

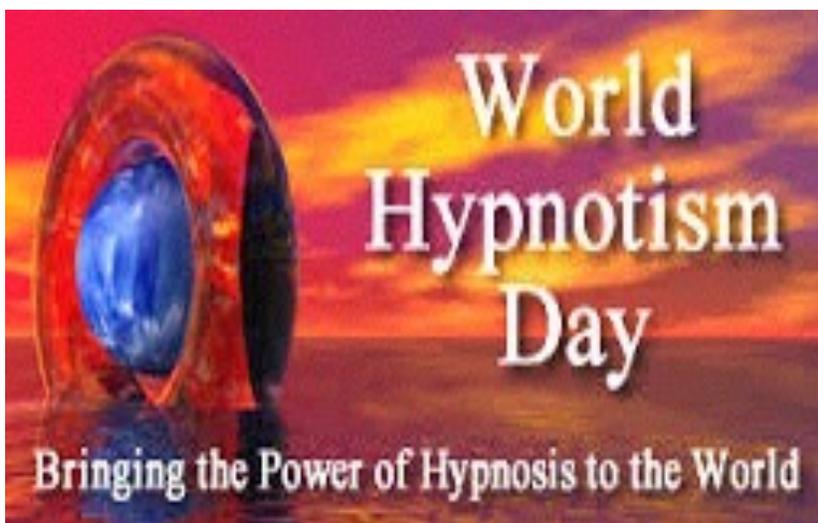
The Hypnosis Examiner

Feature Article:

“World Hypnotism Day”

What is World Hypnotism Day?

This is a free event sponsored by thousands of hypnotists around the world. Globally, hypnotists offer special events and appearances to educate and inform the public about the many benefits of hypnotism.



Have you ever experienced hypnosis? Would you like to become more familiar with hypnosis and receive information about the therapeutic possibilities? Are you interested in a hypnosis session?

January 4, 2015 is devoted to hypnosis and intended to help finally shed the old stereotyped ideas on the topic of hypnosis. For one day, the goal is to offer as much information as possible on the topic of hypnosis since this still has a mystic veil attached to it (*which it does not deserve*).

No matter whether you are just interested in a trial session or immediately want to do a holistic hypnotherapy session, hypnotists around the world would like to offer you the possibility of becoming familiar with hypnosis.

On this day, many hypnotists around the world will be offering a free or discounted session(s) of your choice. Take advantage of these offers and experience the power of hypnosis for yourself or simply take advantage of all of the free information about hypnosis and what it can do.

Health & Wellness, Unlimited will be offering free information per email or phone call. If you would like to partake of this information, contact Jonathan Walker, PhD, Master Hypnotherapist at tophypno@aol.com or call (609) 923-4999.

In the meantime, you can download the “Hypnosis HWU” which is a **FREE** app available in the **APPLE STORE, GOOGLE PLAY** and the **AMAZON APPSTORE**. It has brief hypnotic audios that you can experience in the privacy of your own home.

HAPPY HOLIDAYS?

The holiday season is upon us once again.

That means this is a time for families and friends to gather under one roof to celebrate respective religious beliefs and ceremonies. It's a time of merriment and happiness.

On the contrary, the holiday season is also a time of high depression, stress and sadness.

What causes this time of extreme opposite emotional and attitudinal scenarios?

The answer is in this issue.

“The Editor”



HAPPY HOLIDAYS?



Holidays are supposed to be a time of joy and celebration, but for many people they are anything but.

Depression may occur at any time of the year, but the stress and anxiety of the holiday season—especially during the months of November and December (and, to a lesser extent, just before Valentine's Day)—may cause even those who are usually content to experience loneliness and a lack of fulfillment.

Part of the problem, according to Adam K. Anderson, Ph.D., an associate professor of psychology at the University of Toronto, is the bombardment of media during the holidays showing images of smiling families and friends.

"People may start to question the quality of their own relationships," he says.

According to one 1999 Canadian study of patients treated by emergency psychiatric services during the Christmas season, the most common stressors were feelings of loneliness and "being without a family."

Facts & Statistics: The Truth About the Holiday Suicide Myth

The myth has been repeated so many times, most people consider it common knowledge: more people commit suicide between Thanksgiving and Christmas than at any other time of the year. Although it sounds reasonable, it simply isn't true.

Contrary to popular belief, December actually has the fewest suicide attempts of any month of the year. The facts, while seemingly encouraging, may be more complicated, however.

While it's true that suicide attempts tend to drop off just before and during the holidays, there is a significant uptick in suicide rates following Christmas—a 40 percent uptick, according to one large Danish study. Christmas itself seems to have a protective effect with regard to certain types of psychopathology, say researchers, but there is a significant rebound effect immediately following the holiday.

Although fewer people utilize emergency services or attempt suicide during December, there is an increase in certain other kinds of psychopathology, including mood disorders such as dysphoria and substance abuse.

Social isolation is one of the biggest predictors of depression—especially during the holidays. People who are lonely or have feelings of disconnectedness often avoid social interactions at holiday time. Unfortunately, withdrawing often exacerbates the feelings of loneliness and symptoms of depression. These individuals may see other people spending time with friends and family and ask themselves, "Why can't that be me?" or "Why is everyone else so much happier than I am?"

Experts advise a regimen of self-care during the holidays which includes eating a healthy diet, maintaining a regular sleep pattern, and exercise. In fact, as little as 30-minutes of cardiovascular exercise can provide an immediate mood boost similar to the effects of an antidepressant medications.

One of the best things a person can do, however, is to reach out to others despite how difficult it may seem. "That loneliness should act in a similar way to thirst, motivating you to change your behavior in some way," says John Cacioppo, Ph.D., director of the Center of Cognitive and Social Neuroscience at the University of Chicago.

If your feelings of sadness are accompanied by suicidal thoughts, call 911, immediately proceed to a hospital emergency room, or contact the National Suicide Prevention Lifeline at 1-800-273-TALK.

THE POWER OF HYPNOSIS

Contrary to popular folklore, a hypnotized person isn't asleep and can't be compelled to act against her own wishes.

Though researchers can't fully explain what hypnosis is or why it works, they do know that 75 to 91% of people can be hypnotized.

Psychologists describe hypnosis as an altered state of mind in which one's normal skepticism is largely suspended allowing a patient to focus attention on a single image and be open to suggestions posed by a trained guide. Some practitioners call it daydreaming with purpose. It's similar to the absorption you experience when reading a good novel, watching an engrossing movie, or listening so intently to the car radio that you arrive home without a clue as to how you got there.

Hypnosis has many benefits and uses. It appears to speed recovery from many types of trauma.

Women who have undergone reconstructive breast surgery reported that they experienced less pain and quicker recovery. Orthopedic patients who used hypnosis reported faster healing, greater mobility, less discomfort and reduced use of pain medications. When used in conjunction with Obstetrics, hypnotically prepared births allow for less pain medication, shorter labors, higher Apgar scores and lower postpartum depression.

Hypnosis also has benefits for other than medical issues. It can be used to:

Improve the learning process, better study habits, self-empowerment, memory & recall improvement, public speaking, self-confidence, reading, test anxiety, nail biting, creative abilities, lost object recovery, letting go, forgiveness, overcome shyness, fears and phobias and many more concerns and issues that you may imagine.

If there is a "secret" to the power of hypnosis, it truly is that this therapeutic technique has the ability to help an individual "open their mind" to the possibilities of overcoming "any" obstacle that would prevent a person from having a better quality of life.

If you have yet to try hypnosis, don't delay any longer. Open your mind, improve your life!



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GEPHYROPHOBIA

Gephyrophobia (from Greek words “gephyra“, bridge and “phobos“, fear) is an abnormal, irrational and persistent fear of bridges, especially crossing bridges. Sufferers of gephyrophobia experience undue anxiety even though they realize their fear is irrational. As a result, sufferers of gephyrophobia may avoid routes that will take them over bridges.



Gephyrophobia is generally developed due to a traumatic experience about crossing bridges, regardless of how irrational the trauma is. It might even result from movies, books, or stories about bridge collapse.

The flip side of gephyrophobia, which experts say is often related to a fear of heights or open spaces, is a dread of driving through tunnels, more often linked to claustrophobia, experts say. Some people suffer from one fear or the other; some struggle with both.

Thus Gephyrophobia may result partly from the fear of enclosure (*claustrophobia*), the fear of heights (*acrophobia*) or fear of water (*aquaphobia*). Gephyrophobic drivers may worry about being in an accident in busy traffic or losing control of their vehicles while on bridges. High bridges over waterways and gorges can be especially intimidating, as can be very long or very narrow bridges.

Whatever the cause, such Gephyrophobia leads to panicky feelings that sufferers go to great lengths to avoid crossing bridge, grinding normal routines to a halt.

Symptoms Of Gephyrophobia:

The symptoms of Gephyrophobia are individual and will vary from person to person. Some people, when confronted with their fear of crossing bridges, may begin to perspire, feel slightly uncomfortable or become nauseated. At the opposite end of the spectrum, other people are so severely compromised by this phobia that they may experience paralyzing anxiety and/or panic attacks.

Treatment For Gephyrophobia:

When the fear of crossing bridges becomes intense enough to disrupt an individual’s ability to function, there are a number of ways to treat Gephyrophobia.

These can include traditional “talk” therapy that will teach the person to recognize and control their phobia, hypnotherapy, self-help techniques such as meditation or purposeful muscle relaxation, relaxation techniques such as deep breathing and visualization, and Cognitive Behavioral Therapy or Desensitization Therapy. In severe cases of Gephyrophobia, anti-anxiety medication can also be prescribed.

If Gephyrophobia arises from other phobias, it will be necessary also to address the associated phobias from disrupting the sufferers ability to function.

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