

THE JOURNAL OF STRESS MANAGEMENT

**PUBLISHED BY
THE SOCIETY OF
STRESS THERAPISTS**

**VOLUME TWELVE
OCTOBER 2015**

THE SOCIETY OF STRESS MANAGERS TRADING AS THE SOCIETY OF STRESS THERAPISTS

The Association for Professional Stress Managers & Hypnotherapists
Company Registration 3707691- Incorporated in England & Wales

Registered Office:
Third Floor,
207 Regent Street,
London W1B 3HH

STRESS: the reaction people have to an imbalance between the demands they perceive to be placed upon them and the resources they have to cope.

The Society of Stress Managers was incorporated as a professional body on 1st February 1999. The Society is a Registered Company Limited by Guarantee and has a Council of Management with a provision for nine Directors and the Company Secretary. The Objects of The Society are:

to establish and promote a professional association for those persons qualified to nationally accredited standards in the skills of stress management and hypnotherapy;

to promote the training and continuing professional development of those persons;

to do all such things as are incidental or conducive to the attainment of these objects.

To meet these Objects The Society has adopted a 'Code of Conduct, Ethics and Practice', which sets out the principles that members of a professional association should follow at all times, both with their clients and their fellow Stress Managers. These principles include the ethical values of honesty, integrity and probity.

All hypnotherapists registered with the CNHC are expected to abide by the **CNHC** Code of Conduct, Performance and Ethics.

All members and potential members are invited to contact the Secretary of The Society of Stress Managers, Peter Matthews, for further information via the registered office address shown above or telephone 0161 652 2284 or email petermatthews@manageyourstress.co.uk.

The Society's website can be found at
www.hypnotherapistsuk.co.uk



CONTENTS

The Society of Stress Managers	2
Members of The Council of Management	4
Editorial	5
NLP Coaching as a Management and Therapeutic Tool	5
Hypnotherapy: The Road to Professional Recognition	7
The Right and Left Sides of the Brain	8
Book Review 'Achieve What You Want in Life'	9

Any articles and reviews in this Journal are those of the individual writers concerned and do not necessarily reflect the views of the Directors of The Society of Stress Managers. It is understood that all contributions are the original work of the writers concerned. No article may be reproduced in whole, or in part, without the prior agreement of The Society Directors.

Journal Administration

Editor: Marilyn Upton. Email: mjeupton@gmail.com

Assistant Editor: Julie Spitler. Email: julie@juliespitler.co.uk

Formatting: Alex Evison.

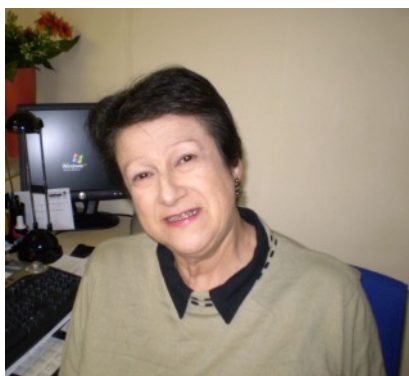
©The Society of Stress Managers 2015

All contributions to *The Journal* should be sent by email attachment to Marilyn Upton at the email address above.

MEMBERS OF THE COUNCIL OF MANAGEMENT



Laurence Nicholas - Chairman
E-mail: laurencenicholas@aol.com
Tel: 01462 459 202



Gill Hines - Membership Secretary
E-Mail: gill_hines@hotmail.com.
Tel: 01386 833 779



Stef Richards
E-Mail: info@bridgfordtherapy.co.uk
Tel: 0115 981 1549



Marilyn Upton - Editor of SST Journal
E-Mail: mjeupton@gmail.com
Tel: 0796 031 6948



Alex Evison
E-Mail: alexevison@aol.com
Tel: 01434 673550 or 07801190179

EDITORIAL

It was good to hear that you all enjoyed the last edition of our Journal. The Journal reflects the vibrancy of our Society. We're still small, but growing. However we punch above our weight in the professionalism of our practices, and the depth of our solutions for clients.

I hope you enjoy this edition of the Journal - once again it is a reflection of the tireless and dedicated work of our members.

May it inspire you to contribute an article on your particular specialism, or your particular take on practising Stress Management and Hypnotherapy for the next edition!

NLP COACHING AS A MANAGEMENT AND THERAPEUTIC TOOL

Based on a talk given by Jo Hand to the SSM on 15th May 2015

I am passionate about helping people to improve their health, wellbeing, happiness and productivity. I set up my business "Jo Hand – Hypnotherapy & Coaching" in August 2014 where I see clients in Evesham and Alcester.

My first career was as a Chartered Librarian and senior manager in local government for 27 years, in Birmingham, Solihull and Gloucestershire. Throughout this time I particularly enjoyed people management and change leadership. As I look back now, I have always been fascinated by "what makes people tick", whether this was at work, at home, at hockey and at my Lions Club. I soon began to see how NLP coaching skills can help in all of these situations.

In 2013 I attended Central England College of Clinical Hypnosis where I achieved my Diploma in Clinical Hypnotherapy. The Diploma consisted of 4 modules:

- * Solution Focussed Hypnotherapy
- * Cognitive Behavioural Hypnotherapy
- * Ericksonian Hypnosis
- * NLP Professional Coaching

I found that the content of NLP coaching module overlapped nicely with some of the management and

leadership skills that I had already developed.

NLP stands for Neuro-Linguistic Programming and a useful definition of this is

- * Neuro - the mind and how we think about the world
- * Linguistic – how we use language and how it affects us
- * Programming – how we sequence actions to achieve goals

NLP Coaching is a model and an approach to communication, personal development and psychotherapy developed by Richard Bandler and John Grinder in the USA. It is referred to as "the art and science of personal excellence" and is used for success in business, personal development and in many other areas such as sports coaching.

An understanding of a few of the key concepts in NLP can be useful.

Reframing is about getting people to look at things in a new way. For example this might be helping a client to no longer see themselves as a victim, but to accept responsibility for their own life.

There is a distinction between **content**, which is what people say and **process**, which is the way that they say it. This can provide tell-tale signs about how they tick at a deeper level

and whether they really believe what they are saying.

The word **calibration** is used in connection with the body language that someone typically uses. This knowledge can help us to work out what state a client is currently in, and what they are really thinking or feeling.

NLP stresses the similarities between the brain and a computer. Each of the senses is a representational or "**rep**" **system** – a way of inputting, coding and recalling information. It can be helpful to work out what your client's preferred sense is and use appropriate metaphors and interventions. These are often referred to using the acronym **VAKOG**, which stands for

- * **V**isual (see)
- * **A**uditory (hear)
- * **K**inaesthetic (feel)
- * **O**lfactory (smell)
- * **G**ustatory (taste)

There are a number of NLP pre-suppositions that can be used with clients to help them to see things differently. A few of these which I have used include:

- * The map is not the territory
- * People create their own experience

- * A person is not his or her behaviour
- * The meaning of a communication is the response it gets
- * Every behaviour has a positive intention
- * People have all the resources they need to bring about change and success
- * There is no failure only feedback

Communication is key and we need to remember the following points when we are working with a client:

- * Communication is 38% voice tone, 55% body language and 7% the words we use
- * It is helpful to monitor the client's body language and we can then match, mirror, pace or lead them as required
- * Work out and use their preferred "rep" system
- * Use active listening – notice the language and tone used, what is not said, repeat phrases, summarise and ask questions
- * Remember that it feels good to be listened to empathetically
- * We have 2 ears and 1 mouth and should use them in that proportion
- * Don't be afraid of the use of silence

There are a number of situations where coaching may be the answer:

- * Putting together a life plan, understanding our aims and goals

- * Finding ways to reduce stress in our lives
- * Building and fulfilling a work/life balance
- * Improving our ability to relate to others
- * Improving our self-awareness
- * Improving our own self-discipline and motivation
- * Improving our health and well-being routines eg diet and exercise

As a senior manager, I attended a number of CPD courses which touched on elements of coaching and in addition, my skills and knowledge grew from my experience of managing people and teams. I used a coaching approach with staff in appraisals, feedback and training sessions and I could see that like me, they enjoyed this experience and found it empowering.

Using NLP coaching as a management tool can help to:

- * Motivate and inspire people
- * Improve people's skills and help them to learn
- * Get the most out of people and to achieve targets
- * Enable people to work more effectively as a team
- * Encourage people to think differently and "outside of the box"
- * Improve people's confidence and self-esteem
- * Support people through major change and restructures
- * Help people to recognise their own transferrable skills

Now in my hypnotherapy sessions, NLP coaching is an important therapeutic "tool in my toolbox" which helps me to:

- * Build rapport with a client
- * Remain aware of effective communication and VAKOG rep systems
- * Identify incongruence between someone's words and their body language
- * Not be afraid to use silence
- * Use active listening skills and effective questioning
- * Use NLP pre-suppositions to help clients to explore options
- * Help clients with motivation and to anchor a resourceful state

In my coaching sessions NLP coaching also helps me to:

- * Appreciate the importance of using a signed coaching agreement
- * Use a structured approach whilst remaining flexible
- * Use the GROW model
- * Develop a repertoire of coaching questions and ways to "challenge" gently
- * Repeat back phrases and use silence to encourage a client to elaborate further
- * Summarise and capture SMART goals

In conclusion I continue to love learning, to share good practice with other therapists and obtain satisfaction from helping clients to make positive changes in their lives.

HYPNOTHERAPY: THE ROAD TO PROFESSIONAL RECOGNITION

Peter Matthews - Secretary SST

The Society of Stress Managers was originally founded in November 1998, and became incorporated as a Limited Company on 4th February 1999. The first Annual General Meeting of **The Society** was held on 3rd July 1999. The *Objects* of **The Society**, as set out in the *Memorandum & Articles of Association*, are:

- * to establish and promote a professional association for those persons qualified to nationally accredited standards in the skills of stress management, hypnotherapy and psychotherapy;
- * to promote the continuing vocational training and professional development of those persons; and
- * to do all such things as are incidental or conducive to the attainment of these *Objects*.

Since its foundation **The Society** has always been a **Member Organisation** of **The UK Confederation of Hypnotherapy Organisations**, and has played a major part in its development and policy formation. **UKCHO** itself was also founded in 1998 and became one of the largest umbrella organisations of hypnotherapy practitioners in the United Kingdom, and always had as its principal aim the establishment of professional regulation for the hypnotherapy profession, able to represent hypnotherapy as a profession to government, academic bodies and the public at large, and able to speak with authority on behalf of all hypnotherapy practitioners in the United Kingdom.

Following the recommendations contained in the **Report of the House of Lords Select Committee on Science and Technology**, '**Complementary and Alternative Medicine**', recommendations which were endorsed by the Government and the Department of Health,

UKCHO represented the discipline of hypnotherapy at a series of seminars organised by **The Prince's Foundation for Integrated Health**, with the intention of establishing the professional regulation of the hypnotherapy profession.

UKCHO was also invited by **Skills for Health** to contribute to the development of national occupational standards for hypnotherapy within the framework of national vocational qualifications, and was instrumental in helping to develop the *National Occupational Standards for Hypnotherapy and the Hypnotherapy Core Curriculum* which were accepted and endorsed by **Skills for Health** in 2009. The national occupational standards and the core curriculum now form the basis of all courses in hypnotherapy recognised and accredited by the **Complementary and Natural Healthcare Council**. Also in 2009, **UKCHO** established a *National Register of Hypnotherapy Practitioners* which made a major contribution to the unification of the hypnotherapy profession and which ultimately became the *National Register of Complementary Therapists* maintained by the **CNHC**.

In 2012 the **Professional Standards Authority for Health and Social Care** became the *super* regulatory body for all medical and complementary regulatory bodies, both statutory and voluntary, and the **Complementary and Natural Health Council** became the *Accredited Voluntary Register* for complementary medicine in general, and for hypnotherapy in particular. Thus, following the establishment of the **PSA** and the **CNHC**, **UKCHO** achieved its long standing policy of professional recognition for hypnotherapy in the United Kingdom. Moreover, the **PSA** now recognises that hypnotherapy, as registered and regulated by the

CNHC, is a *health profession* which satisfies the definition laid down in the *National Health Service Reform and Health Care Professions Act 2002*, section 25E(8,) as amended by the *Health and Social Care Act 2012*, section 228. In short, after a long campaign the hypnotherapy profession has achieved *recognition, registration and regulation*.

UKCHO is still a major source of advice and information, both for its members and members of the public. The *Objects* of **UKCHO**, as revised, are as follows:

- to promote and develop a united hypnotherapy profession by acting as a forum for professional hypnotherapy organisations;
- to promote and develop hypnotherapy as a profession to government, academic and public bodies, and the media, by speaking with authority on behalf of professional hypnotherapy organisations;
- to promote and develop the standards of education and training of hypnotherapists to nationally accredited and regulated levels;
- to promote and develop the standards of conduct, ethics and practice of hypnotherapists to nationally accredited and regulated levels;
- to liaise with regulatory bodies for hypnotherapy, both statutory and voluntary;
- to liaise with other professional hypnotherapy organisations, both national and international; and
- to do all such things as are incidental, or conducive, to the attainment of these *Objects*.

BOOK REVIEW

Achieve What You Want In Life. Manage Your Mind For Success.
Michael Dillon. F.S.S.M. Ph.D (Hon)

By Julie Spitler

Michael Dillon has shared his expertise in matters of the mind in this easy to read, enjoyable book.

The book gives an interesting insight to the workings of the conscious and sub-conscious parts of the mind, and explains the emotional awareness that makes some people succeed while others fail.

The book is written in such a way as to encourage active participation by the reader, with easy to do mind exercises.

It is not simply your average self-help book.

The step by step guide to relaxation means that it is suitable for the non-professional, and the way that the book is set out means that it will hold the attention of even the most experienced Stress Manager or Therapist.

The book explains the six mental laws of success, including covering The Law of Attraction in a no nonsense way, which will appeal to many readers seeking to

use focussing their mind to bring abundance into their lives.

The metaphors leave lasting impressions and the reminders in bold makes easy reference points.

After reading the book through it is easy to go back and select the points that matter the most to the reader, allowing them to have a personal experience while fine tuning their mind for success.



WHO AM I?

I am not just my body, nor my emotions
I am not just my mind nor my spirit
For I am the totality of my being.
I am that which partakes of this moment in Time
And I am that which has its roots in Eternity.
I am the actuality and the potentiality
I am what I am, and what I have been and what I may yet become.
I am what circumstances have made me
And I am what the Divine Presence could yet make me.
I am the prisoner of my history
Yet I am the master/mistress of my destiny who can transcend history.

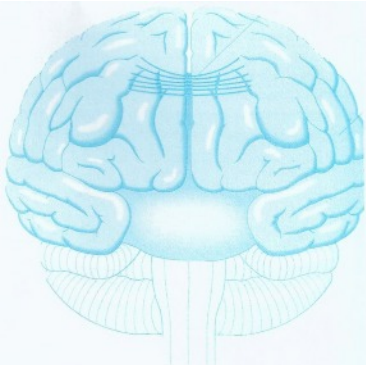
ANON

THE RIGHT AND LEFT SIDES OF THE BRAIN

A Talk by Marilyn Upton, Cert Ed D Hyp FSSM CNHC

It never ceases to amaze me what a wonderful mix of unique individuals we all are. No two people are the same! Of course we know that each person is a mix of the genes that they have inherited, the experiences they have had growing up and beyond, and what they have done about that!

One of the things that determines someone's personality and particular abilities is how right-brained or left-brained they are.



Here's a picture of the brain, seen from the front. It looks the same on both sides doesn't it? But we know from three sources that the left and the right sides of the brain serve different functions. The first source is that it has been discovered that people with brain damage are not able to carry out particular functions according to which part of the brain is damaged. For example, a poor unfortunate man named Phineas Gage had an accident that damaged the pre-frontal part of his brain. It left him unable to control his emotions, and turned him into an obstinate, egocentric, capricious sort of person, whereas he hadn't been before. Someone with damage to the right side of the brain was no longer able to recognise the faces of people he knew.

The second source of evidence is one that fortunately is no longer carried out, that of experiments on animals.

The third source of evidence is Positron Emission Tomography, or PET. PET allows an image to be formed of the activity of different parts of the brain. Individuals are asked to do different tasks, such as to imagine a scene, or to do some maths, and different parts of the brain are seen to

be using up fuel (glucose and oxygen) to carry out the tasks. The left side of the brain, which controls the right side of the body, is used in logical thinking like the maths, and the right side, which controls the left side of the body, is used in more imaginative tasks like building pictures in the mind.

So the left side is used when we make strategies, are logical, rational, make rules, use or learn a language, and do detailed work.

The right side is used in creating images, in creativity of whatever sort, in fantasy, with intuition, with curiosity and in chaos - sometimes it's good to throw everything up in the air and see how things land!

However there seems to be a conversation between the two sides of the brain; they seem sometimes to work together to get a whole picture. A surgeon called Roger Sperry won a Nobel Prize for his work with epileptic brains. By cutting through the thick membrane (called the corpus callosum) between the two sides of the brain, he was able to stop epilepsy in individuals. But the patients who had this operation couldn't put together information from both sides of the brain. Their thinking wasn't so fluid.

Traditionally in our Western culture, the left side's activities have been trusted and the right side's have been mistrusted. But we know now that the left side is not the whole picture - that if the right side of the brain is brought in to problem solving, we get a more complete picture.

In our work as hypnotherapists we use the right side of our clients' brains a great deal - which is why hypnotherapy has had a rough ride. People have wanted logical proof that something is happening, and that's more difficult in the kind of work that we achieve. But now as the medical profession see more and more great results from our work, it is beginning to be accepted. Never mind that it's been in use since at least the Pharaohs' Egyptian times. I don't know about you, but I have seen quite a few clients who have tried to think and think of an answer to their

problems, but can't come up with anything. And they don't know why. Thinking logically usually solves problems they say. I then explain that there is another completely different approach, which hypnotherapy encourages. It involves daydreaming, envisioning, imagining. And together with the logical approach, the client's own mind comes up with solutions to their problems through hypnotherapy.

If negative thinking is holding a client back, we can of course help the client to get rid of the negative feelings born of negative experiences, in a Trauma Run. Conversely we also enable the client to think and imagine positive things about themselves and their future which help them to live that positive life that they want for themselves.

I remember watching a TV interview with Richard Branson, and the interviewer just didn't get it. He asked RB how he came up with all those new ideas. "Well", said Branson, "I just lie in my hammock on my island every day for about an hour and they just come to me!" "Yes, but what do you do?" insisted the interviewer. "I just lie there," said Branson. I think he was quite enjoying flummoxing the guy.

It's important to say that (contrary to what we may think when confronted by certain people) no-one is completely right-brained or left-brained. No-one is completely rational, or completely chaotic. But it's possible to be dominated by one side or the other. If we find that we're too rational for our liking, then we can indulge in Meditation or deliberate daydreaming. If we would love to be more organised there are ways of training the brain to be so, just as it's possible to train the memory in a certain way. And of course, the great thing about CBT is that it cuts through thinking that is biased in one direction.

Mind mapping is another way to use both sides of the brain. There are now systems that encourage people to take a two sided approach to things, thus getting a more complete answer, quite often used in corporate away days.

'Achieve What You Want in Life'

By Michael Dillon

Books I have read on self-development and achievement were directed almost exclusively to conscious mind logic. I believe a more balanced approach to the subject of managing your mind is desirable. The conscious mind 'sweat and tears approach' and 'no pain no gain attitudes' are one way to achieve in life but this method often produces overkill, stress, anxiety and 'burn out' which can endanger health.

I suggest a more flexible approach that appeals to the logical conscious mind, together with subconscious mind exercises and metaphors that appeal more to the creative and intuitive subconscious mind. This provides a balanced mix that enables a person to use the whole of his/her mind to achieve what they want in life. Basic psychological concepts can be used as a springboard so each person can move steadily and surely in their own individual way towards personal achievement.

We are all unique people and perceive success in our own way. Therefore a specific roadway to success does not exist. What we need to do is seek ways of using our mind in a flexible, progressive and positive way that is right for our own individual needs.

We need to actively engage our mind in creating our own unique journey towards achievement so we are able to observe and explore the many possibilities there are for achieving our goals and desires. People often read books about self-development and achievement and find them very interesting but rarely know how to integrate the knowledge they have acquired into the very fabric of their mind and behaviour.

A person can more readily achieve in their life if the advice and guidance given to them is set out, in a clear and understandable way, along a clearly signposted pathway to success. Our conscious mind helps us in a logical



and analytical way with everything we have to think about, decide upon and take action. However there is another part of our mind, the subconscious mind that can spontaneously challenge our good intentions causing agitation and emotional disturbance of the mind. This can frequently happen when we are trying to achieve our aspirations and desires.

Successful achievement in life is essentially about awareness of the basic mental resources required as a foundation by which a person can manage their mind for success. We need to engage our conscious mind in tandem with our subconscious mind. This can be achieved by using our mind in a creative and intuitive way, using specific 'mind exercises' and metaphors.

The Subconscious Mind:

It is an established fact that our subconscious mind activity is much faster than the conscious mind. It does its own thing, completely outside conscious control, without a person having made any conscious choice. However its job is to protect us, to

keep us safe and secure, it wants to be on our side, but at the same time pays little attention to adult logic and reasoning. If we don't tell our subconscious what we want to achieve, in a way it can understand, it will just do its best in a haphazard way.

Subconscious Mind Exercises:

Going through subconscious mind exercises in a quiet relaxed state is the easiest way to change deeply ingrained negative beliefs, habits and behaviour. When a person's focus of awareness is focussed inwards it is possible to deal with negative emotions and behaviour in a relaxed way. The subconscious mind is a storehouse of memories, knowledge and possibilities which can be used to naturally change doubt into 'I can achieve what I want'.

Subconscious exercises encourage a conditioned response. So the more we engage in them and the techniques we learn, the more we gain from them. The better we get at using our mind in a new creative way, the more useful it becomes to us. The more useful it becomes, the more we want to do it. The better we get at it, the quicker we

get into a positive feedback cycle. The more we relax, the easier it is to use positive mind patterns in a beneficial way and the quicker it helps bring into reality any changes we desire to make. Metaphors are essentially a subconscious mind activity. We can often accept what a metaphor implies and consider new solutions within the framework of our own life in a purely intuitive way. They can often clarify, in a spontaneous way, what we find difficult to understand.

Relaxation:

Relaxation is an essential part of going through 'subconscious mind exercises.' By regular use of a deeper relaxed state one can focus on resources hidden from conscious awareness and discover skills and abilities that are quite separate from conscious mind skills. Using this relaxed state of mind a more positive way of thinking can be used for personal benefit. We can then consider our true feelings in a relaxed and controlled way. This can be achieved by releasing unwanted thoughts and feelings and encouraging character-friendly ones to replace them.

I have identified **Six Mental Laws of Success** to underpin a person's endeavours to achieve what they want in life, they are:

The Mental Laws of:

- (1) Self-Awareness.**
- (2) Cause and Effect.**
- (3) Belief**
- (4) Control**
- (5) Attraction and**
- (6) Expectation.**

These psychological laws underpin most of the main talking therapies. They are essentially 'mind tools' which when used constantly and effectively can help people to achieve things they have in the past only dreamt of doing. To start positively managing our mind to achieving what we want in life, the first elements of our psychology we need to deal with are our negative emotions and disappointing behaviour. These can be daunting to overcome. However if we study how our mind works in a psychological context, it becomes much easier to deal with. We can then use this knowledge to start our journey of

achievement in an effective way. A readiness to think, observe and explore is all we need. It is no good "reaching for the sky" if we can't fly, getting the psychology right enables us to mentally fly. With the busy life we all lead, it is essential we make our achievement goals a priority in our life.

As a first step self-awareness and negative inner dialogue need to be dealt with. We all have these challenges, if we don't deal with them we won't even get off the starting block. The following are short summaries of those resources I believe we must face in our quest to be an achiever in life.

Self-Awareness:

The more self-awareness we have, the more options we have and the more flexible we can become. It is critical to have a true knowledge of our self, to recognise our strengths and weaknesses. The capacity for ongoing change and self-development is crucial on our pathway to our achievement goals. If we project our true self we automatically attract to us the things that make us feel good, that are right for us. If we answer questions honestly about our achievement challenges we can then begin to close the gap between what we believe we can achieve now and our potential for greater achievements in the future.

Inner dialogue:

Probably the most important question to ask about inner dialogue is:

Are there any past negative experiences that still affect our ability to achieve what we want in our life?

Our inner dialogue is very relevant to our personal development and beliefs. It is a cause and effect process. If our inner talk is negative we are focussing on how we don't want to be and our mind will focus on that. So positive self-talk is imperative as we seek those achievements in life we desire.

It is important to always ask ourselves questions. They have a magnetic quality that compels us to answer them - but to effectively gain from our response to the questions we must be scrupulously honest with our answers when dealing with feelings using our mind to overcome negative mind chatter. It is amazing how our life changes when we take control of our

negative thinking and change it into positive empowering inner dialogue. Having dealt with the negativities we all have as a challenges to overcome we can then move forward on our journey of achievement by embedding the following mental resources deeply into our mind. Neuroscience acknowledges that whatever we allow to dwell in our mind we embed deeper into our consciousness.

Self-belief:

Self-belief is paramount in fulfilling our desires and aspirations in life. It is very important that what we believe about ourselves is true and valid because, accept it or not, often what we believe about ourselves, in many cases, is not true. It is just the way our mind has been influenced and programmed as we grew up, from an infant into an adult. That is why it is necessary to examine what we believe about ourselves thoroughly. Whatever we believe with feeling and desire becomes our reality.

Sharing in the abundance of life:

The more we achieve the more we are sharing in the abundance of life. With society's idea of abundance there is very little choice of any genuine worth. It is just a continuous roundabout of consumerism and not much else. Why not move away from material stereotypes, take control of your life and achieve those things that are right for you. Find out what you really want to achieve and obtain it, that's where real control of your life lies. Bring abundance into your life in a way that suits you. Fully focus on what you want to achieve and enrich your life. By doing so you stop hoping and dreaming and start believing and achieving.

The confidence to be you:

By using your mind in an achievement orientated way you gain great benefit from it. You can then move steadfastly towards the most important aspect of your psyche, the confidence to be you. This is when you realise at a profound level of consciousness that what you think about yourself as a person actually dictates almost every thought you have, including your actions, beliefs and behaviour. This can then

provide an irresistible springboard for achievement.

Creating the future you desire:

The next stage of the journey is creating the future we desire and a key part of that is surely what we want to achieve in our life. We can then give our self the opportunity to design the direction and destiny of our life. We can create a vision for the future visualise our self with all those things we want to achieve, as already accomplished. Whatever we allow to persistently dwell in our mind with belief and conviction we can manifest into our life.

Detachment:

Another essential part of achievement is to consider the concept of detachment when attempting to achieve something. Using detachment can relieve tenseness. The use of subconscious mind exercises illustrates the use of detachment when engaged in mental activity. Detachment is a powerful process in achieving anything of a psychological nature. It is often difficult to recognise the value of a quieter more relaxed way of psychological achievement. We can achieve what we desire in due time, in the time and in a way that best suits us.

We can then continue along our pathway to new achievements and can do so in a new creative way. Each person has their own idea of what success means to them. We can progress through all the necessary processes and acquire the resources needed to become mentally resilient and take our life forward in a way that suits our own achievement goals. Our conscious mind, can respond to all that is logical and analytical, while our subconscious mind responds to the 'subconscious mind exercises' and metaphors creating a balanced way of learning, so we can cope with all that life throws at us and still **achieve all that we want to in life.**

Why not adopt this attitude in life - "I know who I am. I know what I can achieve!"

The secret of every successful life is to know what we want to achieve. Take no heed of who we are; the important thing is what we will be. What we will be is the ideas we manifest in our consciousness as to what we want to achieve.

We are complete only when we become what we want to be and achieve what we want to achieve.

Michael Dillon believes his book can benefit experienced therapists as a back to basics review. Create session

material for their clients. A book therapists can recommend to clients, most people want to be successful and an achiever in life, also for therapists in training and newly qualified clients.

Because the book is generic in content it is suitable for anybody interested in self development and personal achievement.

Michael Dillon's "**Achieve What You Want In life**" Manage Your Mind for Success is based on the basic therapy he used for 23 years as a successful professional therapist. He had a private practice in Higham Kent for 23 years. For 16 years Michael also worked at the GP medical centre run by 7 doctors in Rochester Kent as their resident therapist. He also worked at The 'Longfield Health Care Centre' where complementary therapists worked alongside NHS therapists. He was one of the original therapists who helped this pioneering 'flagship' centre become the successful enterprise it now is.

Mike Dillon's book 'Achieve What You Want in Life' can be purchased from AMAZON:

ISBN paperback 978-1-910394-02-1 and ISBN hardback 978-910394-03-8.

Book price £7-99p



Members of the SST with author Mike Dillon at the 2014 AGM.

IMPORTANT REMINDER

THE NEXT

CONTINUING PROFESSIONAL DEVELOPMENT

MEETING WILL BE HELD ON

FRIDAY 20TH NOVEMBER 2015

IN NOTTINGHAM

STARTING AT

11.00AM

This event will be free to SST members but there will be a small charge for lunch payable on the day.

A CPD CERTIFICATE WILL BE ISSUED TO ALL SST MEMBERS ATTENDING THIS MEETING

Please contact Gill Hines at gill_hines@hotmail.com as soon as possible to let her know whether you plan to attend.

Gill will supply you with full details of the agenda, venue and travel directions.

AGM

The Society of Stress Therapists' (SST) AGM will be held at 1.30pm on Saturday 3rd October 2015 in the Midland Hotel, Derby.

Refreshments will be available from 12.30pm.

The AGM will feature a presentation by Caron Pickford-Perry entitled

“Chronic Complex Trauma: its impact on the brain of thrivers and therapists.”

The Society Directors are looking forward to welcoming members attending the AGM. This provides the opportunity for you to give your views about the work of the Society and in particular your views of the Society's Journal together with constructive ideas for the both the Society's and the Journal's future.