

# in a moment...

Official Newsletter of the South African Institute of Hypnotism cc & the Mastermind Hypnotherapy Training Centres cc

DECEMBER 2009

## OPENING WORDS...

Dear Members, Students and Friends,  
I am not sure about you, but my year could not have been longer than 3 months - and we crammed 12 months of work into it!  
It has been a turbulent and satisfying year, which welcomed the huge number of new students. I know we are doing something right and trying not to make it sound like a speech at the Oscar's. We could have never have accomplished what we did without the input of some key people. Bev is holding the administrative side together with a diligence that I truly admire. She had many compliments for this from students and members, and **Bev**, here comes another one: YOU ARE AMAZING! THANK YOU!

Did you know that the SAIH web site is ranking number one on Google for the last year, at least? This, besides its user-friendliness, accuracy and information value, is entirely the work of **Wendel**, who set the site up in the first place and has maintained it ever since AND completely on voluntary basis. He also brings amazing depth to the lecturing and catches us often with his dry wit. Thank you my friend!

I am truly blessed with the many wonderful people I have met through SAIH. **Eugene** keeps astounding me with his insight and passion. As our new official SAIH representative, he is busy setting up contacts for us to meet colleagues in India when we visit there in December. He has provided me with a decade worth of literature, audio books and MP3 lectures and always seems to find the time to stand by me with his professional input. Watch this space, I think he is just starting out.



Many of us made a new friend in **Michael Ellner**. Michael had the fortune to have a real African experience coming between a mother and baby rhino while staying with Tom. I really would like to thank Michael for making the long haul to teach us. Michael's uncomplicated and unassuming approach

to therapy is surely something which some of us want to incorporate. I guess you can't beat experience! Thank you Michael!

We have to have a newsletter more often. I have so much to share I could go on and on. But would rather you keep your interest and read some of the remarkable contributions from our members below.

But I simply cannot wrap up without thanking **Tom**. Tom is special, a first-class therapist and lecturer, who deeply cares about coaching our Johannesburg students - we can't wait to have you here in Cape Town for the Past Life Regression course in March.

Let's carry on making a difference . . .

*Candice Kleui*



## IN THIS ISSUE

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## MICHAEL ELLNER IN SOUTH AFRICA

During October we had international speaker, Michael Ellner doing speciality workshops on Quantum Focusing in Cape Town and Johannesburg. We look forward in inviting Michael back to South Africa in the near future! Here are photos of the groups:



## HYPNOSIS BENEFITS IMMUNE SYSTEM

The flu is expected to reach more people this year compared to the average flu season. There are many uncertainties this year due to the H1N1 influenza virus. The Centers for Disease Control (CDC) says that the H1N1 virus has caused the first pandemic (global outbreak) of influenza in 40 years. The World Health Organization (WHO) believes that H1N1 is going to cause more people to get sick, more hospitalizations, and more deaths than the average flu season. Research has shown that hypnosis can improve the immune system and improve the body's functioning.

According to the CDC, timing is uncertain. In past flu seasons, the outbreak has reached its peak in the months of January and February in the United States. However, the H1N1 virus caused sickness, hospitalizations, and death during the summer months, which is highly unusual. It is not known when the virus will reach its peak and how long it will last. Due to this uncertainty, people must be proactive about building their immune system to combat the flu.

Research performed at Washington State University in Pullman found that hypnosis strengthens two different types of immune cells that fight off disease. Sixty-five students participated in the study. Thirty-three participants were highly hypnotizable and responded well to hypnotherapy induction. Thirty-two participants had difficulty achieving a hypnotic state.

All 65 participants were randomly assigned into 3 separate groups. One group received hypnosis, one group received relaxation therapy, and one group served as the control group and received no form of therapy or treatment. Results showed that the participants who received hypnosis displayed a jump in 2 important types of white blood cells. Those who were highly hypnotizable and received hypnosis showed the greatest increase. This shows that hypnosis can help people boost their white blood cell count and thus boost their immune system and better enable themselves to fight off disease (Ruzyla-Smith).

Researchers from Ohio State University have determined that hypnotherapy can prevent the immune system from weakening due to stress. Hypnosis helps strengthen the immune system through relaxation. For people who worry a lot, are anxious, or are easily distracted, hypnosis helps them calm down so that their immune system does not weaken due to the stress. When hypnosis is induced in a person, relaxation techniques are used. Stress is a main contributor to a weakened immune system. Hypnosis acts to increase positive thinking through suggestion while using relaxation techniques to decrease stress (Holland).

It is important to keep your immune system strong so that you are able to fight off disease and viruses. Using hypnosis and eating healthy foods can help you keep your immune system strong through this pandemic. Reducing stress and increasing your white blood cells can greatly increase your odds of not getting the flu this season.

[http://www.naturalnews.com/027405\\_hypnosis\\_immune\\_system\\_hypnotherapy.html](http://www.naturalnews.com/027405_hypnosis_immune_system_hypnotherapy.html)

[www.facebook.com/home.php?#/group.php?gid=167280526025](http://www.facebook.com/home.php?#/group.php?gid=167280526025)

facebook

Members are invited to join the SAIH group on Facebook. Thanks to Troy Robbins and Sheryl v.d. Hoef for setting this up. Members and students can join and offer contributions.



Fahrin Mamdani

## SAIH IN TANZANIA

Recent SAIH graduate: Fahrin Mamdani

Here's something about my studying experience at SAIH and some future plans...

Studying at SAIH was one of the best learning experiences I have had. Hypnosis is a very useful therapeutic tool and I feel that it

is not something that cannot be taught theoretically. All the instructors - yourself (all the modules), Vic (auto-hypnosis and CC1), Wendel (CC3 & CC4), Tom (Past Life regression) and William (who came for a little while during CC1) used the principles of experiential learning extremely effectively. Through the practice sessions in class, I learnt a lot about myself, which in turn now enables me to understand others better.

I recently graduated with a degree in Psychology and in my opinion, modern psychotherapy, due to lack of time (on the therapists' part) and financial resources (on the clients' part), has unfortunately become more of a damage-control mechanism and tends towards putting a "plaster over a crack" and curing the symptoms rather than the cause of the symptoms. It is my belief that using hypnotherapy, therapists will be able to effect long-term individual change by addressing the cause of the symptoms. It is my humble hope that I will be able to touch lives in a positive manner with the tools and knowledge I gained at SAIH when opening my new practice in Tanzania.

## SAIH IN INDIA

Claudia and Eugene are meeting with Dr J.P. Malik whilst touring India in December in order to discuss the possible affiliation with the Indian Hypnosis Academy, which is the leading hypnotherapy institution in India. We might come back with some strange stories to tell as we intend joining a course to see how it's done by the Indians.

**"Now concentrate on my two fingers and all... and all..."**



INDIAN HYPNOSIS ACADEMY

Towards Divinity & Infinity



## NEWS FROM IMDHA



Minimum certification hours raised: Increasing the minimum requirements for certification was presented and discussed, at the IMDHA annual school owner's meeting and advisory board meeting. We are in agreement that preparing new

practitioners to do good work begins with you. While successful completion of your course enable's one to be Certified, there's so much more we can do The demand for more comprehensive training has fallen on deaf ears far too long. With this in mind we are happy to announce an increase in IMDHA's educational requirements for Certification. This will allow you (our instructors) to better prepare new practitioners to integrate with referring professionals.

The new requirements will commence in 2010 and continue over the next 5 years. Each year the minimum requirement will be raised by 20 hours respectively. For example: In 2010: 140 hours = 130 classroom hours / 10 homework, research, internship etc. In short the harvest of our efforts will find the total educational requirements elevated to 220 hours at the conclusion of the five-year plan.

**Signed: Robert Otto**

## NEW MEMBERS



Isabel McCluskey

*Recently added to our membership list: **Isabel McCluskey**. She studied and taught overseas, is incredibly knowledgeable in NLP and skillfully includes this with her Hypnotherapy practice which some of us had the privilege to witness when she gave a demonstration at our practice evening in November.*

This is what Isabel has to say about herself: I graduated from the University of Glasgow in 1990 with a Bachelor of Science in Chemistry and went on to become a successful high school chemistry teacher.

In recent years I have been involved in the development of new science resources and the introduction of the nationwide "curriculum for excellence" in Scotland as well as delivering in-service courses on educational techniques.

I got interested in NLP and hypnosis in 2003 and then went on to train as a practitioner of NLP, Hypnosis & Time Line Therapy® Finding the techniques useful for education I subsequently trained in London as an accredited trainer of NLP and of Hypnosis. I am currently training to become a trainer of Time Line Therapy® also. I have used my skills in education, personal development, therapy and training successfully in the UK and made the decision to make a major change in my life and moved to South Africa last year.

Neuro-Linguistic Programming has been described as waking hypnosis, we can do the same job without the need for formal trance and gives the practitioner a variety of tools to allow them to get to the root of the problem and change it.

I wouldn't say I specialise, I deal with all kinds of issues using a variety of techniques, not just hypnosis. So far these have been issues surrounding negative patterns, self esteem, confidence, chronic pain, performance anxiety & exam stress to name but a few.

My sister and I run a company called Spiritual Living dedicated to the spiritual education and empowerment of ordinary people. We operate from our offices in Plum Park Office Park, Plumstead. We try to bridge the gap between the corporate world and that of the esoteric.

We offer one to one sessions, workshops and certified courses in NLP, Hypnosis, Time Line Therapy®, Spiritual Parenting, Mediumship, Celtic Shamanism, Firewalking and teacher in-service courses as well as team building and empowerment seminars.

I look forward to working with everyone I meet through SAIH.

### Recent SAIH graduate: ARNO STADLER

The hypnosis and hypnotherapy studies have been an incredible journey for me this far. Since my certification, I have been focusing on attracting lots of cash paying clients, and although I am not nearly seeing as many clients as I would like to yet, my numbers are steadily increasing. With every client I focus on ways to improve my sessions. Currently my marketing consists primarily of advertising in the local newspaper, though most of my business comes from existing clients telling their friends and family about me, also doing rapid and instant inductions at social gatherings, demonstrating some 'fun'



Arno Stadler

aspects of hypnosis.

I am continuously in "hypnosis-mode", which means I am looking for opportunities to use and practice my skills, following are some recent accounts of this in action:

About two weeks ago we had a social gathering (my sisters engagement party), at the Kitchen-Bar of William Nicol Dr in Fourways. Now anybody that has been there will attest to the fact that their restrooms are upstairs, and to get to it you have to go up these see-through glass stairs. Just a few minutes after arriving my sister and fiancé (Reinnett) decided to go to the restroom. I was surprised to see Reinnett back at my side within a minute saying "I'm not going up there". So after 30 minutes or so I decided to take her myself, going up these stairs turned out to be a challenge, her fear of heights was kicking in so profusely that every step was a painstaking process, clutching my hand with a sweaty palm.

After eventually getting back to our seats I decided it was time for a bit of hypnosis. Taking an "innocent" stroll outside, I did a rapid induction, a couple of suggestions and a bit of imagery around her fear (taking about 3 minutes). Later on whilst holding conversation with one of the guests, I looked over my shoulder just in time to see Reinnett go up those stairs like a rocket, her decent a minute or so later, so quick that I missed it.

The power of hypnosis was beautiful illustrated recently when we had a bit of a get together at my house, mostly family and friends. My sister cut her-self whilst cutting a bread roll, there was blood everywhere, she turned white with shock and was standing over the kitchen sink, blood gushing from her palm. I went up to her and started talking to her in my hypnotic tone (which by this time is a very powerful trans-induction anchor for her since I have done some hypnotherapy work with her), holding her, and allowing her to close her eyes whilst giving suggestions and a bit of imagery, (on stopping the bleeding and fast healing) as I kept my eye on the cut, the bleeding got less, and then just stopped, totally surprised I looked into the gaping wound, no blood coming from it (not even a drop), I then bandaged it for her and explained that she'll need to get to the 24 hour clinic to get it taken care of.

Finally I would like to thank everybody again (like I did in the Google group), Tom, Claudia and Bev your assistance has made the world of difference and your level of competence is an inspiration. To my group, thanks guys, I believe you are all very capable hypnotherapists. To everybody else that contributed, Thank you!

### Recent SAIH graduate: BRIGITTE BOWLES



Brigitte Bowles

This past year and a bit has been an amazing journey for me. It has been one of self discovery amazing enlightenment and huge growth. I finally feel that I have "grown" into my own skin and my feel like I have found a way to help others and myself in the most powerful of ways.

It is hard for me to say how I feel right now, the skills and knowledge that has been taught throughout my studies with SAIH are effective and powerful. I am grateful for the opportunity that I now have to get out there and be a part of the big world and make a contribution to it. After completing cc1-3 I was not sure if I was ready to take the exam in cc4, and then that was over and then came the cc100. I was at first reluctant to start the process, but as I mulled through it and slogged through the questions I learned so much more than what was given to us in the weekend courses of cc1-4. Once the understanding of the information came along with having to explain it in the answer format of the cc100 it was easy to combine the lessons with what Tom taught in the classes and I have been able to apply these learning's to my sessions and in turn

the sessions themselves have started to improve, become more powerful and effective. At first I believed there was nothing significant about the cc100 and it was just there to annoy me and now I am grateful I stuck with it and went through it with an open mind.

I would like to take this opportunity to thank Tom for all his teaching, his infectious passion for hypnosis and the lessons which I take with me and share in my own sessions. Tom you are truly a fantastic teacher and library of knowledge. Thank you again, it is a remarkable thing you do. Also to you Claudia a big thank you, doing the group hypnosis course with you really put a lot of the information into perspective for me and I gained a huge understanding about suggestions and how to really use them in writing the scripts. This understanding of the suggestions and how they are formed makes it easy to be able to word the scripts in a client centred fashion, they now seem to bubble out of nowhere and catch me by surprise.

As for the future now that I have my certification? I am looking forward to the journey that I am now embarking on. What does it hold for me? I don't know just yet and that is part of the beauty of life. I am however looking to get started with putting a weekly group Hypno-Meditation course, I think this will mainly follow in line with my spiritual beliefs and in them allow for people to reconnect with their inner strength.

I love the fact that we have the ability to use our minds to overcome pain and have the ability to induce anaesthesia. I am very passionate about this side of hypnosis, in fact one of my case studies was hypnodontics. I am therefore playing with the idea of doing some work with burn victims, to alleviate pain and discomfort. I have seen the pain these people are put through in treatment and if I can help in any way big or small to help them ease the pain they go through by teaching them how to use their minds to control the pain, numb the pain and to heal their bodies faster and more effectively than with standard medicine alone I am going to. I would also like to help the nurses and doctors who help these patients. This was a thought that came with a dream, I am sure you know the one, a dream so real and so vivid that you wake up panting and in a cold sweat?

For now I am happy to gain as much experience as I possibly can to help me become a better therapist and to heal and grow with my clients. Hopefully one day I will be able to pass the knowledge and experiences that come my way with others. I love what we do with a burning passion and am humbled and in awe to bear witness to the absolute limitlessness of the human spirit and the human mind. It blows me away every day and I am honoured to be a part of it.

## MEMBER BENEFITS

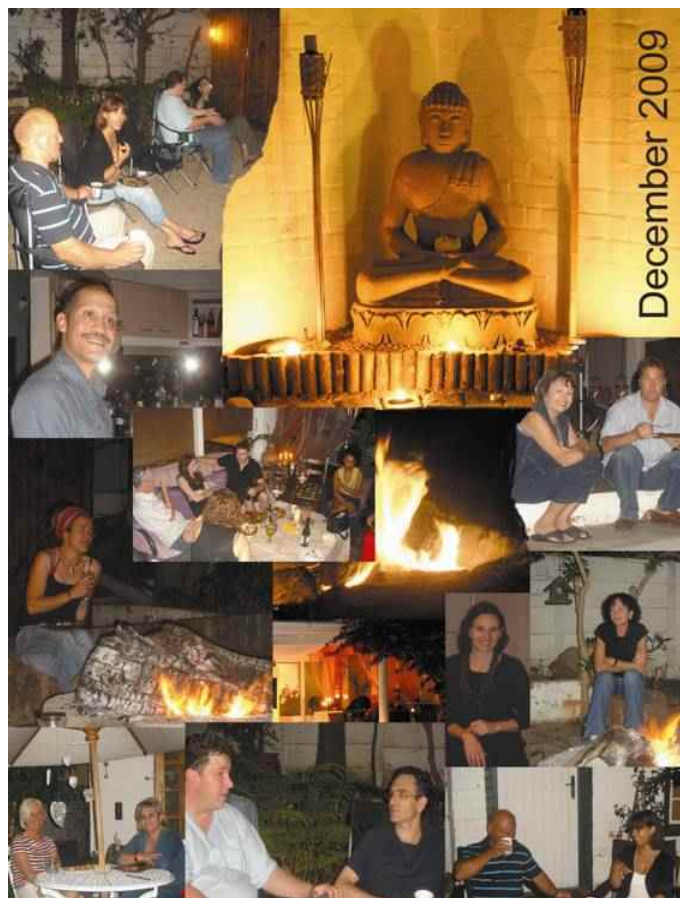
- A certificate of membership
- Annual licence certificate and licence card
- Renewed Code of Conduct
- Invitations to get-togethers and networking events
- Reduced rates for repeat attendance of existing courses
- Exclusive access to advanced training
- Generic advertising and option for joined advertising
- Telephonic access to instructors
- SAIH approved merchandise at discounted prices
- Access to IMDHA, APHP membership
- Standard entry on SAIH referral list website
- The most active referral system in South Africa
- The rights to use the SAIH logo on business cards

### NEW BENEFIT ADDED:

- Paid up members get 10% discount on speciality courses

## SOCIAL EVENT

We had a great turn-out at the SAIH Year-end get together early December. Student, therapists and friends had the chance to network around a bonfire and glass of wine. A very entertaining evening!



## UPCOMING EVENTS

### January 2010

- Cape Town (16 - 17 January 2010) Group Hypnosis, Scripting, Suggestion Sets & Conversational Hypnosis Techniques (CC3/GH)
- Johannesburg (23 - 24 January 2010) Advanced Hypnosis (CC2)
- Cape Town & Johannesburg (30 January 2010) Self-mastery through Auto-Hypnosis (SM)

### February 2010

- Cape Town (6 - 7 February 2010) Basic Hypnosis (CC1)
- Cape Town (13 - 14 February 2010) Analytical Hypnotherapy (CC4)
- Johannesburg (20 - 21 February 2010) Group Hypnosis, Scripting, Suggestion Sets & Conversational Hypnosis Techniques (CC3/GH)
- Cape Town & Johannesburg (27 February 2010) Self-mastery through Auto-Hypnosis (SM)

### March 2010

- Cape Town (6 - 7 March 2010) Past Life Regression
- Johannesburg (13 - 14 March 2010) Analytical Hypnotherapy (CC4)
- Cape Town & Johannesburg (27 March 2010) Self-mastery through Auto-Hypnosis (SM)



## Continued Professional Education

It is especially important in a self-regulated profession such as Hypnotherapy to remain informed, efficient and be competent and confident in the various applications and techniques. It is the responsibility of each and every Hypnotherapist, to safeguard our own profession and the best possible way to do this is simply to be as professional as we can in our practice, our ethics, our skills and our knowledge. Continued Professional Education, "CPE", as it is usually referred to, is an essential part of maintaining these vital standards.

There are other important reasons why we must maintain our professional knowledge and skills base and be seen to be doing so. These include possible future expectations of government bodies, professional indemnity insurance providers and the like. This also brings the opportunities for networking with your colleagues and the satisfaction of belonging to an active and vital profession.

At SAIH we believe that it takes dedication to strive for excellence in Hypnotherapy and we prefer to refer to these efforts as DEDICATION POINTS (which are recognised by IMDHA). Being affiliated to the IMDHA, who always had the rule of 30 annual CPE points and looking for further international associations, it is clearly necessary that SAIH keeps a stricter database on our members CPE / DEDICATION POINTS efforts. **20 DEDICATION POINTS are mandatory for all practicing SAIH members.**

The following table, outlines the many ways in which CPE points can be accrued during a membership year. Every practicing member is required to aggregate 20 DEDICATION POINTS/ CPE each year. We have made the acquisition of points as easy as possible, without compromising the underlying purpose. We have especially gone to some lengths to accommodate those members who live and practice in remote areas, which may make it difficult for them to attend seminars, workshops etc. Newly qualified members will be automatically credited with 20 points to cover their first year of practice, in recognition of their efforts on achieving their qualification. Non-practicing members are encouraged to continue to take part in DEDICATION POINT earning activities, although they are not required to do so.

- SAIH Approved Hypnotherapy Courses as refresher  
SM 8 points , CC1 - CC4: 16 points per module  
CC5 points not offered as refresher
- Speciality courses: 16 points
- CC100 16 points
- CC110 16 points  
(no points for the initial training but 20 points automatically in the year following the training)
- SAIH Approved Seminar or Workshop 1 point per hour attended
- SAIH Approved Conference 1 point per hour attended
- Elected Member to the SAIH Council (Representatives, Project Managers) 1 point per hour on work done for SAIH
- Approved Supervision of Novice Practitioners/ Students 1 point per hour
- Official Practice Sessions 4 points per session
- Approved Press interview 4 points per interview
- Submission of articles (minimum 5000 words) 4 points
- Writing an article of a publishable quality (minimum 5000 words) or submission of recording (DVD) of public talk 10 points
- Contribution for the Newsletter 2 points
- Submitting a detailed case study (5000 words) 6 points
- Submitting a book review (5000 words) 10 points
- Renewal of SAIH membership 2 points
- Independent self-study course on an approved specific topic plus book review and examination 15 points

## Group Hypnosis, Scripting, Suggestion Sets & Conversational Hypnosis Techniques

Focus on the new CC3 / GH

**Duration: 2 days** (see upcoming event for course dates)

Group Sessions provide a setting in which the facilitator creates a safe and desirable environment, where each participant is able to go on his own, private journey, whilst following the specified guidelines to achieve a therapeutic effect on any level for which he is ready. Topics for Group sessions can include: weight loss, smoking, painless childbirth, sleeping disorders, addictions, ego strengthening, or any other topic which the participants jointly require. Hypnomeditation can highlight spiritual and esoteric aspects and does not require to be group goal orientated.

**Course objectives** Conducting group Hypnosis sessions requires the Hypnotherapist to refine his skills, from which he will greatly benefit in one-on-one sessions. Since there is no formal induction, great emphasis has to be given on semantics and suggestions. Group sessions require even greater attention to leaving the "colouring in" of suggestions to the individual, especially in groups with people of different backgrounds, cultures and religions.

The facilitator needs to be accurate in reading the signs of Hypnosis, sensitive to the emotional "whereabouts" of each participant and have the knowledge and confidence to intervene when necessary or desirable. He needs to develop trust in his acute, often intuitive assessment and his ability to act on them. Group sessions are a good way to expand the client base.

The sessions are usually far more affordable and the client may prefer the privacy of his experience, without sharing, discussing or analysis within the group. Whilst many realisations and shifts can happen during these sessions, the client's awareness as to when assistance is needed, is greatly enhanced. Since the rapport already exists and the client understands some of the abilities of the hypnotherapist, many group participants book private sessions as a result.



All members, students and therapists are invited to submit news, snippets or general hypno stuff of interest for inclusion in the Newsletter. Members are also invited to offer some suggestions of other creative ways to earn Dedication / CPE points.

**Mail all your contributions to [eugene@hypnotherapy.co.za](mailto:eugene@hypnotherapy.co.za)**

Disclaimer: The views expressed in complimentary articles that may for time to time be included in this newsletter may not necessarily be the views of SAIH.

Newsletter compiled by Eugene Opperman

