



THE HYPNOSIS EXAMINER

Health & Wellness, Unlimited

"Establishing Clarity, Harmony and Balance in Your Life"

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FEATURE ARTICLE



SUBLIMINALS, TRADITIONAL HYPNOSIS, ERICKSONIAN HYPNOSIS & NLP

There are many different methods that are used to reach the subconscious mind to invoke change. Each method has its strengths and its weaknesses. Every person is different, so it stands to reason that the best results will be obtained by utilizing the methods to which each person will respond.

In *Traditional Hypnosis*, we simply make direct suggestions to the subconscious mind. This type of hypnosis works well for someone who generally accepts what they are told without a lot of questions.

Most hypnosis tapes sold today are based on traditional hypnosis techniques. Unfortunately traditional hypnosis is not very effective for people who are critical or analytical in their thinking processes.

Ericksonian methods use stories, called "metaphors" to present suggestions and ideas to the subconscious mind. This is a powerful and effective method, because it usually eliminates the blockage of and resistance to suggestions that are often caused by the Critical Factor in the conscious mind. There are two types of metaphors, "Isomorphic," and those of the Imbedded Command or "Interspersal" nature.

Isomorphic metaphors offer direction to the subconscious by telling a story that offers up a moral. The subconscious draws a one-to-one relationship between elements of the story and elements of a problem situation or behavior.

For example, if a child is telling a lot of lies, the parent might tell the child the story about the "Boy who cried wolf." The subconscious would draw a parallel

between the boy in the story and the child and realize that telling lies could lead to disaster, so the child would probably stop lying.

With the Embedded Command technique, the hypnotist tells an interesting story that engages and distracts the conscious mind. The story contains hidden indirect suggestions that are usually accepted by the subconscious.

Process Instructions direct the subconscious to find a memory of an appropriate learning experience from the past and apply that experience to making a change in the present.

With *Neuro-Linguistic Programming (NLP)*, rather than using suggestions, we use the same thought patterns that are creating a problem, like an excessive appetite or stress, to eliminate the problems. NLP in the hands of an experienced practitioner can be very effective. Listed below are some NLP techniques:

NLP Anchoring: Have you ever heard an old song and had it trigger feelings from the past? When you originally heard the song, you were feeling those feelings, and they subconsciously became attached to the sound of the song. So the song became an Anchor for the feelings. Now when you hear the song, it triggers the same feelings again.

Anchoring can be a very useful technique. Suppose that you have a memory of being commended for having done something well in the past. If you go back into that memory, you'll be able to recreate the feelings of self-esteem that you had at that time. If you touch two fingers together while you re-experience those feelings of self-esteem, that touch will become an anchor for the feelings of self-esteem.

Now suppose that you want to create motivation to stick to a diet and lose weight. If you make a mental image of yourself with a thin, sexy body, and simultaneously trigger the anchor - (press the two fingers together again), your unconscious will attach the feelings of self-esteem to the image of you with the thin body and your level of motivation to lose weight will increase dramatically.

NLP Flash: This is a very powerful Neuro-Linguistic Programming technique that can be used to "flip" things around in the unconscious, (continued next page)

FEATURE ARTICLE (continued)

so that thoughts and experiences that used to trigger feelings of stress actually trigger relaxation instead.

The NLP Flash technique is also extremely effective for extinguishing conditioned responses. For example: If a smoker has a cigarette while drinking coffee, his/her unconscious will pair the two behaviors together so that he/she automatically gets a craving for a cigarette anytime he/she has a cup of coffee. The Flash will cause the smoker's mind to disassociate the image of a cigarette from the cup of coffee so that he/she does not get an urge to smoke just because he/she is drinking coffee.

NLP Reframe: Reframing is a potent technique for helping a person change their behavior. We must respect that there is a positive outcome (secondary gain) accomplished by all behaviors. The outcome is always important. However, the behavior that is used to accomplish that outcome is unimportant.

When we do a Reframe, we negotiate with the subconscious and have it assume responsibility for making the client unconsciously substitute some other behavior that is as effective and available at accomplishing that secondary gain, but is more consciously acceptable to the individual.

Ericksonian and *Neuro-Linguistic Programming* techniques, on the other hand, work far better for most members of today's generation. This is because today people are taught to question everything, rather than just follow the flock. So these methods do work very well on people who are critical or analytical in their thinking processes. These methods are much more effective at reaching and influencing the subconscious.

Finally, *Subliminal* programs are recordings that have two tracks. One track contains a cover sound that is audibly heard by the conscious mind. The cover sound could be anything from music to nature sounds. The second track contains direct suggestions that are heard by the subconscious mind and are not heard audibly by the conscious mind's ear. It is a track played below the normal hearing range. These suggestions are repeated hundreds of times during a session.

Subliminal programs can be played in the background while you are working or watching TV. You don't have to stop what you are doing and relax like you do with hypnosis or NLP. Subliminals can be an addition to hypnotic programs but not a substitute for hypnosis. Some studies have claimed that it can take up to 80 hours of listening to a subliminal recording before it will have any effect on many people.

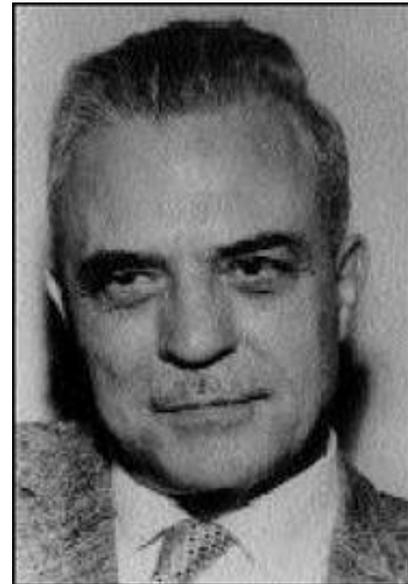
METAPHORS

A metaphor is a figure of speech, a literary device where a statement containing one obvious literal

meaning is applied to a different context. Good metaphors are vivid, brief and insightful. A metaphor always contains at least two parts: the thing stated and the thing compared to. Therefore, a metaphor always communicates on at least two levels: the face value meaning and a symbolic meaning.

Metaphors can be verbal or non-verbal. Verbal metaphors can be overt for example "I feel like I'm dragging a great weight around with me" or they can be embedded in language and in sensory expressions such as "I don't know why I keep punishing myself this way". The metaphor can be expressions of an abstract concept such as "I feel a pain in my soul".

Non-verbal metaphors include 'body' expressions such as body language, posture, dress, sounds, gestures, lines of sight. Non-verbal metaphors also include 'artistic' communication such as painting, writing, music, dance, play, drama, ritual and many others. Every form of communication has its own form of metaphor.



The legendary hypnotist Milton H. Erickson knew the power of stories and used hypnotic metaphors in his work. He was able to help people live better lives and often he did that by doing a seemingly simple thing: telling a story.

Therapy is always about making a change. But where there is change, there is resistance. Your conscious and subconscious minds often will fight claw and fang against anything that challenges the status quo even when it actually would be in your best interest.

Stories are an elegant way to bypass those critical filters. The hypnotic suggestions can slowly sink into your subconscious - unnoticed. And later on, those suggestions will seem like your "own solutions" - then people will take ownership of those ideas. And if something is your own idea, you'll be a lot more likely to implement it than if somebody else told you to.

ORIGINS OF HYPNOSIS



Meanwhile, a British surgeon in India, **James Esdaile** (1808 - 1859), recognized the enormous benefits of hypnotism for pain relief and performed hundreds of major operations using hypnosis as his only anesthetic. When he returned to England he tried to convince the medical establishment of his findings, but they laughed at him and declared that pain was character building (although they were biased in favor of the new chemical anesthetics, which they could control and, of course, charge more money for). So hypnosis became, and remains to this day, an 'alternative' form of medicine.

While James Braid was making quantum leaps with hypnosis, another Scottish doctor, Dr. James Esdaile, was experimenting and gaining permanent recognition in the history of hypnosis. Stationed in Hoogly, India, James Esdaile used hypnosis in surgery with astounding results; and even today many would say that Dr. Esdaile's work with applied hypnosis almost borders on the fantastic.

James Esdaile submitted reports at the end of 1846 indicating that Dr. Esdaile had performed several thousand minor operations and about 300 major ones, including 19 amputations, all painlessly. Due mostly to the removal of post-operative shock through hypnosis, James Esdaile cut the 50% mortality rate of that time down to less than 8%! (one book even

reported less than 5%.) The Medical Association actually accepted Esdaile's report, and Dr. Esdaile was assigned to the Calcutta hospital to continue "mesmeristic" operations.

While the Association considered mesmerism taboo at the University Hospital, mesmerism could quite easily be expected to work for the uneducated masses in India. They were right, of course. In India, long known as the home of occult sciences, Dr. James Esdaile was assured of success from the very beginning because of the common belief system. Later, when Dr. Esdaile returned home, Esdaile was unable to duplicate his work because of lack of belief and negative expectation; so Dr. Esdaile's career went down the same dark path of discouragement take by Elliotson.

Dave Elman gave James Esdaile respect by referring to an ultra-deep hypnotic state as the Esdaile state (Chapter 13 of his book, Findings in Hypnosis, is entitled: The Esdaile State). It would be difficult to replicate the process that Dr. Esdaile used back at this time today. According to my research Dr. Esdaile used people to provide long trance sessions to his patients. This could take all day at times and would be considered a very long and boring process in today's clinical setting. The majority of Dr. Esdaile's patients at the time as well were criminals and it was also in their best interests to accept the suggestions during these times.

THE INNER CHILD WORK



The "Inner Child" is a concept that stands for unfinished emotions and feelings from your first years. It stands for essential aspects of your being like trust, innocence and natural energy that have been damaged or oppressed in your early childhood. Besides pleasure, you have also had painful experiences as a child or experiences that were even too threatening to be able to process feelings at all. No matter how small these painful *feelings* were, you came to convictions about your life. Convictions like 'I'm not allowed to be here' or 'I have to do it on my own' or 'I'm not being heard' or 'I'm not good enough'. At that moment, a part of you got stuck with such a negative conviction and didn't grow any further. However mature you think you are, this stuck little piece in you still projects its movie inside your brain. And your brain produces the chemicals that go along with these convictions to make it feel true.

When there has been trauma in childhood, the spontaneous inner child is damaged and cannot find an outlet. Negative conditioning in such a case can produce an adult that will always have low self-esteem/worth and never believe that they can achieve.

Childhood traumas are often ignored, or swept under the carpet. Unless these are brought out into the light, looked at and dealt with, they can be crippling and can mean that the bearer will never achieve their full potential.

Inner child work is a powerful tool that frees and releases hidden emotions within that can lead to all kinds of problems. This work is designed to sensitively and positively deal with these events by healing not re-traumatizing and enabling the client to take back control of their thinking, their behaviors and as a result... their lives.

We were all children at one time in our life, therefore, we've all had the opportunity and potential to have had our inner child affected negatively whether it was intentional or unintentional.

NEURO-LINGUISTIC PROGRAMMING (Part 2)



In the last issue, we gave a brief introduction to NLP. This issue will continue with more interesting facts.

NLP is a method of influencing brain behavior (*the "neuro" part of the phrase*) through the use of language (*the "linguistic" part*) and other types of communication to enable a person to "recode" the way the brain responds to stimuli (*the "programming"*) and manifest new and better behaviors.

It can help to:

- Be more successful by learning to influence your emotional and psychological states.
- Replace any negative behaviors and habits with positive ones.
- Transform the way you go about everyday tasks.
- Be more aware of your impact on others and how to manage your behavior for optimal results.
- Better understand your own motivations, needs and behaviors and use these positively to have the greatest impact.
- Better understand your staff's and customer's needs, motivations and behaviors.

- Improve and enhance your interpersonal communication at the office and at home.

NLP is often associated with the work of the influential hypnotherapist Milton Erickson, upon whose techniques it was originally modeled to a large extent. NLP is one of the few systems that can really back up its claim to help you create more success and greater empowerment in all areas of your life. NLP is about noticing conscious and unconscious behavioral patterns. NLP is said to be the technology of permanent yet rapid change.

NLP is becoming increasingly used in business, communication skills, personal and professional development, health, athletics, therapy and education. NLP is based on the premise that the mind and language affect our behavior, communication and human change. NLP is a simple yet powerful approach to personal and professional development. NLP is not only about competence and excellence, it is about wisdom and vision.

Neuro-Linguistic Programming (NLP) is a behavioral technology, which simply means that it is a set of guiding principles, attitudes, and techniques about real-life behavior, and not a removed, scientific theorem. The methods and techniques of NLP result from modeling human excellence.

This new understanding has led to the development of many new and highly effective techniques that can be implemented to change behavior, improve motivation, enhance learning and resolve inner conflicts. These techniques are readily available for anyone to learn. Whether you're already succeeding in your profession, having some difficulties, or if you're transitioning into a new position, Neuro Linguistic-Programming training and Time Line Therapy techniques can help you achieve, maintain and enhance excellence.

Regardless of profession, the majority of NLP participants are searching, and finding, better and more effective ways to increase their performance and improve their effectiveness. Because it is a meta discipline, it works wherever anyone has a brain, and wants to learn to use it more effectively, efficiently, elegantly, etc. NLP is a simple step by step process using the five senses to create safe and comfortable behavioral changes quickly and effectively.

For example, someone learns NLP and develops their skill at communicating more effectively and perhaps even learns a "technique" in NLP and now uses that in their own practice. Salespeople learn NLP techniques to build deep levels of rapport, elicit and fulfill the criteria and values of clients, and develop effective methods for handling buyer's remorse or future objections so the sales relationship is long-term and mutually satisfying.

NLP is more than just an attitude adjustment. NLP is about how people learn, communicate, change, and evolve. NLP is a practical skill that creates the results we truly want in the world while creating value for others in the process.

NLP is the best approach for individuals who want to make positive changes to their lives. NLP is now the fastest growing practical set of techniques and philosophies for achieving results and producing continual success. Quite simply, NLP is a powerful set of tools and techniques for making things happen for you, at work and at home, that anyone can learn.



A COMPLETE LIST OF PHOBIAS

(From A - Z)

As we continue publishing our list of phobias, you are probably amazed that there are so many phobias and we aren't finished yet! In this issue, we'll continue with H – M.

Keep in mind that we are printing the phobias alphabetically by the description of the phobia followed by the name of that phobia.

How many have you identified? How many do you have? Do you know anyone who has any phobia that we've listed? Check out the continuing list for more phobias.

If you acknowledge any phobia that is problematic for you, remember that we not only have the complete list of phobias, we also have a solution for getting rid of the phobia as well!

Hair	Trichopathophobia
Halloween	Samhainophobia
Hearing certain word/names	Onomatophobia
Hearing good news	Euphobia
Heart	Cardiophobia
Heat	Thermophobia
Heaven	Ouranophobia
Height	Hypsiphobia
Heights/high buildings	Batophobia
Heights	Altophobia
Hell	Hadephobia
Heredity	Patroiophobia
House	Oikophobia
Home surroundings	Eicophobia
Home	Ecophobia
Homosexuality	Homophobia
Horses	Equinophobia
Hospitals	Nosocomophobia
House, being in a	Domatophobia
Ice/Frost	Pagophobia
Ideas	Ideophobia
Ill, becoming	Nosophobia
Immobility of a joint	Ankylophobia
Imperfection	Atelophobia
Infinity	Apeirophobia
Injections	Trypanophobia
Insanity	Maniaphobia
Insects	Entomophobia
Itching, of insects	Acarophobia
Japanese	Japanophobia
Jews	Judeophobia
Jumping high/low places	Catapedaphobia
Justice	Dikephobia
Kidney disease	Albuminurophobia
Kissing	Philemaphobia
Knees	Genuphobia
Knowledge	Epistemophobia
Lakes	Limnophobia
Large things	Megalophobia
Laughter	Geliophobia
Lawsuits	Liticaphobia
Learning	Sophophobia
Left side (<i>body/things</i>)	Levophobia
Leprosy	Leprophobia
Lice	Pediculophobia

A Complete List of Phobias (continued)

Light flashes	Selaphobia
Liquids (damp/moisture)	Hygrophobia
Locked in enclosed place	Cleisiophobia
Lockjaw, tetanus	Tetanophobia
Long waits	Macrophobia
Long words	Hippopotomonstrosesquippedaliophobia
Looking up	Anablephobia
Losing an erection	Medomalacuphobia
Loud noises	Ligyrophobia
Love play	Sarmassophobia
Lues, syphilis	Luiphobia
Machines	Mechanophobia
Magic (wand)	Rhaphophobia
Making decisions	Decidophobia
Many things	Polyphobia
Marriage	Gamophobia
Materialism	Hylephobia
Meat	Carnophobia
Memories	Mnemophobia
Men	Androphobia
Menstruation	Menophobia
Mercurial medicines	Hydrargyrophobia
Metal	Metallophobia
Meteors	Meterorophobia
Mice	Musophobia
Microbes	Bacillophobia
Mind	Psychophobia
Mirrors (<i>seeing ones self</i>)	Eisoptrophobia
Missles/bullets	Ballistophobia
Mole rat	Zemmiphobia
Money	Chrometophobia
Monsters (<i>deformed people</i>)	Teratophobia
Moon	Selenophobia
Mother-in-law	Pentheraphobia
Moths	Mottephobia
Movement or motion	Kinetophobia
Moving or making changes	Tropophobia
Mushrooms, fear of	Mycophobia
Music, fear of	Melophobia
Myths	Mythophobia

THE HYPNOTIC TRANCE



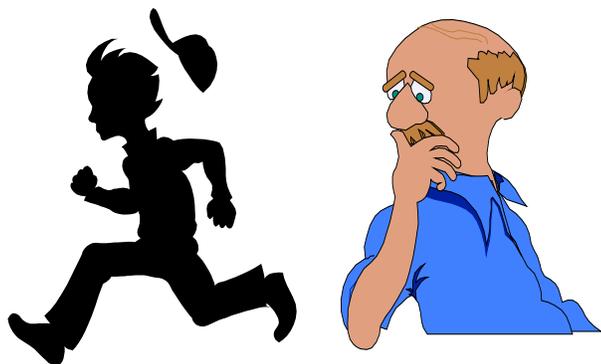
While some people use the word "trance" to describe an altered state of mind, actually trance is the name given to "any" state of mind where that person has a narrow focus of attention.

The word, trance does not accurately describe the state of mind that a person experiences when they are hypnotized. An individual does not experience a loss of consciousness, surrender of their will, revelation of secrets or reduced to a "zombie-like state" when induced into this very relaxing altered state of mind. Quite to the contrary, they are totally aware of their surroundings and capable of hearing all sounds during hypnosis. In fact, one can even have their eyes wide open and be in a state of hypnosis.

If you looked up the word trance in a dictionary, you might find definitions explaining trance to be a dazed, half-conscious or insensible condition or state of fear. As a result, people have associated the term with a history of negative associations or connotations. This definition has been long outdated.

The "Svengali Effect" (*see The Hypnosis Examiner, Vol. 1, No. 1 Edition, Feature Article, "Hypnosis"*) is partially to blame for this misconception of the state of mind that one experiences when hypnotized. "Stage Hypnosis" that is performed strictly for entertainment as well perpetuates these misconceptions of a "trance state."

The next time you hear the words, "hypnotic trance," think about the last time you were daydreaming about that very special place in your life where you find peace, solitude and total relaxation that you can escape to whenever you find life's challenges a bit too much to handle at the time.



**(More "Complete List of Phobias" coming in the next issue)*

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THE HYPNOSIS EXAMINER
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"Establishing Clarity, Harmony and Balance in Your Life"

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Feature Article - Feature Article



HYPNOSIS

When you hear the word "hypnosis," it seems to stir various reactions. Responses range from disbelief to fear and even laughter. You may envision a hypnotic hypnotist figure, prearranged for movies, comic books and television that is waving a glass rod over a patient's back and forth in their face and expect that they lose control of their will and are put in a zombie-like state. Once in a trance, the subject is compelled to obey the hypnotist's bidding and wishes "Yes, master."

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FEATURE ARTICLE



THE BRAIN VS THE MIND

Most of the time, people use the word brain and mind interchangeably when actually they are quite different.

On the other hand, the mind is the psychological process that takes place in controlling the brain creating self-awareness. It is divided bodily into 2 parts: the conscious and the subconscious. The conscious mind, located on the left side of the brain is analytical, discriminatory, controls verbal skills, logic, mathematical skills, science and language. The side of the brain behind the "Critical Factor" (which is Hypnosis) is analytical. It is used to be checked in that it deals with past and future transfers. However, the subconscious mind, located on the right side of the brain is non-critical and controls emotion, physical bodily functions (heart rate, breathing, etc.), intuition, imagination, fantasy, art and music. It is said to be time bound and exists in the present. There also exists a third part called the superconscious that remains under investigation by scientific research for validation. For all practical purposes of understanding hypnosis better, we will avoid discussion of this component at this time.

The conscious mind controls our physical senses (sight, taste, touch, smell and sound) creating information about what exists in our world for processing and storing. The subconscious mind responds to the conscious mind and will go to extreme lengths to fulfill the conscious mind's desires and inclinations, as well as to protect us from traumatic memories and events.

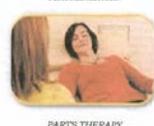
It is a key goal in hypnosis to pass the conscious mind (i.e. the Critical Factor) in order to access the subconscious mind and identify the origin of problematic behaviors (underperformance or "jitters") When this happens, therapeutic steps can be taken the "reprogramming," favorable and more acceptable changes to occur. Life.

Next issue: "Parts Therapy"

THE HYPNOSIS EXAMINER
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FEATURE ARTICLE



PARTS THERAPY

Parts Therapy is a technique in hypnosis that identifies and addresses the self-reliance or self-empowerment in the subconscious mind responsible for creating emotional or chronic behaviors.

We are all made up of many subpersonalities or parts (or entities) (subpersonalities or parts) in all of us. They exist in the whole of your being. We have five parts, subpersonalities, being parts, social parts, persona parts and many other parts. These parts are created based on your responses to certain professional situations in life. These parts include your thoughts, feelings, actions, physiology and other elements of human behavior.

There are times when your subconscious mind ignores traumatic events and creates subpersonalities that prevent you from consciously dealing with the trauma associated with that event. Unfortunately, that information may also become unprocessed or social unacceptable behavior patterns like procrastination, phobias, over-achievement, or even psychological disorders like Attention Deficit Disorder (ADD) or Obsessive Compulsive Disorder (OCD).

Hypnosis and specifically Parts Therapy can help an individual identify the origin of an emotional or chronic behavior pattern and "fix" it such that the trauma associated with the event is removed so that the client may work out any issues that may have been tied to a

most of the emotional or chronic behavior and more on with their life.

There are varying methodologies in which parts therapy is conducted. In this article, we will be speaking of a particular method called, "Top Hypnosis Therapy."

After inducing hypnosis, bypassing the "Critical Factor" and achieving consciousness in Parts (the Facilitator) Part, the Part allows along the right steps and the alternative Part, the one causing the unwanted behavior) and allows them to participate in resolving the client's problem. The first causing the unwanted behavior is reported to the origin of its existence. Inner Child work with Ego/ego is conducted. Goals therapy (integrating both Parts to work together) and Reframing (allowing any other associated issues) concludes the process.

At the conclusion of the session, the client is able to consciously recall the reported event that caused this part to give them this unwanted or abnormal behavior but without the associated trauma. However, the conscious mind can now work out any issues and move on.

Parts Therapy is much like programming the subconscious mind to perform its job in a more favorable and acceptable social or personal business pattern that an individual desires.

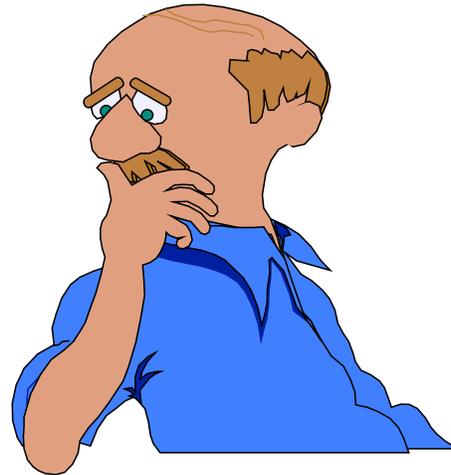
One very appealing feature about Parts Therapy is that the entire process is designed to resolve a client's issues, not only one session. For more developed sessions, it will produce key indicators that will guide the hypnotherapist to successfully maintain an subsequent sessions.

Another advantage of Parts Therapy is that the client will be able to recall the memory, even the causal the associated or abnormal behavior only upon the time it is recalled. During that "aha," the client will be surprised from the event that is being done or have to feel the effects of the trauma again. He/she will be able to view the event through a lens being done in a large situation or device screen. This is highly desirable because it enables the client to witness the desired result in a safe and relaxed manner.

If you have experienced unwanted behavior patterns in your life that you wish to change, consider Parts Therapy. It can and will accomplish your goal.

WANT BACK ISSUES? JUST ASK AND IT'S ON THE WAY!

“GOT A PHOBIA?”



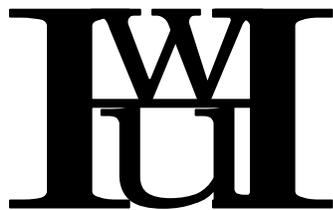
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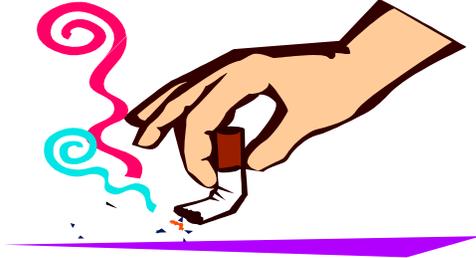
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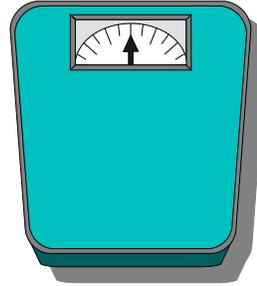
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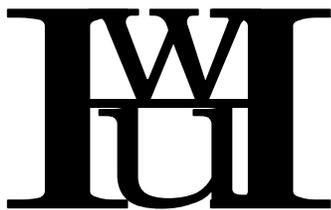
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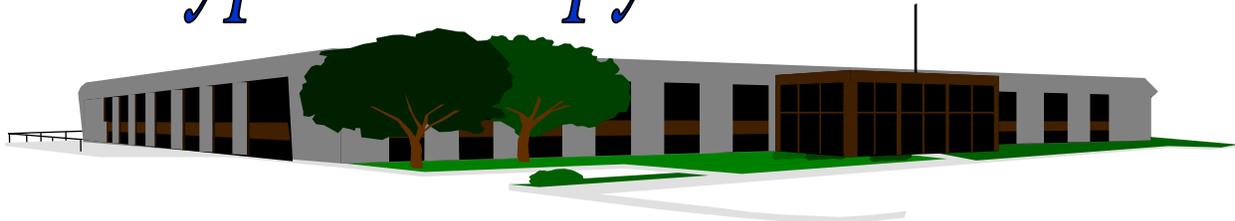


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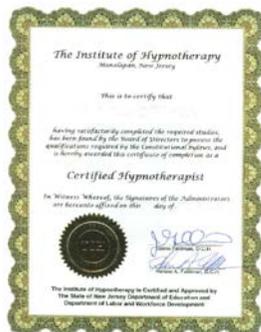


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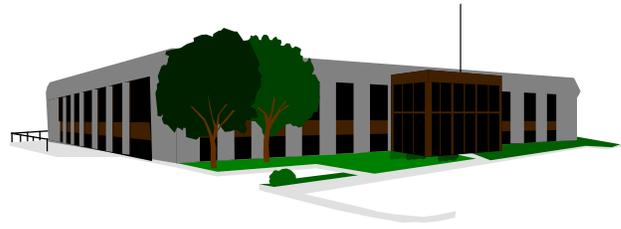


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The Institute of Hypnotherapy provides classroom instruction with hands-on experience. The workshops are concise, in-depth and taught by certified instructors. Professionals who want to add Hypnotherapy to their skills and abilities are invited to register and enroll today for the next scheduled classes.

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