

Gastric Band Weight Loss with Hypnosis

An overwhelming amount of interest has been shown recently by Hypnotherapists and members of the public seeking to lose weight by this revolutionary method of controlling the mind to believe that one has undergone surgery.

A news article published by the Daily Mirror in May 2009 outlined the case of Marion Corns who claimed to have lost 4 stone with this method.

Marion underwent 5

sessions of hypnotherapy (costing less than a tenth of what she would have paid for the actual treatment).

During the hypnosis sessions she was able to visualize being wheeled into theatre, undergoing the surgery and even experiencing the smell of the anaesthetic.

There is no doubt that the mind is a very powerful tool; it is easy to understand how highly suggestible people can lose weight via this method. At the same time people



can also lose weight using traditional hypnosis methods. Gastric Band Weight Loss with Hypnosis is probably far more suited for clients who are obese and have already considered using this approach.

Are you making the most of your membership?

Although many of our members are using the site to list their practice on the Members Page it hasn't escaped our notice that few are taking advantage of the free web-page offer.

On this section of www.phpa-online.org members can promote their practice by informing the general public on areas that they specialize in as well as share their experience and ethos.

Maps, relevant photographs, directions and other information pertaining to your practice can be scanned and emailed or posted to us and we will create your unique web-page which can link to your own website if you have one.

All information provided must be genuine and comply with our code of ethics.

We are still in a Recession so make the most of your membership to the PHPA.

As a paying member you can claim your 10% discount on many of the resources provided on Hypnotic World – please contact Sales@phpa-online.org if you wish to take advantage of this offer or would like further information.

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Submit your Articles to the PHPA

If you have any interesting hypnosis/psychology related news or articles that you would like to share with our members and visitors please submit them to Sales@phpa-online.org. Credit will be given to the authors. Alternatively if there are any subjects that you would like to see covered either on the site or newsletters please let us know.

Hypnosis for Children



Children find it easy to become absorbed.

Many Hypnotherapists are cautious about using hypnosis with very young children, however, with their wonderfully rich imaginations they can be excellent subjects and hypnosis can help to build up their confidence, overcome fears and many other issues.

It is of course important to safeguard yourself from any possible allegations which is why it is essential to have a parent or guardian present or to record the session. In some instances the parent can unwittingly be the cause of the child's problem and

in others the parent may try to take over the session by answering all the questions that you ask the child. Should this happen then you could politely inform the parent that you want to hear the responses from the child's point of view.

We recommend working with the child's level of understanding and using activities or hobbies that the child is interested in when using visual imagery. For example if a child is interested in computer games then you could weave a story around their favourite character where they

see a resolution to their problem.

Very young children respond well to 'let's pretend' games or stories about their pet, best friend or favourite toy. Depending on the child's maturity it is not always necessary to use a traditional induction and deepener approach and please don't be put off if the child fidgets or keeps their eyes open as this is perfectly normal behavior for young children.

Case History—Fear of Flying Overcome



Peter (name changed) used hypnotherapy 7 years ago to overcome a fear of flying. After just two sessions he was able to overcome a 30 year old fear and enjoy the flight that was taking him on a well deserved holiday

However 2 months after his return to the UK Peter phoned for another appointment—he said he had felt so relaxed that he slept throughout most of the

journey on his holiday and fell asleep on the beach—ending in him becoming sun burnt and subsequently was too relaxed to return to work.

So, after several weeks of being on sick leave Peter had one further session to 'lighten' some of the relaxation suggestions.

The lesson learned here was that

some clients take the suggestions in hypnosis very literally so it is essential to emphatically remove any unwanted ones.

Peter returned recently for help with his weight problem and reported that he had been flying regularly without any problems since his last hypnotherapy session.

Hypnosis and Surgical Procedures

A recent report by BBC News describes a study on 200 female breast cancer patients led by Dr Guy Montgomery of the Mount Sinai School of Medicine whereby patients were either given 15 minutes of hypnotherapy or a chat with a psychologist.

The women who had received hypnosis needed less anaesthetic, reported less pain, nausea, fatigue and emotional distress after the operation than did the ones who had talked to a psychologist.

The Journal of the National Cancer

Institute paper is just the latest to conclude hypnosis can help with operations.

In Johannesburg 35 year old Liesl van Dreau is reported to have had her tonsils removed using only hypnosis to help her through the operation. Before the surgery, which took place at Milpark Hospital, Liesl had 2 sessions with Hypnotherapist Tom Budge to prepare her for the procedure.

She reported experiencing a sensation of pulling during surgery, but felt very little pain.

The surgeon who carried out the tonsillectomy, Dr Kishen Dayal, said there was so little bleeding that he used only half a swab to dab the blood. After a procedure that is normally very painful for most adults the patient was allowed home after just one hour and was able to return to work 3 days later.

Adapted from a report by Susan Cilliers⁴

These reports leads to an interesting question—why isn't hypnotherapy used more widely within the medical profession?

We assume because it is more time consuming, however the use of hypnosis for operations could save the NHS a considerable amount of money.

We'd love to hear our Member's views on this subject.

Post Hypnotic Suggestions

Some years ago a client of ours requested post-hypnotic-suggestions in order to prove to himself that he had indeed been hypnotized. In general we believe that challenges such as this should be avoided as subjects are free to accept or reject the suggestions and although proof was shown time after time it was never enough to convince him. (This case history can be read at: http://www.hypnoticworld.com/case_histories/doubting_thomas.asp)

In his book, *Hypnotism*, G.H Estabrooks cites a similar scenario where a subject is told whilst in hypnosis that on coming out of

trance he would hear 3 taps of a pencil and this would trigger an irresistible urge to remove his right shoe.

On bringing the subject out of hypnosis it was apparent that he had remembered everything said during the session but nevertheless it was decided to tap the pencil; it was noted that the client was experiencing internal conflict.

Quote:

He wants to take off that shoe but has made his mind up that he will not. Like one possessed of a devil

he runs his hands through his hair, shakes his head, gets up and walks around the room, muttering to himself 'I won't, I won't do it'.

Estabrooks emphasises the importance of not allowing the subject to leave the room until the suggestion has been removed (even though he hadn't complied with the post hypnotic suggestion).

The client was told that the suggestion had failed but in order to avoid any future issues would he voluntarily remove the

shoe and put it back on.

This demonstrates clearly the power of suggestion and how this is heightened in hypnosis.

If we were to tell someone who was not hypnotized that they would very soon experience an itch on their face they would most likely laugh at you and then go into another room to scratch their face.

Hypnosis in the News

Strictly Star uses Hypnosis?

Jo Wood, 54, (ex-wife of ageing rock star, Ronnie Wood) has hinted on her Twitter site that she is having hypnotherapy to overcome her nerves whilst dancing with partner Brendan Cole on Strictly Come Dancing.

A source claims that Brendan wants more aggression in the dance routine but it is reported that Jo finds it difficult to be feisty.

Hypnotherapy is often sought to increase confidence and overcome nerves and responsive subjects can benefit from using hypnosis as it can help them to overcome inhibitions and feel more comfortable at expressing themselves.

Whilst hypnosis treatment alone can't aid people to perform in a way that they have no knowledge about it should be remembered that what it can do

is enable them to draw upon the unconscious material stored away in their brain.

Whether or not Jo was successful she has to be admired for recognizing that she has the power within herself to increase her confidence, overcome nerves and improve her techniques.

It's not who you are that holds you back, it's who you think you're not.

Author Unknown

Morecambe and Wise Revisited

I'm sure most people - (apart from the very young) will remember or have heard of Eric Morecambe and Ernie Wise.

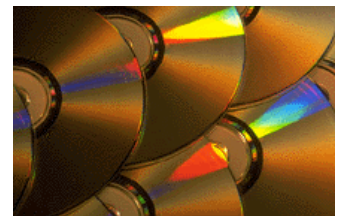
Sir Eric was undoubtedly one of the most talented, funniest and wittiest entertainers of the 20th century and will go down in history as a legend.

Eric Morecambe was allegedly also very insecure and severely lacking in confidence, despite his talent and he refused to perform without his partner Ernie Wise.

Another great star of the 60's, Tommy Cooper (the one with the fez who all our mothers loved) was equally lacking in confidence and allegedly sought approval before and after each

show.

Had hypnotherapy been as widely available in those days these stars could have overcome any insecurities or inhibitions and entertained us so much more—just as Jo Wood might if she follows her program through.



Confidence CDs available from www.hypnoticworld.com

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As used in the CSI: New York episode "Point of no return" shown on the 9th May 2009 on Channel 5. (They bought the last of our Orange coloured monitors).

Available from www.hypnoeft.com

ESDAILE

One of the first men to really rediscover and put to extensive good use, the power of hypnosis, was an English surgeon named James Esdaile. His interest in mesmerism began before the word hypnosis was known.

In 1845 he went to India and had phenomenal success with mesmerism, copying Mesmer's techniques and applying them diligently. In those days the mortality rate in surgery was around fifty percent. Esdaile reduced this figure to eight percent by the use of his techniques, and his patients recovered more quickly and easily than the average surgical cases of his day. Since then there has been a revival in the interest of hypnosis with more scientific studies being undertaken.

The deaths of Braid and Esdaile curbed the interest in hypnotism.

Experimentation was revived into the 1880s, mainly in continental Europe where new translations of Braid's work were circulated.

How Not to Let a Client Mislead You

James' wife telephoned to make a hypnosis appointment for her husband whom she claimed was suffering from insomnia.

When James arrived the following week we were fully prepared with an Insomnia CD ready for him to take home after the session.

James confirmed that he was indeed having problems sleeping, however careful questioning and noting his responses revealed the cause behind his insomnia. James was a compulsive gambler and was frittering away every spare penny the family had. He couldn't seem to stop himself and this led to stress, worry and sleepless nights.

It was obvious that treatment for insomnia wasn't the answer to his problem and that we needed to get to the bottom of his gambling addiction.

James had kept his gambling a secret for several years and asked that his wife would not get to know about it. Obviously client confidentiality is paramount in any therapy, however, interestingly enough, James went home that night after the session and told his wife everything.

For Julie, his wife, this explained a lot—such as the time that he told her that £500 had dropped out of a hole in his pocket and the suspicions that she had that he might be having an affair when

he was staying out of town in order to gamble.

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It also meant that Julie questioned herself about whether she could trust James in the future and this was a turning point in their marriage.

Julie decided that she also needed help to put this revelation into perspective in order to save her marriage.

Had James simply been treated for insomnia his gambling addiction may never have come to light and their relationship would have undoubtedly suffered further.

This just goes to show how vital



it is to give a thorough pre-induction talk and explore and listen to what is behind your client's problem. In James' case the insomnia was a secondary issue, caused by his gambling and it was this problem that needed sorting out.