



LCCH NEWS

London College of Clinical Hypnosis News

Summer 2005

NEW COURSE AT THE LCCH: DIPLOMA IN COGNITIVE BEHAVIOURAL HYPNOTHERAPY

I began my training in hypnotherapy with the LCCH and after working as a hypnotherapist for many years I became interested in the cognitive and behavioural approaches to hypnotherapy. I pursued this interest and gained a Masters degree at Goldsmith College in Cognitive Behavioural Therapy (CBT). My knowledge and confidence as a hypnotherapist grew and I started integrating the two with great results. After running many Masterclasses on specific topics combining these two styles of therapies and listening to feedback from students and other therapists, the LCCH felt that it was time to develop a diploma course for those students qualified in hypnotherapy and with an interest in CBT.

CBT is an action-oriented humanistic approach to emotional growth that stresses individuals' capacity for creating, altering, and controlling their emotional states. It places emphasis on the present, on currently-held attitudes, painful emotions, and maladaptive/dysfunctional behaviours known to sabotage a fuller experience of life. In other words, it teaches people how to overcome the past by focusing on the present. It also helps clients to implement healthy and realistic alternatives to current problematic psychological patterns.

CBT offers proven techniques for solving problems. Practitioners work closely with their clients, seeking to help uncover their individual set of beliefs (attitudes, expectations and personal rules) that frequently lead to emotional distress. It then offers a variety of methods to help people reformulate their unhealthy beliefs into more sensible, realistic and helpful ones, by employing powerful techniques. Ultimately, it helps people to develop a philosophy and approach to living that can increase effectiveness and happiness in all areas of life.

Most practitioners are hungry to work effectively and with confidence that is grounded in a powerful psychological model. This diploma course not only provides this but also provides a therapeutic structure, clinically sound, and which enables the practitioner to help client progress. It also helps practitioners deal with obstacles that we all commonly face in our practice.

The course is both theoretical and practical. Practitioners will develop a solid understanding of the theory and process of CBT. This will involve lectures, demonstration and experiential work. Part of the course involves therapeutic work outside the trance state. As the course develops practitioners will learn how to integrate their hypnotherapeutic techniques effectively and apply them specifically in hypnosis within a cognitive and behavioural framework.

This course is designed for qualified hypnotherapists. The following are the minimum entry requirements for the Diploma in Cognitive and Behavioural Hypnotherapy:

1. An LCCH diploma in Clinical Hypnosis, or
2. A diploma qualification in hypnotherapy from other training organisations plus interview.

To receive the Diploma in Cognitive Behavioural Hypnotherapy you will be required to complete a written examination paper and submit a written case study. Relevant consent forms would need to be in place for the submission of the case study. Clinical supervision will be available for those wishing to keep a log of their clinical experience. This is strongly recommended but not compulsory.



Avy Joseph **Development Director LCCH**

Avy Joseph, MSc, FBSCH, FBAMH, is an experienced hypnotherapist and psychotherapist. After earning a degree in Mathematics, Avy then qualified as a counsellor working for many years in training and development. As Development

Director for the LCCH, he then gained his Masters in Cognitive and Behavioural Therapy. Avy is a national and international lecturer and has private practices in Central and South West London. In addition, he manages joint research projects for the LCCH and The Heart Hospital, London, and heads The Mary McCallum Scholarship. Avy is a Fellow of the British Society of Clinical Hypnosis, a Fellow of the British Association of Medical Hypnosis and is registered with the British Association for Behavioural and Cognitive Psychotherapies and the United Kingdom Council for Psychotherapy.

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NEW DIPLOMA COURSE

SYLLABUS DIPLOMA IN COGNITIVE BEHAVIOURAL HYPNOTHERAPY

Please note that all weekends comprise theoretical and practical work.

WEEKEND ONE

About the course
Hypnosis and Hypnotherapy
Basic Principles and Practice
Meaning of Healthy and Unhealthy
Types of Cognitions
Belief Pairs
Psychological Disturbance
Healthy and Unhealthy Emotions
Mixed Emotions
Meta Emotions
Action tendencies and behaviour
ABCDE
Process of Change
Building the Therapeutic Alliance and Rapport in Hypnotherapy

WEEKEND TWO

Dealing with misconceptions
The first session
Explaining your therapeutic work, i.e. Hypnosis with Cognitive Behavioural Therapy
Teaching ABCDE
Distinguishing between Healthy and Unhealthy emotions
Assessing problems
Assessing unhealthy emotions and behaviours
Challenges in assessing the C of the ABC
Assessing the Activating Event
Challenges in assessing the A in the ABC

WEEKEND THREE

Relevance of pre-hypnotic work
Assessing the unhealthy belief
Theory driven approach
Open ended approach
Setting a goal in line with the assessed problem
Assessing meta-emotional problems
Teaching clients the view of therapeutic change
Dealing with objections to emotional responsibility
Commitment to change
Undermining the negative aspects of goals

WEEKEND FOUR

Erickson and Cognitive and Behavioural Therapy
Disputing unhealthy beliefs
Purpose of disputing
When to dispute client's unhealthy beliefs
Disputing unhealthy beliefs
Disputing healthy beliefs
Homework assignments
Understanding and integration

WEEKEND FIVE

Alert hypnosis, suggestibility in non hypnotic therapy
Integrating the healthy solution – Part 1
Integrating the healthy solution – Part 2
Obstacles in integration
Obstacles in client progress

WEEKEND SIX

Integrative Cognitive Behavioural Hypnotherapy
Part(s) dissociation therapy
Regression
Inner child
Apposition of Opposites
Direct suggestions

WEEKEND SEVEN

Applications of Cognitive Behavioural Hypnotherapy
Performance Anxiety
Panic Disorder
Phobias
Obsessive Compulsive Disorder
Depression

WEEKEND EIGHT

Eating disorders
Weight control
Assertiveness training
Goal directed therapy
The process of Cognitive Behavioural Hypnotherapy
Review
Exam brief and format

To receive a booking form for the Diploma in Cognitive Behavioural Hypnotherapy telephone or email the LCCH

Venue: 27 Gloucester Place, London, W1U 8HU
Starting: 1 October 2005
Times: 10 am to 5.15 pm
Course Fees: £1200.00 + VAT
Exam Fee: £110.00 + VAT

LCCH MASTERCLASS LISTING

AUTISM SPECTRUM PERSONALITIES

- 1322 London 24 September '05
- 1323 Exeter 8 October '05
- 1324 Belfast 26 November '05

TREATING PHOBIAS

- 1325 London 20 August '05
- 1326 Birmingham 24 September '05
- 1327 Leeds 22 October '05

TREATING PMS

- 1328 London 25 September '05
- 1329 Manchester 15 October '05
- 1330 Exeter 26 November '05

EMPOWERMENT THROUGH ARCHETYPES

- 1331 London 18 September '05
- 1332 Glasgow 15 October '05
- 1333 Lisbon 6 November '05

WEIGHT CONTROL

- 1334 London 21 August '05
- 1335 Glasgow 16 October '05
- 1336 Leeds 23 October '05

DISCOVER TIME LINE THERAPY

- 1337 London 17 September '05
- 1338 Birmingham 22 October '05
- 1339 Lisbon 5 November '05

PLEASE NOTE: Some Masterclasses may not be suitable for wheelchair access. Please enquire before booking.

Moving ?

If you are moving home.....
Please remember to let us know your
new address and phone number.

HYPNOTHERAPY AWARENESS WEEK 23RD - 29TH MAY 2005



www.hypnotherapyawareness.co.uk

The Hypnotherapy Awareness week has taken place for the second year running. The London College of Clinical Hypnosis along with the British Society of Clinical Hypnosis teamed together in a bid to raise awareness about the benefits of hypnosis when applied therapeutically in a clinical environment.

Hypnotherapy Awareness Week was advertised on the NHS calendar this year and as a result we had a great response from NHS departments and other health clinics.

If you would like to organise a talk to promote the awareness of hypnotherapy next year please contact Tom Connelly at the BSCH. He will post your advert on the BSCH website and the Hypnotherapy Awareness Week website as a free service to all members.

To find out more or to express your comments please email: pr@lcch.co.uk

JAMES BRAID SOCIETY

The James Braid Society is a discussion group and social club for hypnotherapists which meets once a month in Central London. A non-profit making organisation, it seeks to promote goodwill and friendship between hypnotherapists working in London and the Home Counties ... and everywhere else. With an "open door" policy it welcomes therapists visiting London from elsewhere in the UK or from overseas.

The dates for 2005 are given below or can be found on the club's website - www.jamesbraidsociety.com

27 January; 24 February; 24 March; 21 April; 19 May; 23 June; 21 July; No meeting in August; 22 September; 20 October; 24 November; December – social event on date to be decided.

Though the society has now fixed its 2005 calendar, it is still actively looking for speakers to address the club for the coming year. Therefore this is an invitation to anyone prepared to present a talk on a subject of interest to hypnotherapists – which is a pretty wide field.

If you feel you would like to deliver such a talk, please contact Bill Doult, the society's secretary by emailing: secretary@jamesbraidsociety.com or phoning: 020-7222 6800.

The James Braid Society meets near Regents Park at the Park Crescent Conference Centre, International Students' House, located at 229 Great Portland Street, LONDON W1W 5PN - immediately in front of Great Portland Street tube station.

CLINICAL HYPNOSIS TEXTBOOK

– Recommended reading in Medical Schools

The former Vice-Principal of the London College of Clinical Hypnosis, Ursula James, has been busy since leaving the College. As a result of her on-going work with medical schools, she has been commissioned by Oxford University Radcliffe Press to write a textbook for medical students. She has also recently been made Visiting Teaching Fellow at the Oxford University Medical School.

'The Clinical Hypnosis Textbook' is now complete and will be out in July 2005 and includes a companion CD. This volume is now required reading at six UK medical schools, as well as recommended reading for the London College of Clinical Hypnosis.

To co-incide with the publication of this volume, Ursula James will be presenting one-day workshops in London and Glasgow entitled 'Diagnostic Protocols – the use of hypnosis in the medical setting'. The workshop fee will include a copy of 'The Clinical Hypnosis Textbook'. This course is approved for 1 Masterclass credit.

The workshop will focus on the skill of how to select the most appropriate hypnosis techniques. It will be useful to students as well as fully qualified practitioners and sets out to demonstrate how the techniques in the 'Clinical Hypnosis Textbook' can be most effectively applied when working with real-life patient scenarios.

Readers of the LCCH News can order a copy of 'The Clinical Hypnosis Textbook' (Publishers Oxford University Radcliffe Press, r.r.p. £24.95) in advance of publication by: telephoning 020 7262 1659 or going to www.thamesmedicallectures.co.uk.



Also, if you wish to subscribe free of charge to the UK medical school hypnosis research and development ezine (MEDHYP) or obtain further details of the 'Diagnostic Protocols' workshop, go online to the Thames Medical Lectures website, or telephone the number in this article.



Spring into a new year

All members should have received a registration reminder for the 2005 - 2006 year by the time you are reading this.

However mail does go

astray! If you haven't received a reminder (or the spring newsletter which accompanies it) please contact the secretary. Details can be found at the end of this section.

Return of the Protection Racket

Members should be on the look out for a large brown envelope arriving in their mail with a letter assuring them they face a £5000 fine if they do not immediately send a cheque to a company called the 'Data Protection Enforcement Agency'. There is no connection between this company and the real Data Protection Agency.

The last time this type of scam did the rounds was in 2002 and the names used then were the 'Data Protection Notification Service' and the 'Data Protection Enforcement Service'.

Members are advised to send any suspicious adverts or demands to:

Andrew Kenyon
Misleading Advertising Section
Office of Fair Trading
Fleetbank House
2-6 Salisbury Square
London EC4Y 8JX.

Thanks to member, Paul Goodall, for supplying the above address. Details about the real Data Protection Agency can be had from www.dpr.gov.uk and they have a helpline on 01625 545 740.

Training and Authenticity

A prime concern of a society like the British Society of Clinical Hypnosis is that the standard employed in the selection of membership is representative of good quality training and high standards of ethical practise. I believe this should be the priority of any society, association or training institution that intends to provide qualified practitioners to work with the general public. Naturally there is healthy competition among these organisations to increase and maintain these standards. In this there is no danger.

Recently, though, there has been an upsurge of various courses in the field of hypnotherapy from organisations which might not share the ideal of competent and ethical practise. In fact it sometimes seems that the goal of these new businesses is not to develop the profession of hypnotherapy or to train competent practitioners but to quickly extract as much cash from the market as they can,

whether they offer value in return or not. Often training groups with this business ethic advertise using excessive and fanciful claims, run a few short courses and then disappear, perhaps to re-emerge later using a different name.

I am provoked into giving my personal opinions after recently receiving a flyer from just such a training 'school'.

Many in the business will remember the problems caused a couple of years ago when a group called Practice Builders moved into the UK with the intention of teaching people to become 'qualified' hypnotherapists in a four-day training course. In this four-day training course two days were training in how to exploit the market and two days were hypnotherapy training. It seems that Practice Builders quickly retired from these shores, after a combination of pressure from the Advertising Standards Authority, a BBC investigative team and combined pressure from various ethical professional organisations.

Even though the retreat of Practice Builders was speedy they still managed to leave behind cells of poorly trained hypnotherapists which are causing public complaint and disillusionment about hypnotherapy to this day.

It seems this new type of financial exploitation is not instigated by skilled and qualified hypnotherapists but by marketing entrepreneurs and in some cases even nightclub entertainers. I personally believe that this type of quick buck training represents the positive possibility of real damage to the profession and to the years which good people have spent working to increase the visibility and respectability of hypnotherapy. Ironically the more work that is done to solidify the profession by conscientious practitioners, the more it seems a valuable commodity to exploit.

The leaflet I received was supposed to offer training to improve the financial lot of people who are already trained hypnotherapists. When I voiced my concerns about the dubious quality of this type of training to a colleague, his reply was "it won't be a problem. I don't think a hypnotherapist with any sense would be taken in by this kind of hyperbole". I do agree with this but the thing that worries me is that I doubt the purveyors of these training courses are interested in properly vetting the people they train. They will without conscience take a person off the street, regardless of their qualifications or mental state, sell them a two-day training course and encourage them into business to practise 'hypnotherapy'. This is a danger.

I recently contacted one of these trainers and asked his opinion on my views; the reply was "what I'm doing might not be right but it isn't illegal and you can't stop us doing it". I think this is the problem in a nutshell.

Why isn't there something we can do about it? How is it possible that a person can 'set up shop' and claim to be a hypnotherapist without the requirement of specific qualifications, training or membership of a bona fide professional association? Surely the 'powers that be' are not satisfied that this is a correct state of affairs?

NEWS FROM THE BSCH

The truth is that people in a position to affect the situation simply do not know about it, or where they do know about it they do not recognize its importance. This is understandable as government officials are notorious 'firefighters' and usually only react to something if it bites them on the rump (or there is a danger that it might do so).

Still, politicians are politicians and as such will respond to public opinion. I feel sure that if enough people express an interest in changing this situation then the matter might be raised and perhaps addressed. At the very least they should be made aware of it.

I propose that everyone who has an interest in developing and safeguarding our profession put their names to a petition to be presented to the House of Commons. If you are interested in taking part in this petition please contact the secretary of the BSCH for a petition form. I hope that hypnotherapists, irrespective of professional association, will join together to voice their concerns.

The proposed petition paper:

'We the undersigned bring this petition to the House of Commons to focus your attention on the fact that there are no legislative guidelines for the training or practise of clinical hypnotherapy in the UK. As a consequence of this anyone can claim to be a hypnotherapist and begin the practise of treating members of the public for financial reward, whether properly trained or properly suited to this role or not. We consider this to be a dangerous situation and seek some form of regulation to protect both the general public and the profession of hypnotherapy from the incompetent and the scoundrel. This petition is organized by the British Society of Clinical Hypnosis. '

There will always be a wide variety of training courses presented and quality will naturally vary but courses that claim to qualify practitioners at a professional level should be subject to a national regulatory standard.



TOM CONNELLY
Organizing Secretary
British Society of Clinical Hypnosis

<http://www.bsch.org.uk>
Tel: 01262 403 103

Note from member Malcolm Proops

After passing my Diploma course I feel that I had to tell you of my journey. I have had reservations about this and many other courses and being a cynic felt that this institution was a "money tree" for Mr. Michael Joseph.

Far from it after hearing from a patient that he was prescribed Beta Blockers from a GP who was a self-taught hypnotherapist, or another case from an acquaintance who advised me that he was preparing to "Do a stop smoking" for up to a hundred people - that's right a hundred. When asked simple questions like what if you have an abreaction he said: "I haven't had one yet"; to how will you pace your patients: "what's that", but it is OK, he said, because he is going to give them all a CD that will help.

I started my journey over three years ago asking advice from an LCCH practitioner about where could I get some help for my son who suffers from Colitis and who was at University in Leeds. After speaking with Peter Mabbut who directed me to practitioners in Yorkshire, I decided to take the Certificate course. It is a long slog for someone with no other formal qualifications or exams, but hard work, and support from friends and family, have led me to this point today.

I feel honoured and proud that I have managed to help many patients that have been referred to me and help lift some of the burden from their lives. For my son Joseph, who leads a normal life now with just a little help from his dad, thank you Michael, and all of your colleagues, for triggering this whole experience. And, thank everybody at the LCCH for the outstanding support and teaching that has today brought me to the point of being a competent counsellor and therapist. All of you new students with the same reservations, take it from an old cynic that what you are taught and how you are measured will lead to safe and ethical practise in the future.

Professional indemnity insurance

Members are advised that the society has sourced an alternative company for professional indemnity insurance. This new company offers good cover at very competitive rates. Please contact the secretary for more information.

CONGRATULATIONS!



We congratulate John Hempstead, LCCH examiner, on his appointment as a Governor of the Royal Bournemouth and Christchurch Hospitals NHS Trust.



We congratulate Christa Mackinnon, LCCH course director South West, on her appointment as a Fellow of Peninsula Medical School, University of Exeter and Plymouth.

NEWS FROM THE BSCH

STRESS IN PARADISE

Barry Laine

It is paradoxical that such a high level of stress can be found in a place referred to as "paradise", where life runs at a slow pace, there is no rush hour; the sun shines all day and every day except for the occasional outburst of rain that keeps paradise greener than the emerald isle. The temperature rarely falls below 24C (75F) and rise to 30C (86F), green back turtles come ashore to lay their eggs and dolphins swim in the surrounding seas. The ecosystem is comparable to the Galapagos Islands and there are so many World Heritage Sites administered by UNESCO. Such a place is regarded as out of reach for most people because of the high cost of taking a holiday in this paradise on earth. The place has remained unspoiled by binge drinkers, lager louts and young people seeking all night discos and sex on the beach like in some parts of Spain. Even the 2004 Tsunami had no adverse effect on these shores. This is the safest place on earth for a holiday.

The Seychelles

I am referring here to the Seychelles. Cast adrift in mid-ocean long before mammals evolved to claim supremacy over the rest of the earth, Seychelles is a group of 115 islands situated in the middle of the Indian Ocean about 4 degrees south of the equator. Its isolation has created a unique world unspoiled by traffic, pollution, noise, hustle and bustle, and in many ways time has stood still. A great deal of conservation effort has been spent in keeping the authenticity of this group of islands where you will be made to feel very welcome. The air is clean and most islands do not have cars. Here you will find tranquillity and peace while lazing on golden beaches with sugar white sand, blue sky during the day contrasted with a plethora of shining stars at night. If you get a chance to visit "Vale de Mai" known as the Garden of Eden on Praslin, the second largest island, then you will without doubt feel you are in a truly tropical paradise. That's fine if you are a visitor or holidaymaker and you come for two or three weeks and you are pampered to the hilt so that you will come back time and time again as indeed so many people do. Your hotel, whether it is two-star or five-star, has the pick of everything to make your holiday comfortable and enjoyable. This is acceptable because the Seychelles' main income is tourism, therefore tourists have to be made to feel welcome and comfortable. But if you live there life is different. The things that can stress you out are numerous. The treatments I offer treat both the mind using Clinical Hypnotherapy and the body using Clinical Aromatherapy and if necessary applying Lymphatic Drainage and Acupressure as one integrated treatment. The success rate of this combination is astounding. I treat a number of ailments and disorders - phobias, stomach problems, muscular problems, sexual problems - but by far the most common ailment that I have been treating in Seychelles has been stress.

The Cause of stress in paradise

There are many reasons and these vary from person to person of course. However, the overall cause of stress is the absence of basic material necessities to live a comfortable life and carry out a business venture. The islands are a thousand miles from the nearest shore of Africa and the nearest shore is not in itself very productive and accommodating. Even South Africa is not a place where the inhabitants of Seychelles will rush to buy the everyday necessities. More goods are imported from China, Europe



and further afield than from South Africa.

At one point five airlines made twice weekly flights to Seychelles, including British Airways bringing many necessities by air. The indigenous flagship airline Air Seychelles brings most of the cargo to Seychelles. The cost of airfreight makes the goods in the shops very expensive. Oil and heavier materials for house building have to come by ships usually when transversing between Africa and India from Europe. The intervals between ships can be quite long. So while the geographical position of the islands makes it ideal to be called "paradise" it can hardly be the case for the inhabitants. The inhabitants call themselves "Seychellois" a word you will not find on any application form in any country in the world because most people are not aware that the inhabitants of the Seychelles are called "Seychellois". Perhaps some old colonial French men and women might recognize this word created by them during the French rule of the Seychelles. The political instability over the last 25 years has also had an effect on creating stress in the inhabitants. It is hard to live with peace of mind when you don't know when the army is going to stage a mutiny or when mercenaries are going to land and try to overthrow the communist style government. The inhabitants have experienced bullets being fired ad lib around their homes by poorly trained soldiers and mercenaries. So stress has been endemic amongst the inhabitants. As always it is what the tourists and visitors do not see that are the defining factors in any country.

Even in Europe, Tour Operators do not tell you the truth, they tell you what you expect to hear which is that your destination is paradise on earth and as long as you hang on to your handbag and you do not put your wallet in your back pocket you will have the time of your life. Not true for most holiday destinations. Yet, in the Seychelles, crime is extremely low and it is rare that any tourist gets robbed or is abused in any way. Even amongst the inhabitants crime is low and robbery is mainly due to carelessness of the owner to lock the door or window properly. One reason could be that there is little to rob anyway because the majority of the general public is poor. This is changing as more and more inhabitants start to acquire colour TVs, Hi-Fi, DVDs etc. Robbery is now on the increase but not to the scale found in Europe, America, Canada and Australia.

The thing that creates stress is what the locals call "Napa". The local language is Creole, a patois of broken French going back to the slave days when the French and British brought slaves to the islands, the latter of which they used as a staging post during their seafaring trips between Africa and the sub-continent of India and Asia. "Napa" means there is none, nothing, nil, don't have any, zilch, etc, in any language you may choose to call it.



Each inhabitant experience being told this word at least five if not ten times each day when shopping for the bare necessities and for the shopkeeper this word just rolls off the end of their tongue and has become perhaps the most used word in the Seychellois vocabulary. The other factor is the low-income level of the majority of the populous. When you consider the average wage amongst non-professional inhabitants is around 2000 Seychelles Rupees, which is equivalent to less than £250 a month, and then compare the high cost of importing everything you can see why the inhabitants are prone to feeling stressed. They have no disposable income. The only money they have is the money for necessities, which they cannot buy anyway. Amongst the professionals there is a level of stress caused by the inability for the wheels of Government to turn smoothly and create a congenial place to do business. The Government owns nearly everything, from land they confiscated from the inhabitants who fled overseas during the one-party state era to the main importer of goods where they can apply any price they wish. There is talk of privatisation but talk is cheap unless action follows. Consequently, there is very little money to go round therefore the economy is a strangled economy. Another factor that stresses the inhabitants is the local currency. The Seychelles Rupees is not recognized by any bank outside Seychelles and everyone gets paid in Seychelles Rupees. That means if you want to send your child abroad to study you have to apply for your Rupees to be exchanged for dollars or pounds with the Central Bank. The problem is the Central Bank is short of Foreign Exchange so you have to wait in the queue sometimes for up to two years. If you are a businessman and you want to buy your goods from overseas you have to queue for your Foreign Exchange. In the meantime your business does not have the raw material for you to trade, so many businesses collapse before they have a chance to break even.

For the young generation, especially those who have spent a number of years abroad gaining a degree or other qualifications, to find that a suitable job is as rare as finding the hidden treasures of Seychelles left by the pirates the stress level is considerable. What do they do? They can't go to town and spend time at the cinema because there is only one cinema and it opens in the evening only. They spend a few minutes in the Internet Café then they have nothing else to do. They are fed up with going to the beach so the beach is not an attraction to them. So they get stressed being bored and having no money to spend on CDs and DVDs to pass their time away. During the old one-party state era there was a compulsory youth programme called NYS but the horror stories that emerged from those camps are hair-raising and numerous. Either way paradise is breeding a new generation of stressed out future citizens. Even outsiders and investors who have come to Seychelles to do business have found they have been deceived and they are

stressed to the hilt waiting for the right opportunity to turn their Seychelles Rupees into a currency they can use elsewhere and then they are off. Paradise is having the opposite effect on them.

The Paradox

It is hard to believe that Seychellois, a very placid and easy-going nation of only 85,000 people, can suffer such a high level of stress in the most relaxing place on earth. It is a real paradox and one which takes a bit of time to comprehend.

This situation has arisen through history and it shows how short-sighted some politicians were and perhaps still are today that they believe such a small group of islands can be independent, have its own currency that is not acceptable anywhere in the world, and teach a language in school that is useless anywhere else in the world, can be successful. This article highlights the cause of stress endemic in the most beautiful place on earth. History has shown that the French used the islands and the islanders for their own gains and left nothing for the islanders' future and descendants except some very attractive names like Jean, Michelle, Marie, Murielle etc., and the British left a Victorian clock tower in the middle of the Capital, Victoria, on the main island of Mahe. The legacy has been shamefully non-existent so we can trace stress as far back as when the islands were granted independence from Great Britain on 29th June 1976. How a small group of islands with hardly any landmass to cultivate and feed its inhabitants, lying thousands of miles from anywhere which means everything has to be imported, except for an abundance of fish in the sea, could be granted independence begs serious soul-searching by the politicians in Seychelles at the time and the British Government in England. It comes down to the fact that some politicians at the time wanted to be Presidents and high officials and wanted the British to leave. This African mentality that was in place at the time in Kenya, Uganda and Tanzania found its supporters in Seychelles and this is what started the endemic stress problem in Seychelles. From then on it has been a downhill situation.

What's the answer?

The answer lies in improving the economy and creating jobs for the young generation so that the everyday causes of stress can be minimized. Once the inhabitants can see there is a future then they will relax and be inclined to hope for a better future and the word "Napa" will become a rarely spoken word. The political climate is changing and the old guards who contributed so much to creating such a mess are slowly being replaced with a fresh thinking younger generation. Change must come and the sooner the better. Notwithstanding, if you are a tourist then this little group of islands that I call home is where you will find friendship, relaxation, peace of mind, good food, excitement and beauty; and you would not know there is a devastating under-current flowing in the inhabitants.

Barry Laine is the Founder of Transform-Therapies.
Email: barrylaine@transform-therapies.com or
visit www.transform-therapies.com



Dorothy Chippendale
Course Director, North East,
writes:

Students come on to the courses from a wide variety of backgrounds and in this edition of the 'News' I have included profiles provided by two students; one with a hairdressing background and one with a counselling background. I am sure you will find them both interesting.

The reasons why students wish to become qualified Clinical Hypnotherapists and what their long term plans are, are also varied and interesting. In speaking with them I find most but not all want to set up in full-time practice. Some want to use hypnosis to augment the skills they use in their present careers of psychology, counselling, and such, while some wish to set up a part-time practice perhaps cutting down the number of hours they work in their 'day job'. One student told me recently she wished to build up a part-time practice so that when she retired from her job she would be able to practise Hypnotherapy part-time to augment her pension (not a bad idea given the present state of the pension industry). But one thing I find that is constant, whatever their long term plans, is that they all want to do something that helps others and in which they will find satisfaction and fulfilment.

Tutors Needed

We are in need of more tutors in the North East. This is a very large region and some areas are not adequately covered. To qualify to become a tutor you have to be practising and to have qualified at Practitioner level at least six months ago.

If you are interested please call me on: 01282 843 363 or email me at dorothy.chippendale@lcch.co.uk

Ben Ward from the LEEDS DIPLOMA 2004/5 writes:

My name is Ben Ward and I am a Primary Care Counsellor working in the N.H.S. Primary Care Mental Health Team, where I offer short-term contracts to clients referred by their GP's. I have also worked for a Counselling and Psychotherapy service in Leeds for some years, where I work with clients over a longer-term period. I have also trained as an assessment counsellor enabling me to gain a clear understanding of clients needs from a 'Psychodynamic' perspective.

You might be asking yourself 'so why the sudden attraction to Hypnotherapy?' Well if you can bear with me, then I shall tell you a bit of a story. My first interest in Hypnosis began many years ago when I was heavily involved in sport. I began playing golf when I was in my early teens (a little too old some might say) but my interest grew so deep that I felt

would like to make a career out of it. The one obvious catch about this was that it meant that I had to be a really good player. So, I firstly set about mastering the mechanics of the golf swing, and after a short amount of time I found I was able to play any shot. It would seem that having the ability to play the shots would mean success in the game, but unfortunately I hadn't accounted for the impact psychological effects have on the body's functioning. I realized that my co-ordination had become affected by an anxiety about success because I had put so much pressure on myself to succeed.

So, when I got to the point where I was going to achieve my success, tension would creep in and I would miss my targets. It was then that I first saw a Hypnotherapist, and we worked on things such as relaxation training and visualizations. As a result of this my golf game improved dramatically and I was able to complete my rounds relatively stress free, but as an odd consequence to this, my interest in psychology and the therapeutic relationship grew. From this point on I had a change in my ambitions and decided to pursue a career in therapy.

I went on to train as an Integrative therapist, and my core model of working draws upon the 'Person centred approach' and the 'Psychodynamic'. My assumptions as a Counsellor hold reference from these two major schools of thought, but I also work with different concepts such as: 'Transactional Analysis' and 'Cognitive/behavioural' methods, though from a viewpoint of my understanding of relationship dynamics. I have come to realize over the years that clients wanting some therapeutic intervention will seek out the kind of therapy they are 'ready' and 'prepared' to do, and this really applies to the differences in Counselling and Hypnotherapy, the individual will gravitate towards what they are ready for. I think its rather like the old 'Zen' saying - 'when the pupil is ready, the teacher will appear'.

As my work has continued in Primary Care my interest in Hypnotherapy has been re-awakened. Partly because of my earlier experiences which were the incentive for my career change. But partly by the positive experiences clients have shared with me about working with difficulties such as 'anxiety problems' or 'panic attacks.' They described the benefits of being able to accept the things they couldn't more easily, when the unconscious is worked with in a more direct way.

I can firmly say that my experience on the Diploma course in Leeds has been absolutely inspirational so far, and I am really glad that I have selected such a highly reputable training course. I leave each weekend feeling drained but uplifted at the same time. I have some wonderful classmates at Leeds and I feel really held by their motivation and enthusiasm, so even when the course work gets tough, there is a sense in the group of wanting to rise to this challenge. I feel this infectious support is great as it creates a real drive to get out there and begin work in our private practices. I myself have just set up a new clinic in central Leeds in addition to my private work in the Harrogate area, (www.timeandplacetherapy.co.uk) and I feel really excited about working with clients from this perspective of therapy.

Leeds student Vanessa writes:

When I had my 40th birthday I decided it was time to decide what I was going to do with the rest of my life. I trained as a hairdresser and with my husband have run our own successful salon for over 20 years. I knew that what ever I

NEWS FROM LEEDS

chose I would have to work with people. Over the years I have learned to be a very good listener, as I am sure you can imagine. In a busy salon with regular clients you get to hear about every birth, death and marriage and every personal crisis imaginable.

One day a client brought in a pile of magazines and in one of them was an article about clinical hypnosis and the LCCH. I had some experience of self-hypnosis from the National Childbirth Trust where I attended classes before the birth of my first baby so I knew how effective hypnosis could be. I contacted LCCH and had an interview with Dorothy Chippendale, who has since been my lifesaver on more than one occasion. To my delight and astonishment I was accepted on the Certificate course.

The campus at Leeds Met. is a beautiful place to study. When I was given the notes for the first weekend I thought 'I'll never learn this', but with the help and support of Dorothy as my supervisor and my fellow students, I completed the course and passed. I was hooked. I went on to do the Diploma and the Practitioner over the next two years. I'm now working as a Clinical Hypnotherapist in Carlisle and I still can hardly believe it. My supervisor in Cumbria, Dr. Marion Dunlop offered me the opportunity to work with her in her practice, which has been marvellous. I know that she is just along the corridor if I need help or to talk through my notes. I love my new job. You never know what is going to come through the door or, as we are taught on the courses, what we will need to treat. It's quite amazing when you see people get better and you know that you have played a part in that recovery. I had one very spooky experience recently. A client came to see me and she was very distressed. Just getting her to close her eyes took almost 20 minutes of gentle talking and reassurance.

She made great progress in the coming weeks and on the final session when I did the waking script she simply wouldn't wake up. I thought about Dorothy and what she had said on the course and proceeded to go again through the waking script, slowly but loudly, emphasizing every word, and still nothing. By this time I was swan like: calm on the surface but paddling like hell underneath, I thought any minute I'm going to have to get Marion. Supposing I've killed her! Panic. I thought I would try one more time and, thank goodness, she opened her eyes and smiled at me. I, needless to say, appeared as cool as a cucumber, little did she know how much I had panicked. My client said that she hadn't felt as relaxed and rested in a long time. One to notch up to experience.

I really miss my course at Leeds. My fellow students were wonderful, tolerant of my constant questioning of the lecturers and contributing so much to the lectures in terms of questions and personal experiences. We were a small group and got to know each other so well, I do miss them. The lecturers were all excellent. All very different bringing with them their experiences from their various careers and their clinical practices.

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I often hear their voices when I'm working. Amanda Farr would say 'alright' when she wanted to conclude a part of a conversation. I often say this when I'm trying to keep a client on track, a wonderful pacing technique. Dorothy would agree and acknowledge what a client would say which I have found reassures a client that you are listening to them and are taking them seriously. I often hear Avy Joseph in my ear and I want to say to my client 'But it's not the end of the world', so far I have resisted the temptation. I hope to continue with my training and education, the problem being with therapy is that there are so many areas to choose, new opportunities presenting themselves all the time, its quite addictive. My long-term aim is to work in Spain, where I plan to live. I would recommend LCCH to anyone who was thinking of training. I've felt supported and encouraged throughout.

DO YOU WANT TO BECOME A WEEKEND COURSE SUPERVISOR WITH THE LCCH?

In this role you experience the course from a different perspective, will expand your knowledge and enhance existing skills. The opportunity to oversee new students will give you experience and insight for tutoring, and as a weekend supervisor you can expect students to approach you in this capacity.
London office: **020-7486 3939**, or contact your local course director.

NEWS FROM BIRMINGHAM



MATTHEW KROUWEL **LCCH co-ordinator for** **Birmingham, writes:**

In the last issue of LCCH News I was introduced as the Birmingham Co-ordinator in waiting, now I have taken the role on in earnest.

I wish David all the best with his Nottingham courses. Over the last few months he has been allowing me to steadily take over more of the roles that a co-ordinator fulfils so that it has thus far proven a smooth transfer of responsibility.

And what a responsibility. The calendar is bulging with courses, we have two Diploma courses on the go with a third scheduled to start in September. Two Certificate courses will be running before August. Master classes in 'Hypnosis in Psychiatry' and 'Life coaching skills to enhance your practice' in June and much more in the pipeline.

Alongside this I am now lecturing with the college and my practice is doing well. It's all very invigorating and I have been glad to see more and more of the recent students taking up the role of tutors and assistants on the Course weekends.

Any current / former students of Birmingham who wish to submit pieces for the LCCH News are always welcome so feel free to get in touch. Equally anyone who would like to train as tutors/supervisors on Course weekends is more than welcome.

CERTIFIED TO SKI **Michelle Stott** **Birmingham Certificate December 2004**

It's such a great feeling when you sleepily climb out of bed, see the suitcase packed and the reality begins to dawn - 'we're off on holiday today'. Crisp, crunchy snow, sunshine and stunning scenery - skiing, my sanctuary of happiness. BUT WAIT! Neatly placed on top of the suitcase was the green unmistakable LCCH folder. Back down to earth with a bang - The Exam!!

Sunday December 19th will always be remembered by the Birmingham certificate group as THAT nerve wrecking day. That day, my understanding family had to organize their Christmas holiday around. That day, that marked the end of weeks of chanting the scripts in the car, in the bath, at the dinner table, in fact anywhere and with anyone that would listen in the vain hope of remembering just the odd sentence or two come the day of the exam.

Of course the tutors say that you don't need to learn the scripts verbatim but..... well..... you do try - don't you? You convince yourself (I think it's called focused attention) that you are definitely going to go blank in front of the scary examiner - who is going to be at least 15ft tall (hallucination?) - and you pray that at the flick of the autopilot button, the words will magically come out all by themselves leaving you only to worry about finding that breath under all those layers of clothes (remind me to take the certificate in the summer next time). Inevitably the exam turned out to be nowhere near as bad as we had all made it out to be. For a start the examiner wasn't 15ft tall! She was actually very nice and full of smiles to calm the nerves. And other than the fact that my hand ached from excessive writing (if in doubt blind them with waffle appeared to be my tactic towards the end of the written exam) it was an enjoyable and rewarding experience.

I was elated. Not only had I completed the exam and remembered the Nowww deepener - I was about to return

home, pick up those bags and head for the airport. After a quick flight we'd be in Geneva and skiing before I could say the awakening script.

Fast forward 24 hours!!

As the nurse said, "It could have been a lot worse, we had someone in here this morning with two broken arms and she won't be able to eat Christmas dinner". True as the statement was, as I looked down at two exceptionally swollen and painful knees, I didn't particularly feel like the lottery winner she implied. Day 1 (can you believe it??) and the dreams of 'crisp, deep white snow' had been replaced with the 'sheet ice'. Having seen both a brother and a partner fall on their head, shoulder and arm I was beginning to feel nervousness creeping in as we tried to make a descent back to the safety of the chalet fire and hot chocolate.

Almost home I tried to avoid a nasty ice patch, changing my path at the last minute. The indecision caused my skis to plant in a pile of snow and in slow motion my body appeared to continue to move and separate from my legs at the knee. There is pain and then there is PAIN!!! As I was lying there Christmas day with two legs in metal braces suspended in the air I got time to reflect back over the interesting week I'd had. I realized just how many times I had used techniques from the course. Learning the script verbatim had proved to be a real winner as I used them to guide my journey through the discomfort. I found it useful to visualize someone else calmly saying the words taking me deeper and more relaxed with them. Dissociation of my knees was a common theme as you would imagine.

Hypnosis proved useful in so many areas. First, when the doctors needed me to relax so that they could fully assess the damage (not an easy task when you are in agony). Then there was the hourly ice, the swelling, the need to remain still for days on end, the difficulty getting off to sleep when your legs are encased in metal and every movement hurts. But, most importantly, keeping spirit high when pain and discomfort gets you down. It was tempting to beat myself up for choosing such dangerous hobbies, so ego strengthening was needed in abundance. Finally, for those of you who know how unpleasant an MRI scan is, hypnosis again ruled the day as I tried to use that awful drilling noise as an enhancer and imagined drilling into my favourite place of relaxation (hey I was desperate!).



The good news is that when I eventually returned home (reassuringly the airline wouldn't take me until I was capable of performing the 'crash position'), I discovered that I had passed the exam (although credit must also go to my excellent tutor Matt K for his inspiration). The bad news is that I appear to be on the longest NHS knee waiting list with my torn cruciate. So, I continue to use hypnosis to visualize being fitter, stronger and most importantly to keep me sane while I wait for the operation.

Little did I know that fateful morning of the exam just how much my certificate was really going to help me.....

HARVEST CLINIC GLASGOW



Angela Trainer, Director

At last, Spring has sprung and as usual it's another very busy season for the Harvest Clinic!

Our Diploma course of 40 students is well under way and this year we have a fascinating group including an astrophysicist, an industrial absailer, a DJ and a farmer. We also have our fair share of radiographers, nurses, social workers and a psychiatrist - what an eclectic bunch!

NEW PROJECTS

Hot off the Press! We have just linked up with the NHS through Gartnavel General Hospital to provide graduate trainees in Clinical Hypnosis and Reiki to work with patients suffering from blood cancers. If you are interested contact us at the Clinic.

We've also got lots of exciting projects going on in 2005 aimed at helping students find voluntary placements. Our successes to date include four of the major hospices in the West of Scotland. We are also negotiating student placements with Aberlour Outreach Project in their drug rehabilitation unit and we hope to be working on a project for people with visual impairments very soon. Doctor's surgery placements are also becoming more widely available.

We were very excited to hear recently from a graduate who asked for our help collecting data. He is working towards bringing hypnosis into addiction projects within the Scottish prison service. And as if that's not enough, we've just been awarded a substantial training contract with the clients and staff of East Dunbartonshire Council Addictions Services. Hypnotherapy is really getting into places it hasn't been into before and The Harvest Clinic is proud to be part of it all.



CONGRATULATIONS

Congratulations to all of last year's Diploma students! It was one of the most successful years with several distinctions - and here's a photo of the gang. We would like to send a BIG, BIG THANK YOU to all of our supervisors, tutors and trainee lecturers. We couldn't have managed without your help and support during all of the courses. You know who you are!



Last Year's Diploma Students

THE HARVEST CLINIC

Congratulations also go to Iain Merrill who was presented with The Harvest Clinic Student of the Year Award in December 2004 at the end of his Certificate course. Despite being registered blind, Iain travelled alone to Glasgow each month from the Shetland Islands, starting with a 12-hour ferry journey, followed by a 5-hour rail trip, and finally, negotiating his way around the city. What a fabulous achievement! We learned so much about people with special needs last year and are welcoming more and more students with wide ranging abilities.

HARVEST CLINIC GLASGOW

COMING UP IN 2005

Certificate Courses

As usual we are running two Certificate courses with the first one starting in April and finishing in June, followed by the September class which ends with an exam in December. Places for both courses are filling up fast!

Personal and Skills Development Day

Angela hopes to introduce a one-day personal and skills development day for a small group of hypnotherapists and hands-on therapists from her home in the Scottish countryside. It will be a peaceful day of self-evaluation and skill enhancement. She hopes to begin this process in May 2005.

Reiki



Reiki Students at the Standing Stone

Angela continues to run a full reiki training programme from her lovely home set atop a hill with a stunning 360 degree view of open country. Students can enjoy the ancient standing stone, chiminee fire and resident 'cloutie' tree, which are all incorporated into the attunement procedure.

Many students find reiki complimentary to hypnotherapy and here's a photo of some recent graduates of both.

Graduates with Bubby



REIKI TRAINING 2005

2- 3rd April Reiki 1
27- 28th August Reiki 11
7- 8th September Reiki 111

Peaceful Autumn Retreat 30th September - 2nd October 2005

Angela Trainer will be holding a magical residential weekend of quiet reflection time this Autumn. Participants will have the opportunity to learn and practise tools and techniques for improving the quality and direction of their life.

For details of courses, masterclasses or residential workshops in Scotland call:
The Harvest Clinic on **0141-333 0878** or
visit our website on www.harvestclinic.co.uk.

SPIRITUAL HYPNOTHERAPY? Rita Flanigan is a Spiritualist Minister and Teacher



I came to Hypnotherapy in order to use it to help my students relax enough to be able to explore their own personal and spiritual awareness.

However, once on the Certificate course I realized what an incredible healing tool hypnotherapy is and so I got hooked and continued on the Diploma Course.

A couple of years ago, I went to Germany to do a weekend Seminar in Spiritual and Personal Development, my host asked if I would do some hypnotherapy on a friend of hers. I was a bit wary, as the man did not speak much English, in fact his English vocabulary consisted of 'hello', 'goodbye' 'yes', 'no' and very little else. So with my translator we had a talk with him, let's call him Hans; in the talk (case history) it turned out there were three main concerns he wanted to deal with. I explained that I did not know how it would work with the language barrier and the translation but we agreed to have a go. I have a very good translator in my friend Ralph.

We installed an IMR and told Hans that if I said anything he did not understand, he was just to lift his finger and Ralph would say it in German. So we proceeded and the translation was only done up to the beginning of the 'count down', then only I spoke.

As I carried on I watched the patient's face and my translator watched the patient's finger!

There was no finger lift and I wondered if Hans was really understanding what I was saying to him.

Then when I came to the part of installing the post hypnotic suggestions, as each was mentioned Hans nodded to let me know he had received them. I was amazed.

When he awoke at the end of the session, and I spoke to him, he immediately turned to Ralph for a translation of what I was saying to him. He was obviously relieved and changed by his session. I have subsequently found out that the suggestions continue to work for him.

Since then I have hypnotised around forty people in Germany, who have varying levels of the English language,

HARVEST CLINIC GLASGOW

and have successfully treated all sorts of things including stopping smoking, weight loss, chocoholics, phobias with spiders and flying, snoring, stress and confidence issues.

As a Spiritual teacher and investigator I have always suspected that 'the unconscious mind has no language', this, for me, is just more proof positive. It also affirms that the information is indeed going into the unconscious mind. Into the Spirit?

WHAT DO YOU THINK? Joanne and Dave Johnston



For most couples it is important to go away for the occasional weekend together. We all know how important it is to keep the fires of romance kindled by sharing quality time in each other's company away from the hustle and bustle of everyday life. But where do you go to enjoy such time and intimacy? Venice? Paris? Milton Keynes? Of course not, that's too old fashioned... You enrol on a Glasgow Certificate course where you can go to your favourite places of relaxation such as Venice and Paris without the expense and hassle of the real thing. You also can while away your time doing fun activities such as finger lifts and saying nowwww in a circle.


Since completing the Certificate course hypnotherapy grew for both of us from a subject of curiosity to a full-grown desire to learn more. Angela tempted us with the lure of learning 'big boy stuff' on the Diploma course and we were not disappointed. We not only enjoyed a weekend away each month in Glasgow but we also met lots of interesting people on the course and ate out in exotic restaurants, the likes of which simply do not exist in rural Dumfries and Galloway. The course was pretty good too, opening our eyes to the possibilities of hypnotherapy in our current work and also motivating us to set up a small part-time practice which is already getting slightly too busy.

We have also set up a website for therapists to promote their practice, www.therapydirectory.co.uk and any complementary or alternative therapist is welcome to register. Joanne is currently in her last year of training as an Educational Psychologist and has used hypnotherapy to great success within her work for cases such as school phobics, exam nerves and confidence building. Even case hardened psychologists were amazed when a child who had been refusing school for months and had been worked with by several agencies, returned to school after the first session with Joanne. How did you do that? What did you say? The answer of course lies within the child who is facilitated through good rapport and listening toward an appropriate

hypnotherapy technique, which enables them to find their own answers. Dave, meanwhile, works with children who have experienced trauma and abuse and since the course(s) has discovered the remarkable healing potential of relaxation techniques, metaphor and therapeutic story telling with children, particularly in relation to building survival resources, which enable the person to 'feel safe' or 'feel confident' without the need to revisit old trauma.

The Certificate, Diploma and Practitioner courses have all been superb in their own ways to help guide us toward effective techniques that can make a huge difference to the person seeking therapy and also to our daily work. As for our weekends away we'll just have to bite the bullet and go somewhere crap for a change.

Any suggestions?



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HARVEST CLINIC GLASGOW



CONNIE WEIR

My name is Connie Weir and I have been in full-time practice as a Clinical Hypnotherapist since finishing the LCCH Diploma in Dec 2002.

I completed a psychology degree in 1992 and immediately started working in management for a small aviation company. This company grew rapidly and part of my 'deal' for working there was that I would be trained to fly. Well, despite thorough training and several hundred hours' experience in an aircraft, when it came to sitting the flight test for the Commercial Pilot Licence I completely froze. Nerves consumed me, I couldn't remember a thing I'd learned and, just to help matters, the examiner sitting next to me had the reputation of being a real tyrant. Not only did I perform like an idiot, I performed like a dangerous idiot! Quite rightly I failed every part of the test. The best bit was returning home afterwards, to find my friends with chocolate all over their faces as they had to hurriedly consume my 'congratulations' cake!

I had to re-sit, but re-training wasn't really the issue. I had to get in control of my nerves. I knew of a dentist who used hypnotherapy with nervous patients, so I approached him

and he was happy to do some sessions with me. In fact, it turned out to be only one session, but the effect it had was incredible to me at the time. I found I could relax quite easily, but I had no real appreciation of how much work was being done. I was talked through every aspect of the exam and it was noted whenever I tensed up. These were the areas that we worked on most. It was really interesting because it wasn't all about relaxation - it was about focus, and I found I could concentrate much more effectively in this state without allowing self-doubt and nerves to butt in! The next test was not only successful but also enjoyable! That was a side effect I really hadn't expected!

Fast-forward a few years and the aviation company was sold and I was made redundant. I had always retained my interest in hypnotherapy from this experience, and had referred other nervous exam candidates (and passengers!) for treatment. I saw an advert for the LCCH Certificate in Glasgow and applied to join the course. What happened over the next 18 months was repeated experiences of the awesome effects of this incredible therapy.

I am now working in a medical centre in Edinburgh, a private clinic in Kinross and The Old Course Hotel in St Andrews. My two main areas of interest are directly related to my early experience - flying phobias and sports performance. I use my background in aviation to offer an empathetic approach to flying issues, and I can draw on my 'stress makes you doubt everything' incident to help athletes in events.

I specifically work with professional and amateur golfers (hence the base in St Andrews!) and this work is often about increasing focus and minimising the inner critic. I have created a session structure that uses a variety of hypnotic techniques (dissociation, hallucination and eyes-open self-hypnosis are some examples). This is combined with practical exercises on the course to work on focus. The recent LCCH Masterclass with John Edgette was a real treat as I draw a great deal from his work in my sessions.

This work is immensely enjoyable, always interesting and often rewarding. A recent client, who came to me with a fear of flying, has now started training for his Private Pilot's Licence! His only complaint was the cost of his new found passion!

BOOK REVIEWS

Have you read a book lately that you think everyone should know about?

Write a review of about 800 words and send it in to the
LCCH NEWS for publication in the next issue.

Send your reviews to:
sjanie.hugo@lcch.co.uk

NEWS FROM EXETER



CHRISTA MACKINNON,
LCCH course director for the
South West writes:

In the last few LCCH News I mentioned that the Exeter LCCH team is proud and fond of the many students who attended the courses over the last eight years in Exeter, and who have put their acquired skills to good use, changed their lives in the way they

wanted to, gained much confidence during their studies and are currently practising all over Devon, Cornwall, Somerset and also in Hampshire and Gloucester.

We have introduced some former Exeter students in the LCCH News over the last two years and we continue this tradition in the current edition. This time we introduce Brigid Reilly, who utilised her skills in a very creative way to help her nine-year-old son Huckle. The short piece about another former Exeter LCCH student, John Hempstead, provides insight into what can be achieved when somebody really focuses on 'making the most' out of the opportunities now available to Hypnotherapists. The other former student, who needs to be given some space on the Exeter pages, is Aleksandra Kendall. Alex decided to go to Sri Lanka after the Tsunami devastated vast regions on this beautiful Island to help in whichever way she could.

I am taking some time out this year from running courses at Kamdaris, partly to write, but also to set up a trauma-response team. The only course I will be offering this year at Kamdaris is the 'Healing the Divided Self: Shamanic Soul Retrieval and Integrative Therapeutic Healing' training in October 2005. This 4-day residential course carries Masterclass credits. If you are interested please email: kamdaris@btopenworld.com or phone us on 01822 853086. Booking on Kamdaris courses should be done early as places are restricted.

I wish you all a great summer!

ADAPTING HYPNOTHERAPY FOR CHILDREN By: Brigid Reilly

One of the joys of hypnotherapy is in its versatility. I've had a client who declared she couldn't be hypnotised and another who was too frightened to close her eyes at all, and being able to adapt my whole technique around them, rather than trying to get them to adapt to mine, meant that both clients entered a deep trance within minutes. But where I personally find hypnotherapy so rewarding is when working with children. You don't get a 9-year-old climbing into your giant-sized therapy chair saying, "You can't hypnotise me, you know!" Children are so open-minded, fun to work with and totally spontaneous. But you do have to be incredibly flexible – and they can spot a flaw in your therapeutic navigational skills a mile off, even if they don't tell you. With children, the versatility of hypnotherapy shines like a glorious 100W Noddy light in the dark. You can adapt just about any script or technique for children. Just so long as it's that way around.

Funnily enough, one of the most rewarding sessions I've ever had with children was with my 7 year-old-son, Huckle. He'd spent so long reacting to his bossy 11 year old brother by tutting and looking heavenward, that the looking-heavenward bit became a habit. He'd be talking to me and suddenly, whoosh, up his eyes would go. At first, I took the laissez-faire tack. But one day he came to me in tears saying that he now couldn't even read a book, because the moment he focused on the words, his eyes would shoot off the page and then it would take him another minute to find his place again. He asked me to "fix it" with hypnosis, so I picked up the gauntlet and agreed to try.

I decided to start very informally at bedtime by suggesting that we had some fun with the eye movement. After establishing that it was essentially a "stretching" feeling, we moved the stretching movement to his left hand (his choice) and I gave suggestions that the moment his eyes even thought about moving, his hand would immediately stretch and his eyes would relax.

The next day he said his eyes felt a little better, but they were still doing the stretching movement. He asked if we could try again, but this time in my clinic, "like your hypnosis clients," he added. Clearly he felt that I'd been treating him like a second class citizen. So later he happily climbed into my therapy chair and told me that some music would be nice too. Then he said that he'd like to look at my funny whirly machine. So I placed my hypnospiral, which I originally only got for decoration, on the table next to him and he happily sat gazing at it. "It's really cool," he told me approvingly, unable to take his eyes off it.

"Ok, well while you're having fun looking at that," I began, "why don't we just see if we can sort these eyes out, shall we?" He agreed. "Ok, I wonder if you can just go up inside your head for me right now, can you do that?" He nodded. "That's great. Now see if you can find the control room – you know, the place inside your head where all the buttons and switches are to control everything in your body?" "I'm in there now," he replied.

"Good. Just have a look around and see if you can find the controls for your eyes. They'll be there somewhere." "Uh huh, I've found them." His eyes were still open, watching the spiral.

"Now, what we're going to do is have a look at all these controls and see if any need to be changed. But first of all, why don't you just ask your eyes if they feel ok about you doing that today?"

There was a long pause while he concentrated. "Yup, they say it's ok."

"That's great. Now look at those controls for your eyes again, and just notice if there are any which don't look quite right. You'll be able to tell really easily." I waited for a few moments. "When you've found any that don't look quite right, just change them. Maybe you'll have to turn or pull them somehow to make them how they should be. Just do whatever feels right and then let me know when you've finished." At this point, his hands moved about in the air and his face grimaced as he physically struggled with some of the controls until he'd got them how he wanted them. This went on for several minutes and then his face relaxed. "I've done it," he said.

"That's excellent. And just check to see if there's anything else that needs doing for that stretching in your eyes to stop

NEWS FROM EXETER

completely and permanently.”

He responded that there wasn't. He had done enough. He was still mesmerized by the spiral, so I tucked in some ego-strengthening suggestions. For a seven-year-old boy these have to include improved football skills or you won't be invited back, so to speak. Even though his eyes had been open the entire time, I still counted him up to 5 to awaken him.

After this session the eye movements disappeared completely and to date have shown no sign of returning. Instead, I have a 7 year old who now wants me to “do hypnosis” on him to score a hat trick in next week's match. Ah, the joy of hypnotherapy is in its versatility!

Brigid Reilly lives and works in Dorset and can be contacted via email: info@hypnoexcel.co.uk or phone on: 01929-553696



Certificate students 2004

Happy Exeter students after passing their Certificate exams. Congratulations!



RESPONDING TO THE TSUNAMI

By: Christa Mackinnon

I am sure that we were all affected by the images and reports of the devastation caused by the Tsunami in December 2004, which destroyed large areas in Asia and killed and wounded many people. One of our former students, Aleksandra Kendel, decided to act in response to

the event and flew out to Arugam on the East coast of Sri Lanka in January 2005 to help. At the time I contacted all Exeter students on my mailing list, forwarding Alex's appeal for funds. I would like to use this opportunity to thank all of you who contributed.

Feeling a strong pull to do something I decided to create some space in my busy schedule and also flew to Sri Lanka at the beginning of March alongside a friend and with the help of a national newspaper. The aim was to explore whether there is a need for some professional help with psycho-social post-traumatic responses, and maybe to set something up together with Aleksandra.

Spending four weeks in Sri Lanka and being confronted with the aftermath of a disaster on this scale changes priorities and puts all those small issues, which seem to overshadow our lives, into a new perspective. Without going into details I can honestly say that I got more out of the experience than I was able to 'give' to the people of this beautiful island. My experiences range from the heartbreaking over the mind-blowing to the outright rewarding, and I felt humbled by the reactions of the Sri Lankan people and blessed that I was able to contribute something, although on a very small scale.

Spending most of my time at the Southwest coast, working in an orphanage and later at Peraliya refugee camp, I nevertheless met up with Aleksandra in the East for six days. I can only pay respect to her achievements and to the courage she showed by travelling to Sri Lanka to help in the early stages, when the devastation, especially in the East, was at its most disturbing when bodies were pulled out of the rubble every day and when food, water, medicine and electricity was scarce. Aleksandra was involved in everything from food distribution to medical care, from setting up teaching groups in different camps for children, to travelling frequently to Colombo to buy supplies and from helping with livelihood issues to reconstruction of electricity and water supplies. Having seen the area and talked to people I can assure everybody who contributed to Alex's funding that your money was put to exceptionally good use.

The grief and loss are still tangible and it will, in my estimation, take a long time for the country and its people to recover. There are many long-term trauma effects. I have witnessed fear reactions to water and the sea, seen strong grief and despair, and heard many stories of suicides and of the excessive use of coping devices like alcohol and drugs in the camps. The Tsunami scare on the 28th of March didn't help. When I went back to Peraliya camp on the 29th in the morning quite a few families had already decided to leave the coast for good. It was sad to see this set-back in the 'healing process'.

My admiration for the many self-financing volunteers in Sri Lanka who, like Aleksandra, are working tirelessly and very effectively in all those places and on all those issues, which are not covered sufficiently by the Sri Lankan Government and the Charities, is great. I am planning to go back to Sri Lanka in August to get more involved in post-traumatic release work. If any of you are interested in information or in contributing through expertise or funds, please email me at kamdaris@btopenworld.com and I will keep you informed.



MAURICE STERNDALÉ,
course co-ordinator for the
North West writes:

A recent survey carried out in Manchester by a Manchester-based recruitment agency has come up with some rather disturbing news for smokers.

A poll revealed that 80% of firms want smoking banned in the workplace and a large majority would choose a non-smoker for a job if faced with two equally matched candidates.

The result of the survey suggested that opinions are hardening in the wake of the government's plans to ban smoking in pubs that serve food and proposals to ban it in the workplaces.

A total of 62% of employers said they would be put off employing a smoker while 74% admitted they would favour a non smoker over a similarly qualified smoker. The survey seems to confirm the hardening of employer's attitudes towards smokers. Does this show that companies are now expressing a preference for non-smokers, particularly if the job involves face to face contact with customers? In addition to the health issues involved, bosses are aware of the negative impression created by someone smelling of stale cigarette smoke.

They are also conscious of the frequent cigarette breaks and the resentment that these breaks promote amongst non-smoking colleagues and many companies have already introduced a ban on smoking at work.

Under British law it is illegal to discriminate on the grounds of sex, race, sexual orientation, religion and disability. From 2006 this legislation will also apply to age, but there is no legislation to cover smoking.

Personally, I am not surprised at the result. Companies have been very honest and admitted smoking does affect their opinion of potential employees; it is clear that employers do prefer non-smokers.

It's understandable, who wants to employ someone who is at risk of severe health problems, has an unpleasant odour, leaves a build up of cigarette butts outside the building and has to have more breaks? Fewer and fewer apparently.

MEDIA ATTENTION

I was recently approached to go on the new Trisha Goddard show on Channel 5. An offer I turned down! You may be surprised to hear. Or perhaps you think I've gone mad. On the surface this looks like a great opportunity to promote myself, but looking further ahead it's too easy to get associated with something that in the long run creates the wrong impression of what we do. Especially in cases where the programme is pre-recorded and you have no say in the final outcome, with the good stuff finishing up on the editing room floor .

The programme format may have changed but, let's face it, no one is going to wander too far from a format that has brought them to such popularity. Consider the outcome of what may at first look very attractive - we all know someone who has courted instant popularity - and then spent years trying to regain credibility. Anyway I would prefer Richard and Judy, so if either one of you is reading this, one of your researchers can get in touch with Trisha who has my contact details.

SPRING WORKSHOPS

I intend to run a series of workshops in Manchester starting in the spring.

The series of workshops are entitled **More Answers than Questions** and cover a variety of topics on the practice of hypnosis. Places are limited, so for more details of dates, price and venue please contact Maurice Sterndale by e-mail: maurice@5westview.freeseve.co.uk

Attention all LCCH graduates!

If you have a story to tell, such as an interesting case history or a personal experience relating to self-hypnosis or hypnotherapy, please let the LCCH know so we may publish it.

By publishing such success stories (or even unsuccessful ones which might offer valuable insight for other practitioners) we hope to enrich the professional expertise of many other hypnotherapy practitioners.

Tel: 0207-486 3939
e-mail: sjanie.hugo@lcch.co.uk

NEWS FROM PORTUGAL

LCCH INTERNATIONAL News from Portugal - Lisboa and Porto

“ Good news I have” would Master Yoda say.

The centre in Lisbon is running quite well with a new Certificate course starting this month of April. It is the 7th Certificate course we run here in Portugal, can you imagine, in three years time! See the photo below.

But it was the Porto TV station ‘RTP N’ that became interested in our courses, and came to film one day of classes of our group of northern students, in Porto. Amanda Farr was lecturing – so she is a big TV star in Portugal – and Rusa and Vera were interviewed as well as two of our students.

The aim of the reporter was to demystify hypnosis to the broad public, and once more LCCH was news in our country.

Vera Teixeira is our new lecturer. A psychologist born in Paris and raised in Ottawa, Canada, a daughter of portuguese folk who immigrated to Canada in the 60’s, she came back to her origins to finish her Psychology degree, and to marry Victor. She is the mother of two beautiful children and lives in Aveiro where she has her consulting room.

She took her Diploma in Clinical Hypnosis with the first course LCCH ran in Portugal, three years ago. She divides her time between Aveiro, Porto and Coimbra where she works as a hypnotherapist, with a group of high blood pressure patients in a local hospital.

She has proved to be a highly energetic and bright lecturer, and we feel lucky to have her in our team.



Vera Teixeira

Speaking of the Portuguese LCCH team, let us introduce ourselves: Rusa, Vera, Margarida, Inês and Mário Rui; these last three very devoted tutors and supervisors. Hopefully by next September one (or two) of them will be already lecturing.

Margarida and Inês are supervisors and tutors in Lisboa, as well as full-time therapists, and Mário Rui, also a supervisor both in Porto and Lisboa, as well as a hypnotherapist, has prepared all the notes of the course in a Power Point presentation.

Our classes are presented in Power Point, and we find the students are very happy about it. We know that when we experience things in a visual way we absorb the learnings in a deeper and stronger manner. We are also preparing two Masterclasses presented by two former students – the first Masterclasses in the portuguese language – and hopefully they will be presented in the near future.

“May the Force be with us “ Obi Wan would say.
And we feel It around here...in a strong way.



NEWS FROM BELFAST



Cora Elmore
Course co-ordinator for
Belfast writes:

Hello again from Belfast!

Just a few words to let you all know how we are getting on in the new centre.

At the time of the last edition, the Belfast centre was merely a fledgling, finding our feet as it were, and I had to use self hypnosis quite a few times to help me cope with the sleepless nights, as I pondered over whether the citizens of Ireland would embrace this new opportunity on their doorsteps.

I was not disappointed. Six brave students came forward and the first Certificate programme commenced in September 2004.

A very enthusiastic group, three from the South and three from the North, coming from diverse backgrounds, representing the health service/ the voluntary sector and across the civil service. The students I am delighted to say all successfully completed their Certificate course and are now undertaking the Diploma course.



The second certificate course has also successfully been completed, and just like the first group, these enthusiastic students are also currently undertaking the Diploma programme, which commenced in February and at the time of writing the third certificate group is also underway. In the next edition of the LCCH News you will have the opportunity to hear from some of the students.

The next Certificate course will commence in September and we have had quite a bit of interest for places already. So the good news is that word of the college is spreading fast throughout the province.

I would like to thank Margaret Cook, the external examiner, for her support of the students during their exam. I would also like to thank the London Office staff for their excellent and continuous support in getting the Belfast centre up and running.

We have been delighted that so many of the lecturers have taken the opportunity to come over. (Between you and me they seemed to enjoy their visit, but my lips are sealed, I won't mention shopaholics or even alcoholics!)

The course location is proving popular as we have full access to the whole building and are in close proximity to a range of eateries and B&B's.

So to conclude, for now the Belfast centre is laying down roots and will hopefully grow and branch out over the next year or so (Watch this space and sorry for all the metaphors.)

Best Wishes
Cora Elmore
Course Director



NEW titles!



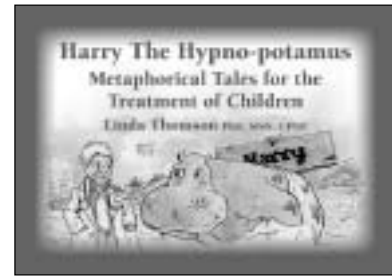
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Harry The Hypno-potamus

Metaphorical Tales for the Treatment of Children
Linda Thomson

Harry The Hypno-potamus is written for professionals who have an understanding of child development and hypnotherapy, and contains metaphors that deal with a variety of physical and behavioural problems. Embedded in each metaphor are hypnotherapeutic techniques that can be used as part of a comprehensive approach to the diagnosis and treatment of certain disorders. These whimsical tales offer a new approach to engaging the minds of young children and offer possible solutions to those caring or treating them. The clinician may choose to either read one of the stories with a child, or adapt the techniques to his own unique style. Some of the therapeutic interventions are very problem-specific; others are more general and can be used for a variety of conditions. This is a charming collection of metaphorical tales, each fully illustrated in colour to engage the attention of the child.



"Harry the Hypno-potamus is a comprehensive yet playful journey into hypnotic language and metaphor. Linda Thomson has created a tremendous resource for both clinical hypnotherapists and parents with stories that are positive and empowering. With its entertaining characters and useful glossary, this book is valuable to anyone wishing to better understand and utilize metaphor. I will be reading these stories to adults as well as children."

Rick Voit, PhD, ASCH Approved Consultant, ASCH Education Committee Chair

10% off – Hardback 128 pages ~~£25.00~~ £22.50 ISBN: 1904424570



The Art of Therapeutic Communication

The Collected Works of Kay Thompson

Edited by Saralee Kane MSW & Karen Olness MD

This is the first volume to collect both the oral and written teachings of Kay Thompson, one of the great hypnotherapists of the 20th century, renowned for her linguistic brilliance, as an international teacher of hypnosis, and as one of the most gifted students of the legendary psychiatrist, Milton Erickson. Her unique abilities with the language of hypnosis entranced listeners throughout the world. An accompanying audio CD contains recordings from some of her most memorable teaching sessions. **An outstanding contribution to the hypnosis literature.**

"Kay Thompson's enormous contributions to all of hypnosis cannot be overstated. Her collected works offers readers the opportunity to learn more than they can even imagine from the multi-faceted talents of this superb teacher, therapist and human being."

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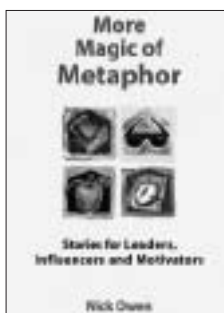
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BOOKS



**TITLE: More Magic of Metaphor:
Stories for Leaders, Influencers & Motivators**

AUTHOR: NICK OWEN
PUBLISHER: Crown House Publishing
ISBN: 1904424414
RRP: 18.99
Softback 335 pages
REVIEWED BY: PAUL JONES

In this second volume in the Magic of Metaphor series we are treated to more of Nick Owen's collected teaching tales. Further to the first volume, the stories are connected by a meta-story that runs through the whole book.

Not only being a collection of very interesting and inspiring stories, the book begins with a short explanation of Ken Wiber's model of "a theory of everything", Grave's "spiral dynamics" (which appears loosely based on Leary's 8 circuit model and Maslow's hierarchy) and the influencer vs. manipulator dichotomy.

These models help us deconstruct the stories and help point to their potential usefulness as well as offering likely interpretations of the messages contained within each parable. Very usefully, a small alternative-contents page lists the stories by theme allowing you to pick certain stories out that explicate various attributes. So, if I want a story that shows a single minded trailblazer, it tells which stories have elements of this in them.

The book finishes with a few very interesting small sections detailing our useful models, spiral dynamics and 'everything' more closely, examining perspective-shifts within these frameworks, a distillation of the qualities of great motivators and influencers.

I found this book to be a bit of a rarity, very useful yet very user-friendly, quite acceptable bedside table material. It will appeal to everyone.



**TITLE: The Sourcebook of Magic: a
comprehensive guide to NLP patterns.
2nd Ed.**

AUTHOR: L MICHAEL HALL
PUBLISHER: Crown House Publishing
ISBN: 1904424252
RRP: 18.99
REVIEWED BY: PAUL JONES

For those of you who missed the 1st edition of this excellent book, there is now a second chance to pick up this modern classic. The premise of the work is that many NLP books are available that contain, within extensive "padding", only a few patterns, some books just one or two. Hall achieves his goal of separating the wheat from the chaff admirably with all the objectivity of a Haynes car manual, leaving this pragmatic work refreshingly academic yet accessible. Like a cookbook it is reference driven allowing the practitioner access to these powerful patterns without the contingency of having to wade into battle against the author's literary aspirations.

What are these patterns?

Most of these patterns are primarily action orientated, simple exercises to be run through step by step with regard to specific ends. The other few are, more fundamentally, explanations of NLP assumptions, such as the principle of well formed outcomes. Hall begins by introducing the reader to an overview of NLP and levels-of-processing that is indispensable, as within the instructions to the patterns he falls back on a few technical concepts without further explanation, such as "test and future pace".

Then we come to the patterns themselves. Organised roughly according to their level of processing, the book allows you to easily select a pattern for your goal. Included patterns are; collapsing anchors, resolving internal conflict, chaining states, becoming intentionally compelled, responding to criticism, healthy eating, spinning icons.....The second edition adds to the first; some simplification of the procedures and a little more detail as to the cognitive / behavioural mechanisms used in the patterns, and a deserved revision of the introduction. In the first (and second) edition, Hall asserts that there may be as many as 200 distinct patterns and surely some that haven't been invented (or that should be discovered?) yet. So I was expecting some new patterns in the 2nd ed., but it's the original 77. I don't know how I would start to define the distinction of a unique pattern (as opposed to a variant) anyway. I find it unlikely that at a computational, cognitive level there are 200 modes of action, so it's safe to assume that all of the building blocks are here for you. Hall hints that, a list of patterns touted as "exhaustive", would promote dogma and stagnate inventive development, through his legitimate assertion that all the patterns are largely prototypical and are easily extended and adapted. Without being overly complex, this book is dense.

TREATING PHOBIAS

Avy Joseph

A phobia is one of the most widespread and recognisable of human experiences. Just about anyone could admit to being 'phobic' about one thing or another. It seems anything could become the object of a phobia. The term phobia has come to cover a wide variety of fears and anxieties. This Masterclass is about the treatment of inappropriate fears relating to specific impulses or events.

This Masterclass will explain how clients think in situations that produce anxiety; how they think about their phobias in ways that stop them moving forward and, perhaps most importantly, how they can work on changing their thinking and resuming their normal lives. This Masterclass will reflect the important role of cognitive factors which generate and maintain phobic disorders, vital in the treatment of phobias, as well as behavioural approaches.

This Masterclass has been developed through extensive work and research into phobias and will benefit therapists interested in specialising in this particular field of anxiety disorders.

SYLLABUS

- Definition of Phobia
- Beliefs and automatic responses
- Social Phobia e.g. public speaking
- Animal Phobias e.g. spiders, snakes
- Blood - Injury - Injection Phobia
- Natural Environment Phobias e.g. darkness, storms
- Situational Phobias e.g. claustrophobia, dental
- Agoraphobia
- Miscellaneous Phobias e.g. foods
- Treatments and treatment plans
- Theoretical perspective

HYPNOTHERAPY AND AUTISM SPECTRUM PERSONALITIES

Dawn Heather

Interventions for empowerment, enablement, anxiety reduction and stress management.

In general, people with Autistic Spectrum Personalities see the world differently. There are discrepancies in their methods of social interaction, which fall under the loose headings of socialisation, communication, and flexibility of thought. For instance, interpretation of verbal communication can be very literal, body language may not be learned automatically, and facial expressions may not be representative of the person's moods.

The frustration that arises from an inability to communicate or to have one's messages understood often results in displays of challenging behaviour. Once this situation takes place the individual's anxiety levels have increased significantly, making it even more difficult for messages to be understood. It then becomes extremely problematical to ascertain the nature of the stressor. The immediate desire for those supporting the individual is to reduce the challenging behaviour to a level where communication can commence, and a solution to the problem may be sought.

The heterogeneity of this population has, historically, made it extremely difficult to generalise support procedures. In this sense, the nature of hypnotherapy, where the structure is therapist led, but the content is patient led, lends itself very readily to the customised practice that is so desperately needed for these individuals. It should be noted that what is being suggested here is that the therapy should be used as a

tool for empowerment and enablement - this is not a cure or treatment.

The self-empowerment inherent in clinical hypnosis has the potential to enable people with Autistic Spectrum Personalities to manage their own stress levels sufficiently well to avoid anxieties escalating to the point where their only method of communication is through challenging behaviour.

The Masterclass is of general interest for Medical Practitioners as well as Hypnotherapists. It looks at the nature of the Autism spectrum, the advantages of an individualised approach, and the contra-indications of using a language based therapy with individuals whose interpretation may be different from the majority.

SYLLABUS:

- Understanding the Autism Spectrum
- Symptom presentation
- Co-morbidities
- Risk assessment and management
- Contra-indications
- Customised hypnosis script writing
- Other hypnotherapeutic interventions

TREATING PMS

Sjanie Hugo

Premenstrual syndrome (PMS) is a cluster of symptoms, comprising of physical and emotional changes that are associated with the second part of the menstrual cycle.

According to some reports, 70 to 90% of women have recurrent menstrual problems. Many experience irregular periods and/or severely aggravated premenstrual symptoms. For some this can be so severe that it drastically affects their lives.

In order to fully understand these symptoms one needs to become aware of the physiological and emotional changes that occur during the cycle. Patients presenting with PMS require holistic treatment, which includes working with unresolved emotional issues – since these are known to disrupt menstrual rhythm and normal hormonal balance.

It is also known that the process of resolving emotional and psychological stress results in biochemical changes in the body. Hypnotherapy can be effectively used to ascertain the underlying causes as well as to relieve stress and other emotional disturbances. Many women also need to begin to understand the benefits of menstruation and the invaluable resources that it offers.

This Masterclass will help you to become familiar with the messages the body is giving through menstrual symptoms and related illnesses. It will also provide you with a treatment protocol and detailed information as to why and how these interventions work.

This Masterclass will teach you a step by step process for helping patients to understand the underlying cause, find resolution and implement the necessary change.

SYLLABUS:

- What is the menstrual cycle?
- The physiological and emotional changes that occur during the menstrual cycle
- Problems associated with the menstrual cycle
- What is PMS?
- What are the causes of PMS?
- How to utilise the cycle powerfully and benefit from these monthly rhythms
- How to relieve PMS using hypnosis
- Treatment protocol – including specialised scripts and techniques
- Application of learning using a case example

EMPOWERMENT THROUGH ARCHETYPES

Lorraine Flaherty

This Masterclass is to be experiential and will allow therapists to develop their own sense of empowerment as well as providing techniques for the empowerment of their patients.

We may think that there are no dragons left to fight, no brave heroes, not a single goddess left.

But we may be wrong!

Perhaps in this century they have just changed their clothes and are hidden from each other - hidden perhaps from our very selves. We can meet these parts of ourselves in dreams and in our unconscious and these parts can help us to change the world to be as we wish it to be!

Our intuition is whispering "we're not dust, we're magic!"

Jung described the archetype as an energy template, a form into which the forces of the universe naturally flow. As part of this universe we are hard wired to recognise these templates and we can move ourselves by way of a process of Individuation, to a psychological quest for wholeness.

It is within the human potential to be all that we can be and more. Connecting to the Goddess/Hero energy enables us to create new thought processes and expand our once limited beliefs. It enables us to go to a place in our minds where anything is possible and dreams really do come true!

SYLLABUS:

- Meetings with the Goddess/Hero (Who are you now?)
- The road of trials (Where are you going?)
- Vision Quest (Why are you here?)
- Magic flight (What do you want?)
- Mastery of the future (How will you know when you have it?)
- Call to adventure (When does it begin?)
- The dream (Who do you want to become?)

WEIGHT CONTROL

Peter Mabbutt

Whether it is through image or health concerns, for many people control of their weight becomes a major issue within their life. They invest a great deal of time and money riding the dieting merry-go-round first losing and then gaining weight in a repetitive cycle without an effective outcome. Consequently dieting becomes a dirty word which the unconscious mind equates with starvation. On completion of the diet the mind and body will often respond by overindulging in the previously prohibited food with the result that any weight lost is immediately put back on again.

Effective and permanent weight loss will not occur through prohibition and restriction of certain foods, but comes about through effective lifestyle change. As therapists it is important for us to acknowledge this and to include appropriate suggestions that will lead the patient towards a healthy change in their lifestyle with the concurrent desired loss in weight.

This Masterclass aims to provide therapists with a thorough understanding of the process involved in hypnotic weight management. We will be looking at the underlying psychology of weight control and at effective strategies that can be employed by the therapist to help the patient achieve permanent weight loss. Even though a majority of weight

loss can be regarded as 'simple' it is important for therapists to be able to recognise and treat weight control problems for which there is an underlying psychological foundation. With this in mind analytical approaches to weight control will be presented.

SYLLABUS:

- Setting achievable goals
- Case history taking
- Physiology of weight loss
- Assessing life style
- Life style change
- Simple weight loss
- Analytical approaches
- Bingeing
- Binge eating disorder
- The use of aversion
- Working with body image
- Improving metabolic rate
- The use of direct and indirect suggestion
- The use of imagery
- Scripts will be given

DISCOVER TIME LINE THERAPY

Richard Walker

What if you had a guaranteed step by step, structured framework to clear stored negative emotions for a client? That means gone - no longer operating in their neurology! Even more than this, what if you could also rapidly cancel unhelpful thought patterns, in the form of limiting beliefs? Properly applied, Time Line Therapy™ can do this. In this Master Class, Richard Walker introduces Time Line Therapy™, and how to use it to take your therapeutic capability to a new level.

Past unresolved negative emotions can cloud and undermine our best attempts at positive thinking. Even worse, they can act like stored stress, laying the foundations for disease. Fears, doubts and limiting beliefs are prevalent causes of problems in achieving what we'd really like. Limiting beliefs are those ideas which we hold to be true about ourselves, others and the world, but which hold us back from being what we are capable of being and achieving. Often these limiting beliefs are unconscious.

Neuro Linguistic Programming (NLP) techniques are at the cutting edge of today's change techniques. Time Line Therapy™ originates from NLP, developed by Dr. Tad James. In this one-day class, you will discover how you can apply Therapy™ to rapidly clear past negative emotions, and remove fears, doubts and limiting beliefs. You will also learn how to set goals in a way that they must happen. These techniques have been successfully applied in a wide range of fields including business, health care, sport, therapy,

education and the performing arts.

Richard explains the process of behaviour change and healing with Time Line Therapy™ within the context of known modern quantum physics.

SYLLABUS:

- Elicit the time line
- Travel on the Time Line
- Discover the root cause of presenting problems
- Release negative emotions like anger, sadness, fear, hurt and guilt, quickly and easily
- Undo limiting beliefs
- Learn the secret to designing your future

This is an excellent opportunity to find out how this technique could significantly help the way you operate with hypnosis and NLP.

THE LECTURERS

TREATING PHOBIAS



Avy Joseph, *MSc, FBSCH, FBAMH*, is an experienced hypnotherapist and psychotherapist. After earning a degree in Mathematics, Avy then qualified as a counsellor working for many years in training and development. As Development Director for the LCCH, he then gained his Masters in Cognitive and Behavioural Therapy. Avy is a national and international lecturer and has private practices in Central and South West London. In addition, he manages joint research projects for the LCCH and The Heart Hospital, London, and heads The Mary McCallum Scholarship. Avy is a Fellow of the British Society of Clinical Hypnosis, a Fellow of the British Association of Medical Hypnosis and is registered with the British Association for Behavioural and Cognitive Psychotherapies and the United Kingdom Council for Psychotherapy.



TIME LINE THERAPY

Richard Walker, brings a unique combination of passion, humour and ability - as a physiotherapist, and trainer in NLP and hypnotherapy. Richard is one of only a handful of accredited trainers in Time Line Therapy™ in the UK, having studied with its originator Dr. Tad James. He has clinics at his own office, at Spectrum Health Trust and, recently, at a major GP surgery. Richard is also a qualified and experienced practitioner, lecturer and trainer in clinical hypnotherapy (at the London College of Clinical Hypnosis and local colleges); certified Trainer and Master in Neuro Linguistic Programming (NLP); qualified as a Life Coach with the Life Coach Group (member of the CIPD). He lectures at Reading University on environmental psychology, on the MSc Course 'Intelligent Buildings'.



HYPNOTHERAPY AND AUTISTIC SPECTRUM PERSONALITIES

Dr. Dawn Heather PhD, BSc (Hons) Psychology, BSCH (affil) is the Director of Research, iSentry Health and Social Care, developing intelligent solutions for evidence based practise in long term care. Since 1995, Dawn has been researching Autistic Spectrum Disorders, and was Principal Research Officer for the EC funded Biomed research into services for people with ASDs across the EU (1997-2000). As an expert in Autistic Spectrum Disorders she is currently in the process of looking at Clinical Hypnosis as a tool of empowerment and enablement to work with Autistic Spectrum Personalities. Dr. Dawn Heather has published widely including recent publications for: Glasgow International Conference on Autism 2000 and The Social Brain Inaugural Congrex, Alexandria, Egypt 2002.

EMPOWERMENT THROUGH ARCHETYPES



Lorraine Flaherty, DHyp PDCHyp MBSCH is a practising Hypnotherapist and NLP Practitioner, specialising in Motivational work, Weight Loss and Past Life Regression. She has been involved in the world of personal development and change for over 20 years. She believes in a holistic approach - working with mind, body and spirit and has travelled and studied in key energy centres around the world, tapping into powerful sites in India, Egypt and Peru. Her main interests are Shamanism, Reiki healing and Goddess Energy. She has a private practice in South West London and is currently training to lecture at the LCCH.

WEIGHT CONTROL



Peter Mabbutt, FBSCH, FBAMH originally trained in Psychopharmacology, and has spent over 20 years undertaking research in the field of anxiety-based conditions and their treatment. As well as heading the team responsible for updating the LCCH courses to incorporate new techniques and research, Peter lectures on the therapeutic applications of Clinical Hypnosis to the medical profession both nationally and internationally. He is Clinical Hypnotherapist for the hospital based Health Education and Lifestyle Therapy for Hypertension (HEALTH) initiative, and is the Literary Editor of the European Journal of Clinical Hypnosis. Peter holds a particular interest in the use of Psychoneuroimmunological techniques within hypnosis, and is a founder Fellow of the British Association of Medical Hypnosis.

TREATING PMS



Sjanie Hugo B.A, D.Hyp, PGD.Hyp qualified with a Bachelor of Arts Degree at Rhodes University, South Africa. She began her studies with the LCCH in 2001 and is now an assistant lecturer and part of the LCCH head office team in London. Sjanie has a particular interest in all areas of women's health. Prior to her training with the LCCH she worked as a website and graphic designer, and is now responsible for producing the bi-annual LCCH newsletter. Sjanie is the Managing Editor of the European Journal of Clinical Hypnosis.

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