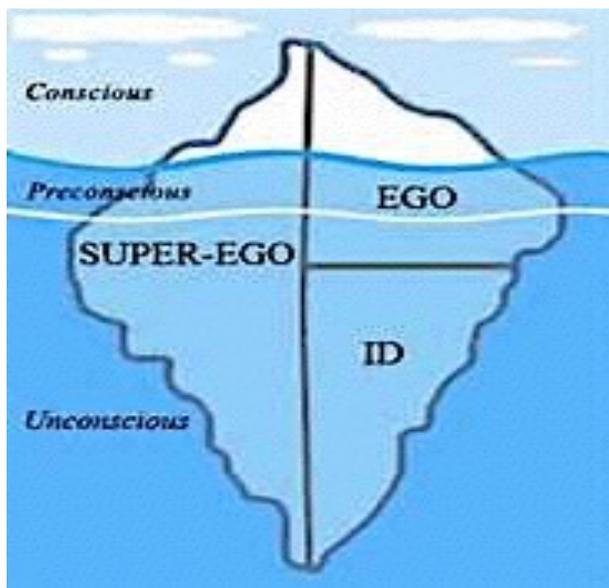


# The Hypnosis Examiner

## Feature Article: “THE HUMAN PSYCHE”



Perhaps Freud's single most enduring and important idea was that the human psyche (*personality*) has more than one aspect. Freud (1923) saw the psyche structured into three parts (*i.e. tripartite*), the id, ego and superego, all developing at different stages in our lives.

These are systems, not parts of the brain, or in any way physical.

Although each part of the personality comprises unique features, they interact to form a whole and each part makes a relative contribution to an individual's behavior.

### THE ID (*OR IT*):

The id is the primitive and instinctive component of personality. It consists of all the inherited (*i.e. biological*) components of personality present at birth, including the sex (*life*) instinct Eros (*which contains the libido*) and the aggressive (*death*) instinct Thanatos.

The id is the impulsive (*and unconscious*) part of our psyche which responds directly and immediately to the instincts.

The personality of the newborn child is all id and only later does it develop an ego and super-ego.

The id remains infantile in it's function throughout a persons life and does not change with time or experience, as it is not in touch with the external world. *(continued page 2)*



## GREAT AMERICAN SMOKEOUT!

American Cancer Society marks the Great American Smokeout on the 3rd Thursday of November each year.

Smokers are encouraged to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes.

With the addition of the e-cigarette, smokers have found a way to get around quitting and still be somewhat socially acceptable. Don't buy a cheap imitation! Just stop!

If you need help, there are many sources to assist you. If you can't find help, contact the editor. We can help you!

~ The Editor

THE HUMAN PSYCHE *(continued)*

The id is not affected by reality, logic or the everyday world as it operates within the unconscious part of the mind.

The id operates on the pleasure principle (*Freud, 1920*) which is the idea that every wishful impulse should be satisfied immediately regardless of the consequences. When the id achieves its demands we experience pleasure, when it is denied we experience ‘unpleasure’ or tension.

The id engages in primary process thinking, which is primitive, illogical, irrational, and fantasy oriented. This form of process thinking has no comprehension of objective reality and is selfish and wishful in nature.

THE EGO (OR I):

*The ego is 'that part of the id which has been modified by the direct influence of the external world.'* (*Freud*)

The ego develops in order to mediate between the unrealistic id and the external real world. It is the decision making component of personality. Ideally the ego works by reason whereas the id is chaotic and totally unreasonable.

The ego operates according to the reality principle, working out realistic ways of satisfying the id’s demands, often compromising or postponing satisfaction to avoid negative consequences of society. The ego considers social realities and norms, etiquette and rules in deciding how to behave.

Like the id, the ego seeks pleasure (*i.e. tension reduction*) and avoids pain but unlike the id the ego is concerned with devising a realistic strategy to obtain pleasure. The ego has no concept of right or wrong; something is good simply if it achieves its end of satisfying without causing harm to itself or to the id.

Often the ego is weak relative to the headstrong id and the best the ego can do is stay on, pointing the id in the right direction and claiming some credit at the end as if the action were its own.

*Freud made the analogy of the id being a horse while the ego is the rider. The ego is 'like a man on horseback, who has to hold in check the superior strength of the horse.'*

If the ego fails in its attempt to use the reality principle and anxiety is experienced, unconscious defense mechanisms are employed to help ward off unpleasant feelings (*i.e. anxiety*) or make good things feel better for the individual.

The ego engages in secondary process thinking which is rational, realistic, and orientated towards problem solving. If a plan of action does not work,

then it is thought through again until a solution is found. This is known as reality testing and enables the person to control their impulses and demonstrate self-control via mastery of the ego.

An important feature of clinical and social work is to enhance ego functioning and help the client test reality through assisting the client to think through their options.

THE SUPEREGO (OR ABOVE I):

The superego incorporates the values and morals of society which are learned from one's parents and others. It develops around the age of 3–5 years old during the phallic stage of psychosexual development.

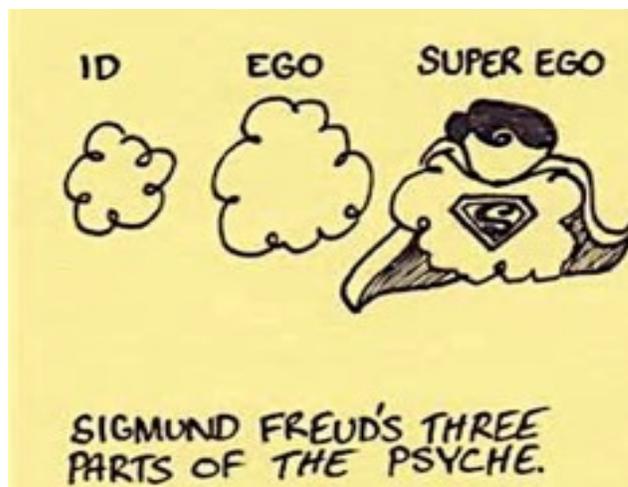
The superego's function is to control the id's impulses, especially those which society forbids such as sex and aggression. It also has the function of persuading the ego to turn to moralistic goals rather than simply realistic ones and to strive for perfection.

The superego consists of two systems: The conscience and the ideal self. The conscience can punish the ego through causing feelings of guilt. For example, if the ego gives in to the id's demands, the superego may make the person feel bad through guilt.

The ideal self (*or ego-ideal*) is an imaginary picture of how you ought to be and represents career aspirations, how to treat other people and how to behave as a member of society.

Behavior which falls short of the ideal self may be punished by the superego through guilt. The superego can also reward us through the ideal self when we behave ‘properly’ by making us feel proud.

If a person’s ideal self is too high a standard then whatever the person does will represent failure. The ideal self and conscience are largely determined in childhood from parental values and how you were brought up.



Sports Page

“HYPNOSIS FOR SPORTS PERFORMANCE”

Serious athletes are often determined to find anything that will give them an edge over their competition as well as help them perform optimally. Hypnosis and imagery have been utilized by many such athletes to improve their game. While some regard hypnosis as some mystical or magical form of mind control, it is actually a legitimate form of treatment which has proven to be effective in bringing about positive change, developing new habits and behaviors, and releasing unhealthy or unproductive emotions, habits and behaviors. Many well-known athletes have worked with highly trained hypnotherapists to achieve significant gains in their personal performance, regardless of their sport.

Since the unconscious mind is really the driving force between most of our beliefs and behaviors, it makes sense that a technique which elicits change at the unconscious level can be highly effective. Hypnosis is such a technique. Hypnosis can help an athlete overcome issues of self-doubt which may be keeping him from moving to the next level. It can help an athlete hone his skills, fine-tune a technique and have a level of self-belief and confidence which will enable him to excel beyond what he may have previously thought possible. Hypnosis can also help an athlete acquire the intense focus required to be at the top in his sport. Hypnosis can help an athlete overcome performance anxiety or pre-game jitters which can make the difference between winning a gold medal and coming in 6th place.

Tiger Woods is an excellent example of an incredible athlete who has used hypnosis to achieve a phenomenal level of success in golf. He has reportedly been utilizing powerful self-hypnosis techniques since his early teens. Not only has he used it to visualize every swing and stroke in his mind before carefully executing it on the course, he also uses it to “get in the zone”. Self-hypnosis methods have helped him, like many successful athletes, quiet his mind, release any anxiety and become 100% focused as he plays the game. Such laser focus can be especially important in a game like golf where onlookers and other things can be very distracting. Tiger Woods has clearly shown how powerful hypnosis can be to conquer his mind and achieve extremely high levels of success.

As Tiger Woods can attest, imagery (*or visualization*) is an effective self-hypnosis technique which can help athletes perform better. A gymnast may visualize herself going through every movement of her routine over and over in her mind. A basketball player may visualize himself making a perfect free throw shot hundreds of times. By using imagery or visualization, these athletes are conditioning their minds and their bodies to carry out the movements in reality just as they have performed them hundreds of times in their minds. Mary Lou Retton reported used visualization to help win the gold medal in gymnastics at the 1984 Olympics.

Athletes will often use imagery and visualization just before their event to achieve their desired goal. By closing their eyes and focusing on achieving their goal, they can improve their performance. Once they have pictured it in their mind they then proceed to do it. Utilizing this technique is especially beneficial when the sport requires a brief burst of energy.

Another way that hypnosis can help competitive athletes is in dealing with pain and injuries. Learning to dissociate from the pain can help them better cope with it and perform in spite of it. Relaxation methods can also be particularly helpful when it comes to managing pain which is a part of most sports. Hypnosis can also help athletes recover more quickly from a sports injury. By accelerating the recovery time, the athlete can return to practice and competition more quickly which can be very important for athletes competing at the highest levels.

Even if you are not training for the Olympics or competing as a professional athlete, hypnosis can help you attain higher levels of performance in whatever sport you play. You can work with a hypnotherapist, listen to hypnosis CDs or learn various self-hypnosis techniques such as those mentioned earlier. You may find your performance improving much more than you thought possible!



## LOSE WEIGHT . . . FOR GOOD!

Most people don't realize that adding trance to your weight loss efforts can help you lose more weight and keep it off longer.

Hypnosis predates carb and calorie counting by a few centuries but this age-old attention-focusing technique has yet to be embraced wholeheartedly as an effective weight loss strategy.

Until recently, there has been scant scientific evidence to support the legitimate claims of respected hypnotherapists. Even after a persuasive mid-nineties reanalysis of 18 hypnotic studies showed that psychotherapy clients who learned self-hypnosis lost twice as much weight as those who didn't (*and, in one study, kept it off two years after treatment ended*), hypnotherapy has remained a well-kept weight loss secret.

Unless hypnosis has happily compelled you or someone you know to buy a new, smaller wardrobe, it may be hard to believe that this mind-over-body approach could help you get a handle on eating.

Seeing is definitely believing. So see for yourself. You don't have to be entranced to learn some of the invaluable lessons that hypnosis has to teach about weight loss.

The answer lies within. Hypnotherapists believe you have everything you need to succeed. You don't really need another crash diet or the latest appetite suppressant. Slimming is about trusting your innate abilities, as you do when you ride a bicycle. You may not remember how scary it was the first time you tried to bike but you kept practicing until you could ride automatically without thought or effort. Losing weight may seem similarly beyond you but it's just a matter of finding your balance.

Believing is seeing. People tend to achieve what they think they can achieve. That even applies to hypnosis. Subjects tricked into believing they could be hypnotized (*for example, as the hypnotist suggested they'd see red, he flipped the switch on a hidden red bulb*) demonstrated increased hypnotic responsiveness. The expectation of being helped is essential. Let me suggest that you expect your weight loss plan to work.

Accentuate the positive. Negative or aversive suggestions like "Doughnuts will sicken you," work for a while but if you want lasting change, you'll want to think positive. The most popular positive hypnotic suggestion was devised by doctors Herbert Spiegel and David Spiegel, a father-son hypnotherapy team: "For my body, too much food is damaging. I need my body to live. I owe my body respect and protection."

Encourage clients to write their own upbeat mantras. One 50-year-old mother who lost 50-plus pounds repeats daily: "Unnecessary food is a burden on my body. I'm going to shed what I don't need."

If you imagine it, it will come. Like athletes preparing for competition, visualizing victory readies you for a victorious reality. Imagining a day of healthy eating helps you envision the necessary steps to becoming that healthy eater. Too tough to picture? Find an old photograph of yourself at a comfortable weight and remember what you were doing differently then; imagine resurrecting those routines. Or visualize getting advice from a future older, wiser self after she's reached her desired weight.

Send food cravings flying. Hypnotherapists routinely harness the power of symbolic imagery, inviting subjects to put food cravings on fluffy white clouds or in hot air balloons and send them up, up, and away. If McDonald's golden arches have the power to steer you off your diet, hypnotists understand that a counter-symbol can steer you back. Invite your mind to flip through its Rolodex of images until one emerges as a symbol for casting out cravings.

Two strategies are better than one. When it comes to losing weight and keeping it off, a winning combination is hypnosis and cognitive-behavioral therapy (CBT) which helps revamp counterproductive thoughts and behaviors. Clients who learn both lose twice as much weight without falling into the dieter's lose-some, regain-more trap. You've already tried CBT if you've ever kept a food diary. Before my clients learn hypnosis, they keep track of everything that passes their lips for a week or two. Raising awareness, every good hypnotherapist knows, is a key baby step toward lasting change.

Modify, modify, modify. The late hypnosis innovator Milton Erickson, MD, emphasized the importance of using existing patterns. To alter one client's lose-regain, lose-regain pattern, Erickson suggested she first gain weight before losing it—a hard sell nowadays, unless you're Charlize Theron. Easier to swallow: Modify your highest-calorie craving. Instead of a pint of ice cream, how about a cup of frozen yogurt?

Like it or not, it's survival of the fittest. No suggestion is powerful enough to override the survival instinct. Much as we like to think it's survival of the fittest, we're still programmed, in case of famine, for survival of the fittest. Case in point: a personal trainer on a starvation diet who wanted me to suggest away her gummy bear addiction. I tried to explain that her body believed her life depended on the chewy candies and wouldn't give them up until she got enough calories from more nutritious foods. (*continued page 5*)

## LOSE WEIGHT *(continued)*

No, she insisted, a suggestion was all she needed. I wasn't surprised when she dropped out.

**Practice makes perfect.** One Pilates class does not produce washboard abs and one hypnosis session cannot shape up your diet. But silently repeating a positive suggestion 15 to 20 minutes daily can transform your eating, especially when combined with slow, natural breaths, the cornerstone of any behavioral-change program.

**Congrats—it's a relapse.** Hypnosis views a relapse as an opportunity, not a travesty. If you can learn from a real or imagined relapse (why it happened, how to handle it differently) you'll be better prepared for life's inevitable temptations.

## QUITTING SMOKING

While it wasn't until the early 20th century that the harmful effects of smoking were explored, studies continue to expose the dangers of the habit. Quitting smoking is a big challenge for a person to face and they will often need more than just willpower. For many people, hypnotherapy is an effective solution.

It is important for the person to know why they want to quit before any successful attempts can be made. It is common for people to relapse if they are quitting for somebody else. If the individuals are making the decision for themselves, the chances of success can improve.

### **The anatomy of a cigarette**

Cigarettes aren't simply tobacco and paper. During the manufacturing process, a whole cocktail of chemicals are added. With each cigarette, a person will be inhaling harmful substances, including:

\*Nicotine – This is the drug that stimulates the brain and causes the addiction. If a person smokes regularly, they may experience some unpleasant withdrawal symptoms. Symptoms may include intense cravings, increased anxiety, irritability and headaches.

\*Tar – After smoking tobacco, tar is the residue that is deposited into the lungs. From here, it enters the bloodstream and gets carried to other parts of the body. Tar contains over 4000 chemicals, over 50 cancer-causing carcinogens and other poisons. This is why smoking is considered one of the biggest causes of disease.

\*Carbon monoxide – This gas affects how much oxygen the blood can carry around the body. As a result, smoking prevents the body from getting the oxygen it needs to function smoothly. The smoker

may experience shortness of breath, low energy levels and poor circulation.

### **Why stop smoking?**

Smoking increases the risk of developing a wide range of health ailments and diseases. But the habit does not only harm the smoker's health, it can also have a negative impact on the people around them. Children and babies living with people who smoke are vulnerable to many health problems. This includes chronic obstructive pulmonary disease (*COPD*) and an increased risk of crib death.

Some of the most common smoking-related illnesses include:

\*Infertility - Smoking affects the fertility of men and women, making it difficult to conceive.

\*Gum disease - As well as staining your teeth, smoking can cause premature tooth loss due to gum disease.

\*Heart disease - This is considered one of the biggest killers. Nearly one in six cases are smoking-related.

\*Lung cancer - More than eight in 10 cases of lung cancer are directly related to smoking.

\*Other cancers - This includes mouth, throat, nose, blood, cervical and pancreatic cancer.

Adults who endure passive smoking for a long period of time are also at an increased risk of heart disease and lung cancer. Tobacco is also an irritant; therefore it can make conditions such as asthma worse.

### **Hypnotherapy for smoking**

A great number of people find hypnotherapy for smoking an effective treatment. The method works to break the negative behaviors and thinking patterns associated with smoking. The thoughts and behaviors the smoker holds is often what prevents them from successfully giving up.

When a person makes the decision to stop smoking, the key aspect is to let go of the routine and change their perspective of cigarettes. Breaking an addiction like this is a challenge. Many people find changing how they think about something difficult. As hypnotherapy focuses on this change, it is fast becoming one of the most popular forms of treatment.

When considering stop smoking hypnosis, the first thing the person has to do is make sure they are choosing to quit for themselves. Hypnosis for smoking has been found to be most effective when the person really wants to quit.

Hypnotherapy works by putting the individual into a deep, relaxed state. During this time the mind is more open to suggestion. At this point, the hypnotherapist *(continued page 6)*

## SMOKING *(continued)*

will look to change the thought patterns of the smoker. They will make suggestions such as, “when I want a cigarette, I’ll eat a piece of fruit instead” or “the smell of cigarette smoke makes me nauseous”. The hypnotherapist may ask the individual to imagine unpleasant smells and feelings that they can associate with smoking. The person may also be taught various stop smoking hypnosis techniques so they can practice at home.

Many people find stop smoking hypnosis is enough to break the habit while others prefer to combine the treatment with NRT (*nicotine replacement therapy*) or medication. This helps to tackle both the physical and the mental addiction together. By exploring all the options, a person should be able to find a suitable and effective treatment.

It is important to remember that hypnotherapy for smoking is not a quick fix. While for some people, just one session is enough to quit smoking (*or continue the journey alone*), others may benefit from follow-up sessions. The ultimate aim of stop smoking hypnosis is to empower people to take control of their addiction. Hypnotherapy for smoking will promote healthier behaviors. It can help the individual to develop new patterns of thinking.

### **Benefits of quitting**

It is never too late to quit smoking. Whatever age the smoker is, if they make the decision to stop, their health will benefit. However, the sooner a person quits, the faster the body can recover and the risk of developing serious health conditions will decrease.

There are many benefits to stopping smoking, including:

**\*More energy**

As carbon monoxide affects how much oxygen the blood can carry, the body can find it difficult to function properly. When a person stops smoking, the carbon monoxide in the blood lowers. This allows the lungs and muscles to work the way they should.

It also means more oxygen reaches the brain, boosting alertness and energy.

**\*Improved immune system**

Smoking causes the immune system to drop. This makes the body more susceptible to colds and flu. Quitting allows the immune system to remain healthy.

**\*Longer life expectancy**

If a person quits smoking by the age of 30, their life expectancy can increase by 10 years. Even if a smoker is 60 years old, quitting can still add three years to their life.

**\*Better breathing**

Within nine months of giving up, lung capacity is said to increase by as much as 10 per cent. This allows the body to carry out daily tasks without the loss of breath. The “smoker’s cough” should also disappear and any breathing conditions, such as asthma should be reduced.

**\*Less stress**

Many smokers reach for a cigarette when in a stressful situation. The immediate hit of nicotine after withdrawal may make them feel relaxed but in the long-term, smoking increases stress levels.

**\*Younger looking skin**

Smoking prematurely ages the skin. Regular smoking can leave the skin dull, dry and prone to wrinkles. When a person decides to stop smoking, the effect is reversed as the skin begins to receive the nutrients it needs. Over time, the appearance of the skin should dramatically improve.

**\*More money**

The average cost of a 20-pack of cigarettes is \$5.25 - \$12.85. If a person is smoking 20 cigarettes a day for 10 years, they will have spent nearly \$38,325 - \$93,805 on cigarettes. Quitting smoking could mean a person saves \$2000 - \$4000 each year or \$20,000 - \$40,000 in the same 10 year period.

### **Stop Smoking Timeline**

If you stop smoking for:

20 minutes - Blood pressure and heart rate returns to normal. (*More Smoking on page 7*)



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**SMOKING** *(continued)*

12 hours - Carbon monoxide levels drop back to normal.

24 hours - The body starts to clear out the mucus build-up in the lungs.

72 hours - Breathing becomes easier and energy levels increase.

1 month - Appearance of skin improves.

3 to 9 months - Lung function can improve by up to 10 per cent.

1 year - Risk of suffering from a heart attack falls to about that of a smoker.

10 years - Risk of developing lung cancer falls to about half of that of a smoker.

15 years - Risk of suffering heart attack falls to that of a non-smoker.

**Common fears and misconceptions**

When making the decision to stop smoking, many people have some initial worries. Common fears include:

\*Weight gain – Nicotine is an appetite suppressant, so it is possible for a person to feel hungrier after quitting. This is not the case for everyone but it is worth preparing for. If a person is ready to stop, they could stock up on healthy foods to nibble on when feeling hungry. They can also increase their levels of physical activity.

\*Not having a social tool – For some people, smoking is considered a social tool that brings people together. However, since the smoking ban in most countries, smoking outside has become a more isolated experience. It is important for people to remember that they are able to stay inside with those who do not smoke. Quitting doesn't have to damage a social life.

\*Feeling it's not "the right time" – A common excuse and sadly it is unlikely there will ever be a "good time". Life will always have its ups and downs. The trick is to learn to cope with them without turning to a cigarette. This is where self-hypnosis can help.

As mentioned, a person is more successful in quitting if they make the decision themselves. If they have a goal in mind, they can work towards it and stay focused. Once the commitment to change has started, a person should seek help. Stop smoking hypnosis is one approach that can help a person kick a habit. Contacting a local medical professional can let the smoker know their options.

**Other ways to quit**

Whether a person is considered a heavy smoker or a social smoker, the thought of quitting can be

daunting. Two in three smokers want to stop smoking. Yet many people feel they couldn't last a day without a cigarette. Hypnotherapy for smoking is one treatment that many people turn to and find effective. Sometimes it can work on its own, though it may complement another treatment.

Other ways to stop smoking include:

\*Nicotine replacement therapy

When a person chooses to quit smoking, a GP may recommend treatment in the form of NRT. This works by releasing small amounts of nicotine steadily into the bloodstream without the addition of the chemicals found in cigarettes. These help to control the cravings a person may experience when withdrawal symptoms kick in. NRT comes in different forms, including skin patches, chewing gum, tablets and nasal spray.

\*Stop smoking medication

There are two medications available that can help you quit the habit.

Zyban (*bupropion*) – While it is unclear why, experts believe it affects the part of the brain involved in the addictive behavior. A course of Zyban treatment will typically last between seven and nine weeks.

Chantix (*varenicline*) – This works by preventing nicotine from attaching to parts of the brain that respond to it. This reduces the reinforcing effects of smoking and helps to reduce withdrawal symptoms. It is often suggested that a person take Chantix for a course of 12 weeks to successfully stop smoking.



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Mar 25-26, 2017	Apr 8-9, 2017
Jun 10-11, 2017	Jun 24-25, 2017

#### Advanced Parts Therapy Workshop

Advanced Part III  
 Jun 4-5, 2016  
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Apr 29-30, 2017	May 6-7, 2017

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## THE INSTITUTE OF HYPNOTHERAPY

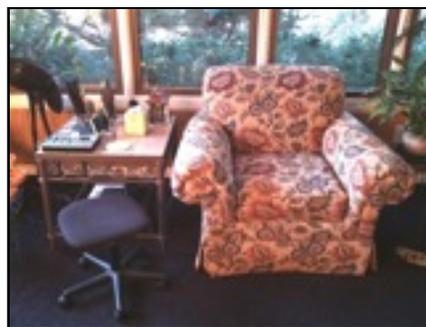
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## COMEDY CORNER

This little corner is designated to helping you get through your day with a bit of a smile just to make life a little better for you.

Check out this little bit of humor that we’ve found just for you to plug into your day and put a little light in it.

We hope that you can find a little enjoyment in it!

“How many narcissists does it take to screw in a lightbulb?

One to hold the lightbulb still while the world revolves around him.”

.....  
“What did the hypnotherapist say when he finally got his own web site?  
Hyp, hyp hooray!”



## AVIATOPHOBIA

Aviatophobia is defined as a fear of flying. It is also referred to as aviophobia, aerophobia or pteromechanophobia. People who suffer from aviatophobia become anxious and stressed at the thought of any transportation that involves air travel.

They may experience symptoms such as heart palpitations, sweating and heavy breathing once they are in flight and have to contend with noisy aircraft movements and turbulence. Some people will have images of the plane crashing flash through their mind while others may be claustrophobic or have a fear of heights.

Very often, aviatophobia is often associated with other fears and phobias (*claustrophobia, acrophobia agoraphobia, or the fear bring hijacked, flying over water, flying at night, or of death*) and may not actually be about the flight. It is viewed as a symptom and not a disorder as a number of different causes may contribute to the fear of flying that manifests itself in different people.

Aviatophobia can seriously hamper career opportunities for a person whose work requires him or her to travel. It can also affect personal relationships with family and friends when the person always expresses an unwillingness to accompany them on holiday or visit them.

Psychological symptoms that may manifest include a clouded judgement, distorted memory or negative expectations.

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