

Winners in mind

Hypnosis and sport



The hypno-runner

Adam Eason on how
mind helps his
marathon ambitions

Research overview

Improving sports
performance

Plus

Is it worth using
Groupon?

Specialist advice on
helping clients with
stress

Ethics - should we
record every session?

Supervision - how
group supervision
works

Rubin Battino on
pauses

CONTENTS

Editorial	1
View from the chair	2
NCH focus: welcome to our new Editorial Advisory Board	3
NCH focus: more schools want accreditation, set boundaries with marketing	6
NCH focus: is it worth using Groupon?	8
NCH focus ethics: should we record all sessions?	11
Group dynamics, how group supervision works	14
NCH specialist adviser shares his knowledge on stress	16
Winners in mind - our very own marathon runner	20
research review hypnosis and sport	26
What's new and reviews	29
Applause for a pause Rubin Battino writes	34
Before I was a hypnotherapist	36

THE NCH COMMITTEE

Chairman: Paul White
 Tel: 0845 544 0788 email: chairman@hypnotherapists.org.uk
 Executive Director: Sophie Fletcher
 Tel: 0845 544 0788 email: services@hypnotherapists.org.uk
 Ethics Director: Sue Roberts
 Tel: 0845 544 0788 email: ethics@hypnotherapists.org.uk
 Marketing Director: Paul Howard
 Tel: 0845 544 0788 email: marketing@hypnotherapists.org.uk
 Tel: 0845 544 0788 email: development@hypnotherapists.org.uk
 Supervision Director: Cathy Simmons
 Tel: 0845 544 0788 email: supervision@hypnotherapists.org.uk
 Research Director Andy Cox
 Tel: 0845 544 0788 email: research@hypnotherapists.org.uk

Ex-Officio Roles

Administrator: Kath Howard
 Tel: 0845 544 0788 email: admin@hypnotherapists.org.uk
 Finance Annie Dee Hughes
 email finance@hypnotherapists.org.uk
 Training & Accreditation: Jill Tonks
 Tel: 0845 544 0788 email: training@hypnotherapists.org.uk
 Training and Accreditation Coordinator Stuart Norman
 coordinator@hypnotherapists.org.uk
 Professional Standards: Jo-Anne Kelleher
 Tel: 0845 544 0788 email: standards@hypnotherapists.org.uk
 Journal Editor: Ann Jaloba
 Tel: 0114 268 6500 email: journal@hypnotherapists.org.uk

THE NCH EDITORIAL ADVISORY BOARD

Beth Hewitt

Carole Wan

Fiona Nicholson

Tracey Grist

(contact via journal
 @hypnotherapists.org.uk)

Editorial



commit themselves to change.

Many of you have told me that, although we are in the middle of bad economic times, client numbers are up. I have had some chats with some of you about why this should be. Perhaps a slowing economy makes people stop and think about what they really want from life and that leads to a decision to change. Then there is the number of people turning to us because they are suffering from anxiety seems to be rising.

Personally, I have seen quite a few people who want to lost weight because the uncertain jobs market means they may be going for job interviews in the near future - I have been developing a little programme to help people present themselves well at interview as a response to this need, and I know others of you are developing new interventions and products in response to our clients' potential demand.

Whatever the economic climate, it is good to see the slow but steady increase in acceptance of hypnotherapy as a valid intervention

to help people. It is becoming more common to read about well known people who have turned to hypnotherapy for help and this raises the profile of our profession. It seems this doesn't have to be famous people; locally respected members of a community can make a difference too.

I have seen three new clients wanting help in managing their weight in the last few weeks who have come to me because I was recommended by a prominent member of their church. The thing is, she has never been my client (nor the client of any other local hypnotherapist as far as I know) but she heard good reports of me from a friend who goes to the same fitness class at a local gym - how news travels.

Hypnotherapy is also getting more academic kudos. In this issue we feature the latest research on hypnotherapy and sports performance which shows just how useful it can be. This is very timely as we run up (!!!) to the London Olympics. In the spirit of sport we also have regular contributor to this journal, Adam Eason, giving the low down on marathon running and how his professional background helps when he is pounding the pavements. Well done Adam and best of luck with the charity fundraising, we look forward to seeing (and reviewing I hope) the new e book.

This issue's focus on helping you build your business looks at voucher companies like Groupon and features some members' experiences of using them. If you have used these companies and have anything to share, or if you have reservations about this sort of marketing, then do let us know and we will feature this in the next issue

We are kicking off (sorry more sports metaphors) some new series this time. Firstly, we have Vernon Sykes, one of our new specialist advisers, sharing his experience of helping clients with stress. From now on every issue will feature one of our specialist advisers giving us the benefit of their expertise.

Our new ethics director, Sue Roberts is going to write on aspects of ethical practice in each journal. She gets off the starting blocks (sorry!) by talking to NCH member Dani Dennington about why she records every client session she does.

On a lighter note we will be featuring our members in all their glorious diversity and difference by looking at their careers before they joined our profession. This time it is Ian Woodley, actor and therapist. Next month we will be looking at how a medical researcher and a taxi driver took the path to hypnotherapist.

Finally, it is a pleasure to begin to introduce you to our new Editorial Advisory Board. The idea of this board is to gather together a group of members who reflect the different interests, practices and businesses in which our members work. I hope by doing this we will be better able to engage with all our members with their differing needs and interests. Welcome all.

View from the chair



Paul White

It's always exciting to start with some good news. I mentioned in the last Journal that we were joining with others in opposing the application of Marie Mongam to copyright the word "Hypnobirthing" and I am delighted to say that we have been successful in so much as the Office for Harmonisation of Integrated Markets (OHIM) have formally refused the application on 25th January 2012, the applicant has two months to appeal from that date, I have been informed directly by the OHIM as of the middle of March no appeal has been received.

On other more mundane matters I am delighted to say we have now successfully completed the reorganisation of our administrative team, we have designed a newer, faster enrolment/upgrade process, however, part of this improvement of the process means that we now no longer offer a monthly payment option for subscription payments, this process was both time consuming in reconciliation and only historically taken up by a small number of members.

In what we consider to be a welcome development, we have been invited by Kings College, London to nominate a representative of the NCH to participate in a research project; we will be submitting our nomination very shortly.

For a little while now, you will be aware that we have been reviewing

our Complaints Procedure, I am sure it will be of interest to you all that in discussions with both our professional advisors and a former senior member of the BACP's Professional Conduct Committee, that professional conduct procedures are coming under increasing scrutiny by lawyers/ legal advisors of members who have cases brought against them, it is becoming increasingly common for cases to be dismissed on the basis of procedural issues rather than the actual content of the complaint.

Jo-Anne and our legal advisors have done a great job on renewing our new complaints procedure, we hope to have it in place within the month.

We are now working closely with the CNHC and UKCHO on agreeing a descriptor for "Hypnotherapy" and agreed conditions that can be treated by hypnotherapy with the Advertising Standards Authority, we have made some great progress in enhancing their understanding of hypnotherapy and we are committed to a continuing programme of educating the ASA in the benefit of hypnotherapy.

NCH focus: meet members of our EAB

To help the journal better reflect the breadth of the profession we have set up an Editorial Advisory Board (EAB). Here we profile two of its members



Fiona Nicholson

Fiona has a solid business background which includes publishing and marketing - experience which will be invaluable as we develop the journal.

In one of her previous roles, she ran a business newsletter magazine for high tech companies. This gave her an insight into the marketing aspect of business publishing. She has also worked in a marketing and sales role for a number of global brands in the health, pharmaceutical and beauty industries. She currently has a role as a senior account manager for a US company.

Her background covers both large companies and small businesses. She hopes that this experience of the problems, challenges and opportunities which small businesses face will feed into the NCH's work in helping its members develop their own businesses. She is well qualified in marketing small business and understanding target markets and the elements which drive these.

Fiona went into hypnotherapy because she was looking to make some long term future changes to her life. She thinks her path is probably typical of many of us who come to hypnotherapy from very different careers.

She wanted to do something which she could work into a change in her lifestyle while pursuing a career which she felt was worthwhile. She finds working with people to help them make real changes in their lives hugely satisfying - and being able to do this while improving her own lifestyle is a perfect balance.

As someone who has come recently to the profession, she would like to see the journal focusing a lot on business building. She would especially like the journal to focus on what pitfalls are out there, so newer therapists can

come fully prepared rather than have to reinvent the wheel. Learning from others' is always the best way, so she would like to see articles which help newer therapists to avoid mistakes from which their more experienced colleagues have already learned.

She would like to see the journal looking at practice development from both the point of view of business building and from the point of view of delivering a good service to clients, Fiona would like the journal to speak to practitioners from all areas of our profession who can get to the essence of these issues.

She adds that variety is important; she would hope that all of us as individual practitioners can combine the experience of others into our own way of doing things.

She recently enjoyed reading the feature on the new specialist advisers for the NCH, finding it fascinating to see how they had evolved into being specialists in certain areas. As many of us start of in general practice, it is good to see how many different paths there are to a specialist interest and expertise, she says.

Finally, Fiona says she is keen to see the research side of the journal develop. She has been pleased to see hypnotherapy become more and more accepted by other professions such as the medical profession. This helps position hypnotherapy in the minds of ordinary people as - not just mumbo jumbo or waving pendulums - but something which can be respected and trusted, she says. If the journal can play a role in pushing this acceptance forward by featuring good research in every issue it will help the whole market in which we operate, she says.

Missed the 2011 Hypnotherapy Extravaganza? DVDs now available

Order NOW for £34.99

(includes postage and packing)

Filmed live at the Royal Society of Medicine, now available to purchase as a 2 DVD set.

With over 4 hours of incredible speakers, these videos are an opportunity to learn and expand your knowledge in areas that perhaps you would have never considered

FREE BONUS: Get immediate online access too!

<http://www.hypnotherapists.org.uk/news/> to order or phone 0845 544 0788

Meet our new Editorial Advisory Board

read and passively accept. It can be a place where members can feel that they can talk about their views, so that experienced therapists can help less experienced therapists and vice versa. It can be a good strong support for those of our members who are self employed, so they don't feel they have to be on their own."

desk at the SICH – describing herself as “sometimes called the practice manager, sometimes called the secretary, depending on which way the wind is blowing.”

For her, it was quite important, as she developed her new career, to be part of a group. She had been self employed as a stained glass artist for many years before she came to hypnotherapy. She says that, having been self employed for so long, one of

Tracey says she has always been called unemployed! And being able to do something you really want to do is so valuable.”

wants all the members to see that.

Tracey Grist

Before she became a hypnotherapist, Tracey spent many years working in the visual arts as a stained glass artist. Her passion for imagery and non verbal communication has stayed with her and she hopes to bring her expertise in this field to the journal.

Tracey works as a general hypnotherapist and does a lot of weightloss work. She says she is very keen on this, especially as she describes herself as: “slightly bigger woman”. She also tends to see a lot of people with self esteem issues as well.

She has worked at the Surrey Institute for Clinical Hypnotherapy (SICH) for a year and a half, having previously studied with them. As well as working as a practising hypnotherapist in her own right, she runs the reception

her aims, when she made her career change, was to be involved with other like-minded people in a business environment. Nevertheless, her long experience of self employment makes her very aware of the issues, benefits and difficulties which go with this way of life.

As so many of our members are self employed, and can feel isolated at times, the journal has a very special role to play, she says.

Tracey sees the journal as being very important as a way people can come together and be a support to each other. She would like to see the journal developing to become “more of a springboard for members’ communication.” She says, “It can be so much more than just articles which people

She says her own experience taught her that the biggest downside of being self employed is you can't escape self criticism. “If you are your own biggest critic, then you can never escape from your boss. Plus there is always something to do, the next thing pending. On the plus side though you can dictate your own hours and that is a great freedom. I always enjoyed being

Tracey says she has always been called unemployed! And being able to do something you really want to do is so valuable.”

Tracey says she has always been told she has a friendly face and wants all the members to see that.

She would like to work with members to develop really good feedback to the journal and make sure that it is always approachable by any member. She says, “I think we should be a user friendly as we can possibly be. Members should feel they can ask us anything even if it seems like a silly question – I am full of silly questions and that is how we all learn. It makes us more human.”

We will be profiling more members of the Editorial Advisory Board in the next issue

NCH focus: more schools want accreditation

Jill Tonks, NCH Training and Accreditation officer has noticed an increased interest in professional accreditation



It's been another busy period for training and membership. Stuart Norman, the training coordinator has been working hard to streamline the online membership process for new members with the HPD and we are getting there!

The number of enquiries about hypnotherapy training and schools wishing to become accredited has increased

significantly in the last few months- there must be something in the air! All of which is great news for the profession, our NCH schools and the growing membership base of the NCH.

The pilot of the Certificate in Hypnotherapy Supervision via the Individual Portfolio Route is ongoing.

A special thanks to Becky Leonard

who is putting in some sterling work to make this route to this award work so experienced supervisors trained outside the NCH can become NCH accredited supervisors with Becky's expert support and assessment.

Congratulations to all the HPD qualifiers in the journal and good luck in your careers ahead- see all that hard work has paid off!!

NCH focus: set boundaries with marketing companies

Sophie Fletcher, NCH Executive Director found her experience with Groupon worthwhile but has a warning as well



This month I've had a chat with Tracey about a Groupon offer I trialled earlier this year. These types of offers are good opportunities for members to get their services advertised and to a wider audience.

I had many people who had heard of hypnosis but had never tried it, buy the vouchers, so I reached a new client base. The important thing with these opportunities is to set your

boundaries, don't be swayed by them pulling out because they can't push you low enough on price. It was an experiment that at times felt a little uncomfortable as the marketing of my product by Groupon was a little more ebullient than I would market myself, but it was interesting to see the clients that responded to that!

Other membership services coming online shortly are the new forums online

in the membership area, which will give the opportunity to share information, knowledge and support online.

I see this as a big step forward in keeping our members informed and in touch with the all the latest information about the profession, we hope you'll use this to its fullest to help grow and develop the knowledge base of the NCH.

Is it worth doing a Groupon deal?

Online voucher sites such as Groupon, offering discounts on everything from meals out to driving lessons are a new marketing phenomenon. But are they a good opportunity for hypnotherapists? Tracey Grist interviewed three NCH members who have used these sites about their experiences.

The offer

Groupon: Gastric Band Hypnotherapy: 4 x 1 hour sessions £450.00 (I also made sure my website showed original price) reduced to £76.00
Roughly making my payment £20 pounds per hour.

When did you run the deal?
8th/9th December 2011 until the present day.

How many clients did you get?
I got 80 clients.

Over what period did you see them?
The offer validity period is three months, and I am still seeing clients.

Did they differ from your ordinary clients?

They expected more: to get CD's or freebies; they were on the whole,

much more assertive than my other regular clients.

How much referral business did you get?

At least 12 Gastric Band referrals via the Groupon deal and a minimum of 20 extra client hours for other issues. With the Gastric Band appointments I do a Groupon rate of £140.00 but this way I can keep the whole sum.

Did they book more sessions?

Six or eight have so far booked subsequent sessions for relaxation.

Did they bring you new clients?

Yes! At least 12 clients brought introduced me to new clients, one client brought four people in.

Have you done it again?

I will be doing it again at the end of March with a set cap of 120 clients.

What advice would you give to other NCH members about it?

Plan ahead!!! Get a good diary system and plan - ideally with a 15 minute gap between clients, be ready and prepare for lunchtimes, there was a point where i would work a six hour stint at the beginning, because the clients wanted a Gastric Band, and they wanted it now.

So it is important to be strong with Groupon and be stronger still with the clients and remember that it is you in charge.

I had pre-planned all four of the session set ups so although I could waver from the plan it was really useful to go in with that set format.

The offer
Gastric Band hypnotherapy; in one or two sessions; Most people took the two session options.
The offer presented as: One session £99.00 reduced to £39.00- 60% off.
Two sessions: £198.00 reduced to £79.00- 40% off.

When did you run the deal?

4th January 2012 until present. I didn't really have a choice as to what to offer, I was offered Gastric Band hypnotherapy; in one or two sessions. Groupon have good experience on take up of this and stopping smoking so are reluctant for you to do anything else. Most people took the two session options.

How many clients did you get?

I was lucky in that Lincolnshire is a rural area and Groupon had only just started there. If I had been in the larger cities, I wouldn't have been able to manage the numbers and would have chosen not to do it. They can go into the hundreds in London. I made it clear with Groupon that I was not prepared to reduce my payment to any lower than £20 per hour. I have heard of hypnotherapists taking less than £7 and hour which I couldn't agree to.

How many clients did you get?
15 clients in total,

Over what period did you see them?
January onwards proved a good time with the New Year and it went out on January the 4th.

Did they differ from your ordinary clients?

I found it interesting that the clients were more motivated than clients who come for a traditional weight loss programme. The clients I had were clear of what they wanted, though it wasn't always gastric band that was the right approach, so I would work differently and give them a CD instead, which worked well and made me feel that I was giving them the appropriate treatment.

How much referral business did you get?

I got very good leads from the clients and am currently very busy with referrals.

Did they book more sessions?

I offered weekly weight loss follow up classes, but when offered people were very sure that this was something they wanted to do privately and not in a group situation. This surprised me as I thought it would be a good opportunity to get weight loss classes off the ground.

Did they bring you new clients?

I've had lots of referrals, and not just for weight loss.

Have you done it again?

No, as I am currently still very busy.

What advice would you give to other NCH members about it?

Do not sell yourself short! If you are in a busy area keep to your boundaries with Groupon- set limits that



Growing your business

suit you; do not sell yourself short, but value what you are selling.

Push for a client number cap especially if you are busy with other clients and ask for the option to stop the deal at any time.

If you are busy with clients or in life set yourself designated days and times that you will do the Groupon work. I created a special page on my website so potential clients could see how much they could save by doing the Groupon deal, this was important for Groupon.

I made it very clear that I couldn't answer a phone all the time if there were lots of bookings so they introduced me to a system called OpenCal and built it into the booking form. "OpenCal" is a free service that you can book your appointments with.

The great thing about OpenCal is that time was not wasted talking to clients about their issues before booking their appointments. This was ideal as I would just get an email saying someone had booked, and they were automatically sent a reminder the day before with directions.

You can use OpenCal, even if you haven't used Groupon, and I've continued to use it with my client system.

NCH focus: is it worth doing a Groupon deal?



Growing your business

The offer

April 2011- Groupon Gastric Band Hypnotherapy; Two sessions £49.00
August 2011- Living Social Smoking plus introductory hypnosis session; dual deal; One session £49.00/£25.00 Introduction.
November 2011- Living Social Smoking plus introductory hypnosis session; dual deal; One session £49.00/ £25.00 introduction.

When did you run the deal?
I ran 3 deals in total.

Groupon clients differed as people would not ordinarily use hypnotherapy- they were offer driven.

How many clients did you get?
I got 110 Groupon and 40/30 respectively on the Living Social deals.

How much referral business did you get?
I had repeat business from about 20% of Groupon clients.

Over what period did you see them?
Pretty much all three offers spanned a 3 month period each.

Plus 20 per cent of new clients, one client in particular referred five new clients so it's hard to give an accurate number, also as the referrals are still

Did they differ from your ordinary clients?

on-going.

With the Introduction to hypnosis 50 per cent of clients came back for repeat sessions, although the numbers were less to begin with.

What advice would you give to other NCH members about it?

If you are a full time hypnotherapist I would highly recommend it, if you are part time I wouldn't recommend it.

I can't see why people wouldn't do the deals to fill their diaries. The deals worked for me as I had no room overheads.

I personally would go with Living Social rather than Groupon as they're easier to deal with.

I would advise putting a cap on the number of clients.

If you're relatively new in practice this is a great way to grow your client base, in my case I doubled it. I worked 10 hour days on the deal, but it was work I wanted to do and enjoyable.

My favourite time as a therapist is working the client hours, the deals brought me clients to the door.

Ethics in practice: Keeping Accurate Records: Digitally Record The Session?

NCH Members are required to follow the code of ethics and conduct, but how does this work in practice? We will be looking at this in a series of articles on how best practice in ethics and conduct is delivered by members.

To start off, NCH ethics director, Sue Roberts talked to Dani Derrington, who records every session she does

Recording devices have been used in the hypnotherapy room for many years, with hypnotherapists frequently giving the client tapes to listen to between sessions, or using a tape as the session.

However now with digital recording and storage so easy, is it a good idea to record every client session you do, as a matter of course?

Every member probably knows the benefit of keeping good client notes.

Specifically, the NCH code of ethics requires members to 'keep accurate patient, client and user records'. Recording the session certainly ensures that the record kept is accurate.

How does it work in practise, and would this be of benefit in your practice?

I interviewed cognitive hypnotherapist Dani Dennington, of The Croft Practice in Thame, who routinely records sessions.

How do you introduce the issue of recording the session with client?

I first turn it on at the beginning of the first session, I then ask them the question, so that their agreement is recorded. I explain that all of my sessions are recorded as a matter of course, that all of the recordings are stored in an offline hard drive and that it is purely for my own benefit - it helps me to help them better.

I have two external 500G hard drives, and I back everything up twice on them.

Have you had any refusals?

I've had two flat refusals in five years, one of which who came to agree. With one client recently, we agreed

that at the end of the final session, and she will let me know when that is, I will remove all the recordings.

What do you believe are the benefits of doing this?

I have bits of the jigsaw puzzle that you may have missed, and it is in the client's own language. And if I have a client that I have worked with two or three years ago, and they then call me because they want to come back again, I can listen to their last session and get a couple of questions which show I have remembered them and am asking relevant questions.

If a client asks for the recording, I ask them to wait for the session to 'bed in' then give them the recording.

And of course if I've done some hypnosis in the session with them, then I can chop this out of the whole recording and give them something to use between sessions.

SUPERVISION

Below is a list of members who have successfully completed the NCH accredited Supervisors course or have been granted the designation AcHypSup through accredited prior learning

Anita Mitchell	Slough	anita@anitamitchell.co.uk
Carole Samuda	Alton	carole@carolesamuda.co.uk
Carole Wan	Sheffield	carolewan@btconnect.com
Cathy Simmons	London	cathy@cathysimmons.co.uk
Christine Key	Egham	chriskey1@aol.com
Danita Dennington	Thame	dani@denningtons.co.uk
Dawn Biggs	Bexhill on Sea	dawnbiggs@ukcounsellingservice.com
Gloria May	London	gloria.may@chilternstreet.co.uk
Jill Tonks	Claygate	jillmtonks@aol.com
Joan Wallace	Aberdeenshire	
Joe Mc Anelly	Newcastle	
Kathryn Fletcher	Bristol	kathfletcher@googlemail.com
Lynn Martin	Honiton	lyn44martin@aol.com
Martin Armstrong-Prior	Leicester	marmstrongprior@yahoo.co.uk
Mary Llewellyn	Doncaster	mairllll@aol.com
Michael Cameron	London	michaeljcameron@hotmail.com
Michael Hughes	Bristol	info@michael-hughes.co.uk
Nicolas Cooke	Birmingham	info@cecch.com
Nick Mawr	Bristol	
Pat Hoare	Exeter	pat@pathoare.eclipse.co.uk
Penelope Ling	Reading	pennyling@talktalk.net
Peter Adamson	Warrington	peter@psychotherapy4all.com
Russell Davis	Truro	russell@russell-davis.co.uk
Sharon Dyke	Taunton	sdhypnotherapy@yahoo.co.uk
Stuart Norman	Horley	stuart@mindwise.org
Susan Ritson	Cheddar	susan@ritsonhypnotherapy.co.uk
Valerie Hird	York	val_hird@hotmail.com

Do you see any drawbacks to recording sessions?

I can't see any drawbacks, and there may be advantages. I recently saw a client for one session, and later I got a call from the police to tell me a case was coming to court. The client had given my details to the police and they wanted my records, so I gave them the full recording.

Why did you start doing it?

I started doing it because I was a bit insecure and felt I needed more information as I don't remember things very well, and I like to listen to the client in the session, and not get distracted by writing everything down.

How do you believe it affects the sessions?

I don't believe it affects sessions at all really, once it's on and put to one side and you get on, I've never noticed people even glance at it, once clients start talking about their problem they are absorbed in their problem and forget about it.

I download everything at the end of each day, label it with name and date, then it all gets wiped off my machine and stays stored offline. It's so easy to have external hard drives these days, and the recording device is easy to use and really clear.

So, with digital recording and storage, it's now easier than ever to record client sessions, either to store as a recording or transcribe into notes later.

Would this benefit you and your client? Ultimately, each therapist

must decide for themselves how to create and keep accurate client records.

For some therapists, using technology and introducing it to the client is easy and is part of rapport building. Taking a transcription then deleting the recording may suit others. Whatever you decide, certainly technology has made the choice easier.

Note: Dani uses an Olympus LS11 Linear PCM Recorder.

Got an example of your Ethics in practice, or would like to see a topic discussed? Contact Sue Roberts, our Ethics Director, to share your knowledge in the journal. Email Sue at ethics@hypnotherapists.org.uk

The NCH code on record keeping

“10. You must keep accurate patient, client and user record.

Making and keeping records is an essential part of care and you must keep records for everyone you treat or who asks for professional advice or services. All records must be complete and legible, and you should sign all entries.

When supervising students, you should also counter-sign any student entries in the notes. Whenever you review the record, you should up-date them and include any arrangements you have made for continuing care of the patient.

You must protect information in records against loss, damage or use by anyone who is not authorised. You can use computer-based systems for keeping records, but only if they are protected against anyone tampering with them (including other healthcare professionals). If you update a record, you must not erase information that was previously there, or make that information difficult to read. Instead, you must mark it in some way (for example, by drawing a line through the old information.”

Group dynamics

As part of our regular look at supervision in the profession, Ann Jaloba spoke to Susan Ritson about her experience of running two supervision groups in the West Country.

Susan told me she had herself always had supervision as part of a group. So it seemed quite natural for her to run such groups herself as a qualified NCH supervisor. As a supervisor she attends group supervision for supervisors and values this as part of her own professional development as well as a “good meeting and catch-up.”

Six to eight is an optimum size for such groups in Susan’s opinion. The two groups she is currently running in the West Country, one in Axbridge and one in Frome, are smaller than that, at three to four regular attendees. She does say, however that at this size the groups are small enough to feel quite intimate and ensure that no-one is afraid to say what they think. Each group meets for two hours once a month.

A pre-set agenda is a key ingredient of success, says Susan. A typical agenda would be:

- 1) A discussion of the hopes for the session by everyone involved.
- 2) A report by everyone in the group on what is going well in their practice (or their training if they are still a student).
- 3) A chance to raise anything anyone

in the group wishes to discuss about any client they are seeing at the moment.

4) A section on business and marketing

5) A space to discuss any publication, book or article which anyone has found useful and a reflection on continuing professional development.

At the end of the session, Susan allows

“If the group has a good dynamic and a supportive ethos several heads can be better than one.”

time for all present to say what they have found most useful in the session, and anything which they would have liked to have done differently. (It was from this feedback that the idea of discussing good books which would be useful for professional development came.)

Susan stresses the importance of building a team if this type of supervision is to be a success.

The group as a team set the ground rules for the sessions and Susan is very clear that she learns from the sessions as well. The sessions are great

at motivating all the participants, especially those who are finding it difficult to develop their business. Susan encourages the group to concentrate on what is going well and this helps lift mood and improve motivation. The discussions in the group give the less experienced hypnotherapists more confidence. For trained hypnotherapists who have been away from practice for a while, the group has proved itself to be a valuable path to getting back into practice.

The big diversity of career experience in the groups, makes it a very rich environment – it is also a great benefit when discussing business building to have some participants who have a business background.

In order to keep continuity and make it easier for everyone to attend, Susan publishes the schedule for meetings for the whole year at the beginning of the year. I asked Susan if she thought group supervision was appropriate in situations someone might have become upset by a particular experience with a client or where they had made a serious mistake. Susan feels that group supervision can

not only deal with this sort of situation, but may even be more useful than individual supervision.

She says that if the group has a good dynamic and a supportive ethos several heads can be better than one. At its best everyone can say ‘let’s learn’ and discuss what they did in a similar situation. This rapport can be more easily built when the people attending the group are regular attendees. Susan says that she will discuss with the group if it is a good idea for someone new to join, so people can take a view on if an extra person would disrupt the group dynamics.

Congratulations to our latest HPD qualifiers

Karen McCreanor
Dr Julia Von Onciul
Alexander Holden
Tishy Bruce
Debra Gee
Kelley Kennedy
Nicholas Wrapson
Bryan Jones
Karl Reynolds
Katie Blair
Richard Smith
Sandra Edwards
Tina Hilton
Karen Youster
Katy Herrington
Leo Anniballi
Monika Kralk
Christine Brown

Jo-Anna Brown
Carol Coutts
Lesley Sherwood
Lana Wheatley
Marjorie Clare
Jayne Moffatt
Fiona Jones
Dawn Hackwood
Neil Doble
Jo Stallard
Stephan Toque
Olivier Anton
Rae Arundel
Kate Bieleka
Matthew Bowen
Jacqueline Brown
Natasha Brown
Rachel Dobbie

Dominique Geloso
Caroline Goldstein
Alison Gordon
Caroline Moore
Lee Surman
Emma Triplett
Victoria Westwood
Victoria Droy
Jacqueline Inglis
Tiffany Armitage
Leah Bevan
Faith Foster
Nicola Parker
Sarah Mc Bryde Walsh
Nadine Holt
Elaine Cruddas
Richard Smith
Brian Flynn

Isn't it about time your name appeared here?

An estimated 20% of UK Hypnotherapists practising today have the HPD, with twice that many registered to do it, making it the leading independently verified UK hypnotherapy qualification.

When your potential clients start asking if your qualifications are up to date, will you be ready?

And if you are an experienced Hypnotherapist, you will find the new Professional Discussion Route to qualification is a simple process to demonstrate your experience.

To join hundreds of Hypnotherapists who already have the HPD qualification, contact Jill Tonks for more information:

training@hypnotherapists.org.uk

Message in a bottle

In every journal one of our team of specialist advisers will be giving you the benefit of their experience and knowledge. Here, Dr Vernon C. Sykes, a senior clinician and specialist adviser for the NCH on pain and anxiety, explains his stress release technique, developed over his 40 years as a practising hypnotherapist.

During the past few CPD courses that I have facilitated, it has become more and more noticeable that the importance of stress release and management has been overlooked to the detriment of our clients' wellbeing. I consider it such a cornerstone of therapy that I would like to pass on the following guide to the procedure I have developed and do hope you find it beneficial.

Causes of stress in the mind and body include change of any sort, excesses and pressures at work or home, misplaced guilt, uncertainty, recession, increased job load, maintaining quality, excessive hours, marital problems, mother-in-law, frustration, apprehension, targets to be met, promotion, demotion, redundancy, retirement, bereavement, holidays, Christmas, new baby, smoking, family, debts and many more.

Symptoms of stress include pain in the neck, head, shoulders, chest or abdomen,

Vernon's visual aids get ready for action

occasional blurred vision, sweaty hands, stomach in a vice, noodle legs, anxiety, palpitations, agitation, indecision, shakes, feeling like a volcano about to erupt, bodily malfunctions, despair, apprehension, etc.

I feel it is necessary for the patient to be aware of the likely outcome if stress is not treated. This can include panic attacks, migraine, dermatitis, backache, asthma, strokes, heart attack, fatigue, low self

esteem, hypertension, worsening of any ailment, even cancer and death!

The above shows how many of the problems with which clients arrive are either brought on or worsened by stress. So there is little point trying to deal with their presenting problem if you don't deal with stress first.

Although not absolutely essential, I find the use of visual aids and pictures extremely beneficial and effective to get the point over whilst



talking to the client at a conscious level. This psychotherapeutic part of the consultation is very important and on occasions can take up to 50 per cent of the time available. These are kept in my 'tool box', the contents of which are out of sight of the client as it contains a dozen or so frequently used aids and the element of surprise when produced is useful and adds to the effect. (Please see the adjoining box for how to make the visual aids I use.)

After the preamble and explanation of how, in the state of hypnosis, we are going to deal with their problem I explain that before we deal with the specifics we need to deal with the accumulation of bottled up anxiety, tension and stress which builds up inside us unnoticed. It's rather like pumping up a car tyre ignoring the pressure gauge.

At this point I produce the balloon inflator and pump away at it whilst explaining you can go on pumping and pumping up a car tyre and no-one will notice the problem until it goes 'bang'.

Follow this by presenting the full bottle of sparkling mineral water and tell them that they are like this and give it a few pings with your knuckles to show them what you mean. Then invite them to feel the tension within.

Next present the second bottle with the docket in. Hold up vertically and suggest that it represents them, indicating the cap as their head and downwards to their shoulders, arms and legs.

"There doesn't look a lot wrong, but when we get down to it", invert the bottle, "you can see that there are

How to make Vernon's Visual Aids

A party balloon inflator and a balloon.

One 2 litre unopened plastic sparkling water bottle.

A plastic Michelin Man – I scrounged mine from a rep – or a picture.

One 2 litre bottle with 'dockets' in – made as follows:
Cut a plastic ice cream container lid into strips and write stress producing events (divorce, mother-in-law, promotion, etc) on both sides of each strip with a permanent marker. Put these 'dockets' in the empty 2 litre bottle and cover the bottom of the bottle with black tape so it covers the 'dockets'. Fill about 3/4 full with water.

Excess stress and bodily functions board – made as follows (please also see photo):
Paint a 9" by 20" wooden board white and stick two on two plastic coat hooks approx 4" down and 2" in from each side. Add the labels: 'Excess Stress' and 'Immune Systems and Bodily Functions' above the hooks. Add the label 'Available Energy' above the other labels in the middle. Paint below in red/blue as per photo. Add the label 'Healthy Level' in the appropriate place. Tie two bobbles to either end of a 20" long piece of string and hang on the coat hooks

lots of issues still lurking about; the after effects of past disturbing events, anxious moments, painful episodes, harrowing times, unresolved situations and distressing outcomes which have not yet been addressed".

Keep turning the bottle as you say the above so the docket will continue to float around as you are talking about them. "So I am going to help by releasing this accumulation of unhelpful pressure by releasing the cap like this..." Release the cap as far as you can without allowing the cap to come right off at the same time making a 'psst' sound the emphasise the idea

of release. Squeeze the bottle two or three times, without spilling the water inside, as you repeat the words, "release, release, release". Replace the lid.

Next introduce the Michelin Man (or woman!) and continue, "Another way of looking at it is that you have got yourself a bit like a Michelin Man/Woman stress wise", be sure to emphasise 'stress wise' if your client is overweight but hasn't mentioned it! "Every part of the mind and body is out of kilter, every organ and gland, your blood vascular system, your lungs, your heart, even your reproductive system. The contents of your mind and body are

Message in a bottle



constantly under excess pressure and cannot work at peak efficiency.” As you mention each body part above, indicate them on the Michelin Man. “So you see how absolutely important it is that we rid you of this enemy”.

Next present the excess stress model. “I think this model may impress upon you the importance of stress release.”

Take the model and put the bobbles in the healthy level position and explain, “We all need a certain amount of stress to keep us going. It’s when the level is excessive that it becomes a problem. Imagine that every day we produce a certain amount of energy – the fitter we are, the more energy we produce. Imagine that this is distributed between two recipients – one side deals with the immune system and bodily functions, the other with stress, which can turn into excess stress. The more excess stress we generate the more of our available energy is diverted to dealing with this excess and less and less energy is available for the immune system and bodily functions. It’s not long

before the indicator gets into the red”. Move the bobbles to show the effects of excess stress.

Once the client is in a satisfactory state of hypnosis begin the stress release. “In a moment you will feel a hand on your forehead, a helping hand, it is as though this helping hand is connected to a long, long aerial reaching up into the sky. It attracts help from all available beneficial sources, to assist you in releasing this accumulation of

bottled up tension and stress. Is this ok? Please give me a nod if it is.” Place your hand on your clients forehead.

“In a moment, when I count one, we will release the cap on your bottled up tension and stress part way and you will feel a very deep sigh coming right from the top of your head downward and your toes upwards, out through your mouth, nose or eyes or all these together – from every part of your mind and body you will feel and experience release.....one!”

“When I count two we will release the cap even more so you will let more and more out..... ..two!
Releasing even more. Feel from deep down inside that every cell in your mind and body is giving up its tension and stress and each time you breathe out quite deeply, feel that you are getting things off your chest,

and out of your system, clearing your head.”

“When I count three we will take the cap right off and it can all come pouring out and you can really sound off, let rip and let of steam... ..three.” Pause a little while for results, if they are not to your expectation, encourage them, “That’s good, but you can let so much more out. Come on, let it out”.

“This release will continue until you have released as much as you can cope with releasing on this occasion, then you put the cap back on, but you will have made plenty of space to deal with everything without getting up tight or tense about things. Soon the feeling of release will change to a wonderful feeling of relief”.

I follow this with my ‘garbage clearing’ technique. Like the stress release technique, the whole sequence of events is supported by visual aids and pictures when I explain it at the conscious level.

“Imagine that every anxious moment, disturbing event, harrowing time or painful episode

“In a moment you will feel a hand on your forehead, a helping hand, it is as though this helping hand is connected to a long, long aerial reaching up into the sky.”

that has happened in your life has been like putting a ten pound weight on you. It is a burden to you, but you get over it, more or less, but inevitably you leave behind some residue and over the years this residue mounts and mounts up. Eventually, you end up as though you have a ten pound

residue weighing heavily on you, which is equivalent to an anxious moment, but there isn’t one. So you become anxious because you’re anxious and more weight is piled on and everything gets out of kilter. We need to readdress the balance.”

“So imagine that the after effects of past disturbing events, anxious moments, painful

“Right at the end of your corridor is your Control Area, and there are yet more black sacks blocking the way. I am clearing them now,”

episodes and harrowing times have all been collected into opaque black polythene sacks, but the bin man hasn’t been and they are blocking the way to your subconscious control room, so you are denied access to it. I am going to clear as much of the garbage as I can today. As I clear the garbage from the corridor which leads to your control room I am making space for you to utilise your full potential and make best use of your time, talents and resources in coping, adapting and adjusting to the prevailing situation, seeing appropriate avenues to take in order to get your act together and (other suggestions appropriate to their problems). Let’s open a window and let in a breath of fresh air.

Really feel it. There is now space for you to proceed down the corridor and as you do you see doorways which lead to the rooms where your agents of well being are housed, but there is more garbage blocking the doorways. I am clearing this garbage now so your agents of well being can be set free to work at peak efficiency to aid your return to good health and well being. As I mention

their names you will see them running out of their doorways, jumping into vehicles and setting off on a circular tour of your whole mind and body, dropping off agents wherever they are needed.”

“See your defence mechanisms, repair services, healing agents, maintenance men, body and mind regulators, hormone, chemical, fluid and enzyme balancers, pulse, heart, breathing and blood pressure regulators and your drive, motivation, enthusiasm, determination, cope-ability and adaptability people (plus any agents specific to your client’s problems). All running out of their doorways, jumping into vehicles and setting off on a circular tour of your whole mind and body, dropping off agents wherever they are needed.”

“Right at the end of your corridor is your Control Area, and there are yet more black sacks blocking the way. I am clearing them now, we don’t have to clear them all today, just enough so we can get to the Control Panel.

As you now arrive at your Control Panel you see how some of the many knobs, dials and switches have become knocked cockeyed as you have gone through life. You can now reset and update them to help you make best use of your time, talents and resources and update the way you think, feel, react and behave and delete all the negative expectations and out of date information relating to (their

problem)” Then carry on with your usual routine.

The above is just a very shortened segment of what I call my Foundation Building routine. It can be used for virtually any problem because nothing works effectively under excess tension and stress or with a mind full of garbage.

I use it with all my patients no matter what sort of problem they present, whether it is weight loss or Canadian Rocky Mountain Yellow Spotted Fever they will go away feeling much better after the first session and, if required, I can research the problem for the following session. I use this routine not only on the first occasion but also on each subsequent visit, slightly amended each time.

Dr Sykes practises from his consulting rooms in Morley, Leeds, where he also runs NCH approved CPD courses.



Alongside his private practice, he spent five years as the Consulting Hypnotherapist at the Leeds General Infirmary’s Pain Clinic and later spent ten years as Practice Hypnotherapist at a large NHS general medical practice, funded by the NHS. He has also facilitated workshops for the European Society of Psychotherapy & Psychosomatic Medicine, the International Stress Management Association and the Open University for Complementary Medicine in Edinburgh, Lisbon, London, Edinburgh, Constance and Vienna.



Winners in mind

As part of our focus on sport, well known hypnotherapist and less well known marathon runner Adam Eason explains how hypnosis has helped him and how he has come up with a new fundraising idea

My name is Adam Eason and I am addicted to running...And all things hypnosis... I think I could merrily research, read around and mine both subjects for the remainder of my days and be quite satisfied.

So within the past few months, I have been combining two of my greatest loves; hypnosis and running. I ran my first marathon back in 2000 and have been a full-time hypnosis professional since 1996.

In April and May 2012, our Olympic hosting year, I shall be running five marathons in succession in Brighton, London, Milton Keynes, Poole and Edinburgh.

And I'm not just combining things for the sake of it, this is not purely some flight of indulgence (though there is some of that, I must confess), I find each benefits and complements the

other.

As us hypnotherapists are very much aware of, there is a really impressive body of evidence to support the way the mind influences and affects the physiology and my own running has benefited enormously as a result of the processes and techniques that I use from the fields of cognitive behavioural hypnotherapy, neuro linguistic programming, rational emotive

therapy and a wide range of other influences ranging from self-hypnosis, mindfulness and meditation processes, to transactional analysis, gestalt therapy and the vast field of sports psychology. Facets of all this stuff has affected the way I run and how I approach my running and training.

It is a great joy for me to run along

the sea front where I live in Bournemouth and although the bay itself is only seven and a bit miles (14 miles there and back) of which I am well acquainted with every square inch personally and in great detail; getting there from home is a few miles. That means even my longer 20-22 mile training runs can be accommodated and include plenty of sea air without too much time dodging traffic on roads.

I regularly do battle with the strong sea winds that make it feel like I am running on the spot one way and am then being pushed strongly along in the other direction at certain times of the year. Then there is the incline of the promenade, slanting as it does, ensuring that one leg is worked more than the other at times and I make sure I come back on myself so that I do not have one leg bigger than the other (like tennis players whose racket arm is muscular and the other resembles that of a T-Rex).

Then there are the uneven and unpredictable surfaces of the neighbouring forest and woodland areas which I tell myself aids with proprioceptive muscle development of the core, and we

have the steep hills going down on to the beach areas of my run and of course have to face going up them on the way back. I think the conditions give me a good workout that gives me speed on flat road race courses.

My own running has benefited enormously as a result of the processes and techniques that I use

I do my hill sessions on the local path - ways from beach to cliff top and use the local running track for speed sessions. The local press have run a number of stories on me and my running - other runners all say hello, or nod as we pass one another and I love that sense of community and mutual respect that runners share.

My legs and feet get a lot of respect from me these days. Having experienced several bouts of shin splints, plantar faciitis and every toenail has gone at some point in my training schedules - poor legs and feet. Where I once had soft baby feet, now more than a decade of blisters upon blisters have turned them into tough hard leathery things that give me an unfair advantage at the firewalk charity events I run to raise money for the charities I run for.

My thick set build is of a very different design to the world's fastest marathon runners who are very slight and nimble. At the variety of events I compete in, I often long to have the twiglet sized limbs of the perfect running physique and wonder if they

have any clue what it is like for someone like me to be carrying a rugby player's build and tree-trunk legs around a marathon course.

This all gives you a taste of my ongoing running experience, filled with challenges, laughs and the odd pain in the backside. I prefer training in the cold; us red-heads were not designed for the warmer climes and I find training in the summer months tougher and more physically demanding. My skin blushes when the sun shines brightly too. I ran the 2007 London marathon, the hottest on record and they ran out of water for many of the people in the latter stages of the race because selfish people like me kept pouring on their heads...

The races I run are what continue to motivate and inspire me and I have done a fair few of them over the years. I love being around runners who train with discipline and create such a supportive environment at races.

I plan analytically and in great detail for my

I plan analytically and in great detail for my races - I stick to my schedules

races - I stick to my schedules and though I do enjoy the journey, my schedules tend to be on track throughout. I am such an air head that if I were not to adopt such an attitude with my running and life in general (my business too) things would get messy. I need a regimen and sticking to it gives me as much of a sense of achievement as getting a

Winners in mind



marathon Personal Best or crossing the line at a demanding race.

Anyhow, throughout the years of running (having competed in a lot of marathons, including some very chal-

As an ardent (and some may say obsessive) blogger, I have cathartically been charting my training, my toils, my trials, my use of my mind to help assist my progress. I have charted my needless consumerism of running gadgetry, kit and gear, as well as my influences, my ways of keeping motivated and keeping myself sane while also maintaining my marriage...And I have even shared with my regular readers, my peculiar OCD-like mind games

lenging ones such as the New Forest and Isle of Wight marathons) and having a successful hypnotherapy practice and hypnosis training school, it seemed to make sense to me to combine my loves.

Hypnosis helps dramatically with everything I have written about thus far.

liar OCD-like mind games that I often start doing on auto-pilot when I am running for hours at a time (involving counting and breathing and steps taken and I think that is enough candour for now).

Over the years, I have been running marathons for charities that I considered to be a worthy cause on a per-

sonal level. Fundraising is often as much of a struggle as the training regime. Each time, rattling the metaphorical collection tin in the direction of friends, family and close colleagues...I think they tired many years ago of my requests and bloody-minded refusal not to leave them alone until they had contributed.

So I thought that to raise more funds, I'd generate interest by doing more than just running one single, puny marathon. Instead I'd run three of them in consecutive weeks, with my brother – *3 Marathons, 2 Brothers, 1 Goal* is the slogan on our running vests. Most people seemed to just say we were a bit mad and we generated interest, but not as much as I thought I deserved. I figured they wanted more, they wanted me to suffer more than that in order to elicit any financial reward from them.

I then orchestrated another initiative, the week after my third marathon, I'd organise a firewalk, (that is happening) and people had to sponsor me to do that... three marathons and a firewalk to round it off... Yet the juices of the public were still not truly flowing. We do find ourselves in a time of economic toughness, I get that. Maybe I was expecting too much?

After that I decided to run another two marathons in successive weeks straight after the firewalk... One of them is part of a world record attempt too (the biggest marathon relay in history), and I'll be running it at 1am from Poole to Dorchester!

I wrote about it, celebrated myself publicly, indulgently and probably rather smugly and continued to find my needlessly optimistic efforts not inspiring enough people to sponsor me – I mean, Jimmy Saville raised millions running marathons for char-

ity and he ran them in gold lamé tracksuits smoking a cigar... Surely I could be raising more!

I looked to my professional field. One in which I have a moderate standing and know a bunch of people... I'd look to the hypnosis community to raise money. But they were not going to simply respond to more tales of how many miles I was running, even if I was telling them I was using self-hypnosis to get the miles completed each week.

The *Natural Born Hypnotist* was then born... I badgered, pestered, hassled and wrote to hypnosis professionals I loved, respected, admired or just knew really well (though because I knew them really well does not mean that I did not also respect, love and admire them). This is part of what I wrote to them:

"I have been looking for ways to raise funds for my charity efforts. I feel incredibly strongly about the charity Mind. Mental health in the UK in particular is still very stigmatised and is (as with so many things) having funding cut severely within the National Health service too. Mind do amazing work helping and offering services, support, research and treatment for individuals that suffer from emotional and psychological distress. I work in this field. So do you. I am looking for ways which I can attract sponsorship from the hypnosis and hypnotherapy community and this is what this idea is about. Rather than simply

Adam: bringing mind and body together

jumping up and down and yelling "sponsor me, I'm running loads of marathons" I thought that we'd create something fun, useful and unusual that the hypnosis community can invest in to raise funds for my charity.

To frame this idea of mine...

In the early 90s, a great TV comedy in the UK called Men Behaving Badly saw the two unlikely lads Gary and Tony having many debates. One such discussion involved them choosing how to create the perfect woman



The Natural Born Hypnotist was then born... I badgered, pestered, hassled and wrote to hypnosis professionals

"Kylie's arse, obviously" and then formed a Frankenstein-esque perfect female according to their drunken taste at the time. Not very PC, but relevant to what I am proposing here.

At a similar time, there was a government funded health advertisement being shown on ITV to encourage people to stop smoking. It showed the first natural born smoker, with special fingers for holding cigarettes, eyelids that filtered smoke, ears that did not listen, huge lungs to filter more effectively and leathery skin; it was scary and meant to be aversive, though I thought it cool as per my penchant for anything remotely sci-fi looking.

Anyhow, I am going to put together an ebook entitled "The First Natural Born Hypnotist" which we are going to get professionally and comically illustrated. I wondered if you would contribute to it, I would love it if you would. You only need to contribute a page, which includes a couple of paragraphs describing features that you think would make a natural born hypnotist.

All I need from you is the following:

Continuing Professional Development

10th April – Problem Behaviour / Addictions
Surrey/South London based course:

This master class is based on a behavioural approach to therapy combined with hypnosis. Our extensive experience shows us that most of the problems that we are asked to deal with are where an initial sensitising event

11th April – Paediatric Hypnotherapy
Surrey/South London based course: Children respond very well to hypnotherapy. They have the advantage of already understanding their world of imagination and easily achieve a state to work with the subconscious mind. In working with children we teach them self-hypnosis

20th/21st April 2012 – 5 Phases of Regression Therapy
Edinburgh based course: Roy Hunter has created 5 phases for regression to easily learn and practice competent, effective regression therapy every time. This 2 day workshop helps us to decide when to use regression, how to explain it to clients

21st April: Anxiety Management Programme
Sutton in Ashfield: Our special training Workshop gives the delegate an opportunity to learn our unique treatment programme which incorporates methods of overcoming Anxiety, Stress and Panic Attacks. The

Workshop will teach the delegate everything they need to know to be up and running immediately with this proved tried and tested system. All scripts, power point presentation and information packs are included. Continue reading

21st/22nd April 2012: The Nature and Treatment of Depression, Incorporating the Use of Hypnotherapy
Scotland based course. The content of this course places an emphasis on the psychotherapeutic knowledge pertaining to depression and will enable you to select and use approaches and techniques that will help the vast majority of those seeking your help with this condition.

22nd & 23rd April 2012 – Client Centred Parts Therapy Workshop
Edinburgh based course: Roy Hunter teaches how to assist your clients to resolve inner conflict with parts therapy. Learn when to use parts therapy, how to avoid pitfalls, how & when to explain parts therapy to your clients

5th May: Weight Management Programme
Sutton in Ashfield: Our Weight Management Programme has been successfully running for many years and most of our work coming from recommendations from satisfied clients. We are now training the delegate to use our 5-week programme which the delegate can start using with their clients immediately. All

scripts and information packs are included.

2nd June: Pain Management Programme
Sutton in Ashfield: This one day Workshop is for therapists who would like a greater understanding of how to help their clients in the management of pain. Our pain management treatments are proved tried and tested and have been helping clients for many years to manage their pain and discomfort through the power of their own resources. All scripts, power point presentation and information are included

June 8th: Rapid Inductions For Hypnotherapists
London: Covering underlying theories and principles of rapid inductions and teaching over 14 individual structured rapid inductions for use in the therapy room. Then showing how to create your very own rapid hypnosis inductions to suit your own style and approach.

For more details and courses for later in the year go to our website
<http://www.hypnotherapists.org.uk/category/cpd-courses/>

A couple of paragraphs in your own words explaining any one single physical feature that you think would be useful for the natural born hypnotist.

A couple of paragraphs explaining any one behavioural/emotional/psy-

Hypnosis and hypnotherapy has helped me to feel encouraged and supported

cho- logical trait or instinct that our natural born hypnotist would have.

For example, my page is going to suggest that the Natural Born Hypnotist would have an extra long index finger, similar to that of ET's, which glows at the end for which can be used for Braid's classic eye fixation inductions and a variety of other inductions purposes. I'll explain that in more depth. Naturally we'd like diversity, so if everyone chooses something to do with the eyes, for example, it'll be less diverse – if you can be obscure and creative, that'd be marvellous.

Then, my emotional/psychological trait is going to be a brilliant memory and penchant for comedy that enables them to share humour and develop rapport with most people.

This is a person, a hypnotist of evolution, meant to be slightly tongue-in-cheek and have a fun element to it, but perhaps also contain some genuine hypnotic theory that makes it pertinent.

With contributions from a range of impressive and influential people such as yourselves, I'll hopefully be able to generate interest from the field – it'll be £10.00 paid directly to my charity cause and in return the individual will get the ebook.

The response was fantastic and the ebook was then a result of the interpretations of those people that have contributed. Varying interpretations indeed. Many of which I find hilarious, many I find very relevant to the individual who

wrote them, many even contain some incredibly erudite and insightful considerations. Some of the contributing authors include the NCH's very own Trevor Silvester, Rob Woodgate and Sophie Fletcher and we have lots of others including James Tripp, Anthony Jacquin and Judy Rees, for example.

Running has represented more than just taking steps one after the other for prolonged periods of time for me. It is something that has helped me feel better, helped me clear my head after many hours of therapy sessions and training each week. Running has helped me to lead by example and apply my own regular therapeutic recommendations upon myself.

I have used my understanding of hypnosis and hypnotherapy to ensure I remain motivated in the face of illness, injury and waning enthusiasm in

adverse conditions.

Hypnosis and hypnotherapy has helped me to feel encouraged and supported, it has helped me to be able to run faster and for longer, to get focused, develop appropriate arousal levels and to advance my recovery after hard training runs, it helps me with how I communicate with myself during long punishing runs, and when the crowds are not around, it helps remind me of when they are.

If you happen to have the television on when this years London marathon is showing, know that somewhere deep in the midst of those thousands of bobbing heads is a hypnotherapist just like you, using a self-hypnosis technique to ensure he makes a good account of himself.

Running has helped me to lead by example and apply my own regular therapeutic recommendations upon myself

If you'd like to follow my progress visit hypnosisforrunning.com and if you'd like to contribute to my fundraising efforts and even grab a copy of the First Natural Born Hypnotist charity ebook, raising funds for the mental health charity Mind, then please visit my sponsorship page

<http://uk.virginmoneygiving.com/> AdamEason

Research review: Hypnosis and sports performers' self efficacy

Spring is here so some of us will have the urge to get out, take up sport and get fit?! And with the Olympics around the corner it's the perfect time to review the very latest research into sports performance and hypnosis. Dr Jamie Barker believes its potential is not yet realised.



Self-efficacy has been consistently associated with high levels of performance in sport. Self-efficacy is one of the most important psychological variables influencing levels of sport performance.

Because of this importance, a variety of mental skills and techniques are

used by sport psychologists to help athletes regulate self-efficacy levels. The amount and breadth of sport psychology literature demonstrating the efficacy of hypnosis is scant.

In sport, hypnosis research consists of a limited and disparate range of studies, typically with a lack of systematic

research efforts. Specifically, research has examined the efficacy of hypnosis for increasing flow and peak performance, enhancing mental imagery, reducing pre-competition anxiety, influencing the perception of effort and physiological responses.

Until recently the viability of hypnosis as a technique for enhancing sport performers' self-efficacy has not been demonstrated.

Current Findings

Whilst there is a plethora of evidence detailing the effectiveness of a number of psychological strategies in developing self-efficacy, traditionally, these skills have been selected and used independently in most psychological skills training programs. In contrast, Dr Barker suggests hypnosis

to enhance self-efficacy through the combined use of self-modelling, feedback, imagery and self-talk techniques. Furthermore, it is possible that hypnosis could provide feedback to an athlete with hypnotic suggestions that replicate past performances. In addition, it is plausible that hypnotic suggestions could contain imagery-mastery information relative to successful performances.

Finally, hypnosis could also be used as a way of facilitating the content and delivery of athletes' self-statements.

Hypnosis therefore has the potential to be a more complete, time-efficient, and effective technique to increase self-efficacy in sport as it can draw upon all of these techniques simultaneously.

Dr Barker also hypothesises hypnosis will facilitate cognitions and behaviours that will influence all of the antecedent sources of self-efficacy according to Bandura's self-efficacy theory (1997).

First, with regards to performance accomplishments, the use of suggestions regarding effective coping and the mastery of challenging situations could help a performer to recall past, and imagine future, mastery experiences, along with re-appraising past poor performances.

Second, hypnosis could be used to provide information on vicarious experiences. Moreover, an athlete could be presented with suggestions that relate to the successful performance or confident behaviours of a teammate.

Third, hypnosis could be used as an internal verbal persuasive technique,

whereby suggestions could be given to give a performer encouragement, support and hence build self-efficacy about a particular task.

Finally, hypnosis could impact the physiological and emotional state (e.g., reduce arousal and increase relaxation) as well as improve the imaginal experience (i.e., the quality of the

Hypnosis therefore has the potential to be a more complete, time-efficient, and effective technique to increase self-efficacy in sport

athletes imagery ability) of the performer prior to and during performance, achieved via the use of suggestions.

According to a neo-dissociation theory of hypnosis, responses to suggestions focussing on mastery experiences, vicarious experiences, internal verbal persuasion, emotional and physiological arousal control and the imaginal experience of the individual will cause the subconscious part of a sport performers' central-control structure to attenuate to the given suggestion without the conscious part of the central control structures' knowledge. In turn, by communicating with the subconscious part of the mind, long-term behaviours and cognitions can be impacted upon without the conscious part interfering.

Because of the acceptance of suggestions, an increase in self-efficacy beliefs and a more positive affective state leading to improved athletic performance is posited. In addition to suggestions facilitating dissociation,

it is also posited by drawing on non-state theories that hypnosis will bring about changes in behaviour due to positive expectations, beliefs, attitudes held by participants, and the interpersonal nature of hypnosis. For example, it is likely positive expectations and attitudes could generate a placebo effect for participants in them believing that hypnosis enhances coping resources.

Latest research

Current research has explored predictions surrounding the use of hypnosis to enhance self-efficacy looking at the approach of repeating suggestions of

confidence and belief over and over so that the suggestions take hold in the person's subconscious mind. Typically, throughout his research he has used the original 'authoritarian' routine which has been amended to make it more sports specific and therefore more meaningful to partic-

Have you seen our e-newsletter?

Emailed to you on the last Thursday of the month includes

Latest news
Updates on CPD courses
Advice from specialist advisers
THE NEWSLETTER IS FREE AS PART OF YOUR MEMBERSHIP. BUT YOU WILL ONLY RECEIVE IT IF WE HAVE YOUR UP TO DATE EMAIL ADDRESS. CHECK YOUR PERSONAL PROFILE HERE

<http://www.hypnotherapist.org.uk/system/profile.php>

Hypnosis and sports performers' self efficacy



ipants.

Scripts have included suggestions relating to previous sport experiences, sports specific terms, reference to practice and competition settings and the use of individual self-statements and task-specific post-hypnotic suggestions that were added to Hartland's original script.

Overall, the post-hypnotic suggestions used throughout his team's research has focused on elevating feelings of self-efficacy, improving sport performance as well as inducing feelings of relaxation, focused attention, effort, persistence, skill development, and decreased anxiety.

To date the research has generally supported their theoretical predictions and has demonstrated consistent positive effects regarding hypnosis on

sport performers' self-efficacy.

First, Barker and Jones (2005) explored the effects of a hypnosis intervention on an elite judoka who reported a debilitating level of self-efficacy.

Using a single-case A-B design with a 6-month follow-up phase, self-efficacy

data were collected via a specifically

judo performance from 35-judo training sessions.

An intervention programme including eight hypnosis was delivered to the client. A pre-performance routine using self-hypnosis was developed which the client used prior to training and competition.

Visual inspection of self-efficacy data across the study revealed a substantial improvement from pre-to post-intervention phases, moreover social validation data from the client indicated that the hypnosis had been the main influence on the increase in her self belief.

Second, Barker and Jones (2008) reported the effects of a hypnosis intervention on a professional soccer player who reported low self-efficacy and a negative mood state relative to his soccer performance.

Using a single-subject A-B design, pre- and post-intervention data were collected via a Soccer Self-Efficacy Questionnaire that consisted of 10-items relating to good soccer performance, the Positive and Negative Affect Schedule and a Soccer Performance Measure. An intervention program consisting of eight hypnosis sessions was conducted.

These sessions comprised the presentation of ego-strengthening suggestions. Both visual and statistical analysis revealed substantial increases in self-efficacy, positive affect, and soccer performance, as well as a

substantial decrease in negative affect over the course of the intervention.

Also, social validation data indicated the client considered the intervention to have had a substantial effect upon the belief he had in his ability and as well as his mood state prior to soccer performance.

Finally, Barker and Jones (2006) explored the effects of an intervention comprising hypnosis, technique refinement, and self-modelling on the self-efficacy of a male cricket legspin bowler. Using a single-subject (A-B) design data were collected across 24 games.

The multi-modal intervention comprised three aspects, using hypnosis and self-hypnosis procedures; 10-hypnosis sessions in total were delivered including both general and sport specific ego-strengthening suggestions. A pre-performance routine was developed for the client to use the night before, and on the morning before each match.

Aspect two was based around refining the bowler's technique, focusing on the run-up, head position and follow-through. Aspect three focused on self-modelling through the use of an edited videotape. Overall, the results revealed a statistically significant difference between pre- and post-intervention self-efficacy levels with this positive change being maintained in the long-term follow-up data. An increase in bowling performance was also noted across the post intervention phases.

These three studies highlight hypnosis-based interventions to be a successful technique in enhancing self-efficacy, affect, and sport performance in applied sport settings.

Calling all members

How have you developed your ideas about hypnotherapy through your everyday practise?

Do you have anything from your own experience which you would like to share with your fellow hypnotherapy professionals?

Have you had a 'eureka moment' while seeing a client?

Then do you want to share it with your fellow professionals? You don't have to write a massive research piece - a small study or insight is just as welcome.

If you would like to discuss any ideas contact us

journal@hypnotherapists.org.uk

Hypnosis and sports performers' self efficacy



Post-intervention data in all three studies demonstrated self-efficacy levels to have substantially increased and become more consistent in comparison to baseline. The studies also illustrated hypnosis to be a successful technique in differing modalities of delivery

Collectively, these studies provide evidence supporting hypnosis as a technique to enhance self-efficacy in athletes, along with useful information on hypnotic protocol appropriate for sport psychologists.

One group example of Barker, Jones, and Greenlees (2010) evaluated the effects of hypnosis on self-efficacy and soccer performance. 59 soccer players were randomly allocated to either a hypnosis (n = 30) or video attention-control group (n = 29).

A pre test post test design with an additional 4-week follow-up was

used. Self-efficacy was measured via a task-specific questionnaire comprising 10-items relating to good performance on a soccer wall-volley task. The hypnotic intervention comprised three 45-minute sessions using ego strengthening suggestions. The control group watched edited videos of professional soccer games across three 45-minute sessions. Results indicated

that, following the intervention, the hypnosis group were more efficacious and performed better on the soccer wall-volley task than the control group. These differences were also seen at the 4-week follow up stage.

Social validation data supported these findings with the entire hypnosis group indicating that the intervention had helped them to feel more confident whilst performing the soccer task.

Evidence from the above studies has demonstrated the significance effect of hypnosis in facilitating athletes' self-efficacy beliefs and performance in a variety of sporting tasks and activities.

This data highlights the efficacy of hypnosis in both applied single-case and group based research designs. Collectively, these data give credence to the contention that hypnosis (comprising ego-strengthening suggestions) can facilitate self-efficacy beliefs by influencing all of the an-

tecedent sources of self-efficacy

Concluding Remarks

The requirement of sport performers to have and maintain self-belief in their abilities is a significant pre-requisite in achievement settings. As a consequence research revealing effective techniques that facilitate such behaviours are worthy additions to the sport psychology literature. Data indicates that hypnosis is a viable

and effective strategy to bring about meaningful efficacy and performance gains.

Dr Jamie Barker is the Senior Lecturer in Sport and Exercise Psychology at Staffordshire University and is a British Psychological Society (BPS) Chartered Sport and Exercise Psychologist and British Association of Sport and Exercise Sciences (BASES) accredited sport psychologist. He is also a professional member of the Association for Applied Sport Psychology (AASP). His expertise is as a sport and exercise psychologist within the areas of self- and collective-efficacy, hypnosis, and single-case research methods. He is currently club sport psychologist to Nottinghamshire County Cricket Club, whilst in the past he has worked in professional football and golf.

Reproduced by kind permission of Dr Jamie Barker. For a fuller review on this research paper please contact Andy Cox, Research Director (research@hypnotherapist.org.uk)

To date the research has generally supported their theoretical predictions and has demonstrated consistent positive effects

What's new and reviews

Have you come across a new technique or attended a ground-breaking training course recently? Or have you come across a book, old or new, which has changed your practice or your way of thinking. Let us know and we will publicise it

Developing Resilience
Michael Neeman
Routledge
£13.50
ISBN 978-0-415-48068-0)

Reviewed by Gloria May

Many books about therapy are three quarters diagnosis and one quarter

solutions. This book isn't like that at all. It wastes no time on explaining what CBT is and what it sets out to achieve but goes straight to how to apply it. It attacks the idea that insight alone will effect changes and gives clear instructions to readers on how to challenge attitudes which are self-defeating and stultifying. I particularly liked the author's remark

that automatic knee-jerk reactions to unpleasant events are thoughts masquerading as feelings. He gives clear and easy to follow ways of examining those thoughts and re-assessing them.

Instead of giving examples from extraordinary lives – guaranteed to send a worried or depressed client into hopeless mode – he cites the everyday challenges everybody faces. He takes examples from his own and his friends' experiences as well as from his clients. His emphasis on self-acceptance is exemplified by his inclusion of stories about his failure to convince some of his clients of the effectiveness of CBT without feeling a failure himself.

There are chapters on the workplace, relationships and difficult people – all of which give practical and feasible strategies for dealing with challenging situations.

The advice given with a cool head and a warm heart in *Developing Resilience* is a useful book for the therapist as

Improved service from the NCH

We now have a dedicated 24 hour answerphone to renew your membership over the phone.

You can leave your name and credit card details, we will process the payment and email you a confirmation that it has been processed.

The number is 01430 427 801

What's new and reviews

well as a good self-help adjunct to therapy for clients. I have already recommended it to friends as well as clients.

**Will I Ever Be Good Enough?
Healing the Daughters of Narcissistic Mothers.**
Karyl Mc Bride, Ph.D.
Publisher: Free Press
243 pages
£7.50

Reviewed by Tracey Grist.
From the moment I began reading this book I was gripped with the first chapter quote: "There was a little girl who had a little girl right in the middle of her forehead and when she was good she was criticised anyway."
-Elan Golomb. Ph.D., Trapped in the mirror."

For those who have ever wondered why there is a lack of self-worth or self-esteem and have unknowingly been brought up in a narcissistic household or have knowingly suffered at the hands of a narcissistic parent I consider this book invaluable, because it is comfortably structured to be literally an easy read, despite being hard hitting emotionally.

To those whom haven't experience relationships with the narcissistic it can be a bit of an indulgent read- as with any self-help book one can come away with more ailments bad than

good, however, this book has been a great tool to have on my bookshelf. I have also (on occasion) recommended clients look into this book, saying, "It comes with a warning so be gentle with yourself," but also the secondary cringe factor warning ... "be careful it's a bit (wince) Americanised".

As narcissism is a spectrum disorder (classified in the DMV IV) there can be exhibited in people (man and woman alike) traces of narcissistic evidence, right up to the fully blown narcissism; wherever people come on the scale, the book gives useful, legible definitions for understanding.

With clients and peers that have read it, they are shocked at how applicable it has been to their lives and their behaviours - both on a conscious and sub conscious level, and I find, in my limited experience, most of those affected by relationships with people with narcissism have some form of weight issue.

The book is separated into three sections all of which are easy to read: The first section is about recognising the problem, the second, how it affects us, and the third, the How to work at resolving the issue or as Karyl puts it, the (Yikes! Americanism)... "Recovery". However, this third section goes to great lengths about reframing old behaviours and rebuilding the self- A fantastic, comprehensive, way to becoming whole; which is great self-work for clients to focus on outside of their sessions.

I am a firm believer in empowering the client to do their own personal historical research and narcissism can be an untouched and avoided area partly due to the fear around the name itself; with its roots in Greek Mythology only a certain educated few would have studied this area. But this book is a great antidote for that

title and is well composed with case studies, real life reflections of the author and... Lists!

All in all, I would recommend this book wholeheartedly as a therapists' drop in and out tool and as a self-help guide if you are the daughter of a narcissistic mother..... just be gentle with yourself as you read.

Continuing Professional Development Pain Management Programme. One day
Trainer: Clem Turner

Reviewed by Ann Jaloba
Even those of us who do not specialise in dealing with pain will find this continuing professional development one day course interesting and informative.

As many of the attendees said, having a good knowledge of pain and how hypnotherapy can be used to treat it is a useful addition to any therapists skill set.

So many clients who come to us for other reasons, will disclose that they have problems with pain. Sometimes this can lead to other problems, sometimes it can make it difficult for them to get the most out of a hypnotherapy session as they cannot relax and focus.

Clem Turner, who presents this course, really knows this area. He starts the day by explaining very clearly the physical origins of pain. A good and detailed overview of how the brain works, the role of the limbic system (or emotional brain) and an explanation of how pain messages travel to the brain and how the pain gateway works give a good grounding in the subject. Clem then explains how different

people interpret pain messages differently and how anxiety can affect perceptions of pain. The differences between chronic and acute pain and how mood disorders can affect chronic pain are also explained.

The section on anxiety was enlightening. Clem explained how anxiety can exacerbate pain and how hypnotherapists can work to lower anxiety.

He supplied a very useful anxiety checklist. (I have used this a lot with clients - not just pain clients) to help them determine their levels of anxiety. It is interesting that these are usually much higher than the client was allowing themselves to believe - this seems very useful in itself to me as it

validates the client's feelings and gives a clear framework in which to work to lower these levels.)

This is probably not a course for new hypnotherapists or those still studying unless they have a background in the area.

It is demanding and high level, and with the introduction of related techniques - NLP, EDMR, EFT it could be a bit overwhelming. But for the more experienced hypnotherapist or someone with a background in pain and pain management they will certainly benefit.

An extra and clever touch was a demo of some of the latest products to help control pain. It was a nice venue (al-

though a lot of us had a bit of trouble parking), we were given a very nice lunch in a comfortable bar area which was a great chance to chat to everyone else on this well attended course.

The after course materials (on CD) are extensive and of very high quality - the cost of the course was worth it just for this. There are lots of scripts and metaphors for helping clients. I especially liked this as often a different metaphor can click with a client - the more the better in your toolkit.

Go to our website or the CPD listing in this journal to find out when this course is running again



Advertise in the Journal and be seen by over 2,000 practising Hypnotherapists and Trainees

Whole Page - £150
Half Page - £90
Quarter Page - £45
Half column - £30
Back Page - 50% extra
Inserts - £150
Series discounts available.

Please contact the Editor for more details

Applause for a pause

Rubin Battino, one of the most respected and experienced practitioners in our field, writes on the importance of pauses in hypnosis and psychotherapy

It is generally the case that most neophyte therapists and hypnotists tend to talk non-stop when it is their turn to speak with clients. That is one way that they feel that they have control over the session. As they get more experienced they slow down, and even add pauses of variable lengths.

Pauses are particularly important in hypnosis. I recently watched some tapes of Milton Erickson, from both early in his career and later, and noted that he was careful to allow time for the client to process whatever was said or suggested.

I believe that he did this more as he got older. Erickson also used pauses in the “conscious” portions of his sessions with clients.

If you believe and operate as if your client is the real change agent and that you are the guide, then they need time to work out for themselves what are going to be useful changes. They also need time to make connections

and discover reasons for their behaviour (where reasons are important to them). In all of these senses this essay is about the power of pauses in bringing about change.

At various conferences I have timed how much a given demonstrator pauses. It is my subjective impression that the better the therapist and the more productive the session, the more pauses and the longer the pauses.

I have consciously introduced pauses of various lengths in all parts of a session.

Please check this out for yourself.

I have consciously introduced pauses of various lengths in all parts of a session. In the initial interview where the client is telling you about their concerns and why they have come to consult with you the pauses are quite long because I do not want to interrupt the flow of their narrative.

At that time I will make small noises or comments to indicate that I am actively listening to them. I also take notes.

After all, to have someone really listen to you is one of the reasons a client visits a trained therapist rather than talks casually with a friend or relative. The client wants to be heard. This, in itself, is a significant part of the session—to be heard.

The late Michael White, among many other therapists, was a master of asking questions to move a session along, to discover the client’s thoughts and feelings, and to elicit their story and their life story.

But, once you ask a question, you have to allow the client sufficient time to formulate a response. That is, while they are thinking about how to respond you do not rush in and amplify your question, or even ask another one!

In one sense this is simply being respectful. People vary in how fast they think and in how fast they

respond. Be patient. Pauses require patience.

In my private practice the sessions are always open-ended—I do not work by the clock or charge by time. If you work in an environment where you are time-limited, then you need to be even more cognizant of the length of pauses.

This may mean that you are not able to cover as much ground in the session as you wish, yet the client may actually be covering in a significant manner what is really important to him or her. Is this more or less efficient? Another session may be needed.

Specifically, during the hypnosis portion of a session, pauses are of major importance. Beginning with a conversational or structured induction the client is given time at each stage to control the speed and depth of his or her trance.

This reinforces the idea that they are actually in control of their trance experience. I function as a guide into their exploration of their concerns for that session and the variety of ways

In my private practice the sessions are always open-ended—I do not work by the clock or charge by time.

of working with those concerns. If the main method of this exploration is via the use of metaphors, then sufficient time is allowed for the client to develop and work with the ideas that

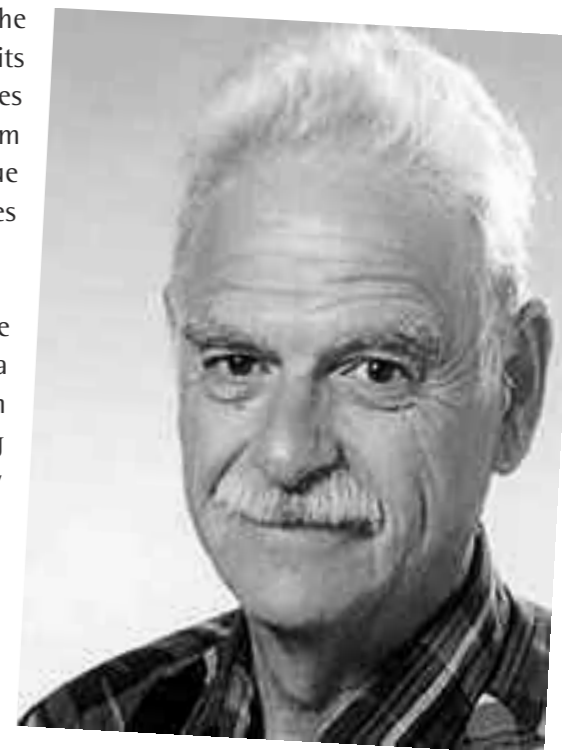
the metaphors engender. The client always knows his/her limits and situation and possibilities better than I do. Giving them time lets them find unique solutions and possibilities relating to their life condition.

When you notice that they are engrossed in exploring a particular thought, you can encourage this by saying something like, “Yes.” or “Stay with that for a while longer.” or “Can you let me know by a word or two or a phrase what is going on now?” or “If I can help in some way now, just let me know.” or “Anything else you need now to further that?” or the classic “That’s right, is it not?”

If appropriate, you can then continue with additional metaphors or ideas or possibilities, yet always giving the client time to investigate and evaluate and process.

The session might end with something like “Now, just take a minute or two ... to consolidate what you have learned today ... and store it away in a way that will be available along the way ... as you move

carefully and interestingly ... and perhaps surprisingly ... into your own way(s) of helping yourself ... in a light and easy manner.” ... “And ... when you are ready ... you can take a deep



breath or two ... blink your eyes ... and just return to this room ... here and now. Thank you.”

Taking pauses during a session allows the client to explore and work at his/her own pace. These pauses also allow you time to study what the client has said, study the client’s body language, and to think about what you are going to say or do next. The late Kay Thompson was adept at using time distortion to give herself time to consider what she was going to do and say next. Pauses allow you to do the same thing.

Consciously adding pauses to your way of being with a client adds much to the effectiveness of a session, does it not? And, it requires patience and practice.

rubin.battino@wright.edu.
www.rubinbattino.com

Spotlight on members

What did you used to do before you became a hypnotherapist?

In this new series we feature aspects of NCH members' life and practice. For the next few issues we will be looking at some members who had interesting and varied careers before they became hypnotherapists.

Ian Woodley describes himself as having had a 'varied career', including being an actor and a private detective, (both of which he still does from time to time)

He had always been interested in the power of the mind, even as a teenager. He studied acting and stage management at the Theatre Royal in Norwich and has had a long career as a 'jobbing actor' appearing in many well known TV series and doing stage work.



But it was in 1995/1996 when he met an ex-builder who had become a hypnotherapist that this interest began to take shape. Ian was having a serious weight problem at the time, he knew this was because he was

seriously addicted to sugar, drinking up to 40 mugs of tea a day with 8 sugars in each. The ex-builder was unable to see him but recommended another hypnotherapist and Ian took the plunge. This hypnotherapist cured Ian of his addiction in just four

sessions and Ian's life was transformed. He has never taken sugar since.

It was this experience which spurred Ian on to train as a hypnotherapist. I asked him how his acting training and

experience impacted on his work as a hypnotherapist.

He said there were the obvious benefits such as being able to modulate his voice and being able to project self confidence, but there were other more subtle advantages as well.

Ian says it is very important be oneself when practising hypnotherapy, but his training as an actor enables him to build a strong empathetic relationship with clients. He says if you can alter the way you come across to fit in with your client's expectations and beliefs it is easier to build up a relationship of trust with them. And the more your clients trust you, the more successful the outcomes are likely to be.

He also says that when he is working using deepeners or constructing narratives, his acting background is invaluable.

The more interesting, alive and engaging the therapist can make a story the better. If the client is listening to something which is as lively and engaging as possible, then they will be able to visualise more easily.

After all, says Ian, hypnotherapy is a performance in itself. When you step into the therapy room you have to put your own feelings on hold and put the whole of yourself into helping the client. Being trained in acting can be a good base for this.

Once of the areas in which Ian specialises is sports performance – again he can use his background as an actor. He says that the preparatory process – the build up, the anxiety, the channeling of emotions are very similar for a sports person before a race and an actor before a stage performance.

NCH ONLINE



Keep up with the latest news from the profession by accessing the NCH online.

Our website

<http://www.hypnotherapists.org.uk>

Our facebook page

<http://www.facebook.com/national.council>

Our monthly e newsletter

(delivered to your inbox. Contact admin@hypnotherapists.org.uk to ensure you get your copy)



Do you know anyone who should be in the NCH?

Then can you let them know....



The NCH represents over 1800 hypnotherapy professionals within the United Kingdom and is committed to ensuring the highest possible professional standards amongst our members



The National Council for Hypnotherapy holds one of the largest registers of independent Hypnotherapists in the United Kingdom and strives to maintain the highest standards among its members.

The NATIONAL COUNCIL for HYPNOTHERAPY, is the largest Hypnotherapy register mentioned in the recent Exeter University report on Complementary Medicine (Second Edition). It is striving to meet ALL the guidelines suggested by this report for the regulation of Complementary Medicine. Via the UK Confederation of Hypnotherapy Organisations, we are actively involved with the Foundation for Integrative Medicine and the future of the profession.



THE HYPNOTHERAPY JOURNAL

Address: 26 Tipton Mount Close Sheffield S10 5DJ

Phone: 0114 268 6500

Email: journal@hypnotherapists.org.uk

Editor: Ann Jaloba HPD, Dip.HPsych, Cert.SM, Dip.NLP

Printer: Meridian Printers, 51-53 West Street, Long Sutton, Spalding, Lincs. PE12 9BN

THE HYPNOTHERAPY JOURNAL is published quarterly by The National Council for Hypnotherapy and is free for members. Because of potential copyright implications, no part of this publication may be reproduced in any form without prior permission of the Editor, but where possible this is usually given, so please ask.

CONTRIBUTIONS are welcomed, but we can accept no liability for any loss or damage, however caused. The preferred method for receiving contributions is by email in word format via email. Artwork can be sent as a Photoshop file (PSD), PDF, Encapsulated Postscript (EPS), TIFF or JPG (Max Quality Only).

By submitting a contribution you grant the NCH an irrevocable worldwide non-exclusive royalty free licence to publish in The Hypnotherapy Journal or any other NCH publication, in any format capable of existence. You also warrant that the article is original, does not infringe any existing copyright, and that you have authority to grant us these rights to publish. Copyright remains with the author unless otherwise specified.

DEADLINES are the second week of January, April, July and October, unless by arrangement.

VIEWS expressed in The Hypnotherapy Journal are those of the contributor and are not necessarily shared by the Editor, Committee or members of the NCH.

The appearance of an advertisement should in no way be taken as an endorsement by the NCH. If you would like to advertise in The Hypnotherapy Journal, please contact the Editor by email for a Media Pack.
ISSN 1476-7570

Coming in the next issue

A room of your own what is your therapy space like?

Business networking groups. Are they worth joining?

Special adviser focus

Paediatric hypnosis - review

And before you were...how does your previous career affect your practice now?

plus news reviews and latest products

Published July 3



towergate professional risks

How a family photo on a table aggravated a compensation claim

You might find it hard to believe, but we once had to defend a claim against a therapist whose client had complained about – among other things – a family photograph in their consulting room. We also had to defend a therapist who casually mentioned a forthcoming holiday at the end of a session, and another whose washing machine could be heard in the background during sessions.

These seemingly innocent acts were said to be breaches of professional boundaries, because they exposed details of the therapists' personal lives. These are the kind of small details that a claimant's solicitor might look for and try to exploit, to help make a claim against you.

Towergate Professional Risks has provided Professional Liability Insurance for nearly 20 years and in our experience, claims don't always come from obvious, one off actions like an inappropriate disclosure or forming a friendship with a client. In fact, you may already be doing things which could help your clients make a claim against you, without even realising it.

As a NCH member you are entitled to special member rates on your professional liability insurance from Towergate Professional Risks which would protect you in the event of a civil claim made against you for compensation. Member rates have been negotiated in recognition of your professionalism as a NCH member. We also offer member student rates.

Call today for a quotation on

0113 391 9576 (Mon – Fri, 8.30am – 5.30pm)

Or get a quote online at: www.towergateprofessionalrisks.co.uk

Also available with Towergate Professional Risks

Home Insurance • Legal Expenses • Office Contents • Employers Liability

Towergate Professional Risks is a trading name of Towergate Underwriting Group Limited. Registered Office: Towergate House, Eclipse Park, Sittingbourne Road, Maltby, Kent ME14 3EM. Authorised and regulated by the Financial Services Authority