

THE JOURNAL OF HYPNOTHERAPY & STRESS MANAGEMENT

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ASSOCIATION OF HYPNOTHERAPY & STRESS MANAGEMENT

The Association for Professional Hypnotherapists and Stress Managers
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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.

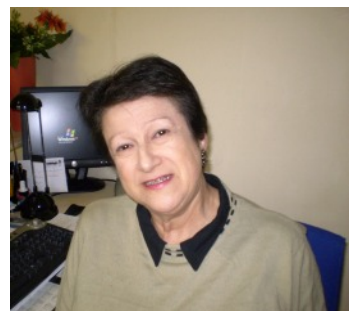
The Association of Hypnotherapy & Stress Management Limited was incorporated on 7th October 2016, succeeding The Society of Stress Managers, which was originally incorporated as a professional body on 4th February 1999. The Association is a Registered Company Limited by Members' Guarantee and has a Council 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.

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EDITORIAL

MARILYN UPTON FAHSM

A big thank you, first of all, to Alex Evison for taking over the production of the Journal last year while I was completing my Diploma in Practical Spirituality. So in addition to my Hypnotherapy practice I am now leading accredited Meditation Groups. In fact, Meditation is quite similar to the state that we take our clients to in our sessions.

A second thank you goes to all who have contributed to this Journal. It's an interesting mix, I think you'll agree. It shows what a flexible tool hypnotherapy is. It would seem that once a person is properly trained, they are able to develop their own style, and their own specialisms, as shown

in the variety of articles about Hypnotherapy in this issue of the Journal.

We have a big change at AHSM this year. Our Company Secretary and Treasurer, Peter Matthews, is resigning to enjoy a well-deserved retirement. He has worked tirelessly, not only for our Association, but also in the bigger picture of Hypnotherapy in the UK. His work with UKCHO has contributed to the formation of the umbrella body the CNHC - the Complementary and Natural Healthcare Council - to the benefit of all professional hypnotherapists. So there is now a general framework to protect the legal status of

hypnotherapy practitioners. This in turn gives bodies like the NHS more confidence to use our services.

The Directors of the Association are - between them - taking over Peter's roles with the Association. We are sure that the Association will go on from strength to strength, even without Peter, who of course will be sorely missed.

Thanks go to Alex Evison for typesetting this Journal. I'd be interested to hear from you about what you think of it, or anything else you'd like to see included next time.

Until then, enjoy!

ADDICTION AND HYPNOTHERAPY

DEAN LEAROYD

Whatever the presenting issue in therapy of any kind, it is best practice to follow certain guidelines in order to get the best possible results. This has never been more appropriate than when dealing with Addiction or Compulsion.

In 1990 an American Psychologist, Egan, introduced 'six stage counselling' as the most effective road to recovery. And In Hypnotherapy these six stages are both important and can, in my opinion, be many times more effective than other forms of therapeutic intervention, including CBT and Counselling. The 6 stages lend themselves perfectly to a Hypnotherapy treatment plan.

Stage 1 - Developing trust and rapport. In an assessment for Hypnotherapy many practitioners engage NLP techniques to gain fairly rapid rapport and the pre talk is important with all therapies. Clearly we all should have a genuine desire to help the client and that is the key, but an addict needs to trust implicitly. In any addictive person there is inevitably hurt lying somewhere deep within.

Stage 2 - Getting to the root of the problem. This can be difficult and time consuming in talking therapies but

analytical Hypnotherapy can elicit memories from deep within the subconscious mind that are indicators to guide the therapist towards the cause of the addiction. Also it is crucial to identify the secondary gain, i.e. what does the addiction give to the addict in terms of benefit or gain. Once this has been established it will be easier to replace that gain with something more positive and less harmful.

Stage 3 - Setting goals is much harder to do than say, but with a powerful Hypnotherapy session the client's issues can be set out and 'change' goals very easily established by using deep suggestion therapy techniques. Metaphors are a far more effective way of getting the subconscious to buy into the task in hand and this can be more easily delivered in a Hypnosis session than in other types of therapy.

Stage 4 - Taking action and empowering change. Again this is much harder in a standard behavioural therapy setting or indeed counselling. Hypnotherapy is by far the most powerful and effective way to introduce change directly into the subconscious mind. Hypnotherapy can successfully reframe the old addictive behaviour and introduce new positive, and permanent, habits to

replace it.

Stage 5 - Maintaining and supporting the changes made. Hypnotherapy is a direct subconscious intervention and post hypnotic suggestion can be installed to make sure that the new behaviour remains effective and stays in place.

Stage 6 - Enabling the client to finish the course of therapy happy and confident that they will not relapse is also easier said than done in other types of therapy. Using Hypnotherapy to install new positive behaviour and adding post hypnotic suggestion is a great way to prevent relapse. The new client behaviour will continue to reinforce long after the final session.

In all therapy there needs to be a genuine desire for change which, in addiction, often comes when the client has suffered a great deal and sometimes hit rock bottom. One of the most powerful benefits to using Hypnotherapy with addiction is that often results can be quite rapid, and this tends to give the client more hope and encouragement than other more protracted therapies. I recall particularly a client with alcohol compulsion achieving complete and permanent abstinence after just one powerful Hypnotherapy session.



ADDICTIONS ARE REPEAT BEHAVIOUR PATTERNS: 3 WAYS TO STOP THE SPIN.

**CHERYL TESSARI
CERTIFIED HYPNOTHERAPIST
NEW DIMENSIONS INC**

An addiction is anything, whether it is a mental, physical or emotional habit, that you continue to do repeatedly and that really isn't adding any value or substance to your life.

These can be various things that tie up your time and usually do not benefit your well-being.

Repeating thoughts, behaviours and actions are calling us to look at something within us. They usually are about an emotional need not being met.

An addiction quite simply is based from a need, whether emotional, mental or physical, not being met.

So, we find things, people or situations that temporarily fill the void.

Although they may temporarily give you the satisfaction of what it is that

you think you need, it's not addressing the core issue. What it is that you're missing either within yourself or in your life, that this addictive act or behaviour is giving you and satisfying the need?

Is it serving your highest good?

Is it helping you grow and learn?

Is it, and most of all are you, being true to yourself and your soul?

Self-love is important in this journey of the soul, because the more self-love you have the more you will honour and make your decisions from a place of truth and respect for yourself and others.

Love starts in the home and how you were shown love and raised as a child has a great effect on how you attract love and love others as an adult.

Childhood conditioning can greatly affect your subconscious thoughts and behaviours.

Many addictions can be carried forward and sourced through Past Life Reincarnation. Some addictions, like substance abuse, do have a hereditary component to them. They can be at times a deep karmic connection from a Past life.

Past life regression and regression therapy can give clarity and understanding of the source of your addiction, whether this present life or past life. Also, if there has been abuse in this lifetime Age regression therapy can also help heal that part so we are not trying to escape from what has happened.

In the process of Past Life Regression, I work with you and your subconscious mind to rescript and repattern your

thoughts, intent, behaviour and actions.

This is a beautiful process and not a scary one. It can be very enlightening especially if there are repeating Patterns & Behaviours that you just can't seem to beat.

You need to ask yourself?

1. What is the motivation for the Escapism?
2. What is missing from within you and your life that you feel the behaviour meets the need?
3. What painful memory or emotional trauma might you be trying to get away from?

4. What patterns keep repeating themselves in my life?

3 ways you can stop this downward spiral, because let's face it, if we give an addiction any more Power it can consume you and be very destructive in its path.

1. Get real with yourself and where you are at in your life. Take a good look in the mirror and see where it is you're at, and where you would like to be?
2. Acknowledge your behaviour, pattern and addiction. When we admit that what we are doing is not serving us for our highest good, we lessen the hold and the power it has over us. "We

acknowledge our feelings at a deep core level"

3. Get the help and take the action steps necessary to change and improve your life to where you would like it to be. Do the self-work, self-love and honour yourself in the process and start leading a much more empowered life today!

*If you're struggling with an addiction, Hypnotherapy can help through addiction sessions and Past Life regression to get to the root cause of the problem at hand.

THE HYPNO - DENTIST

I have been a dentist for 15 years and every day I come across clients who are very anxious about dental treatment. The client will often enlighten me, "I hate the dentist and don't really want to be here" and as I smile back, the client will often add, "Not you personally, had a bad experience years ago."

The spectrum of anxiety is enormous ranging from clients who are anxious but can tolerate dental treatment to those clients who would rather avoid me like the plague but a severe toothache or broken tooth has forced the client to make a "dreaded" dental trip.

Dental anxiety like any form of anxiety can be extremely distressing for the client. A traumatic experience as a child, the pain from an injection or a learned response from others can create long term dental anxiety.

As a hypnotherapist I understand that imagination and emotion is the language of the subconscious and once a negatively emotionally charged experience is recorded by the subconscious, the experience can be

difficult to remove. Anxiety is often driven by fear and I appreciate that clients are often fearful of dental pain. The client may anticipate a painful injection, inadequate anaesthesia when drilling or perhaps pain during an extraction.

One of the reasons I decided to become a hypnotherapist was to help my clients overcome dental anxiety, develop a positive attitude to dentistry and ultimately benefit from better oral health. Hypnotherapy is a wonderful, drug free, effective way to treat dental anxiety helping the client to avoid conscious sedation or in extreme cases general anaesthetic to treat dental problems.

I use a number of simple methods to treat dental anxiety. A friendly, empathetic, smiling dentist who displays positive, body language can help the client feel instantly relaxed. The use of positive language and avoiding negative dental terminology is also helpful. Simple techniques such as abdominal breathing and mindfulness teach the client to focus on the present and prevent unhelpful thoughts. I also teach my clients self

hypnosis for relaxation which can benefit the client enormously, especially during longer dental procedures.

Waking hypnosis is also an excellent way to relax the client and subtle, positive suggestions in conversation can be very effective. For example I may say to the client, "Take a seat in that comfortable dental chair, it will make you feel instantly relaxed..."

When I give an injection, I will say to the client, "That tingling feeling you are experiencing, are the muscles relaxing, just allow that relaxation to spread to other parts of the body..." I may use a rapid induction technique when the client is in the dental chair. Positive suggestion scripts, combined with confidence and ego boosting can also be very powerful to treat anxiety.

I urge all dentists to train in hypnotherapy. Hypnotherapy is simple, safe and effective. Clients often feel a sense of pride when they overcome their fear of the dentist and for me that gives me enormous job satisfaction.

CHANGING THE EXPECTATION OF THE BIRTH EXPERIENCE

SUE FREEMAN (CALM AND CONFIDENT BIRTHRIGHT)

Hypnobirthing may have had a slightly hippy connotation in the past, but the idea of Hypnobirthing as being only for a certain kind of woman could not be further from the truth. Hypnobirthing is just as valid for the woman who shops in Lidl, as it is for the Duchess of Sussex. The methodology is effective and adaptable to every variation of birth, whether at home in a birthing pool or in a hospital operating theatre.

So, why Hypnobirth? Hypnobirthing has developed from a desire to counteract the modern view of birth as being a flashing blue light emergency. In the last hundred years or so, birth has become increasingly medicalised. Unnecessary interventions have become routine, and in some cases, hospital policy. Many parents are unaware that a single intervention can lead to a cascade of ever more intrusive procedures. A third of all births in the UK are described by mothers as traumatic.

Hypnobirthing empowers women to take back ownership of their birth. It teaches them how to trust their natural instincts and work with their body. To

be assertive and active in their choices and for those choices to be informed.

As Hypnobirthing educators, we reassure parents that birth is a 'normal' and natural process, and in most cases, not a medical emergency. Negative terms like 'overdue' and 'failure to progress' are unhelpful and inaccurate. They send a message to the woman that she is doing something wrong or is inadequate in some way. The 'due date' is a guess date, and birth is not a linear process. Rather than increased interference, all that is sometimes required is a little patience to allow mother nature to do her work.

Hypnobirthing courses provide an antenatal education about the physiology of birth and practical techniques such as breathing and positioning. However, what sets it apart from other antenatal courses is the emphasis on nurturing a positive mindset about birth and giving women confidence in the natural ability of their own body. We teach women how to use positive affirmations, guided relaxation, visualisation and positive

suggestion to maintain a positive expectation of the birth experience.

Women are taught how to use self hypnosis to allow their body to work effectively and efficiently during birth, without arousing the fight/flight response. When fear causes adrenaline to flood the body, oxytocin (the birth hormone) is suppressed. When oxytocin is suppressed, so too are the body's natural painkillers, endorphins.

We show women how to take control of the birthing environment. Dimmed lighting, minimum noise and interference and the use of positive language.

We teach women (and their birth partners) to be unafraid of birth and to see it as a natural process. Hypnobirthing informs parents and gives them the skills to cope with possible challenges along the route to a positive birth. Very few births need to be considered traumatic if the parents are well prepared. We believe in choice and responsibility - 'your birth, your way'.

BOOK REVIEW by JANE MURPHY-THRESH

THE SPIRIT OF LIFE BY MICHAEL DILLON

Mike is a well respected elder of the psychotherapy and stress management world and no doubt in the commercial world too.

This book takes us through his personal journey of discovery, dedicated research and enlightenment. We learn about the major events in his life, his love for his family and his journey thus travelled. He now seeks to answer life's big questions without being tied down by religious dogma. Whilst he is open minded to the concept of a Deity, he looks to the world of science and nature for confirmation of his beliefs. He admits that he is a layman in these fields but nevertheless an enthusiastic one.

The book is thought provoking and attempts to draw beliefs and knowledge closer together. Mike appeals for those with differing views

about how the universe was created to work together in harmony and mutual tolerance instead of distrust and ridicule. He feels that the studies of science and faith can complement each other rather than discredit each other.

The reader is persuaded to ride along the calming waves of this book, reassured by the feeling that we, and all other things, are all part of the universe because we all started from the same point. However, I believe that the real gift to the reader is to encourage them to raise their own questions, draw their own conclusions and to even challenge the conclusions that the author has made. It is a springboard for the reader's own journey of discovery and enlightenment and a catalyst to encourage further research.

For example, it is stated that atoms behave differently depending on whether they are observed or not. I am no theoretical physicist, scientist or philosopher but this statement intrigued me. As there are no footnotes to explain in any more detail, I did my own research. I now have a basic understanding which I did not have before and it encourages me to know more. There is a glossary at the back of the book which is helpful. However a deeper meaning for words like 'space' and 'void' would be more helpful for the novice.

Once you have read this book, you will never forget it. It questions, analyses and concludes. It can be calming and reassuring or it can challenge and provoke depending on your level of desire for knowledge. If you accept the author's findings, you need look no further. If you are intrigued and beguiled, you will be grateful.

WRITING SCRIPTS

EMMA EVANS
KENT THERAPY CLINIC.

I'm an advanced Clinical Hypnotherapist & Psychotherapist, working in Rainham, Kent, and a Tutor for local Hypnotherapy and Psychotherapy training school, KICH Hypnotherapy Training in Kent.

Alongside my busy private practice, I also specialise in writing scripts and developing script books. This was something that happened organically over time.

When I reflect back to those early days of my career, I realise that there were very little available resources on the internet, to do with anything, not least hypnotherapy. The internet had not been around for a long time back then. It certainly wasn't the amazing resource it is today.

The scripts that I managed to find back then were often very badly worded, often quite negative in tone, or just not wonderful quality!

I also discovered that there were various trains of thought surrounding the use of scripts. Some said they were totally unnecessary, that therapists should work 'off the cuff', others swore by scripts and used them

in every session and there seemed to be no real middle ground.

What was certain in my mind after much research, was that there was a great need for better quality scripts for those who did choose to use them!

Over years of my own clinical practice, I developed many different kinds of scripts that eventually became a collection! It was then that I realised I had enough to turn them into script books, and Journeys Of The Mind, (inductions and deepeners for professionals) was born!

I was over the moon with the feedback I received on the first book, so Mind Mastery (suggestion scripts for various conditions) was created.

The main feedback is that the readers enjoy the conventional, natural language patterns that the scripts are written in. They are also written with the modern era in mind. There's no particular mystery surrounding writing them in that way, it's just the best way that I have found to work most effectively with clients is to use ideas and language that seems natural and current to them.

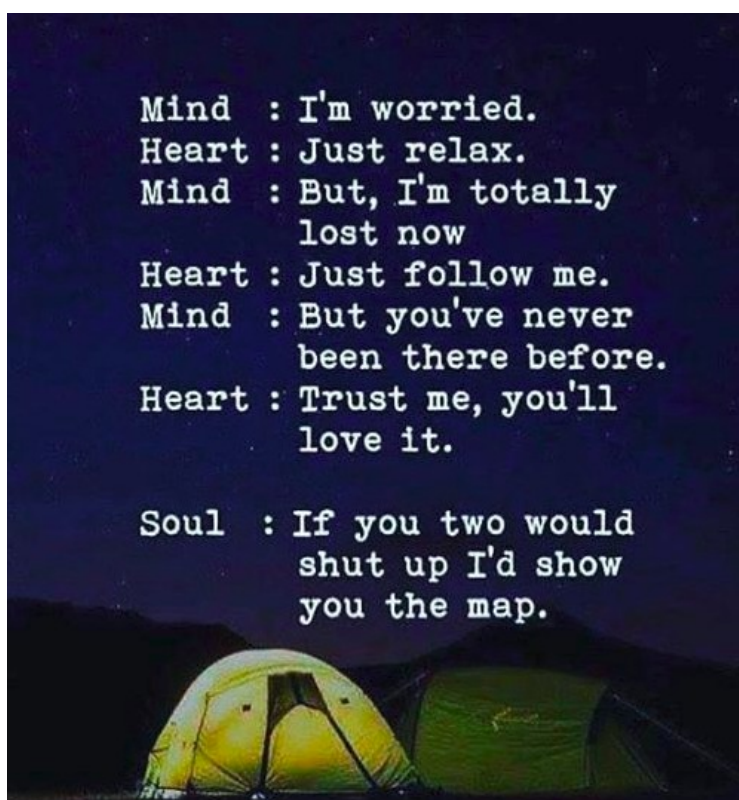
There are lots of suggestions scripts on the Internet and in books, that repeat very simple ideas over and over again, but I have discovered through years of experimentation and subsequently achieving excellent results with clients, that the subconscious mind doesn't need everything in simplistic language; it can take on quite complex ideas.

What it does need though, is unambiguous and clean language.

I research each topic thoroughly, so that there is no rejection of the ideas once they hit the subconscious mind, and I devise them with a mixture of scientific facts and metaphorical stories.

You do not need to use showy techniques or a special tone of voice in order to hypnotise people! After many years of successfully putting people deeply into hypnosis, and getting astounding results, I can assure you, no fancy stuff is required!

I hope this will inspire you too, to begin writing great scripts for yourself!



HOLOCENE PARK

ALAN MOSLEY MAHSM

It's a good few years now since I was able to practise as a Hypnotherapist and Stress Manager, for various reasons - not having the time or money to invest in marketing, etc. - we've all heard the excuses. And my rather more practical excuse that my practice room, whilst very relaxing, was also under the flight-path for RAF Northolt!

The time most clients wanted to come, usually late afternoon/early evening, was also peak time for military personnel, politicians or rich businessmen returning in their noisy jets. The noisiest would always save itself until I'd just guided my client to their 'safe place'. Thank goodness I never had a client come to me with fear of flying...

So if you can't practise as a Stress Manager, why not write about it? I will confess that this was not my motivation when I started writing a novel for young adults. Yes, one of my characters is a Hypnotherapist, but in the first two volumes of the trilogy he plays only a marginal role. I'm currently writing the third and final book, and my plan is that he will play a rather larger role in the later stages - though if you've read the first two parts of Holocene Park, you'll appreciate that it might not be quite what you expect!

What does drive someone to invest so much time and creative effort in writing a book (or three)? Apart from the prospect of being the next J K Rowling, or selling the film rights to Steven Spielberg? What really drove me was the story. The inspiration came from a visit to the gardens of Sissinghurst House in Kent. I noticed some grass with fronds that looked remarkably like feathers - almost like someone had combined grass and bird DNA. This sparked all sorts of fantasies as to why someone would need to do that.

I've always been a bit of a 'greenie' (inspired by a firebrand lecturer at university, who railed against the evils of pollution - this was in the days before Climate Change), and somehow this melded with the imaginings about the grass, and the outlines of my story began to emerge. I won't say too much more about the story - I'd rather you bought the books!

This being the Journal of the Association, I'm sure some will be curious to know whether our skills and techniques helped at all with the writing. Actually, I think they did! Quite often, when stuck for inspiration, I would tell myself, just before bed (and saying it aloud was always more effective than saying it mentally) that my brain could work on whatever

aspect it was while I slept, and gratifyingly often, inspiration followed the next day.

It also seemed while I was writing, that I could tap into a vein of imagination that wasn't being controlled by my conscious mind. Before I started writing seriously, I planned out most of the story, chapter by chapter, writing a few paragraphs of storyline for each. Once the actual writing began, time and again the story seemed to take on a life of its own, and head off in directions I hadn't anticipated. Very nice in a way, but also a pain in the backside, since I then had to go back over previous chapters to check for inconsistencies. Still, if we thought like machines, what a boring world it would be.

One day I may write a story where our profession plays a more central role, but in the meanwhile, if you (or any younger readers of your acquaintance) fancy a nice eco (fantasy) thriller, the first two volumes of Holocene Park are available (paperback and kindle) from Amazon. Happy reading!

The books referred to in this article can be found at - <https://www.amazon.co.uk/s?url=search-alias%3Dstripbooks&field-keywords=holocene+park>



HUMOR TRAIN