

Hypnoversity

the on-line journal for Hypnotherapy,
Coaching & NLP.



central england college

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NEWS

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Happy Holidays!

Welcome to the last edition of Hypnoversity
for 2009!

In this issue we have articles on two fantastic
CPD events coming up in the New Year –
Substance misuse with John Castleton on Saturday 23rd January, and
Weight Control with Richard Nicholls on Thursday 11th February,.....
timely maybe, given that January sees many people trying (& often
failing) to lose weight and change their eating, drinking and exercise
habits.

We have had some very popular and successful training events during
2009 and there are many new and exciting events scheduled for 2010.
Sadly, some people were disappointed to learn recently that one of our
CPD events has had to be cancelled due to lack of bookings, so if you
are interested in attending a course or workshop, please sign up in good
time to avoid missing out on some excellent learning opportunities.

I hope you all enjoy the final weeks of 2009 and are looking forward to
a well-earned break from work and study. Have a great festive season
and best wishes to you all for a prosperous and happy New Year!

Lorraine McReight

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Focus on.... John Castleton

Starting as a volunteer back in 1982, John Castleton has spent much of his career working in the arena of substance misuse. A chartered psychologist and hypnotherapist, John has not only worked as a practitioner in this field, but has also been involved in managing and developing, as well as evaluating and commissioning substance misuse services. Operating independently now, John sees clients whose substance misuse has resulted in court proceedings. Such clients tend to be at the higher end of the problem scale.

When asked about changes in substance use in the last two and a half decades, John told me that it is constantly changing. "When I started it was about a heroin explosion" John explained "Crack was unheard of." There is, it seems, an increasing availability of a number of substances, and all (including alcohol) are easy to get and relatively cheap. "Awareness of these substances has been raised by the media" continues John "and some of the substances have been around a long time, but didn't get publicity before". An increasing trend, John tells me, is for poly-substance use, which because of the combination of chemicals involved can be less predictable in terms of effects.

As for typical users, there is no pattern. Any stereotypical ideas people might have about "addicts" or "alcoholics" are not borne out by statistics. Problem users come from all backgrounds, races and ages and will have either used substances as a lifestyle choice that then 'got out of hand' or have other issues and are 'self-medicating.' "What they all have in common", says John "is that they are using substances to change how they feel - to feel different." Effective treatment, especially for those with underlying issues, often involves families and needs to include factors such as where they live and how that affects them.

Clients who 'self refer' are most likely to be at the lower end of the problem scale, who are becoming aware that their substance use is causing them – or those around them – difficulties, but they will still need to be assessed by their therapist to work out 'where they are' before treating them. "One of the things that problem users present is behaviours, such as impulsivity, lack of tolerance and frustration, and we can help with this" says John "but any therapist who wants to 'dip their toe in' must have an idea of models of addiction and what various drugs do, so that they can decide what is due to the substance and what is due to underlying problems."

Hypnotherapists, John tells me, can be of great help to substance misusers by addressing any root problems, identifying triggers for behaviour and looking at secondary gains. Cravings too, can be reduced and future pacing employed along with a range of other techniques to support the client in their pursuit of change. It is important, John stresses, that where clients are already receiving help, that liaison (with their client's permission) is established with the other service, so that therapists work in concert, rather than conflict with, other agencies.

As a 'keen but green' therapist in the area of substance misuse, I found my recent conversation with John Castleton both fascinating and enlightening and I am eagerly anticipating his one day CPD event on

January 23rd 2010. John plans to give us insight, strategies and assessment techniques that will equip us to work with problem users, or know when and where to refer on. He will also challenge us to examine our own attitudes to substance use and misuse. Unlike many other areas where we may 'go with our gut instinct' this is an area where most of us could benefit from some solid information and advice that will help us, to better help our clients.

LM



From the desk of the Principal

An overview of the 2009 APHP Annual Conference

As a seasoned attendee of the Association for Professional Hypnosis and Psychotherapy (APHP) annual conference, I thought I'd share my views on the highs and lows of this year's event, at which a happy group of 11 of us from CEC let our hair down, shimmied a little and even learned a thing or two to add to our professional skills.

I was disappointed to discover in Terry Watts' introduction that the two speakers I had most wanted to hear, Kevin Hogan and Jeff Kinsler, both top USA trainers and writers had thrown simultaneous 'sickies' at the last moment. Can't face us Brits eh!

In replacement of Kevin, Terry himself opened proceedings with an interesting presentation based upon his new book - "Broadband for the brain". The idea here is that "We all have enough in the way of resource and mindpower to heal our bodies and resolve many psychological issues".

This was followed by Sanjay Chopra's presentation "Dental Anxiety and Phobia". Many of us there I'm sure, wished that Sanjay was our dentist and that we were treated at the dentist in the caring friendly way that Sanjay and his team care for their patients. We learned quite a lot about how dental fears are caused and may be managed by the dentist and this was interesting. I'd have personally liked to hear more about Sanjay's views on opportunities for hypnotherapy.

John Lawrence is one of the most charismatic presenters around and his talk on Trauma was in turn, humorous, passionate, melancholy and uplifting. As chairman of UKCHO, the UK Confederation of Hypnotherapy Organisations, John could be regarded as the nearest thing there is to being our big boss! He kindly stepped in as a last minute replacement for one of the two USA presenters and unfortunately I'd already heard his presentation at the National Trauma Conference, earlier this year.

Stephen Wilson's presentation on "Understanding Self-Harm and Depression" was most illuminating and presented from the heart. I certainly discovered a lot of useful background information about this area.

The highspot for me, other than the enjoyable company and relaxed atmosphere, was the presentation by Lynda Hudson on "Working with Children". Lynda's book, "Scripts and Strategies in Hypnotherapy with Children" has been published recently and her ideas, which she generously shared, are practical and imaginative.

This is not an area of work that appeals to everyone but I feel sure that many more may be inspired to do so after this talk and those who already work with children will have picked up some valuable new ways of working.

Other presentations were by Michael Mallows "Living Inside Out on Purpose, Steve Johnson "It's Therapy - What can go wrong?" - an insurer's viewpoint and David Landau "A funny Way to Make a Living".

Overall... I was a little disappointed with the last minute changes, especially since quite a few in the audience had heard John Lawrence's and David Landau's talk before - but I still took on board some new ideas, met some new colleagues, some old friends and had fun!

NC



Focus on..... Richard Nicholls

Back in September, on a glorious late summer day, I met up with Richard Nicholls near his Tamworth practice. Over lunch Richard told me of his roots in hospital radio, his enthusiasm for website design and optimisation (he admits to being a 'geek') and his passion for hypnotherapy. With three locations across the midlands at Hinckley, Daventry and

Tamworth, Richard is a very busy man. Without setting out to focus on any specific type of problem, Richard has built up a successful practice specialising in weight loss and anxiety, with well over half his (mostly female) clients consulting him over food-related issues.

With such clients, Richard explains, eating patterns probably won't be discussed at all until the 2nd or 3rd session. Instead he will often spend a long time talking about their past experiences and relationships. "Sometimes the issues can be quite simple" he says "but often they can be quite complex, and for many, hypnotherapy will be explored only after trying everything else. Some may have dieted since they were 9 years old and this opens the door for them, he says. "It seems ridiculous in this day and age", he continues "that the most effective treatment is often the last resort."

An important question that Richard asks his weight-loss clients is '*What exactly is going to be different about your life when you lose weight?*' and the replies he receives reflect a desire for self-esteem, rather than a slim body. It's not losing weight that they want" Richard says "it's being happier or more confident". We chatted about the necessity for treating clients as individuals, a sentiment Richard considers key, and his advice to new therapists is to make no assumptions about clients and to listen to what they say. "We need to create bespoke therapy and mould our therapy around our clients" he says "not mould our clients around our therapy."

As part of his service Richard offers weight-loss clients a complimentary CD to reinforce their one-to-one sessions and also runs a regular support group. This he sees as adding value to his sessions as well as maintaining client commitment. He admits that he puts a lot of effort into attracting new business, placing posters in local shops to publicise his work as well as optimising his website for maximum traffic. Personal recommendation accounts for a good proportion of Richard's client-base too, as do GP referrals. When I ask Richard about his intensive marketing, he laughs and recites the old saying, "The harder I work, the luckier I get"

Richard Nicholls will be running a CPD weight-loss workshop at Central England College on Thursday 11th February 2010 where he will be sharing his expertise in food-related issues and business promotion. With obesity and eating disorders becoming an increasing problem in our society, this could be a very useful event to attend.

A script for calmness, relaxation and confidence for a pregnant woman

By Stephanie Futcher



Thanks to Stephanie Futcher for submitting this imaginative script with some excellent Ericksonian language patterns. If you would like a printable copy in A4 format, please email us at info@cecch.com.

Stephanie is being offered a free place on a CEC one-day CPD event as a thank-you.

Why don't you get your creative hat on and write a script to share with other readers. Any published script will secure for the writer a free day's CPD training.

Please submit your scripts to: editor@hypnoversity.org

Script:

Now, first of all, I want you to get comfortable. Normally people sit back in the chair, but because you are pregnant I want you to do something different.

If you recline you sit on your tailbone and that restricts the pelvis and doesn't give you any flexibility. So I want you to incline your body, sit up and lean forward. You can do this by sitting backwards on the chair – like this – and leaning on the back of the chair, or by kneeling on the floor and leaning on the seat of the chair like this ...

Now, when you are comfortable, just relax and sigh. [Sigh] That's right, everyone knows how to sigh, it is a most natural way to let go of tension. We do it when we feel that at last we can relax. You don't have to sit perfectly still; you can move slightly, change position, and respond to your body, whatever is most comfortable.

Okay, sigh again. [Sigh] That's good. Just let your breath go. Doesn't that feel better? And when you need to breathe in, your body will just do it; you don't have to think about it. Keep breathing naturally and steadily. Close your eyes when you want to.

I want you to imagine that just over your head is a warm cloud of relaxation; it's just touching your head, a warm, soft, comfortable feeling that is slowly and gently coming down, making your scalp relax, slipping down over your brow, smoothing away all the worry lines.

Now the relaxation has reached your eyes, and all the little muscles around your eyes can relax. Your eyes are a way you connect with the world outside, and just now you are turning away, turning inward, so your eyes can relax.

Now relax your jaw. Lots of us hold tension in our jaws. Let yours go. It is fine to let it drop. Keep breathing fully and naturally. You can relax more and more deeply with each breath. Now relax your mouth. Your mouth is another way you communicate with the world. You don't need

to speak or smile now, just let your face go blank, and as your face goes blank so your mind can go blank. Our faces are very sensitive, very full of nerve endings. A lot of your brain is connected to your face, so when you relax your face you go a very long way towards relaxing all over.

Some people hold tension in their tongue. To release that you can swallow and let your tongue lie on the floor of your mouth. [*Sigh*]

That's wonderful. Now the relaxation can flow down your neck, gently over your shoulders, down your arms. Relax your hands. Open them a little to signal you are letting go.

Sigh again whenever you like to help deepen the relaxation. [*Sigh*].

Relax down your back, your belly. You will probably find that when you relax, your baby will wake up and start moving around or kicking. Maybe you are just more aware of it or maybe by relaxing you give your baby more oxygen or more space. Anyway it doesn't always happen but it often does and it's nothing to worry about. You and the baby can just enjoy yourselves.

Just check over your face again, your brow, your eyes, your mouth, jaw, tongue. Let them be soft and relaxed. That's lovely. [*Sigh*].

So the relaxation can flow right down your body from the top of your head to the tips of your toes and your breathing is taking care of itself. Your body knows when to breathe. Your body has a deep wisdom of its own.

Your body knows how to grow a baby, and when the time comes for the baby to leave your body and start a separate life your body will know what to do. All you need to do is relax. You're very good at relaxing. You know how to let go and just allow your body to do what it needs to do.

Feel how nice it is to relax like this and just move a bit if you get an urge, and not have to think or worry about anything. [*Sigh*]

Your body has a wisdom that has been acquired by generation after generation of women growing babies, giving birth, over thousands of years. Even before then, right back through evolution, millions of years of learning how to do it, developing in a way that is perfect for you. You won't need to think about it any more than you need to think about how to sneeze.

Isn't that reassuring, thinking how wonderful and amazing your body is, how much wisdom you can release just by relaxing and making yourself comfortable. And you will be able to relax like this whenever you want to. You can use the sigh and the image of the relaxation flowing, rippling down your body to release your relaxation response.

Even if you are standing or sitting in a way that you can't relax all over you can sigh and let your face go soft and blank. That can be your signal that you are letting go, handing over to nature, trusting your body. Whenever you feel tense or uncomfortable you can practise this, and it will become easier and easier to do.

Now soon I am going to ask you to come out of your state of deep relaxation, and I am going to do this by counting back from 5 to 1. I am going to start now.

- 5: The cloud of relaxation is getting ready to lift and move off.
- 4: You are coming slowly back to your surroundings.
- 3: You are getting ready to be fully roused.
- 2: You can stretch and wriggle.
- 1: When you open your eyes you feel refreshed and alert.

Hello, how are you?

Hypnotherapists are required to maintain their Continuous Professional Development (CPD) to uphold professional learning standards and to meet the requirements of whichever professional association they belong to. Normally a minimum is 15 hours, or two days of CPD during each 12 months period. The following list is of CPD programmes and other training events for hypnotherapists being presented at Central England College during the early part of 2010.

Saturday 23rd January 2010

Working with Substance Misusers – John Castleton

John is a chartered psychologist, hypnotherapist and member of the British Society for Clinical Hypnosis. Founder of "The Warehouse", a midlands charity which supports young substance misusers, John provides an introduction to working in this area as well as strategies for supportive assistance including hypnotherapy and NLP. A certified course that provides valuable insight for hypnotherapists.

See article on John Castleton earlier in this issue

Thursday 11th February 2010

Hypnotherapy for Weight Reduction - Richard Nicholls

One of the UK's most likeable and accomplished hypnotherapists, Richard works with a small, well respected group of therapists in the midlands. On this course he will be including the very popular "gastric band Hypnotherapy" but he stresses that this may be just part of a powerful eclectic approach that can address the deeper issues of what is beneath the client's over eating.

See article on Richard Nicholls earlier in this issue

Friday 5th March 2010

Gambling Addiction – Hilary Norris-Evans

Headlined as the "scourge of the 21st century", on-line gambling has been described by the British Psychological Society as a major source of depression and anxiety. Hypno-Psychotherapist, Hilary Norris-Evans is acknowledged as one of the the UK's leading trainers in this field. The day, which focuses on helping people addicted to any type of gambling, contains a productive mix of theory and practical exercises.

Sunday 25th April 2010

Hypnotherapy & Irritable Bowel Syndrome (IBS) – Michael Mahoney

With a unique perspective of many years of working in alongside doctors in a medical clinic, Michael is the principal of the IBS Register and has developed his own evidence-based system of hypnotherapy treatments to

help alleviate the very debilitating symptoms of this exceptionally common complaint. All of his strategies and scripts are provided to participants, who also have the opportunity to join the IBS Register.

Sunday 20th June 2010

Rapid Cognitive Therapy – Terence Watts

Prolific writer, course developer and therapist, Terence has three published books. "Rapid Cognitive Therapy" , co-authored with George Philips, is one of the most successful hypnotherapy training manuals of all time. His personality profiling system "Warriors, Settlers and Nomads, a main topic if this course is a highly valuable diagnostic tool for all therapists.

Unless otherwise stated courses are certificated and training notes are provided. All courses are open to practitioners of hypnotherapy, NLP, coaching, counselling and related fields.

The fee is £80 per person, per day. Numbers are strictly limited and places can be booked by calling:

Central England College on 0121 444 1110

Full details on: www.centralenglandcollege.org/cpd

To come in future issues:

- Evidence based therapy Part Two – measuring your own clinical performance
- Focus on.... Gambling Addiction Specialist, Trainer and college assessor, Hilary Norris-Evans

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