

The Hypnosis Examiner



FREEDOM!

This year, we celebrate 239 years of freedom in the United States of America!

Independence Day is a day of family celebrations with picnics and barbecues, showing a great deal of emphasis on the American tradition of political freedom. Activities associated with the day include watermelon or hotdog eating competitions and sporting events, such as baseball games, three-legged races, swimming activities and tug-of-war games.

Independence Day is a patriotic holiday for celebrating the positive aspects of the United States. Many politicians appear at public events to show their support for the history, heritage and people of their country. Above all, people in the United States express and give thanks for the freedom and liberties fought by the first generation of many of today's Americans.

Write down a list of things that make you thankful.

~ The Editor

Feature Article:

“ HYPNOTHERAPIST or HYPNOTIST ”



Hypnosis, by itself is unlikely to cause a relief of issues, although it rarely fails to provide welcomed relaxation and stress relief. It is the ‘therapy’ carried out during the altered state of awareness referred to as hypnotherapy that is significant.

There is a difference between a Hypnotist and a Clinical Hypnotherapist in terms of competency and effectiveness for subconscious healing of clients. A Hypnotist is typically someone who has learned (*from books, on-line, weekend courses and/or 50-60 hour courses*) how to induce the hypnotic state in a willing person. Unless they have taken further appropriate training, the Hypnotist would not be considered qualified to assist a person with emotional and physical hypnotherapy issues. The basic or introductory courses in hypnosis allow the hypnotists to choose a field or fields of interest among the wide variety of applications possible with hypnosis, hypnotherapy being only one choice.

A Hypnotherapist is a Master Hypnotist who has many more hours specialized training in self-identification, regression, root-cause, release and re-learning techniques, to name a few. He/she combines the power of hypnosis and hypnotic suggestion with therapeutic understanding. Hypnotherapy helps to connect with your genuine need and design an effective strategy to fulfill the client need(s).

The confusion between the two tends to be rooted in the titles used by the various certifying organizations. One thing seems clear by this definition, without additional and proper training, a hypnotist, regardless the title he/she uses, is not qualified to work in the medical and dental applications of hypnosis.

PSYCHOLOGY



Psychology is the study of mind and behavior. It is an academic discipline and an applied science which seeks to understand individuals and groups by establishing general principles and researching specific cases.

The word psychology derives from Greek roots meaning study of the psyche or soul. The Latin word *psychologia* was first used by the Croatian humanist and Latinist Marko Marulić in his book, “*Psichiologia de ratione animae humanae*” in the late 15th century or early 16th century. The earliest known reference to the word psychology in English was by Steven Blankaart in 1694 in *The Physical Dictionary* which refers to “Anatomy which treats the Body and Psychology which treats of the Soul.”

In 1890, William James defined psychology as “the science of mental life both of its phenomena and their conditions.” This definition enjoyed widespread currency for decades. However, this meaning was contested notably by radical behaviorists such as John Watson who in his 1913 manifesto defined the discipline of psychology as the acquisition of information useful to the control of behavior. Also since James defined it, the term more strongly

connotes techniques of scientific experimentation.

The ancient civilizations of Egypt, Greece, China, India, and Persia all engaged in the philosophical study of psychology. Historians note that Greek philosophers, including Thales, Plato, and Aristotle (*especially in his De Anima treatise*), addressed the workings of the mind. As early as the 4th century BC, Greek physician Hippocrates theorized that mental disorders had physical rather than supernatural causes.

In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior while also exploring the physiological and biological processes that underlie cognitive functions and behaviors.

Psychologists explore concepts such as perception, cognition, attention, emotion, intelligence, phenomenology, motivation, brain functioning, personality, behavior, and interpersonal relationships, including psychological resilience, family resilience, and other areas. Psychologists of diverse orientations also consider the unconscious mind. Psychologists employ empirical methods to infer causal and correlational relationships between psychosocial variables. In addition, or in opposition, to employing empirical and deductive methods, some (*especially clinical and counseling psychologists*) at times rely upon symbolic interpretation and other inductive techniques. Psychology has been described as a “hub science” with

psychological findings linking to research and perspectives from the social sciences, natural sciences, medicine, humanities, and philosophy.

Some major schools of thought are:

- Biological psychology, also known as physiological psychology, or neuropsychology is the study of the biological substrates of behavior and mental processes;

- Human behavior is a main area of study. Much of the research in this area began with tests on mammals, based on the idea that humans exhibit similar fundamental tendencies; Behavioral research ever aspires to improve the effectiveness of techniques for behavior modification;

- Cognitive psychology studies cognition, the mental processes underlying mental activity. Perception, attention, reasoning, thinking, problem solving, memory, learning, language, and emotion are areas of research;

- Social psychology is the study of how humans think about each other and how they relate to each other. Social psychologists study such topics as the influence of others on an individual's behavior and the formation of beliefs, attitudes, and stereotypes about other people;

- Psychoanalysis comprises a method of investigating the mind and interpreting experience; a systematized set of theories about human behavior; and a form of psychotherapy to treat psychological or emotional distress especially conflict originating in the unconscious mind. (*continued next page*)

PSYCHOLOGY

(continued)

This school of thought originated in the 1890s with Austrian medical doctors including Josef Breuer (*physician*), Alfred Adler (*physician*), Otto Rank (*psychoanalyst*), and most prominently Sigmund Freud (*neurologist*). Freud's psychoanalytic theory was largely based on interpretive methods, introspection and clinical observations. It became very well known largely because it tackled subjects such as sexuality, repression, and the unconscious. These subjects were largely taboo at the time and Freud provided a catalyst for their open discussion in polite society. Clinically, Freud helped to pioneer the method of free association and a therapeutic interest in dream interpretation.

Humanistic psychology developed in the 1950s as a movement within academic psychology in reaction to both behaviorism and psychoanalysis. The humanistic approach sought to glimpse the whole person, not just fragmented parts of the personality or isolated cognitions. Humanism focused on uniquely human issues, such as free will, personal growth, self-actualization, self-identity, death, aloneness, freedom, and meaning. It emphasized subjective meaning, rejection of determinism and concern for positive growth rather than pathology

OBESITY

If doctors tell you you're obese, they're not trying to make you feel bad. They're using a specific medical term -- obesity -- to talk with you about your weight.

The word "obesity" means too much body fat. It's usually based on your body mass index (*BMI*) which you can check using a BMI calculator. BMI compares your weight to your height.

In adults age 20 and older, if your BMI is:

- 18.5 - 24.9, you are normal weight.
- 25 - 29.9, you are overweight.
- 30+, you are obese.
- 40+, you are extremely obese.

In adults age 20 and older:

- More than two-thirds (68.8%) of adults are considered to be overweight or obese.
- More than one-third (35.7%) of adults are considered to be obese.

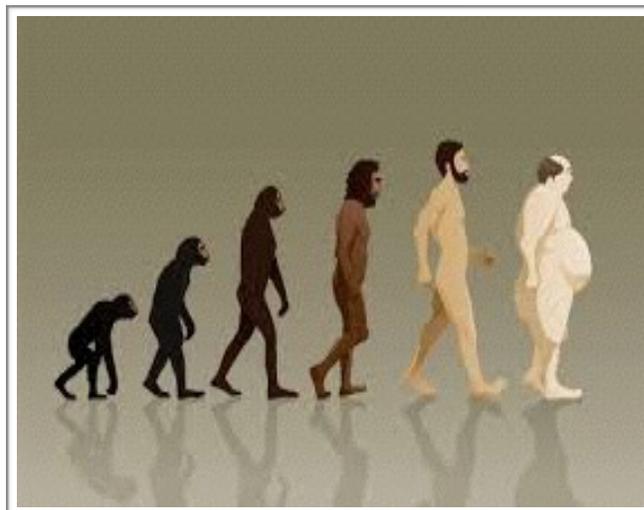
- More than 1 in 20 (6.3%) have extreme obesity.
- Almost 3 in 4 men (74%) are considered to be overweight or obese.
- The prevalence of obesity is similar for both men and women (*about 36%*).
- About 8% of women are considered to have extreme obesity.

Overweight and obesity result from an energy imbalance. The body needs a certain amount of energy (*calories*) from food to keep up basic life functions. Body weight tends to remain the same when the number of calories eaten equals the number of calories the body uses or "burns." Over time, when people eat and drink more calories than they burn, the energy balance tips toward weight gain, overweight, and obesity.

Children need to balance their energy, too but they are also growing and that should be considered as well. Energy balance in children happens when the amount of energy taken in from food or drink and the energy being used by the body support natural growth without promoting excess weight gain.

Many factors can lead to energy imbalance and weight gain. They include genes, eating habits, how and where people live, attitudes and emotions, life habits, and income.

There is no single cause of all overweight and obesity. There is no single approach that can help prevent or treat overweight and obesity. Treatment may include a mix of behavioral treatment, diet, exercise and sometimes weight-loss drugs. In some cases of extreme obesity, weight-loss surgery may be an option.



HABITS



Your life today is essentially the sum of your habits. How in shape or out of shape you are? How happy or unhappy you are? How successful or unsuccessful you are? The answers to these questions are all a result of your habits.

What you repeatedly do (*i.e.*, what you spend time thinking about and doing each day) ultimately forms the person you are, the things you believe and the personality that you portray.

A habit is a routine of behavior that is repeated regularly and tends to occur unconsciously. A habit, from the standpoint of psychology, is a more or less fixed way of thinking, willing or feeling acquired through previous repetition of a mental experience. Habitual behavior often goes unnoticed in persons exhibiting it because a person does not need to engage in self-analysis when undertaking routine tasks. Habits are sometimes compulsory. The process by which new behaviors become automatic is habit formation. Old habits are hard to break and new habits are hard to form because the behavioral patterns we repeat are imprinted in our neural pathways but it is possible to form new habits through repetition.

As behaviors are repeated in a consistent context, there is an incremental increase in the link between the context and the action. This increases the automaticity of the behavior in that context. Features of an automatic behavior are all or some of: efficiency, lack of awareness, unintentionality, uncontrollability.

Habit formation is the process by which a behavior, through regular repetition, becomes automatic or habitual. This is modeled as an increase in automaticity with number of repetitions up to an asymptote. This process of habit formation can be slow. Lally et al. (2010) found the average time for participants to reach the asymptote of automaticity was 66 days with a range of 18–254 days.

As the habit is forming, it can be analyzed in three parts: the cue, the behavior, and the reward. The cue is the thing that causes your habit to come about, the trigger to your habitual behavior. This could be anything that your mind associates with that habit and you will automatically let a habit come to the surface. The behavior is the actual habit that you are exhibiting and the reward, a positive feeling, therefore continues the “habit loop.” A habit may initially be triggered by a goal but over time that goal becomes less necessary and the habit becomes more automatic.

The habit–goal interface or interaction is constrained by the particular manner in which habits are learned and represented in memory. Specifically, the associative learning underlying habits is characterized by the slow, incremental accrual of information over time in procedural memory. Habits can either benefit or hurt the goals a person sets for themselves.

Goals guide habits by providing the initial outcome-oriented motivation for response repetition. In this sense, habits are often a trace of past goal pursuit. Although, when a habit forces one action, but a conscious goal pushes for another action, an oppositional context occurs. When the habit prevails over the conscious goal, a capture error has taken place.

Behavior prediction is also derived from goals. Behavior prediction is to acknowledge the likelihood that a habit will form, but in order to form that habit, a goal must have been initially present. The influence of goals on habits is what makes a habit different from other automatic processes in the mind.

A bad habit is an undesirable behavior pattern. The sooner one recognizes these bad habits, the easier it is to fix them. Many techniques exist for removing established bad habits, e.g., withdrawal of reinforcers, identifying and removing factors that trigger and reinforce the habit. The basal ganglia appears to remember the context that triggers a habit, so habits can be revived if triggers reappear. Recognizing and eliminating bad habits as soon as possible is advised. Habit elimination becomes more difficult with age because repetitions reinforce habits cumulatively over the lifespan. According to Charles Duhigg, there is a loop that includes a cue, routine and reward for every habit. An example of a habit loop is TV program ends (*cue*), go to the fridge (*routine*), eat a snack (*reward*). The key to changing habits is to identify your cue and modify your routine and reward.

MENTAL HEALTH

Mental health is a level of psychological well-being or it can also be defined as an absence of a mental disorder. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment." From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience.

Being mentally and emotionally healthy does not preclude the experiences of life which we cannot control. As humans, we are going to face emotions and events that are a part of life. According to Smith and Segal (*Improving Emotional Health, 2011, Healthguide*) "People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook in which they also remain focused, flexible and creative in bad times as well as good."

According to World Health Organization (*WHO*) mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others." WHO further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. However, cultural differences, subjective



assessments, and competing professional theories all affect how "mental health" is defined. It is a socially constructed and socially defined concept, that is, different societies, groups, cultures, institutions and professions have very different ways of conceptualizing its nature and causes, determining what is mentally healthy and deciding what interventions, if any, are appropriate. Thus, different professionals will have different cultural, class, political and religious backgrounds which will impact the methodology applied during treatment.

In the mid-19th century, William Sweetser was the first to coin the term "mental hygiene" which can be seen as the precursor to contemporary approaches to work on promoting positive mental health. After year 1945, references to mental hygiene were gradually replaced by the term "mental health."

Mental health can be seen as an unstable continuum where an individual's mental health may have many different possible values. Mental wellness is generally viewed as a positive attribute, even if the person does not have any diagnosed mental health condition. This definition of mental health highlights emotional well-being, the

capacity to live a full and creative life and the flexibility to deal with life's inevitable challenges.

Many therapeutic systems and self-help books offer methods and philosophies espousing strategies and techniques vaunted as effective for further improving the mental wellness. Positive psychology is increasingly prominent in mental health.

EYE CUES

Have you ever noticed when you're talking to someone that their eyes move around?

That's because they are thinking in different patterns.

These patterns have been studied and formulated into a generalized scale of what eye directions are associated with what thinking patterns.

If you are asked or think about:

- something you've seen before, your eyes move up and to the left;
- something you've never seen before, your eyes move up to the right;
- something you've heard before, your eyes move to the left;
- something you've never heard before, your eyes move to the right;
- something about your self talk, your eyes move down to the left;
- something about your feelings, your eyes move down to the right.

Try it with a friend. Start out looking straight ahead to begin then ask a question and see what results you get.

PROCRASTINATION

Everyone procrastinates sometimes, but 20 percent of people chronically avoid difficult tasks and deliberately look for distractions which unfortunately are increasingly available. Procrastination in large part reflects our perennial struggle with self-control as well as our inability to accurately predict how we'll feel tomorrow or the next day.

Procrastinators may say they perform better under pressure, but more often than not that's their way of justifying putting things off.

The bright side? It is possible to overcome procrastination with effort.

Procrastination is the practice of carrying out less urgent tasks in preference to more urgent ones or doing more pleasurable things in place of less pleasurable ones and thus putting off impending tasks to a later time, sometimes to the "last minute" before a deadline. People may procrastinate personal issues (*raising a stressful issue with a partner*), health issues (*seeing a doctor or dentist*), home care issues (*patching a leak in a roof*), or academic/work obligations (*completing a report*).

Procrastination may result in stress, anxiety, a sense of guilt and crisis, health problems, and severe loss of personal productivity as well as social disapproval for not meeting responsibilities or commitments. These feelings combined may promote further procrastination. While it is regarded as normal for people to procrastinate to some degree, it becomes a problem when it impedes normal functioning. Chronic procrastination may be a sign of an underlying psychological disorder. Such procrastinators may have difficulty seeking support

due to social stigma and the belief that task-aversion is caused by laziness, low willpower or low ambition. On the other hand many regard procrastination as a useful way of identifying what is important to us personally as it is rare to procrastinate when one truly values the task at hand.

In recent years, procrastination has had a strong relation with social media. The specific action is to keep refreshing one's browser and check the social media websites such as Facebook, Twitter, Reddit or news websites, regardless of the tiredness, work assignments, deadlines, etc. Indeed, social media isn't the reason that people procrastinate. Wasting time on social media sites is just an instance of procrastination.

For some people, procrastination can be persistent and tremendously disruptive to everyday life. For these individuals, procrastination may be symptomatic of a psychological disorder. Procrastination has been linked to a number of negative associations such as depression, irrational behavior, low self-esteem, anxiety,

poor study habits and neurological disorders like ADHD. Others have found relationships with guilt and stress. Therefore, it is important for people whose procrastination has become chronic and is perceived to be debilitating, to seek out a trained therapist or psychiatrist to see if an underlying mental health issue may be present.

With a distant deadline, procrastinators report significantly less stress and physical illness than do non-procrastinators. However, as the deadline approaches, this relationship is reversed. Procrastinators report more stress, more symptoms of physical illness, and more medical visits, to the extent that, overall, procrastinators had suffered more stress and health problems.



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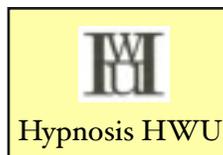
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BRAIN WAVES

Your brain is made up of billions of brain cells called neurons which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain which can be detected using sensitive medical equipment (*such as an EEG*) measuring electricity levels over areas of the scalp. The combination of electrical activity of the brain is commonly called a brain wave pattern because of its cyclic 'wave-like' nature. Our mind regulates its activities by means of electric waves which are registered in the brain, emitting tiny electrochemical impulses of varied frequencies that can be registered by an electroencephalogram. These brainwaves are known as:

Beta brain waves are considered to be among the fastest brain wave frequencies and are documented as brain waves within the frequency range of 12 Hz – 38 Hz. They are typically produced by the left hemisphere of your brain, but can be synchronized. Each time you solve a tough math problem, logic puzzle, or read a book, your Beta brain waves kick in.

People who think logically tend to have a lot of Beta brain wave activity. Adults tend to have more Beta brain waves than children and teens and Beta brain waves have been known to increase as you get older. In the majority of healthy adults, Beta waves seem to be the dominant rhythm. Beta waves have also been associated with an increased ability to focus on our external reality. When we experience too many Beta brain waves, there can be problems like stress and anxiety. However, when produced in normal amounts, there are definitely many benefits to be had from experiencing Beta brain waves.

Alpha brain waves are brain waves within the documented frequency range of 8 Hz to 12 Hz and were the first brain wave frequency range to be discovered. In 1908, an Austrian research psychiatrist was the first individual to find "brain waves." He named them Alpha waves ("*Alpha*" translates to "*first*" in Greek) due to the fact that they were the first brain wave range to be found and observed in an electroencephalograph (EEG). Researchers have found that Alpha brain waves are associated with states of peace and relaxation. When you take the time to breath deeply, meditate, or close your eyes, there will be a big increase in the amount of alpha brain wave activity inside your brain. When a person is lacking in alpha brain wave activity, rapid thinking and overthinking usually occur. They may get adrenaline rushes and lack the ability to concentrate.

Alpha brain waves can be of benefit to you because they will help you stay relaxed and will literally melt away all of your stress. They have been documented to improve learning, memory, and social interaction. They also have been known to cure anxiety and insomnia in some individuals. It is known that people who have lower anxiety tend to have significantly more Alpha brain wave activity than those who are nerved up. Another interesting benefit from Alpha brain waves is that they have been known to boost your immune system. This basically translates to you getting sick less often. If you take some time to think about this statement, it makes perfect sense due to the fact that people who are stressed out (*e.g. in a Beta state*) tend to get sick a lot. Staying calm and relaxed will build up immunity and you sure won't be getting sick as often.

Theta brain waves typically cycle at a rate of 4 Hz to 7 Hz. Theta brain waves have long been associated with early stages of sleep and the process of dreaming. They are of high amplitude and usually kick in when you experience powerful surges of emotion. Theta waves have been associated with states of enhanced creativity, "Super Learning," deeper relaxation, day-dreaming, and sleep-dream activity. They can kick in when you have a spiritual experience or while you are in a highly creative state. Accessing your Theta brain waves means having a deeper emotional connection with yourself.

Each and every day, you receive subconscious programming from your environment that you may not be aware of. This information and processing cycles into your brain and has actually been found to have an influence on behavior. You can benefit from tapping your Theta waves to connect with your subconscious because it will allow you to reprogram your brain with ideas and beliefs that you truly want to believe. This helps you avoid falling victim to environmentally induced thought patterns.

Delta brain waves are the slowest waves at 1 Hz - 4 Hz. Delta brain waves become active in your brain when you are in the deeper stages of sleep (*e.g. stage 3 and stage 4*). They are associated with being completely unconscious (*i.e. you usually won't know or remember anything while Delta waves are dominant*). Delta brain waves have been known to oscillate throughout all parts of the brain and are not usually synchronized. Of all brain wave ranges, the Delta waves have the greatest amplitude and are responsible for the slowest form of mental processing. (*continued next page*)

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BRAIN WAVES *(continued)*

Delta brain waves have been proven to have a number of beneficial side-effects. When Delta Brain Waves increase, so does your natural ability to: Release Anti-Aging hormones, tap an increased amount of empathy (*understanding how others feel*), heal the mind and repair your muscles, and access the deepest possible states of relaxation. Other side effects as a result of Delta brain waves include: the release of natural growth hormone, the release of melatonin, connecting with your intuition and accessing deep states of spirituality.

Another thing about Delta brain waves is that they have been known to reduce levels of cortisol and for high stressed people reduce adrenalin levels in your body.

The great thing about Delta brain waves is that they are able to connect you with deeper parts of your unconscious mind. Even though you must travel down through Alpha brain waves and Theta brain waves before you can reach Delta, many people are able to greatly appreciate a Delta

brain wave experience. If you spend too much time caught up in the higher ranges of brain waves then chances are you may be able to benefit from Delta Waves, especially if you increase them right before you go to bed. Since Delta brain waves are associated with sleep, listening to a brain wave entrainment session in the Delta frequency range of 1 Hz to 4 Hz will do a nice job at helping you fall asleep.

The fastest documented brainwave frequency range is that of Gamma Brain Waves which oscillate within the range of 40 Hz to 70 Hz. Gamma brain waves have the smallest amplitude on an EEG in comparison to the other four basic types of brain wave frequencies. Gamma Brain Waves have long been considered the brain’s information and sensory binding brain wave or the brain wave that is able to link and process information from all parts of the brain. Having high amounts of Gamma brain wave activity has been associated with: having high levels of intelligence, being compassionate, having high amounts of self-control and feelings of natural happiness.

TOP 10 COMMON PHOBIAS

According to the National Institute of Mental Health, approximately 8.7% of people, or about 19.2 million American adults, suffer from one or more specific phobias. Although researchers have not yet determined exactly what causes a phobia to develop, we know that phobias are rooted in the normal fear response.

The full list of phobias is almost limitless consisting of anything that someone could fear. However, some phobias are much more common than others. Here are ten of the most common specific phobias.



*Acrophobia is a generalized fear of all heights. This distinguishes it from aerophobia (*fear of flying*) and other more specified phobias. Acrophobia is sometimes confused with vertigo.



*Claustrophobia, the fear of enclosed spaces, can range from mild to severe and can be triggered by entering an elevator or riding in a plane.



*Nyctophobia is common and generally transient in children. This fear of the dark is less common in adults.



*The fear of snakes, Ophidiophobia, is not only of touching snakes but also viewing pictures of or talking about snakes.



*Arachnophobia (*popularized by the 1990 movie of the same name*) is the fear of spiders. It is an extremely common and one of the most invasive animal phobias.



*Trypanophobia is a medical phobia of needles. A more general fear of non-medical needles is known as aichmophobia. This phobia may result in serious physiological responses including very low blood pressure and fainting.



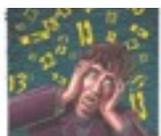
*Astraphobia is the fear of thunder and lightning. Children are commonly afraid of thunder and lightning but if it continues longer than six months, then it can be a phobia.



*Nosophobia is an irrational fear of developing a specific disease. "Medical Student's Disease" cyberchondria are forms of nosophobia. These conditions develop when the sufferer researches a disease and then starts to believe that he or she has the symptoms of that disease.



*Mysophobia is an intense fear of becoming contaminated by germs (*also known as Germophobia*). It is related to obsessive-compulsive disorder which is often marked by repetitive hand-washing.



*Triskaidekaphobia is controversial as to whether it's a phobia or superstition. Nonetheless, the fear of the number 13 has actually influenced the modern world. It is rare to see a 13th floor in a hotel or office building.

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