



**FROM THE CHAIR...
APRIL 2012**



Hello from the Chair.....again....

Those of you that read the last PHWA Newsletter will recall that, in this section, I announced my intention to not stand again for the position of Chairperson...and yet, I am here again. I did anticipate (and hope) that there would be a nomination for the role from someone else within the organisation but sadly, no-one nominated and as a consequence here I am! My intention to stand-down was not generated by anything more than a desire to see some 'new-blood' and having held the Chair for 2 years, I was of the opinion that another person with new and fresh ideas would steer PHWA into the future in a far more contemporary fashion than I. Nonetheless, I am happy to be here once again and thank you all for your vote of confidence!

Sadly though and as you would have seen from the email kindly sent out on my behalf by Verona, the AGM was not strongly attended. Indeed, we only managed to achieve a quorum by 1 person. This was disappointing and while I acknowledge that we all have busy lives with both professional and personal pressures calling on our time, the fact that so few even took the time to tender apologies for the AGM was surprising. I worry that this, coupled with the fact that no-one nominated to fill the role of Minutes Secretary, displays a lack of concern or commitment to the PHWA by the membership. The role of Minutes Secretary is a mandatory and vital position and without someone elected to this position, PHWA would not be viable and would be forced to wrap-up/close. Fortunately, Marian Cameron volunteered (post the AGM) to take on the role and I think that we all owe Marian a sincere vote of thanks.

To the time of writing, there have been no nominations to fill the roles of Training Officer or Catering Officer. While these are not positions that are required for the functioning of PHWA as an organisation, they are important positions. The lack of commitment of the membership in supporting your organisation may indicate that PHWA is no longer an entity that is considered necessary by the membership, however the loss of PHWA would be a very sad event. Not only would (in my opinion) an excellent facility for hypnotherapists and the general public be lost, but it would mean that our members would no longer have access to ANHR registration, professional development, Health Fund payment coverage, advertising via the website and a voice and would need to join another association to achieve these.

I was very pleased to report to the AGM that Australian Unity has agreed to provide its members coverage for reimbursement for clinical hypnotherapy services provided by PHWA Clinical Level 2 & 3 members.

The website continues to mature and after the conduct of the recent Clinical Supervision Training, there is now a complete list of PHWA Authorised Supervisors on the website (see the Contacts Page). Also, the Contacts Page has now been updated with all of the new Committee members as well and there is now a listing of who is on the committee on the Members Page.

As a final note and as I have already expressed by email, I do thank the outgoing Committee Members (Phil, Hilary, Lisa and Lonai) for their energies and the new members to the Committee for their commitment (Alan, Kenneth and Marian). Of course, those who are staying on in their roles (John, Verona, Ralph) will provide the necessary continuity to ensure that 2012/2013 is another productive year.

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.

- 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

Article

New poll says baby blues can last 409 days after birth how can hypnosis help

Weblink: <http://www.examiner.com/article/new-poll-says-baby-blues-can-last-409-days-after-birth-how-can-hypnosis-help>

New poll reinforces the difficulty many women find in returning to normal post baby

A new poll which was released in the media news outlet Monday says on average it takes mothers 409 days to get their figures back, discover their sex drive, and find happiness in their jobs (that is if they have a job they enjoy). One thousand British mothers of all ages participated in this poll which was commissioned to help launch a new site called “Mojomum” founded by Sally Overhead.

Sixty percent of the women surveyed said the longer it took them to return to work the harder it was to find that pre-maternal mojo. Forty three percent said they found that mojo when they found a job that gave them a good home/work life balance. Some other interesting numbers showed ten percent felt it took them longer than two years to get feel sexy again and fifteen percent said they never really got that pre-maternal feeling back. You can read all about the numbers here.

The main points were weight loss, returning to a healthy sex life or feeling attractive, and returning to work. All of these points can be addressed with hypnotherapy, either through self-hypnosis tapes or seeing an actual hypnotherapist. Good weight loss programs generally last 5 – 10 weeks to help reinforce behaviors and lifestyle changes. You can either see a therapist one on one or join a workshop/clinic for a cheaper alternative. For feeling sexy it is about self-confidence and regaining that. Also reminding yourself you are not just a mother you are still a woman. As you lose the baby fat this will help but some reinforcement in the self-confidence area can also make a huge difference. There are some great confidence building self-hypnosis tapes on the market today that can help. Some mothers can find a little guilt when they return to work, hypnosis can help with this. It can also help them feel better about their job by helping them remove blocks and barriers that may be causing them to feel negative about their jobs.



mother and child bond is very strong but having a child changes many dynamics in a mother's life



PHWA Committee - 2012/2013

At the AGM held on 15 July 2012, the membership elected the PHWA Committee for 2012/2013. Several positions changed and a list of the Committee positions is below.

Thank you to the new members of the Committee!

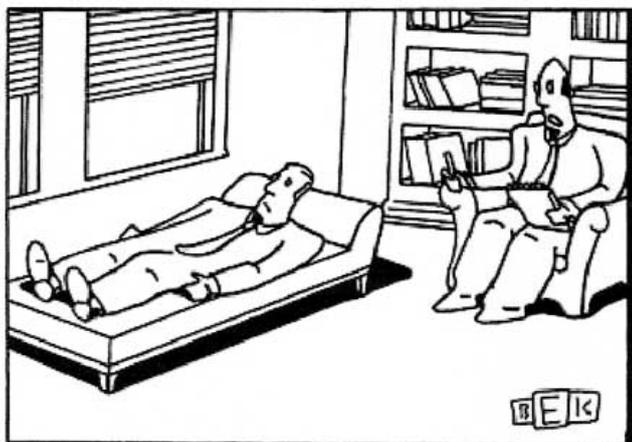
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Catering: TBA		catering@phwa.com.au



"Can I have a volunteer, please."



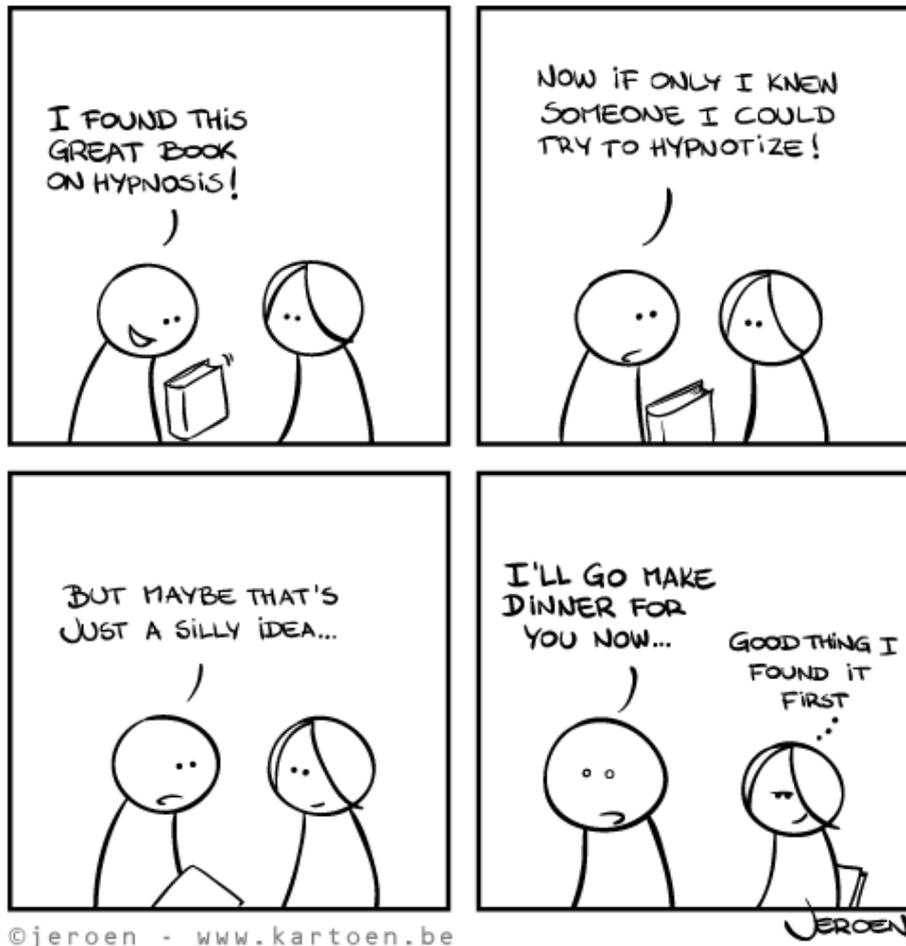
"I'm going to be late, dear. It's total craziness here."



"Woulda, coulda, shoulda. Next!"



"Could we up the dosage? I still have feelings."



Article

How hypnotherapy saved a Norfolk woman

Wednesday, June 20, 2012 9:00 AM

Weblink: http://www.eveningnews24.co.uk/lifestyle/health-fitness/how_hypnotherapy_saved_a_norfolk_woman_1_1414970

Hypnotherapy can help with a wide range of issues which can hold people back in life. Jilly Cutting's sessions with Joy Gower were life-changing in more ways than one, as EMMA LEE discovered.

If anyone knows how powerful hypnotherapy can be, it's Jilly Cutting.

Not only did it give her back her self-confidence after an accident, but, aged in her 60s, it has led to a new career.

"I had an accident at work which unfortunately damaged my leg and face and I had to give up my career," says Jilly. "I had an operation on my knee and facial plastic surgery which left me feeling sorry for myself and I lost my self-confidence."



“While the scars on the outside had healed, the ones on the inside had not. I felt everyone was looking at my face and I didn’t want to go out,” she says.

The turning point came when she read a newspaper article about Joy Gower and hypnotherapy.

*Hypnotherapist Joy
Gower*

Joy has been a hypnotherapist for 12 years – she trained as a hypnotherapist after it helped her during a difficult period of her life – and she has built up practices at Blofield and Norwich, which she runs with her husband, Robert.

“I read it and thought ‘this may be good for me’ and contacted her,” says Jilly. “After a few sessions I realised I had found my self-confidence again and was back to being me.”

Hypnotherapy works by putting someone in to a deeply relaxed state – somewhere between being asleep and awake – and tapping in to the subconscious mind, making positive suggestions to help change behaviour.

It can help alleviate all sorts of problems which can hold people back, including anxiety and stress, weight loss, addictions such as smoking, irritable bowel syndrome, exam nerves and phobias.

It is very effective for treating phobias, such as fear of flying, where the subconscious mind overpowers the rational mind, and over-eating, known as the virtual gastric band treatment.

Jilly’s sessions with Joy gave her the confidence to do things she never thought possible, including singing in public with well-known Norfolk musician Lee Vasey and Friends and organising an X Factor-style talent competition at local venues to raise money for Help for Heroes.

She recently fulfilled another ambition.

“Eleven years ago I also told Joy I wanted to paint and last May, 2011, I went to an art exhibition and saw Emma Hart. I talked to her and had a few lessons with her and got the confidence to try oil painting. I sold my first picture at the Martham Festival this May – I am over the moon.”

And it has also led to a new career. As well as helping people change their lives for the better, seven years ago Joy, **above**, branched out and now also trains people to become therapists themselves – including Jilly, who has joined Joy’s practice at Queen’s Road in Norwich as an associate.

“I kept thinking of how much new confidence I had gained and what can be accomplished, even at my age. And I felt I wanted to help others as I had been helped,” says Jilly.

Joy’s training programme takes between 10 months and a year to complete and is practice-based to help students become confident with working with people. Newly-trained hypnotherapists continue to get lots of support and supervision when they’ve completed the course.

“I was thoroughly impressed with Joy’s training programme as there was more intensive training – one-to-one if you wished – and lots and lots of back-up support,” says Jilly. “I decided to sign up and found it changing my thought process at the same time and learning that there is no failure – it’s feedback to do it even better.”

As Jilly has discovered, age is no barrier to changing direction.

“I have qualified and have had lots of enquiries already for gastric band and confidence sessions. Although I am over 60 I feel that this is a good thing as my life experiences will enhance my hypnotherapy and I can use these experiences when seeing clients.

“I cannot praise Joy and Robert highly enough for their support and professionalism throughout my training,” says Jilly, adding that her daughter, Dawn, is now also training to become a hypnotherapist.

Joy says that she feels a great sense of pride when she sees the positive changes hypnotherapy enables people to make to their lives.

“Hypnotherapy has helped Jilly to sing, paint and become the confident person she is. We’ve both had similar journeys and she’s found her calling now.”

Chairperson's Report – AGM

(This report was written in the anticipation that there would be a nomination for Chairperson to take over the reigns. As there was no nominations at/by the AGM, I have carried on as Chair but I request readers review the following in light of the fact that I thought it was a 'parting report'. Michael)

As my time as PHWA Chairperson draws to a close, I thought I would give some points to the membership with some reflections, some observations and some final thoughts.

Firstly though I would like to offer my sincere and very heartfelt appreciation to the PHWA Committee and that is everyone that has volunteered for a role on the committee over the last couple of years. Your support has been appreciated and it is acknowledged.

I think that we have got a fair bit achieved over the last couple of years. The highlights for me have to be the enacting of some new policy initiatives and the completion of the re-vamped PHWA website. I am conscious of the fact that, from a membership perspective, it may seem that these changes and enhancements were slow in the making and by contrast with some other organisations I think that this would be accurate. I am also very cognisant of the fact that each and every role on the PHWA Committee is a voluntary position and takes a 'second fiddle' slot to all of the other professional and/or personal responsibilities in each of the committee member's lives. It should never be any other way! When that is factored into the considerations, I do think that in most instances the time frame to completing initiatives was not only fast enough; but in many cases exceeded expectations. This stands as testament to the dedication of the Committee Members.

Hypnotherapy across Australia is going through some significant changes. There exists the opportunity for the profession to come out of this process much stronger and much more professional. The theory of Ying and Yang though would state that there is also the opportunity for the profession to come out of the process in a weaker position. Happily, I see that as a Risk but not a likely eventuality. Certainly from the Chairperson's perspective, I have watched closely what others across the nation have done, observed their dedication to the cause and the collegiate approach adopted by most of the key-players to achieving a good outcome. I do think that maturity for the profession of hypnotherapy in Australia is still some way away – but if all of the key personalities and entities maintain a focus on the longer-term outcome rather than the shorter-term issues, then the outcome will be achieved.

In all instances and in all forums while filling the role of Chairperson PHWA I have tried to promote, enhance and strengthen the organisation's title key-word 'Professional'. I think that it is essential to achieving broader and stronger acceptance by the general public, traditional western medical providers and administrator/legislators at all levels for this to happen. Unfortunately, there does remain a number of practitioners 'out there' that do not share this aim. The PHWA Committee has been exposed to some of these through various complaints or information that we have received. Unfortunately and sadly, there is little that PHWA as an organisation can do to intervene in instances when the practitioner is not a member. Dishearteningly, when someone advertising themselves as a hypnotherapist does not live up to the high standards of ethical, professional conduct that we set for ourselves; that hurts our profession, our reputation and our business.

The PHWA is an organisation that has responsibilities. We have a duty to our members and that duty includes supporting our members achieving professional development, skills enhancement, reputation improvements, information exchange, representational support and

information provision. Through our webpage we provide an advertising avenue for members to advertise their business as well. PHWA also has a responsibility to members of the general public. The provision of information on hypnosis, hypnotherapy and the access to members who are professional, competent, trained and qualified to treat others are responsibilities that this organisation should never take lightly. How the organisation goes about achieving all of these duties and responsibilities and indeed what the focus of attention will be is now vested in the new Chairperson and the new Committee and I wish them the very best for this in the future. Though my role as Chairperson now falls squarely in to the lexicon of 'old guard' – I remain more than ready to provide my thoughts and assistance to the new Chair and Committee should they ever need a 'sounding board'.

Irrespective of whatever happens into the future with hypnosis and hypnotherapy on a local, state or national level, I do encourage the new Committee to test each new idea, innovation or decision with one simple parameter and that is, "how does this add-value to our profession?". If in the final analysis, it does add value then it is worthy of your time and effort – do it! If the answer that comes from the analysis though is that it doesn't really add that value even if it is a 'nice to do', then know that your time is too important to spend on it.

So, just before I do something that many people think is very much out of character for me (shutting up!), I would like to thank the members for your vote of confidence and support for me in the role of Chairperson. It would be incorrect and misleading for me to say that everyone agreed with everything I did all of the time and if this had of been the case – then I think that the PHWA would have been worse off for it! Disagreeing, challenging and putting forth your opinions as members provided me with exposure to options, considerations and strategies that I may otherwise not have even thought of. By disagreeing with something that I had proposed, suggested or raised and by giving me your opinion and your thoughts, you have actually demonstrated to me that you care enough about the organisation, the profession and me as the Chairperson to put the thought and energy in. To me, this is a compliment and I thank you for it.

In wishing you all the very best for the future I'd like to leave you with this one thought - may the very best of your yesterdays be the equivalent of the worst of your tomorrows!

Yours sincerely,

Michael Werts
CHAIRPERSON



Article

Top five misconceptions of hypnotherapy

- hypnotherapy April 16, 2012 By: Jami McDonald

Weblink: <http://www.examiner.com/article/top-five-misconceptions-of-hypnotherapy>



Hypnotherapy uses relaxation and positive suggestions to further along healing. Images like the above are used to help create imagery during induction

Hypnotherapy is not a new concept. In fact, the practice of hypnotherapy dates back to 1773. It was around this time Fran Anton Mesmer, often referred to as the father of hypnosis, created a technique known as Mesmerism. There are some historians who believe hypnosis has earlier reaching dates back to the first written records of the Egyptians. Hypnosis can be linked to many world religions in such practices as: exorcisms, soothsaying, and mysticism. That belief along with mainstream media attention, movie and television focus, and fictional paranormal genre has only helped to create many myths and misconceptions around the practice.

In truth, hypnotherapy is extremely safe and very beneficial to people who are open to its healing properties. It is simply the practice of taking a person

from an awake state (*where the conscious mind makes decisions*) and putting them in a trance state (*where the sub conscious mind can be communicated with while the conscious mind takes a rest*). The word trance is scary to some people but really most people go into trancelike states many times in a day. Have you ever experienced driving home from work and not knowing how you got there? How about watching a television program and realizing it is later than you were aware of? The moment before sleep and before you wake up is a trance state. It is simply a time your conscious mind goes on auto pilot and is not required to be completely aware of every little thing you are doing. Below is a list of common misconceptions people believe about hypnotherapy.

1. **Hypnotherapy is a form of brainwashing.** This comes from fictional works. It can also be influenced by someone who attends a stage hypnosis show. It can be extremely upsetting watching your best friend jump on stage and bark like a dog or cluck like a chicken. What is not commonly understood is a person will NEVER do something they are not already inclined to do. That best friend who clucked like a chicken is probably outgoing and willing to try new things. Open to being a little adventurous and okay with being the class clown. A hypnotist or therapist cannot hypnotize someone to rob a bank unless they are inclined to that sort of criminal activity already.
2. **Unintelligent or weak minded people make the best subjects.** This is perhaps one of the most insulting misconceptions out there. In fact, highly educated and cynical people are sometimes the best subjects. This type of person would have researched the practice thoroughly and realized hypnotherapy has one of the best success rates compare to psychotherapy treatments with the least amount of sessions for most issues. A cynical person who is open to the opportunity hypnotherapy offers is generally surprised by the positive effects and eventually becomes a proponent to this therapy practice.
3. **Some people cannot wake up from hypnosis.** Some people may take longer to wake up from the trancelike state because their subconscious mind is still performing the actions it needs to finish in order to create change. A hypnotherapist is trained to

overcome any problems when a person is resistant to awaken in a timely manner. However, sometimes a self-hypnosis tape may allow the person the choice of waking up or falling asleep after the session. Either way you will awaken refreshed and relaxed.

4. **Hypnosis causes people to lose control and reveal secrets.** This falls in line with the answer to brainwashing. You are not going to do something you do not want to. If you are in a session where your goal is to reveal a hidden secret in your mind you will do so, if you are in a session to help you quit smoking with the goal of planting a post hypnotic suggestion you are not going to reveal any deep dark secrets. As far as losing control, you may have an emotional outburst if you are facing something painful or dark in your past but your therapist is trained to help you work through that emotion, face it and change the outcome. If you cannot or are not willing to work through the experience your therapist will be able to wake you at any time. You are not going to lose control or reveal dark secrets unless you are ready to do so and it is beneficial for your therapy session. If this frightens you remember that a regular psychotherapy session may have you face these emotions too, only this may take you longer with the traditional approach.
5. **Hypnosis only works because I am being told what to do.** There are two types of hypnotherapists; authoritative and permissive. It is really up to you which style you like best. If you want a partner in your therapist you will want to choose someone with a permissive approach and a transpersonal approach combination is even better. Transpersonal combines permissive partnership with the client's spiritual belief system which can offer a stronger connection to healing. However, some people need a therapist who can be more authoritative with their approach because they respond better to being told what to do. It really is about personal choice.



Article

Belsize sports hypnotherapist says Andy Murray is not ready to end Wimbledon hurt

Weblink:

http://www.hamhigh.co.uk/news/belsize_sports_hypnotherapist_says_andy_murray_is_not_ready_to_end_wimbledon_hurt_1_1441404

Josh Pettitt , Reporter_Wednesday, July 11, 2012 9:43 AM

Editor Comment: I have included the comments in response to this article as I was thinking much the same thing as I was reading it! – Ed.

As Andy Murray choked tearfully “I’m getting closer” following his Wimbledon defeat, one Belsize Park hypnotherapist shook his head in disagreement – Britain’s number one is not yet ready to make his mark on history, he believes.

Master hypnotherapist Peter Gilmour helped Sachin Tendulkar – one the world’s greatest batsmen – to reach his 100th Test century with a dose of hypnotherapy via video link to India.

And now Mr Gilmour claims the world number four tennis player could also use a helping hand to overcome his inner demons, break his Grand Slam duck and end 76 years of hurt that have passed since a home player was crowned Wimbledon champion.

While hypnotherapy is often dismissed as “mumbo jumbo”, Mr Gilmour insists the method of deep relaxation is a means of communicating and healing the subconscious mind and the “true self”.

“I think Murray was overwrought by the whole situation on Sunday,” said the 59-year-old who splits his time between his practice in Haverstock Hill and Queen’s Club in west London.

“The problem is the celebrations in the first set were just over the top with his mum, girlfriend and camp jumping to their feet with ‘come ons’ – everyone except for (coach) Ivan Lendl that is.

“His camp should take note from him and Lendl should get them in order. Murray needs to be far less connected to his camp and focus on what he is doing.”

In the post-match interview Murray fought back tears and could not bear to make eye contact with his corner for fear he might break down.

While it might have endeared him to the public, Mr Gilmour said it “reflected his mental weakness”

and demonstrated the need for him to undergo some mental training.

Mr Gilmour, who became interested in the treatment after watching his son Josh smash racquets and swear blind on the junior tennis circuit, said: “If

he (Murray) was sitting here right now I would hypnotise him and remove some of that pain – the past is no good to him.

“The reason why hypnosis is better than anything else like sports psychology – which is a bit old fashioned – is because we are talking straight to the subconscious or true self where behaviour patterns are created.”

Mr Gilmour, who trained at the British Academy of Hypnosis, splits his time between football clubs, tennis players and general practice.

Residents of Hampstead and Belsize Park have approached Mr Gilmour to help them stop smoking, overcome fears of public speaking and for stress relief.

“You get people who are very confident in their professional lives, but are traumatised by the idea of speaking in public and it’s something which can be fixed.

“The problem is people think you’re going to control their mind or turn them into a chicken, but it’s about relaxation and getting past the conscious mind and into the creative subconscious.”



Master hypnotherapist Peter Gilmour at Queen's

COMMENTS BELOW:



• [Shaun Brookhouse](#) · [Principal](#) at [National College of Hypnosis and Psychotherapy](#)

This article and the opinions expressed in it are a great example of what is wrong with the practice of hypnotherapy by some self styled experts in the UK. We have here a situation where a "master hypnotherapist" is not only breaching confidentiality by naming a past client, but also offering opinions without appropriate qualifications to do so. To say that sports psychology is "a bit old fashioned" shows breathtaking ignorance of the discipline as well as a disrespect to professionals who have undertaken considerably more training than this individual. Additionally, to talk about Murray's "mental weakness" as if he knew the thought process of a person who this individual has probably never met is in my opinion is grossly unprofessional. I think it a shame that Ham & High have given a platform to this totally self serving advertorial. For those who are reading it in the hopes of finding professional help, please do your homework and check the qualifications and experience of the practitioner you choose to consult.

[Reply](#) · 11 ·
· 11 July at 02:13



○ [Mo Ferrington](#) · [Kilmacolm](#)

I'd agree with all your points Shaun, though I see what Mr. Gilmour is getting at as i have had similar thoughts BUT, making them public is a serious mistake and talking about other clients by name is a most unethical thing to do.yes we all get well known clients but WE are their sanctuary, the place where Confidentiality is our Middle name and once that trust is broken we might as well realise that we are trading on other people and that's not the way of a Professional Hypnotherapist.

[Reply](#) · 3 ·
· 11 July at 04:00



○ [Glasgow Hypnotherapy](#) · [Clinical Hypnotist](#) at [HYPNOTHERAPY MARKETING PR |HYPNOTHERAPY GLASGOW](#)

Fully agree! And what's more, Peter Gilmour has no idea that Andy Murray has full access to the best Sport Hypnotists and Psychologists around.

[Reply](#) ·
· 12 July at 00:34



• [Fiona Biddle](#) · [Loughborough Uni.](#)

The idea of a therapist reading the mind of someone they see on TV is shocking to me. John McEnroe does it a lot in his commentary too but one could argue that he has the background to be insightful. Professional therapists know that they have no right to interpret others' behaviour even in the consulting room, let alone in public. As to mentioning Tendulkar, it may be that Mr Gilmour has a signed statement saying he is free to talk about the work they did together. If not, this is a serious case of professional misconduct, but does Mr Gilmour belong to a professional body? I cannot find him on the register of the Complementary and Natural Healthcare Council (the body which oversees the voluntary regulation of Hypnotherapy in the UK).

[Reply](#) · 7 ·
· 11 July at 03:53



○ [Andrew Hill](#)

It was however interesting to note the clear differences in their "behaviours". Federa was "the ice man" in comparison to Murray. He kept any frustration that he, may of, had inside while Murray was quick to "let it out"....

[Reply](#) ·
· Friday at 07:11



• [Hinckley Hypnotherapy](#) - [Richard Nicholls](#) - [Hypnotherapist](#)

Hmmm.

I think that this Mr Gilmour could do with looking at some research, the idea that "we are talking straight to the subconscious" seems more old fashioned than the processes involved in modern sports psychology.

Maybe he meant it as a metaphor.

I'm fairly sure that all sports psychologists will use hypnosis in some form or another anyway.

[Reply](#) · 4 ·

· [11 July at 03:09](#)



• [Marion Robb](#) · [Edinburgh, United Kingdom](#)

Must admit I agree. Perhaps Mr. Gilmour has been misquoted? I cannot think of anyone who works in the field of therapy making some of these statements and then expecting distressed clients to give him a call. I'm very sure, for example, that Andy Murray will not be rushing to embrace sports performance enhancement with this practitioner!

[Reply](#) · [1](#) ·

· [11 July at 03:10](#)



• [Clare Murphy Coaching](#) · [Hypnotherapist NLP practitioner Personal development coach](#) at [Clare Murphy Hypnotherapy](#)

I agree with Shaun. As a Hypnotherapist with integrity, this article made for very uncomfortable reading.

[Reply](#) · [1](#) ·

· [11 July at 03:22](#)



○

[Rosemarie Blackthorn](#) · [NUCA](#)

Wow. What a creep. Full of himself. Ugh.

[Reply](#) · [1](#) ·

· [11 July at 03:26](#)

Article

'I Am Woman' Singer Ready To Perform Again

Weblink: http://www.huffingtonpost.com/2012/07/13/helen-reddy-retirement-ends-i-am-woman-singer_n_1671539.html

By MICHAEL CIDONI LENNOX 07/13/12 11:11 AM ET **AP**



Helen Reddy's retirement ends.

LOS ANGELES -- Helen Reddy failed to take her own advice for the last few years – she did not "Keep on Singing," to quote the title of her 1974 hit.

Ten years ago, the "I Am Woman" singer-songwriter gave up on show business and started a whole new life in her homeland of Australia. She got her degree in clinical hypnotherapy, and for the last decade has lived modestly in Sydney.

"I have very wide-ranging interests," she said in a recent interview. "So, singing 'Leave Me Alone' 43 times per song lost its charm a long time ago."

But she couldn't stay silent forever. Reddy is making her return to the musical stage this week, at a club in San Diego and for a high school benefit in the Panorama City section of Los Angeles. She decided to

return to performing after being buoyed by the warm reception she recently got when she sang at her sister's birthday party.

But don't expect to hear all of the old chart makers during her performances.

"One of the reasons that I'm coming back to singing is because I'm not doing the greatest hits," Reddy explained. "I'm doing the songs that I always loved. So many are album cuts that never got any airplay, and they're gorgeous songs."

Reddy, 70, has been singing since she was a young girl, as part of a well-known show-business family in Melbourne. But she didn't score hugely until her 1971 hit cover of "I Don't Know How to Love Him," the big ballad from the musical "Jesus Christ Superstar." Over the next decade, she produced 15 top 40 hits, with three reaching No. 1.

Her biggest song was the feminist anthem "I Am Woman" – which ultimately inspired her to retire.

"That was one of the reasons that I stopped singing, was when I was shown a modern American history high-school textbook, and a whole chapter on feminism – and my name and my lyrics (were) in the book," she recalled. "And I thought, 'Well, I'm part of history now. And how do I top that? I can't top that.' So, it was an easy withdrawal."

Still, that is one of the classics from her catalogue that she will sing on stage – or, to be more accurate, recite.

"Sometimes the words get lost in a song," Reddy said. "And I think the words are very important. So I am reciting 'I Am Woman.' And I hadn't realized, but it's wonderful acting piece, as well. So, that will probably be the end of the set for me."

She added: "A lot of things that (women have) gained during the '70s have been lost. And I think it is time to put woman forward in more places."

As for Reddy, who recently had cataract surgery, she says she's already in a "very good place."

"I'm still very active, physically. I walk four miles a day. And I love the fact that I don't care so much about things – things that were so terribly important when you're younger, they don't matter when you get older," she said. "And it's such a sense of freedom."

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.

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Article

## Gastric Bypass surgery increases risk of alcoholism: try hypnosis first

- gastric bypass surgery June 20, 2012 By: Jami McDonald

Weblink: <http://www.examiner.com/article/gastric-bypass-surgery-increases-risk-of-alcoholism-try-hypnosis-first>

Monday ABC news and plenty of the other news sources reported on new research from the University of Pittsburgh Medical Center that shows evidence of a link between gastric bypass surgery and increased alcoholism sufferers. The study looked at 2000 participant's drinking habits before and after the surgery. Seven percent of the participants reported "alcohol use disorders prior to surgery" and 10.7 percent of patients experienced alcohol use disorder symptoms two years after the surgery.

This is a very big problem with obesity on the rise. The American Society for Metabolic and Bariatric surgery estimates that "approximately 72 million people are obese in the United States and 200,000 people have bariatric surgery each year."

In the actual surgery the stomach is reduced and the intestine is shortened, which limits the amount of food a person can eat but can also increase alcoholism because the alcohol passes through quickly and goes directly to the liver. The body processes this and the patient gets drunk very quickly and loses the buzz very quickly as well.

It makes sense; people who overeat can liken the symptoms of overeating to addiction. Transference of habitual behaviors happen at a high rate when a person who is susceptible to addiction tries to change a bad habit. Gastric Bypass forces its patients to change a behavior/habit with no real

lifestyle change plan in place to offset the addiction.

There is an alternative.

Hypnotherapists can use a noninvasive procedure known as gastric bypass or lap band hypnosis.

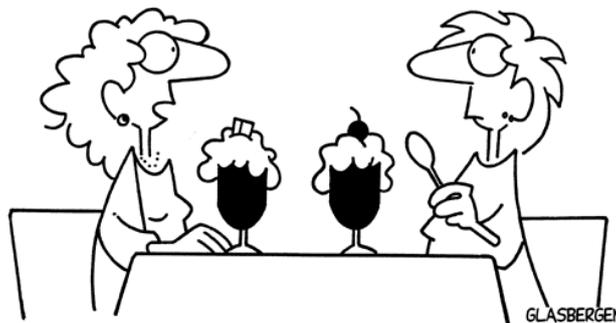
It begins with hypnotizing a client

into experiencing the surgery without ever going under the knife. They experience this surgery as a hypnotic suggestion. Then follow up sessions tackle any issues a client may be dealing with in their weight loss/management process. This procedure works for some and does not for others but for those it helps it could help to lower the side effects like "alcoholism" that patients experience from the real surgery.

Dr. Oz aired a special on this innovative hypnosis process last Friday. You can watch the segment at this link. If you are considering gastric bypass surgery take a look into hypnosis as an alternative before going under the knife. You may just find the answer to your weight management is in your mind not your stomach.



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**"If you put a crouton on your sundae instead of a cherry, it counts as a salad."**

## **SCRIPT - Deep Relaxation**

You are feeling very relaxed, you are aware of your body now and the weight of your body. You can feel it sinking down deeper into the mattress or chair under its weight - your mind is in complete control of your body, including your muscles. So focus your attention on your feet and toes.

There's an energy moving into the soles of your feet, and that energy is relaxing all the muscles in your feet and toes. Feel the muscles relax now. That energy is moving up into your calves, and as it moves, both of your calf muscles become quite loose and relaxed. Feel your calf muscles relax now.

The energy is moving now into your thigh muscles, causing them to simply let go and become loose. Now let your thigh muscles just hang down off the bone - now that relaxing energy is moving into your hips and groin, and the muscles there also unwind and become loose and relaxed. And now that energy flows into your buttocks, and those muscles also relax - feel the energy moving now, and it's moving into your abdominal muscles, waist, and small of your back. As it does, all the muscles there are bathed in relaxing energy, which causes them to unwind like a rubber band letting go. And if your mind is beginning to wander now, then that's OK. It just means you're relaxing and feeling very languid. Your unconscious mind is listening very carefully to every word I say.

Now that energy is flowing up into your chest and upper back, causing the muscles there to relax and just hang loose. The energy is moving into your shoulders now, and as the muscles relax, you can feel your shoulders sink down. And now the energy moves into your arms, hands, and fingers, relaxing all those muscles. You might even feel some tingling in your fingertips as the energy reaches them.

That relaxing energy is now moving into your neck, and if you are holding any tension there, it simply dissipates, allowing the neck muscles to become loose and free. The energy is now moving into your head, causing the muscles on your scalp and around your ears to unwind and it may even feel like your scalp is sliding down. Now the energy is flowing around your face, and as it moves, all the tiny muscles around your eyes, nose, and mouth let go. Your jaw relaxes as you allow a little space between the teeth. Even the tongue begins to relax.

Your entire body is now totally relaxed, and your body feels as limp as a rag doll. You are feeling drowsy, and comfortable, and secure. That energy is still in you and is now flowing out the top of your head and is moving down towards your feet. As it reaches your feet, your entire body is now enveloped in a warm cocoon of energy that protects you from any negative influences.

You are very relaxed now, and feeling sleepy. You may hear sounds in your environment, but unless there's something that needs your immediate attention, you remain totally relaxed. In fact, the sounds you hear, including my voice, only serve to help you go deeper asleep. You have the ability to come out of this trance whenever you wish, and you are fully safe and secure. So continue to fully relax, let go, and be at ease. You are drifting deeper asleep with every breath you exhale deeper asleep - ever deeper asleep.

In your mind, go now to a room where you feel totally safe, secure, and comfortable. You know this room very, very well, and you can see it clearly in your mind's eye. What colors do you see? Notice the furniture... what's on the floor - any objects in the room... notice the number of windows and how they are decorated. Everything you see is sharp and vivid in your mind, and the colors are bright.

Notice if there are any sounds in the room. Are there any familiar smells? Now reach out and pick up some object. Notice how heavy it is - how does it feel? Is it warm, cool, or somewhere in between? Now continue to look around you in that room where you can continue to relax and go deeper asleep. Let

go of that image now and let your mind wander where it will. Your subconscious mind is continuing to listen to everything I say.

Now I'm going to give you a little while to simply let go and relax even more.

Feel yourself sinking even deeper asleep... You are now at a level of trance we'll call level A. But as deep as that is, there's another level we'll call B, that's twice as deep asleep as level A, and you can reach it easily. In a moment I'm going to count to three, and on the count of three, you will go from level A down to level B and be twice as deep asleep. One - two - three. You are now at level B, much deeper asleep than you were before. But as deep as level B is, there's another level, C, that is ten times deeper than level B, and you can go there very easily. I'm going to count once more from one to five, and when I reach five, you will go from level B down, down, down to level C and be ten times deeper asleep. One - two - three - four - five. You are now at level C, ten times deeper asleep than you were before.

Imagine there's a ruler in front of you that measures the depth of your trance. You can see the ruler quite clearly and vividly. If the top of the ruler is 36 inches (approximately one meter), and that represents full, awakening consciousness, and the bottom of the yardstick at zero inches represents total unconsciousness, the depth of your trance will be somewhere on that yardstick. So see the ruler very clearly and notice what number on it represents the depth of your trance. Now move the depth of your trance down one inch from where it was, and allow yourself to go to that deeper level of trance. Now move it down a couple of inches deeper, and go down to that deeper level of trance. One more time, move your yardstick down three inches, and go down to that even deeper level of trance.

On this ruler, any number below 10 is deep, deep asleep. So notice what number you are on the yardstick, and if it's more than 10, move down the scale to a number less than 10 and find yourself, deep, deeply asleep. You are now in a very deep trance. You are still aware of the room around you and will come out of this trance if you need to quite easily. Just say to yourself, "I am awake" and you will come out of the trance fully alert.



## HOUSEKEEPING

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