

The Hypnosis Examiner

Feature Article: “EMDR”



EMDR (*Eye Movement Desensitization and Reprocessing*) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies show that by using EMDR therapy, people can experience the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma. When you cut your hand, your body works to close the wound. If a foreign object or repeated injury irritates the wound, it festers and causes pain. Once the block is removed, healing resumes. EMDR therapy demonstrates that a similar sequence of events occurs with mental processes. The brain's information processing system naturally moves toward mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing resumes. Using the detailed protocols and procedures learned in EMDR therapy training sessions, clinicians help clients activate their natural healing processes.

More than 30 positive controlled outcome studies have been done on EMDR therapy. Some of the studies show that 84%-90% of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions. Another study, funded by the HMO Kaiser Permanente, found that 100% of the single-trauma victims and 77% of multiple trauma victims no longer were diagnosed with PTSD after only six 50-minute sessions. (see page 2 - EMDR)

INDEPENDENCE DAY!

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.

~The Editor



EMDR *(from front page)*

In another study, 77% of combat veterans were free of PTSD in 12 sessions. There has been so much research on EMDR therapy that it is now recognized as an effective form of treatment for trauma and other disturbing experiences by organizations such as the American Psychiatric Association, the World Health Organization and the Department of Defense. Given the worldwide recognition as an effective treatment of trauma, you can easily see how EMDR therapy would be effective in treating the “everyday” memories that are the reason people have low self-esteem, feelings of powerlessness, and all the myriad problems that bring them in for therapy. Over 100,000 clinicians throughout the world use the therapy. Millions of people have been treated successfully over the past 25 years.

EMDR therapy is an eight-phase treatment. Eye movements (or other bilateral stimulation) are used during one part of the session. After the clinician has determined which memory to target first, he asks the client to hold different aspects of that event or thought in mind and to use his eyes to track the therapist’s hand as it moves back and forth across the client’s field of vision. As this happens, for reasons believed by a Harvard researcher to be connected with the biological mechanisms involved in Rapid Eye Movement (REM) sleep, internal associations arise and the clients begin to process the memory and disturbing feelings. In successful EMDR therapy, the meaning of painful events is transformed on an emotional level. For instance, a rape victim shifts from feeling horror and self-disgust to holding the firm belief that, “I survived it and I am strong.” Unlike talk therapy, the insights clients gain in EMDR therapy result not so much from clinician interpretation, but from the client’s own accelerated intellectual and emotional processes. The net effect is that clients conclude EMDR therapy feeling empowered by the very experiences that once debased them. Their wounds have not just closed, they have transformed. As a natural outcome of the EMDR therapeutic process, the clients’ thoughts, feelings and behavior are all robust indicators of emotional health and resolution—all without speaking in detail or doing homework used in other therapies.

EMDR therapy combines different elements to maximize treatment effects. A full description of the theory, sequence of treatment, and research on protocols and active mechanisms can be found in F. Shapiro (2001) *Eye movement desensitization and reprocessing: Basic principles, protocols and procedures* (2nd edition) New York: Guilford Press.

EMDR therapy involves attention to three time periods: the past, present, and future. Focus is given to past disturbing memories and related events. Also, it is given to current situations that cause distress, and to developing the skills and attitudes needed for positive future actions. With EMDR therapy, these items are addressed using an eight-phase treatment approach.

Phase 1: The first phase is a history-taking session(s). The therapist assesses the client’s readiness and develops a treatment plan. Client and therapist identify possible targets for EMDR processing. These include distressing memories and current situations that cause emotional distress. Other targets may include related incidents in the past. Emphasis is placed on the development of specific skills and behaviors that will be needed by the client in future situations.

Initial EMDR processing may be directed to childhood events rather than to adult onset stressors or the identified critical incident if the client had a problematic childhood. Clients generally gain insight on their situations, the emotional distress resolves and they start to change their behaviors. The length of treatment depends upon the number of traumas and the age of PTSD onset. Generally, those with single event adult onset trauma can be successfully treated in under 5 hours. Multiple trauma victims may require a longer treatment time.

Phase 2: During the second phase of treatment, the therapist ensures that the client has several different ways of handling emotional distress. The therapist may teach the client a variety of imagery and stress reduction techniques the client can use during and between sessions. A goal of EMDR therapy is to produce rapid and effective change while the client maintains equilibrium during and between sessions.

Phases 3-6: In phases three to six, a target is identified and processed using EMDR therapy procedures. These involve the client identifying three things:

1. The vivid visual image related to the memory
2. A negative belief about self
3. Related emotions and body sensations.

In addition, the client identifies a positive belief. The therapist helps the client rate the positive belief as well as the intensity of the negative emotions. After this, the client is instructed to focus on the image, negative thought, and body sensations while simultaneously engaging in EMDR processing using sets of bilateral stimulation. These sets may include eye movements, taps, or tones. The type and length of these sets is different for each client. At this point, the EMDR client is instructed (*see more page 7*)

Sports Page

“THE ATHLETE’S ULTIMATE SECRET WEAPON”

Your team is about to play in the State Tennis Championships and each of them know how important their performance means for the team. Most of them feel an internal battle brewing in the pits of their stomachs.

Negative thoughts are filling their minds.



- "What if I don't play my best?"
- "The coach is counting on me."
- "I don't want to let my teammates down."
- "My parents are watching and I don't want to look over after I miss a shot and look at my father's folded arms and facial expressions."

There is a vast amount of research that shows that a large percentage of our self-talk is negative and self-defeating.

Every thought that passes through our minds immediately impacts every cell in our bodies, almost instantaneously, through chemical and electronic changes.

This means that the large muscles of our legs and arms...so important in tennis performance...are impacted directly and instantly by our inner thoughts.

"Don't double fault" is often followed by a double fault. "What if I lose the next game" is often followed by losing the next game.

Why do you suppose so many of your players do much better in practice than in important matches?

The answer is that they engage in negative self-talk when everything is on the line, not during practice. The good news is that these self-fulfilling prophecies that most athletes engage in are all avoidable!

Sport psychologists often teach athletes how to control their inner dialogue/self-talk, so that instead of developing negative self-fulfilling prophecies, they can actually develop positive ones. This is an excellent strategy for every tennis player to learn.

The problem with it is that poor habits...especially thinking habits...are hard to break and when the player is stressed during an important match, there is a high likelihood that the old negative thinking habit will once again rear its ugly head.

This is where Sport Hypnosis has a tremendous advantage over other methods of helping players modify their thinking and behavior during crunch time.

The athlete is trained to focus his/her concentration in such a way that they will not be distracted by negative thoughts. On the contrary, only positive thoughts and images will occur.

This starts the evening before the match, where the athlete falls asleep visualizing the perfect match and how they overcome every obstacle that comes their way. It is used prior to the match to prepare the athlete to relax and to focus on the court, without allowing distractions to interfere...and this includes distracting thoughts.

Ultimately, the athlete can be taught self-hypnosis, which they can use during changeovers.

Sports history abounds with fabulous examples of athletes using hypnotic and self-hypnotic techniques to overcome adversity and enhance their performance.

Sports hypnosis experts, like myself, have taught hypnotic techniques to athletes in literally all sports, to enhance such important dynamics as intensity, focus, consistency, concentration, mental toughness and anxiety control.

While providing your players with the best equipment, game strategy and conditioning are all key elements of sports success, experience with Sports Hypnosis can be the most valuable tool you will ever provide them!

The Blog Post
THE 'HORRORS' OF HYPNOSIS:
Part 1

Posted on January 29, 2014

This is a new corner of our newsletter that will appear regularly. It is a contribution of the editor's colleague and friend Ara Trembly, a Board Certified Hypnotherapist and Licensed Professional Counselor based in St. Marys, GA. He maintains a web site at www.10-10hypnosis.com and a blog at www.10-10hypnosis.com/blog.



Hypnotherapy is a powerful and scientifically sound clinical modality that literally helps millions every year with problems ranging from smoking to obesity to anxiety, depression and more. Unfortunately, many people are unaware of hypnosis and its benefits; in fact, they are more likely to be frightened by the idea of hypnosis than they are to be reassured by its record of success.

Why all the fear? In truth, there are many reasons, but for this posting, let's take a look at a prime culprit—portrayals of hypnosis in popular media. If you're a fan of looking for needles in haystacks, then you will be overjoyed when you attempt to search for positive examples of hypnosis in movies and

literature. Check out this hypnosis scene from *The Woman in Green*, in which the famed detective Sherlock Holmes falls under the "spell" of a nefarious female who then uses hypnosis in an attempt to murder Holmes.

First we see the evil hypnotress (my own invented word) plying Holmes with drugs to help achieve hypnosis. Actually, early users of hypnosis did experiment with drugs to aid in the hypnotic process, but that certainly doesn't have to happen today, and to my knowledge it does not. Hypnosis depends on simple suggestion, and the acceptance of that suggestion by the hypnotized individual. The key element is not the "trance" state of the hypnotized, but rather the willingness of that individual to follow the instructions of the hypnotist. That means there must be a deep level of trust in the hypnotist.

Almost nothing in this entertaining film clip is accurate when it comes to the actual practice of hypnotherapy or hypnosis in general. A hypnotized person will not respond to and obey the commands of just anyone who speaks to him or her (like Prof. Moriarty in the film), and the hypnotized individual won't do anything that conflicts with his or her deeply held values and beliefs. Hypnosis can be used to make one less sensitive to pain, but nowhere in the film do we hear the hypnotress suggesting that Holmes will not feel pain, or even the cold blade of the knife on his skin.

Still, the average person seeing this and many other film portrayals will conclude the hypnosis is something that is used by evil and unscrupulous people for harmful purposes. It would be surprising if anyone viewing this film—a classic in many ways—would permit themselves to be hypnotized under any circumstances.

For a more enlightened view, please see my hypnosis web site and check out the Q&A in particular. Next time, I'll delve into some more reasons why some people are unnecessarily frightened of hypnosis, despite the fact that it is a positive, healing modality. If you find yourself a bit frightened at the thought of hypnosis, share your concerns here and I'll do my best to address them!

This blog article is printed unabridged, verbatim, without editing and/or spell corrections. It is not necessarily the same views shared by the editor.

Therapist's Corner
POWER OF THE MIND



Without question nearly everyone has at least heard something with regard to our "Human Mind Power," but let me ask you...do you take that literally?

Do you really grasp and understand the infinite potential that exists and is readily available to you to create a kind and quality of life limited only by your willingness or unwillingness to "conceive" something as possible for you?

More importantly do you know how to consciously utilize YOUR Mind Power...this very same Mind Power that we all possess without exception to consistently create desired results?

And most importantly of all, if you're not aware, are you ready, willing and open to develop the understanding that will enable you to do so?

Because the fact of the matter is, whether you're consciously aware of it or not, or ready to accept it or not, you're already using your mind power every second of every minute of everyday.

And granted, many...the vast majority in fact use theirs "unconsciously"...with zero awareness of the incredible and awesome creative power they've been provided individually, all the while "perceiving" that they have no power at all.

And it's possible, quite probable in fact that since it is the vast majority that "perceive" themselves as having no power...real power I mean, chances are greater than not that you are one of those who "believe" the same thing.

Oh but you do. We all do without exception. The science of Quantum Physics as well as many other areas of science have made great strides in showing those who choose to venture out and explore just a bit what 21st century scientists have discovered and back it

up with plenty of tangible evidence regarding just how "real and true" that is.

And what they've discovered in a phrase is that it's the kind and quality of your consciousness that without exception determines the kind and quality of your life.

Choosing to develop the understanding...to enhance your awareness with regard to how "true" that is combined with a willingness to consciously and consistently apply that understanding will enable and empower you to create a kind and quality of life for yourself that transcends what's often referred to by the vast majority as "common logic."

Consciously and intentionally utilized mind power provides outcomes...tangible results a kind of quality of which are often "perceived" and widely "believed" as being irrational, illogical and quite "uncommon."

And those that choose to utilize their mind power in that way get to be right. Those who choose to remain unaware and follow the limited thinking processes of the vast majority also get to be right.

We always do regardless of which choices we make individually. You simply can't NOT use the mind power that we all possess.

Since that is the case as modern day science as well as the mystics, sages and masters since antiquity have made very clear for more than 6000 years wouldn't it be only "logical" and reasonable to learn and understand how to begin using your mind power in a way that provided more of what you want rather than more of what you don't want?

Well...you can whenever you choose to do so. And once that choice is made you can begin reclaiming your "True Power" by learning and understanding how to use your mind power consciously and intentionally.

So the next question might be, how far does this "True Power" go?

Human mind power is unlimited in it's potential to create the results you desire, WHATEVER they might be. There are no limits with the exception of the limits you place on yourself. When mind power is utilized "unconsciously" it's just as true that "undesirable results" can be and often are experienced as well.

Unfortunately, that's how the vast majority utilize their individual power...unconsciously and as a result "perceive" themselves as "powerless."

And like we all do, they too get to be right.

What makes this mind power real and how is it that you "truly can" utilize your individual mind power to make whatever desires you hold "real and tangible?"

It's due to the infusion, integration and intricately interconnected nature of the conscious mind, the subconscious mind and the Super Conscious Mind also referred to as Universal Consciousness. *(continue page 7)*



Coping refers to the thoughts and actions we use to deal with a threatening situation.

A stressful situation may be considered a threat for you but not necessarily for your neighbor. You and your neighbor may become stressed by the same situation, but for different reasons (e.g. the situation is new for you, but unpredictable for your neighbor).

After all, since we all become stressed for various reasons, we will need to choose different coping strategies.

As you will see, there are many strategies and some are better than others. We will look at two different coping strategies: (1) Problem-focused strategy and, (2) Emotion-focused strategy.

PROBLEM-FOCUSED STRATEGY

The Problem-focused strategy relies on using active ways to directly tackle the situation that caused the stress: you must concentrate on the problem. Some examples are:

- + Analyze the situation e.g. Pay attention, avoid taking on more responsibility than you can manage.
- + Work harder e.g. Stay up all night to study for an exam
- + Apply what you have already learned to your daily life. e.g. You lose your job for the second time - you now know the steps to apply for a new job
- + Talk to a person that has a direct impact on the situation e.g. Talk directly to your boss to ask for an extension to the project that is due in one week.

EMOTION-FOCUSED STRATEGY

Emotion-focused coping strategies are used to handle feelings of distress, rather than the actual problem situation. You focus on your emotions:

- + Brood e.g. you accept new tasks instead of saying “no”, but you keep complaining and saying it is unfair.
- + Imagine/Magic thinking e.g. You dream about a better financial situation.
- + Avoid/Deny e.g. You avoid everything that is related to this situation or you take drugs and/or alcohol to escape from this situation.
- + Blame e.g. You blame yourself or others for the situation.

+ Social support e.g. You talk to your best friend about your concerns.

ARE THESE STRATEGIES HARMFUL LONG-TERM?

Imagine that you are having a bad day at work and that you do not feel like seeing your boss. You can avoid him for many hours or even a day, but if you avoid him everyday this strategy will become unsuccessful and may even cause extra stress. This is why it is important to develop different strategies in order to adapt to different situations.

EFFICIENT COPING STRATEGIES

Coping strategies are different depending on the situation and the person. Coping is a very complex process that varies according to many variables such as the situation, the evaluation of the situation and the resources available.

Here are some good coping strategies:

Be positive!

Look at each obstacle you encounter as a learning experience e.g. you may not have done well on your mid-term exam but that has motivated you to study harder and ace your final exam.

Make the choice not to over-react to stressors and deal with them one at a time e.g. take a few deep breaths and carry on.

Take an objective view of your stressor e.g. is preparing dinner for 12 people really that horrible?

Communicate!

Don't ruminate or bottle up your emotions as this will lead to an explosion later on.

Accept yourself (and others).

No one is perfect and there is always room for mistakes.

Make connections with people.

Social support is key!

Deal effectively with mistakes i.e. Learn from your mistakes and apply them to future decision making.

Deal effectively with successes also!

This will build on your competence.

Develop self-discipline and control e.g. train yourself to study harder in preparation for your final exam or train yourself to work out four times a week to lose those pounds you gained since last Thanksgiving dinner!

Maintenance!

Practice, practice, practice for a long life of resilient living!

Now that you know how to recognize your stress and you know the different coping strategies, you just need to find the coping strategies that work best for you and apply them to your daily life.

More EMDR *(from page 2)*

to just notice whatever spontaneously happens.

After each set of stimulation, the clinician instructs the client to let his/her mind go blank and to notice whatever thought, feeling, image, memory, or sensation comes to mind. Depending upon the client's report, the clinician will choose the next focus of attention. These repeated sets with directed focused attention occur numerous times throughout the session. If the client becomes distressed or has difficulty in progressing, the therapist follows established procedures to help the client get back on track.

When the client reports no distress related to the targeted memory, (s)he is asked to think of the preferred positive belief that was identified at the beginning of the session. At this time, the client may adjust the positive belief if necessary, and then focus on it during the next set of distressing events.

Phase 7: In phase seven, closure, the therapist asks the client to keep a log during the week. The log should document any related material that may arise. It serves to remind the client of the self-calming activities that were mastered in phase two.

Phase 8: The next session begins with phase eight. Phase eight consists of examining the progress made thus far. The EMDR treatment processes all related historical events, current incidents that elicit distress, and future events that will require different responses.

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POWER OF THE MIND *(from page 5)*

Think outside the box for just a moment and consider this. Really think about this.

Look around at your results...make a choice to become brutally honest with yourself regarding the quality of consciousness that you choose for yourself on a moment by moment basis and no further investigation or research is necessary.

You'll clearly see the power of your mind and how it is, always has been and always will at work



creating each and every outcome that you experience in your life.

Making the choice to become conscious and aware of how true that is and you'll have validated that fact for yourself.

It's human mind power that determines EVERY aspect of your reality and it's your individual choice or choices that determine what you will or will not experience.

Your individual mind power is all that's required to create and experience a kind and quality of life that you desire for yourself once you become keenly and consciously aware of that fact and make a conscious and intentional choice to discover how to utilize the limitless creative power provided to you, me and everyone else on this planet in a way that harmonizes with whatever visions, hopes, dreams and desires you hold for yourself.

By coming to a basic understanding of this power, coupled with establishing a conscious awareness of the immutable and unwavering Universal Laws and Spiritual Principles that oversee and govern the entire process of creation and support your ability to do so, you can begin to develop the awareness of and benefit from an infinite supply of wisdom, knowledge and power which is equally available to all...regardless!

[Read more "Power of the Mind" in next issue.]



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COMEDY CORNER

"A friend of mine has a business measuring the relative sizes of the rises, drops, cavities and undulations of underwater coral formations.

Sounds like a good job. Is it steady work?

He only works in the summer months. He takes the winters off to avoid the frigid air. You mean . . . ? Yes. He's a frost-free reef ridge rater!"

"A chicken crossing the road is poultry in motion!"

"Did you hear about the promiscuous queen bee who tested HIVE-positive?"

Heard a good joke lately?

MYSOPHOBIA



Myso is the Greek word for germs and Phobos means fear. Thus, Mysophobia is the excessive and often irrational fear of microbes or getting contaminated with germs. Mysophobia is also known as germophobia.

People with an excessive fear of germs believe the world to be a 'filthy place'. As a result, they are always washing or cleaning. They are known to spend major parts of their day doing these activities. They may also spend vast amounts of money on buying cleaning products thereby exposing themselves to harmful chemicals which majority of them contain.

It is important to note the difference between 'being tidy/orderly' to being a Mysophobe. A Mysophobic individual is mainly concerned with contamination and sterilization as unlike a tidy person who would only clean surfaces to ensure there is no dust.

Many people with the extreme fear of germs also tend to think about microbes all the time. They fear getting contaminated from dirt, dust, grime or people who are sneezing or coughing. The more often a Mysophobe falls sick, the likelier s/he is bound to believe the need to clean. This can severely impact one's daily functioning.

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