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# PHA Inc News

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## Welcome!

Hi and welcome to belated June edition of the PHA News.

I hope you're surviving the chilly weather and managing to stay healthy.

## Message from the PHA President

Greetings members,

We are fast approaching the end of another PHA association year so I would like to take the opportunity to look at where we have come from and where our association is heading.

Thanks to my predecessor Michael Werts who took us from the PHWA State based to a nationally recognised PHA Inc. association in April 2013, since then there has been many changes brought about by the formation of HCA and the National Code of Ethics for unregistered health care workers.

The committee is presently reviewing the PHA constitution, code of ethics and by-laws to reflect these new codes of practice. Private health

funds and national hypnotherapist registers will be requiring higher entry standards at the diploma or equivalent level. The need to belong to an association will become more evident once these new codes of practice are adopted nationally.

The PHA AGM in July is a vital part of our association and if there are not enough members attending as in past years the committee may be forced to look at compulsory attendance in the future.

An association is only as great as its supporting members; if you're passionate about your profession then the only way to protect it is to become involved in the activities and running of this association.

PHA Inc met and had a breakfast meeting with AHA National CEO, Acting National CEO and State CEO on the weekend of the AHA AGM and discussed the future of hypnotherapy in Australia, we also vowed to continue to work together to promote hypnotherapy in WA.

To this end we are seeking an AHA/PHA member to take on the role of PHA librarian as our present librarian Ken is stepping down in July; this will enable AHA member's access to our great library.

**Ralph Nielsen**  
(PHA Inc. Chairperson)



*To ensure you don't get yourself into hot coals, review the National Code of Conduct for Health Professionals document now!*

## National Code of Conduct

It's strongly recommended that you review the current (in progress) National Code of Conduct for Health Care Workers document which can be [viewed here](#)

## Professional Supervision and Mentoring

Here's a great article from SEEKLearning about the benefits of having a mentor. Thanks Verona for passing this on.

### Why a mentor is your secret weapon to getting ahead

April 7, 2015



What do Yahoo CEO Marissa Mayer, fashion designer Marc Jacobs and tech entrepreneur Bill Gates have in common? Apart from being wildly successful they each had a mentor to guide them to the top of their respective fields.

#### The benefits of having a mentor

Imagine if you had a crystal ball to see into your career future – wouldn't you use it to sidestep impending pitfalls and leverage every opportunity to reach success? Little do you know, having your very own crystal ball is far from fiction. Your real life career crystal ball could actually be a person you can turn to – your mentor.

“Having a mentor allows you to tap into a resource who has experienced some of the challenges that you're currently going through and would have a solution to those challenges,” says Andy Davenport, Learning and Development Manager at SEEK Learning. “It's basically having someone in your life who has blazed the trail before you and can share some wisdom.”

Davenport himself has a mentor and says that being mentored is a lot like having a tour guide for your career. “They're going to give you that road map for the next 5-10 years and will help you avoid making the mistakes that you'd probably make without them.”

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## Why a Mentor is Your Secret Weapon to Getting Started cont.

### How to find the right mentor

The right mentor doesn't necessarily mean the most senior person in your company. Look around your industry and organisation and identify people you admire or you think are doing a great job in an area that would like to work in in future.

"You should choose someone who is going to be approachable and a natural mentor to you. Don't approach somebody who you couldn't imagine having a conversation with," says Davenport. "You need to have a professional relationship based on trust and respect. Even if they were successful I would never approach someone who didn't possess the kinds of traits I'd like in myself."

### Approaching a possible mentor

Reaching out to a possible mentor doesn't have to be daunting. Davenport suggests either approaching them in person (this method is ideal if you identify a possible mentor at a conference or event) or sending them an email introducing yourself. Keep your message succinct, but also be sure to identify the reasons why you admire them and would appreciate their guidance and advice.

When approaching mentors in the past Davenport says, "I've said to that person 'I really like what you're doing; I can see how successful you are. Would you be interested in giving me some guidance, if possible, in terms of my next career step because I aspire to be where you're at in a few years' time.'" If they're interested, extend an offer to meet them for coffee or lunch.

It's possible you may get a few knockbacks but don't take it to heart – if someone is extremely busy they may not have time to devote to taking on a mentee. Keep persevering until you find the right person.

### Get the most out of a mentoring relationship

Davenport says it's important to have a face-to-face catch up with your mentor every 6-8 weeks to keep the momentum going and get the maximum benefits out of the relationship.

Be sure to have an agenda in mind to make the meeting as productive as possible. "It's not about the mentor telling you what to do or lecturing you. You as the mentee need to initiate the topics, drive the relationship and drive the discussions," says Davenport.

Also be prepared to act on the advice your mentor has given you. This means reading any books they may recommend, looking into seminars they suggest you attend and if they give you advice on dealing with people, take that advice and put it into practice. After all if you're given a road map to success, why not use it?

*Finding a mentor is just one of the ways you can help set up your career for success. Why not look into developing your [soft skills](#), [networking](#), or considering [further study](#)?*

**Not sure about your PHA professional supervision and mentoring requirements?**

[Click here to download the pdf](#)

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## Remaining Meeting & Training Dates 2015



General Meetings (10am)/Training (11am) = M/T  
Training (10am) = T

12 <sup>th</sup> July 2015	AGM/Lunch
9 <sup>th</sup> August 2015	T
13 <sup>th</sup> September 2015	M/T
11 <sup>th</sup> October 2015	T
8 <sup>th</sup> November 2015	M/T

## Resources

I've mentioned Brian Johnson before but want to mention him again in case you haven't signed up for his daily emails. You're guaranteed to get some great ideas and strategies which will benefit your clients or even yourself, particularly with understanding beliefs, behaviour, how to change them and improving motivation.

Brian says his intrinsic purpose is: "To help you optimize your life and actualize your potential so we can change the world together as I study, embody and teach the fundamentals of optimal living--integrating ancient wisdom + modern science + virtue + mastery + fun. :)"

[Check out the archive of his daily video book summaries here](#)

Richard Nongard and Scott Sandland have a weekly free webinar with hypnosis tips. [Click here for the archive of broadcasts.](#)

In a recent episode they discuss the use of scripts.

## Scripts of the Month



With so many people struggling to deal with financial stress there was a suggestion for this month's script to be focused on helping people cope with this.

[Here is a free script courtesy of Don Mottin,](#)

And since it's winter this free script from Richard Nongard for Seasonal Affective Disorder might be useful for those clients who don't deal with well with the winter weather

<http://thehypnostore.com/wp-content/uploads/2015/02/Seasonal-Affective-Disorder-Script-1.pdf>

## Message From HCA Rep Allan Henshaw

We wouldn't be human if we didn't think that our way of doing things was the right way. Wars have been, and continue to be, fought over that principle. While nations may well go to war at an individual level we still stand up for our 'matters of principle' and this holds good for whichever grouping we choose to belong to.

This human attribute can either be a good thing or a bad thing depending on whether the individual or group are flexible and accommodating of new ideas or whether they are dogmatic and aggressive in their belief that there is only the one 'true' way.

The strange thing is that this is reflected in the hypnotherapy world. And it shouldn't be because we are all focussed on the same ends. In truth, no one association or school is wildly different to another. It was this recognition amongst the forward thinkers of the profession that gave rise to the formation of the Hypnotherapy Council of Australia (HCA).

The birth of HCA was the result of a long and sometimes complicated gestation. Along the way there were a few hiccups and false starts but fortunately most in the profession saw that by sticking together and presenting a united front the profession could advance as the sum of its parts rather than individual associations.

However, there was a degree of suspicion at the start with some associations still trying to jealously preserve what they saw as their individuality or importance. There is still some residual feeling along those lines but HCA has never sought to stifle individuality but rather recognise that we are one family with the same ultimate ends.

Following the agreement to formulate a draft constitution at a meeting in Sydney in 2010 to see whether standards of ethics, membership and training could be incorporated into a document which would be acceptable to all the main Australian hypnotherapy associations and training establishments, it was decided in 2011 that the draft constitution was acceptable to all and that the HCA could be born. This was the first time that the profession had reached agreement to band together.

The Association has been at the forefront of discussions with Federal and State Governments on issues which were likely to impact on hypnotherapy and has worked hard on progressing slowly and carefully to assuage most of the concerns of all concerned. Now, four years after its formation, the time has come to assert some of those agreements on which all are agreed and present a more proactive vision of the benefits of our profession to the public.

To ensure that HCA progresses onwards and upwards it is essential to have keen and committed members of the profession to act as delegates for their associations and also to step up to become committee members. To this end I have been Treasurer for the last four years and, unless someone wants to take over, expect to be in that role for a further 2 years. However, at the end of that period of office I will step down. It would be ideal if there was another Western Australian able to take this role from me. Apart from the honour of representing WA on a national board it would also raise the profile of anyone volunteering and it would ensure that I would be on hand to complete an effective handover and to offer guidance and advice if needed. Please think about it – the next 2 years will fly by!

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