

THE JOURNAL OF HYPNOTHERAPY & STRESS MANAGEMENT

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ASSOCIATION OF HYPNOTHERAPY & STRESS MANAGEMENT

The Association for Professional Hypnotherapists and Stress Managers
Company Registration 3707691- Incorporated in England & Wales
www.ahsm.org.uk

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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.

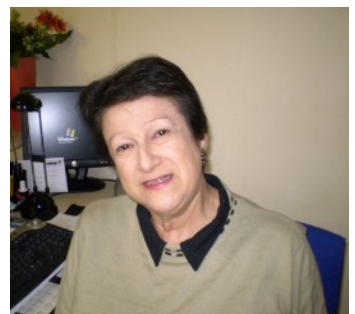
The Association of Hypnotherapy & Stress Management Limited was incorporated on 7th October 2016, succeeding The Society of Stress Managers, which was originally incorporated as a professional body on 4th February 1999. The Association is a Registered Company Limited by Members' Guarantee and has a Council of Management with a provision for nine Directors and the Company Secretary. The Objects of The Association are:

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

To meet these Objects, the Association 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 Members. These principles include the ethical values of honesty, integrity and probity.

All practising hypnotherapists are expected to be registered with the Complementary & Natural Healthcare Council (CNHC) and should abide by the CNHC Code of Conduct, Performance and Ethics.

All enquiries about membership of the Association should be addressed to the Membership Secretary
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CONTENTS

Association of Hypnotherapy & Stress Management	2
Members of The Council of Management	4
Message from the Chairman	5
Editorial	5
Reflections	6
Criminal Record Checks for Therapists	7
The AHSM Website	8
Men in Sheds	9
Book Reviews	10

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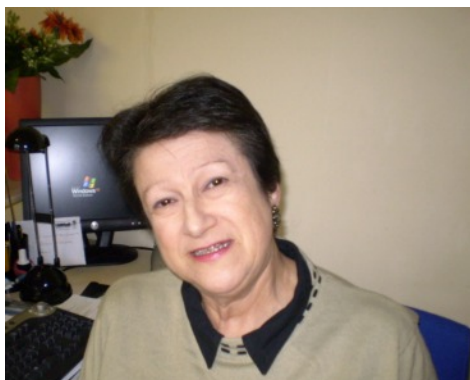
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MESSAGE FROM THE CHAIRMAN

STEFAN RICHARDS FAHSM, MHA, MHR, D.HYP

Some of you will already know that I have now taken over from Laurence Nicholas as Chairman. Laurence has retired this year after many years loyal service to the SSM (now the AHSM) and please see the separate "Reflections" article in this journal to learn more about Laurence.

I have accepted the position of Chairman on the condition that I will be in this position until 2021 at the latest, when I intend to fully retire, so that gives me a maximum period of three and a half years. I thought it might be appropriate, therefore, to set out my aims for this period so you know what we are trying to achieve.

I see my main aim during this period as guiding the AHSM to become a more established, self-financed and respected professional body. With this in mind we have already undertaken a great deal of work, mainly around the new website, and we will be looking at

developing this further at the Council meeting in October, including a clear Mission Statement and also the clarification of processes and responsibilities. We will be looking to increase the membership considerably during this period and hopefully we can start to establish a younger member base so that the ongoing development of the AHSM is more secure.

This is no disrespect to the existing members. We recognise that the biggest problem we have had is that the members over the past 20 years or so were all recruited and trained at roughly the same time, so there have been a large number of retirements without sufficient effective methods of recruitment to ensure continuity. This needs to change.

We would also like to make more use of the wider experience of the members rather than just the Directors. In this

respect please feel free to contact me or any of the Directors at any time with your views, opinions and suggestions. My contact details are below. Thank you to all those who took the trouble to comment on the new website.

I believe we have the right blend of experience and enthusiasm on the Council of Management and I would like to express my appreciation for all the hard work that has gone into creating the new AHSM, and in the process of transition from the old Society to the new Association. We are under no illusions about the size of the task ahead but we are confident that we will make the progress we are aiming for.

**Chairman@ahsm.org.uk
0115 9811549
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EDITORIAL

ALEX EVISON FAHSM

Those amongst you who are really observant will have spotted that I am not the editor. I am simply here to help out Marilyn who is approaching the frantic conclusion of her Diploma course in Practical Spirituality and Wellness while still running her practice full time. Don't worry too much, Marilyn will be back to do her professional editing job on the next edition.

If there is a theme to this edition it has to be "Change". Since the last edition we have: -

a new name - Association of Hypnotherapy & Stress Management.

a new Chairman - Stefan Richards

a new website - www.ahsm.org.uk

a new direction - see the message from the chairman above.



You will also note that this publication is now called The Journal of Hypnotherapy & Stress Management.

If you have not already done so please take time to visit the new website and pass any comments you may have, good or bad, to Gill Hines or Jo

Hand who have been instrumental to getting this project off the ground.

I am sure every member would like to send their good wishes to Laurence Nicholas on his retirement as Chairman after years of service to this organisation. Do read the reflections article on page 6 in which Laurence looks back over his life.

Finally, take a little time to read the article on Criminal Record Checks on page 7. AHSM has set up a simple way of getting Disclosure and Barring Service (DBS) checks done for any of its members. Do please consider taking advantage of this service to protect yourself.

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REFLECTIONS

LAURENCE NICHOLAS (CHAIRMAN 1999 – 2017) TALKS WITH STEFAN RICHARDS CURRENT CHAIRMAN OF AHSM

The outgoing chairman, Laurence Nicholas, answers questions from the new chairman, Stefan Richards, about his career, his thoughts and his plans for the future: -

SR: A lot of members will know you as chairman of the SSM but I suspect not many people will know much about your background. What did you do before you became a therapist?

LN: I joined the R A F when I was 19 and became an electronics technician. When I left 9 years later I joined a company called Cable and Wireless in London, and stayed with them for 20 years. In the last two years with C&W I got fed up with the daily commute into London and decided on a career change.

SR: What made you interested in becoming a therapist?

LN: I decided to become a therapist because

- (a) I'm a people person.
- (b) I'm a good listener.

Both are vital if one wants to become a therapist. All I then needed was the training! This too is vital.

SR: In the early days how did you get your business off the ground?

LN: Getting the business off the ground was hard work initially. I was still working full time and seeing clients in the evenings and a Saturday and arguing with two young daughters who didn't want to turn their music down just because dad was seeing clients in the back room.

SR: I think you will agree that trends have changed over the years. For example, when I first started, the majority of clients came to stop smoking, whereas now I see 4 or 5 smokers a year. What would you say were the biggest changes

for you during your time as a therapist?

LN: The biggest change which I saw was that people talked a lot more about stress. The changes in the law made people realise that it wasn't only politicians and captains of industry who got stressed. They did too in their personal and work relationships, but didn't call it stress. Weight loss always remained a staple of my business.



LAURENCE NICHOLAS
CHAIRMAN SSM
2000 - 2017

SR: What's the most useful thing you've learnt as a result of your experience as a therapist?

LN: The most useful thing I've learned as a therapist is that people need to keep talking to each other! Pretty obvious I know, but people just have such busy lives and sometimes have so much baggage, they need a third party, which is where we come in.

SR: Do you feel there is a need for further regulation to control the Therapy profession?

LN: The regulation brought in over the last few years has been good for the profession. Standards have risen and I'm very pleased to say that our organisation was one of, if not the leader, in raising those standards.

SR: What do you think will be the major changes in Therapy over the next, say, 10 years?

LN: What the major changes will be is difficult to say. I just hope that hypnosis is given even more recognition, as it is such a powerful and effective treatment.

SR: What advice would you give to new therapists who are just starting out?

LN: My advice to any new therapist is just keep going. You'll never make a million but that was never the goal. Just seeing how your work can change people's lives for the better is a great feeling.

SR: On a more personal note, how do you intend to use your well-earned retirement?

LN: In retirement, which I'm really enjoying, I now have more time for gardening. However, I have taken up swimming on a daily basis and can do a mile in my local pool. I feel very fit (and chuffed with myself) boom boom!

SR: I am sure that all the Directors and members would join me in first of all thanking you for your support and commitment to the SSM (now the AHSM) over a considerable number of years, and secondly to wish you and your wife a long, healthy and happy retirement.

LN: Thank you for that Stefan. I have really loved being a member of the Association and have made a lot of friends over the years. My thoughts are with you all and very best wishes for the future.

CRIMINAL RECORD CHECKS FOR THERAPISTS

ALEX EVISON FAHSM

This may not seem the most engaging or exciting subject matter, but for practising therapists it is becoming increasingly important. Please take the time to read through the following paragraphs. I will try to de-mystify the subject and explain why anyone who is working with children or vulnerable adults should take steps to protect themselves.

What is a vulnerable adult?

The definition of a child is quite straightforward but obtaining a single definition of a vulnerable adult which covers all circumstances has proved more tricky. However, the experts I have consulted seem to agree that the very fact that an adult seeks help with a mental or emotional problem could be sufficient to define them as vulnerable. Thus it might be argued that all clients who seek the help of a therapist, such as a member of the AHSM, could be considered as vulnerable.

About Disclosures

A Disclosure is basically a means for an organisation to verify an individual's response to the question "Do you have any criminal convictions?"

The organisation must have a legitimate reason for asking the question, such as wishing to place the individual in a role where they would be acting on behalf of the organisation; or intending to endorse the individual to undertake such a role, without actually employing them.

The organisation must also have the means of denying the role (or their endorsement) to the individual if the Disclosure reveals information they consider makes the individual unsuitable for such a role.

The law that enables Disclosures to be issued also has to accommodate the Rehabilitation of Offenders Act (1974) under which a conviction becomes "spent" after a proscribed period of rehabilitation has elapsed during which the offender has not re-

offended. Under the Act, an individual can legally ignore spent convictions when answering the question.

However, when drafting the legislation the Government recognised that for some roles it was appropriate for an organisation to be able to ask about **all** convictions, including those that are spent. Consequently they defined a list of roles that were exempted from the Rehabilitation of Offenders Act and published these in an Exceptions Order (to the Act) which has been revised a number of times since it was first published in 1975.

The upshot of the various legislations is that there are 3 levels of Disclosures available: -

Basic Disclosures - which only reveal unspent convictions. These can be requested for any role.

Standard Disclosures - which will reveal unspent and spent convictions. These can only be requested for roles that are listed on the Exceptions Order.

Enhanced Disclosures - which will reveal spent and unspent convictions, plus whether the subject is on the DBS lists of people barred from working with children and/or vulnerable adults. Enhanced Disclosures may also provide non-conviction intelligence held by the police and which they feel is relevant to the role (based on the Role Description submitted on the application).

Enhanced Disclosures can be requested for a specified list of roles in the Exceptions Order plus roles that involve caring for, training, teaching or otherwise being in sole charge of children or vulnerable adults; or regularly working on sites where children or vulnerable adults will be present, i.e. giving the jobholder extended access to these vulnerable groups.

Can I check myself?

Under the current Legislation an individual or self-employed person

cannot obtain an Enhanced or Standard DBS check upon themselves. Anybody can request a Basic-level Check on themselves, via Disclosure Scotland.

For higher level Disclosures there must always be a third party who is either offering a role that is exempted from the Rehabilitation of Offenders Act (1974) or is willing to endorse the subject working in a qualifying role. Further, that 3rd party must have the sanction of denying the role to the subject of the Disclosure, or refusing to endorse their working in that role, if they do not consider it to be satisfactory.

Due Diligence Checking Ltd (DDC).

Some years ago an organisation could themselves apply for a disclosure directly with the Criminal Records Bureau. In December 2012 the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA) merged to become the Disclosure and Barring Service (DBS). Now most organisations have to apply via an 'umbrella body' whose role is to verify the personal details contained in each application and manage the application process with the (DBS).

AHSM has negotiated a facility with an umbrella body called Due Diligence Checking Ltd who have verified that the work of practising members of AHSM is eligible for enhanced disclosures to be undertaken.

I would suggest that all members should take note that DDC have independently verified that all therapists undertaking Hypnotherapy with their clients, including practising AHSM members, are eligible for enhanced disclosure checks.

How long does a DBS/CRB check last?

Disclosures cannot be thought of as licences, and they do not expire after a certain period. Disclosures are more like a snapshot of a person's criminal record. If the government updates the

individual's criminal record the day after a Disclosure is generated, then the Disclosure will be almost immediately inaccurate.

This scenario is unlikely to occur for most applicants, but it does highlight the true significance of a Disclosure document. Therefore, it is recommended that periodic rechecks are undertaken at a frequency appropriate for the role. DDC recommend 3 years as the maximum recheck period before carrying out another criminal record check, although some organisations, such as hospitals, suggest a 1 year recheck period.

How much does it cost to get a criminal record check?

The cost is determined by the type of check required, the documentation the applicant is able to provide, the type of service opted for and the status of the applicant.

However, at the time of writing, the likely cost for enhanced DBS Disclosure for an AHSM member is

£65.60 including a £44.00 fee to the DBS service, a £18.00 payment to DDC Ltd plus VAT. No charge is payable to AHSM.

As a member of AHSM how do I apply for a DBS check?

Send an email to alexevison@aol.com with a copy to chairman@ahsm.org.uk Either can deal with your application - sending the copy should prevent delays if one of us is away.

Include in the email words to the effect that you want AHSM to instigate an enhanced DBS check or Disclosure on you.

Include your title, FULL name, full postal address, date of birth, email address, your mobile phone number and a daytime phone number if different.

Do not send any money to AHSM!

Your details will be entered into DDC's online system and an application pack will be sent to you by DDC within a few days.

In essence DDC's application pack requires sufficient documentation from you to prove beyond reasonable doubt who you are and where you have lived for the last five years. The application pack spells out in detail what documents are required - various permutations of documents are possible but it should be noted that the originals need to be sent, not copies.

The application form, original documents, and the fee should be returned to DDC by registered post. DDC undertake to post back all your processed original identification documents to your contact address within two working days of receipt, using Royal Mail's Tracked Delivery service. This uses the same tracking system as special delivery but takes 2 to 3 days. Note that this service normally needs you to sign for the return delivery.

Then it is simply a case of waiting for the DBS Disclosure to arrive. The whole process is about as simple as we could make it.

Don't delay. Get protected today.

THE AHSM WEBSITE

JO HAND BA (HONS), D. HYP (CECCH), MAHSM

We are keen to spread the word about the new AHSM website which is designed with two different audiences in mind.

Firstly, the website will be of interest to the public and potential clients who want to understand a bit more about hypnotherapy and how it could help them to make a positive change in their life. The "Find A Therapist" page can help clients to identify a trained therapist who is a member of AHSM near them.

Secondly, the website is for hypnotherapists who are looking to join a professional and supportive organisation which will help them to network with other experienced hypnotherapists. Exchanging good practice, ideas and experience with

others is a great way to continue to learn, to feel less isolated and to enjoy running your own hypnotherapy business. In addition to the information on the website pages that are available to the general public, there is also a separate "Members' Area" which you can access with a password, where you will find a growing collection of useful and current resources. In addition to what is on the website, being a member of AHSM also gives you access to CPD meetings, regular stress checks for yourself and to our Journal. The website includes copies of our Membership Regulations and Membership Information documents.

We will continue to develop the website into the future and would welcome any feedback or ideas that

you may have. We are considering how we could establish a discussion forum, more useful resources for hypnotherapists, regular blogs, interesting articles and social media. So, if you have any feedback, ideas and content, or you have experience of managing websites and are willing to help us, we would love to hear from you.

Feel free to complete a form on the "Contact Us" page on the website and select either "General Enquiries" or "Membership Enquiries" on the drop-down menu.

Or alternatively, email me at jo.hand@btinternet.com

The AHSM website can be found at www.ahsm.org.uk

MEN IN SHEDS

JOHN LUCAS FAHSM



In 2007 the Australian Association of Men's Sheds was set up with a view to linking a number of existing male based workshops for the purpose of support and further development. Some 10 years on 1,000 sheds have been established and the movement is recognised as Australia's largest male based community development organisation.

Each shed enjoys the benefits of autonomy in choice of activities whilst at the same time can draw on the support of the AAMS for essential elements such as machine procurement and insurance. Soon after becoming established the organisation introduced a men's health initiative offering a personal health M.O.T.

The resulting improvements in member's health and wellbeing had a positive impact on health and welfare budgets to the extent that the establishment of new sheds is now State funded!

Mary Robinson was the main driver behind the establishment of the movement in Ireland where some 200 sheds are thriving. There are currently 430 sheds in England with many others at the development stage.



The Irish shed movement have introduced a health scheme for members but in the rest of the U.K. The "organisation" is fragmented with some obvious attempts to set up a united movement, it appears that each attempt wants to be the "first" and this has held up progress. A very well known charity tried to hijack the development and obtained many millions of Big Lottery funding; alas the whole thing fell apart within a year leaving members worse off than before.

In England a number of successful sheds continue to thrive offering mainly older men a range of activities that include woodcraft, metal craft and toy making. The shed with which I am involved is thriving despite negative support from the local council; the workshop we rent has become too small to accommodate the growing membership numbers.



Our aim was to provide older men with a safe place within which they may engage in worthwhile activities that would be of benefit to themselves, the community and the environment. Members are trained in the use of a range of workshop machinery and equipment and receive support in carrying out their initial project which could be as simple as a lathe turned wooden fruit bowl.

Many organisations have benefited from the activities of the shed and the range of skills found within the membership. A number of models depicting well known Cardiff landmarks were produced for the RSPB forming part of their entry in the RHS garden competition, non



standard size doors have been made for local churches, numerous bird nesting boxes have been supplied to schools and a local Boy Scout hall was fitted out with storage racking. A current project involves the production of items for use in a new "quiet garden" adjacent to a large local hospital.

Some of the items we make can be challenging but the process of teamwork involved in the projects provide scope for individual growth and confidence building which is of particular value to members recovering from life changing events such as bereavement and premature retirement.

Should the U.K. Shed Association become established there could exist real potential for its membership to benefit from a discounted access to the services we provide.



BOOK REVIEWS

TUESDAYS WITH MORRIS BY MITCH ALBOM

REVIEW BY JANE MURPHY-THRESH

This is a true story about a lecturer in sociology and his devoted student who learns more from his teacher after he has graduated.

This lovely little book contains only 210 pages but it is full of wisdom and valuable insights into what the true values of life really are. It is not a heavy read. It makes you smile. It makes you cry. And it makes you so glad that you read this book. An inspirational book, no matter how old you are.

Mitch Albom graduated from Brandeis University in Massachusetts in 1979. His favourite professor was Morrie Swartz. On the day of his graduation Mitch gave Morris a leather briefcase and promised to keep in touch. However, he didn't keep in touch. He got on with his life, becoming a

successful sports journalist, married and bought a house. He decided that the best way to control his life was with accomplishments which would make him happy until he got sick and died. Unknown to him, while he was doing this, Morrie became sick.

One evening Mitch was flicking through the TV channels when he saw his old professor being interviewed about his approach to death. Mitch contacted him and went to see him. He felt guilty that he had not kept his promise to stay in touch but he was welcomed by the old man who was now on his last great journey. He visited him every Tuesday from then on, learning life's greatest lesson. He realised that he had traded many of his dreams for a bigger pay cheque but now he had a second chance to learn from his old teacher.

Over 14 weeks teacher and student discuss many topics including family, emotions, culture, marriage and forgiveness. Although Morrie is dying he teaches how to live. He refuses to be ashamed of dying and tells us that 'dying' is not synonymous with 'useless'. He accepts what he is able to do and what he is not able to do but at the same time he allows himself a few minutes every day to cry a few tears for the bodily functions he has lost. Nevertheless he is grateful for all the time he has to say goodbye to those he loves and he clearly loves his last student.

This is a positive book looking to the future. Morrie is dying but he is not afraid. He has had a happy life full of love. As he says "Love wins. Love always wins".

COUNSELLING FOR TOADS: A PSYCHOLOGICAL ADVENTURE BY ROBERT DE BOARD

REVIEW BY STEPHEN THRESH

Robert de Board wanted to write an accessible distillation of his years counselling people in his practice. He wanted something which would be appropriate for someone approaching counselling for the first time, whatever their status.

I believe he has achieved this in what is both an informative and amusing way. This book is a must for anyone wanting an introduction to what talking therapy might involve but could be put off by a more prosaic and studious sounding book.

It uses Toad of Toad Hall as its starting point, with his friends Rat, Mole and Badger all worried because

their friend Toad is depressedand telling him to pull himself together does not seem to work. Robert de Board takes the reader through transactional analysis, using a Heron as the therapist, but in such a way the reader never feels overwhelmed. The book is split into ten chapters leading Toad to analyse his feelings and takes him by the end of the book to a more confident creature, eager to set out on a new adventure. The use of Toad Hall characters is simplistic yet clever as it allows readers to engage with familiar characters and for the ever growing numbers interested in talking therapies, it provides a very accessible read.

Without consciously being aware, the reader is also led through stages where they are encouraged to learn about themselves and hence more about counselling and talking therapies in general.

The book is not expensive, being found for sale on Amazon, etc. in the region of £15. However, at that price it is the sort of item a practitioner would recommend as suggested reading. As such, it is suitable for adults and children and can be used as an introduction to anyone wanting to know more, but likely to be put off by a more weighty tome.

IMPORTANT REMINDER

THE NEXT CONTINUING PROFESSIONAL DEVELOPMENT MEETING WILL BE HELD ON FRIDAY 1ST December 2017 IN NOTTINGHAM STARTING AT 11.00AM

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

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

Please contact Gill Hines at membership@ahsm.org.uk as soon as possible to let her know whether you plan to attend. Gill will send you full details of the programme, venue and travel directions.