a long, long journey away. It is a joyous reunion of souls.

One by one they come forward and talk to me about our previous lifetimes together. We discuss promises, contracts and agreements we have made in this life and past lives and all of the different relationships we have agreed to experience with each other. What a different perspective this gives me about some of my relationships!

From the reunion of souls, I am directed to a large building that is a kind of a library. This is an amazing place where the “books” are alive and interactive. One has access to the wisdom of the universe here. There are many souls who have come to this place to learn and study. Rather than reading the information, I am able to experience it on a soul level.

I know there are more places to visit but I am drawn to a place where I am being prepared to come back to earth. There is a process I go through of selecting the gender and type of body that seems appropriate for my soul lessons in my next life. I am even able to see brief images of some of the experiences I may have in my coming new life. Based on what I need to learn and what I will experience with the new body, I choose the one that seems best suited.

It becomes clear that although much more has taken place in my time in the spirit world I am to begin my return journey. It is time to come back into the present time, back into my present body, bringing with me all of the wisdom and love I have just experienced.

As I come back to my normal waking state, I realize my life between lives regression has been going for over three hours! We review my session and many of the highlights. I can’t believe how much I have experienced in this incredible journey. I feel exhausted and exhilarated. I leave the session still half here and half there in the spiritual realm. I am relieved to know I will receive a full recording so I can review the details of my journey between lives. My life will never be the same. What a journey it has been!



FED UP

By Mark Babineaux

Mark Babineaux is an attorney with a General Practice who is also trained in both Collaborative Resolution and Mediation. He is honored as a Life Diplomate by the IMDHA, and is on the Advisory Board of the IMDHA and the IACT. He teaches many hypnosis related curricula and his practice includes helping individuals and groups overcome destructive habits, improve beneficial habits and forensic hypnosis.

One fact is for sure. One fact you cannot change is the fact that you cannot change the facts. You can interpret them, you can misinterpret them, you can ignore them, you can hide them but you cannot ever change them. Mark Twain had a poignantly critical opinion about facts and the media. He is quoted as saying “Get your facts first, then you can distort them as you please.” He is also reputed to have said “If you don’t read the newspaper, you’re uninformed. If you do, you’re misinformed.” How relevant an opinion to the current pandemic situation of instant internet reporting of facts from infinite points of view and interests involved. One gets the feeling that the media is not telling the news but rather selling it.

We, both as individuals and a society, are faced with some serious choices as to both our health and our wealth. Staying at home and curfews. Working from home if you can. If you cannot work from home, then you are faced with sacrificing wealth for health. If you have to go to work, then you are sacrificing health for wealth. We rely on government and the media for guidance as to how to get through this as a society – a society that is structured and dependent on the health of its wealth and not necessarily protecting the individual. So, ultimately, we, as individuals, have to decide the best course of action to get through this situation. What may be good for society may very well be dangerous for the individual.

When this covid19 situation was recognized as a pandemic, I was in a court trial just a few days before the stay at home order here in Louisiana. It was later learned that one of the witnesses who testified and who had sat in the courtroom for three days contracted covid19 and spent 21 days on a ventilator before recovering. The testimony was given barely three feet from the judge and other court personnel. To say we were concerned is definitely an understatement especially since I understand about 35% of people who carry the disease are asymptomatic. What we were told through the media to protect ourselves at the time was to cover our cough, wash hands often and for at least 20 seconds, stay a safe distance away from others and gatherings of no more than 50 people. We were told through the media that masking would not help in stopping the spread of the virus. That they have to be worn correctly. Of course, now those gatherings are limited to 10 people and it is recommended and sometimes required that masks be worn in public because the virus is spread through the air and that surface transmission of the virus may have been overemphasized. Really?

Come to find out as the facts emerge, I understand that our protective equipment was used up during the swine flu epidemic

in 2009 and the national leadership at the time failed to replenish that supply and failed to follow through with the manufacture of some 40,000 additional ventilators as well. So when this pandemic hit, we certainly were in serious short supply of what we needed to face it. Had the suggestion been to wear face masks, there would undoubtedly have been a panic to acquire them and our medical personnel would have been in unprotected serious personal danger. It was bad enough as it was. We had doctors telling us one thing and spin doctors telling us something else. Now that the supply has been replenished, face masks are recommended but you may have noticed, as I have, that people are downplaying the importance of wearing them – perhaps because the media has misled us by downplaying their significance from the very beginning. When opinions are repeated enough, people tend to take them as facts. These opinions that we are fed take up residence in our thoughts and make up the resonance of our response.

Mark Twain also suggested “If you tell the truth, you don’t have to remember anything.” The truth is that although as a society we are ready to move into phase 2 of our economic recovery, the fine print of that recovery invites those of us who are at risk to stay home anyway. So, some of us are unfazed by any phase of recovery until there is a way to test everyone—especially those who are asymptomatic – and protect everyone – including those at higher risk. Until then, as individuals, we need to remain true to our own best interest. Stay home if you need to and if you can – and practice self-hypnosis.

“Drag your thoughts away from your troubles...by the ears, by the heels, or any other way you can manage it.” – Mark Twain

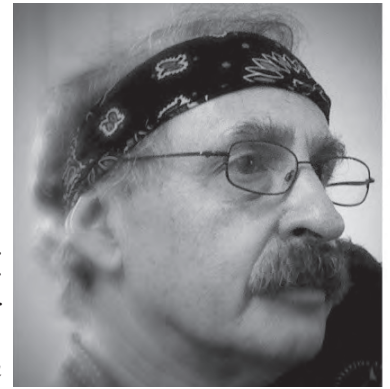


“I spent 8 days altogether either presenting, moderating, or as an attendee and would have thought you had been conducting on-line conferences for years!!!! I know you all put in a lot of hard work and the results were truly impressive.”

-Patricia Scott, Palm Harbor, FL

DESIGNING YOUR FUTURE – APPRECIATE YOUR LIFE

By Peter Blum



Peter Blum has had a full-time practice in hypnosis for over 25 years. A popular presenter for decades at hypnosis conferences, he is known for his humor and storytelling. Peter is a master musician who frequently incorporates sound-healing in his practice; his “Sounds for Healing” recordings have been used by many healers to augment their sessions. He considers himself fortunate to have been a student of Native American shaman Beautiful Painted Arrow, and has received mentoring from noted Native American psychiatrist and healer Dr. Lewis Mehl-Madrona.

Every so often a client is not working on solving a problem, changing a specific behavior, or achieving a particular goal that is fixed in space and time. This is a transcript from a session with a client I had been working with for a while, who wanted to have a generic recording for enjoying their life more and creatively imagining how it could unfold in better and better ways in the future. Reading back on it, I realized it was something that could be used by almost anyone at any time, with potential benefit.

Simply.... breathing... extending... awareness... both... outward and inward at the same time. Expanding out from the center point. So that you are... capable of noticing, what the senses bring back to you—the sensations. Where your hands are, where your feet are, where your head is, where your back is—wherever it is, that you are, aware of your environment. The particular conditions in this... environment. That may be somewhat similar from day to day but are always unique to that moment. There has never been a moment just such as this before—and you have never been exactly the same person before that you are at this moment. So, recognizing that—bowing to yourself within—in recognition of this... everchanging creation...

And like “panning in”... like a camera in a film that starts out from afar... that you can almost see yourself where you are sitting, here, as if you are looking in through the window... see yourself, resting comfortably. And, as the camera pans in you can see closer. See the tiny little muscles around the eyes and the cheekbones... relaxing. And then, as if you could actually, turn that camera into an x-ray camera, or a camera that was capable of peering inside of you to see... as you mentioned earlier... the relaxation that happens on an internal level—that is almost as if you could see the muscles beginning to... release... any unnecessary tension—that’s it, good... right in the diaphragm, in the solar plexus, around the elbows, and the hands... the shoulders... the neck... the jaw... any places that you have been holding tension. No matter how many times—every day a person can go through this routine of scanning themselves and relaxing. A person can go on a week-long meditation retreat, and do yoga every day. But life’s... little ups and downs will still be there... and still capable of causing a response in us. It is conditioning. So, the solution here, is a vigilance—an awareness. In a relaxed way—but nonetheless... committed to this... awareness of self. Awareness of “how do I carry myself?” Is my head bowed, or is my head up? Are my eyes down, or am I looking up? Am I walking with wrinkled brow, or sitting with a smile on my face? Is the jaw tight or loose? Do the shoulders need to drop an inch? Have I been holding my breath? Can I let it go? Can I breath even... slower?

Where else am I losing energy, by holding something tight, that does not need to be held tight? Simply through habit... examining and deconstructing those habitual... musculatures. Examining and beginning to loosen the binds of habitual thinking. One noted new age thinker... said, “It’s amazing. You have millions of thoughts in a day. And it’s also perhaps, a bit of a wake-up, and perhaps a little saddening, to realize that most of them are the same thoughts, that you had yesterday.” So to think in new ways—to open up new patterns of thinking... new patterns of awareness... to have a blank canvas upon which to sketch or paint... the vision of who you are becoming... who you would like to be... tomorrow... or the next day. Moving forwards in time... the creation... of a blueprint. Every builder knows—they may have an image in their mind first, before meeting. They know what it is that they would like to build—how it looks in their mind. But the actual construction—to create a blueprint... to create a template.

Or someone who works in ceramics. Who has a mold, in which to pour something into. So first to create the basic shape, in one’s mind. And then externalize it, into reality. To bring into being the shape and form of that... which is pleasing... is desirable... is... healthful. What are the... components? What are the materials that will be needed, in order to construct, a house, say? After first dreaming it, and then sketching it out, and then actually making a plan on paper of how it will be constructed, the next... finding out what materials are needed and where one can find them... is a process. It’s a process of construction. It’s a process of manifestation, that happens on the... energetic level, on the etheric plane first. In the mind’s eye. Whatever the mind can conceive... the person can achieve... as long as they believe.

And if not that, then something... equally... good. Perhaps different than one first imagined. Along the way... adjustments may... be needed. So to have the... flexibility. After drawing up the blueprints, to be able to change them, if necessary. Sometimes the way we envision something in our mind... when we actually see it beginning to take shape—it’s not quite what we wanted. And so we can go back, as they say, to the drawing board. And change things... rearrange things. And perhaps you can think of a time in your life, when you had done just exactly that. You had made a plan. It seemed to be a good plan... and then along the way... somewhere between.. the beginning and the end... there was a change... a new direction that needed to be taken. New information came in. A different perspective. You cannot see... from the bottom of the mountain, what you can see from half way up. And a person who is only half way up the mountain cannot have the perspective and the view of someone who has climbed to the

peak... the summit... that's right.

And I invite you now, to have a memory of something... really wonderful... that happened to you at some point... that you have not thought about... in a long time. I invite you to invite your own memory to offer up a scene, or a feeling... something you had forgotten about... really... special. That may be something that was relatively small at the time but nonetheless... important. Or it could be something that was really really large, really big, really timely. And, it may have involved other folks, or it may have just been you there... whatever it was...

And then, as if it were a dream... that you had forgotten, that you had fallen asleep... and when you wake up from that... you look around and see that you are in... that place there... where there is the waterfall... and the swimming hole. Your special place. And it was so pleasantly relaxing there... that you had actually fallen asleep and had a dream... and as you think about that... you may be drifting off, back to sleep again. Because... you want to catch the tail of that... dream. And see if you can... summon it... see if you can re-enter into it. Is that possible? Might wonder... "Can a person do that? Can they dream themselves into a dream? Can they remember a dream, and then find that they are dreaming it again?"

Famous poet Coleridge said, "What if you fell asleep. And while you were sleeping you had a dream. And while you were dreaming, you dreamt you went to heaven. And in heaven you found a most beautiful flower. And what if you picked that flower... and then awoke from the dream... and found you were still holding that beautiful flower in your hand. What then?"

There's no end to awakening. There's no end to increasing awareness. It's just finer and finer. Like the camera panning in... finer and finer. First seeing the muscles of the skin, and the pores of the skin, and then... down, like on a cellular level, and below that... on a molecular level... and below that on an atomic and a subatomic level. Just finer and finer... structure. Unbelievable... the organization of matter... to create a human being... miraculous... really appreciating these... miracles of existence... these thinking, breathing, sentient, conscious beings... capable of deep feelings and emotion... capable of creating beauty and art.

It's easy to get caught up in the worries and concerns... taking care of the next thing... running around... being busy... It's good to remember to sit back, and breathe... to take time to appreciate the... everyday magic... the miracle of just being a precious human birth. The joy of friendship... simple things... companionship... the pleasure of eating a delicious healthy meal... of getting a good night's sleep.

Now... wherever it is that you are... beginning to... prepare yourself to return back to... normal... waking consciousness. And, at your own pace. And bringing back with you... whatever realizations and revelations and discoveries of new insights, and new ideas, and different ways of understanding and... practices that you can put into your... daily life, in a way that will enhance things even further... making it even more enjoyable, and productive. Now... I don't know how you will do that, but you do. And so, just allowing this natural process to unfold, and trusting the process... continuing to fall in love more and more with yourself, every day. Now... as I count up from one to ten you can return back fully to normal, waking consciousness. By the time I reach the count of ten, eyes opening, coming back fully to room awareness... One, two, three, four, five... six... seven... and if, in case you happen to be listening to this just prior to going to sleep... eight... after your eyes open... nine... you can decide to return back to a deep, restful sleep. Ten (snap)!



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"The Hypno Expo 2020 Virtual Conference was truly phenomenal, and you receive not five, but six stars. The sixth one is the "ESP" Star", for "extra services performed". Thank you for the excellent planning and work that you did to facilitate this very inclusive educational Healthcare Extravaganza. The package was unique, with the exceptional quality and heartwarming cordiality that so clearly typify IACT and IMDHA everywhere present. Commendations to all of you!"

-Clarice Graham Carter, Farmington Hills, MI



STRATEGIC APPLICATION OF SUN TZU'S, ART OF WAR IN EDUCATIONAL DIAGNOSTICS AND THERAPY



By Noel Kok Hwee Chia & Jennifer Erin Camulli

Noel K.H. Chia, an IACT-approved instructor, is a special needs consultant-cum-trainer in private practice. He is board-certified in educational therapy and special education. Jennifer E. Camulli, a certified educational therapist, is a special needs inclusion and

accessibility consultant. She holds the IACT-approved specialty certificate in Special Needs Educational Therapy.

Both authors have been actively involved in the China Autism Project.

Introduction

Although the historicity of Sun Tzu (b.544BC-d.496BC), also known as Sunzi, by pinyin transliteration, is uncertain, he is still being revered in Chinese and East Asian culture as a legendary historical and military figure. A Chinese military strategist, writer and philosopher, Sun Tzu's birth name was Sun Wu and he was also known as Changqing outside his family. The name by which he is known as Sun Tzu in literature today is an honorific title which means Master Sun.

Sun Tzu lived during the Eastern Zhou era of ancient China.

Traditionally, Sun Tzu has been credited as the author of the 13-chapter, "*The Art of War*," (see Tzu, 5th century BC/2013) – an influential work of military strategies that has not only impacted on the East Asian philosophy and military thinking but also the West, too. For instance, the Viet Minh commanders Vo Nguyen Giap and Ho Chi Min applied Sun Tzu's military strategies in the Vietnam War. In another example, the American generals Norman Schwarzkopf and Colin Powell



A pencil drawing of Sun Tzu

had also employed the principles from Sun Tzu's treatise during the Gulf War against the Iraqi army.

"*The Art of War*," (TAW for short) and the other works of Sun Tzu give more emphasis on alternatives to battle, e.g., "stratagem, delay tactics, establishing and sustaining alliances, the use of spies and different forms of deceit, the art of temporary submissiveness to more powerful foes, and other alternatives to war itself," (Carman, Harding, & Carmen, 2013, p.41). However, the principles from Sun Tzu's work can also be applied in conducting diplomatic, business and trade negotiations between companies and countries. Moreover, the principles from Sun Tzu's TAW have been used in many other areas including in our daily lives as well as sports, cyber-gaming, medicine, education ... and the list can go on.

In this short article, we want to share with our readers – professionals in the fields of counseling and other forms of therapies – three selected principles from Sun Tzu's TAW that we have used and applied in educational diagnostics and therapy (EDT) (Chia, 2010; Chia, Lim, & Lee, 2017).

A Brief Introduction to Educational Diagnostics and Therapy

There are two specialized fields closely related to special education: (1) Educational Diagnostics; and (2) Educational Therapy. Putting the two fields of specialization together, we shall call it Educational Diagnostics & Therapy (or EDT for short). There is a difference between the two fields.

On the one hand, the "educational diagnostics dives deeper into the areas of assessment and educational programming," (University of the Southeast, 2019, para.1). It covers the use of formal and informal assessments to make decisions regarding determining the presence of learning and/or behavioral disabilities/disorders, placement options, and needed services.

On the other hand, the educational therapy, as defined by the Association of Educational Therapists (2017), "combines educational and therapeutic approaches for evaluation, remediation, case management, and communication/advocacy on behalf of children, adolescents and adults with learning disabilities or learning problems," (para.1). Educational diagnosticians and therapists work closely with families of children and/or adults with disabilities/disorders to ensure that every individual with special needs is provided an individualized and appropriate education plan while enrolled in public schools and higher institutes of education.

Application of Sun Tzu's, "*The Art of War*" Principles in EDT

There are three phases of fit in the EDT framework: The first phase is known as Relevance of EDT; the next phase is the Appropriateness of EDT; and the last phase is Effectiveness of EDT. These three phases of fit constitute the EDT protocol for two key tasks: (1) To screen or administer diagnostic assessment of a 'learning and/or behavioral disability/disorder' (known as 'problematic condition' in this article) for the purpose of evaluating assessment data and establishing a client's profile based on the findings gathered from the assessment; and (2) To design a treatment plan (i.e., there are three types: intervention, rehabilitation, and/or management) based on the findings of the screening or assessment. According to the Center for Substance Abuse Treatment (2009), there is a key difference between screening and assessment: the former refers to a process for

evaluating the possible presence of a particular problematic condition, while the latter refers a process for defining the nature of that problematic condition, determining a diagnosis and developing specific treatment recommendations for addressing the problem or diagnosis. Each of these three phases will be briefly described and accompanied with a selected principle from Sun Tzu's TAW.

Phase #1 Relevance of EDT: In the first phase of the EDT framework, a question to ask here is: "How relevant is our current knowledge and understanding about a problematic condition when we carry out the EDT protocol?" Underlying this question is Sun Tzu's principle of: "*#1 If you know the enemy and know yourself, you need not fear the result of a hundred battles. #2 If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. #3 If you know neither the enemy nor yourself, you will succumb in every battle.*" (Tzu, 5th Century BC/2013; Chapter 3-Attack in Stratagem, Point 18, p.12). This TAW principle can be further divided into three underlining principles as follows (see Chia, 2010, for detail):

Principle #1 If you know about the problematic condition, and are also aware of how much you know about its variant and non-variant traits, you are in a better position to administer an appropriate diagnostic assessment and also prepare a favorable intervention program with no fear of failure. This has been termed as the principle of targeted EDT (Chia, 2010).

Principle #2 If you are ignorant of the problematic condition, but are aware of how much you know about its variant and non-variant traits, your chances of success or failure in administering an appropriate diagnostic assessment and also preparing a favorable intervention program are equal. This has been termed as the principle of symptomatic approach in EDT (Chia, 2010).

Principle #3 If you are ignorant both of the problematic condition and are also unaware of its variant and non-variant traits, you are sure to fail in administering an appropriate diagnostic assessment or offering a favorable intervention. This is what Chia (2010) has termed it as the principle of sure chaotic approach in EDT, "At all cost, this last principle should warn anyone who is not well informed or trained to help individuals with problematic conditions to administer any diagnostic assessment or offer wrong advice or intervention that can become detrimental to these individuals" (Chia, 2010, p.124).

In other words, every diagnostician and therapist must always be well informed and updated on the latest or current developments in their respective fields of specialization if they are going to tackle challenging traits arising from varied problematic conditions. New discoveries in science, especially in medicine, are made every day and new inventions in engineering and technology are also developed all the times. Hence, we must keep ourselves abreast of all these new developments. There is no time for us to rest on our laurels or soon we will find ourselves lagging behind others in our respective professional fields of specialization.

Phase #2 Appropriateness of EDT: In the second phase of EDT framework, a question to ask here is: "How appropriate is the assessment done to obtain the diagnosis and to plan for the right treatment for a problematic condition when we carry out the EDT protocol?" Underlying this question is Sun Tzu's principle of, "*Thus we may know that there are five essentials for victory: #1 He will win who knows when to fight and when not to fight; and #2 He will win who knows how to handle both superior and inferior forces,*" (Tzu, 5th Century BC/2013; Chapter 3-Attack in

Stratagem, Point 187, p.11). First, we need to know what the five essentials are. According to Sun Tzu (5th Century BC/2013), they are, "(1) The Moral Law; (2) Tian (literally, it means Heaven); (3) Di (literally, it means Earth); (4) The Commander; and (5) Method and Discipline," (Chapter 1-Laying Plans, Point 4, p.1). When adapted to the EDT, these five essentials refer to (E1) The Code of Professional Practice; (E2) Specialized Content Knowledge required for the job; (E3) Practical Skills and Experience accumulated over the years of professional practice; (E4) The Educational Diagnostician or Therapist; and (E5) Professional Technique and Discipline that have been acquired over time.

With the five essentials in place, this TAW principle can be further divided into two underlining principles as follows:

Principle #1 An educational diagnostician or therapist must know when to assess (i.e., appraise or evaluate), diagnose (i.e., to identify the cause or problematic condition) and intervene (i.e., to treat) in order to ensure that the diagnostic assessment and/or follow-up intervention will be correctly and properly carried out. It is also equally important to know when not to assess, diagnose and/or intervene, too. The goal is to ensure the client's well-being is properly taken care of and be given the first priority among all things. For instance, Chia, Lim and Lee (2017) have illustrated using a child with autism who is given to frequent bouts of emotional outburst. It is essential for a professional to differentiate between temper tantrum and meltdown. It is proper to intervene when it is a temper tantrum but not when it is a meltdown, which must run its full course. From this first principle, the diagnostician or therapist (E4) has his/her code of professional practice (E1) to follow or adhere to, with the specialized content knowledge (E2) to know the difference between temper tantrum and meltdown though both are emotional outbursts, and the experience (E3) to know how to manage the challenging behavior using the appropriate technique and discipline already acquired previously (E5).

Principle #2 In order to assess, diagnose and intervene, a diagnostician or therapist must know when, what and how to use the available diagnostic test tools (e.g., for screening or assessment; standardized or non-standardized; core or supplementary) and the intervention strategies to study, understand and address a serious problematic condition. These diagnostic test tools and intervention strategies are like the weapons for the diagnostician or therapist to use in fighting the ravaging learning and/or behavioral disability/disorder (problematic condition). Among the test tools and intervention strategies, there are those which are superior and there are those which are inferior. An inferior test tool or intervention strategy does not mean it is not useful or ineffective; it is best used with a problematic condition that is at its initial onset and not too serious. In the same way, cancer is not treated the same way for all cases but has to depend on its four different stages of severity. A patient having the first stage cancer is not going to receive the same treatment as another patient with the third stage cancer,

"It was a great weekend! Let me reiterate my pride in this organization... Thank you for embracing an evolving business and carrying us into the future. I also look forward to a return to physical EMBRACING some day... but in the meantime, a nasty virus can't stop a flexible force! Thank you! Thank you! Thank you!"

-Karen Hand, Chicago, IL

whose treatment has become more intensive. A professional, therefore, should know how to choose the appropriate tools for the diagnostic assessment and/or right strategies for treatment of the problematic condition. From this second principle, the same five essentials are applied: the diagnostician or therapist (E4) following his/her code of professional practice (E1), applying the specialized content knowledge (E2) and accumulated experience (E3) to use the appropriate diagnostic test tools and/or intervention strategies (E5) to manage the problematic condition.

In other words, every diagnostician and therapist must know exactly when, what and how to assess and diagnose a problematic condition and to intervene the condition with an appropriate intervention plan. To do it successfully requires the professional to know exactly what or which diagnostic test tools are most appropriate to administer, and what or which intervention strategies to be used in treatment.

Phase #3 Effectiveness of EDT: In this third and final phase, a question to ask here is: “How effective is the educational diagnostics and therapy in screening/assessing and treating the problematic condition?” Underlying this question is Sun Tzu’s principle of “a strategy without tactics is a slow progress to victory; tactics without a strategy is making noise before defeat.” (Tzu, 5th Century BC; translated by Giles, 2005). This TAW principle is adapted in the context of EDT to mean that, on one hand, administering a diagnostic assessment without a clearly defined assessment protocol to follow and/or carrying out an intervention approach without a clearly designed plan of action will result in a slow progress to improvement in remedying or managing the problematic condition. On the other hand, a clearly defined assessment protocol without properly administering a diagnostic assessment or carrying out a plan of action without a clearly defined intervention approach is humbugging before failure.

In other words, every diagnostician and therapist must be fully aware that the effectiveness of EDT depends on him/her being very familiar with the assessment protocol to ensure a proper administration of diagnostic assessment and/or being thorough in designing a plan of action to ensure that an intervention approach is correctly carried out.



*“Just a short note to say **THANK YOU** for allowing me to contribute to your **SUCCESSFUL 2020** conference. Your team, who assisted me with my preparation and presentation were true professionals.”*

-Gary Lalonde, Port St Lucie, FL

Conclusion

As we come to the concluding part of this short article, we want to sum up by quoting from Sun Tzu, “*He who knows these things, and in fighting puts his knowledge into practice, will win his battles. He who knows them not, nor practices them, will surely be defeated.*” (Tzu, 5th century BC/2-13; Chapter 10-Terrain, Point 22, p.48).

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But how do I offer the vibration of wellness when I am sick? And we say, by remembering when you were well, by imagining that you are well, by pretending that you are well, by de-emphasizing the fact that you are sick and re-emphasizing the feeling of wellness.



Abraham



A WAY TO BECOME A GENIUS[©]

By Jennifer & Dennis Chong

Jennifer and Dennis Chong are Fellows of the Society of Neuro-Semantics, Fellows of the American Board of Psychotherapy and Fellows of the International Medical and Dental Association. Jennifer is a RN, PHN and Dennis is an MD. They are the creators of the new field of study, Epiepistemology. It is known in the vernacular as Neuro-Semantic Programming, NSP. The foundational text to NSP is embodied in their work: Do you know how another knows to be? which

by your native neuro-linguistic intuitions will confirm to you that if you did know, you will know how to cure your patient of their problems.

Abstract

It was the canon of Orthodoxy to think that **one is born a Genius**. If one was not, then that's it. However, it is one of our recent discoveries that there is a way to become a Genius **provided you can tell us in which domain you wish to be**. This rider is necessary because there is as far as we know a Law of Physics that forbids one to be a Genius in EVERYTHING. To be so would put you at a level equal to The Great Cosmic Mind, once known as God, HERSELF.

Das ist verboten.

Background

Like everything, based on apparently unrelated semantic domains of Hypnosis, Quantum Mechanics, the Hubble Big Bang, Cosmology and biddy-biddy little us, we bloomed into an incredible amalgam that recently found that there was a way to become a genius.

For us to bring this about is more complicated the most complicated neuro-surgical operations. So we pray that you be mature about this. It will take time to open your mind to become one; and alas there is also our utterly unreasonable fee – your desired outcome.

We have to begin at the beginning. And what is the beginning? It is the beginning of the space-time continuum, i.e. our universe. When did it begin? By the latest calculations it began 13.8 billion years ago. How did it begin? It began with the Hubble Big Bang, HBB.

What was there **before** HBB? The answer is: NOTHING! **Nothing!**? Yes **ABSOLUTELY NOTHING**. How do you define this **ABSOLUTELY NOTHING**. It is given by this quotation by the late Professor Heinz Pagel:

The nothingness "before" the creation of the universe is the most complete void that we can imagine—no space, time or matter existed. It is a world without place, without duration or eternity, without number—it is what the mathematicians call "the empty set." Yet this unthinkable void converts itself into the plenum of existence—a necessary consequence of physical laws. Where are the laws written into that void? What "tells" the void that it is pregnant with a possible universe? It would seem that even the void is subjected to law, a logic that exists prior to space and time.

Heinz R. Pagels¹: Perfect Symmetry, *The Search for the Beginning of Time*, Simon and Schuster, 1985, page 347.

In our view, this definition is so thorough and complete that we feel that we may abbreviate this NOTHING to be the Infinite Void Of Empty Nothingness, IVOEN. It did not have in it even the power of logical reasoning nor the faculty to make decisions, sane or insane, logical or illogical.

What we do know is that some 13.8 billion What or Who, **WoW**, took THE DECISION to **create an infinitely small space in IVOEN**. How long this infinitely small space was left to be, we do not know.

Then, the next thing to happen was that WoW took the decision to create a particle that was smaller than the smallest known sub-atomic particle in Quantum Mechanics². How do we know that it was of this size. We know it because the mathematics of Cosmology³. It was cozily coddled in the infinitely small space that was created for it. In its space, this particle was not chaotically zipping over here and there and everywhere in IVOEN as sub-atomic particles do. How long it remained in this condition we do not know. In this particle contained the entire mass and matter of our universe – normal matter and dark matter, normal energy in all its possible variations to dark energy.

It was in the work, *Punk Science* that the authoress was discussing the ability to abstract all the air from a container and thus create an absolute total vacuum in it. However, what was odd about it was, as she pointed out that it was not an absolute total vacuum. It was not because one could NOT say that there was not one single subatomic particle in it. In fact it might be jam packed with sub-atomic particles. Of course it was possible that in an instant there was not one. If there was none then this would be a Quantum Vacuum, QV.

Logically our induction of IVOEN, from Pagels' NOTHING is a QV. There were no sub-atomic particles in it. What we simply do not know is how many forevers did the QV of IVOEN remain in its form. What we do know are the changes that preceded the HBB.

The next critical event was that about 13.8 billion years WoW took the decision to implant into the particle the Laws of Physics that would govern its development, growth and evolution. It was one of these Laws that determined the time for it to explode into the plenum of existence. This was the HBB. The entire plenum exploded into the infinitely small space which contained that infinitely small particle; and this space expanded in accord with the speed and extent of the explosions. Everything is in IVEON.

As for the details appertaining to HBB, initially when

Continued on page 11

HOW IS YOUR PAIN CONTROL TODAY?

By Bruce N. Eimer



Bruce is a board-certified clinical psychologist and certified hypnotherapist who specializes in treating clients with anxiety, trauma, chronic pain, depression, addictions, and dysfunctional habits. He has been in clinical practice since 1986. Bruce worked for 7 1/2 years at a busy hospital-based pain clinic and has been in clinical practice since 1986. He is a Fellow of several hypnosis societies, the author of eight books, and trains therapists nationally.

How is your pain control today? Is this a silly question? If you are not in pain, then the question may be irrelevant. But, if you are in pain, you are likely to base your answer on your comparison of how comfortable you feel right now to your recollection of how you felt yesterday or over the past week.

Do you remember how comfortable you were last week? How about last month?

Do you remember how much pain you were in last week? How about last month?

Take a few minutes to meditate on this.

Your reflection might have led you to recognize that your recollection of yesterday's pain is spotty. When we are feeling comfortable today, yesterday's pain is an alternate reality. Sure, you can probably come up with some words to describe how the pain felt yesterday, but those words do not really capture the full impact of yesterday's pain experience (Erskine, Morley & Pearce, 1990).

Interestingly, when a person is in pain, their recollection of yesterday's comfort is also spotty. Be aware of this when you do hypnosis for pain control. You need to pace your client in pain. As you lead your client towards appropriate comfort imagery or pain relief imagery, you need to continue to pace her. If you do not, she will pop out of the trance called *rapport*.

I have specialized in pain management as a clinical psychologist for many years and I worked in a busy hospital pain clinic for seven years. Between my professional experience and my personal experience of living with chronic pain, I can tell you that pain is a very elusive experience. Words do not adequately describe it. This is the reason many of our clients who are in pain have a difficult time describing their pain (Eimer & Freeman, 1998).

The way in which our brains are neurologically wired fades our memory of the pain we were in yesterday. Yet, so many people who live with chronic pain incessantly worry about how much worse their pain is going to get tomorrow. I cannot count how many times I have asked a chronic pain patient the following questions followed up by the suggestions below:

- *Did you ever wonder how worrying whether your pain is going to worsen tomorrow is affecting the pain you feel today?*
- *What do you think would happen if you were able to stay totally in the present. That is, if you were able to simply be here now? Explore this question for a few minutes if you are interested in learning how much more comfortable you can feel right now.*

- *Perhaps you will be pleasantly surprised to discover that what you think about affects the amount of relief you feel right now in the present.*
- *I want to suggest a nice present you can gift to yourself right now. It is recognizing that what you think about affects the amount of relief you can feel right away. Wouldn't that be a nice present to gift yourself?*
- *Your pain control today has everything to do with your pain control tomorrow. You cannot change the past, but you can change the present. And that changes the future. Because today is the first day of the rest of your life.*

Please recognize that the above script is never delivered in a rote manner nor is it ever used without a rationale. I might introduce these ideas when I am seeing someone who is complaining that it is of no use to continue to work on getting better. Or when a patient is complaining that no one understands how much pain he or she is in. And in such a case, I typically add, *of course they don't*.

The above suggestions lead into a dialogue about a mindful approach to bringing pain relief. This conversation is eventually steered into my hypnosis pre-talk. For the interested reader, all of this is discussed in detail in a new book I have co-authored with Roy Hunter, entitled *Taming Chronic Pain: A Mindful Approach to Bringing Pain Relief* (Eimer & Hunter, 2020).

What is a "mindful" approach to bringing pain relief? It is an approach that emphasizes being present and being aware without judgment. This is easier said than done. We all make judgments almost all the time. Do this exercise:

Take a minute to be aware of your breath without trying to change it in any way. Simply pay attention to your breathing. If your mind wanders, as soon as you realize your mind has wandered, bring your attention back to your breath. After the minute is up, ask yourself, what was the minute like for you? Do not be surprised if your mind wandered a lot. And do not be surprised if you repeatedly judged how well you did.

The value of a mindful approach to bringing pain relief is that it requires that the client first *accept* his pain problem and accept responsibility for working on solving the problem. Then it requires that your client *commit* to working on the problem. This is followed by learning to *watch* or *observe* the problem without judgment. This process is essential in order to learn what *adjustments* are necessary. I prefer to use the word *adjustment* as opposed to the word *change*. This is not an absolute rule. But it is my preference because the word "change" often carries negative connotations.

Recognize that my lead question is *how is your pain control today?* Never ask “how is your pain?” You can ask your client to rate his pain (from “0 to 10” or “0 to 100”) in different circumstances. When I do, I qualify by saying: *Notice that your memory for pain is probably spotty. This is completely normal. After all, we all want to forget pain. But let’s just get an idea. All right?* This sets up a workable expectation.

Pain Medication

Prescribed appropriately, the right choice of opioid pain medication as one component in a multimodal pain treatment program can effectively block some pain from reaching the brain. However, overdependence on opiates eventually results in the pain medicine becoming ineffectual in blocking pain. There are multiple reasons for this. However, for our purposes, one main reason is neurological.

The body normally manufactures its own opioid like chemicals which are called “endorphins” and “enkephalins”. These are the hormones produced within the brain and nervous system that activate the body’s natural opiate receptors, causing an analgesic or pain-relieving effect. This system needs to keep working for good pain control. Pain medications work well when they complement the body’s natural opiate receptors. However, when a person becomes overly dependent on opioid medications, the body’s natural production of endorphins and enkephalins stops working effectively. Eventually, the biological system shuts down the production of these natural pain relievers. This is a problem.

The challenge for effective pain control today is to find an optimal balance between the intelligent use of pain medicines and other pain management tools for people with chronic pain, such as the use of the brain to tame chronic pain (Eimer & Hunter, 2020). Therefore, it is important to ask, *how is your pain control today?*

Pain Psychology

Research by psychologists and psychiatrists who specialize in the evaluation and treatment of chronic pain has highlighted several psychological variables that are associated with the persistence of chronic pain and unfavorable responses to treatment (Patterson, 2010).

People who develop chronic pain syndromes often have a tendency towards extremely negative thinking. They tend to evaluate things as either black or white and often on the negative or dark side. They tend to worry obsessively and continually go over dire and catastrophic outcomes in their mind to the point where it becomes their reality. In the field of psychology, there is a term for this – it is called *self-fulfilling prophecy*.

There is also a tendency to interpret almost everything as a sign that the sky is going to fall imminently. This is also called “chicken little syndrome” based on the fairytale of Chicken Little. Psychology researchers have coined a term for this type of extremely negative thinking. The term is *catastrophizing* (Sullivan et al., 2001). The remedy for this is called *de-catastrophizing*. And it incorporates cognitive-behavioral strategies which in my practice I empower using the tool of hypnosis (Eimer & Hunter, 2020).

Many people with chronic pain whom I have seen over the years did not take responsibility for managing their pain or for making choices based on good information. They tended to use the word “they” often whenever they referred to why they did or did not do something to help themselves.

For example, many patients would say things such as: “They

told me to do this. They didn’t release me to go back to work.” This type of passive and dependent behavior is based on the idea that the proverbial “they” are responsible for fixing the pain problem and getting rid of that person’s chronic pain. The problem is that it does not work like this. This attitude potentiates dependency and helplessness. The remedy for “they” thinking is accepting responsibility for one’s own choices and the consequences of making a choice.

Many of the patients with chronic pain whom I have treated over the years were forever searching for the REASONS why they had chronic pain. Some patients imprinted on a reason that was provided by a doctor during a highly emotional moment. Usually this explanation was dismal and not amenable to change. Others continued to see more doctors to find “the answer” which was never forthcoming. This unending searching for satisfactory answers which never came often resulted in depression.

One of the things that I discovered to be helpful for many patients was prescribing to them the following exercise as a “homework assignment”. It was originally developed by Jordan Zarren, a clinical social worker and past president of the American Society of Clinical Hypnosis. The exercise is explained in detail in Zarren and Eimer’s (2002) book, *Brief Cognitive Hypnosis: Facilitating the Change of Dysfunctional Behavior*.

“Need to Know” Exercise

1. *Block out some time, and in as much detail as possible make up a reason (the why, what, when, etc.) for your chronic pain problem. This can be written, typed on a computer, or dictated.*
2. *Be sure to spend as much time as you need to be as complete and as thorough as possible.*
3. *Detail all the things that you imagine led up to the start of your chronic pain problem.*
4. *This might include writing down what the first trigger for your pain was, how long ago it happened, where it happened, who was present, etc.*
5. *When you are satisfied that your story is complete, go over it again very slowly and make sure nothing needs to be added or changed.*
6. *This is your story and your understanding of the origins of your pain problem. I am going to ask you to do this exercise several more times as you and I continue to work together. It will be interesting to compare your stories as you learn to tame your pain.*

Solving the Puzzle of Pain

While we do not understand everything about the mechanisms of chronic pain, we do know about factors that can increase it and reduce it. We know that “the strain of pain” is influenced by the brain. We know that hypnosis used competently is an effective tool for reducing the strain of pain. It is theorized that hypnosis helps to inhibit the upward travel through the spinal cord of pain sensations to the brain by changing the way these sensations are interpreted (Jensen, 2011).

In earlier years, pain researchers and physicians had a more simplistic view than they have today, about why some people develop chronic pain and others do not. Back then, doctors believed in what they called the “pain prone personality” (Engel, 1959). However, subsequent research did not prove such a personality type existed. Pain researchers have since discovered

Continued on page 23

it exploded. it was a fiery ball that was contained within its boundaries of its space. The explosion expanded to a certain limit. Then it started to cool. In doing so the initial expansion now entered a **period of contraction**.

The greater mass of normal matter was hydrogen. Hydrogen consists of one negative charge, the electron, orbiting a central positive charge, its proton. Here, there and everywhere were huge hydrogen collections. By gravitation and by the effects of the period of contraction, a moment came when a collection of hydrogen would ignite. In this way the first stars were born. By the power of gravitation and the **period of contraction** came the first galaxies.

The Laws of Physics determine the life cycles of stars. The death or end of a star could be to become a red dwarf or become a supernova. In being a supernova it cast into the space the various chemical elements that are recorded in the Periodic Table of Chemistry on one hand. On the other hand what was left behind is a black hole or a neutron star.

In time with the continuing growth, development and the evolution of our universe, in a very real sense **EVERYTHING** in it – which includes all info, data, knowledge, things and beings in the original space that was created for that infinitely small particle. And in turn all of it is in QV in which our entire universe is contained. In *Punk Science* is the exquisite info that today amidst physicists of a high order is a tilt to this conclusion:

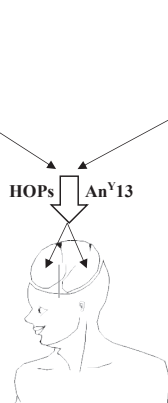
There are more than one universe in our QV.

We exist in a multiverse.

All info, data and knowledge comes to us from the QV in which we and the multiverse exist. It simply is impossible for all the info, data and knowledge to come into our mind. The brain has structures to filter them and configure them in such a way that go to form our **limited** knowledge base⁴.

From the field of Epiepistemology, we have found that we use our Holarchy of life paradigms, HOPs to understand ourselves, others and the world we live in and we use our Ancillary 12, AnY13 to determine our emotions and actions.

EVERYTHING IN OUR UNIVERSE



What is admitted into your mind is by the operation of your HOPs and AnY13. No one decides what their mind takes in. Together, your HOPs and AnY13 constitute your Orthodoxy and therefore your orthodox way of thinking.

It is **only** in a hypnotic trance as a **function of the Universal**

Induction Protocol can we take the place of your HOPs and AnY13 and decide what it is you need to be a genius in the domain you desire.

¹ Heinz R. Pagels was an American physicist who was an associate professor of physics at Rockefeller University, the executive director and chief executive officer of the New York Academy of Sciences and president of the International League for Human Rights.

² a particle that was smaller than the smallest known sub-atomic particle in Quantum Mechanics: How do we know this? We know this because of the mathematics that Cosmologist, Astronomers and High Physicists use. By their calculation this particle had a size smaller than the smallest known in Quantum Mechanics. QM.

³ mathematics of Cosmology: It did interest us to find out what it was. We think it is known as the Calculus of Modular Functions. However we are not 100% sure. If you are interested and you have the time you might check if we are on track.

⁴ **that go to form our limited knowledge base:**

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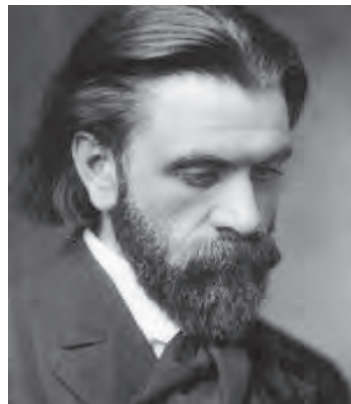
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"You never know how far reaching something you think, say, or do will affect the lives of millions tomorrow."

-BJ Palmer, DC



ESDAILE STATE INSTRUCTIVE INCIDENTS PART 1

By H. Larry Elman

Colonel H. Larry Elman, Dave Elman's son, took his father's course several times before attending MIT. During careers in engineering and the Air Force, Larry had to restrict his hypnosis activities. Now CEO of the Dave Elman Hypnosis Institute, an IMDHA Approved School, Larry lectures and teaches hypnosis, both domestically and internationally, at the Certification level as well as more advanced classes. In addition, Larry produces CDs and DVDs (and books) demonstrating Dave Elman's medical hypnosis methods.

Most of you have heard of the Esdaile State. This is not an article on how to induce it, how to emerge from it, or how to use it. This is a series of incidents intended to give you a deeper understanding of this State.

The Esdaile State was not always known by that name. Let's take a slight detour so you can understand how names change in our profession. Most Americans (and Canadians) and many other English-speaking people refer to the hypnotic state deeper than common trance as Somnambulism. It is not called that in Europe. In Europe it is called Profound Trance. The reason for this is that Somnambulism literally translates into German as "sleep walking." Clearly, hypnotists do not mean sleep walking when talking of a particular level of trance. So out of courtesy to their German colleagues, most Europeans call Somnambulism "Profound Trance."

What we know today as the Esdaile State was called the Hypnotic Coma in the late 1800s and early 1900s. It was called this because it would appear to the non-hypnotist as a coma, and it would have been associated with a hypnosis demonstration or stage show. Meanwhile, the very few medical doctors who dealt with hypnosis at that time called it the Esdaile State. There is no evidence to prove that James Esdaile ever used it. In fact many historians believe he didn't. But the medical doctors of that time named that state the Esdaile State, rather than call it the Hypnotic Coma. Why? My best guess is that most physicians did not want ANY association with hypnosis.

There is a similarity between Somnambulism and the Esdaile State that many people do not recognize. In the time period I am talking about, both of these were quite rare. Naturally occurring Somnambulism, without action by the hypnotist, was believed to occur in anywhere from 5 to 10% of the population. I have no idea how accurate those figures are but they were often quoted. Similarly, no one really knows how frequently the Esdaile State might occur in nature, but the conventional wisdom of that time suggested anywhere from once in 5000 Inductions to once in 50,000 Inductions. Thus there was some effort to develop a method for inducing Somnambulism, but no effort to induce Esdaile. Also, there was no desire on the part of the medical population to develop Esdaile into a therapeutic state; it was too rare to experiment on, and there was no evidence that it would be useful if one did. As for the stage community, as we will see, their view of the Esdaile State was one of terror. If one happens to read literature of this period, one will often find that the medical community used the words hypnotic coma and Esdaile State almost interchangeably despite their reluctance to use the words Hypnotic Coma. It wasn't that they knew they were the

same thing; they didn't. But whenever they described either one of them the description would match both of them.

Enter Dave Elman, the first of two discoveries here. As many of you learned while learning the Dave Elman Induction, Dave Elman developed what we now call Fractionation by expanding on the commentary by Hippolyte Bernheim in "Suggestive Therapeutics." By 1912, he was publicly demonstrating that one could obtain Somnambulism simply by additional deepening after a Fractionation. Elman called Fractionation "three trips to Bernheim."

Enter Dave Elman in his second discovery. When Elman entered vaudeville, the vaudeville stage hypnotist community was thoroughly terrified of the hypnotic coma. While it was rare, when it occurred it looked to the audience like the hypnotist had lost control of the subject, and the subject — being unresponsive — was likely in danger. The stage hypnotist would tell the theater owner, "Don't worry about it. Just make him comfortable and lock him in the theater. He'll sleep it off fine. Just come by early tomorrow morning with a good breakfast of ham and eggs." This was actually an honest assessment. But all too often, the theater owner would have with him the local sheriff. The sheriff would then say, "That's fine, and you too will have a good breakfast of ham and eggs. That is, once we see that he is okay. And just to be sure of that you will sleep in the jail tonight."

Admittedly, such an occurrence was quite rare, but that did not prevent it from being terrifying. Dave Elman, a new stage hypnotist, a young kid, perhaps 17, did something no one else had thought to do. He contacted people who had been in the hypnotic coma, and asked them what it was like and why they had been unresponsive. No one else had thought to ask. The answer was that the state was so pleasant, so unbothered by worries, so relaxed, that all of them just wanted the hypnotist to go away. And if they ignored him, maybe he would leave. Once Dave Elman had realized this, it was rather easy to decide how to invent an emergence.

Elman had grown-up in Fargo, North Dakota, a marketing center for a farming region. He knew that if you had a mule who wouldn't move, it was because the mule was more comfortable where he was. And in such a situation the solution was quite simple — either an inducement, or a punishment. Either wave a bunch of carrots in front of the mule's nose, or whack him hard on the backside. Well, in a hypnosis show you didn't have a bunch of carrots, and I don't suggest that whacking the subject on his bottom would be a good idea. But since the thing most valued by that subject at that small point in time was the pleasure of the

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From the archives of the Virtual Library

The archives of the Virtual Library collects, preserves, and makes available to members written and graphic information concerning hypnosis, hypnotherapy and adjunct modalities. It is the designated repository for articles and research of educational value. The Library catalogs printed material for the express use of its members. The mission of the Library and its Archives is to preserve, secure and make accessible historically significant records and other valuable resources, to meet the reading needs of members, to build and encourage advancements in education, to improve membership services, and to enhance the capacity for achievement of wellness practitioners.

THE SPIRIT OF THE WHITE BUFFALO: A STORY OF HEALING FOR CHILDREN

Shortly after having had “the meeting” with my kids when I shared with them that their mother and I would be divorcing, I got the following note from my eldest daughter, Erin, who was eight at the time.

“I like my family. When I was a little girl I thought that everything would be okay. But one day my dad divorced my mom and we were so unhappy.” Anyone who has walked through the swirling, turbulent waters that surround the end of a marriage embrace a degree of stress that is second only to the death of a loved one. The days are marked by anger, despair, sadness, guilt and regret.

Particularly hard hit are children. Their security is ripped out from under them with a suddenness that stymies their ability to process it. Although affirmed for their resilience, children often carry the emotional affect into their own adulthood, creating a fear of vulnerability and intimacy.

In order to survive emotionally, my kids withdrew from me. They withheld affection and, quite honestly, didn’t want to see me at all. This behavior is “normal” during the early stages of shock and acceptance. For me, however, it reinforced my sense of failure, as a father, to provide the most basic needs of love and security for my daughters.

As many compassionate and guilt-ridden dads do during this period, I adopted the “Disney Dad” role. This term was coined by a writer who described it as providing entertainment for our children rather than parental nurturing. Disney Dads become specialists at being automated teller machines, dispensing bribes to earn love again.

The futility of this endeavor is obvious. I began to take steps to be a real dad to my children rather than a doting New York uncle visiting for a weekend. In addition to my weekends with them, I began picking my kids up from school three days a week to help with their homework, as well as just be with them.

I still wanted them to talk to me. I wanted to get through to

them that God loved them, I loved them and that this whole mess wasn’t their fault.

The Latin word for communication is [communicare] meaning [to find common ground.] My common ground came through a rather curious way.

I had just finished reading a Tony Hillerman mystery, whose plot was centered around Navajo and Zuni religious traditions in the Southwest. Central to the story line was a Kachina, or spirit doll. When I picked my children up from school for our weekend together I noticed my eldest daughter, Erin, was carrying a paper Kachina that she had made at school. Bernie Siegel says, “Coincidence is just God’s way of remaining anonymous.” We immediately talked excitedly about what we knew about Kachinas.

That night, as always, my children wanted to do something special before they went to bed, something that involved a story. [Confession: before I share the experience with you I want you to know that I made it up as I went along. Although I had a general direction I wanted to go I took specific cues from my kids. Because I come from a rich heritage of storytelling in my family, it was a fairly easy process.”]

I told them that tonight we would share in the circle of the sacred fire, an Indian ceremony. [Note: My kids don’t think or speak politically correct around me so we used the term Indian instead of Native American]. I placed a white blanket that I had on the floor with a candle on a wooden holder in the center of the blanket. We sat on the blanket and stared at the flame. My youngest, Whitney, asked if could put my finger through the flame. I replied that I could and showed them how they could too. After several aborted attempts they got the hang of it and practiced for the next 10 minutes.

When they tired of this exercise we moved to the next phase. I said, “In order to begin the ceremony of the Sacred Fire we need to introduce ourselves using Indian names instead of our own

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MEETING IRENE

By Monica Geers Dahl

Monica Geers Dahl is teaching hypnosis certification with Fernando Arias at the Wellness Room Miami during 2020. Her hypnotherapy training manual was accepted in 1994 by IMDHA for certification of her students. She obtained an accredited doctorate in counseling psychology (Ed.D., 2010), and a Florida license (2015 to present, MH13153) in mental health. Her theoretical orientation is client centered, eclectic, with Gestalt and depth psychology as a primary frame of client engagement. Prior to formal academic training, she had a decade in private hypnosis practice based on the teachings of Jose da Silva, Jerry Kein, Jack Mason, Dave Elman, Irene Hickman, Mark Gilboyne, Ormond McGill, Charles Tebbetts, Anne Spencer, Sol Lewis, William Baldwin, Father Marty Patton, and the Tad James Co. In 2019, IMDHA awarded her with a life membership in IMDHA.

I heard Irene Hickman's voice from an audio tape recording during my studies with Gerry Kein and Jack Mason in Ft. Lauderdale, at Omni Hypnosis, in 1985. She had this distinctive voice as she spoke about how the soul swirls into the body shortly before or after birth, carrying with it all the garbage and glory of its many lives. This was not part of the normal basic hypnosis class training, but I had a spontaneous past life regression toward the end of the basic hypnosis class. Jack Mason wanted to be sure I was properly educated about what I had just experienced.

I spent the next several years looking for Irene, so that I could study with her. The IMDHA annual conference flyer came out with her as keynote speaker, which is what brought me to IMDHA. I am not usually at a loss for words, but when we met, I got stumble tongue, handed her my business card and asked, "Please let me know when you are doing your next training." She sent me an invitation to take training with her shortly thereafter.

Driving to her home in Kirksville, the weather blew in harshly. Stopping for gas, a young station attendant asked what on earth I was doing on the road in that bad weather. I was on my way to learn about entities and attachments, and found my mouth saying, "I'm on my way to learn exorcism." Where did those words come from? Dr. William Baldwin was the guest speaker.

Arriving at Irene's place, the sun was out on her property. All around her place, the weather was intensely disturbing. Irene was sitting in her kitchen making rosaries, she had a basket full of rosaries in little zip lock bags, "Take one," she said, "we'll be using them."

Most of the other students came through her kitchen, selected a rosary, and continued on into her home. I got stuck in the kitchen, I couldn't bring myself to touch the basket of rosaries. Another student arrived who had the same hesitation in touching the rosaries that I did, he was an OB/GYN physician out of Chicago. We finally agreed to count to three and touch them; 1, 2, 3. We both touched the basket and began looking at rosaries. I finally picked one that was purple and yellow beads. My new friend began to do tug of war with me over the rosary I had selected. Irene rose, slapped my hand and gave my selected rosary to the young doctor from Chicago. She pulled an identical rosary out of the basket and handed it to me.

Entering into her home, I met a most amazing man, Father Marty Patton. He identified himself as the "catcher" for the program. He had been working with Bill for some time and said he didn't travel by plane with him because the weather patterns would slow Bill's travel. Marty would travel by car and arrive

before Bill did.

William Baldwin had a most hypnotic, deep voice. He had started his professional life as a dentist, and encountered odd phenomenon when he had to anesthetize patients. Sometimes men's voices would come out of women's bodies, sometimes women's voices would come out of men's bodies. When he retired from dentistry, he went into theology to explore what it was that he had been witnessing in his dentistry clients. He got additional training from Edith Fiore (author, *The Unquiet Dead*), and developed a style of hypnosis training that was fascinating.

While Irene and her husband sat on the balcony overlooking our classroom, Bill gave us a Friday night of past life phenomenon, a Saturday of recognizing spirits of the dead, and on Sunday, he discussed the issues of spiritual compromise to humans. Entities and Attachments was the name of the program.

Irene's big place on the water was wonderful. We all got places to sleep over if we wanted to stay at her place. She instructed me to put my bedroll on her sitting balcony for my sleeping space. What a beautiful home on a lake. Our classroom was in her two story foyer with two stories of glass looking over the lake. She had a small waterfall built into her home. Sleeping in the room where we were practicing entity recognition and release, I slept restlessly, every bump and thump in the night bringing me out of my light slumber. The great excitement of one night was when her cat jumped on me and I about jumped out of my skin.

Three days of training with William Baldwin, Marty Patton, and Irene Hickman changed the way I interacted with my clients, accelerating the speed at which they achieved their goals.

I learned to ask, "How many are in, on, or around your body?"

Most clients answer, "How many what?"

I didn't say that part, just the first number that comes to mind.

Then, "How many are you?"

This allows for a Parts Therapy approach to asking how old each part is, what caused the splintering, and if it would be ok to be reunified with the original soul self.

But sometimes there were parts that were not part of the client. Sometimes there were things in, on, or around the person that were other than that person. Perhaps it was a memory from someone else early in life, or maybe memories of a dead person.

"How many have been human?"

If we had remnants of another human, say a stray thought that wasn't a good fit, or a kidney problem that occurred after a relative died of kidney failure, we would send that part, or memories of that person home to the light.

“How many have never been human?”

This was the oddest part of the training at Irene’s home. But she, William and Marty had a strength of presence that moved through the strangeness of spiritual aspects of hypnotherapy with grace and strength.

I returned to my private practice with new tools, and a speed in resolution coming from releasing things that were not a part of a client, integrating the parts that were lost parts of that person, and confirmation that we are more than just animals. We are spiritual beings with a spark of Life / Light that transcends the limits of material life.

Recommended Reading:

William Baldwin, *Spirit Releasement Therapy*; Edith Fiore, *The Unquiet Dead*; Irene Hickman, *Mind Probe Hypnosis*; and Carl Wickland, *30 Years Among the Dead*.

Esdaile State Instructive Incidents Part 1

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coma, a valid threat would simply be “If you don’t comply with my suggestions to emerge I will fix it so that you can NEVER enjoy hypnosis again the rest of your life.” That is the heart of the Elman emergence from the hypnotic coma.

To this day, emergence from the hypnotic coma depends upon one of three approaches. First, there are more subtle versions, modernized versions, of Dave Elman’s original. A valued colleague of mine has suggested one that he swears he has never used. I’m not sure if I believe him. It is to walk up behind the subject’s ear and whisper “your bladder is filling your bladder is filling.” The second approach is to find an inducement. If you are the hypnotherapist working with this particular subject, I’m sure you have some indications of things that would be an inducement. The third approach is to have either educated the subject or given the subject a suggestion that because you are going into this state for therapeutic reasons emergence from it will be in total compliance with the hypnotist. One of those three always works.

(Continued in the next issue of Unlimited Human!)

You know what the issue is with this world? Everyone wants a magical solution to their problem, and everyone refuses to believe in magic.

– Alice in Wonderland

The Spirit of the White Buffalo:

A Story of Healing for Children

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names. Indians would give you a name that described some part of you that was striking or something that happened to you.” I selected “Free Spirit Dancing” as my Indian name, Erin chose “Deer Eyes” because according to her, “deer have beautiful eyes but they are sad as she is sad” and Whitney selected “Laughing Hair” because she loves her wild blonde hair and she likes to laugh a lot.

To begin the ceremony we had to run our finger through the flame and give our Indian name such as, “I am Laughing Hair” or “I am Deer Eyes.” Then I told them the following story: “Many years ago there lived a village of Indians on a great and beautiful plain. They had all they needed. The fathers were brave, strong and kind. The mothers were gentle, loving and strong. The children were happy and content. They felt safe and secure. All was right in their world.

Then one day the fathers went on a great hunt as was their custom. No one knows for sure what happened but the fathers never came back. Maybe they got caught in a storm, maybe another tribe attacked them, and maybe they got sick. No one knows, but they didn’t come back. The mothers were so afraid and sad. The children were terrified, wondering if it had been something that they had done or not done that kept their fathers from returning.

There was much crying and sadness. The Great Spirit heard their cries and felt their pain. The Spirit sent the White Buffalo to the Indian village to protect the women and their children. The White Buffalo, which is very rare, spoke to the women and children saying, “The Great Spirit has heard your cry and feels your pain. He wants you to know that he loves you and has sent me to protect you. Children, it is not your fault. You will be okay. At night the White Buffalo would circle the camp so that all in the camp could sleep without fear.”

I closed by telling them that the very white blanket they sat upon was the hide of the White Buffalo. A Kachina given to them to protect them.

We closed the ceremony by joining hands and chanting affirmations that they repeated after me, such as “I am worthy,” “I am deserving of loving and being loved,” “I am beautiful within and without,” “I can make mistakes and learn from them.”

We passed our finger through the candle’s flame saying our Indian names one last time.

Did it revolutionize our relationship? Did it close the breach significantly? No. But it was another brick in the bridge, as we rebuild the span over the chasm between us.

The key ingredient when using hypnosis with children is storytelling. Their ability to relay and visualize is superior to that of most adults. I have found that my children are most responsive before they go to bed. All the elements of a classic induction are present in the ceremony of the sacred fire: fixation (flame); relaxation (bedtime plus passing the finger through the fire ritual); visualization (they are loved; they will be alright and post hypnotic suggestion (affirmations with blanket anchor as well as physical anchors, i.e. hair, eyes.)

If you lend a ceremony of the sacred fire for children, keep the following in mind: Don’t be rigid. Let it flow. If there is resistance, change the direction. There is nothing sacrosanct in the methods or the story. It is rather the nugget of truth within the process that is the pearl of great price.

To Life. To Love.



HYPNO SECRET: AGE REGRESSION IS MORE THAN FINDING THE CAUSE

By Karen Hand

Karen Hand is an award-winning Board-Certified Hypnotist, Trainer, International Best-Selling author, and World-Class Communicator. Her 30-year career as a Chicago radio personality was the perfect foundation for using language to help others exercise their imagination. Karen's transition to Hypnosis focused that skill set and since 2005 she has helped thousands of people take control of their lives and she's trained countless hypnotists and NLPers to help others change for good. Karen sees clients and conducts trainings in her office and via Skype or ZOOM.

You probably already know, or at least you've heard, about using age regression to find the initial sensitizing event. But I wonder if you're repurposing those skills to find resources already inside the client.

One thing we know for sure, if the client can ask for it, they must have a model for what it is they're seeking. Either they have an example inside or they can see an example in others.

Peg called wanting hypnosis to increase her confidence. Peg is a nice woman in her mid 30's. She had been recently promoted to a position in her company that requires public speaking. She wasn't afraid of public speaking, but she wanted a better sense of "knowing" that she wouldn't make a fool of herself.

I asked what she'd already done in her life that she was most proud of...and she instantly said it was equestrian showjumping in high school.

Great! Let's jump right in! (Pun intended!)

I asked her to close her eyes and get in touch with that good feeling...that pride. I could see her puff up in the chair and a big smile came across her face; traditional AR protocol to associate into a feeling.

"I'll count from 3 down to 1 and let's go back to a time you are most proud of...on the count of 1, be there.....3-2-1... What's happening?"

"I'm riding Jackie O...she's such a beautiful girl...and her mane is flowing as we go over the hurdle...we just fly through the air..."

"How old are you?"

"12"

"Good! Go on...you're flying through the air..."

"We land the jump! It's perfect, and I'm so happy and smiling!"

"And how does that make you feel?"

"That I'm bursting with pride!"

"What does that make you think?"

"My instincts are solid and my hard work really paid off!"

"That's right! And does that remind you of another time in your life when you were bursting with pride?"

"Yes!"

"Be there now and tell me what's happening."

"It's show-and-tell and I have a picture of the fish I caught and a story my daddy taught me to tell." And she giggled!

You get the idea.

Peg went from show-and-tell to high school when she drove

up in a car she'd just purchased with 5 years of babysitting money. And then she went to her wedding day. And then her first work promotion. It didn't concern me that we weren't consistently going in any particular direction because the suggestion was to find resources. And she had many.

The running theme through her resourceful time travel was that she naturally works hard and when she follows through on her instincts, she is really confident...and proud of herself.

We pro-gressed to 3 times in her future when she will want that confident pride puffing up in her chest...and can look back on all the time and hard work she puts into her life...

"And now that you've had this experience today, you can realize that you deserve the rewards you get for your hard work. A person who works hard has a right to confidently step up and share ... just like show and tell. And I wonder if it makes you giggle just a little to understand how automatic it is for you to perform at your best because your instincts are paying off in your career direction, in your promotion. The more you realize you've worked hard to do many new things in your life, the more aware you are... your confidence shows up for you because you work hard and you deserve it. And you can instantly remember all the ways you succeed...now."

One month later Peg sent a link to a YouTube video of her first public speech in the new position and told me she has already scheduled video time (and an audience) to create a set of YouTube training videos for her global company.

Realize, the most long-lasting solutions are the ones that come from your client!

If they need resources...AR is an easy technique to re-source their existing assets.

"THANK YOU, THANK YOU! The conference was great. I am blessed to be part of both wonderful organizations. I chose to train and join because of the professionalism and family atmosphere. Thanks for setting a bar high and keeping it there!"

-Jessica Hanson, Wilmar, MN

AGING IN HARMONY: WHY THE THIRD ACT OF LIFE SHOULD BE MUSICAL!

By Will Horton

Will Horton is a licensed psychologist and the world's leading NLP trainer and is the go to expert in treating addictions using NLP and Hypnosis. Most of his clients are professionals in the self help field. Will is a lifetime member of IMDHA



It's never too late to pick up a musical instrument, or start singing. There are many reasons why it's a great idea, particularly in old age.

We usually hear about reasons to increase music education for children and a good cause. There are social and cognitive benefits to playing an instrument that aid a child's development. Consequently, as an older adult, there are long-term effects of having taken part in these musical activities, as it can decline to cognitive limits.

Music for health and wellbeing

Often, the worry is that playing an instrument, or starting the process of singing will be too difficult for older adults to manage. On the contrary, learning to play an instrument or sing can provide a great sense of goals and satisfaction.

Older adults relish the opportunity of learning new things. It stretches the mind and spirit.

Cognitive benefits aside, music can also be great social activities for adults, facilitating social bonding and decreasing feelings of loneliness or isolation.

Music programs linked to improvements measured in Immune body systems such as the presence of antibodies and vital signs of heart rate/blood pressure.

It's a suggestion that this is a consequence of decreases in stress that can happen when taking part in musical activities. However, further research is needed to determine exactly how this relationship functions.

Even training can have long-lasting effects. But this doesn't mean that those who have never played an instrument in childhood have missed the boat. The developing brain is plastic: that says it can learn new things all the time. So, should we consider an increase in music programs for those in the third age?

Music as a workout for the fingers

Learning to play an instrument such as the piano involves many complex finger sequencing and coordination tasks. As such, it can be an excellent test-bed for learning to move fingers independently.

The creativity of music and the enjoyment people take in playing is particularly crucial for rehabilitation, as it encourages continued practice leading ultimately to higher benefits.

It's thanks to this that piano lessons have been used to successfully retrain hand function for stroke patients. The immediate auditory feedback from each finger movement is thought to help adults' movement error reduction and work towards moving at a more regular pace.

Singing as a workout for the mind and spirit

Throughout history singing has been a part of lots of cultural traditions, as well as many spiritual or religious activities. Maybe this is why we are moved by a well sung piece, from country, soul, opera, even rap, they seem to connect to a deeper part of our souls.

Singing also works out new neuro pathways involved in language, creative area, and even our breathing which gives added benefits. It also sharpens hearing as one listens for notes, tones, tempo, and inflection.

Music training is an excellent environment to train cognitive and motor abilities, both in the contexts of child development and for rehabilitation. The question for older adults is this: can learning a musical instrument or singing not only put the brakes on cognitive and motor decline but allows development of new skills?

Older adults can motor learn. That is, they can improve their rate of learning new things – and the best environments for brain training are ones that are a flexible trend.

Of course, many activities can be novels such as juggling or knitting, but the advantages of learning an instrument may be found in the breadth of skills required to play. At Western Sydney University, we are currently investigating how piano training can be used with healthy older adults to improve their general hand function in unrelated daily tasks.

Playing music and singing as a workout for the brain

Learning to play a musical instrument or singing is an extremely complex task that involves the coordination of multiple sensory systems within the brain. Many devices require precise coordination between the eyes, the ears, and the hands to play a musical note. Using the resulting sound, as feedback, the brain prepares for the next, and so it continues. The act of music-making is quite a brain workout.

The relationship between the motor and auditory parts of the brain is strengthened when physically playing music or singing. It may explain why adults trained to perform certain melodies have a musical enhancement in mind compared to adults only trained



to listen to the same songs.

As playing music involves many different parts of the brain, even a short-term program for older adult musical novices can lead to generalized improvements for ability cognition.

Music and singing for all

It's vital to understand how we can aid the current generation of older adults, in terms of both health and personal enjoyment. With the myriad benefits provided by playing a musical instrument, it would seem beneficial to have a wider variety of musical activities to offer the older generation.

Wouldn't it be great if the third age wasn't viewed as a final descent from some mid-life peak, but some new act of life that opens up these opportunities? Perhaps we should give older adults the chance to develop in ways they could never have imagined before.

Activities such as singing in a choir, or playing the piano can provide this opportunity, as well as offering many general benefits to health and wellbeing.

So whether it's in independent living, retirement or assisted care, let's make the third act of life a musical one!

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CERTIFIED MASTER TRAINERS APRIL 2020



Beginning with the top row:

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Jean Eljay, Gloria Stanchak Alexander, Jessica Hanson, Carolyn Sheehan,

Christine Campos, Jonathan Tam, Patricia Scott, Edward Jorre,

Pamela Pierce, Rick Green

RELEASING THE BELIEFS THAT BIND US

By Del Hunter Morrill

Del is the author of the Great Escapes volumes of therapeutic hypnosis scripts and the "New Beginnings" recordings. Her books, now being translated into Spanish, French, Chinese and Danish, are being used in over 38 countries. Del's curriculum for working with children is used in doctoral programs in the US and Canada; and her course on Hypnosis with Children is being taught in China by a former student.



Psychologists believe that at least 75% of a child's early programming is negative, passed on by parents, relatives, teachers, other adults and peers who, themselves, are negatively programmed. There is newer thinking, in western psychology, that feels a child born is already an "acorn" of what he/she will become and how he/she will relate to life.

Over time, the messages children pick up are incorporated into their own worldview and continue to influence their behavior on an unconscious level.

The unconsciousness of a belief or fear doesn't diminish its effect. On the contrary, a limiting belief will continue to work against you, even if you are unaware of its presence. What you don't know CAN hurt you. *EX: People who believe that there is not enough to go around will remain in need no matter how hard they try to prosper.*

There is a way out: AWARENESS. Becoming aware of the beliefs that bind you is the first step to breaking free of them. *"To escape from prison, you first must realize you are in prison."*

Most people associate affirmations with "positive thinking." They can also be used as an awareness tool; whose primary function is to uncover and release old and limiting beliefs.

Used in this way, affirmations closely parallel another awareness tool, meditation—and in hypnosis, done at the subconscious level, to get at the root of issues; and then, as positive suggestions for change. Once this material is brought into the light of day, it can be released or transmuted into new beliefs.

Some Self-Work on Self-Worth

Step 1: Become aware of your limiting beliefs:

- To become aware of the beliefs that bind you, choose an area of your life that feels deficient.
- Decide what you want to occur in that area of life.
- Ask yourself, "What would it feel like if this part of my life were whole?"
- Create an affirmation—a positive statement written in the first person, and in the present tense, that states the result you seek.
- Divide a sheet of paper into 2 columns.
Label L column "affirmation".
Label R column "What Comes Up".
- Put self into relaxed and receptive frame of mind.
- Write your affirmation down.
- Be still, and see what bubbles up from the SC.
Write these thoughts into R column no matter how irrelevant they might appear (free association).
- Repeat process 6-7 times.

Examples of Arenas & Affirmations

SELF ESTEEM—I love and accept myself the way I am.
RELATIONSHIPS: I am attracting open and loving relationships.

CREATIVITY: I am in touch with my passion.

WORK/CAREER: I feel great about what I do for a living.

PROSPERITY: I have more than I need, so I share with my world.

HEALTH: The cells of my body radiate with light.

Examples of Awareness

Affirmation: I AM SUCCESSFULLY RUNNING MY BUSINESS.

it's too much work

(repeat of affirmation)

you need to be working a job

(repeat of affirmation)

there's not enough money in it

(repeat of affirmation)

you need something with more security

These turn out to be one's "CORE BELIEFS", which are the real blocks or contradictions to being able to "win" re: one's goal.

Step 2: Release those beliefs

- Continue working with your affirmations
—repeating aloud (conscious work)
—meditating as mentioned before (light hypnotic work)
—having them become hypnotic suggestions while in altered state
- Change the negative belief into a new affirmation
- Repeat these daily, as well, along with your main affirmation.
- Whatever emotions come up that are limiting (fear, judgment or limitation), include in your affirmation writing, as well.

Examples of Changing Your "Blocks"

Negative belief: You need to be working at a regular job:

I AM SUCCESSFULLY SELF-EMPLOYED.

There's not enough money in it:

I PROSPER IN MY OWN BUSINESS.

You need something with more security:

I AM SECURE AT ALL TIMES, NO MATTER WHAT THE CIRCUMSTANCE.

Examples of Dealing with Negative Emotions

Emotion: I can't do it.

I AM CAPABLE AND COMPETENT.

Emotion: I'm not good enough.

I LOVE AND ACCEPT MYSELF JUST AS I AM.

Emotion: I might get hurt.

I AM SAFE IN ANY SITUATION.

Emotion: I don't deserve success.

I AM WORTHY OF SUCCESS.

Here is a sentence guide:

I now release the belief that (old belief) and replace it with (new belief).



AVOID MIXING HYPNOSIS WITH POLITICS

By C. Roy Hunter

C. Roy Hunter, is an IMDHA member and practices hypnotherapy near Seattle, in the Pacific Northwest region of the USA. His experience includes providing hypnotherapy part-time for terminal patients of the Franciscan Hospice from 2001 thru 2008, and 21 years teaching a 9-month professional hypnotherapy training course based on the teaching of Charles Tebbetts. Roy is the recipient of numerous awards, including awards from three different organizations for lifetime achievement in the hypnosis profession. His workshops are in demand worldwide.

Let me start this article by saying that it is NOT a political discussion per se. Rather, it is about a professional concern that bothers me regarding our credibility as a profession – *the ethics of keeping our politics outside of our practice.*

What Motivated Me to Write this Article

Recently I saw a posting on social media from a well-known hypnosis instructor who stated that [he/she] would not accept a client who plans on voting for [un-named politician]. I normally avoid responding to political postings; but in this case mentioned above I added a neutral comment in an attempt to diffuse the situation. Another comment appeared later stating that anyone who supports [un-named politician] is evil...

This is not only *unacceptable professional behavior*, it may also be *unethical*.

Paragraph 11 of the IMDHA Code of Ethics in the “General” section states:

Members will not permit considerations and/or bias of religion, nationality, gender, sexual preference, disability, politics, or social standing to adversely influence services. As well members will never attempt to influence or impose their own personal views on any client. Where there is a potential for any of these situations to exist, it is the practitioner’s duty to refer the client to another suitable practitioner.

If you decide to reject a client for his or her political views, I believe you take a professional risk even if you do so tactfully. However, if you feel you must do so, then let him or her know that it is YOUR problem...and then provide a referral to another hypnotherapist whose political views are opposite of yours. If you are unable to do so in a professional manner, then perhaps you need to be a client of parts therapy and learn some tolerance.

In recent years, increasing numbers of political debates are evident on Facebook and other social media. If you engage in public political debates and/or trashing certain politicians publicly, it may directly impact your practice in a negative way, regardless of your views.

It is my very strong opinion that such public comments lessen our credibility! Also, while I am not an attorney, if a client is refused service because he or she has opposite political views than the practitioner, what would happen if said person decided to file legal action on the basis of discrimination? Could such comments on an internet forum be used against the practitioner?

I started teaching professional hypnosis at Tacoma Community College in 1987, and became passionate about teaching and practicing client centered hypnosis – which means fitting the technique to the client instead of vice versa. Equally, I am also passionate about doing whatever we can to make our profession more credible.

While client centered hypnosis is a contributing factor to greater credibility of hypnotherapy, building bridges with

mainstream healthcare also brings greater credibility. Additionally, it is vitally important to have a genuine desire to empower your client to achieve his or her desired goal, whether or not we agree with that client’s life style or belief system. In other words, our *Number One* ethic is to do for the client what we would want done if the roles were reversed.

I also believe that we need to keep our political opinions private, sharing them only with family and trusted friends. To do otherwise is risky in this toxic political environment.

A few years ago a woman stood up in one of my training programs and started arguing politics with another participant whose views were opposite of hers. I immediately stopped them and said, “When you come to my class, leave your politics outside the door.”

Toxic Politics

All of us know that politics have become more heated in many ways for the last couple of decades – and often to the point that friends are divided against friends, family against family, and in the case of a couple I know very well, husband against wife. Additionally, the lack of tolerance for people with opposite views is often displayed publicly on Facebook, Twitter, and other internet forums. I have seen several postings from hypnosis professionals stating that they will UN-friend any of their Facebook friends who support the opposite political party.

If YOU were considering hypnotherapy for the first time, and then saw such negative comments either first-hand or second-hand posted by your prospective hypnotherapist, would you still consider him or her? ...and what if YOU were voting for the [un-named politician] whom your prospective hypnotherapist trashed on Facebook or Twitter?

If you choose to refuse clients whose political views are opposite of yours, you will take a huge pay cut. Worse, you risk the credibility of our profession.

The Best Solution

After each of the last three elections, several clients saw me for stress management because of the toxic political environment. My job was to help each client manage stress without disclosing my own political views.

Whether your political views are liberal or conservative, global warming or anti-global warming, etc., etc., be a good listener and be tolerant. I have several good friends who strongly disagree with me on more than one issue...but we remain friends because we can simply agree to disagree.

In conclusion, leave your politics outside the door of your own hypnosis practice and avoid mixing hypnosis with politics. The best solution can be summarized in one word: TOLERANCE.

Reference:

IMDHA Code of Ethics: https://www.hypnosisalliance.com/imdha/imdha_ethics.php

I AM A WORK IN PROGRESS, THE SPIRAL STAIRCASE

By Debbie Lane

2007 International Hypnotist of the Year, Debbie Lane has experience with high-profile and complex cases. Debbie was certified by the Naturalife Institute in Basic Hypnosis and Integrative Hypnosis in 2002 and Medical Hypnosis in 2009. She has been the keynote speaker for Anheuser Busch, Working Women Of Tampa Bay, WIN and Pinellas County Schools. She has appeared on numerous radio and television programs including Siren Media's Strange Sex. She is a contributing author to Real World Hypnosis and Natural Born Hypnotist, consulted for The Muse Unlocked, Writing Down Your Soul and One Breath Away: The Hiccup Girl. Debbie was previously a vice president of a national chain of child care centers, The Learning Center, Inc. She has combined her business, teaching and care giving experiences into a successful practice in Palm Harbor, FL.



When Caroline (name changed) first approached me for a session, she stated she just wanted to get her thoughts together about how to go forward in her life. It did not seem like an extraordinary request. I have clients who visit with me for “tune ups” and that is what I expected. Caroline is bright and successful in her chosen career; she owns her home at a young age, has two beautiful children and appears to the world to be a balanced productive individual.

When we began our session, we discussed the usual trivial events of the time. Because we have worked in the same office in the past, we caught up on gossip a bit too. Not the negative kind, more like who is still there, who has recently had a positive life change, etc. She smiled and chatted. I mostly listened and enjoyed.

When I asked her, what was on her mind, more specifically what her agenda was, the tears began to flow. She had broken off an engagement back in 2017 and now three years later, she was still hurting. As she described it, her recovery was seemingly “normal”, she was happy to be done with someone who lied to and cheated on her, but she resented his ability to now “live the good life”. He had married the other woman and recently had a child with her. This man and Caroline also share a child. This stung Caroline. In her mind, he was never punished for the sins he had committed.

Now the logical adult side of her knows life is not fair and furthermore his happiness is not related to hers, still that inner child was having a temper tantrum. So, we began to discuss that child and through trance began to allow that child to have her say. It was the child who became angry at her mother for leaving her at the tender age of seven. (Mom died.) She was angry that she had to protect her younger sister, to become the mom. She was angry that her father remarried, and, in her mind, the stepmother was mean and crazy. She was hurt that her father emotionally abandoned her, never protected her from the stepmother. She was angry.

As we spoke to that child, she revealed her anger was really fear. She lost one parent, felt as though the other was lost to her and feared she could never be loved for long term. Now this man had proven a lifelong theory correct in her mind. She was never going to be loved. She felt alone, lonely, and vulnerable.

Using the powerful technique of Havening she was able to calm the child down. She was even getting to a point of acceptance regarding her mother’s death. She was open to feeling compassion

for her father and his weaknesses. She even became willing to do forgiveness work for the ex-fiancée. Still the lingering feeling of not being lovable lurked.

It was then that we began the journey down the spiral of her DNA. A beautiful structure that mimics a staircase, she slowly began to descend through her ancestors. Each step downward allowed her to see that she was not only the result of survivors (as is evidenced by her mere existence) but she had the genes of those who thrive. Throughout her journey to the earliest of ancestors, the cave dwellers, traits, talents, and strengths would light up for her to notice. She observed the profound nature of the cave dwellers who were creative, strong, and determined. As she began to ascend back to today, those same virtues would light up for her to collect as she desired. (During the neoclassical period she spent some extra time locating what she felt was her lost inner beauty. That was fun to observe.)

Her toolbox for survival and to thrive had many new possibilities. Interesting, they had always been there, they were just now shiny and ready for use. Who couldn’t love such a courageous, delightful person? After the trance, she laughed and smiled. She felt lighter. She was ready to continue with her day.

We have set up further sessions, I have also encouraged her to meet with a licensed mental health counselor to work on why she has attracted the relationships into her life that she has and how to change that moving forward. She is dedicated to learning as she does not want her children to learn similar patterns.

This session occurred during the quarantine. I have noticed that many of the clients who called me during this time were working on similar issues. This time seemed to create both being overwhelmed for those who had to do it all (and do it alone now) and an opportunity for self-reflection. Spending time alone in quiet can be a good opportunity for growth. I never advised anyone during the quarantine to learn something new, take up a new exercise routine or finish that project. I believed that we each have our own survival tactics and it was not my place to coerce anyone to be anything other than authentic.

What I observed was that this was often a chance for a simple reframe in our lives. Without the normal distractions we have been given a gift. The gift of rediscovery and reimagining who we are. Because of this awareness in others, it has encouraged me to do the same, because I am a work in progress...



PERSONAL STRATEGIES TO COPE WITH STRESS IN A COVID-19 WORLD

By Norma Lent Auerbach
Part 1

Norma Lent Auerbach has a Ph.D. in Psychology. She is the President and founder of the Bodymind Learning Institute of Boynton Beach, Florida. As a former school administrator and college professor, she is listed in Who's Who in American Education and Who's Who Among America's Teachers. She is a popular speaker and taught a popular program at the Learning Annex in New York for many years entitled "Get Anyone to Do What You Want With NLP." In addition to a popular CD on Stress Management and other recordings, she also has numerous publications including articles about stress management, past life regression, the Akashic Record, and a popular handbook "Empower Yourself: Design Your Own Personal Stress Management Program from A to Z." Norma is a member the International Association of Counselors and Therapists.

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The Covid-19 Pandemic has left a trail of problems and unforeseen consequences that have negatively impacted on the quality of our every day lives. People are faced with job loss, mounting debt, recession and a myriad of other issues that will catapult stress management into a major mental health issue. In fact, even now cardiologists are seeing an outbreak of PVC (premature ventricular contractions) that are potentially life threatening.

Scientific research has documented that prolonged stress can not only damage almost every system in your body, but also worsen conditions such as: arthritis, chronic pain, heart disease, high blood pressure, diabetes, overweight, and existing mental health issues, etc. While there is no "one-size-fits all" way to manage your stress, there are more than 300 studies that validate that people who do daily stress management activities such as meditation, relaxation, prayer, chanting, etc. experience stress as a "series of discrete short-term stresses" while the rest face an "elevated stress threshold" that suppresses the ability of their immune system to ward off disease and plays havoc with their sense of well-being.

The purpose of **Part 1** (of 2) of this article is to focus on specific tools (arranged alphabetically) that will provide you with **emergency tools** to turn off your acute stress response so you don't allow fear, worry, anger and other emotions to roll through your mind unopposed when you are faced by real or imagined threats. **Part 2** (featured in the next issue) will provide **strategies to control your inner terrorist and reframe your negative thoughts into positive ones.**

Aromatherapy, Deep Breathing and Acupressure. Research has shown that aromatherapy and deep breathing of essential oils can decrease pain, anxiety, and promote an increased sense of well-being. You can even rub a soothing scent onto your temple using your fingers in a circular fashion. For example, lavender, the crowd affordable favorite, and chamomile essential oil has been used as a treatment for mental stress and exhaustion. Other popular scents are vanilla, sandalwood, citrus bergamot, and jasmine.

Avoid "overdosing" on what stresses you out. Lately many people identify 'The News' as the top stress inducer; however, take a moment and identify your top 2-3 stress inducers.

Blow away your stress. Close your eyes and visualize 2-3

from the above that make you stressed. Then imagine that you're blowing up a balloon by breathing all that stress into it. Next, seal the balloon and let it float away until you can no longer see it, taking your stress with it.

CALM DOWN. Spell the word "C A L M" with each breath "IN" to the count of "1,2,3,4." Spell the word "D O W N" with each breath "OUT" to the count of "1,2,3,4."

Repeat at least six times (or more if necessary) until you feel back in control of your emotions.

Change your location. Get up from where you are and move around, even if just to get a drink of water. By remaining in the same position you are only exacerbating your negative, self-destructive feelings.

Clean, clean, clean. Simple household chores offer a drug-free way of coping with stress and give you the feeling that you've accomplished something. Visualize yourself cleaning away all your troubles as you move your dust rag around. See yourself soothing out the wrinkles in your life, or flattening out irritating coworkers, when ironing.

Count down from 100 to 1, skipping numbers out of order such as 100, 97, 92, 88, 83, 79.....continue skipping numbers down to1.

Energize your body. Since energy meridians meet at the ear, you can spread energy throughout your body by massaging your ear lobes for 60 seconds to relieve fatigue and stress.

Focus on physical sensations. Select familiar feelings like digging your feet into the ground or feeling the texture of your jeans with your hands for background sensations.

Hydrotherapy relieves tension. Stand under a hot shower for five minutes or more to calm your nervous system and help your body detoxify. Visualize tension and stress going down the drain.

Keep a Gratitude Journal. Write down all the things you are thankful for. Read your journal when you're feeling down, perhaps also saying "This too shall come to pass" Studies show that practicing gratitude can actually increase happiness levels by about 25%, making people more resilient, strengthen relationships, improve health, and reduce stress.

Repeat a mantra that calms you down. Repeat the one you choose slowly as a set of three. Some suggestions are: "This too shall pass," "All is well," "I am safe," "I am powerful," "I am

lovable,” or any other short positive statement that resonates with you.

Relax before you retire. Take a warm bath with soothing music and essential oils. Use a white noise machine to cover up stressful sounds. Sip chamomile tea or warm milk, read an enjoyable book and don't use your bed as a work desk.

Select a color. If you find yourself experiencing hyperventilating from a surge of stress hormones, divert your attention by walking around and locating everything that is red.

Scan your body. Breathe “IN” and scan your face, neck, shoulders and arms. As you breathe “OUT” feel the tension slip away. Breathe “IN” and scan your throat, lungs and stomach. As you breathe “OUT” feel the tension slip away. Breathe “IN” as you scan your hips and legs. Breathe “OUT” and feel the tension slip away.

Sing “Do, re, me...” is another way to get oxygen into your lungs as you traverse up and down the scale in order to release stress.

Slow down your breathing by yawning. One of the simplest actions that you can take is to stretch your arms over your head and move back and forth to ease neck tension while you yawning out loud “IN” and “OUT.”

Snap your fingers. Avoid letting negative thoughts roll through your mind unopposed by snapping your fingers, take a few deep breaths, and say “CANCEL...CANCEL.” After that you can also repeat a mantra to yourself, such as: “I am optimistic about life. I look forward to and enjoy new challenges.”

Snap your rubber band. Wear a rubber band around your wrist, tight enough to stay on and make a nice snap when pulled, and loose enough to be comfortable and not break. When you find yourself having a thought that triggers off feelings of fear and worry, give the rubber band a snap to refocus your mind.

Seek Professional Help. Should you have difficulty in reconciling the multifarious stressors in your life, there are professionals who can help.

Clearly we are all in the throws of an irrevocable transformation that will impact each of us individually. The routines that had become so robotic are not longer reliable and the days ahead will be filled with different choices and opportunities. So instead of being attached to the old ways of doing things, we need to think of new ways to add value to our lives. Or as the American theologian Reinhold Niebuhr (1932-33) penned: “*God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*”



“Thank you for bringing this all together. It was nourishing to connect during these times. I was very inspired!!”

-Eva Clark, Santa Cruz, CA

How Is Your Pain Control Today?

Continued from page 10

that certain developmental experiences seem to predispose people towards developing chronic pain syndromes (Turk & Gatchel, 2018). These include:

- A history of childhood abuse—physical, emotional, and/or sexual.
- The lack of development of effective life coping skills especially stress coping skills.
- The development of certain types of personality disorders.
- A history of persistent depression and anxiety disorders.
- A history of problems with controlling anger.
- A history of substance abuse.
- The tendency or habit to engage in absolutistic and catastrophic dysfunctional thinking.
- Activating events such as a motor vehicle accident or a work-related injury combined with litigation.

In addition, many people with chronic pain, especially people with treatment-resistant chronic low back pain syndromes, tend to get worse with increased numbers of surgeries.

So, how is your pain control today? Is this an appropriate question? Of course, it is. It presents the opportunity to begin a conversation about the benefits of cultivating a mindfulness-based approach to pain control. Today is a new day. Yesterday no longer exists. There is nothing to do about yesterday. So, every day is a new day. What we do today affects how we will be able to deal with whatever confronts us tomorrow.

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EFFECTIVE HYPNOSIS VIA WEB CONFERENCING

By Kweethai Neill & Steve Stork



Kweethai Neill, is Founder & President of iHealth Center for Integrated Wellness in Keller, Texas. Her iChange Therapy produces health and happiness, inside and out. Steve Stork, is Director of Technical Support at iHealth Center. Both are former university professors with extensive experience in health promotion. Kweethai is an IMDHA Life Fellow. She also holds the 2012 IMDHA Pen & Quill award. iHealth Hypnotherapy School provides hypnotherapy master classes in Texas, Hong Kong and Malaysia.

Beware the Linguistic Psychology of Zoom Fatigue

My junior-high age granddaughter, who usually loves school, is tiring of Google classroom. A couple hypnotherapy students who would have studied with me in May are choosing not to take advantage of a Zoom alternative; already facing too much time web conferencing for their work.

Zoom is becoming the virtual Kleenex of video chat and web conferencing, though there remains plenty of competition; from Skype, Facetime and Whatsapp to GoToMeeting, Google Hangouts and Adobe Connect; just to name a few. Most are easy to set up. And it seems an obvious and natural solution to the problems inherent in social distancing; in terms of simply migrating your hypnotherapy practice from face-to-face to online. Ah, if it were only that easy.

Watch a few YouTube videos of late-night comedians broadcasting from their kitchen or living room and you understand immediately; it is just not the same. We have been Zooming over the past couple months – for both classes and individual clients – and love it. At the very least, it is allowing us to remain professionally active. On the other hand, it is reinforcing the necessity of specific preparation. Zoom is not a magical portal. To use any form of web conferencing effectively for hypnotherapy requires understanding and adapting to its limitations.

It's all about timing and maintaining attention

As amazing as it is that we can converse in real time audio and video with someone on the other side of the world; the brain has not adapted as quickly as the technology. On the one hand, the brain compensates for the inevitable glitches and delays common to transmission of vast amounts of electronic data. It fills in the gaps. Though, as in face-to-face conversation, not always correctly and not without some unintended consequences.

On the other hand are common concerns about lack of eye contact, distracting backgrounds and poor audio or video or both. Distractions and lack of acuity (both visual and auditory) make it more effortful to maintain attention and therefore make the experience more tiring.

Because the brain adapts so well, each of these problems alone seems of little consequence; but, taken together, they have the potential to significantly influence the effectiveness of not just how you work, but the relationship with your client. For example, latency. It takes time to electronically transport data back and forth. That latency, or elapsed time, is evident when you see a

news anchor in Atlanta interviewing a reporter in Hong Kong. It is that awkward half-second of the reporter looking blankly at the camera after the anchor has completed a question. We have heard it; the reporter has to wait for it.

Bottom line, latency effects turn-taking in online conversation; which, it seems, influences trustworthiness. Zoom tries to maintain this latency at about 150 milliseconds; though the typical audio lag in practice is closer to 200 milliseconds. At 200 milliseconds in each direction, that is 400 milliseconds; under half a second. A study at Purdue University found that the brain considers responses delivered at over 700 milliseconds to be “less convincing.” They are interpreted as hedging as opposed to forthright. So, the electronic environment shortens the time during which a client’s brain may migrate from “I fully trust that response” to “I wonder if she really knows what she’s talking about.”

The lag also contributes to interruptions, such as mistimed turn-taking. A video call in particular – because the video alone requires so much more data – makes it harder to maintain an effective flow of audio communication back and forth. Recovering from overlaps (taking your turn too early, while the other party is still completing a thought) and responding to snags (“Sorry, you go ahead.”) can become tiresome.

Research the internet to learn how to work thru the internet

There are way too many variables to address in this journal article. You will need to research options that work best for your circumstances; but here are a couple bottom-line recommendations.

Whichever platform you choose, be prepared to apply it effectively. It takes some effort to adapt to the communication differences. You may also consider upgrading your technology a bit to improve the client experience on their end. If you are confident enough in your hypnosis skills to apply them in a less-than-optimal environment, the only other requirement is enough computer savvy to get the software and hardware to work for you.

Do not carelessly default to the built-in camera and microphone on your laptop. Record a sample meeting with a friend; then evaluate the video and audio quality. There are lots of internet resources with details on how to do it and what to look and listen for. We use a state-of-the-art iMac for Zoom meetings. It has its own built-in camera and microphone; but a lavalier

microphone and HD video camera (routed through an audio interface and video capture device [HDMI to USB], respectively) significantly improve the audio and video quality. Our goal is to place us across a table from the client, not across the country or world.

Most internet resources talk about arranging your background; but our pet peeve is people looking down at their laptop. As the viewer it feels like looking up out of a hole at the ceiling (made worse by the corona of a ceiling lamp, which renders a head-shaped shadow instead of a face). The solution? Position the camera so it is level with your face or pointed down just a little bit. That may mean placing your laptop on a stack of books to raise the camera angle.

We also prefer a field of view that shows at least head and shoulders. If you can widen your arms and hands; even better, allowing the client to benefit from your non-verbal communication; especially helpful for those of us who ‘talk without hands’. This can be a delicate balance if you are using the onboard camera and mic. As you back away from the computer to widen the field of view, the audio suffers. At the other extreme is moving in to ensure good audio, which results in an uncomfortably close video image. So, another benefit of an external microphone is the ability to move around while maintaining consistent audio.

You will be tempted to get by with your current set-up, regardless of internet connectivity, audio and video quality, broadband issues, etc. But you do so at the risk of professional integrity. Just as you maintain a professional appearance in person, your virtual presentation must be just as keen and polished.

Check the background again. Adjust lighting. Not just once, but every time you prepare for a new meeting. Extraneous objects have a curious habit of finding their way into a background, where you may not notice them, but they can be an unnecessary distraction to a client’s mind. And even in an indoor space, light changes through the day; so you should strategize ways to adjust it. For example, there is no way to natively adjust the camera settings on the iMac, but there is an app for that. The iGlasses app allows you to adjust exposure, saturation, contrast, etc.

Transcend time and space

If you do not have confidence in your skills, no platform can overcome that limitation. Our website has included Skype sessions as an option for many years. Only a few clients have taken advantage of it, and they have been located overseas. Dr Kweethai has worked with clients from all around the U.S., with both she and they defaulting to the notion that face-to-face and physically present was the best option. And perhaps it was. But we have been delighted with recent sessions conducted via web conferencing.

Dr Kweethai has Zoomed with Michael Watson in recent years as he interviewed presenters ahead of the IMDHA Hypno-Expo. But the emergency migration to electronic Conference, due to the pandemic, forced us to look at the medium in a new light. We saw how effective Hosting can ensure an interactive experience for both presenters and participants. As a result we began to strategize how we could mold the platform to our own needs.

Dr Kweethai incorporates Chinese energy medicine with hypnotherapy. At the beginning of a session she dowses a client’s energies to identify blockages. Even though we understand energy to disregard conventional limitations of time and space,

Dr Kweethai was still surprised that her dowsing was as effective and accurate with a client 1,000 miles away and viewed on a screen as it has been for physically-present clients only a few feet away.

That she even attempted to dowse is testament to the confidence she has in her abilities. And that extends even more so to the verbal orientation of hypnotherapy. Whereas she might normally tap a client’s forehead, or raise and drop an arm to enhance deepening; she merely switched to performing such actions psychically (in her own mind) with full confidence that the client would receive the same energy. And thus far they have.

Somewhat related, do not apologize for anything. Remember your hypnosis training. Create expectancy. Establish rapport. Validate the client. Develop a trust relationship. Exude authority and confidence. Nothing changes just because you are meeting in an online environment. If anything, it is all the more important that you effectively engage the client so well that the environment becomes irrelevant.

You need to psychically place yourself in the same space as the client. Ignore the space between the two screens on which you are observing each other. That means reducing the artificiality inherent in screen-to-screen communication. You cannot control the client’s transmission, but there is much you can do to improve how the client receives you.

What’s that again? The linguistic psychology of “Zoom fatigue.” *The Economist*. May 16, 2020.



“Thank you so much for making the Conference happen. You, and all the persons involved did a wonderful thing for us and a wonderful job getting it together and done. No doubt that you are receiving many notes from everyone.”

-Mary Vallei, Ft Collins, CO



“I HAVEN’T SLEPT IN 20 YEARS”

By Donald Pelles

Donald Pelles is a hypnotherapist in Kensington, MD. He works with his clients to resolve their difficult issues and thus transform their lives, utilizing hypnosis and Neurolinguistics (NLP).

Hypnotherapy is his third successful career; he was previously a mathematics professor, making significant contributions to the field, and then a software developer.

Donald is very happily married to Rosalyn Pelles; they have three grown sons, five grandchildren, and three great-grandchildren.

“I haven’t slept in 20 years,” she said, my new client, Jennifer, a woman in her early 40s.

“Of course, she must sleep *some*,” I thought to myself – we need sleep in order to survive. But clearly, she hadn’t slept nearly enough and probably not very well.

I asked Jennifer about her history. The sleep issue had started (obviously) 20 years ago; before that she had been “a good sleeper.” She was single; she didn’t sleep particularly stressed or anxious; her relationships were good; there were no physical issues – she had seen a doctor recently.

So we went to work. We talked about hypnosis, that trance is something you do: “I guide you; I instruct you; I help you access that altered state that is part of *your mental equipment*. But you are the one doing it – I am just the guide.” I demonstrated and talked about visualization, with some examples, and how that is really a form of self-hypnosis.

“I am going to show you a blend of self-hypnosis and meditation,” I told her, “and you will be able to do this on your own. In fact, it’s going to be an *assignment* – there’s homework here.” I directed her to my comfortable hypnosis chair, and led her into “The Zone” (see “Finding the Zone” in the Hypnosis Silver Spring channel on **YouTube**). It is a short exercise; some clients experience being very relaxed while others go into a very deep hypnotic state. Jennifer was one of the deep ones – she described her experience afterward in terms I could only envy. Doing “The Zone” at night in the bed can be very helpful in getting yourself to sleep – you take yourself into a deeply relaxed, hypnotic state, repeating the mantra over and over in your mind, with the intention of just staying there all night. This approach relieves you of the anxiety around getting to sleep. Instead of lying there thinking, “I need to sleep ... I have to get to sleep ... When am I going to get to sleep? ...”, you just stay in “The Zone” and even if you remain in that state all night (you won’t!), you are still getting much of the rest you need.

We continued with the “Power Self” exercise (look up “Power Image Pelles” on **YouTube**), in trance envisioning yourself “exactly the way you want to be” and then stepping into and being that person, your Power Self, then stepping out but “bringing back with you some of what you learned and experienced in being her.”

For this kind of issue (and many others) I like to utilize *Core Transformation* (developed by Connirae Andreas). Guiding Jennifer through Core Transformation, I started by pointing out that this difficulty with sleeping was not something she was *consciously* doing, so there was a part of her that was behind

it. I had Jennifer invite this part into her awareness, with the understanding that it had a *positive intention*, which she was not aware of. In the course of the process, we elicited higher and higher-level intentions, outcomes the part wanted, until finally we reached a state of “Peace” and the part could go no further. This was, for this part, what we call the *Core State*, a high-level existential or spiritual *state of being*. We then utilized this Core State to *give the part what it ultimately wants*, and finally to re-integrate this alienated part of Jennifer’s psyche into the whole, so that Peace became her core state of being, a wonderful and powerful resource for transforming whole areas of her life.

We worked on the sleep issue the rest of our first session and the next session, using *Core Transformation* to integrate some of the parts involved.. In the third session I introduced Jennifer to *Wholeness Work* as a more powerful way to get to sleep.

When Jennifer came into my office for her next session she told me that she was sleeping much better – the work we had done so far had been a big help. And then she exclaimed, “Now I remember what happened!” and went on to tell me this story:

Twenty years ago, I was engaged and about to be married. On my wedding day, my fiancé ran out on me, he cancelled the wedding and left. He broke my heart. I went over to my girlfriend’s house and at bedtime I said to myself, “If I don’t go to sleep, it won’t be over.”

And 20 years later, she walks into my office saying, “I haven’t slept in 20 years!”

In many schools of psychotherapy, including hypnotherapy, the key is *insight*, to discover, or to lead the client to discover, the cause, the event or experience that underlies, that caused the behavior or problem being addressed. Many hypnotherapists use “regression to cause” to find the “ISE” – the “Initial Sensitizing Event,” the first in perhaps a chain of experiences that led to what the client is now experiencing. For some therapists the *insight itself* is the key to the resolution of the problem; for others it is the *starting point* for intervention.

Jennifer’s insight was certainly significant, but it came at a *point when* the problem had been largely resolved; it was a *by-product* of the work we had been doing, rather than its goal. This is often what happens when using the paradigms of *Core Transformation* and *Wholeness*. Conscious understanding can be a good thing, but it is neither necessary nor sufficient in resolving deep problems involving feelings, thoughts, and behaviors.

DREAMS, DRAWINGS, IMAGERY AND HEALING

By Bernie Siegel

Bernie Siegel, who prefers to be called Bernie, not Dr. Siegel, was born in Brooklyn, NY. He attended Colgate University and Cornell University Medical College. He holds membership in two scholastic honor societies, Phi Beta Kappa and Alpha Omega Alpha and graduated with honors. His surgical training took place at Yale New Haven Hospital, West Haven Veteran's Hospital and the Children's Hospital of Pittsburgh. He retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. In 1978 he originated Exceptional Cancer

Patients, a specific form of individual and group therapy utilizing patients' drawings, dreams, images and feelings. The physical, spiritual and psychological benefits which followed led to his desire to make everyone aware of his or her healing potential. He realized exceptional behavior is what we are all capable of.



Many years ago Elisabeth Kubler-Ross asked me to draw a picture for her to help me cope with my emotional issues as a physician that my education never prepared me for. I drew a scene which I created in my imagination during a guided imagery session. To me it had no meaning and I was stunned by the questions Elisabeth asked me which were so pertinent to my life.

For example she asked, "Bernie what are you covering up?" When I asked where that was coming from she said I used a white crayon to make snow on a mountain but the page was white and the crayon was not necessary. So what was I covering up? She was so right. That led me to go back to the hospital with a box of crayons and have my patients do drawings. I saw their intuitive and unconscious wisdom in their dreams and drawings and it helped us make treatment decisions and make correct diagnoses.

I have never met a doctor who has been told while in medical school that Carl Jung interpreted a dream and correctly diagnosed a brain tumor. I began to communicate with Jungian art therapists and share my work and learn from them. Medical journals said it was interesting but not appropriate and the psychiatry journals said it was appropriate but not interesting; a sad reflection on what is missing from medical training, holism.

I learned to listen to patients when they said they knew something was seriously wrong even if the tests did not reveal it. I pursued the problem and biopsied lesions and invariably the patients were correct. I also know those who died when doctors told them they were too young to have breast cancer and they did not pursue their inner wisdom but were submissive and accepting of the doctor's words.

To do well one must have one's intuitive and unconscious wisdom agree with your intellectual decisions. What I mean is if you draw chemotherapy as the devil giving you poison but your doctor and intellect decide you should have it you will have every side effect in the book. The mind is very powerful and can be a great asset or problem. I know cases where people did not receive chemotherapy or radiation due to medical errors and not installing radioactive material after a repair of the radiation machine and the doctors did not realize it for a month due to the fact that patients all acted as if they were being treated because they believed they were. Yes, tumors shrank, hair fell out, skin became red and more.

The other side of the coin is that I received a call from a

radiation therapist who said, "I thought our machine was broken because the patient had no side effects of treatment. Then I saw your name in the chart and knew it was one of your crazy patients." That became an affectionate term from doctors treating my patients. Anyway he said when he asked her why she wasn't having red skin or other side effects she answered, "I get out of the way and let it go to my tumor."

As a surgeon I operated on cancer patients who saw me and the operation as a gift from God. They woke up with no pain after surgery. I had to keep explaining to the nurses to stop writing patient refuses medication in their charts and write that the patient doesn't require medication for pain. I always remember a woman who underwent a mastectomy and that evening was sitting in the audience while I was giving a lecture. I asked her what she was doing there. Her response, "The nurses said I was one of your crazy patients when I told them I wanted to attend your lecture so they tucked all the tubes under my dress and let me come."

Again let me say your belief in treatment can be hypnotic and therapeutic while the opposite can be self-destructive. When someone draws a picture with cancer, crying and saying help me and it shows the patient wanting to stick a spear in her doctors for making her bald, ugly and horrible, she has a problem.

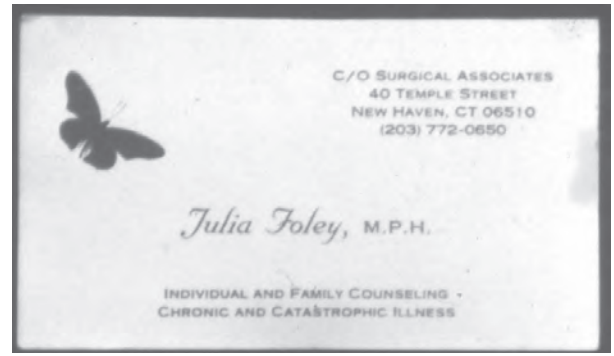
Now how can all this information help you? You can learn more from my webinar, but what you can do to help you make decisions, is first to pay attention to your dreams and feelings. Years ago I had hematuria and my doctor friends were very worried. That night I dreamt I was running a cancer support group, which I have been doing for many decades, and as we introduced ourselves when it came my turn they all said, "But you don't have cancer." I woke up knowing the truth which tests proved true.

Now what can you do? You can draw a picture of yourself, your disease, your treatment and your white blood cells eliminating the disease. I say eliminate so you are not killing and waging a war and empowering your enemy (disease). A conscientious objector I cared for refused chemotherapy when the oncologist said, "Dave, I am going to kill your cancer." His response was that he didn't kill anything and he walked out of the office and lived twelve years doing his thing. In his imagery and drawings he carried his cancer cells away. Others have a block of ice as the tumor and it melts away when the therapy is seen as God's light.

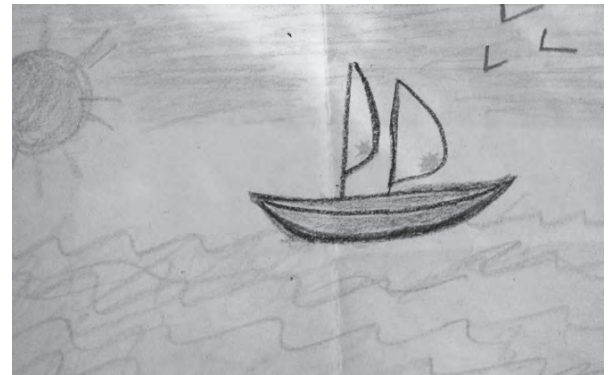
Now if the drawing feels and looks good, fine. But if not, then visualize the treatment and outcome as you desire it to be. Feeling well, good appetite, no pain or side effects, etc. and do it every few hours throughout the day. In that way you will program your body for success because it doesn't know the difference between your imagery and the real thing. Tests and studies confirm these benefits.

I would also add to make sure your doctor speaks to you in positive terms about your treatments and not just about all the side effects like the TV commercials tell you. During surgery you hear, so make sure they share positive messages. As an example, I will conclude with the story of a woman who said she was about to have surgery for her cancer and handed me her drawing. It showed a black box with no one else in the room. She was lying on an operating table with only two legs supporting it. I told her to get another surgeon or not have surgery but she wanted to stick with him so I told her to visualize the result she wanted. A week later she came in with a new drawing and it was beautiful. Full of color, many doctors caring for her lying on a table with four legs, her family waiting for her, God's light shining into the O.R. and more.

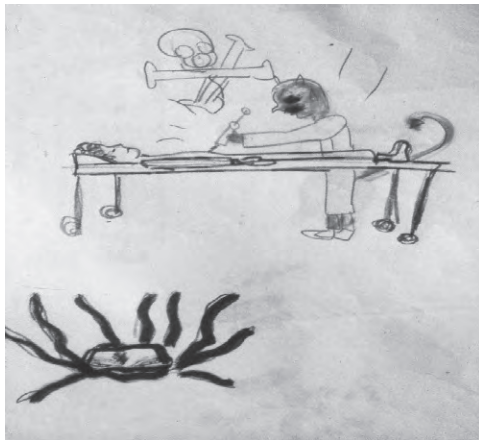
Look at some of the examples and you will see how God and Love can be present for some and the devil and hell for others. You have the potential so give it your best shot and you don't have to be an artist and fear doing it wrong. Be a respart, or responsible participant, and not a submissive suffering good patient.



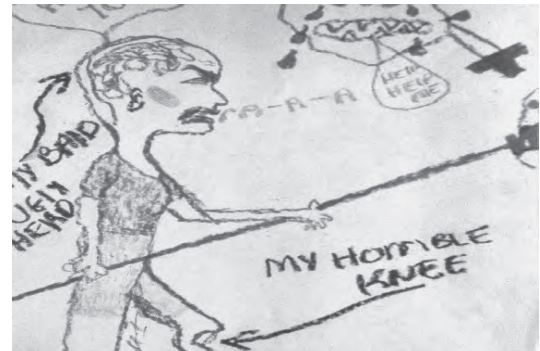
Upper left is far future or death concept on paper. She made this card when working for me. Purple butterfly is a symbol of transformation and spiritual color. She died shortly after these cards were done.



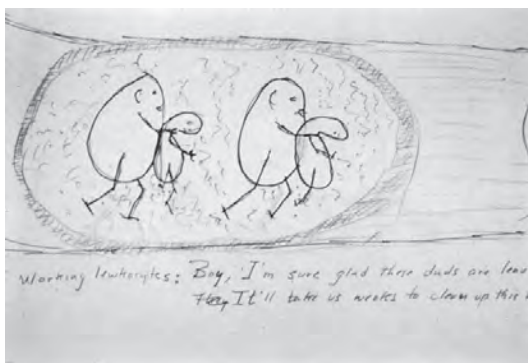
Sails on boat look like breasts and that was where the patient's problem was.



Surgeon looks like the devil and cancer is an insect. It's hard to get rid of every insect - not a good sign for the future.



She hates her doctor - not the cancer for what the treatment did to her and her body. The cancer is crying and asking for help and she wants to stick a spear in her doctor.



Conscientious objector who quit treatment because he didn't kill anything. Not a good sign for the future.



Student with compassion, caring for patient. Kneeling and handing her a tissue not as treatment. 90% of the students drew themselves sitting behind a desk with diploma on the wall and no patients.

FANTASY REGRESSION

By Lincoln Stoller
Part 2



Lincoln Stoller is a NASA astronomer from Berkeley, CA (1978); with a PhD in Quantum Physics from the University of Texas at Austin (1985). His education also includes Neurofeedback Training (2006-2009). LENS at Stone Mountain Center, Tilson, New York; 2006 and EEG Institute, Woodland Hills, California; 2007: The Enhancement Institute, Houston, Texas (2009). His hypnosis education includes successful completion of the hypnosis courses taught at HPTI and ICBC

Stepping Softly on Ego

I find the clients who resist hypnosis are those who are afraid of letting go. A lack of rapport is part of the problem, but their fear of letting go precludes developing rapport, so it's a Catch-22.

Clients are often afraid of the very thing they're working to overcome, which is why their progress has stalled. My first task is to build for them a sense of safety. This is the first thing you need to do in a situation where there is ongoing trauma, and it's the first thing you need to do when there is the prospect of reviving past trauma.

I let my clients tell their stories. The story is a smokescreen, it is their clothing, identity, protection, and excuse. No one is going to trust you if they don't first feel you know them. The irony is that the "them" that they present to you is the identity that they've fabricated and has backed them into a corner. Yes, it is one of "them," but it's not the "them" that's going to prevail. We're in search of a larger, stronger, wiser "them."

As soon as possible, we head toward hypnosis. They have already told me a few of their pleasing images and I'll weave those into a guided visualization. I'll employ any of the usual inductions without dissociating them to the point of losing track of my voice. I will periodically ask them for comments on the color of the water at their favorite beach, or the view over their favorite landscape.

I then employ one of the standard PLR mechanics of presenting them with a choice of doorways, paths, or passageways. At this point, I ask them to become more present in the story, to visualize and report the details of the generalities I describe, and, in this way, they take over the narrative.

There are many ways forward from this point. Generally, I'll build a story around the emotionally charged issues in their life. This can be specific and direct, such as seeing members of their family, or it can be allegorical, such as seeing a stereotyped personality in a fairy tale setting. I'll listen carefully to how they respond, coaxing them to take the authority for creating the story.

Typically, clients move between levels, disappearing into deeper levels of trance and then returning to report. On rare occasions, they will disappear for the entire session, being unable or disinclined to speak. In these cases, I'll watch their body language and explore ideomotor response. I will weave the narrative largely by myself along suggestive lines, visiting and strengthening their points of concern.

Being a Guide or Doorman

The practitioner's role in PLR is to create a container. The first container is "the safe place," and from that place other containers

emerge: the exploration container, the resolution container, the danger container, and many others. This is an exercise in what Milton Erickson called "artfully vague" direction.

I find I can do this best when I'm in a trance myself. I have my own eyes half-closed, allowing, waiting, and inviting images to emerge from my subconscious in collaboration with theirs. At the same time, I have to keep tabs on their physical state because most of their emotional signals will first appear as body language before it's evident in their story or tone of voice.

In addition, because of my experience with brainwaves and neurofeedback, I will attach an EEG monitor to my client and have their brainwaves displayed on a screen beside me. I use the unobtrusive MUSE headset that takes no time to attach and causes no distraction. In this, I am simply monitoring their brainwaves, which are displayed on a running graph. By watching them, I can monitor trance level and, sometimes, see the signature of tension that I have not picked up in their body language. I can also administer brainwave biofeedback simultaneously with the hypnosis session, but this is beyond the subject of PLR.

Death—The Critical Release

There is a stage in the standard PLR process through which I do not take my clients in my light-touch approach, and that is the death phase. Death is the Big Release and, when it is experienced as an inevitable part of the narrative, it has a major effect on the story.

Obviously, if there is a life it ends at that point, but it's what happens next that is just as or more important. If the object is transcendence, then death is an unmistakable doorway. It is an opportunity both to release the old self and to find something entirely new.

I have taken clients to and through the death phase only when it was clearly understood that we would pass through this phase. It is a phase that is usually uncomfortable and requires support, patience, and encouragement. It is a powerful doorway to insight and healing, and passage through it should be consensual.

There are several ways the death phase can go. It can be the end of the regression, after which we work back to the "real world," back into the present, and back into the body. This is often the case when the past-life has been a keystone event in dealing with current life problems.

In other cases, the end of that life simply moves to the start of the next, as if we're watching a full-season run of "The Twilight Zone." But one of the most fertile possibilities is when the client feels they are entering the Bardo, a space from Buddhist theology where the soul temporarily resides between incarnations.

This space is important because it has no story, imposes no requirements, and is manifestly transcendent.

Heaven Lite

While I have avoided a death experience in fantasy regression, I can still invite clients into a transcendent experience. It's very simple: we just leave the earth.

I can take over the story from wherever they are and ask them to rise up into the sky. As they rise, they leave the landscape of their story behind. The sky gets darker, the stars get brighter, their body gets fainter, until all that's left are fields of shimmering, immobile stars. From here, we're in a death-free Bardo, or "Bardo-lite."

We're not dealing with the issues of karma or returning to incarnation, though one could create those images. Avoiding death is a cheat, and it may be too much of one. The sense of liberation in this Bardo is incomplete. It lacks the sweat, sorrow, finality and that visceral sense of separation. On the other hand, anyone can do it—even children. It's simply a Shamanic journey.

Practical and Cheap

I offer Past-Life Regression sessions that are four or five hours long following the aggressive approach. This includes the introduction, exposition, relaxation, the regression experience or multiple regression experiences, return, and reassembly. It also includes a written transcript. This is a large commitment in time and money. Fantasy regression, on the other hand, can tread on similar territory at lower cost and lower risk. It doesn't go as deep and it doesn't get as dark.

On the other hand, if one wants, one has the option of going deeper, taking more time, and adhering more closely to the lines of the aggressive PLR. In fantasy regression you can avoid the label "Past-Life" if it's a problem, or recall it if it's a benefit. You can ask the client for a 1-hour or a 5-hour commitment.

Offering fantasy regression opens you, the practitioner, to the growing field and unusual techniques of PLR from different practitioners, schools, and cultures. In doing this, the whole field of hypnotherapy broadens to new perspectives, and deepens toward greater transformation.

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**Between stimulus
and response,
there is space.
In that space
is our power
to choose our response.
In our response lies
our growth
and our freedom.**

- Viktor E. Frankl

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A FLY ON THE WALL PERSPECTIVE: FROM THE CLASSROOM OF MELISSA TIERS

By Melissa Tiers



Melissa Tiers is the founder of The Center for Integrative Hypnosis with a private practice in New York City. She is an international lecturer and trainer in clinical hypnosis, NLP and mental health coaching and an adjunct faculty member of The New York Open Center and the Tri-State College of Acupuncture. Melissa is an award winning author of the books "Integrative Hypnosis: A Comprehensive Course in Change", "The Anti-Anxiety Toolkit: Rapid Techniques to Rewire your Brain" and her new book, "Keeping the Brain in Mind: Practical neuroscience for coaches, therapists and hypnosis practitioners" co-written with Shawn Carson, is now available at amazon.com

STUDENT: Earlier you mentioned moving your mind to loosen up the problem. Can you talk more about that?

MELISSA: Sure. Well, let's look at how we keep problems stuck. Think of it like habits of mind, or more like, a habituated focus of attention coupled with the corresponding habits of thinking and doing. When clients are stuck in their problem, imagine like a tight knit neural network. Part of the way I imagine it is, our job is to loosen up that knot. We do this by broadening our perspective and basically including more input into the system.

So, when you said earlier "I always feel anxiety when I have to practice" and I responded with "Where do you feel it in your body?" And then immediately widened out your attention by asking, as my friend John might, "What's everything you're not noticing that's not that?"

STUDENT: Yeah. That kind of brought me right out of it. It was like, um, my mind just went...

MELISSA: That's right. It just went. And when it went, where did it go?

STUDENT: It's hard to say. I felt like, well, looking back on it, I think I just didn't know what to think...

MELISSA: And as you were and are now, you're smiling. And nodding your head yes. These are unconscious signals to me that even though you don't consciously know what to think, you are in a positive state. From there, I widened it out further by saying something like "and when you're thinking of all the things you're learning, how does that feel?" Which gave the expanded perspective a positive and more specific direction. Instead of a narrow focus of anxiety, I used inductive language to draw your attention to "everything that's not that" which has the effect of knocking out the dominant hemisphere.

And this is why you can't quite put into words what it felt like. The narrator was stumped..or at least shoved, temporarily, off line. By doing this, we have room to widen out perspective and explore possibilities that didn't seem available in that narrow focused state.

And we were gonna get into all this later on in the course but I might as well seed it here. The best resource for learning this way of playing is John Overdurf as I mentioned earlier. He is my favorite mind in this field and definitely shines in his ability to shift attention.

So think of what a question like that does to consciousness. In order to answer, you could take forever since naming everything that's not that anxiety includes, well, everything. The left hemisphere which is linear, sequential and has spoken language can't answer that question. So we pop over to the right, or at least, metaphorically speaking that's what we can imagine is happening....I mean until we can put you in an FMRI and ask these questions.....

But let's all join in this hallucination that the goal of asking inductive questions is to loosen up the fixed nature of the problem, engage the right brain with its ability to think more holistically and bring the mind to everywhere else that's not the problem. From out there, we can begin to direct the landing, meaning, where we want the client to focus when they come back down from the pattern interrupt. So I asked a question I knew had a lot of positive aspects to it because I've watched you light up during class and I know you are learning...

STUDENT: Yes! I'm loving it. And it's funny because as you're explaining it's like these things are lighting up for me. And you also had me move my body when you asked about all the things I was learning...was that part of this? I know I was able to quickly shift into a resourceful state and got so excited about bringing all these techniques to my patients at the clinic. So, I thought it was funny how fast I let go of anxiety when I usually can't.

MELISSA: Until now. And to me, the fastest way to change an emotional state is to move the body. So it's basically a part of every bit of change work I do. Remember when I was explaining that if the client is describing the problem and you want to explore resources the first thing you do is have them shift and sit up? That's just because physiology is linked to emotions. They've done quite a lot of studies that support this idea and embodied cognition is a fantastic rabbit hole I will encourage you all to jump into. So, I guess yes would be the answer to your question.

And let's look at how bringing your awareness to all the positive things you were experiencing in the class and then inviting you to play with them changed how you thought about going off and practicing that last exercise. By connecting you to all the things you weren't focusing on when you had been feeling that anxiety we widened out the mental space. We didn't even have to directly address the anxiety. We could have tapped it

Continued on page 35



A GUIDE TO EVERYTHING

By Michael Watson
Part 2

Michael is an internationally known trainer of hypnosis and NLP with over 40 years experience in the field. A frequent speaker at conferences and workshops and a pioneer in online education, he is an IACT Educator of the Year. Along with Karen Hand, Michael co-hosts the Virtual Chapter, a free monthly online gathering highlighting special topics and guest speakers from around the globe. Known for his lighthearted and caring style, his training is as enjoyable as it is practical

Those of us who operate in the domain of human achievement are always looking for a magic formula, a path, a method that will yield success no matter what outcome it was applied to.

So last time I revealed the Rosetta Stone, the sure-fire pathway to accomplishment – THE GUIDE TO EVERYTHING.

And I told you that the way to get started was to start. That's right. That's what I said.

And I told you to start with a goal that was meaningful, and well specified, and one that you could initiate and maintain.

Sometimes, the best strategy is the one that has the fewest steps. The fewest complications. It seems that we often make things more complicated than they need to be.. As simple as possible, but NO SIMPLER. Just simple enough.

The first step was to START. And it turned out to be a pretty big step at that. There were lots of considerations to do, motivations to gather, and then the simple business of breaking the inertia and just getting you're a** in gear. So you do what you have to do, because that's what it takes to get what you really want. Simple Enough? How do you eat an elephant? One bite at a time. And once you've gotten out of your way ... you're on your way to success

Once you've taken that first step, the game is afoot. You're committed now. All in. Do you remember step two?

KEEP GOING UNTIL YOU'RE DONE

Simple, right? These are the basic directions. And yet ... stuff happens and once in a while you wake up after a 6 month snooze to realize you're not getting it done. You haven't quit. Thank goodness for that. You haven't failed. You're just not done succeeding yet. You're still in the game. Those two simple words, "KEEP GOING".

And here's where the famous T.O.T.E. comes in. Test → Operate → Test → Exit.

In other words ... Check things out → Do something → Check things out again → Was it a success? OR Did you learn something? If it was a success, Huzzah! If not, use what you learned to make the next adjustment and continue until you get the result you want. Simple enough? Get clear about it. These really are the directions.

In step one you had to do what was required ... and you've graduated from that. You've got that down. So now that you're an old hand at it you're ready to add in the dimension of time.

"FOR AS LONG AS IT TAKES"

That's what "Keep Going" means. And just as you had to get things going in step one, you've got to stay engaged and keep

things going in step two.

Commit to your goals and your goals will show you the way. Step Two is where the goal begins to teach YOU. Once you've clearly established your goal, you've created an "AFTER" picture. If you look around you at your current circumstances, you've got your "BEFORE" picture. So you look at what you've got and you look at what you want ... and you notice the differences and the similarities. Then you change something and look again. Same or different?

This is where you get feedback. Feedback isn't about making you feel bad about what didn't work, it's about teaching you what will. You make another adjustment, and another, and another – like a piano tuner. Noticing the effects of each and using the information to lead you. Let your goal teach you.

Step two is where you implement the plan ... where you do the DOING of it. Where you actually create the outcome that you want.

USE WHAT YOU'VE GOT AND GET WHAT YOU NEED

In step two you'll spend some time doing whatever you know how to and possibly discovering some areas where you don't have the skill. That's when you've got to get it, rent it, buy it or learn it. Hire someone for short term jobs ... develop skills for the big ones. Let the job keep teaching you, pay close attention, and follow its instructions.

And as you keep doing, learning, and adjusting, you're building your outcome from your original vision. But in order to keep going, you also need to keep doing maintenance as well. You need to maintain yourself AND your vision.

To maintain yourself, it's important to remember that life is more than some great goal to be sought ... it is an adventure to be lived ... as it occurs. Life requires a balance: A chance to have some time that isn't in pursuit of something; Time to just be. Most motivational coaches encourage people to do more ... and more ... and more. Give yourself a break! Do the things that you enjoy. Spend some time with people you love. Sit in silence if you want to. Your health insists on it. Your effectiveness in your business and your ability to make good decisions require it. You've got to get your head out of your project just long enough and often enough to enjoy your life and remember what it's all for. In other words: REMEMBER TO TAKE BREAKS. Simple, right? What could be hard about that? It's the opposite of hard.

And when your mind and spirit are refreshed and you are restored to sanity, it's time to get back to the business of making your dreams come true. So as you get back to work, make sure

Continued on page 35

MAP FOR ASKING QUESTIONS DURING A SESSION

By William Wood
Part 3

William Wood is a Certified Master Practitioner and Trainer of Neuro Linguistic Programming. He has advanced trainings in the medical and dental applications of hypnosis, and contextual hypnotherapy. Since being introduced to powerful personal development concepts derived from the life work of Master Hypnotist Milton Erickson in 2005, his work has had huge impact on his personal life and professional career.



Here is a transcription of a client session (with several details changed to protect client privacy)

WILL: What do you want to put on the agenda today?

CLIENT: I don't know how to express myself especially with creative or emotionally expressive areas of my life.

WILL: Tell me about a specific area of your life that it affects.

CLIENT: All contexts of my life are being affected.

WILL: (notice she went to a generalization there) Well, if it happens in all contexts of your life, you must be able to find an example.

CLIENT: Music, I feel like I have a **deep** embarrassment when I try to play my drums.

WILL: Well, when does this happen?

CLIENT: Every time I try.

WILL: When was the last time you tried?

CLIENT: Yesterday.

WILL: Tell me a bit about what happened yesterday.

CLIENT: I went downstairs to my drum kit and I can't get over it.

WILL: When did this happen?

CLIENT: Right when I woke up.

WILL: When did you notice that you felt that deep seated embarrassment?

CLIENT: Oh! Right Away.

WILL: So it happened right away?

CLIENT: Ya.

WILL: Did it happen while you were heading downstairs?

CLIENT: No, I was fine walking downstairs.

WILL: When was the exact moment when the deep seated embarrassment began?

CLIENT: It was the moment I touched the drumsticks.

WILL: So the moment you touched the drumsticks you started to feel this deep seated embarrassment?

CLIENT: Right away.

WILL: [Will's commentary she was showing body language signs that she was being activated by that]. So there you are touching the drum sticks and that deep seated embarrassment comes up, how intense was it?

CLIENT: Very Intense!

WILL: If you were to scale it from 0 -10, 0 being not at all, 10 being the worst ever, how intense was the embarrassment?

CLIENT: 6.5.

WILL: We know what the problem looks like, the question is what do you actually want? Let's keep this in the context of music

since that's where we started, is that alright? In the context of music, what do you want from today's session?

CLIENT: To be able to start playing the drums.

WILL: You want to be able to start playing the drums?

CLIENT: Ya.

WILL: When you say you want to start playing the drums, tell me a little more about that. Do you want to play, how often do you want to play?

CLIENT: It's something I care about, but I want it to be something I am passionate about and I can't do that. I can't even try.

WILL: So you want to feel passionate about the drums but you don't even feel you can try because of that deep seated embarrassment, right? [client nods in agreement] And really what your goal is, is that you want to care about the drums and be passionate about them, and so is it less to do with how frequently you play the drums and more with how passionate you're able to play the drums?

CLIENT: I guess [client seems unsure].

WILL: No I mean really, I want you to give me a no BS answer. What's it really about?

CLIENT: I don't know, I guess it's about being passionate about something.

WILL: So it's more about being passionate about something.

CLIENT: Ya [now congruently nodding].

WILL: Ok..because really this is a pattern you want to go into a lot of areas of your life: the ability to be more passionate. How would you know that you are being passionate with the drums?

CLIENT: Caring about it.

WILL: What's it like to be caring about it?

CLIENT: Being able to do it, caring about being able to play well, enjoying myself while I'm playing.

WILL: Mhmmm, So it's like enjoying yourself while playing.

CLIENT: I guess, just having it be something that makes me happy, that I want to excel at.

WILL: Ya. well how would you know you are enjoying yourself while playing the drums and being happy?

CLIENT: I would be happy and I would want to do it.

WILL: You're happy and you want to do it. I know but really, just for a moment put yourself there and you're about to sit and play the drums, you grab the drum sticks and you just know you are happy and you want to do it. How would you know you are happy?

CLIENT: That would be the only thing I would be thinking about.

WILL: So your mind is on the drums and it's the only thing your

are thinking about. When you are playing the drums and it's the only thing you are thinking about, how does your body feel?

CLIENT: Happy?

WILL: Happy. Good. What's happy like? Describe the body sensations.

CLIENT: Awake.

WILL: You feel awake?

CLIENT: Ya.

WILL: Ok, so imagine that you're happy and awake that's the only thing you are thinking about, scan your body from head to toe, Where do you feel that happy and awake?

CLIENT: In my chest.

WILL: You feel it in your chest? [client nods and gestures at her chest] What's the sensation like in your chest?

CLIENT: It's like a ball in your chest that's growing.

WILL: It's a ball that's growing... and what kind of ball is the ball?

CLIENT: I don't... it's light.

WILL: It's light, does that mean it's light weight or it's actually made of light?

CLIENT: It's made of light. [Client demonstrates the size with her hands]

WILL: What kind of light?

CLIENT: Yellow.

WILL: It's like a yellow light? Ok, so how big is the yellow light? Show me with your hands. I think you did once but I may have glanced down.

CLIENT: (show's Will the size)

WILL: About like volleyball size, is that about right? (Laughter) and is there a sound with that light?

CLIENT: No.

WILL: A Vibration? Smell? Texture? [client shakes her head no.] No, it's just a light? That kind of bright yellow light in the chest, and that's what you really want and the way you play your drums would just kind of flow out of that yellow light, is that right?

CLIENT: Nods head.

WILL: Cool, now how would you know you made a big change today?

CLIENT: I don't know.

WILL: You leave here; you're playing your drums passionately... what would tip you off that you actually changed things now.

CLIENT: I don't know...being able to try.

WILL: Ok, (laughter) and what's trying for you ...what would be the teeniest, tiniest step forward that would let you know that you had made progress, that you're trying?

CLIENT: Maybe...hmm, getting a drum teacher.

WILL: So just like hiring a drum teacher, that's something that you could do before the weekend is over isn't it? If you were really ready to do that. [Client grimaces and makes a microexpression of fear.] I'm not going to push you to do it. But is that too quick, if you felt it? Could you do that? [Client shows tension in her shoulders and stops breathing.] Is that the first step or is there something that would happen even before the drum teacher?

CLIENT: I guess I'd look up something I wanted to learn to play and see if I could figure it out.

WILL: See if you could figure it out, just go down and try to go for it for a little bit...ok. Do you know of something you want to learn how to play? Do you have a favorite drummer?

CLIENT: No.

WILL: Favorite band or band you like?

CLIENT: Hmmm A lot of them.

WILL: What's one of the bands you like? Not an ultimate one, what's one that you like that's a pretty cool one?

CLIENT: Ummm..I'm going to see a band with my best friend in a couple weeks, they're called Remo Drive.

WILL: Remo Drive?

CLIENT: Ya.

WILL: OK, I'm not familiar with them but that doesn't mean anything.... So Remo Drive... does it sound fun to learn something they do?

CLIENT: [Nods head congruently]

WILL: So maybe picking one of your favorite songs or one of the songs you like that's catching your attention from Remo Drive and see if you can jam to it or look it up on the internet or something like that... [client nods her head and smiles.] Could you do that?

I think even before you get to the point where you're trying to grab the drum sticks, an intermediate step might be just literally going onto YouTube and watching a couple videos and thinking about it. Seeing if you feel that light inside or if you're feeling something else.

HERE'S what I want to do, I want to help you feel that light and I want to help you let go of the deep seated embarrassment. Is that alright?

CLIENT: Mmm hmmm.

WILL: Do I have permission to do that? (client nods head) We are going to do two things today, we are going to do a little tapping. Did your mom talk to you at all about that? Have you seen it before?

CLIENT: Nope.

WILL: Ok, I thought maybe your mom might have talked to you a bit about it. We're going to do a little bit of what's called tapping and I'm going to describe what that is and we're going to do a little bit of hypnosis. Probably just a little bit of hypnosis today and then next time we'll do a little bit more, is that alright?

CLIENT: Ya.

WILL: Tapping is essentially emotional acupuncture. Have you heard of acupuncture before?

CLIENT: Ya.

WILL: It's a 4,000 year old art that's been used for releasing negative emotions and also helping the body aches and pains by restoring the body's natural energies, it's a really powerful technique and the reason we use it is because there's been about a million people now that have used this acupressure technique and it's helped them let go of really difficult stuff.

Now, what I want to do is help you let go of that deep seated embarrassment, that's been stopping you from feeling that light and passion you are wanting to feel. Would that be OK?

[CLIENT nods]

So what I am going to do is I'm going to teach you the technique and for today, I'm going to do the technique on me and you are going to do the technique on you. Is that ok?

CLIENT: OK.

WILL: There are 6 or maybe 8 points. I'm going to show you where all 8 points are and then I may use less points than that. I just want you to do what I am doing...

MORE to come on asking good questions during T.O.T.E.

away, spun it out, changed the submodalities of it but simply by expanding the field the amount of good stuff outweighed the bad.

STUDENT: And we had so much fun with that exercise! The anxiety just didn't seem to be that big. You know?

MELISSA: Yes. Like thinking of a problem like a stone and then widening out the lense to see that stone on a beach...that beach on an island...that island in the ocean...on a planet...in space..

So that stone can still be there. It just doesn't rate compared to everything that isn't it. Make sense?

STUDENT: Yes.

MELISSA: And that's also why it's good to clearly delineate the negative state. By asking you where it was in your body we turn it into something with boundaries. We take it out of ambiguity, out of idea construct with all its implications, neuro-associations and well, baggage and we turn it into something somatic we can manipulate. In this case, simply marking out where it was allowed us to mark out all the places it wasn't. And when you have that set up it becomes a no brainer that we can directionalize the mind to anywhere else that's better.

Later in the class we'll dive a little deeper into how this and many things like it can create neural flexibility and break down boundary conditions in the problem networks. For now, are you good? Did I answer your question?

STUDENT: Yep. And then some!

Disclosures

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that you continue to NURTURE YOUR VISION. Remember your WHY. Be sure to think about it every day. If it's worth doing... If it really is what you want ... keep nurturing it. What will it do for you? How might it benefit others? Why is it important? Everybody's got their own way to do this. Some people make treasure maps ... others keep journals ... or put post-it notes all over the place. Impress your consciousness regularly with a vision and a feeling about it. Get yourself enthused. Surely you won't object to having fun and being inspired, will you? Of course not.

Travelling across the country on a long highway, I sometimes get a little fidgety. I just want to BE THERE and not out here in my car. The time drags on. In times like that it's useful to see a road sign (or look at my GPS) and discover how much nearer the destination is than before. On the path to your goals, you may find it helps to have EVIDENCE OF PROGRESS now and then. Create and celebrate some mile markers in your plan that you can use as important reminders to keep you moving. What are a few things that will allow you to know that you're making progress. Make them meaningful and let yourself get excited about them. They are vista points on your adventure.

TROUBLESHOOTING

Now this formula really is a set of directions. Start. Keep Going. Stop. And most of the action is in the "keep going" part. Follow the directions ... let the goal teach you ... make adjustments until you're done. Easy Peasy – except when it's not.

Sometimes there are obstacles in the road, but as long as we keep making adjustments we should end up at our goal sooner or later. But sometimes, for whatever reason, it might not be so easy for you to see how simple it is. (Read that again) Sometimes for whatever reason, it might not be so easy for you to see how simple it is. And when that happens ... you have to deal with it.

Now in the personal growth community, we've got lots of tools and lots of practitioners with skills that can help you when you're stuck. And it's likely that you've got those skills yourself. If you can work with yourself successfully to release blocks and move forward, that's great. If not, there are plenty of resources available to help you get through those stuck places so that you can continue on your way.

Lao Tzu says, "Life is a journey of a thousand leagues ... but the wise one knows that it's complete at each step." Learn to enjoy the adventure of it. Go for it FULL OUT until you have accomplished your goal. And when it's just what you want ... you can do the next step.

STOP WHEN YOU'RE DONE. What could be easier than that?

And there is a **STEP FOUR** for advanced players **SELECT A NEW GOAL** and repeat **STEP ONE**





MEMBERS ON THE MOVE

SUMMER 2020

They say necessity is the mother of invention. To deal with the chaos and shock effect of COVID-19 IMDHA member **Monica Geers Dahl** is having her class participate in reading Meditations of Virginia Satir, one meditation daily. What a great idea Monica!

We've just received word that IMDHA member **Kweethai Neill** at iHealth Integrative Wellness is semi-retiring. Going forward she will no longer offer traditional certification courses. Her focus shall remain centered on teaching master classes. Best wishes on your decelerated teaching schedule Kweethai! We are confident that your master class will be filled to the brim with great inspiration, useful tools and lasting experiences.

Congratulations to the newest group of educators who have earned the distinction of IACT Certified Master Trainer. **Arivalan Ramaiyah** of Penang MALAYSIA, **Jessica Hanson** of Willmar, MN, **Edward Jorre** of Madrid, SPAIN, **Carolyn Sheehan** of Raleigh, NC, **Pui Wen Foo**, of Selangor, MALAYSIA, **Jean Eljay** of West Chester, PA, **Danijela Lovincic** of Zagreb, CROATIA, **Pamela Pierce** of Auburn, CA, **Rick Green** of Paw Paw, MI, **Christine Campos** of Tampa, FL and **Jonathan Tam** of Pasadena, CA.

Over conference week these fine instructors successfully completed a 5-day course under the direction of IACT's principal trainer **Michael Watson**. We look forward to welcoming their students into the IACT family.

A new Facebook group has been established for CMTs. Its purpose is to facilitate dialogue, sharing and more for the CMT community. All CMTs are welcome. You can search it in Facebook under 'IACT Certified Master Trainers'.

Did you know that IMDHA member **Roy Hunter** offers a FREE ezine called 'Hypnosis Tips'. The ezine is for hypnoterapists and other professionals using hypnosis and/or hypnotherapy to help clients and/or patients. The focus is on client centered hypnotherapy, fitting the technique to the client instead of vice versa. Included are numerous case summaries and how they were handled, plus occasional guest ezines written by other professionals.

Congratulations to our new IMDHA approved school director **Allan Hamilton** of Victoria, Australia. We are excited to see this fine practitioner moving up the ranks to teaching status. We look forward to welcoming his new students in the very near future.

"Thank you very much. I thoroughly enjoyed the class, it was value packed!!!"

-Colleen E Millett, Spring Hill, FL

IACT member **Jessica Hanson** sent in a little tidbit worth sharing. Here's what she had to say. "Not sure it's 100% true but there's probably some truth to it."

Reader's Digest: June 2020, page 73.

"NASA was so concerned that Apollo 12 astronaut Charles "Pete" Conrad would start cussing during the live transmission from the moon that they hypnotized him - without telling him. In transcripts from the voyage (which occurred 50 years ago last November), Conrad is humming "dum de dum dum dum" when his brain really wanted to say "%@*^*&!!" - Smithsonian.

Sheila Granger has disseminated a global survey to find out how the COVID-19 pandemic has impacted our profession. We found the results very newsworthy. The survey showed that 74% of the hypnosis practitioners surveyed have reported a downturn in client numbers. Surprisingly 25% reported no change or an increase in client numbers. 77% have reported taking their business online, and 73% reporting that they actually like the online interaction. Thank you for taking the time to poll and post Sheila. It is greatly appreciated.

IACT member **Jessica Marion** was honored to present her speech 'From Silent to Blind Athlete' at the University of South Florida TEDx event in April 2019. Congratulations Jessica. You inspire as you 'walk your walk' and 'talk your talk'.

Ajamu Ayinde was recently interviewed for a second time by Judith Dreyer on her podcast, The Holistic Nature of Us. The interview was uploaded to the internet this week wherein he was asked to speak about the challenges and opportunities of providing remote hypnosis support to people around the country during this pandemic. You can access a copy of the podcast by going to the Judith Dreyer website. Ajamu has also been leading free weekly group guided imagery sessions to those who need it via Facebook Live. Monday Morning Magic has been watched and shared across FB for the past six weeks. Ajamu holds certification in both IACT and IMDHA.

"Thank you so much for such a great conference. I think it was one of the best I've ever been to in my 15 years of practice! I look forward to migrating my life more to Florida from my Santa Fe base. I'm interested in being more active.

PS-Great presenters, great rapport. I felt very comfortable. You really pulled off the virtual beautifully."

-Nancy Brown, Santa Fe, NM

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POWERFUL ONGOING SUPPORT—As a CMT, you’ll have access to a community of trainers and resources to help you. There are power point presentations you can access and use along with an exclusive library of video and audio files, and demonstrations of new techniques and processes to keep you up to speed. We even include regular online meetings to show you what’s new, network, share tips and support one another.

YOUR TRAINER—MICHAEL WATSON

Michael is a creative and innovative trainer of hypnosis, hypnotherapy, and NLP with over 40 years of experience. An IACT Educator of the Year and a Diplomate of IMDHA, he is a frequent presenter at conferences and workshops at home and abroad. And he is COMMITTED!



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