

# Hyphosis Australia Inc News

Volume 1, Issue 4

December 2006

The opinions expressed in this newsletter are of each author.

Advertisements are solely for general information and not necessarily endorsed by the association.

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## Endings & beginnings.....

Well here we are at the end of 2006. What an amazing year it has been!

To end the year, we give you our **new Association name**, as voted on by our members, complete with new look and truly hope you are all feeling as **positive** as we are.

May 2007 bring us all **dynamic** and **wonderful** things. Ever moving forward.....



Once all registration details and legalities are finalised with the new Association, our **main priority** will then be to implement formal **training**

Finally...



and a very



to all of you - may you be blessed in whichever way you'd like to be! We look forward to meeting again next year.....



and membership structures. These aspects are vital to bring us into line with other professional organisations both in Australia and internationally.

Membership tiers are required to take into consideration the varied training options being offered since de-regulation.



With all of the changes to the Association over the last couple of months,

many members have expressed concern regarding **growth of membership** etc. I take great delight in letting you know that membership is **increasing** steadily - see **page 4** for further details.



**Photos** from the **Christmas lunch** have been included in this edition - as part of a continuing effort to remove the "faceless stranger" aspect of the association and allow us all to get to know each other further.

Jan Duncan - **THANK YOU** for yet another superb catering job!! Nobody does it like you....

I have included several articles and a new feature - **websites of interest** in this edition. However, without knowing what interests our members, I'm working blind. Please let me know what you'd like to be reading about!!

# Private health insurance rebates for hypnotherapists

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May 2006

By Dr Tracie O'Keefe DCH, Clinical Hypnotherapist, Psychotherapist & Counsellor

The progress of hypnotherapy associations securing agreements with private health funds is still painstakingly slow. The associations often cite the healthcare funds as being difficult but the truth is it can also be a certain apathy on associations' parts. At very best there is a hot-potch of available refunds to clients for members of varying health funds for hypnotherapy.

If a practitioner is a psychologist or a medical practitioner, they can bill the client for medical or psychological services without ever mentioning hypnosis. This can generally be partly refundable from the health fund even without a Medicare equivalent item number. The humble hypnotherapists, however, are in a difficult position because they rely on their associations to negotiate individual contracts with each health company and these tend to be very limited.

Many clients do tend to want to go specifically to a hypnotherapist because the practitioner has trained intensively in hypnotherapy as a primary discipline and, unlike many medical doctors and psychologists, do not simply have hypnosis as an add-on service. This often means they will have to pay the full cost of their treatment out of their own pockets. Some hypnotherapists sometimes see this as a good thing because it indicates motivation for change and expression of commitment to the process. It does, however, mean that to many people, who have already paid health insurance, hypnotherapy is perceived as unaffordable.

We spoke to a random varied selection of members of different associations and canvassed their opinion on the performance of their associations to secure health fund rebates for clients. The responses were varied:

In general the members of most associations were not happy with the performance of their association's efforts to form contracts with private health funds. What was also very evident was that associations in general also operated very secretly and neglected to inform members of their progress in this field. In a couple of cases associations purposely kept information on the subject secret from their members.

Some of the large associations came off worse than the small associations because with their resources they could only be described as negligent; whereas small associations often did not have the knowledge or the resources to carry out the work. The Australian Counselling Association with over 2500 members was only able to get secure rebates for their members' clients from one insurance company and that insurance company's guidelines were presently under review.

The performance of PACFA, with 3000 members, was uninspiring. In the autumn of 2005 PACFA had the opportunity to negotiate with a major insurance company to get rebates for clients seeing hypnotherapists on the PACFA register. The secretary of PACFA, at the time, said she was told by a board member that if an insurance company would not give rebates to the clients of every PACFA registrant, they did not see why the hypnotherapy section should get rebates. This attitude of PACFA severely disadvantages hypnotherapists on the PACFA register. Coincidentally a much smaller hypnotherapy association had managed to negotiate a contract with that same insurance company and appeared as recommended in the end-of-year health journal to the insurance company's customers.

The association that came off the best was the Australian Traditional Medicine Society. Although it did not seem to have cracked the major health funds, it does seem to have the experience in handling health funds for many of its other disciplines when dealing with non-allopathic medicine. It also seemed to be the best at being honest with and informing its members about its progress in the area of securing health fund rebates.

The major problem for the insurance companies is that they are very wary about with hypnotherapists because they are often unable to determine if those practitioners have been trained to a sufficient standard. This is a reasonable approach for the insurance companies to take but ultimately it comes down to the hypnotherapy associations themselves to show that their members have reached what could be described as a professional standard and are constantly reviewed by clinical supervision.

Insurance companies used to accept certificate IV in many professions to prove professional standards although recently they have raised the bar to diploma level. PACFA in years to come intends to raise the bar itself by requiring therapists on the register to be at post-graduate level of training.

In the UK the UKCP (United Kingdom Council of Psychotherapists), the model on which PACFA was based, has for many years required therapists on their register to be regarded as being of postgraduate level of education, which give those registrants real credibility. When PACFA also implements these standards it will give their registrants that level of credibility.

There are of course many therapists who do not want to have to train to that standard but in all reality it does look quite seriously as if that will become the standard accepted by the insurance companies in the future years. For anyone in the industry, well-planned continual professional development could over time take them to that level of training.

In Australia the health market is heavily focused on the private health insurance companies as Medicare funds have always been restricted. A fully funded social medicine system looks unlikely for the future, particularly with a fast-ageing baby boomer generation. The companies do not generally want to reimburse for counselling and only some will reimburse for psychotherapy but quite a few will reimburse for hypnotherapy because it is seen as a much more brief therapy and therefore more cost effective. Associations need to deal more with the real world now and should be far more active in fighting for health fund rebates for clients of their registrants.

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## Health Fund Rebate Update

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**November 2006**

**By Dr Tracie O'Keefe DCH, Clinical Hypnotherapist, Psychotherapist & Counsellor**

We sent one of our reporters undercover to approach many of the hypnotherapy associations to find out which associations had got to grips with health fund rebates for hypnotherapy, counselling and psychotherapy for the clients of their registrants. The results were enlightening and showed the true state of the profession with regard to health fund rebates. We are very sad to say that not one single association came out with flying colours.

Some associations simply responded to potential clients by saying they did not know anything about private health funds. Another association's officer responded by saying that they were as confused about health funds as was the client and suggested a website that give the potential client absolutely no information whatsoever. A further association sent a list of health funds and when we contacted some of those health funds they did not offer such rebates. Despite our potential client contacting some associations several times they received no response even though they had left answer-phone messages and sent e-mails.

The worst of the associations was Psychotherapy and Counselling Federation of Australia (PACFA) that sent out a list of 37 health funds. When we telephoned many of the associations they said they had never even heard of PACFA and that they offered no such rebates.

This total confusion over health fund rebates can only be one more reason why hypnotherapists in Australia ought to most logically be working together. A rambling profusion of hypnotherapy organisations in Australia rarely produces common good.

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Are there times you need to "bounce off" someone?

Ring or email one of these people - they will gladly hear you and share their own experiences with you.

Supporting each other is what we're all about....

## WAHA Buddies.....here for you.....

Jan Duncan  
[innersense2004@yahoo.com.au](mailto:innersense2004@yahoo.com.au)  
9573 2088

Mailin Colman  
[marniel@iprimus.com.au](mailto:marniel@iprimus.com.au)  
9453 3608

Kathryn Sturtridge  
[lotushypnosis@optusnet.com.au](mailto:lotushypnosis@optusnet.com.au)  
9388 6920

Linda Milburn  
[milburns@4u.com.au](mailto:milburns@4u.com.au)  
9314 7879

Peter Smith  
9201 9290

Sandi Saber  
[sandi@arach.net.au](mailto:sandi@arach.net.au)  
9275 4405

Patricia Barker  
[patb99@iprimus.com.au](mailto:patb99@iprimus.com.au)  
9582 8268

William Kennett  
[willthewizard@bigpond.com](mailto:willthewizard@bigpond.com)  
9378 2595

Tony Ahearne  
[tahearne@simplex.net.au](mailto:tahearne@simplex.net.au)  
02 6931 7268

Louis Coremans  
[louisco@iprimus.com.au](mailto:louisco@iprimus.com.au)  
9437 5085 / 0439 724 312

Caroline Cumming  
[caroline@mindbodymatters.com.au](mailto:caroline@mindbodymatters.com.au)  
9371 0232

## Welcome new members.....

We take great pleasure in welcoming the following **new members** :

- Steven Garner
- Marian Cameron
- Casmir Beck
- Patricia Irving
- Frances Carlton
- Gavin Saunders
- Martyne Keeley

In addition to extending a warm welcome to these new members, I would also like to let you all know that we have **FOUR** more joining us in January.

The **website** is earning its keep in that we enjoy a greater exposure out there in the big wide world - even to the extent of attracting overseas enquiries.

## Dates for your diary.....

### Meetings for 2007:

- Sunday 21st January
- Sunday 18th February
- Sunday 18th March
- Sunday 15th April
- Sunday 20th May
- Sunday 17th June

All meetings are held at 10.00am at the Mofflyn Training Centre, 32 Burton Road, Cannington.

## Your Hypnosis Australia Inc committee.....

Please feel free to contact any of the committee members - that's what we're here for.

President Sandi Saber  
[sandi@arach.net.au](mailto:sandi@arach.net.au)  
0422 130 019

Treasurer James Vote  
[jvote@palmteq.com](mailto:jvote@palmteq.com)  
0414 746 018

Secretary Mailin Colman  
[marnie1@iprimus.com.au](mailto:marnie1@iprimus.com.au)  
0417 184 355

Catering Jan Duncan  
[innersense2004@yahoo.com.au](mailto:innersense2004@yahoo.com.au)  
0423 936 933

Historian Alisa Cardaci  
[alisa@hypnosishealthandhealing.com.au](mailto:alisa@hypnosishealthandhealing.com.au)  
0421 745 644

Librarian Kim Davis  
[subconscious@westnet.com.au](mailto:subconscious@westnet.com.au)  
0427 809 088

Education Patricia Barker  
[patb99@iprimus.com.au](mailto:patb99@iprimus.com.au)  
9582 8268

Welfare Marina Deluca Cardillo  
[marinadeluca@mbox.com.au](mailto:marinadeluca@mbox.com.au)  
9271 4387

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## Magic wand

I often tell clients that I can't just wave a magic wand to cure them - however, this case history shows that sometimes it's a tool worth using.

Jenny was asked to help a 5 year old girl with her fears. (Names are confidential, but we'll call her Kate). Kate had a fear of alarms, especially fire alarms and it caused her to get up several times a night to use the bathroom, she subsequently became a very nervous child.

Knowing that many 5 year olds believe in magic and fairies prompted Jenny to use this belief system to help Kate. So before the hypnosis session, Jenny made a 'magic wand' and placed it in a brightly coloured box in her back garden, where a plant pot had been.

During the session, Kate was told that the fairies had left her a magic wand which would protect her from any bad feelings that she might have when hearing a fire alarm. All she had to do was to touch herself with the wand and she would feel fine. Jenny also installed in Kate's mind that if a real fire should occur then her mummy would warn her of it.

Afterwards they went out into the back garden and 'discovered' the magic wand.

Kate began to feel much safer and became more confident in herself, sleeping better and losing her fear of alarms.

From [www.hypnoticworld.com](http://www.hypnoticworld.com)

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### 'if' by rudyard kipling

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master,  
If you can think - and not make thoughts your aim;  
If you can meet with Triumph and Disaster

And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it all on one turn of pitch-and-toss,  
And lose, and start again at your beginning  
And never breath a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,

And so hold on when there is nothing in you  
Except the Will which says to them:  
"Hold on!"

If you can talk with crowds and keep your virtue,  
Or walk with kings - nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!

*Rudyard Kipling (1865-1936)*

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## Websites of interest.....

For those of you with an interest hypnosis in regards to past lives & life between lives, Michael Newton's (author of Journey of Souls) site is a great place to peruse:

<http://www.spiritualregression.org/michael.html>

For many views on hypnotherapy within Australia, visit this online journal site:

<http://www.hypnosisaustralia.com.au>

And, of course, for those newer members who are not aware of it, good old hypnotic world is rich with resources...

<http://www.hypnoticworld.com>

The following article appeared on ninemsn following a segment on hypnosis in the program "what's good for you"

<http://health.ninemsn.com.au/article.aspx?id=108688>

The following link is psychology based but very useful for those needing further information on physical or psychological conditions. Hosted by the University of South Australia.

<http://www.library.unisa.edu.au/resources/vl/eass/psychdb.asp>

Let us know if you've found some interesting websites / resources!

## Christmas gathering.....

It was a relatively small gathering (hardly surprising at this time of the year and on a Sunday morning!!!) but nonetheless, a lovely gathering.

Since we dispensed with the meeting it was a great opportunity to simply chat to fellow members in a relaxed environment.



Introducing the exec committee.....Mailin, James & Sandi



Our esteemed treasurer solving yet another problem.....



- Left to right in progressive order of photographs.....
1. Executive Committee
  2. Aussie, Linda, Louis, Sandi, Frances, Sonia, George
  3. Bev, Kathryn, Marie, Sandi, Kim, Linda, Aussie, Frances,
  4. John
  5. Esteemed problem solving Treasurer
  6. Frances & Sonia
  7. Bev, Aussie, Frances, John, George, and Louis' back
  8. Leeann & Peter
  - Bev & Kathryn

## Keeping members informed....

Contributions & comments to:  
 Editor:  
 Mailin Colman  
 marniel@iprimus.com.au  
 0417 184 355



Hyphosis Australia

## Quote of the month:

Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed. Storm Jameson