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

PHWA takes no responsibility for the training information provided – this is for information purposes only.

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- **Rick Collingwood – what is he up to?**
- **Profile – Jan Duncan, Chairperson PHWA**
- **Training:**
 - **Upcoming PHWA training**
 - **CCH training**
 - **AHA training**
 - **Various other!**
- **5 PATH Approach – Craig Hommonay (article)**
- **Your PHWA Committee**
- **Dates for your calendar – PHWA meetings**

the Editor welcomes you

Welcome to the PHWA newsletter! Older members will remember it used to be a regular feature and when I look back on past records, I see the last one went out in July 2007! So, it's been some time and I hope you welcome it back as much as I do.

My name is Mailin Colman – I was the secretary of WAHA and then PHWA for 3 years. I stepped down in 2008 and then volunteered to get this newsletter up and running again at last November's PHWA meeting.

Of course, a newsletter is only as effective as its contributors – so I encourage you all to get busy! Everyone has something interesting to say – and each and every one of you are covered in this statement.

Some ideas for contributions:

- **Case studies** (respecting confidentiality of course)
- Different **methods** and hypnosis **training**.
- **Questions!** We all have them and in any practice, there are times we become uncertain regarding some of our clients. This is a great opportunity to use the newsletter as a sounding board. Let's get some dialogue going!
- **Advertisements** – more on this further in...

- **Upcoming training.** Even if this is not hypnosis training – it may be relevant! Our members have many and varied interests and most of them are multi practitioners. Let us know what you are doing.
- **Jokes & stories**

Advertising – we have opened up advertising to members on anything non hypnosis. The rates are as follows:

Associations & Training Institutions:	\$0.00
Members:	\$10.00
Non Members:	\$20.00

The size of ad these prices relate to are ¼ of A4 page. Training & other associations can run to one A4 page.

In this first issue we profile PHWA's Chairperson, Jan Duncan. This is a feature we'd like to see regularly so please, introduce yourself!

The intention is to give all members a more personal view of their committee and then continue on into the membership. We have some really interesting people in PHWA and I encourage you to share yourselves.

Enjoy the newsletter and remember, constructive ideas (and yes, criticism) is welcome.

What is Rick Collingwood up to?

Those of you receiving the Mind Motivations newsletter would be well up on Rick's activities in the UK. John Steer sent in this newspaper article (via David Whyte) and, unless I've missed it, it hasn't appeared in their newsletter.

Rick has popped back in to Perth a couple of times – most relevant to students of hypnosis however, is that he will be here in April to conduct the Power Hypnosis training with John Vernes.

See the Mind Motivations website for further information on this training.

<http://www.mindmotivations.com/>

Hypnotist gets Tractors running

A PERTH hypnotist has been hired by an English Championship side to improve its performance — with startling results.



Since Ipswich Town engaged Rick Collingwood, above, the struggling team has not lost in its past four outings.

"If you look at the stats there's been a significant improvement and I'm rapt," Collingwood said ahead of the Tractor Boys' FA Cup fourth round clash with EPL heavyweights Chelsea last night.

Former top-flight Ipswich are a step below the Premier League in the Coca-Cola Championship. The club has been firmly wedged around the middle of the table, despite a new owner and a big injection of cash.

Collingwood was recruited at the start of December after team officials heard about group hypnosis sessions he was holding in the UK.

SleepTalk™ for Children



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During this impactful and inspiring training, you will experience the appreciation and concepts of this unique & dynamic technique. The Goulding SleepTalk™ for Children process works in conjunction with any therapy. Training parents to assist children to develop emotional resilience, the mind's firewall, which protects against negative suggestions, much like a firewall on a computer protects it from all the outside interferences and damage.

Training over 4 months, 70 nominal hrs with minimum 24 hrs of practical over 3 separate days. The required level of competencies are assessed throughout the course along with a number of written project based case history.

Next Course Intake Starts Mar 15th 09

Developed by Joane, the process has been described as a powerful process of positive parenting. Assisting children to develop or retain a positive, confident, happy self image which lasts for life. Phone now to apply and/or register on line for the early bird 40% discount.

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The Hypnotist at the Senior Centre

As Claude went to the front of the meeting room, he announced, 'Unlike most hypnotists who invite two or three people up here to be put into a trance, I intend to hypnotize each and every member of the audience.'

The excitement was almost electric as Claude withdrew a beautiful antique pocket watch from his coat. 'I want you each to keep your eye on this antique watch. It's a very special watch. It's been in my family for six generations.'

He began to swing the watch gently back and forth while quietly chanting, 'Now just watch the watch, watch the watch, watch the watch...'

The crowd became mesmerized as the watch swayed back and forth, light gleaming off its polished surface. Hundreds of pairs of eyes followed the swaying watch, until, suddenly, it slipped from the hypnotist's fingers and fell to the floor, breaking into a hundred pieces.

'Shit,' said the Hypnotist.

It took three days to clean up the senior centre.

Profile: Jan Duncan, Chairperson of PHWA



Jan Duncan has been exploring alternative therapies and psychic phenomena since 1982, when she first discovered Reiki with Wanja Twan. Always a sensitive person, Reiki let Jan develop her intuition and empathy to a point where healing the mind and body was almost second nature.

Jan studied many disciplines, from Kinesiology, Western Medical Herbalism, Spiritual and Shamanic Healing and all things in between, but what always held the most fascination was energy work and the human mind.

Passionate about the feelings and wellbeing of those with no voice, the animals and trees, Jan worked as a natural therapist for pets for some time, and as a volunteer at a local wildlife rehabilitation hospital.

During her varied career, Jan has worked as a bar attendant, car detailer, and as a carer in a facility for the frail and aged.

Jan has also managed such diverse businesses as a new age shop, massage centre, new age and psychic development establishment and an Autogenic Relaxation Training centre, gaining along the way a deep understanding of and compassion for the human condition.

After a traumatic period in her life, Jan received hypnosis from Dr Rick Collingwood and it made such an impact that she decided to study and practice it herself.

In hypnosis, Jan found her passion, and uses the skills and gifts developed over her lifetime to help people to find a better way to live their lives.

Currently Jan lives on a semi rural few acres with some good friends; two canine, three feline, and one human. The property is home to one stray cat, an echidna, and too many birds to count. Reading and bushwalking, gardening and spending time with her animal companions take up most of Jan's spare time, and the rest is spent with family and grandchildren.

Jan has an office in Mundaring, where she has established a thriving hypnotherapy practice. Under the auspices of Dr Collingwood, Jan has released a successful range of Hypnosis CDs called the Woman Spirit Series, which is designed to help women overcome problems and live the life of their dreams.

At the present time, Jan is serving as Chairperson of PHWA, and as interstate Liaison officer for the CCH.

Q. How many hypnotists does it take to change a light bulb?

A. Only one, but the light bulb has to want to change.



PHWA Training 15th March 2009

Training will be held following the 10.00am meeting on the 15th March 2009 at The Stirling Regional Business Centre, 45 Delavaney Street, Balcatta

Presentation Topic: The Role of Marketing in Growing your Business

Presentation by Kevin de Mamiel

For the past 6 months, Kevin de Mamiel has been the Manager of the Small Business Centre in Gosnells.

For the previous 20 years, Kevin ran his own marketing and management consulting business in Perth. The business specialises in providing advertising, sales, sales management, strategic marketing, market research and product management consultancy services to small to medium size companies.

Kevin has lectured in marketing and business at Curtin and Murdoch Universities. He was on this year's judging panel for the WA Regional Small Business Award.

Kevin has a Master of Commerce Degree with a Major in Marketing from Curtin University.

Topics to be covered:

1. What is marketing and where does it fit into a small business?
 - The old saying that most businesses fail due to a lack of financial management is incorrect. Most businesses fail due to a lack of income, which is a marketing problem.
2. Defining your target market and market position
 - In marketing we do not have customers - we have target markets. The old saying that "the customer is always right" is not correct. The customer is always right, unless they are wrong. They can be very wrong if they think they are your target market.
3. The 10 most common mistakes in advertising.
 - If you can not afford to spend at least 10 – 15% of sales in advertising, you can not afford to be in business. Learn what makes advertising work.

Presentation Time: 40 minutes

Question Time: 20 minutes



Australian Hypnotherapists' Association



WA Branch One Day Workshop

SATURDAY
28th Feb 2009

PRESENTERS

Bruni Brewin
Emma Stewart
Colleen McClymans

Venue (see map):

Metro Hotel on Canning
61 Canning Hwy, South Perth
[Free Underground Parking]

Cost:

Members—\$80
Non Members—\$100
Refreshments & Lunch included

EARLY BIRD

Pay in full by
Friday 20th Feb to be
In a Draw To Win
\$75 Book voucher

**Summary of
Presentations**

Stop Smoking
in 1 ½ hrs

Hypnobirthing
An Introduction

Altering the Matrix
*Intelligences & Brain
Functions*

For more information call
Sonia Cornick on 0417 417 782
OR
email: soniacornick@gmail.com

To ENROL complete and return
your registration form
along with your payment to
Kristina Alderson — AHA Treasurer
54 Hayward Rd, Wardin, 4110

If Payment is made by
Direct Debit (DD)/Transfer
include a receipt with your reg. form.

ANNUAL GENERAL MEETING FOR AHA MEMBERS ONLY

9.00 - 10.30am

REGISTRATION & REFRESHMENTS - City Lights Conference Room

10.30 - 10.45am

HELP YOUR CLIENTS QUIT SMOKING IN 1 ½ HRS

By Bruni Brewin President / AHA FAHA S MATNS MACEP

10.45 - 12.15pm

'Stop smoking' is still regarded as 'bread-and-butter' work for hypnotherapists and whilst knowing how to perform 'quit smoking' in one session may pose somewhat of a dilemma, in terms of limiting your earning capacity, it actually works in reverse. You become known as being proficient – getting results in one session. And from every client that stops, you generate more referrals from them, so their friends get to hear about you (not to mention their doctors). Bruni will go through her entire stop smoking session in a live demonstration with a volunteer, to show you how to do this.

LUNCH BREAK — REFRESHMENTS

12.15 — 1.15pm

INTRODUCTION TO HYPNOBIRTHING®

By Emma Stewart CMAHA Reg.Pract. Hypnobirthing®

1.15 — 2.45pm

Emma is an Integrative Therapist having trained in Hypnotherapy, Education, Counselling, NLP, Psychotherapy and the Mongan Method of HypnoBirthing® holding Practitioner Diplomas in these fields from the UK College of Hypnotherapy and Psychotherapy. This introduction to Hypnobirthing® provides parents and hypnotherapists with an understanding of HypnoBirthing® and the dehypnotising needed and essential for parents to release fear. This is based on the basic tenet that fear can lead to other physiological responses in the birthing mother e.g. Tension and Pain, which negatively affect the birthing process. A review of these physiological changes and the consequent support that therapists can offer parents to prepare them physically, emotionally and spiritually for birth.

AFTERNOON BREAK — REFRESHMENTS

2.45 — 3.00pm

THE MATRIX — CORE INTELLIGENCES & BRAIN FUNCTIONS

By Colleen McClymans — Cert IV Train. Adv Cert Hyp. MCCH, AIK Ltd, Cert Solution Oriented Kinesiology, Neuro Trainer/Consultant.

3.00 — 4.30pm

Colleen has been involved in mind/body studies for 20 years, teaching to Cert IV level and running self-empowering courses. Colleen will introduce us to the core intelligences and brain functions, along with the various permutations of these functions, to show us how the matrix we operate out of, can be altered and enhanced, allowing us to make better life choices. Starting with self, then using these tools with clients to access and alter such things as limiting beliefs, mental blocks, life patterns (genetic behaviour) etc.

REGISTRATION FORM

X

FULL NAME: _____

PHONE: _____ EMAIL: _____

ADDRESS: _____

My Payment is by: Cash Cheque Direct Debit/Transfer Money Order/Other

Early Bird Registration I confirm I have paid before Friday 20th Feb 2009 and qualify for entry into the draw.

I am a: AHA Member (\$80) Non Member (\$100)

Please make cheques and money orders payable to: AHA
DIRECT DEBIT: AHA BSB 662 320 A/C 10318754 Commonwealth Bank



CCH Presents

A Special Two-Day Intensive Workshop with Costa Lambrias

INNER CHILD Therapy

April 25th & 26th 2009 in Melbourne
May 2nd & 3rd 2009 in Perth



"It is consistently the single most powerful hypnotherapy session for clients. Many are genuinely surprised at how real their inner child is and are very moved by the strength of the inner child's emotional needs. The consequent changes produced in the client's self-esteem and the new confident ways in which they now relate to others are nothing short of amazing!"

INNER CHILD therapy is appropriate with clients who present symptoms that may originate in a childhood lacking in love or emotional support, such as:

* general lack of confidence * insecurity * low self-esteem * emotional and relationship problems * eating disorders; and, in certain cases: * depression * weight * OCD * IBS * stammering.

Costa Lambrias DHyp FIHP FASM MABCH MCAHyp MHA (Reg Hyp) MAPHP (Acc) DPsd

Principal of The Holistic Therapy Clinic in Manchester, England and a full-time hypnotherapist specialising in Healing the Childhood, Costa has appeared regularly on British TV as a contributor for hypnotherapy and stress management, and his expertise and enthusiasm for his subject matter have made him a much sought after postgraduate trainer. He is a pioneer in the U.K. of Inner Child Therapy, having intuited, developed and refined his safe yet very powerful process for healing The Inner Child. He is a founder member and former Chairman of The Hypnotherapy Association in the U.K. and Co-Principal: Academy of Holistic Hypnotherapy (see ahh-hypnotherapytraining.co.uk). The Independent on Sunday (23/03/03) describes Costa as:

"one of the 10 leading hypnotherapists in Britain".

Places are limited so please book early to avoid disappointment.

Please contact Jan Duncan
(innersense2004@yahoo.com.au) for registration form
and further details.

World Hypnotism Day

David Whyte gave a great overview of WHD (4th January 09). It was a resounding success given the short amount of preparation time involved.

The Committee offered heartfelt thanks to Lisa Webber and David Whyte for the volume of work involved in organising this. The thanks also encompassed the many PHWA members who contributed time and ideas. All members of PHWA would have seen the email sent out by Lisa early in January detailing the success of the event.

World Hypnotism Day was merely a thought mentioned at the Christmas Party in King's Park on the 7th December and with only approximately 4 weeks to organize an event, Lisa Webber and David Whyte literally sprang into action by ordering banners from China, having balloons, badges, handouts and free session certificates printed, organizing newspaper articles, radio interviews, television interviews and contacting the relevant Government bodies for

permission to erect information booths at Fremantle, Hillarys and in the Murray Street Mall.

We are very grateful to Lisa and David and the many volunteers they recruited who worked tirelessly behind the scenes and gave up their time to attend the booths on the day. Your contribution is very much appreciated and to all of you we say THANK YOU.

As a result of the interview on Curtain 100.1 FM radio, John Vernes has secured a regular monthly spot to promote Hypnotherapy.

The official WHD website is: www.worldhypnotismday.com and provides lots of ideas. Those who participate in WHD are welcome to feature on the site as part of the organisation and are given the opportunity to include details, plans etc.

There was a lot of interest in the suggestibility demonstrations and we gave out a total of 65 Free Session Certificates.

Everything is now in place should we decide to participate again and the Members were asked to share any ideas they may have.

Ed Note: There were some fabulous photographs of the stalls on the day - unfortunately, I couldn't get my hands on them in time for this newsletter. Hopefully you all saw Lisa's email regarding the day. If not, I'm sure if you contact her, she'll be glad to re send it.



Many thanks for this article submitted by Craig Homonnay, a South Australian member of PTWA. The 5 PATH method was created by Cal Banyan and this is part one of a series of articles to be submitted by Craig.

5 PATH A Systematic Approach

As Hypnotherapists we have some very powerful tools available to us to create change within our clients. Waking Suggestion, Direct suggestion, Age Regression, Gestalt, Forgiveness Therapies, Parts Therapy, and the list goes on. The key is to know how to use these hypnotic therapies in a systematic way that gives reliable results for any issue presented to us. The 5 PATH approach uses these techniques in 5 phases over 2 to 6 sessions with 4 sessions being the norm. Not all of our clients will need to progress through all of the phases but they are there if needed. The process goes something like this.

- | | |
|-----------------------|--------------------------|
| 1. Waking Suggestions | 2. Direct Suggestions |
| 3. Age Regression | 4. Forgiveness Therapies |
| 5. Parts Therapy | |

The first phase of Hypnotherapy is often overlooked by many Hypnotherapists and that is the Waking suggestion phase. In fact many don't even regard this stage as hypnosis. Waking suggestions are given to the client in such a way as to appear to the client as an educational component of the process. The ideas are presented to the client with a level of confidence, such that the client accepts them. The first suggestion is that all feelings are good, they are there to help and guide you. Our clients need to respond to these feelings in a satisfying way because feelings left unsatisfied do not go away. They become stronger, eg if you are lonely and don't do anything about the condition causing the feeling, you will tend to feel more lonely over time not less. A lot of the problems we deal with involve some kind of denial of feelings, and this creates some kind of distracting behaviour that takes attention away from the condition that is causing the feeling. The behaviour is usually pleasant but has negative side effects for example, eating, drinking, shopping, gambling and drugs etc

We also suggest to the client that 'there is nothing wrong with you, there never was'. That is, that the client is good enough, smart enough, attractive enough to do anything they really want to do if they put their mind to it

Most will say they understand this, but don't feel that way inside. It is this feeling that is causing all of the problems. They may know that there is nothing wrong with them, but they don't feel as if it were true. This is because at some time in their past someone, usually a parent or someone in authority, suggested that there was. It was accepted by the subconscious and sits there generating negative feelings causing them to avoid any uncomfortable emotion. These strong feelings of fear lay just behind the mundane feelings of everyday life.

5 PATH Hypnotherapists start off assuming some things about their clients. We assume there is a subconscious element at work, blocking their success, and that the blockage is in large part emotional (fear, sadness, insecurity, loneliness, guilt or anger). We recognise that the subconscious mind does not want to change. It wants to continue to keep on behaving exactly the same way it always has, however painful that is. We also believe that the subconscious mind believes that it is in the client's best interest to do just that. Gerald Kein calls this the protective function of the mind.

This is only a very brief explanation of the waking suggestion phase. That, in reality, begins with your advertising and promotional material, The way you answer the phone, your presentation and your office presentation, everything you do and say from the moment your client contacts you is a waking suggestion so it pays to be aware of everything you say and give strong positive suggestions that you can help them, you are the expert and you deal with their particular problem 'all the time'. In short, the first phase is to create Hope. The waking suggestions lead into the induction and the direct suggestion phase.

5 PATH is an acronym for 5 Phase Transformational Therapeutic Hypnotherapy. It was created by Cal Banyan (a student of Gerald Kein) and is rapidly gaining popularity around the world as a Universal approach to Hypnotherapy.

Your PHWA Committee

Chairperson	Jan Duncan innersense2004@yahoo.com.au 9573 1088	Catering	Tess du Toit dutoit@inet.net.au 0418 272 695
Vice Chairperson	Allan Henshaw ahenshaw907@yahoo.com.au 0417 179 081	Librarian	Joanna Tennyson joannatennyson@iprimus.com.au 0434 309 525
Secretary	Patricia Irving irvingp3@bigpond.com 0412 421 186	Welfare	Martyne Keeley mnkeeley@mac.com 0406 653 801
Treasurer	John Steer John.steer@itvision.com.au 0403 379 968	Training	Lisa Webber thewebbers@optusnet.com.au 0403 134 798
		Newsletter	Mailin Colman marnie1@iprimus.com.au

Upcoming PHWA Meeting Dates

Meeting Dates

March 15th

April 19th

May 17th

June 21st

July 19th

August 16th

September 20th

Training

Kevin de Mamiel - The role of marketing in growing your business

Louis Coremans – Secrets revealed – more about working with the subconscious mind

Peter Wetters – Past lives

AGM

All meetings commence at 10.00am and are held at the Stirling Regional Business Centre, 45 Delawney Road, Balcatta.

Please send all newsletter submissions and articles to:
Mailin Colman
marnie1@iprimus.com.au