



THE HYPNOSIS EXAMINER

Health & Wellness, Unlimited

“Establishing Clarity, Harmony and Balance in Your Life”

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FEATURE ARTICLE



“STRESS MANAGEMENT”

Stress is a major factor in the life of everyone who lives and breathes. It can be a healthy part of life enhancing great moments to remember for years to come or it can be horrible moments that impact one negatively making the future events unbearable.

Regardless of how you view the daily stresses that everyone encounters in their activities of daily living, there are only 3 ways to effectively reduce, manage and cope with stress for a positive and healthy outcome.

There are many “tools” available on the open-market to help deal with daily stress including over-the-counter pharmacology. There are also more professional outlets to help you acquire the desired results. However, no matter what avenue you take, there are still only 3 ways to effectively reduce, manage and cope with the stress associated with the activities of daily living.

In the last issue, Volume 2 – Number 3, July 2013, the *Rahe Holmes Stress Scale* was presented with the article, “Stress.” This scale demonstrates by way of itemizing the different types of changes that may be encountered in life that may occur simultaneously in a person’s life that will affect stress levels and the possible effects on health. What is evident is that the types of changes are basically events that occur in almost everyone’s life at one time or another. Another observation is that events do not have to be of the

undesirable nature (*i.e., losing a job or death of a family member*) but positive events (*i.e., vacation or outstanding personal achievement*) can have an accumulative effect on stress levels.

Therefore, we can deduce that we can be affected by mounting stress levels on a regular and continual basis and not be aware of it until it becomes problematic. This is usually the pattern that takes place until stress is “out of control” and help is required. At that point, again, we state that there are only 3 ways to effectively reduce, manage or cope with “out-of-check” stress levels and more than likely, there is only 1 of those options that will effectively return control to the individual.

Most importantly, if you require better management of your stress levels, seek the assistance of an expert who specializes in stress management. Learn how to effectively manage your daily stress levels, stay healthy and increase the quality of your life.

If you want to learn more about the 3 ways to effectively reduce, manage and cope with stress, see the ad at the end of the newsletter.

SELF-HYPNOSIS



All hypnosis is in essence self-hypnosis, since no one can be hypnotized against their will. Those who enter a hypnotic state do so because they want to have this experience. Research has revealed that self-hypnosis is probably the oldest form of hypnotism. It is possible to see elements of this practice in the primitive shamanic trances found in ancient tribal cultures. (*see page 6*)

ORIGINS OF HYPNOSIS



Dave Elman

In our last issue of the Hypnosis Examiner we featured the legendary psychiatrist Milton Erickson. In this edition we introduce you to another extraordinary proponent of hypnosis in the 20th Century, named Dave Elman (*May 6, 1900 – December 5, 1967*).

Born David Kopelman, he grew up in Fargo, North Dakota. As a child he first learned about the power of hypnosis when his father was suffering from cancer and a hypnotist was able to relieve the pain. This enabled the young Elman to have the chance to play with his father one last time, and made a strong impression on him about the value of hypnosis.

As a teenager, Dave read extensively about hypnosis and carefully observed hypnotists on the vaudeville circuit in an effort to learn as much as he could. This research led him to discover how to hypnotize subjects in a matter of seconds. His skill level quickly grew and he began to hypnotize some of his classmates.

Dave's many talents eventually led him into vaudeville where he began touring with a number of troupes as a musician, comedian, and a bit player in different routines. At this time he also began to use his hypnosis skills for entertainment, and became known as "The World's Youngest and Fastest Hypnotist." His talent had great appeal in the fast-paced world of the vaudeville circuit where slow acts bored audiences. It was during this time that he also shortened his name from Kopelman to Elman, so he could get better billing on theater marquees.

In the 1920s, Dave Elman worked as a songwriter for W. C. Handy while still playing saxophone as a jazz musician. This led him into radio, which became his primary career from the mid-1920s into the early 1950s. In 1937, he created the program "Hobby Lobby" which was carried coast-to-coast for over a decade. He also created "War Bond Auction," a program that generated

substantial funding for the war effort and received many awards.

Several decades after his time in vaudeville, Elman realized that the speed of hypnotic induction also had a useful application in the practice of medicine. In 1949, he demonstrated his rapid induction methods and knowledge of pain control to doctor friends. As a result, he was asked to provide a course on hypnosis for physicians and dentists. This led him and his wife Pauline to travel across the country for several years teaching hypnosis. At that time, Elman trained more physicians how to use hypnosis than any individual before or since.

The success of the Elman induction method greatly increased the use of hypnosis among doctors. In addition to this technique, the medical hypnosis course also included such topics as regression, treatments for phobias and allergies, hypnotherapy, and preparation for surgery using hypnotic anesthesia.

Physicians trained by Dave Elman were the first to perform open heart surgery using only hypnosis for anesthesia. Elman joined his students in the operating room as a coach during this innovative operation.

In 1959, NBC revived "Hobby Lobby" for its television audience and approached Elman to be the host of the show. He declined because he believed that the need was greater to continue his work in hypnotherapy.

A few years later while recovering from a heart attack, Dave Elman wrote a book about his teachings called, "Findings in Hypnosis". Hailed as a classic in its field, Elman's major work is a forceful and dynamic presentation of hypnosis as a fast and amazingly effective tool in a wide range of therapies. This work was later retitled "Hypnotherapy". It continues to be a useful and practical summation by one of the pioneers of medical hypnosis.

Dave Elman is an amazing man who helped many people throughout his life. He successfully made the crossover from hypnosis as entertainment to hypnosis for health and well-being. It is inspiring to know that his son, Colonel H. L. Elman, USA Air Force, Retired, CH, CI, CMT (*named after the "Hobby Lobby" program his father created in the 1930's*) who graduated from his father's course in Medical Hypnosis 3 times, continues to carry on his father's legacy of helping others improve their lives through hypnosis.

Note: This concludes our brief historical series of the "Origins of Hypnosis." We hope that you've been educated and enjoyed our series.

If you would like to see another mini-series on a subject of your choice, simply drop us a line at tophypno@aol.com indicating your choice.

DEALING WITH DIFFICULT CLIENTS



Part One: "When the Client is the Problem"

One of the most rewarding aspects of practicing hypnotherapy is that, at least for the most part, clients walk out of our offices feeling more relaxed, energetic, and peaceful than they did when they walked in. Other mental health professionals have openly expressed envy to me about this, because they see it happening, and they wish it could be true for their clients.

Yet we also have to admit that not everyone who comes to us will walk out happy, or relaxed, or even somewhat satisfied. Hard as it is to accept, some clients who willingly submit to hypnosis will fight our every effort to help them. Such behavior seems to fly in the face of common sense and logic. We may begin to question ourselves and our abilities, thus embarking on the inevitable trip down the slippery slope of self doubt.

Let's begin with an example from my own practice (details disguised, actually a composite of several cases). Mrs. Jones, a middle-aged woman calls for an appointment because she says she wishes to stop smoking. She seems to be well read on hypnosis and eager to get started, but shows surprisingly little suggestibility in pre-session testing. Still, the hypnotherapist reasons, even a light trance can be effective, so they proceed.

As the induction proceeds, it becomes clear that although she has promised to follow the therapist's instructions, she is doing just the opposite. When it is suggested that her eyes are getting heavy, she deliberately opens them wide and stares mockingly at the therapist. When she is asked to hold her arm out stiff and firm, she lets it drop (and smiles). She continually says "this isn't working for me" and refuses to stay quiet during the session. The therapist begins to wonder why this woman is wasting her time and money when she obviously doesn't intend to cooperate.

What is the answer? According to John Milne Bramwell ("Hypnotism: Its History, Practice and Theory," 1906, De La More Press, London), "Nearly all my difficult and refractory cases suffered from some

form of nervous disease; and I have, as a general rule, found that the difficulty in inducing hypnosis bore a direct proportion to the gravity and duration of the mental disturbance." This is an interesting and appealing idea for the therapist who is not successful, but at least in the case(s) above, no clear evidence of diagnosable mental disturbance was evident to the hypnotherapist, a trained and licensed mental health professional.

Other authors suggest that hypnotherapists must spend significant amounts of time educating clients as to what will happen in hypnosis—and reassuring them that they will not "lose control of the will" or be forced to perform embarrassing acts (clucking like a chicken, etc.). Indeed, loss of control is a fear-provoking thought and establishing a baseline of trust is extremely important. Nevertheless, in the case(s) above, the client(s) did not show any fear and assured the therapist that she was ready and willing to proceed with hypnosis.

Separating the post-session reactions of the clients in my composite example may prove very useful to getting at the reasons for the clients' obstructive behavior. One client, although smug and defiant when she left the office, later called back to admit to the hypnotherapist that she really wasn't ready to quit smoking after all. In the initial interview, this client said she wished to stop smoking because it was "annoying." When it was suggested that smoking also might result in suffering and death for her and her family, the flip response was, "Well, we all have to die some time." Clearly, strong motivation to change the behavior was lacking.

Another client reported in the interview that she had come for smoking cessation hypnosis because her husband was "bugging her," and her children and grandchildren were doing the same thing. She proudly said that nothing had cracked her smoking habit, including the nicotine gum and patch. It seemed obvious that she was intent on proving that hypnosis would also fail. The attitude was: "See? Nothing works!" This brings up two obvious points: first, clients who are not motivated for their own reasons to change are unlikely to do so; second, some clients will deliberately fail in order to demonstrate some point that is important to them—in this case that the family should leave her alone because she wasn't going to quit smoking and nothing could make her do so.

Yet another young client reported that his mother had been begging him to be hypnotized to stop smoking and that he was doing this to please her. He also shared in his pre-session interview that he really wanted to try Chantix, but that his mother insisted he try hypnosis first. He openly expressed skepticism about the likelihood of hypnosis being effective for him. Since his own wish was to use Chantix, he simply did all he could to make certain that the hypnotherapy wouldn't work. A few days after his first session, he called back to cancel

the next one, having apparently demonstrated to his mother that the hypnosis wasn't going to help him stop smoking.

While the examples given involve smoking cessation, similar client behavior can be seen in other areas as well, including hypnosis for weight loss. One client—who was fairly cooperative in the office but did not listen to his session CDs in between—actually admitted several weeks into his treatment, “Maybe I really don't want to lose this weight.” The reasons for not wanting to succeed are not as important as the fact that clients will often have them, and that they will often be emotional in nature. One male client was doing well with weight loss, then abruptly stopped losing weight and cooperating. When asked about the change, he admitted that his wife, who did all the cooking in their home, was offended by his eating less at meals. To keep the peace, he simply reverted to eating the large portions she had previously served him.

The key here is that clients who are difficult are often being so for what seems to them to be a good reason. The best advice, then, is to uncover any potential difficulties in the pre-session interview and then attempt to resolve those points of resistance before hypnotherapy starts. This means not only paying attention to what the client says, but to more subtle indications of fear or reluctance, including body language. In some cases, where clients seem overtly unwilling to be cooperative, it may be best to simply return their payment and send them on their way.

It is also often the case that clients who don't intend to cooperate with the hypnosis process will reveal their intentions on more projective measures, such as Chevreul's Pendulum. I have noticed in several cases that such clients will achieve movement with the pendulum when asked, only to immediately stop the movement—as if to say, “No, I won't cooperate.”

Working hard to identify and deal with such pitfalls benefits both hypnotist and client, and often delivers more satisfying results. But what happens when the client *does* follow directions, yet he or she can make no progress in changing a behavior? Could the problem lie with the hypnotherapist? I'll examine that question in Part Two.

By Ara C. Trembly, MS, MA, ACHt, LPC
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IDENTIFYING SUBPERSONALITIES

In the Volume 1, Number 3, July 2012 issue of **THE**, we introduced subpersonalities in an article titled,

“Subpersonalities or Parts.” In this issue, we will bring more light to that topic and allow you to discover what subpersonalities may exist in you.

Identifying what subpersonalities that you may have can be educating, enlightening and helpful in realizing who you are. It may also be helpful in dealing with some of life's issues on a daily basis.

Dr. John Rowan, Psychotherapist, Counselor, Mentor, Coach and author of the books, “Discover Your Subpersonalities: Our Inner World and the People In It” and “Subpersonalities: The People Inside of Us,” has constructed a self-test for helping to identify some of the subpersonalities that may lie within us.

These are very brief tests and are not meant to be definitive in any way. Their purpose is to introduce a few of the most common subpersonalities with which many of us deal. If you score highly on a given test, it simply means that you *might* have this subpersonality and that you might want to look more closely at how that functions in your life.

We will bring these “tests” to our readers in a mini-series of articles allowing you to discover more information about subpersonalities as viewed by Dr. John Rowan.

Before taking each test, read and follow the instructions below precisely:

For each test, you will not be told what subpersonality is involved until after you answer the questions. This is meant to reduce any possible bias that could arise if you know what the questions are looking for before answering.

Before answering each set of questions, take a deep breath, clear your mind, and try to answer as honestly as possible. You might want to make some notes as you answer each set of questions, especially for those subpersonalities you seem to resonate with. If one or more of these feel important in your life, take a few moments to note any reactions, associations, or memories that come up in response to that particular subpersonality before moving on to the next set of questions.

For each question, add the score (0-3) and then see how the total scores at the end.

1. Do you like answering questionnaires?
0 - Yes, if they make sense
1 - Not very much
2 - I think questionnaires are boring
3 - I hate all questionnaires
2. What do you think of being grown up?
0 - It's alright, quite normal
1 - I sometimes resent the demands
2 - I don't know if I want to be grown up
3 - I don't like being grown up

(continued next page)

IDENTIFYING SUBPERSONALITIES (cont.)

3. Do you feel as if you are creative?
0 - Not really, no more than anyone else
1 - Occasionally I do
2 - I can be creative when I want to
3 - Yes
4. How much of the time are you bored?
0 - Not often at all
1 - Some of the time
2 - Quite often
3 - Very often
5. How important is it to you to have fun?
0 - Sometimes, as a contrast to real life
1 - I like to have a fair amount
2 - It is important
3 - It is very important

This test is to discover whether you have a Free Child subpersonality.

If you scored:

0-5 You do not have much in the way of a Free Child at all, and this may make you rather staid and boring. Why not try to cultivate your Free Child a bit more?

6-10 You do have a Free Child, and it is in a modest position, not too suppressed and not too wild. Cultivate it wisely.

11-15 You do have a Free Child subpersonality, and it is very well developed. Just watch out that it does not take over too much.

The **Free Child** is quite spontaneous and knows how to have a good time and enjoy life. This can be a great source of joy and liveliness if not disowned as too dangerous. This child is often creative and likes to explore the world. Curiosity, fun, spontaneity, and creativity are the key traits of this subpersonality. This subpersonality is sometimes known as the wild child or simply as the inner child, but the inner child can take many forms (*and each of us may hold several of them*), so it is important to be a little more specific.

This concludes the first of the 4-part miniseries subpersonality tests. In following issues, we will examine the "Inner Critic," "Little Professor" and "The Adult" subpersonalities respectively.



Free Child



Inner Critic



Little Professor



The Adult

SPECIAL HOLIDAY EDITION

We will, again, print a special holiday edition of The Hypnosis Examiner in December.

We've enjoyed your comments and feedback as well as additional subscribers to our newsletter email list.

We hope that you've enjoyed our articles, ads and historical information. We want to thank those of you who have contributed articles and encourage you to continue contributing. We also want to encourage others to contribute to the newsletter or simply tell us what you would like to see in it.

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 your computer, submit it to the email address below and we'll take care of the rest. It's just that simple!

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SELF-HYPNOSIS (cont.)

In this sense, self-hypnosis has probably been around since prehistoric times.

Self-hypnosis is something that we as people take part in every day, at different levels, without the help of a hypnotist. Perhaps the most common method of achieving a trancelike state on our own occurs when we are reading an engaging story or watching a movie. At those times our conscious minds have stepped into the background and the subconscious has come to the forefront to allow us to enjoy this sensory experience as if it were real, enabling us to laugh or cry in response to what we see or hear.

During a hypnotherapy session, a hypnotist will help their client to achieve predetermined goals, such as losing weight, successfully managing stress, or overcoming pain. As a part of the session the hypnotist will often teach the client how to do self-hypnosis, so the individual can re-enforce positive behaviors when they are on their own.

Self-Hypnosis requires four basic elements:

Motivation: This is perhaps the key ingredient because without motivation the client will find it difficult to practice self-hypnosis

Relaxation: The individual should be thoroughly relaxed and must set aside time to perform this act, free from distractions.

Concentration: The client needs to concentrate completely on their self-hypnosis in order for it to be effective.

Direction: This step is optional. It is used when an individual wants to work on a “specific” goal. The individual needs to direct their visualization on the desired end result.

The Scottish physician and surgeon James Braid, considered the father of hypnosis, taught his clients how to hypnotize themselves and later tried it on himself. In his book, *Observations on Trance or Human Hybernation* (1850), Braid provides a personal account of how he first used self-hypnosis in an attempt to relieve his own pain. His extraordinary results, in such a short time, speak to the highest level of effectiveness that self-hypnosis can achieve.

It is commonly said that seeing is believing, but feeling is the very truth. I shall, therefore, give the result of my experience of hypnotism in my own person. In the middle of September, 1844, I suffered from a most severe attack of rheumatism, implicating the left side of the neck and chest, and the left arm. At first the pain was moderately severe, and I took some medicine to remove it; but, instead of this, it became more and more violent, and had tormented me for three days, and was so excruciating, that it entirely deprived me of sleep for three nights successively.

In this condition I resolved to try the effects of hypnotism. I requested two friends, who were present,

and who both understood the system, to watch the effects, and arouse me when I had passed sufficiently into the condition; and, with their assurance that they would give strict attention to their charge, I sat down and hypnotized myself, extending the extremities. At the expiration of nine minutes they aroused me, and, to my agreeable surprise, I was quite free from pain, being able to move in any way with perfect ease. I say agreeably surprised, on this account; I had seen like results with many patients; but it is one thing to hear of pain, and another to feel it. The following morning felt a little stiffness, but no pain. A week thereafter I had a slight return, which I removed by hypnotizing myself once more; and I have remained quite free from rheumatism ever since, now nearly six years.

James Braid opened a wonderful door to self-management from which we can all benefit on a daily basis with very little instruction. It can be used to relax after a long day at work. It can invigorate a tired body. It can soothe irritated nerves when stress becomes a burden. Self-hypnosis is a first-aid kit that can be placed in anyone’s home or workplace to make the day or night more bearable when life’s challenges seem difficult.

The following is a brief and easy technique for anyone who would like to try self-hypnosis.

First, find a quiet and comfortable area in your home that has no distractions (noises, people, phones, pets, etc.)

Sit in a comfortable armchair with your head relaxed back against the chair or use a small throw pillow to support your head. Arms are placed at your sides on the chair or in your lap.

Close your eyes and relax your facial muscles.

Breathe slowly and deeply in through your nose and out through your mouth (lips only parted slightly).

Think of a number from 1-10. Any number is fine. If you have a number that is “special” to you, use that number. If not, choose any one that appeals to you.

Now touch the index finger and thumb together on one hand (preferably the dominant hand) while thinking of your special number and continuing to breathe.

Permit your attention to go where it desires but maintaining the breath, your number and finger contact.

Allow this to continue for as long as you wish.

Whenever you wish to bring this to an end, all that you have to do is simply, open your eyes.

Now, take notice of how you feel.

If you like it, do it as often as you choose. If you would like to know more, read below.

To experience more self-hypnosis for yourself, download the “Hypnosis HWU” App on your favorite device or go to <http://www.hypnosiswellness.org/> click on “Audio Downloads” and listen to the “Relaxation” audio recording. You can also schedule an appointment with us (at tophypno@aol.com or 609-923-4999) to learn how to perform this beneficial practice.

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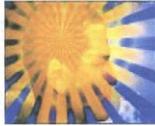
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Premiere Edition - Feature Article



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 top hat 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 "Droptail Effect" gained its name from an old John Raymond film called, "Droptail." In this film, a hypnotist 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 fact factor about hypnosis continues to be repeated and reworked. Unfortunately, misconceptions and misinformation about hypnosis are amplified.

Quite to the contrary, hypnosis does 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 "subconscious mind" awakens and becomes passive while the "conscious mind" comes forward and becomes more active and accessible.

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a state of increased suggestibility and concentration.

Briefly 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.

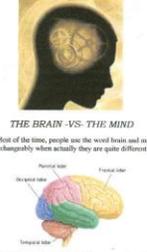
A hypnotized person will automatically enter into a normal wakefulness state if they are being asked to do something that goes against their will or needs.

Many people have experienced the hypnotic state of mind. It is very similar to the state of mind one gets in while engaged 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 getting a cup of coffee, watching a baseball or excitement as the point of being physical reactions to what you are reading like the end of an airplane or increase 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 (normal fear response)

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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.

The brain is the physiological component of the central nervous system housed 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 conglomerate 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 entire electrochemical 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, located 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" (called a focused Hypnosis). It is said to be inactive in that it deals with past and future timelines. However, the subconscious mind, located on the right side of the brain is non-critical and controls emotions, 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 (sight, taste, touch, smell and sound) reporting 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 memories and events.

It is a key goal in hypnosis to bypass 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: "Parts Therapy"

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"Establishing Clarity, Harmony and Balance in Your Life"

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FEATURE ARTICLE



PARTS THERAPY

Parts Therapy is a technique in hypnosis that identifies and addresses the subpersonalities or subpersonalities in the subconscious mind responsible for creating unwanted or aberrant behaviors.

We are all made up of many subpersonalities or parts (one could "subpersonalities or parts" in the mind). They make up the whole of your being. We have fun parts, confident parts, loving parts, social parts, private parts and many other parts. These parts are created based on your exposure to certain psychological situations in life. These parts include your thoughts, feelings, actions, physiology and other elements of human behavior.

There are times when your subconscious mind represses traumatic events and creates subpersonalities that protect you from consciously dealing with the trauma associated with that event. Unfortunately, that subpersonality may also cause unwanted or socially unacceptable behaviors patterns like alcoholism, phobias, over-competitiveness, or even physical disorders like Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder (ADHD).

Hypnosis and specifically Parts Therapy can help an individual identify the origin of an unwanted or aberrant behavioral pattern and "re-program" such that the trauma associated with that event is removed so that the client may work out any issues that may have been raised as a result of the unwanted or aberrant behavior and move 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 "9 Step Parts Therapy."

After inducing hypnosis, bypassing the "Critical Factor" and achieving unconsciousness, this method identifies two subpersonalities or Parts (the Restrictive Part and the Part allowing change the right thing and the Aberrant Part, the one causing the unwanted behavior) and allows them to participate in resolving the client's problem. The Part causing the aberrant behavior is reprogrammed to the origin of its existence. Inner Child work with feelings is conducted. Gestalt therapy (uncovering both Parts to work together and Reframing (adding any other associated issues) concludes the process.

At the conclusion of the session, the client is able to consciously recall the reprogrammed event that caused this part to give them this unwanted or aberrant behavior but without the associated trauma. However, the conscious mind can now forget and any issues not raised on.

Parts Therapy is much like reprogramming the subconscious mind to perform its job in a more favorable and acceptable social or personal behavior patterns than an individual desires.

One very appealing feature about Parts Therapy is that the entire process is designed to resolve a client's issues in only one session! For more developed scenarios, it will produce key indications that will guide the hypnosis to successfully resolve in subsequent sessions.

Another advantage of Parts Therapy is that the client will be able to recall the traumatic event that caused the unwanted or aberrant behavior only if they want it to be recalled. During that "view," the client will be separated from the event so that he/she does not have to feel the effects of the trauma again. He/she will be able to "live" the event as though it is being seen on a large television or movie screen. This is highly desirable because it enables the client to achieve the desired result in a calm and relaxed manner.

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

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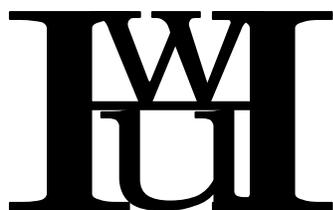
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