



**FROM THE CHAIR...
DECEMBER 2011**



Tis the Season to be Jolly.....

Which basically means that it is the end of 2011...and hasn't that come around quickly?

Taking a bit of time to review though (when time is available!) I realise that this year has gone fast not because time has flown, but more accurately because the time available has been filled with so many different things, activities, work, etc. etc. If that many things have been successfully completed (or at least started) then I have to conclude that it has been a positive year.

So, from PHWA and the hypnotherapy profession perspective, what are some of those highlights and lowlights.

Firstly, the establishment of the Hypnotherapy Council of Australia (HCA) has progressed very well. This is due to the work, dedication and energy of all involved and I think that they are in a very good position. Congratulations go to Alan Henshaw, one of these people that has given time, energy and knowledge to the establishment. Well done and thank you Alan!

The PHWA website is up-and-running and based on the fact that we have received a number of contacts from members of the public through the website (to lodge questions etc.), I can conclude that it is doing exactly what it is meant to do. Of course, this is a 'work-in-progress' and will continue to develop and be enhanced on an on-going basis but I am personally pleased with what has been achieved and the way that it looks. I do understand that some members have ideas and suggestions on website improvements and these are all most welcome so please, if you do have any ideas, pass them on.

The Committee has dealt with an ongoing issue of complaints received from members of the public regarding hypnotherapists that are not members of PHWA. Obviously, or ability to interact with these complaints is severely limited but it has prompted the development of a PHWA Policy on how these will be addressed/handled by the Committee. I have attached a copy of the DRAFT policy to this newsletter for information of the membership. Suggestions always welcome!

The development of the Supervision/Mentoring policy, and the practical application of that policy, is an ongoing piece of work. Thanks to the Committee for advice and assistance regarding this.

We have taken the initial steps to raise the profile of PHWA throughout 2011 and this is something that will be continued in 2012. An article, predominantly focussed on the issue of non-registered hypnotherapists, has appeared in 15 of the 17 Community Newspapers in WA and this was well received. As a result, I was also interviewed on ABC720 talkback. In 2012 we are planning to hold an 'Information Session' for members of the public regarding hypnosis and hypnotherapy and this will be promoted through a number of avenues.

Training has been well received and thanks to Barbara Saba (prior to AGM) and Lisa Webber (post AGM) for their efforts on Training. Verona has done a huge amount of work on the Membership Database and I feel particularly comfortable that this is in a very good position due to Verona's work.

So, as an initial 'brain-dump', I can say that good work has been done and my thanks to everyone on the Committee and to those that have provided assistance to the Committee for their work. There is undoubtedly things that have been completed that I have missed and these are in no-way minor activities, but I think that the Committee can be pleased with what has been achieved. I am very conscious of the fact that we all have busy lives, many things calling on our attention and responsibilities that need to be prioritised; PHWA duties are just another dot-point on this list and I know that the Committee members devote some of their personal time to managing their individual PHWA responsibilities. I find it heartening, pleasing and very comforting that these additional tasks are undertaken with good humour, energy and in such a professional manner.

So all that remains to be said is:

- Have a very safe Festive Season,
- A very Happy New Year,
- Bring on 2012.....

Thank you.

Michael Werts
Chairperson - PHWA Inc.

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MEETINGS:

Meetings are held at the RAAFA Museum at Bulls Creek, WA on the 3rd Sunday of each month.

- Dec 11 - No Meeting
- Jan 12 - No Meeting
- 19 Feb 12 - (PD Trg)
- 18 Mar 12 - (Gen Meet & Trg)
- 15 Apr 12 - (PD Trg)
- 20 May 12 - (Gen Meet & Trg)
- 17 Jun 12 - (PD Trg)
- 15 Jul 12 - (AGM)
- 19 Aug 12 - (PD Trg)
- 16 Sep 12 - (Gen Meet & Trg)
- 21 Oct 12 - (PD Trg)
- 18 Nov 12 - (Gen Meet & Trg)
- Dec 12 - No Meeting

PD Training starts at 10am and General Meeting commences at 10 am and Training follows immediately after the meeting

Raising your Fees...



(Provided by Phil Harrison)

Here are six good indicators that it's time to raise your fees.

- ***You're impoverished.*** It does no good for you to be broke and sacrificing within your business. If you are in debt, or facing poverty, look to see if you are under-charging.
- ***You increased your expenses.*** If you have upgraded your business with a new location, expanded phone service, bigger staff, or more services, you may need to raise your fee to cover these added values.
- ***You want a cost of living raise.*** Be a good boss to yourself. Give yourself a raise to cover the cost of living. Raise your prices, raise your self-esteem, and lower your resentment.
- ***You received additional training.*** Most therapists invest heavily in their on-going training. If this is true for you, know that this investment will serve you well and benefit your clients. Raise your rates to match your level of experience and certification.
- ***You want existing clients to work with a deeper commitment.*** When you raise your rates, it forces your clients to take their therapy more seriously. Raising your rates can be a gain for your clients, helping them to approach therapy with more diligence. Raising your fee models self-care and may help clients take steps to ask for a raise themselves at work. Often, when I ask therapists who are undercharging to raise their fees, they report a positive result with clients. I hear many stories of clients who took this as a signal to become more empowered.
- ***You have a waiting list.*** Sometimes raising your fee can be a response to having too much business. Raising your rates may help slow down referrals a bit and ease up the pressure of a long waiting list. Of course, if you are really tops in your field, clients will expect to pay more to see you. In this case, a high fee will not discourage them from seeking your services. In fact, it may just add to the perceived value of your skills.

Excerpt from Building Your Ideal Private Practice by Lynn Grodzki. (book available now at PHWA library)

Training Update.

(Thanks to Lisa Webber)

The following monthly training will be provided in the first half of 2012.

Month	Presenter	Subject
Jan	No Meeting/Training	none
19 th Feb	Zish Ziembinski	Gestalt
18 th March	John Vernes (to be confirmed)	Ethics & Code of Conduct
15 th April	Lisa Webber	Regression
20 th May	Michael Werts	Preparing the Client...
17 th June	Patricia Barker, Verona Gibson & Linda Milburn Facilitator – Michael Werts	Panel of Experts

Hypnotherapy helps to manage Anxiety problems

<http://www.newsbroadcast.co.uk/29729/hypnotherapy-helps-to-manage-anxiety-problems>

Anxiety is a debilitating condition which affects many of us some time in our lives. The symptoms of anxiety can be as wide and diverse as the cause of the condition itself, with one of the most common symptoms being panic attacks, which can be extremely frightening for those unfortunate enough to have experienced one. Fortunately the condition can be treated successfully by using advanced hypnotherapy, which if utilised by an experienced and professional hypnotherapist, can bring about lasting change quickly, in fact in as little as three sessions.



Anxiety can manifest itself in an individual in a number of ways. These symptoms can include a racing heart, panic attacks and uncontrollable sweating to name but a few. The cause of Anxiety problems can be equally diverse with general work and daily life circumstances and situations causing a build up of general anxiety, whilst specific anxiety caused by events such as an impending driving test, exams and fear of flying. Irrespective of the reasons, the fact remains it can be an extremely severe and debilitating condition which can have a profound effect on an individual in many ways, to the extent it curtails their enjoyment of daily life. Although there are treatments which can reduce the effects such as prescription drugs, which in themselves can have unwanted side effects, the most effective treatment to manage anxiety has been found to be hypnotherapy.

Alix Needham is a renowned and reputable hypnotherapist who has over 20 years of in depth knowledge and experience in the field of anxiety problems, which is why she is considered one of the leading female hypnotherapists in London. Her website, which can be found at www.alixneedham.co.uk, offers the visitor a comprehensive review of the problems she can treat, which include anxiety problems. The difficulty in any condition is finding the root cause, which is creating the problem which is what, in essence hypnotherapy is able to successfully discover. Through the advanced techniques that Alix uses within the treatments and sessions she conducts, she is able to provide clients with an effective means of treating public speaking anxiety, as well as exam anxiety, whilst offering respite in the form of anxiety management techniques which deliver outstanding results.

PHWA Committee - 2011/2012

At the AGM held on 17 July 2011, the membership elected the PHWA Committee for 2011/2012. Several positions changed and a list of the Committee positions is below.

Thank you to the new members of the Committee!

Chairperson/Media: Michael Werts	0401 635 355	president@phwa.com.au
Vice-Chairperson: John Vernes	0403 839 641	vice_chairperson@phwa.com.au
Secretary: Phil Harrison	9255 5354	secretary@phwa.com.au
Membership Secretary: Verona Gibson	0412 040 079	membership.secretary@phwa.com.au
Treasurer: Ralph Nielsen	0458 458 908	treasurer@phwa.com.au
Training: Lisa Webber	0403 134 798	training@phwa.com.au
Library: Hilary Wright	0411 119 794	library@phwa.com.au
Catering: Lonai Werts	0411 106 465	catering@phwa.com.au

From the desk of the Membership Secretary:

Dear Members,

It has been a busy time in the role as Membership Secretary and I am happy to report that the new administration format that was implemented prior to the annual renewal event has proven to be very effective and supportive of the membership. We have been happy to have new student memberships recently to PHWA Inc, which I have no doubt will be a favourable resource for us in the future. The membership levels have changed in 2011-2012 and all members at the recent general meeting were informed that over the next few months all memberships qualifications will be

reviewed to ensure that our membership levels are congruent with the HCA's future requirements to the best of our abilities. We have now a constant communication with Health Funds in various stages - one in particular receives regularly membership information enabling their patrons to assess their benefits if they consult one of our Clinical Level 2 or 3 member. I would like to wish all members and their families a safe, healthy and happy festive season and may 2012 be prosperous for you and your loved ones.

Kind regards
Verona Gibson

A Note about Rick Collingwood

As you would all be aware our first Life Member, Rick Collingwood suffered a Stroke in the latter half of 2011. Rick is doing well, recovering at a very good rate and back 'on the boards' already. PHWA extends it's very best wishes to Rick and we look forward to seeing you back at the meetings in 2012 and attending some PD activities that will no-doubt be arranged.

Chinese Medicine Becomes Regulated

Nov 17, 2011 by Craig Gibson

(Article supplied courtesy of David Whyte)

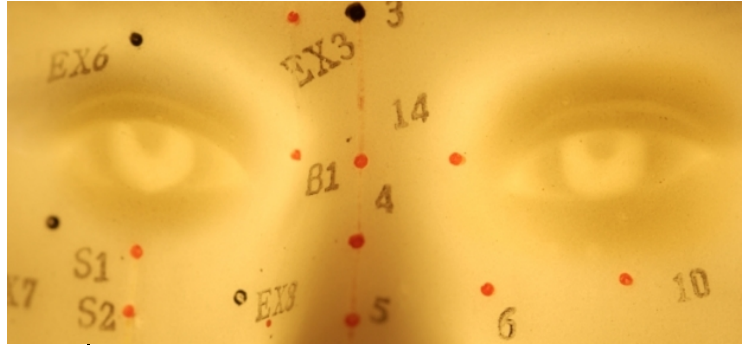
Thankfully all professions, including natural health practitioners, are increasingly regulated which helps to ensure they have undergone the requisite training, are insured and have registered with the appropriate regulatory body. [Chinese medicine](#) (acupuncture and Chinese herbal medicine), which is practised and utilised widely throughout Australia, has recently been added to the existing health professions that are regulated in all states/territories of Australia. Until recently each State and territory had implemented its own regulatory framework, which has resulted in a fragmented and inconsistent status quo – particularly for consumers. ntpages spoke to Debra Gillick, Registrar with the Chinese Medicine Registration Board of Victoria, for more background on the new legislation and its implications.

Firstly, tell us a little about the Chinese Medicine Registration (CMR) Board of Victoria.

“The CMR Board was the first statutory authority to regulate Chinese medicine in Australia. The Chinese Medicine Registration Act 2000 became fully operational in Victoria on 1 January 2002 and was later replaced by the Health Professions Registration Act 2005 which will soon be replaced by national legislation. What this means is that since 1 January 2002 it has been a legal requirement for all acupuncturists and practitioners of Chinese herbal medicine in Victoria to be registered – which is the equivalent to having a license to practise. From 1 July 2012 this will become a legal requirement throughout Australia.”

What is your role?

“The CMR Board's function is to apply the law in protecting the public through regulation of the practice of Chinese medicine including acupuncture and the prescribing and dispensing of Chinese herbs. This is achieved via the process of registration of practitioners and investigation into the professional competence and fitness to practise of registered practitioners. This requires the CMR Board to ensure practitioners are suitably qualified and to investigate complaints (notifications) about them.”



What is the background behind the current move to regulate health professions?

“In Australia, for any health profession to become regulated by law (often referred to as statute) the parliaments of all states must agree it is necessary in order to protect the public. In effect, it is deemed that the particular health practice should not be offered unless the practitioner has been properly assessed to be adequately qualified, currently competent and is a fit and proper person to practise in that profession.”

Do associations not provide some measure of protection for consumers?

“Not in the same way. Associations are effectively groups of practitioners who form an alliance to primarily represent their own interests. This is highly valued and performs an important role, especially when there is no statutory regulation - but they are voluntary with no legislative power.”

Which professions will be regulated – and from what date?

“Currently the following ten health professions are regulated in all States/territories of Australia:

- Chiropractic
- Dental care practice
- Medical practice
- Nursing and midwifery
- Optometry
- Osteopathy
- Pharmacy
- Physiotherapy
- Podiatry

- Psychology

The following four health professions, which are currently regulated in some but not all jurisdictions, will become regulated in all States/territories of Australia from 1 July 2012:

- Aboriginal and Torres Strait Islander health practice
- Medical Radiation practice
- Occupational Therapy
- Chinese medicine (acupuncture and Chinese herbal medicine)

What is the primary objective of this regulation?

“As with all the other regulated professions, the primary purpose of statutory regulation is protection of public health, safety and welfare.”

How are standards developed for registration and accreditation?

“The Victoria Board has (and the new Australia Board will when it is established later this year) always developed draft codes and guidelines and circulated them to stakeholders and published them on its website for consultation. Under the national system, the following five mandatory standards must be developed and approved by the Australian Health Workforce Ministerial Council:

1. Professional indemnity insurance
2. Criminal history
3. Continuing professional development
4. English language skills: and
5. Recency of practice

The National Law requires the national Boards to

undertake wide-ranging consultation on proposed registration standards and codes and guidelines.”

What checks will a practitioner be subjected to?

“Every registration applicant must have a criminal history check. Some applicants may be subject to checking of qualifications and competence.”

How do I make sure a practitioner is registered?

“The national public register is available on the Australian Health Practitioner Regulation Agency (AHRPA) website 24 hours a day.”

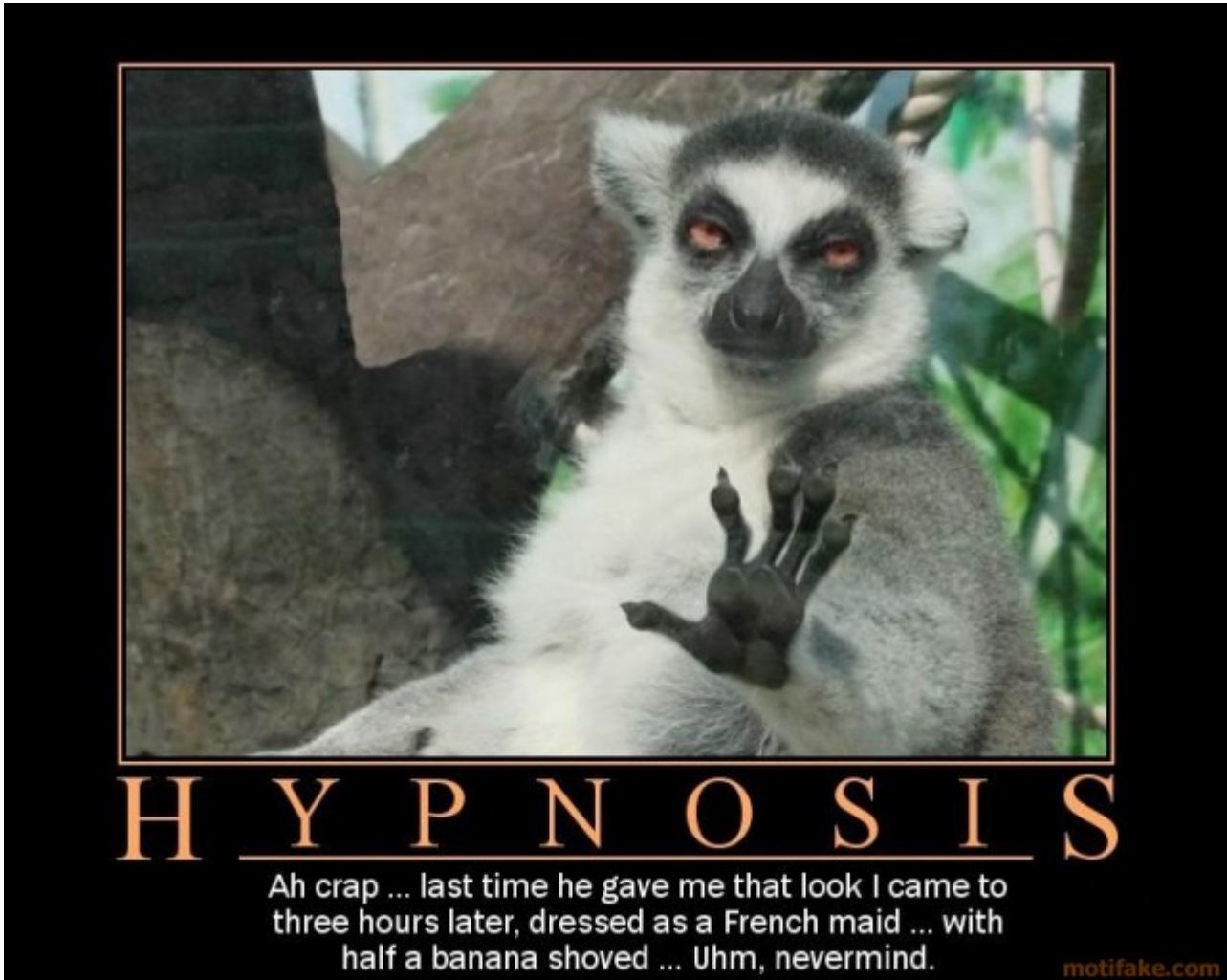
Will practitioners be required to have professional indemnity insurance?

“Yes, and in Victoria they are already required to have this.”

What would qualify as unethical or incompetent behaviour by a registered practitioner?

“This is a big question. The Board issues practice guidelines for registered practitioners which are available on our website. The Board must deal with Chinese medicine practitioners whose professional conduct or fitness to practise is in question. Anyone can make a notification to the Board about a Chinese medicine practitioner who is, or was, registered with the Board. The Board will then investigate and find out if anything is wrong. If people have concerns or queries about Victorian registered practitioners they also can contact the Board. In other States it is appropriate to go through the relevant professional associations such as the Australian Acupuncture and Chinese Medicine Association, Federation of Chinese Medicine and Acupuncture Societies of Australia, Australian Natural Therapists Association or the Australian Traditional-Medicine Society.





Live Longer

<http://android-apps.com/applications/health-fitness-applications/live-longer/>

We all know that diet, exercise and genetics play a role in how long you live and how healthy you are in later life. But numerous studies have shown that attitude is a key factor in longevity.

One study showed that older peoples' own opinion of their state of health was more important in predicting longevity than their actual health.

Research conducted at Hull University in the UK demonstrated that cancer patients who received hypnotherapy appeared to live significantly longer than those who didn't have the hypnosis. (1)

And there are many other pieces of research showing the impact of optimism on health.

This 'Set your mind to live longer' session will help you develop a positive, energetic attitude to life as you age, making sure that your mind has the right blueprint for an active healthy later life.



You will gain positive role models for long healthy life and sit down with an old sage who will give you a hypnotic life boost.

Nothing can guarantee you will live to be 100, but you can give yourself the best chance.

Library Report

As announced at the last PHWA meeting, the library has purchased many new items. We now have over 80 books for loan. The new titles will be available at the next meeting in February. However if members would like to take advantage of the holiday season to catch up on some professional reading, feel free to phone me to arrange a library loan.

Remember that developing your skills or knowledge through reading/ viewing an item from the PHWA library attracts 0.5 PD points per item.

New Titles:

Shhh, Hypnotic Work in Progress Randy J.Hartman. Presents 12 case histories in hypnotherapy, including scripts for a variety of issues including self confidence, surviving abuse, sports performance, childbirth, anorgasmia and depression.

My Voice Will Go With You Sidney Rosen. A collection of Erickson's teaching tales. An easy to read and helpful book with some very useful metaphors.

Strictly For Therapists John Smale. Practical advice about structuring a session and assisting clients.

The Journey Brandon Bays. Not strictly a hypnotherapy book but an inspiring read about how our thinking can heal physical ailments and how we can get in touch with our emotions and our higher self.

Thorson's Principles of Hypnotherapy Vera Peiffer. A down to earth reference which would be good for beginning hypnotherapists.

A Universe of Consciousness Gerald Edelman and Giulio Tononi. Haven't read this one yet, but the subtitle "How Matter Becomes Imagination" sounds interesting.

Wordweaving Vol 1 Trevor Silvester. This book outlines how to create hypnotic language using the client's own imagination.

The Question Is the Answer Trevor Silvester. This book follows on from the previous one and offers a structure for tailoring suggestions.

Evolve Your Brain Joe Dispenza. Basically, how your thoughts can heal from a scientific perspective. There's obviously a lot more to this book than that simplistic sentence. Not always an easy read but inspirational.

Hypnotherapy For the Therapist Bradley Kuhns. A basic guide to the principles of hypnosis and suggestions for some common issues.

Hypnotherapy Dave Elman. A very easy to read book, full of anecdotes and valuable advice. Brings you back to the basics of hypnosis.

The Hero's Journey Stephen Gilligan and Robert Dilts. A transcript of a workshop about how to live a meaningful life. Gilligan is a hypnotherapist and Dilts an NLP practitioner. Haven't read this one yet.

As well as these titles please note that PHWA purchased the book and CD from Todd Hutchison who presented a training session several months ago. Book: Millionaire Mentors , CD: Effective Goal Setting for Personal and Business Success

Happy reading!

Hilary

PHWA - POLICY (DRAFT)

POLICY - NON-MEMBER COMPLAINT RECEIPT

Background

PHWA maintains an approved and promulgated Code of Ethical Conduct for members. All members agree to abide by the Code. Integral within the Code of Ethical Conduct expectations and within PHWA Constitution is the provision for and rules governing the establishment of a Disciplinary Committee to investigate complaints received from members of the public, other hypnotherapists or current/ex-clients of existing PHWA members. The Disciplinary Committee is empowered to take disciplinary action against members if they are found to have conducted themselves in a manner inconsistent with the Code of Ethical Conduct.

PHWA has no authority or mandate to interact with complaints made in respect of hypnotherapists that are not members of PHWA. However, from time to time, the PHWA does receive complaints in regards to hypnotherapists that are not members.

Purpose

The Purpose of this Policy Statement is to provide PHWA's position regarding these complaints and actions that may/will be taken when these types of complaints are received.

The Impact of Complaints

Simply by virtue of the fact that a member of the general public or the hypnotherapy profession considers a matter is significant enough to register a complaint regarding a hypnotherapist elevates this matter to the level of being a concern for the Profession. In the case of a complaint being received regarding a PHWA member, the Association can engage, investigate and protect both the member and the complainant's interests. This is not the case with non-PHWA members.

Complaints Received Process

Irrespective of the nature or type of complaint received, or whether that complaint relates to a PHWA member or not, the individual receiving the complaint should refer the matter to an existing Committee Member in the first instance. It is not necessary or expected that the individual receiving the complaint will conduct any investigation or research to assess the validity of the complaint.

Upon receipt of a complaint, the Committee member should:

- Refer the matter to the Membership Secretary in the first instance. The Membership Secretary will determine the status of the hypnotherapist (member/non-member).
- Once status is determined, the Membership Secretary will pass the relevant details onto the Chairperson/President.
- The Chairperson/President will, at his/her discretion:
 - Provide a summary of the nature of the complaint/issue to the Committee,

- Contact the complainant to offer advice, support or assistance (see below),
 - Advise the Hypnotherapy Council of Australia of the details,
 - Liaise with other Association Presidents,
 - In conjunction with the Committee, decide if the complaint warrants further action,
 - Provide feedback to the individual lodging the complaint.
4. Once PHWA action is completed, the Secretary will maintain details regarding the issue for statistical purposes.

Action to Support Complainants

- Depending on the nature, type and potential impact of the complaint on the individual, PHWA can:
- Advise the complainant that, as the hypnotherapist is a non-member, no action or intervention can be taken;
 - Recommend that the complainant lodge a complaint with WA Police/relevant police service, Department of Health (Health and Disability Services Complaints Office) or Department of Commerce (Consumer Protection) as appropriate;
 - Offer to facilitate consultation with an appropriately qualified PHWA Member.

Investigation of Complaint Regarding Non-Member/Legal Aspects

Beside conducting research into the membership status of the hypnotherapist concerned, no investigation into the issue, the conduct, the treatment or the qualifications of the hypnotherapist concerned is to be undertaken. If, during discussion/correspondence with the complainant, the person makes statements relating to these aspects, those statements should be noted but not commented upon or investigated further. To do so would place PHWA into the role of Inquisitor and may allude to or imply further legal obligations.

Similarly, the identity of the hypnotherapist is to be protected and not to be communicated outside of the Committee forum or to the Hypnotherapy Council of Australia/other Hypnotherapy Association Presidents. Communication of the identity of the hypnotherapist concerned is at the sole discretion of the Chairperson/President.

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## PHWA Website – Practitioner Listing

A number of requests to append practitioner photos to the advertisements in the “Find a Hypnotherapist” section of the website. We are more than happy to amend listings as details change and to add photographs submitted.

Just a few points to be aware of please:

1. Maximum photo size is 800Kb
2. Photos should be in JPEG format
3. Photos will be added as submitted (no editing of photos will be done)

Photos can be sent to either the Membership Secretary or President.

(From Verona Gibson.....)

# You'll never see these ads again

**FREE for CHUBBIES**

Fall and Winter Fashion Book full of charming Chubby-size Clothes

Girls' sizes 8½, 10½, 12½, 14½  
Teen sizes 10½, 12½, 14½, 16½

It pictures the newest dresses, coats, suits, sweaters, underthings, skirts, blouses for girls and teens too chubby to fit into regular sizes (and everything is priced the same as "regular sizes").

**Lane Bryant**



Every voyage a Gay Cruise...

**AMERICAN EXPORT LINES**



Keep up with the house while you keep down your weight.

**TOTAL** watches your vitamins while you watch your weight.



Isn't it time you gave yourself a Christmas Gift?

**COLT**



The Chef does everything but cook - that's what wives are for!

I'm giving my wife a **Kenwood** Chef



Christmas morning she'll be happier with a Hoover

**Hoover**



**COCAINE TOOTHACHE DROPS**

Instantaneous Cure!  
PRICE 15 CENTS.

Prepared by the **LLOYD MANUFACTURING CO.**

219 HUDSON AVE., ALBANY, N. Y.

For sale by all Druggists.

(Registered March 1885.) See other side.



**EAT! EAT! EAT!**  
& ALWAYS STAY THIN!

NO DIET! NO TABS! NO EXERCISE!

**FAT**  
the ENEMY that is shortening your life  
**BANISHED!**

HOW? with SANITIZED **TAPE WORMS**

Easy To Swallow!

No Ill Effects!





## Abreaction

### Abreaction Management

Gerald F. Kein

Understanding Abreaction management training is an absolute must for the practicing hypnotist of today.

An abreaction is not just a remembering a traumatic event. The client is actually re-living a frightening event of their past. They see it, smell it, taste it, hear it and feel it. It is happening all over again for the first time to those individuals. This can be a very dramatic thing that can happen when you least expect it. They can respond with a little tear coming down the eye or violent screams. You could go your whole career and never have this happen, or it could happen five times in one week. The professional hypnotist must understand and be able to use or defuse the abreaction when it happens.



There are basically three types of abreaction's we must be ready for.

1. Directed
2. Non-directed
3. Spontaneous
4. Recreational

**The Directed Abreaction.** When a hypnotist uses a regression technique that takes the individual back to a known emotional situation or event that of their past they usually regress back to a situation which causes them to abreact. Since the hypnotist is looking for this event, it should be of no surprise to him. A therapeutical abreaction has two purposes and two purposes only. First, to discover what happened. Second, to discover who, if any, the players are. Once this information is discovered, the abreaction should be terminated and the transformational therapy started.

**Non-Directed Abreaction.** Using this method, the hypnotist directs the individual to go back in time as far as they need to go to the first situation or event that caused the problem they are in your office for. Actually, this is somewhat of a directed regression as we are sending them to a specific place but, since we don't know where they are going, we call it non-directional.

**The Spontaneous Regression.** When you hypnotize people, some people will, and you can't tell by looking at them or talking to them because they look in total balance and harmony will spontaneously snap themselves into a abreaction and start sobbing or yelling and flailing. They may be suffering from some deep emotional situation that that knowledge of it is not available to them at the conscious level. Sometimes when one suffers a very traumatic event, the conscious mind is not allowed to recall that situation because it feels that if the conscious mind has awareness of it that they may not be able to handle the memory so it blocks that event from the memory. It could be a rape or a terrible beating or something like this. Sometimes, when you start the hypnotic induction, the relaxation can be enough to release the repression and have that memory come up to the individual.

**The Recreational Abreaction.** Many individuals are very interested in being regressed back to a time in their past. Some people have a belief in the concept of having a previous life and want to explore these beliefs. The hypnotist must remember that whenever he uses a regression technique there is always the possibility the client may regress to highly emotional situation that causes them to suffer a strong abreaction. So what do you do when this happens ?

First of all if they are not coming to you to solve this problem that the abreaction exposes, to stay away from doing any therapy for it. That's not what they are paying you for. For example, if the client is coming to you to

stop smoking and regresses back to a rape or violent combat situation, just stop the abreaction. If you work with it, I promise you, the client, upon emerging, may be very upset with you.. You don't deal with it then. You only work on what the client is paying you for. It is so easy to stop an abreaction. There are certain guidelines that you have to be aware of;

1. Never let that person know that you are frightened. Always deep calmness in your voice. It doesn't mean that you don't raise your voice, possibly to get over the noise so they can hear you, but you are not radiating any fear... You're the one in control.
2. Never touch the individual. When you touch the individual, you are anchoring them to the situation more often than not. That means that after you get past it, six months later, they could be at the local pub having a good time, then someone comes by and taps them on the shoulder and triggers them right back to the abreaction, and they don't know what's going on. Keep your hands off of them. Then say these nine words:
3. Say these nine words. They will stop the abreaction every time. "The scene fades and you tend to your breathing." I'm sure there are other words that are just as effective but until you learn them, these work.

Some other people have what we call repressed emotions. Maybe their life is terrible. Maybe they married the wrong person, or their job is pitiful. Sometimes, they just are repressing these negative emotions and cover it up with a big smile. Watch out for those people that smile all the time and are always up because they usually always have the other end, of being very down. When you start the induction, as the relaxation comes in, many times it's like taking the lid off of a pressure cooker. All of a sudden these people will start to cry. Not a violent reliving of an event of the past, they're just going to cry. The best thing that you can do for that person is to just let them cry and comfort them a little bit and say... it's fine. Go ahead and let this out. You're going to feel a lot better once this comes out. (then let them just cry.)

If you did nothing else for that person, let them do that, have them open their eyes and send them home, they would feel like a million dollars for a long time until that pressure built up again inside of them. Not to be misunderstood with an abreaction. An abreaction is more powerful, more strong. Than just soft or moderate crying.

The use of regression to abreaction is one of the most important and useful tools in the hypnotists toolbox. By learning how to safely instigate and handle this tool will enable you to be able to correct those deep and powerful problems that direct suggestion hypnotists are totally unsuccessful with. Unfortunately, regression and abreaction management techniques are not taught in the majority of hypnosis schools today. The reason is the instructor generally suffers a lack of training and understanding in the various procedures. Or, he has a fear that the student will not be able to handle the abreaction when it appears. This is a sad and erroneous concept. A hypnotist who has excellent training in the techniques is easily able to handle any abreaction that happens. It is our job to use any tool at our disposal in order to eliminate the problem the client is paying us for. In addition, on occasion, a doctor may ask you to perform a regression, if you do not have the skills necessary, future referrals from him will probably stop. The doctor expects us to be proficient in all necessary hypnotic skills. To attempt to use simple direct suggestion with the deep serious problems that people want relief from just causes another individual to say, "I tried hypnosis but it didn't work for me."

Remember!!! All regression/abreaction therapy can be classified a practicing medicine or psychology without a license. Prior to doing this work with anyone, obtain a doctor referral. Make sure that it says that you are working under the direct supervision or prescription of that doctor. Use the referral form your instructor gave you In your training class as it probably has the necessary correct verbiage. **GET THE REFERRAL IN WRITING!**

If abreaction therapy is not part of your practice, go back to school and become proficient in it's use. One can never have the outcome with our clients we desire without this skill. Don't be afraid. With the proper training, you will always be in control of whatever happens in your sessions. You will be able to professionally anything that presents itself to you.

## Training Notices:



### The Next Hypnosis Training Dates with The Australian Academy of Hypnosis™

#### 9 Day Cert Courses:

March 9, 10 & 11<sup>th</sup> – 16, 17 & 18<sup>th</sup> + June 29, 30<sup>th</sup> & July 1<sup>st</sup>, 2012  
 June 22, 23 & 24<sup>th</sup> – 29, 30<sup>th</sup> & July 1<sup>st</sup> + October 26, 27 & 28<sup>th</sup>, 2012  
 October 19, 20 21<sup>st</sup> – 26, 27 & 28<sup>th</sup>, 2012 + March 15, 16 & 17<sup>th</sup>, 2013  
 March 8, 9 & 10<sup>th</sup> – 15, 16 & 17<sup>th</sup> + June 28, 29 & 30<sup>th</sup>, 2013

#### One day specialty courses:

Anxiety February 25<sup>th</sup>, 2012  
 Depression February 26<sup>th</sup>, 2012

#### AMD – Advanced Mind Dynamics (Mind & Body)

May 25, 26 & 27<sup>th</sup>, 2012  
 May 17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup>, 2013

#### 4 Day Power Course

August 11, 12 + 18 & 19<sup>th</sup>, 2012

#### 12 Monthly Ongoing Trainings in 2012

January 21<sup>st</sup> 2012  
 February 18<sup>th</sup>, 2012

March 31<sup>st</sup> 2012  
 April 28<sup>th</sup>, 2012  
 May 19<sup>th</sup> 2012  
 June 16<sup>th</sup> 2012  
 July 28<sup>th</sup> 2012  
 August 25<sup>th</sup>, 2012  
 September 22<sup>nd</sup>, 2012  
 October 13<sup>th</sup>, 2012  
 November 24<sup>th</sup>, 2012  
 December 15<sup>th</sup>, 2012

#### 12 Ongoing Trainings for 2013

Jan. 19<sup>th</sup>, 2013  
 Feb. 23<sup>rd</sup>, 2013  
 Mar. 23<sup>rd</sup>, 2013  
 Apr. 13<sup>th</sup>, 2013  
 May 25<sup>th</sup>, 2013  
 June 15<sup>th</sup>, 2013



## HOUSEKEEPING

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