

Professional Hypnotists of WA Inc

Volume 2, Issue 3

July 2007

The opinions expressed in this newsletter are of each author.

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

PHWA takes no responsibility for Training Opportunities provided - we are merely providing you with information.

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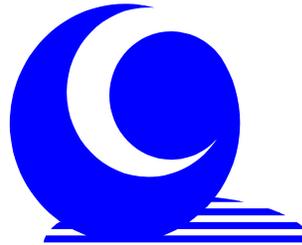
Welcome to the July edition....

Welcome to July's edition of the newsletter and the beginning of further exciting changes to PHWA's future and development.

As most of you are now aware, The Annual General Meeting was held on the 17th of June and the **Professional Development proposal was passed with an overwhelming majority.**

This, as you are aware, means new levels of membership and an obligation to maintain ongoing training and development. We are now in line with other professional associations and edging ever closer to national development and recognition.

The new membership renewal forms were sent to all members on the 22nd of June. Please let me know if you have not



received this.

Due date for membership renewal: 1st July

Article: Many thanks to Caroline Cumming for providing an excellent article on Hypnosis and pregnancy for this issue of the newsletter. Caroline will also be presenting the training at the next meeting (15th July).



Training: Once again, the AHA (WA) have extended an invitation to

PHWA members to attend their training day on the 28th of July. Further details of this are on page 2.



Health Fund Rebates: Although I am aware that many members have expressed concern at the volume of AHA information presented by PHWA, I ask that those members be tolerant and understanding of the importance of passing various pieces of information on - particularly as it relates to the development of ALL who are involved in the industry. It is *important that we join with fellow associations in lobbying* for such issues as health fund rebates. It is now time for Hypnosis Associations to work together for the good of all. [See page 6.](#)

Chairperson's Report - Sandi Saber

Dear Members,

I would like to welcome all the new members to PHWA Inc and hope you will enjoy being part of our "family". I would also like to welcome our new committee: John Steer, Martyne Keeley, Verona Gibson, Geoff Milburn, Sonia Czernik and re welcome both James Vote and Malin Colman - without them, there would be no PHWA Inc.

The acceptance of the Professional Development Proposal is a welcome and positive change for PHWA, taking us to a higher level of professionalism and credibility. We have the most incredible potential from here and I find it very exciting to consider the future whereby we can become one of THE recognised Associations and something we can all be very proud of.

I personally, together with the members, look forward to taking PHWA into the future of growth, development and credibility. I thank you for your confidence in re-electing me Chairperson of PHWA.

Sandi

Training offered by AHA (WA)

AHA have again extended an invitation to PHWA members to attend this one day workshop. This is a great opportunity to participate in a varied day of workshops offered by eastern states guests and to network with other practitioners.

Venue: Wollaston Conference Centre, Banksia Room, Wollaston Road, MT. Claremont 6010
Cost: \$ 100:00 Members (includes lunch)
\$ 120:00 Non Members (includes lunch)
Time: 9:00 am to 5:00 pm
Date: Saturday 28th July 2007 (Please register by July 24th)

This workshop goes towards meeting the annual requirements for your mandatory ongoing education hours.
Please notify us that you are coming ...for catering purposes.

Please direct all workshop enquiries to Kathryn Sturtridge on email: lotushypnosis@optusnet.com.au

8:30 am to 9:00 am Registration

EFT AND ENERGY PSYCHOLOGY.

9:00 am – 10:30 am Peter Graham; Experienced Counsellor, Relationship Coach, EFT Master Practitioner and Trainer
Peter has 30 years experience in counselling and now is one of only two Australian Master EFT Practitioners. He will share his knowledge within the field of energy psychology, explaining EFT techniques live demonstrations. Peter runs a full time practice along with EFT training workshops.

THE USE OF GESTALT AND SOLUTION FOCUSED THERAPY IN HYPNOSIS

11:00 pm – 12:30 pm Carolyn Midwood; Counsellor, Hypnotherapist., Trainer
Approaches such as Gestalt and Solution Focused are very relevant and useful therapies to combine within the hypnotic process. These techniques offer hypnotherapists' additional skills and tools to effect change with many issues. Carolyn uses these techniques within her successful Victoria Park and Sorrento clinics. Carolyn has also conducted training seminars for the Aust. Institute of Professional Counsellors.

ASSESSING SYMPTOMS AND HISTORY TAKING FOR SEXUAL ISSUES.

1:30 pm – 3:00 pm Raelene Stokes: Bach. Soc. Sc., Adv Dip. App. Soc. Sci. in Counselling.
Raelene has worked with Impotence Australia nationally and in WA. In private practice, Raelene specialises in Sexology around men's sexual health issues such as sexual problems, sexual abuse, sexual identity, as well as general relationship and divorce issues, self esteem and motivation and mediation. Raelene runs health and education groups for men and women and Sexuality training workshops for the health professionals.

TOPIC TO BE CONFIRMED

3:30 pm – 5:00 pm - Leon Cowen; Master Hypnotherapist & Trainer; CMAHA; MASSERT.

Leon is the Principal of the very successful Academy of Applied Hypnosis in Sydney.

A.H.A. (WA Branch) WORKSHOP REGISTRATION FORM

Saturday 28th July 2007

AHA Members \$100.00 or Non-members \$120.00

NAME:

ADDRESS:

PHONE:.....Email:

Please complete and return with your remittance to:

The Treasurer: Sonia Czernik
17 Green St, MT. Hawthorn, WA 6016
Phone: (08) 9443 3417
Email: soniaczernik@gmail.com

Direct Debit:
Commonwealth Bank
A/C # 10315754
BSB 062 320
Please use your name as the reference and notify Sonia of your payment

Welcome new members.....

We take great pleasure in welcoming the following [new members](#) :

- Marie Benton
- Leon Cowen
- Tessa du Toit

In addition to extending a warm welcome to these new members, I would also like to let you all know that we have had a further **four** enquiries from prospective new members. Since these members made their enquiries late in June, I advised them to wait for both the new membership year and the outcome of the Professional Development proposal. These people have all been contacted since the AGM and I look forward to welcoming them in the next few weeks.

Dates for your Diary.....

Please note change of venue!



Meetings for 2007:

- Sunday 15th July
- Sunday 19th August
- Sunday 16th September
- Sunday 21st October
- Sunday 18th November
- Sunday 16th December

All meetings are held at 10.00am

Training for 15th July

will be conducted by
Caroline Cumming:

'Hypnosis and Pregnancy - considerations and approaches'

Please Note: The Mofflyn Training Centre has moved and we no longer have access to these premises. Nulsen Haven are still renovating so the July meeting will be held at the **Loftus Recreation Centre, Board Room** (cnr Loftus & Vincent Streets, Leederville—next to the library). Future meeting venues will be advised.

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....

PHWA Buddies.....here for you....

Jan Duncan
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9573 2088

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9201 9290

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9453 3608

Sandi Saber
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Kathryn Sturtridge
lotushypnosis@optusnet.com.au
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willthewizard@bigpond.com
9378 2595

Michael Andrews
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07 4942 0511

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

Tony Ahearne
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0419 190 542

Hypnosis for pregnancy – considerations and approaches

by Caroline Cumming

Women who come to me for hypnosis during pregnancy generally come for emotional support, to connect with their baby, to relax, to have the confidence to “go natural” and to get help for pain in birthing – I call all of that an empowered pregnancy and it’s what I love to help women experience! In my years of specializing in pregnancy, I’ve come to view this type of client in two ways. First and foremost, as a woman, who happens to be pregnant (that is to say, that pregnancy can magnify existing or raise previously latent personal issues) – and secondly, as a mother who has amazing potential to positively influence and affect the overall development of her unborn child (after all, that baby is literally bathing in the pre-programming fluids of it’s own mother’s thoughts, beliefs, feelings and emotions). Given the profound mind-body connection that exists in pregnancy, we professional hypnotists really do have a significant and valuable contribution to make to women at this time. This article will therefore highlight the main issues, considerations and some hypnotic approaches, so that we may all work more sensitively and effectively.

Physically speaking there are of course many hormonally-driven and natural changes that occur in a pregnant woman’s body and as hypnotists we are not really seeking to work too much with changing these physical things per se. Any undiagnosed pain or bleeding must be referred to a GP immediately, as well as any recurring headaches in the last few weeks of pregnancy (pre-eclampsia red flag). Other than this the usual complaints that we can help with are nausea, and hip and back pain, and here we are aiming more to help change the sensations and/or the focus of the mother’s attention away from dwelling too much on these things. Disrupted sleep is common, especially in third trimester when the baby is unavoidably pushing down on the bladder – so its very useful in trance to suggest that once back in bed, our client will fall back to sleep quickly. Fatigue due to growth spurts of the baby is also typical at various stages of the pregnancy and again I work with suggestions for better sleep and nutrition and taking more rest, as well as suggestions for better energy levels.

Emotionally speaking, probably the most common concern in pregnancy is the fear of birth and this affects not only first time mothers but also 2nd, 3rd, or even 4th time round mothers too, depending on their past experiences. It is not always a simple case of just fearing the pain either. For the first time mum of course, it is also the fear of the unknown and of worrying as to whether they are going to be “able to do it”. Whilst a degree of nervousness is natural as the woman approaches her due date, it can severely affect the quality of her pregnancy if the worrying dominates early on and this can lead to physical issues later. It’s important therefore to remind her in trance that though the conscious mind may feel rather unsure about the birth, the subconscious mind “knows about all those other first times” when she “did so much better than she ever expected to” and that the “subconscious mind knew exactly what to do then and it also knows exactly what to do when birthing starts too” – as well as metaphors, for example remembering the very first time she learnt to ride a bike and was afraid to do it in case she fell off and hurt herself but then with some encouragement she DID do it and before she even realized it, she wasn’t thinking anymore about being afraid. Taking careful note of the woman’s word choice during consult will also help us tailor your re-frames in trance – for example, “I’m scared I’ll freeze up and not breathe OK” can become a suggestion that she will be “calm and confident in the knowing that when birthing starts” her “breathing will flow easily and naturally just like a river after the thaw”.

Fear of birth may also happen because of previous traumatic births or post-natal recoveries. In the many cases I have worked on, there was typically a feeling of loss of control (either because the birth was fast and they tore badly or because they went to an emergency C-Section); a feeling of grief (in cases of emergency C-Section there is often a sense that their right to experience a natural birth was taken away from them); very painful post-natal recoveries (stitches, infection); difficult immediate postnatal experiences (depression, grief); and even stored up anger and distrust (towards the medical profession and how they handled the birth, and often also towards their partner and how their partner behaved). In these cases it is obviously vital to do plenty of clearing work and personally, I find the water clearing metaphor especially effective and support that with further suggestions for mentally detaching from all the negative memories, pictures, sounds and associations connected to that time. (Some women however are simply not ready or willing to release these emotions and so it is important to work in trance with the secondary gains that are concerned with keeping them in place). For previous births that were too fast I have found it best to build in that “regardless of the speed of this birth’ they “remain centered and feel there is enough time to get on top of the surges and be able to adequately adjust to how things go”.

Fear of birth may also occur for other reasons too – such as the mother worrying that she won’t be able to express her wants and needs adequately (use tailored assertiveness suggestions here); worrying she may be induced or have to have a C-Section (I suggest in these cases the ability to calmly and confidently take in their stride whatever turn their birthing takes, as well as a re-frame for being more focused on finally getting to see and hold their long-awaited baby regardless of

how that baby ends up coming); and finally, fearing a vaginal birth after a previous C-Section (there is a doubt in the mother's mind as to whether the body can "do it", so suggestions that re-affirm the body's super intelligence mechanisms are important here).

Aside from fearing the birth, it's also useful to understand that some women REALLY fear and dwell a lot on losing the pregnancy/baby – perhaps due to a history of miscarriages or they may have got pregnant via IVF and so are quite attached to the considerable emotional pain experienced just to get to the stage of conceiving – both of these type of clients often present with extreme anxiety and worry and simple hypnosis approaches for anti-anxiety and for stopping dwelling on negative outcomes can be sufficient to help reduce these feelings.

Fear of losing the baby and fear of birth are still not the only issues for pregnant women who come to us for help. How things are at home can often be a reason why they seek us out in the first place and home-life plays a significant role on how these women are experiencing pregnancy, especially since a pregnant woman's hormones or natural instinct is geared up towards nest-making! There can often be anxiety about siblings and how they will react to the new baby, or worry, about how the husband is going to cope at the birth or afterwards. Many of my clients have found themselves moving house, or renting or living with in-laws while their new home is being built – they feel stressed and unsettled. Lastly, they may have an unsupportive partner – or an overbearing mother/mother-in-law, causing them to feel isolated, resentful or alone. Often, a sensitive counselling approach at consult can work wonders, the results of which can then be creatively weaved into the hypnosis session.

Work life is also often a huge part of a mother's pregnancy experience and, as well as home issues, a sensitive counselling/coaching approach prior to the actual hypnosis session, can be extremely useful. Many of my clients seem to work right up until their due date, are very stressed and can be disconnected from their baby since their mind has to be on work all the time and they often tend to ignore what their body (and baby!) may be telling them. Often they're "handing over" prior to maternity leave and working flat out, so it usually speeds up induction if I suggest to them that there's no deadlines, and that nobody needs anything from them, so they can just relax and let go. I also use the trance-work to help them become more connected with their baby and they always report back after this type of therapeutic intervention that they did indeed feel they bonded more with their baby.. Bear in mind also that there can be a conflict between their "career" head and their "pregnant" head and some fear a loss of their career identity once they leave work too.

Hopefully this article has given you all some pointers – I am always happy to receive referrals from you if working with pregnant women is something you would rather not do or don't feel confident in doing - my Mamo Bebe clinic is in Mt Lawley and I can be reached on 9371 0232 or 0404 399 644, or emailed at caroline@mamobebe.com.au.

Your committee...

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

Chairperson	Sandi Saber sandi@arach.net.au 0422 130 019	Catering	Martyne Keeley mnkeeley@mac.com 0408 977 558
Vice Chairperson	James Vote jvote@palmteq.com 0414 746 018	Historian	Geoff Milburn milburns@4u.com.au 0438 128 463
Secretary	Mailin Colman marnie1@iprimus.com.au 0417 184 355	Librarian	Sonia Czernik soniaczernik@gmail.com 0417 417 782
Treasurer	John Steer John.steer@itvision.com.au 0403 379 968	Welfare	Verona Gibson gibson_lawrance@aapt.net.au 0412 040 079
		Training	Sonia Czernik / Geoff Milburn

Health Fund Rebates: (with thanks to the AHA and their helpful updates)

The Government have recently released a draft Private Health insurance Proposal. In doing this, they are trying to set the standards for Hypnotherapy.

At this point in time, the AHA is the only Hypnotherapy Association listed as recognised as meeting their standards (page 10/11 of the report). This is, of course, wonderful for the AHA and as a “baby” association PHWA has much to learn from them - hence the push to move forward and improve our standards etc.

If you would like to investigate this further, utilise the following links:

www.health.gov.au then in the search type: *proposed regulations hypnotherapists'* then click on [private health insurance: Directions for Quality Assurance requirements](#) .

Further information can also be found via:

www.health.gov.au In the search type: PHI 31/07 or just go to: http://www.health.gov.au/internet/wcms/publishing.nsf/content/health-phicirculars2007-31_07.htm

Lobby the Health Funds and ask your clients to do the same!

The AHA have kindly given us permission to use their proforma letter for your clients to send to their health insurance companies (see below). The more lobbying, the more the health funds will have to listen - client demands are the foundation of their business.

In getting your clients to sign this letter, you can then send to the relevant health fund. It is also a good idea to keep a record of letters sent and forward this to PHWA on a regular basis so that we can then join with the AHA in maintaining the pressure on the Health Funds.

Health Fund

Address etc

Date

Dear Sir/Madam

Re: Hypnotherapy

As a member of your health fund, I wish to advise you that I have been treated by (*therapists name*), a member of the Professional Hypnotists Association of WA, and have found hypnotherapy to have been most effective.

I am surprised and dismayed to lean that you do not offer a rebate for this treatment, and I wish to ask you to urgently consider including hypnotherapy, by an experienced specialist hypnotherapist, in your portfolio of available treatments.

Yours sincerely,

Brief update on the Proposed Umbrella Association:

The working group for setting up a National Hypnotherapy Umbrella Association had its 2nd meeting in Brisbane on the 25th of June. This was attended by representatives from about 20 associations/training institutions (PHWA was not represented at this meeting). There is a long way to go but the group are slowly coming to some agreements. The next meeting will be held in Melbourne in October and various issues will be voted upon. The eventual aim of this umbrella association is effective, safe and meaningful voluntary self regulation. If you have specific points of view, or constructive ideas regarding the umbrella association, please speak up so that they can be presented.

Profile.... John Steer

Hi,

I'm John Steer the newly elected Treasurer for PHWA.

The short history is that I was born in Collie, WA, where I was raised and worked with the Shire of Collie until moving to Perth in 1988. Since then I have been involved in working for and owning a shareholding in a computer company called IT Vision that develops software for Local Government and Port Authorities here in WA, SA, NT, and Vic. I am the Systems Administrator, taking care of all the servers and network in the back room keeping the company running. A couple of years ago I also bought a farm in Donnybrook so now spend quite a few weekends running up and down from the country. I'm still a country boy at heart.



I have always had a leaning to natural therapies, healing, earth based religions and esoteric sciences and in late 2005 I quite accidentally stumbled across Rick's Hypnosis course. Hypnosis has always intrigued me from a child and something I had always wanted to try so there and then booked myself into the next available course. Since then I have completed the Advanced Course and the Advanced Mind Dynamics Course and continue to learn and progress my skills. I have always demanded of myself that if I'm going to do something then I'm going to do it well. I think hypnosis suits me well and it 'fits' with all of my previous learnings in Philosophy, Reiki, Kundalini Yoga, Energy healing and Alpha Workshop techniques. Whilst I continue to learn everything continues to blend to make me a better person able to help others. I do run a part time practice from my home in Kelmscott at the moment but with the demands of my other business it is on a very ad hoc basis. Hopefully this will change in the future but 'when' remains to be seen.

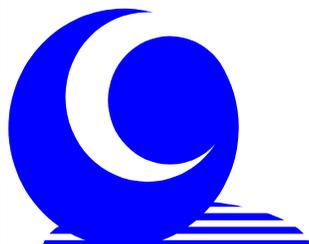
I have been in the association for 18 months and have witnessed the dedication of the previous committee. I take it as a privilege to help the new committee to continue to providing the members with a vibrant and progressive association that will continue to grow into a independent solid professional body.

Hopefully see you at the monthly meetings,

John Steer

Keeping members informed....

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



Advertising in the newsletter..

The PHWA Inc Newsletter would like to offer advertising space for private and business purposes. This advertising space would be very reasonable in cost and assist us in obtaining a wider circulation - good for all our businesses!

Currently the newsletter is available on the website and many members circulate it to their clients. We hope to increase this. Help us to help you!!

Clearly we cannot advertise our individual hypnosis businesses but if you are involved with other products or equipment, other modalities etc, take advantage of making yourself known with your peers! Introductory offer of \$10 per ad (up to 1/4 page).

Quote of the month:

If we really want to love, we must learn how to forgive."

Mother Teresa