

WAHA News

Volume 1, Issue 2

October 2006

For those WAHA members who are interested in **AHA clinical level membership:**

An AHA exam preparation session to be held on Saturday 7 October. 1 – 2 hours duration and starts at 2 pm. Cost is \$20 and held at Mind Over Matter Clinic, South Terrace Medical Centre, 6/77 South Terrace, COMO/ SOUTH PERTH WA 6152.

The AHA exam will be held on Saturday 14 October. Cost is \$100. Exam is up to 3 hours and starts at 2pm at the same venue.

Inside this issue:

Regression - real or concocted? By Beverley Arnold 2

WAHA Buddies - the list is growing! Thank you to new volunteers 3

Christmas do - any ideas? 3

Bits n bobs 3

Meeting & Training Dates 3

Profile - Patricia Barker 4

October's Joke 4

We are up and running.....

I'd like to start this issue by saying a **huge** thank you to all of those **members** who offered such **positive feedback** on the first WAHA newsletter. Never underestimate how valuable your comments are, no matter how short! So very much appreciated. **Generosity of spirit** is one of the most precious gifts.

Beverley Arnold has contributed an interesting article on regression and as the second only person to volunteer a contribution, I personally feel worth a mention! Thank you Beverley.

Embarrassingly, we have to print our first **retraction!!** I welcomed Colleen Crawford as a new member and she isn't!



Whoops. Many **apologies** to Colleen.

This month's profile is **Patricia Barker**. As one of the founding members and long standing president of WAHA, we thought it fitting to invite Patricia's profile.

This aids in developing a history of WAHA as well as "getting to know you" through the profile section.

Frequency of issue: We are hoping to maintain the pace of producing a news-

letter each month and aim to have it in circulation at the end of the first week of every month. This is so that members are not bombarded with reading material - ie, the newsletter is well spaced with the minutes of monthly meetings.

It is also intended that the newsletter be produced during December as this will be the only form of communication (no December meeting).

Of course, all of this depends on our members continuing to contribute articles of interest, rants & raves, questions.... well anything you like really!

Remember, we are all worth hearing. **Be heard!**

We can learn a lot from geese....

- When a goose gets sick or wounded or is shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. They then launch out on their own, with another formation or catch up with the original flock.
- When the lead goose gets tired, it rotates back into formation and another goose flies at the point position.
- The geese in formation honk from behind to encourage those up front to keep up their speed.
- As geese flap their wings, they create an uplift for the bird following. By flying in a V formation, the whole flock adds 71% greater flying range than if any bird were to fly alone.

Regression - real or concocted?

By Beverley Arnold

For me, by far the most effective method of treating any symptom with which clients present has been the use of regression. Regression techniques enable me to uncover the root cause of the client's problem quickly and then to use a technique to resolve issues.

At the base of all neurotic problems is amnesia to one extent or another. I use regression to treat anxiety, phobias, depression, self-mutilation, drug/alcohol abuse, low self-esteem and many psycho-somatic disorders. These, and many other issues often have their genesis in significant emotional events of early childhood. These are called imprints and are often the reason for the inability of the client to move forward or to live life fully. Some common imprints that produce powerful negative emotions include: death of a loved one; humiliation; sexual, child and verbal abuse; disease; physical trauma and loss of a significant other through divorce etc.

These events are traumatic; and imprints usually consist of three main components: a physically or emotionally traumatic event; a threat (either perceived or real) to body or psyche; and a loss of conscious awareness or dissociation from the event. These elements can make the recovery of the memory very difficult.

There are a number of different methods of regression.

Having induced somnambulism, and given the instruction that the client's throat muscles work perfectly well, I generally use the presenting symptom as a pathway to the initialising event. However, with some clients a less directive approach may be more productive.

At this point it is very important to be aware of the manner in which intervention is taking place so that phantom memories are not implanted into the subject's mind.

The recovery of a significant memory often produces insight that leads to profound changes for the client. I then offer the client the opportunity to give the younger self resources to deal with the uncovered situation and also ask them to give the other party (if there is one) the resources they need to change their behaviour.

This is a very simple outline of the process and there are many excellent books dealing with this process. Without regression techniques, we are often simply applying a bandaid to a situation that can be dealt with once and for all. The pleasure of seeing the relief on a client's face after they have completed this process is very rewarding. However, this does not necessarily happen in one session and a very high level of rapport with the hypnotherapist is needed to enable the client to trust the process.

Ever since I began to practise hypnosis, I have been confronted with some "strange" events. Clients who are very trusting of me, and who relax into deep trance quickly, release a great deal of emotion just by being in the trance state. I have had clients who started out to deal with a phobia, or other symptom, and ended with a journey into several past lives. So be prepared

if you are interested in doing this type of work. You may find yourself, as I have done, dealing with strong abreactions in another time and place.

The most common question asked by clients afterward has been "was that real?" As I like to be able to fully understand what my clients are being asked to do, I decided recently that I needed to undergo a present-life and past-life regression. I made an appointment with a colleague and was regressed to childhood. I know now what the ethereal feeling that my clients experience is like. Even more elusive was the experience of a past life where I found myself in Holland in the 1700's. Throughout the regression, I kept asking myself if I was fabricating the experience. This gave me an awareness of how the conscious mind can intervene in trance states.

I'm still not sure how "real" it was. Both experiences, however, were extremely useful in clarifying issues for me. So I guess it doesn't really matter whether we have lived past lives or if we are really re-living old experiences in present-life regressions, the point is that our subconscious is providing a framework for our conscious mind to deal with some issue that previously has not been dealt with. It is by far the most shortcut method of uncovering deep-seated problems and offering a healing process. It certainly opens the door to our amazing beings!

Beverley has provided an example of a diagnostic trance regression - it is available on request.

Taking total responsibility for your life is the only way to change. Blaming others, whingeing and complaining are signs of a victim mentality. And the squealings of a victim never change anything.

Don't worry about the past. It already has happened and cannot be changed. All you have to deal with is who and what you are right now.

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

Jan Duncan
innersense2004@yahoo.com.au
9573 2088

Mailin Colman
marniel@iprimus.com.au
9453 3608

Kathryn Sturtridge
lotushypnosis@optusnet.com.au
9388 6920

Linda Milburn
milburns@4u.com.au
9314 7879

Peter Smith
9201 9290

Sandi Saber
sandi@arach.net.au
9275 4405

Patricia Barker
patb99@iprimus.com.au
9582 8268

William Kennett
willthewizard@bigpond.com
9378 2595

Tony Ahearne
tahearne@simplex.net.au
02 6931 7268

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....

Christmas do

We are already zooming ahead to the final meeting of the year. Unbelievable!! November 19th is our final meeting for 2006 and therefore must be celebrated. In the past, we have put on lunch at our meeting venue.



Any ideas on something different to do?

Share them!

Life should not be a journey to the grave with the intention of arriving safely in an attractive and a well preserved body, but rather skid in, champagne in one hand, strawberries in the other, body thoroughly used up, totally worn out and screaming...

*Woooo hoooooo,
what a ride!*

*If you take a chance,
sometimes good things happen,
sometimes bad things happen.*

*If you don't take a chance,
NOTHING happens.*

Meeting & Training Dates

WAHA Meetings:

15th October

19th November

2007 meetings will be announced in December.

Mind Motivations

Certificate Course

14, 15, 20, 21, 22 Oct

Advanced Course

9, 10, 16, 17 December

Mind over Matter

Unlock and Activate Your

Life: 2 day Personal development course – will assist all participants to remove any blockages to furthering their life - personal and work relationships, abundance/finances, career, health and fitness. Sat, Sun 11 & 12 November - \$295

Certificate of Clinical Hypnotherapy: 2½ day Training course – basic certification for practitioners. Also useful for those who have a general interest in hypnosis and hypnotherapy. Optional - Following a short theory assessment provides membership requirements for the American Board of Hypnotherapy. Fri, Sat, Sun 1, 2, 3 December - \$395.

For both courses, the first 10 registrations receive a guest pass for the full course. Further information available at www.adaustralia.com.au or linda@mindovermatter.com.au

Profile..... By Patricia Barker



I had been born in the U.K. with Clairvoyant skills which had a long family background, despite being a family of strong Catholics! Past Life Regression

had always been my forte and it was when I met Rick Collingwood after introducing him to the Mallard family where their son was in prison for a murder he did not commit. Rick told me that I was using hypnosis to achieve regressions and invited me to join his academy which was then the Queensland Hypnosis Academy.

Our venues were rather erratic at that time and we went from Mary Rodwell's home, to The Raffles Hotel (now demolished), and where I did the first teaching when demonstrating P.L.R. (Jacqui Zoller was the first victim), to the old mental

health hospital which had wonderful grounds but dreadful energies, before settling at Rick's offices in St. George's Terrace for a while.

Rick was President for the first two meetings where our first job was to establish a name for the association. As you can imagine there were quite a few innovative suggestions before establishing W.A.H.A. Rick had to resign because of pressure of work and I was unanimously voted President at the third meeting. We then had to establish a Constitution where Steve Gould suggested Common Law because of the irregularities with the W.A. State laws. After a great deal of work between Steve, Linda and myself (I used to teach Commercial Law at T.A.F.E. in

Sydney) the present Constitution was established and has served us well to this date. Unfortunately upon De-regulation we may have to defer to State Law.

Although I resigned as President in 2006 after steering us through De-regulation and Accreditation, I am still actively involved in the association and would like to see a Federation of all Hypnotherapy associations throughout Australia without any of them losing their identities. In this way I feel that we could become a powerful lobby which may eventually lead to Medicare facilities in the distant future.

We have a wonderful association which has a great future and I look forward to its success.

October's Joke A priest was being honored at his retirement dinner after 25 years in the parish. A leading local politician and member of the congregation was chosen to make the presentation and give a little speech at the dinner. He was delayed, so the priest decided to say his own few words while they waited.

"I got my first impression of the parish from the first confession I heard here. I thought I had been assigned to a terrible place. The very first person who entered my confessional told me he had stolen a television set and, when questioned by the police, was able to lie his way out of it. He had stolen money from his parents, embezzled from his employer, had an affair with his boss's wife, taken illegal drugs, and gave VD to his sister. I was appalled. But as the days went on I knew that my people were not all like that and I had, indeed, come to a fine parish full of good and loving people.".....

Just as the priest finished his talk, the politician arrived full of apologies at being late. He immediately began to make the presentation and gave his talk. "I'll never forget the first day our parish priest arrived," said the politician. "In fact, I had the honor of being the first person to go to him for confession."

Moral: **NEVER, NEVER, NEVER BE LATE**

The website is almost here.....

The editor & Committee take no responsibility for articles contributed to this newsletter. These remain the responsibility of the contributor.

Contributions & comments to: Editor:

Mailin Colman
marniel@iprimus.com.au
0417 184 355

