

THE HYPNOSIS EXAMINER

Health & Wellness, Unlimited

"Establishing Clarity, Harmony and Balance in Your Life"

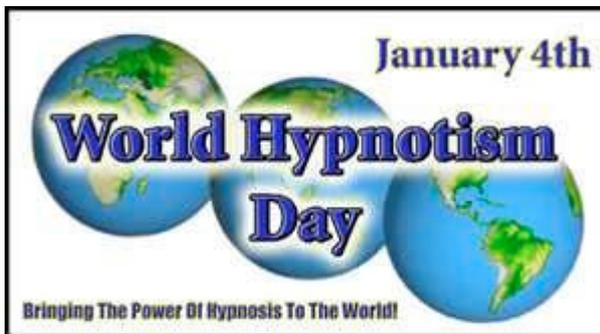
Volume 2 - Number 1

A Quarterly Newsletter

January 2013

FEATURE ARTICLE

WORLD HYPNOTISM DAY



World Hypnotism Day, January 4th, was established to help educate the general public of the truth and benefits the timeless and natural process of hypnotism has to offer anyone. Movies and books of fiction have warped the perception of hypnosis, which is why World Hypnotism Day is a necessity in order for more people to understand the truth and use this natural, expedient and effective process for personal change

On World Hypnotism Day, and days before and after January 4th, hypnotism professionals around the world combine their efforts presenting free and low cost events in their area to promote hypnotism and help the general public become more aware of hypnosis and the benefits it offers any individual desiring personal change.



Tom Nicoli, BCH, CI
World Hypnotism Day Creator & Chairman

World Hypnotism Day was created for the profession of hypnotism. It is not an organizational event, it is for all groups and organizations to support and in which to

participate. The more we gather and spread the word of the truth and benefits of the timeless process of hypnotism, the sooner more people will seek our services and receive the benefits we provide.

Since it's conception in 2005, hypnotism professionals in 22 countries have participated in supporting World Hypnotism Day. This is where WHD participating hypnotists have the opportunity to share their thoughts, ideas and experiences for the world to see. Without the efforts and contributions of everyone supporting World Hypnotism Day since 2005 and each continuing year, it would only be a great idea. Thank you to everyone for making WHD a reality.

*Tom Nicoli, BCH, CI
WHD Creator & Chairman*

Groups participating in World Hypnotism Day include but are not limited to the following:

- The National Guild of Hypnosis
- Washington School of Clinical and Advanced Hypnosis
- UK Academy of Therapeutic Arts & Sciences
- New England Institute of Hypnosis
- International Hypnosis Federation
- Hypno Healing Institute
- National Council for Hypnotherapy
- Ontario Association of Hypnotherapists
- National Association of Clergy Hypnotherapists
- National Association of Certified Hypno Counselors
- International Association of Counselors & Therapists
- International Medical & Dental Hypnotherapy Assoc.

To discover more about WHD or find an event location, you can go to the official web site at:

<http://www.worldhypnotismday.com/>

or contact this newsletter at: tophypno@aol.com.

"What Do You Know About Hypnosis?"

THE HYPNOTIC EXPERIENCE “The Interview”



This will be a series of articles that will cover different aspects of the hypnotic experience and treatment in a typical session. Each aspect will be identified and explained in order to give the reader a better understanding of the process and how it works as well as how the mind works.

The “Interview” should always begin in the initial contact with the client whether it is partially begun through a phone conversation or more formally in-office at the first session with the hypnotist.

This is an important aspect of the total experience and sets the stage for what will take place throughout the treatment plan.

Standard information will be obtained. That is vital statistics such as date, name, address, sex, age, date of birth, phone number, email, social security number, marital status (including offspring) and occupation. Also, if applicable, your employer’s information such as name, address, insurance carrier, group number and policy number.

You may also be asked marketing questions in regard to how you found this particular hypnotist or service.

This basically completes half of the information intake process. Any additional information is more pertinent to “why” you are seeking the

hypnotist, therefore, the first question in this part of the intake process would be, “Why are you seeking hypnotism?” More specifically, what problem do you wish to resolve? If there is more than one problem or concern, you may be asked which is of the greatest concern to you.

Now the intake process will focus on both your medical and psychological/psychiatric history. Questions such as, have you had any prolonged illnesses and maybe questions relevant to specific illnesses such as epilepsy, heart problems and diabetes. Also, have you been or are you now under treatment for any problem or illnesses, if so, who treated you, when and what results were obtained.

Most importantly, you should be asked, “Are you currently undergoing medical, psychological or psychiatric treatment for the same problem that you are now seeking the hypnotist?”

The entire interview is **STRICTLY CONFIDENTIAL** information and should never be shared with **ANYONE** outside of you and the hypnotist (*not even spouse or family members*).

Additionally, some hypnotist’s offices, where required by law, must provide a disclosure form signed by you and give you with a copy of this form.

Some hypnotist prefer, especially if this is your first experience with hypnosis, that you see a short video or have a discussion of what hypnosis is and how it works. This is a good step in your intake process because it informs you of what is going to take place during your visit(s). Take this opportunity to ask questions and get answers. It will help to reduce any stress or uncertainty that you may be having about being hypnotized.

The entire experience should serve to render you confident about being hypnotized and getting the results you expect from utilizing this form of treatment for the special concern(s) that you have.

WRITE & SUBMIT AN ARTICLE

Are you a hypnotist? Are you someone who has experienced hypnosis? Do you just enjoy our newsletter? Why not write an article and share it with our readers?

We welcome written material to be printed in our editions of The Hypnosis Examiner. There really aren’t any special requirements to be published and there are **NO DEADLINES!** When your submission arrives in our office, it will be printed in the next quarterly edition.

We are interested in factual information about hypnosis and questions that the general reader may have about this subject.

You don’t have to be a journalist or professional writer to submit an article. Just draft it out on you computer, submit it to the email address below and we’ll take care of the rest. It’s just that simple!

Submit an Article to The Hypnosis Examiner (THE):

Submit an article or information for publication.

Accepted submissions do not guarantee publication.

All submissions must be the sole property of the writer. No not submit any copyright information.

Any information submitted becomes property of The Hypnosis Examiner to be used per THE discretion

*Published articles are not necessarily the views or opinions of the Editor or THE.

Editor

Jonathan B. Walker, LPN, RMT, MHT

Founder of *Health & Wellness, Unlimited*

Practicing Master Hypnotherapist in the USA

Contact:

tophypno@aol.com

tophypno@gmail.com

(609) 923-4999

ORIGINS OF HYPNOSIS

“The French”



Ambrose
Liebeault



J. M.
Charcot



Charles
Richet



Emile
Coue

As we continue our investigation of the origins of hypnosis, we shall take a careful look at what contributions the French made to the progression of this wonderful art.

The French were also taking an interest in the subject of hypnosis, and such men as Ambrose Liebeault (1823 - 1904), J. M. Charcot (1825 - 1893) and Charles Richet (1850 - 1935) made many breakthroughs.

Ambrose -Auguste Liebeault was a physician acknowledged as the founder of a famous school known as the “Nancy School” or the “Suggestion School.”

He was considered by many to be the father of modern hypnotherapy. This school held that hypnosis was a normal phenomenon induced by suggestion, in contrast to the earlier schools of thought that considered hypnotic trances as manifestations of magnetism, hysteria or psycho-physiological phenomenon. He was heavily influenced by the ideas of Scottish surgeon, James Braid.

Sigmund Freud and Emile Coue came to this school and were influenced by Liebeault. Coue studied quite extensively with Liebeault (*and Hippolyte Bernheim, a French physician and neurologist chiefly known for his theory on suggestibility in relationship to hypnotism*) at Nancy, over an extended period of time. Freud simply visited Nancy and observed Bernheim at his work.

Jean-Martin Charcot was a neurologist and professor of anatomical pathology. He worked and taught at the famous Salpêtrier Hospital for 33 years. His work greatly influenced the developing fields of neurology and psychology.

Charcot is best known today, outside the community of neurologists, for his work on hypnosis and hysteria. He believed that hysteria was a neurological disorder for which patients were pre-disposed by hereditary features of their nervous system. His interest in hysteria and hypnotism developed at a time when the general public was fascinated in 'animal magnetism' and 'mesmerization.' Charcot and his school considered the ability to be hypnotized as a clinical feature of hysteria. For the members of the Salpêtrière School, susceptibility to hypnotism was synonymous with disease, i.e. hysteria, although they later recognized that grand hypnotism (*in hysterics*) should be differentiated from petit hypnotism that corresponded to the hypnosis of ordinary people.

The Salpêtrière School's position on hypnosis was sharply criticized by Bernheim. Charcot himself long had concerns about the use of hypnosis in treatment and about its effect on patients. He also was concerned that the sensationalism hypnosis attracted had robbed it of its scientific interest.

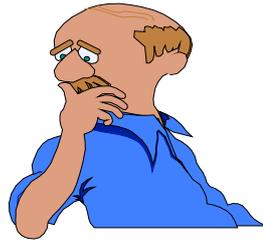
Charles Robert Richet, a physiologist who investigated a variety of subjects, won the Nobel Prize in recognition for his work on anaphylaxis. His research helped elucidate hay fever, asthma and other allergic reactions to foreign substances. He also had a deep interest in extrasensory perception and hypnosis. In 1905 Richet was named president of the Society for Psychical Research in the United Kingdom.

The work of another Frenchman, Emile Coue was very interesting. He moved away from conventional approaches and pioneered the use of autosuggestion. He is most famous for the phrase “Day by day in every way I am getting better and better.” His technique was one of affirmation and it has been championed in countless modern books.

A man of enormous compassion, Coue believed that he did not heal people himself but merely facilitated their own self-healing. He understood the importance of the subject's participation in hypnosis and was a forerunner of those modern practitioners who claim, “There is no such thing as hypnosis, only self-hypnosis.”

Perhaps his most famous idea was that the imagination is always more powerful than the will. For example, if you ask someone to walk across a plank of wood on the floor, they can usually do it without wobbling. However, if you tell them to close their eyes and imagine the plank is suspended between two buildings hundreds of feet above the ground, they will always start to sway.

Recent research into placebos is quite startling. In some cases statistics indicate that placebos can work better than many of modern medicine's most popular drugs. It seems that while drugs are not always necessary for recovery from illness, belief in recovery is!



A COMPLETE LIST OF PHOBIAS

(From A - Z)

Last year, we published about half of the phobias from our alphabetized list and we aren't finished yet! In this issue, we'll continue with the letters N – partial R.

Have you identified any of the listed phobias? Do you have one of the phobias? Do you know anyone who has any of the phobias that were listed? Check out our continuing list.

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 them as well!

- | | |
|---------------------------------|--------------------|
| Names | Nomatophobia |
| Narrow things/places | Stenophobia |
| Needles/pointed objects | Aichmophobia |
| Neglecting duty/responsibility | Paralipophobia |
| New drugs | Neopharmaphobia |
| New things/ideas | Centophobia |
| New things | Neophobia |
| Newness/novelty | Cainotophobia |
| Night | Noctiphobia |
| Noise | Acousticophobia |
| Noises or voices, of telephones | Phonophobia |
| Northern lights | Auroraphobia |
| Nosebleeds | Epistaxiophobia |
| Novelty | Kainolophobia |
| Nuclear weapons | Nucleomituphobia |
| Nudity | Nudophobia |
| Numbers | Arithmophobia |
| Objects-on right side of body | Dextrophobia |
| Old people/growing old | Gerontophobia |
| Oneself, of loneliness | Eremophobia |
| Oneself | Autophobia |
| Open high places | Aeroacrophobia |
| Open/crowded places | Agoraphobia |
| Opening ones eyes | Optophobia |
| Opinions | Allodoxaphobia |
| Otters | Lutrathobia |
| Outer space | Spacephobia |
| Overworking | Ponophobia |
| Pain | Agliophobia |
| Painful bowel movements | Defecaloesiophobia |
| Paper | Papyrophobia |
| Parasites | Parasitophobia |

- | | |
|------------------------------|--------------------|
| Parents-in-law | Soceraphobia |
| Peanut butter stuck in mouth | Arachibutyrophobia |
| Pellagra | Pellagrophobia |
| Penis, erect | Phallobphobia |
| People or society | Anthropophobia |
| Philosophy | Philosophobia |
| Phobias | Phobophobia |
| Phobic/fearful situation | Counterphobia |
| Pins/needles | Belonephobia |
| Pins | Enetophobia |
| Plans, definite | Teleophobia |
| Plants | Batonophobia |
| Pleasure, feeling | Hedonophobia |
| Poetry, fear/hatred of | Metrophobia |
| Poison, of being accidently | Toxiphobia |
| Poison | Lophobia |
| Poliomyelitis, contracting | Poliosophobia |
| Politicians, fear/dislike | Politicophobia |
| Pope, the | Papaphobia |
| Poverty | Peniaphobia |
| Precipices | Cremnophobia |
| Pregnancy, childbirth | Tocophobia |
| Priests, sacred things | Hierophobia |
| Progress | Prosophobia |
| Property | Orthophobia |
| Prostitutes or VD | Cyridophobia |
| Punished or beaten by a rod | Rhabdophobia |
| Punishment | Mastigophobia |
| Puppets | Pupaphobia |
| Purple | Porphyrophobia |
| Rabies | Hydrophobophobia |
| Radiation, x-rays | Radiophobia |
| Rain, being rained on | Ombrophobia |
| Rape | Virginitiphobia |
| Rectum, diseases of | Rectophobia |
| Red | Erythrophobia |
| Red lights | Ereuthophobia |
| Relatives | Syngenesophobia |
| Religious ceremonies | Teleophobia |
| Reptiles | Herpetophobia |
| Responsibility | Hypengyophobia |
| Returning home | Nostophobia |
| Ridicule | Katagelophobia |



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

INITIAL SENSITIZING EVENT SUBSEQUENT SENSITIZING EVENT & SYMPTOM PRODUCING EVENT

In *Volume 1, Number 3, July 2012* of this newsletter, we published a Feature Article entitled, "Parts Therapy." It mentioned the revolutionary '9 Step Parts Therapy' technique that was being utilized to help people change old, unwanted and sometimes socially unacceptable behavioral patterns. Take a moment to review that article before reading this one to give you an updated background for comprehension here (*if you didn't get that edition, send us an email requesting that back-issue*).

Some unwanted or aberrant behaviors might be issues like overeating, panic attacks, phobias or even public speaking. You might ask yourself, "What makes a person start doing these things and why?"

Well, I'm glad you asked. We are all made up of different subpersonalities or parts (*see Volume 1, Number 3, "Subpersonalities or Parts"*). These parts are a result of our exposure to thoughts, feelings, actions, physiology and other elements of human behavior that we experience in our environment from the time we are born and this information is housed in our subconscious mind. We use this information to dictate how we behave in certain circumstances of our existence.

One important factor to remember is that our subconscious has one purpose . . . to protect us . . . and it does a fantastic job!

Think for a moment, an adult won't purposely put his finger directly into a burning flame because he has learned that fire on your finger is NOT a good thing to do. It's the subconscious mind that learned at some point in life that "fire burns" and we don't want to burn in a fire whether it's body parts or the entire body. Therefore, the subconscious will protect you from fire by creating a subpersonality or part that causes you to act in a different way in order to not get burned. This is a good thing and an acceptable behavior to have.

However, sometimes the subconscious mind creates a subpersonality that causes you to do things that are not personally desired behaviors or socially acceptable.

Take a moment and think about this scenario. An adult white-collar employee is given a promotion on his job and now is required to travel internationally. When given his first assignment, he goes to the airport and has a panic attack when trying to board an airplane for the first time in his life and refuses to get on the plane. Now, he's faced with the potential of losing his promotion but he still insists on NOT flying.

The question becomes, why can't he board a plane? It's later discovered by a hypnotist that something happened long ago in his life that caused him to never trust flying. He believed that the plane would crash and he would die, if he ever did board.

What caused these behaviors in each individual case cited here? It was an "Initial Sensitizing Event" or ISE. ISE is an initial event in your life that programs your thoughts and reactions from that point forward.



These events can be an initial "traumatic" experience (*whether recognized consciously or subconsciously*) where the subconscious creates a subpersonality early in life (*generally younger than 5-7 years*) that is not exposed until many years later. Who knows what things that are said, done or exposed in the presence of a child are taken as traumatic to such a young developing mind? Even at such an early age, the subconscious is doing its job to protect that inner child (*Volume 1, Number 4, The Inner Child Work*) in any way it deems necessary.

Later in life, let's say at about 10 years old that same child experiences an event that causes him to "act out" in an unacceptable manner but the child is chastised for the behavior. This could possibly be a SSE or "Subsequent Sensitizing Event." As a SSE, unknowingly, this acting-out behavior is being reinforced as a means of avoiding dealing with the original traumatic event.

Now, let's say many more years later, that same child is now a 40 year old adult and has an experience that causes the unacceptable "acting-out" behavior to surface but now it is so unacceptable as an adult that he decides to seek professional help. This would be identified as the SPE or "Symptom Producing Event" otherwise known as, "the-straw-that-broke-the-camel's-back!"

Sometimes, the ISE and SPE happen simultaneously at any age such in a car accident that renders a person unable to drive or enter a car again.

Remember, all issues that motivate a person to seek a hypnotherapist have a beginning.

Good news is hypnosis can uncover and resolve these events and help a person to move on in life.

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Volume 1 - Number 1 A Quarterly Newsletter January 2012

Premiere Edition - 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 mysterious hypnotist-figure popularized by movies, comic books and television that is wearing a goatee and waves a pocket watch back and forth in front of his subject until 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 mutters "Yes, master."



This perception, known as the "Svengali Effect" gained its name from an old John Barrymore film called, "Svengali." In this film, Svengali hypnotizes women to go out at night and do evil bidding under his spell. This idea that a person's "will" can be controlled continues to be reworked today in modern film and television. As a result, the fear-factor about hypnosis continues to be renewed and refreshed. Unfortunately, misconceptions and misinformation about hypnosis are amplified.

Quite to the contrary, hypnotists do not produce zombies of their clients nor do the clients lose control of their "free will." Hypnosis can work effectively to help people resolve a wide array of personal concerns and assist them in the attainment of personal goals.

The term "Hypnosis" is derived from the Greek word for sleep, however hypnosis is actually a state of deep relaxation in which an individual finds himself/herself more susceptible to suggestion. During this deep state of relaxation, the "conscious mind" recedes and becomes passive while the "subconscious mind" comes forward and becomes more active and accessible.

hyp-no-sis (hip no sis) n., pl. -ses (-as) [(Gr-hypnos, sleep -osis)]
a state of increased suggestibility and concentration.

Simply stated, hypnosis is a state of heightened suggestibility. This state of mind can be self-induced or obtained with assistance.

In all cases, hypnosis is self-induced and no one can be hypnotized or made to follow any suggestions that they choose not to accept. The subconscious will ignore any suggestion that is not within its interest. A hypnotized person will automatically arouse into a normal wakefulness state if they are being asked to do something that goes against their will or morals.

Many people have experienced the hypnotic state of mind. It is very similar to the state of mind one gets in while engrossed in reading a highly interesting novel. While reading, you begin to experience events happening in the book as though you are actually a part of those events (like feeling emotions such as happiness, sadness or excitement to the point of having physical reactions to what you are reading like smiling, crying or increased heart rate). This same state of mind is produced while watching a movie and getting totally engrossed in the events taking place on the screen. You may jump and become flushed (continued next page)

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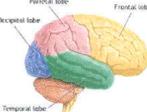
Volume 1 - Number 2 A Quarterly Newsletter April 2012

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.



The brain is the physiological component of the central nervous system encased in the skull that controls and coordinates our voluntary and involuntary bodily functions. It has 3 basic divisions: the forebrain, midbrain and hindbrain and 4 lobes: the frontal lobe, the parietal lobe, the temporal lobe and the occipital lobe.

This conglomeration of gray and white matter is one of the largest organs in the human body. It is coupled to and a part of the spinal cord and entire central nervous system. This neuro electro-chemical pathway is the communication system highway between the brain and body.



On the other hand, the mind is the psychological process that takes place in controlling the brain creating self-awareness. It is divided basically into 2 parts: the conscious and the subconscious. The conscious mind, housed on the left side of the brain is analytical, discriminatory, controls verbal skills, logic, mathematical skills, science and language. This side of the mind holds the "Critical Factor" (which is bypassed in hypnosis). It is said to be timeless in that it deals with past and future timelines. However, the subconscious mind, housed 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 omit discussion of the superconscious at this time.

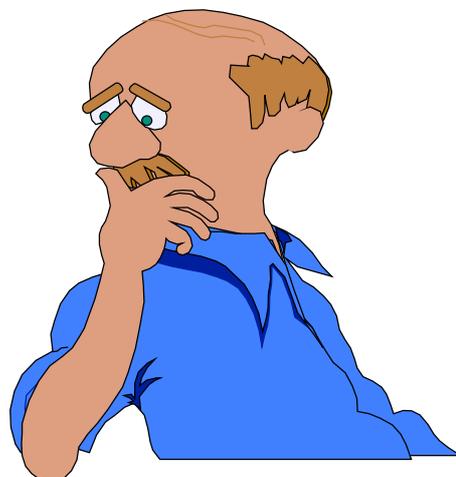
The Conscious mind controls our physical senses (smell, taste, touch, sight and sound) inputting information about what exists in our world for processing and storing. The Subconscious mind responds to the Conscious mind and will go to extreme lengths to fulfill the Conscious mind's desires and limitations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

It is a key goal in hypnosis to by-pass the conscious mind (i.e., the Critical Factor) in order to access the subconscious mind and identify the origin of problematic behaviors (subpersonalities or "parts"). When this happens, therapeutic steps can be taken for "reprogramming" favorable and more acceptable changes in one's life.

Next issue: "Purs Therapy"

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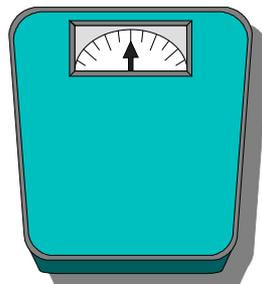
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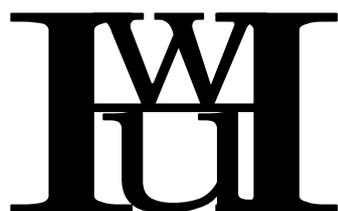
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