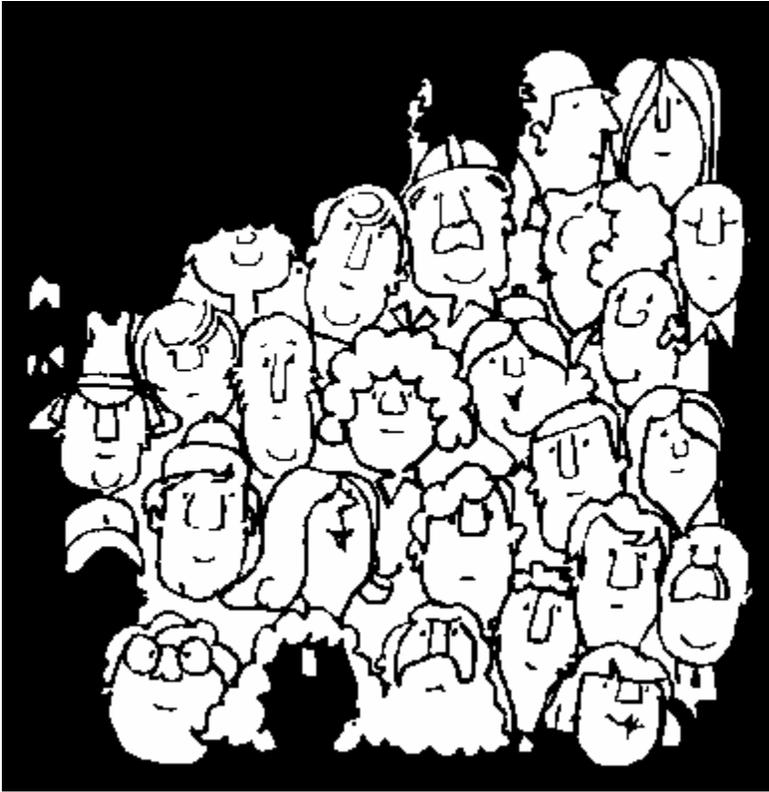


HYPNOSIS HEALS



**Selected case
histories
from
the files**

**of
Professional
Hypnotherapists**

**Edited by
Lisa Knight**

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Introduction

You are invited to enjoy these case histories selected from the files of professional hypnotherapists.

The therapists, from several countries, are members of *The International Registry of Professional Hypnotherapists*, founded by Dr Bryan Knight.

Of course, all identifying details of clients have been changed. Any resemblances to people you know is coincidental.

The cases have been chosen to present an overview of the many issues hypnotherapists deal with. And to indicate some of the various inductions we use.

Inclusion of a case history in this ebook does not necessarily mean that all the authors agree with either the subject or the techniques described by their colleagues.

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Your comments would be appreciated.

Email them to Dr Bryan Knight at drknight@hypnosis.org

Thanks.

BMK

A Good Talent for Hypnosis

Bryan M. Knight, MSW., Ph.D.

<http://www.hypnosis.org>

When a client possesses a good talent for hypnosis therapy is swift, even spectacular.

“Gina” is one such person. Any induction worked wonderfully. Soon after 39-year-old Gina became a client I realised that whatever issue she brought to the office would be quickly resolved such was her amazing talent for hypnosis.

One of the first times she displayed this ability was when she complained of a bad pain in her neck and left shoulder. It seems she’d suffered for years with the neck pain but that day it was particularly paralysing.

A simple induction of slow deep breathing and enjoying her Special Place (a moonlit beach with white horses galloping beside the ocean) quickly took Gina into a relaxed state.

To minimise interference from Gina’s conscious mind, I chose ideomotor signalling. With a finger on her left hand to signal “No” and a finger on her right hand to signal “Yes”, she responded to my questions.

I cannot recall why no finger was designated “Don’t want to answer, yet.” Nor, unfortunately, did I record the exact questions I asked.

But the net result was that Gina’s subconscious conveyed the information that her mother had not been keen on having Gina and that the pain in her neck was related to her birth.

Most importantly, the subconscious readily agreed to release the neck and shoulder pain.

Out of hypnosis Gina recounted that she'd always felt her mother didn't really want her. It was while pregnant with Gina that her mother discovered that the father had sexually abused the eldest of five sisters.

The neck pain was gone. (Seven years later it has never returned).

Was the hypnosis episode a metaphor for feeling that all her life her mother had been a "pain in the neck"? Or did the subconscious actually retain memories of a difficult birth?

Who knows. But Gina did verify with other family members that one of the girls was born with the umbilical cord wrapped around her neck. No one was sure which of the babies this happened to.

Gina's terrific talent for hypnosis meant she was able to enjoy a variety of inductions. So, in a subsequent session, I suggested she count backwards from 100, subtracting 3 each time. Later in the same session, I re-induced Gina with a simple countdown from 10.

This time we dealt with her fear of dogs. This arose from an attack on her by a vicious dog when she was about 7 years old. Her fear was removed after Gina went back in her imagination to comfort her child self. The promise to always protect her child self did not come easily, however. Gina said at first she'd had difficulty believing she would honour the commitment

A month later Gina arrived at my office in a state of "stomach churning anger". This focussed on her business partner, with whom she had a tempestuous relationship. (It was relationship difficulties that brought her to my office in the first place).

I asked Gina to gaze at a small rock in which "Imagine" had been carved. Quickly she relaxed into hypnosis. In her imagination she then destroyed a symbolic image of the anger. And visibly relaxed.

The image was of a kind of iron curtain. Later Gina told me she was well aware that the image represented "all the men in my life -- ex-husband, business partner, father, boyfriend . . ."

We sealed this session with positive suggestions about her remaining calm around the business partner. Also, imagining being in control if there were future conflicts with “Ben.” Gina chose a trigger word to keep herself calm during such confrontations.

The effects of this were remarkable -- for a few months.

Although one suggestion did remain permanently -- to Gina’s delight she became accustomed to speaking up immediately. Previously she had stewed in silence (when she didn’t erupt in anger). Now she responded calmly right away with her opinions when, for example, the boyfriend said something outrageous.

When Gina once again arrived late, tense and angry, I asked her to gaze at a penlight. Along with a 5 to 1 countdown she quickly relaxed into hypnosis and soon felt as though she were “floating on a cloud.”

The penlight induction reminded Gina that one of our earliest uses of hypnosis -- suggestions that she would remain out of hypnosis while driving -- was still effective. She no longer had a problem with highway lights that rhythmically flashed by causing her to almost nod off.

Suspicious that Gina might have been sexually abused by her father finally surfaced. Gina had displayed some of the symptoms of adults who have been sexually abused as children but she had no conscious abuse memories.

One of her sisters (at 49) asked Gina’s forgiveness for doing something sexual to her when she was little. Another recounted her first intercourse was with their brother. Yet another sister recalled their father frequently telling weird stories of his sexual exploits as a young man.

Gina did remember:

- Her father lining up all the daughters and tongue-kissing each in turn.
- Vehemently pushing him away from her on one occasion. [Mother used to “test” her husband by putting him alone with a daughter].
- Being too scared to get up at night to go to the toilet in case the father repeated the time he invited her to watch him urinate.

- His court conviction for assaulting Gina's eldest sister.
- Seeing him in a neighbour's basement with a little girl (activity unclear).

Once again we used the penlight as an induction. At first she enjoyed the image of a horse in a field. Then I asked the subconscious to present something connected with the issue that Gina wanted to look into.

After a little while (and a lot of facial grimacing) Gina said she had no images but her hands felt huge while her feet felt tiny.

Then, just as I was going to ask her subconscious a question, she began to cry, leaned forward and said "there's a pressure on the back of my head, pushing, pushing . . ." Gina was terrified.

At her request, I gave her suggestions of calmness and self-control.

Out of hypnosis Gina recounted how one day she'd decided to go out in the middle of winter, evidently without boots or hat. When she returned, sloshing through the snow, her father lost his temper, yelled and chased her.

Threatened to kill her, she said, ironically because she might catch cold!

This conscious memory continued with her hiding in the bathroom. Father kicked the door in, grabbed Gina, tore off his belt and beat her. He badly damaged her back.

But, to Gina's relief, there was no recollection of sexual abuse.

In subsequent sessions Gina enjoyed her awesome talent for hypnosis to solidify her career goals, enhance relationships and gain relief from insomnia.

Bryan M. Knight, MSW, PhD.
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Cancer and the Subconscious

Yvonne Schwab

In May of 1999, I met “Cindy” for the first time. She had been diagnosed with cancer of the lymph nodes in the throat and was concerned because her surgeon had indicated that he was going to remove all the lymph nodes in her throat. She had scary dreams and thoughts of her throat being cut from one side to the other.

During the “pre talk” portion of the session, we discussed her options at length—she could decline the surgery and let nature take its course, she could utilize alternative health remedies, or she could use the power of her subconscious mind to assist her in getting the best results from her surgery.

She opted for the third process. We discovered that a major part of her concern with having the surgery was that she only had cancer in one of the lymph nodes, yet her doctor was planning on removing them all.

She and her family had done quite a bit of research on surgeons, and found that her doctor was one of the best in his field ... and the best in the area, but this did not help her to feel better about his lack of bedside manner.

She also had concerns about pain, and about scarring on her throat ... according to the doctor, one slip of the scalpel could eliminate her ability to smile and “I’m a smiler”, she said.

After assisting Cindy to achieve a deep state of relaxation, I invited her subconscious mind to become open and receptive to the positive suggestions I was giving it.

I suggested that Cindy could trust her doctor to do the best possible job for her, that he would only take the lymph node with the cancer in it, and then when the surgery was complete, her body would be free and clear of all cancer cells.

I also suggested that the incision would bleed only as appropriate to cleanse the wound and that it would heal very quickly without scarring. I

suggested that unless there was a need for medical attention that there would be no need for any discomfort. I also expressed that her body's natural ability to heal would be accelerated and that she would heal so quickly that the nurses would be amazed by her powerful healing ability.

I repeated all of these suggestions on an audiotape that was about 15 minutes in length and which included an induction (relaxation).

Cindy had a vacation scheduled before her surgery, so she took her tape along and listened to it twice a day for a little over two weeks.

She returned from vacation to have her surgery, which was scheduled on a Thursday afternoon. When she came out of the anaesthesia, she asked her doctor how the surgery went and when she would be released from the hospital.

He informed her that he took the lymph node with the cancer and one that was so close to it that it was touching the cancerous node, and he left all of the others intact. The surgery didn't require him to go anywhere near the muscles that control smiling, and he was pleased with the way the surgery went.

He then told her that the soonest she would be able to go home would be on Monday evening, yet on Sunday afternoon, I received a call from Cindy telling me that she was home—apparently the nurses told her she was “far too healthy to be in their hospital, and besides, they needed the bed.”

Two weeks later at her follow up visit with the surgeon, he ran some tests and when the results came in, he declared her to be “free and clear of all cancer cells”.

What I feel is especially wonderful about this story is that Cindy was my very first client.

She was extremely receptive to hypnosis because she had used it 25 years earlier to stop smoking with great success. She also was very motivated to assist in her healing process and therefore had great results.

I look back at this session with such great gratitude to Cindy for giving me a chance to work with her when I was a virtual novice. The results that she achieved from doing this work were so dramatic that I knew I had found my niche—not only a career field, but within the field itself.

A good portion of the hypnotherapy I do is for pre and post surgery, as well as the alleviation of side affects of vigorous medical treatments such as radiation and chemotherapy, pain management, and enhancing the childbirth experience. All of this came out of the work I did with Cindy.

In the next case study, I'll illustrate the success of hypnotherapy in alleviating the side effects of radiation therapy when Cindy went through a 30-day course of treatment later in 1999.

Case History **Cindy P. part 2**

After Cindy's doctor declared her to be free and clear of all cancer cells, he told her that if she went on a course of radiation therapy, her chances of continued good health and freedom from cancer would increase from 80% to 90%.

This presented a challenge to Cindy as she was also made aware of the side effects of radiation therapy, and she just plain didn't want to do it. She felt the quality of her life was being interfered with.

Her family put quite a bit of pressure on her to go through with this course of action and after about a month of discussions she decided to do it. She called me before beginning and we planned how we could go about making the process as comfortable for her as possible.

First and foremost, she realized that she had to come into an accepting place where having this treatment was concerned. She was fully aware that if she didn't, not only would the treatment not help her, but it might be detrimental.

She also presented me with paperwork she had received from the radiologist that explained the possible side effects from her 30-day course of treatment.

According to him, since the radiation would be focused on her throat, in the area where she had had the surgery, she was to expect to have burning on the exterior and interior of her throat, which would make swallowing difficult.

She would have a very dry mouth. This would lead to a decreased appetite because of the discomfort in swallowing. She would lose 10% of her body weight and would possibly have a feeding tube.

Her mouth would be so sore/burned that she would be unable to wear her denture. She was to expect her immune system to be compromised and she would be susceptible to colds and flu. She was to have a decrease in her energy, so she would need to spend a few days in bed. She would lose her voice.

Armed with this information, again I assisted Cindy to go into a deep state of hypnosis, and I checked in with her subconscious mind to see if it/she was willing to release any resistance to going through the radiation treatment.

Through ideomotor response (the lifting of one finger to indicate yes, and a different finger to indicate no) we found that her subconscious mind was not ready to release the resistance.

I got permission from her subconscious mind to do the Emotional Freedom Technique (EFT) to help release the resistance and after two rounds took the resistance from an intensity level of 9 (with 10 being the most intense) to a 0. I then asked if we could proceed to counteract any and all side effects of the treatment and was told yes.

In wording the prescription (positive suggestions), I made sure to use positive or affirmative language, for instance, rather than saying “your throat will not burn”, I said, “your throat feels cool and comfortable at all times”.

I continued with suggestions such as “you have plenty of saliva so you can easily chew your food thoroughly and swallow with ease. All systems in your body are functioning perfectly allowing you to digest and assimilate the food you eat, and eliminate all waste easily, thereby giving you plenty of positive energy so you can continue to live your life the way you have in the

past. Your vocal cords are in perfect condition and you can speak with anyone you desire, anytime you wish to.”

When checking in with her to see if she was comfortable with the process, she indicated yes, so I brought her back to a regular state of awareness and presented her with her tape, which she began to listen to immediately, again twice a day for the 5 days before her treatment program was to begin, and continued to do so once a day during the process.

We kept in touch during that 30-day course of treatment. After about 2 and a half weeks, she began telling me that the people she saw every day who had started their treatments at the same time she did, were getting weaker.

As time went on, they had to be supported by a companion when going in or out of the treatment room, then they moved into using walkers and eventually some of them even entered the building in wheelchairs.

She continued to go to her treatments unassisted. The entire time she continued to walk three miles a day and do her Tai Chi workout/meditation.

Two days before her final treatment, when her session with the radiation technician ended, she stood before the mirror putting her dentures back into her mouth. (They had to be removed for the treatment each time).

The technician was standing behind her, so she turned around and asked him if there was some sort of problem. He asked her what she was doing, to which she replied, “It should be perfectly obvious, I’m putting in my dentures.”

He said, “but that’s impossible—after 28 days of radiation, you can’t be able to put those in your mouth.” She told him, “well, look at this.” And proceeded to take the dentures out and replace them two more times.

The technician was amazed and asked her how this could be, and of course she told him that she had used hypnotherapy to eliminate any side effects from her treatment.

A few months after her treatment was completed, she dropped me a note thanking me for the work we had done together and she added that one of the things the radiologist had told her that she had forgot to mention to me was that her taste buds would be gone—all food would taste like Styrofoam.

Although she was able to retain her taste for sweets, and her taste for most other foods came back very quickly ... only “chocolate tasted like pepper—darn!”

And her tongue did hurt. She put this in the “progress report” that she had included with the note. The progress report had a list of the side effects she was told to expect, and opposite this list, another that listed what actually happened.

She wanted me to know about the discomfort in her tongue because we never mentioned it specifically in her session, so this told her that it really was the work we had done that took the rest of the side effects out of the picture.

Her results were as follows: Her voice was slightly raspy. Her saliva production increased and was thickened. Her throat was fine, inside and out. She walked three miles a day and did her Tai Chi throughout and after. Her dentures were fine, although her tongue hurt. She weighed exactly the same amount coming out of the course of treatment as she did going in. She never got sick once even though she was exposed to colds a couple of times in the waiting room of the treatment center.

All in all, she was extremely pleased with the results of our work together, and told me to “keep at it, it really works”.

Due to my experience with this client, I have never doubted that I am doing the work I was meant to do here. Working with Cindy I found my natural niche in hypnotherapy work and I’ll be forever grateful to her for her assistance.

Yvonne Schwab, CHT, HBCE
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"Building a foundation for your success"
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<http://www.hypnosis.org>

A Case of Toxic Psychology

by

Bruce K. Stampley, MD(am), PhD, CHT

“Linda” came to see me the first time in December of 1999, referred by a massage therapist.

In the initial interview, it became patently obvious that Linda was in serious trouble and needed real help. Under most circumstances I would have referred her to a state-licensed psychologist. But she was already under the care of three medical professionals and she was not getting better. With some trepidation, I agreed to work with her to uncover the underlying reason or reasons for her problems.

The upside of this situation was that Linda, a very intelligent and willing student, wanted to get better. She was a medical professional herself, steeped in traditional allopathic philosophy and practice.

When I suggested the use of hypnosis to have a look at her “stuff”, she was skeptical but desperate to get well. I pointed out to her that traditional medicine was not producing the desired results, so maybe the real reasons for her difficulties were being overlooked.

From this point, I shall let Linda tell her own story.

“Since the most worthwhile experiences that we have in life are those that we can share and teach, I would like to tell you how I got a second chance at living.

10 yrs ago I was hospitalized for a suicide attempt. I was diagnosed with major depressive disorder and alcoholism and within a year it became bipolar.

More labels were tagged on throughout the last few years like ‘borderline personality’ and ‘PTSD’.

I had been taking multiple medications over the past 10 yrs and the numbers kept growing. Doctors would prescribe one medication for the symptom and two more for the side effects.

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Eventually the count was up to 140 pills per week. Sleep was always chemically induced. I had chronic diarrhoea for 7 years and I was having difficulty holding anything in my stomach.

I was sick, missing a lot of work, and becoming more and more depressed. Despite conventional psychotherapy, I just couldn't imagine going on much longer feeling like this.

I was told about a hypnotist by a friend. I was a little curious but no matter how "hoaky" I thought this might be, I was getting desperate.

In January of 2000 I went to see Dr. Bruce Stampley. Skeptical as I always am, I was very impressed with his ability to make me relax early on.

I was obviously over-medicated but I could not get any of my own doctors to consider letting me detox without hospitalization.

Dr Bruce believed he could detox me in two weeks without hospitalization and was willing to see me through the battle.

With the use of some of his herbal medications and intense daily hypnosis, I am proud to say I am drug free and feeling better about myself than I ever have.

We worked out some difficult childhood problems that I had deeply buried in my mind and had all but forgotten. I can now handle these memories and get on with my life as I never thought possible.

For the first time I actually feel that I am in charge of my own life. What freedom that has given me. Dr Bruce Stampley has given me the greatest gift of all.... he has given me a new life and I will be eternally grateful.

I hope that my story will touch someone else in trouble and give them hope that they too may be set free from their own demons. Hypnosis and alternative therapy have proved to be priceless for me.”

It's now the Spring of 2003 and Linda is still not taking any medications and has lost 40 pounds. She has changed from a dejected, defeated individual into an outgoing, attractive and happy young woman.

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She is no longer a client, but I have kept close track of her. Needless to say, I am professionally very pleased that we were able to resolve some of her problems.

The two things that helped her make this wonderful change were the belief that she could get well and the tremendous power of the mind/body connection to overcome huge obstacles through understanding and using that power to effect changes even at the cellular level.

Bruce K. Stampley, MD (am), PhD, CHT

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Past-Life Regression

Barrie Anson

Some years ago I was visited by a man in his early 30's, who asked if I could help him to relax and to overcome his occasional stammer.

He was working as a builder at the time. He had an interest in spiritual matters and asked if I would be willing to regress him to a past life.

Over a period of 3 months he visited me 3 times and in each of these visits he was able to respond well to hypnotherapy and each time managed to give a good description of what we assumed to be a past life experience.

In the third session, he described a past life as a carpenter, living in northern Italy. In that life he was aged about 31, married to a very pretty wife, with one daughter aged about 4.

He described working on an Abbey when he fell off the wooden scaffolding and broke his legs very badly. He was able to read the date 1687 on that building.

Following the accident, his legs were quite crippled, but he managed to get about with the use of a crude sort of 'invalid carriage' and with the use of splints made of wood and leather. He was still able to make a living carving wood and so on and the Abbey authorities made sure that he had adequate work.

That particular life ended some years later at about age 38 or 39 when he suffered, along with many other people, from fever, boils and so on. He believed it was plague that infected many others at that time.

Some days after the third session, my client telephoned to say that his business partner in their building business had remarked, quite spontaneously, that he had noticed my client walking around high parts of the construction, on scaffolding and so on, with complete confidence.

Previously he had been noticeably nervous when moving around on top of building constructions. The business partner had no knowledge of his hypnotic sessions or regression interludes.

It would seem that, real or imagined, reviewing the session illustrating his accident and injury and subsequent ability to make a living in a past life, had a powerful effect on his present life.

Barrie Anson

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“Help Me Get Over My Ex-Husband”

Steve G. Jones

Name: Eileen

Age: 32

Presenting challenge: Recently divorced, wants to get over her ex husband.

Procedure: Three sessions

First session:

Confidence-Building hypnosis. Gave Client copy of tape to re-enforce hypnosis session.

Second session:

Pattern Interrupt. (One week later) Had client think of memories of lover. At the same time I had her imagine cartoon characters coming into the scene. I also occasionally had her open her eyes and I would make a silly face or toss a tennis ball to her and have her catch it. She was instructed to immediately close her eyes after this and to continue remembering the experience.

Third Session:

Motivation hypnosis session. Future-pacing. Re-Focusing Client on Powerful Future. (One week later). Under hypnosis, had client imagine an emotionally charged goal. She was instructed to focus on it and imagine herself already there. Then look back over timeline to see steps involved. Positive suggestions were given for attainment of this goal.

Results:

Client reported one month later that she was over lover and moving toward goal. One year later she reported having attained her goal (finishing medical school which she had quit when her husband left her). She later became an adjunct professor at Harvard medical school. Currently, she is writing a book about the mind-body relationship.

Steve G. Jones

Clinical Hypnotherapist

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Child's Play: Overeating

Maurice Kouguell, Ph.D., BCETS.

Client's Name: "Tina"

Introduction:

Tina came to see me at the recommendation of a colleague who wanted her regressed to determine the origin of her overeating.

At the first session, Tina was apprehensive about having her questions answered fully, completely, totally. Also it was determined at that point, that her memory was extremely poor. She had hardly any recollection of childhood memories. She had hardly any memories of past friendships or events.

At this time, she is a young woman in her mid-twenties, about 80 pounds overweight. She frequently told me during this first session that my recliner chair reminded her of her dentist's chair. This brought forth all kinds of fears connected with that.

She was hypnotized during the first session using the progressive relaxation method. It was felt that, for her, a highly structured method would be best. It was interesting to note that she had hardly any visual or auditory abilities in her imagination.

I decided to use memories connected to tastes and smells since she was so overweight and I felt that food would be an important thing to her and that she might thus have a clearer association.

Tina was taken very deeply at her first hypnotic session and post-hypnotic suggestion was given to her that every day her memory would improve ... every day she would be able to remember events that had happened in her immediate past, as well as in her childhood.

She was also given the suggestion that when she returned for her next session, she would be able to remember clearly incidents that had happened

in her childhood. Tina was also asked to bring to her next session her baby pictures or a family album.

The following passage is a verbatim excerpt from the second session. The transcript begins after the first few minutes of talking to Tina and the transcript ends shortly after the connection is made between a precipitating experience and her overweight condition

Session Transcript

Tina: I must have been 6 or 7 at the wedding...

MK: Ok, that one you remember..., that came back to you rather well. So you can remember..., well, today you remember better because at the last session I left you with the suggestion that you will remember even better. Now... the wall that you built around yourself...started at about what age? Because there is a discrepancy between that...

Tina: A year and a half before...

MK: In your baby pictures you were a little bit pudgy... as babies are especially in the Middle East ... you know a child who is loved...I know because this is part of my culture also..., a child who is loved is very well fed, so this was not a wall, this was somebody... your mother...who loved you... most likely and she made sure that you were very well fed so that everyone would think what a good person she is.

Tina: When I was younger I used to be in boarding school ...so my mother said she used to feel guilty because I used to cry all the time and I did not want to come out and she used to buy me a lot of things I liked. I liked concentrated milk a lot...the one you could eat with a spoon so she used to buy that a lot. As far as the hot peppers ... it was just a form of punishment ... but that has nothing to do with my weight... If I did something bad she used to put hot peppers in my mouth.

MK: That was over there...

Tina: Yes...

MK: ..Which by the way is not uncommon. You know, I am glad that both of us grew up in the same part of the world. It was either mustard or soap, mustard was used quite often ... and the evaporated milk. That was nice, luscious ... that was also something that for some reason when you poured it it was like molasses ... OK, now your pictures don't show you as being overweight, at least no more than most well-loved children. I don't see that in your photographs, unless I'm wrong. Do you see yourself as being fat ... overweight in your pictures?

Tina: Well ... I say, let's say ... from 6 years old on ... I remember other children making fun of me.

MK: So until 6 years of age ...

Tina: I would say ... I don't remember anyone making fun of me before that. I don't remember ever being told or having any problems with my mother before then.

MK: Until you were six. You know what is happening today?

Tina: (laughing) I don't know ...

MK: You have some past memories ... you remembered nothing last session ... it came back. You know what is happening also, whatever may have frightened you or triggered off in you the need to be isolated through extra weight ... may be at this point in your life so far away that you can handle it.

So I think you can talk about it. So shall we go into hypnosis? Do you feel comfortable today? It does not remind you of a dentist's chair today? You're beginning to like it ...?

OK, today we'll do it slightly differently. A slightly different method. I will accelerate your hypnosis and also you will go into a deeper trance.

Tina: Deeper?

MK: Deeper. But you know that is a controllable thing and as you know I am watching you all the time and if there are signs that you are uncomfortable, I will go easy.

There is no rush.

Tina: I have nothing to say about what has been going on so far, but I still feel that somehow I am not being hypnotized and that I am able to think while you are talking to me. Are you supposed to think? Can you think?

MK: Darn right. You better think. Absolutely.

Tina: You know there are certain things that come to you automatically. But you know like the last time when I had to go to the ladies room, I would think like when you were talking to me that “I have to go.”

MK: Do you have to go now?

Tina: No. No. (laughter) So I am just wondering ...

MK: What you are experiencing is shared with many people who feel that hypnosis is something miraculous — so magical — it's not. You know you have had all the signs ... tingling in your arms or legs — the distortion of time element — these are all signs that you are coming here for ... you are coming here for us to go back in time because you are hypnotized but your concept of being hypnotized is different to what actually is.

You make yourself feel that it is not working. But it is working. Your memories of past events ... the first time here you actually had no recollection of anything ... do you remember the first time ... you remembered that you came to the States at a certain age ... that was all you could remember.

OK, you also remembered a bit better the two girls at one of your parties — the 16th birthday party do you remember? OK, today we are going back to the age of 6. We are going to do that. That was your

second grade. Before we start, do you remember your second grade at all? Anything about it?

Tina: I remember where I was ...

MK: Let me help you. Your best memory is not your visual memory ... we've determined that. You can experience how it felt sitting at a desk ... the climate, the weather, the smells around you, the taste of some foods in class or at home and then we'll bring it back to the visual memory. Do you follow me? So you are about 7 or 8 ...

Tina: 6 ... I went to the first grade at 5.

MK: OK, so this is the year that we are interested in, second grade. Think of the school, remember how it felt in school.

Were you comfortable going to class? Relaxed? Do you remember the entrance to the school building?

Tina: Yeah ...

MK: OK where's your classroom. To the left ... straight-ahead is there a bell?

Tina: To the right ...

MK: Good for you ... that's great ... is there some kind of a bell or whistle to get you kids to line up?

Tina: A bell ...

MK: What kind of bell is that? What does it sound like?

Tina: It's not an electrical bell ... not like that ... it's ...

MK: Like a cow bell ...?

Tina: That's it, yeah.

MK: You remember how it sounded ... more or less but you remember the bell.

Do you remember lining up to go to class ... or you just went in like that?

Tina: We used to ... be outside and we prayed first ... it was a Catholic convent school.

MK: So you wore a uniform.

Tina: Yeah ...

MK: Describe it.

Tina: I have a photograph ...

MK: No... No... Describe it to me.

Tina: White shirt ... and ... let me see ... a black straight uniform like a jumper. A tie, a stick pin ...

MK: Some kind of a hat if you went to Catholic school ...

Tina: Yes ... a beret.

MK: O.K.

Tina: White socks, bobby socks.

MK: Did you have some kind of break ... morning or afternoon?

Tina: I think at noon.

MK: What did you eat? What was your favourite snack?

Tina: (laughter)... ooh ... Cheese and olive pie ... like cheese bread and olive bread actually. Olives stuck in it.

MK: You look good today ... You look relaxed ... you don't look worried. You see, the suggestions of last week are working ... you seem relaxed ... you see we don't even have to go into hypnosis ... you remember so much.

Do you remember the first couple of sessions? You remembered nothing. O.K. Now ... the reason we are going into hypnosis is that things are going to become very vivid.

You may not even have to go into a deep trance. Things will become much clearer in your mind. O.K.? So we're going to do something different today. O.K.?

Tina: O.K.

MK: You are going to start with your eyes open. Do you mind?

Tina: No ... I just hope I can do it.

MK: Of course you'll do it . . . no question about it ... I am going to come over to you and I would prefer for you to just look at my forehead ... and as you look your eyes are becoming heavier and heavier. You feel like closing them ... You are fighting sleep already but keep them open.

I am going to count to three ... keep them open. One... two... two... Keep them open. They are becoming heavy ... so very heavy ... now your head is becoming so very heavy ... so very heavy ... so very heavy ... that it is beginning to fall forward ... so heavy ... so very heavy... so very heavy that you can hardly hold it up. One ... two ... three ... so heavy, so very heavy ... your head is falling forward and I am now going to bring your head back ...

You're in a deep trance and I am going to place my hand on your forehead and as I do, you will be totally relaxed. You are totally deep in hypnosis. You will be in a totally deep comfortable state of hypnosis ... very deep ... very relaxed ... completely relaxed... so completely at ease. Just very relaxed.

My voice is very clear ... you hear everything I say to you ... it's crystal clear ... your memory is going to become sharper and sharper ...

sharper and sharper ... and we are going to go back in time ... to a time when you were much much younger and we will try to recapture some experiences you have had.

Now you are much older and whatever happened to you is very far away. There is nothing that happened then that can scare you now ... looking at the past ... you will remember everything very clearly ... and I will talk to you and you will be able to answer me because you are hearing everything I say very clearly ... completely clearly ... although once in a while you might be fighting sleep ... you will stay awake and alert with your eyes closed so that you will hear everything that I am saying ... everything ... completely, everything ... your memory will become sharper... your visual memory will become so much sharper and after this experience is over you will come out of it completely relieved and completely relaxed ... feeling so good that whatever happened is all over ... totally relaxed ... so very comfortable ... feeling so good ... feeling so at ease ... so completely at ease ...

O.K. I am going to talk to you at this point ... whatever has happened ... has happened a long time ago and as you answer me ... just answer me in a comfortable voice without too much stress because I'd like you to remain relaxed and calm.

Can you hear me? Good ... very good. You are now beginning to feel smaller and smaller ... you feel much younger going back in time and now ... you are in your early teens and you find yourself in another country. Can you picture that, Tina?

Tina: Yes.

MK: Good. Where are you now? What country are you in?

Tina: Cyprus.

MK: Very nice. O.K., we'll just choose an age. You're now 12 years old. Getting younger ... You're now 11 years old ... now 10 years old ... Can you remember anything at the age of 10? O.K. Tell me anything that you can about the time when you were 10 years old.

Tina: ... school, classrooms ...

MK: It's coming back. You can remember ... very good. And now for about 4 years or so ... 4 or 5 years ... friends have been teasing you about your weight. Do you remember how it felt? How did you feel. Were you angry?

Tina: Nervous.

MK: Could you do anything about it?

Tina: No...

MK: You are getting younger ... and now you are 10 years old. Things are going by very fast in your mind ... so very fast. Now you are down to 9 years.

O.K. Now you are 8 years old. You have now been putting on weight for 2 years and you seem to remember very vaguely ... you are not sure if it is your memory or someone else ... that you have been putting that weight around you to protect yourself from possible emotional hurt ... you remember that feeling? At the age of 8 already becoming overweight? Outstanding? Do you remember that? ...

O.K. Now you're 7... now we take you back to the time when you were 6 years of age ... whatever happened Tina happened a long time ago. Very long ago so no matter what happened when you talk about it ... it can no longer hurt you ... for it's part of another life ... far away ... it's another continent ... it's almost like another life ... so it's very safe now to talk about it, completely safe.

Just give me some clue as to where you are ... you're 6 years old. Just any place that comes to your mind. Where are you?

Tina: In the yard.

MK: In the yard in the school? O.K. Who else is around you? What's happening?

Tina: (pause) ... I don't remember. My doll was broken.

MK: You'll hear my voice moving because I am going to sit closer to

you ... I am having a little difficult time hearing you. You'll tell me again ... your doll did what?

Tina: My doll was broken

MK: Your doll was broken. How did you feel? Did you cry?

Tina: Yes ... the doll could not talk any longer.

MK: How did it break?

Tina: I left it in the rain.

MK: You left it in the rain? Were you scared? You were responsible for the doll? ...What happened? Were you punished?

Tina: Got another one.

MK: You got another one? You are going to talk about feelings now. For most children, a doll is a real person ... isn't it.

It's a bit like you being responsible for making that doll a very sick person. And when a person has a friend who is sick, one needs to have somebody who understands seeing that you lost a friend to sickness. You must have found yourself very much alone. What did you do to make you happy?

Tina: I was crying ...

MK: You were crying for a long time? ... a long time ... you sound very much alone. What did you do later to make you feel better?

Tina: Went to sleep.

MK: How long were you sad. A long time? Sometimes sadness and anger go together. You were about to say something ... go ahead ...

Tina: I didn't want to stay in school.

MK: How did your parents handle you?

Tina: I didn't want to go to school. They left me there.

MK: They brought you to school and left you there. What did you do?

Tina: Stayed there.

MK: What did the teachers do?

Tina: Tried to be nice to me.

MK: You must have felt terrible on that day. How about the next day? You went to school?

Tina: I missed...

MK: You missed...

Tina: My mother.

MK: Do you remember what at that time made you feel secure?

Tina: Yes ... I slept with my girlfriend ...

MK: Sometimes when one feels very lonely and rejected one tends to start eating ... eating a lot ... Did you eat sometimes in the common dining room? Can you see yourself now ... looking at yourself in the past ... Can you remember beginning to eat more than most of the other girls in the class?

Tina: I ate more at lunch time ... after school ... at night ... by myself.

MK: Can you hear me ... now looking back from the present time to those days ... beginning to get comments from your friends and your parents and relatives about your weight ... can you remember. Can

you remember your reactions towards them ... at that time ... what did you do?

Who loved you more than anyone else?

Tina: I think my mother ...

MK: What did she do about it?

Tina: She used to buy me things. Food.

MK: Let's go back in time again ... the day that your doll broke ... to that day ... it's night time ... now you mentioned that the doll spoke ... do you remember ... it was a toy doll ... was it one of those dolls that spoke and the voice came out of its stomach?

Tina: It was a voice box.

MK: It was a voice box. About where?

Tina: Between the shoulders ... you pulled a string.

MK: What did it say?

Tina: "I love you, Mommy."

MK: I love you, Mommy. You know, as a child ... a doll is almost real, you know that ... do you remember that ... like a real child ... and in some ways, in many ways ... you were her mother ... and she loved you.

You must have felt terrible when you confused the doll with a real child and felt responsible for such a terrible accident. It was just a doll, wasn't it? Still, it was more than a doll for you ...

In a few minutes I am going to reawaken you and you are going to feel completely relaxed and very comfortable — and you will remember everything that we have talked about. And you will also remember that what happened was long time ago and then you and I are going to discuss your feelings, at that time.

We will take all the time we need and when you come out of hypnosis you will be able to remember to put those memories way back, way back and you will be able to live with yourself and you will have sympathy and compassion but you will be very clear about the source of the difficulty ... and the need you felt in the past for isolation by gaining weight.

So I am going to bring you out of hypnosis very slowly. I am going to count from 1 to 5. On the count of 5 you will open your eyes, just take your time and get reoriented. Take all the time you need.

Open your eyes on the count of 5. You will feel marvellous ... completely rested ... I am now going to deepen your hypnosis by counting down from 5 to 1. On the count of 1 you will be very deep in hypnosis ... I am going to start counting down ... deeper ... 5 ... deeper ... you are feeling so good ... 4 ... deeper ... you are feeling so good ... so comfortable ... so relaxed ... way down ... 3 ... 2 ... and feeling so comfortable and so relaxed ... and 1 ... feeling so good ... so relaxed.

In a few seconds you will find all your energy back ... and I will now bring you out of hypnosis very slowly, very gradually ... I am going to count from 1 to 5 and on the count of 5 you will open your eyes, you will feel great ... and you'll be surprised how good these few moments of total relaxation feel. 1 ... 2 ... your legs and arms are heavy but you can feel the circulation coming back ... 3 ... your whole body is waking up ... you're becoming clearer and ... 4 ... and 5 ... open your eyes very slowly ... feeling so good and so relaxed ... take your time ... you're back in the present ... you're in my office ... and I'm sitting across from you ... take your time ... we'll talk in a few seconds, your arms and legs are going to feel lighter as you come out of hypnosis very gradually ... feels good? Very relaxed...

Dr Maurice Kouguell

<http://www.brooksidecenter.com>

“Don’t Touch Me!”

Kathi Kenedi, CTHt

A pregnant woman was referred to me because she was 8 months pregnant, had an extreme fear of being touched and hated her baby because it moved inside her.

This woman was desperate because she was getting closer to her delivery date, had a phobia of hospitals and felt like she was being tortured every time she was examined by the doctor. Her fear of being touched had been with her all her life and caused her tremendous anxiety in all her relationships.

In two sessions she was able to let the fear and phobia go and establish a relationship with her baby.

The first session was geared toward making a connection with her baby. Under hypnosis, she made that connection and had a delightful conversation with her child. The child reassured her that he understood what was going on with her and loved her very much.

The second session delved into the fear and phobia of hospitals, doctors, and being touched. As she found where the fear and phobia lived inside of her, she went into a spontaneous past life regression where she was in a hospital room, deaf, dumb and blind. She only had the ability to feel but could not move. She was terribly tortured in that life and carried that experience into this life. She was able to let it go.

She called me two days after her delivery to let me know she had a wonderful birthing experience and was enjoying her new baby. She was extremely grateful.

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HypnoBirthing® The Mongan Method : Emma and Gabriel's Birth Story

Jean-Claude Zekri CH, HBCE

HypnoBirthing® is a unique method of relaxed, natural childbirth, enhanced by hypnosis techniques, that allows women to use their natural instincts to bring about a safer, easier, more comfortable birthing in a way that most mirrors nature. The following is an account of a classic HypnoBirthing® experience.

When Emma happily learned of her pregnancy, she found herself in a dilemma – should she opt for natural yet painful childbirth, or go the traditional route of a numbing epidural?

Like most women, she dreamed of giving birth naturally – without anaesthesia. The idea that such a beautiful process could be less than joyful and gentle seemed baffling and illogical.

Yet, like most women, she had also heard the multitude of birth stories from friends, neighbours, co-workers and family, and the verdict was woefully unanimous – labour hurts!

Spooked and terrorized, Emma decided on an epidural. It wasn't until six months into her pregnancy, when tuning into a "Dateline NBC" televised report on natural childbirth through hypnosis, that Emma lit up.

It seemed after all, that labour did not HAVE to hurt. It could be what she had always hoped and believed it should be – comfortable, dignified, and drug-free.

On further research Emma found out just what birthing through hypnosis is. It is called HypnoBirthing®, and promises an easy and serene labour – just as nature intended. Indeed, those were the magical words. This was just the kind of experience she was looking for.

But what kind of experience exactly is HypnoBirthing®?

Contrary to what one might think, a labouring mother is NOT hypnotized into feeling no pain. Rather, it's a method of natural childbirth based on the premise that when a woman is free of the fear and tension which cause pain, the body is then able to do what it was designed to do: labour quietly and steadily.

Through a series of pre-natal classes and relaxation tapes, it is prepared to achieve the deep relaxation needed for smoothly functioning birthing muscles. As the Dateline report had stated, "it is not something that is done TO you, but something you learn and get better at with practice".

What Emma learned was how, in fact, the labouring uterus functions.

The myth and fear of a painful labour were dispelled and she emerged with a new understanding of what birthing is truly about.

She was also taught how to breathe through her 'surges' (The HB term for contractions), natural methods for triggering late or stalled labour, optimal birthing positions and, through listening religiously to her relaxation tape, learned to achieve instant relaxation.

When the big day arrived Emma had no clue that her labour had begun. She felt fine and busied herself with her normal activities. Every so often she would feel a slight 'tightening' of the uterus but thought nothing of it.

Toward mid-afternoon, Emma began to notice that her tightening sensations seemed to be coming on rather regularly. Her husband Gabriel decided to time them 'just in case' and found that they came at 3 minute intervals. Gabriel called the hospital.

Since Emma experienced no pain, the nurse responded that it didn't sound like 'real' labour, but to come on in anyway. Once there, she inquired again if Emma was in any pain. Emma was not, and the nurse left the room assuring our mother-to-be that pain would most definitely happen, and to let her know when it did.

When three hours later the much-awaited pain had not set in, a trio of nurses gathered round to discuss the situation. Emma continued to focus on

relaxing and peacefully breathing through her surges, ignoring their loud references to the “p” word. She felt happy and confident.

Emma asked not to be examined while she focused. Not understanding what they were dealing with, the nurses backed off as though in the presence of a rare animal.

Amused, Gabriel explained that his wife was having a calm labour with the aid of hypnosis. Looking helpless, the women left the room.

When much time had passed and Emma’s labour still had not progressed, the doctor was called in, told about the no pain situation and surges still at 3 minutes apart.

It was decided to rupture Emma’s membrane, and on terminating the procedure, the well-meaning doctor bellowed out a resounding and triumphant, “NOW SHE’LL FEEL THE PAIN!”

On hearing this, in spite of herself, doubt set in and Emma panicked. Could it be that she hadn’t yet reached the point when it really hurt? To make things worse, she suddenly heard screams from another labouring mother down the hall. It sounded tortured to the point that Emma’s heart rate flew up.

Gabriel reminded her of all she had learned, calming her down and giving suggestions for deep relaxation. As Emma tuned out and went inward, gratefully feeling each new surge tightening and pulling gently, she began to trust again that all was well.

Labour progressed now at a normal and steady rate. Surges were strong and sure, and the nurses drifted in and out, beaming at their special patient, accustomed now to the fact that yes, Emma was in ‘real’ labour and no, there was no pain.

By 7:48 p.m. Emma began to shiver uncontrollably and felt a strong pressure in her pelvic area. “Ah!” said the nurse, tossing a hot blanket around her, “We’re almost there!”

‘Almost there’ was a signal to Emma to take on a squatting position during surges, as she had learned that when upright, the labouring body is in harmony with the pull of gravity and the coccyx swivels to widen the pelvis. Surges continued to be smooth and comfortable.

By 8:28 pm. she felt a pressing need to push. She continued to breathe her baby down, and finally, at 9:07p.m., roughly one-half-hour later on a balmy June evening, Michael Jonathan was quietly born.

On thinking back, Emma is thankful and proud of the manner in which she gave birth.

The nurses went back to their routine, happy for Emma’s easy labour, and despite their disbelief, wondering if perhaps hypnosis may have had something to do with it.

Jean-Claude Zekri CH, HBCE.

<http://www.hypnoaide.com>

Anxiety Attacked: A Therapist Explores the Domino Effect

by Maurice Kouguell, Ph.D., BCETS.

Question: Is it possible to cure more than one phobia at a time?

M.K: I prefer not to “overload” the client. However, in the following case I succeeded in “curing” two phobias at one time.

Question: What do you mean by curing?

M.K: I think that after one symptom-free year that the case can be considered closed.

INTRODUCTION

This 55-year-old woman entered my office with a pronounced limp, yet I had observed her coming up the walk to my office limp-free. Briefly, as a child the only time she could get her mother's attention was to make herself sick enough to require hospitalization.

PANIC ATTACKS

The following is a partial transcript of the second session with patient C. The third session was a report by C of her panic-free experience with M.R.I. procedures at the hospital (scanning).

The initial session revealed that this 55 year old woman has lived since childhood in a constant state of fear and free-floating anxiety. In her formative years, her mother acknowledged her presence and existence only when she pretended to be sick or really was sick.

Please note how this session brought her to master two phobias: claustrophobia and fear of water. The follow-up session indicated that she overcame both of these; however, she has retained her need to let everyone know how "unfortunate and sick she is."

MK: Now, what I'm going to do, I'm going to take you from your

house to wherever you're going, to the hospital ... to the lab.

C: Hospital.

MK: To the hospital. Play my stress reduction tape once a day at least, before Wednesday, at least once a day. The purpose is for you to get into that complete environment. Being in your comfortable chair at home.

If you can see yourself doing the whole experience, you are going to be fine.

I have a patient of mine who was so prepared she went through the tunnel (scanner) completely and when she finished, she remembered what I told her and what I told her was "Isn't it too bad it's over, it was such a nice experience to just relax?"

This was her statement, "I was sorry it was over. It was so nice and relaxing. I didn't have to do anything."

C: I have to think of pleasant things. What they're doing to me doesn't bother me -- it's not hurting me -- it's just the fear I have of not being able to breathe.

MK: What I'll do for you ... You'll breathe okay ...

C: ... My nostrils too, up in the air.

MK: That's right; as long as you know that there is air -- as long as I can guarantee that you will have enough air. Can I guarantee you that you will have enough air?

C: I don't know, we'll see.

MK: I think I can guarantee that. I can call the hospital and ask them to guarantee there is enough air.

C: I want me to feel the air, I know that if I feel the air...

MK: Before you start, ask the technician, who is going to be hovering

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around you anyway, ask him not to have garlic or onion and to blow on your face once in a while so that you know you have enough air.

C: My face will already be in ... my face is underneath the machinery, the rest of my body is out.

MK: So if you smell onion or garlic, you'll know someone is checking on you. Okay. So make yourself comfortable. You can hear me well enough?

C: Yes.

MK: Okay. You can hear me, so maybe your hearing is improving.

C: No, maybe I have my hearing aid turned up a little higher.

MK: You can see me too.

C: Yes.

MK: Now that you can see me too, you can take one breath and close your eyes because you know I'm here. And now, I'm going to relax you first. Then I'm going to take you through your day, Wednesday.

C: Could you sit here? Because when I close my eyes, I lose some sense of the hearing.

MK: You hear better with your eyes open. That makes sense, I cannot hear with my glasses on.

C: When I close my eyes, I'm more relaxed. The tendency is for my mind to drift off and then I don't hear the voice.

MK: Now I'm going to ask you to take a comfortable breath and let go and close your eyes and now, with each breath you take, relax and be comfortable, feel the rising and falling of your back, and as you do so, just let yourself go. Bring your attention to your eyelids.

Begin to feel the heaviness in your eyelids and let this feeling of heaviness be in your eyelids and let this feeling of heaviness go down to your cheeks, your chin, all the way down to your legs, to your shoulders, your arms, your fore-arms, all the way down to the very tip of your toes. Allow yourself to feel relaxation and happiness.

And at this point, you are just beginning to relax and with your permission, what I'd like to do today is to take you to a point, starting one hour or so before your appointment at the hospital for the test, getting you ready to leave your house, on the way to the hospital, and to the waiting room, on the way to your test.

Now, that morning, at the suggestion of your physician as you have mentioned before we started, he recommended that you may want to take some tranquilizers.

As long as you take the tranquilizer, it will begin working. Follow his instruction and take the tranquilizer. The tranquilizer has, at this point, two very important factors. One, physiologically it will work on your system, it will work on your brain, it will relax you. And two, since you know it will work, it will work. So take your tranquilizer and also a good hour or so before you leave your house, begin to work and to do some relaxation exercises.

You may wish to just lie down and give yourself five to ten minutes. Close your eyes after you have taken three to four breaths. And begin to count backwards from fifty to one. 49, 48, 47, 46, 45, going all the way down, when you are down to 1, you will count up to 5, and at the count of 5, you will open your eyes and you feel relaxed and calm. Feeling real good. So this already will predispose you to feeling calm.

Your mind will direct you to feeling calm and relaxed. So now, you have about an hour or so left before you leave the house. You have done the relaxation exercises. You proceed with any arrangements you need to do.

And again, this time you will sit in a chair in the waiting room. You will sit in that room and you simply breathe in and out. With each breath you will say to yourself, calm, relaxed. Calm and relaxed. You will enjoy doing this as long as you like. This will already pre-condition you to do the same

thing when you are in the waiting room. Thus, your mind will already be programmed for you to feel calm and relaxed as you are in the waiting room.

Now, I'm going to relax you and take you deeper and afterwards I'm going to take you deeper into hypnosis and we'll deal specifically with your experience during the scan.

Again, take a deep breath and let go. Another breath, inhale and let go. And as you do so program yourself, give yourself permission to go into hypnosis either by counting backwards or by simply saying to yourself, calm and relaxed. Calm and relaxed. Allowing yourself to go deeper and deeper.

You may wish at this point to picture your nose as allowing your breathing to be smooth and relaxed, smooth and relaxed. And knowing that you are in complete control. Completely relaxed.

And now, with your eyes closed, imagine a warm summer day and that you are just floating around in a rubber raft, perfectly safe, perfectly comfortable.

You are pretty close to the shore. Just picture yourself resting there in the soft, rubber raft with the water gently rolling you back and forth, back and forth as you continue to enjoy the sun and the ocean coolness.

It is so calm and so peaceful out there, with the sound of the waves, all you want to do is to just be there breathing, calm, into a deep calm.

Picture the scene as I described it, while I count slowly from one to ten. By the time I get to the count of ten, you will be resting comfortably in a deep, deep, sound sleep.

One. You can feel yourself relaxing, relaxing so very deeply as you continue floating on and on, the water gently rocking you.

Two. You feel so relaxed. As you continue to listen to my voice.

Three. Relaxing more and more deeply. Really feeling relaxation, relaxing deeper and deeper as you just drift.

Four. You feel relaxed and stronger and stronger.

Five. Every word I say is putting you into a deep, sound sleep as I

continue to count. Allow yourself to drift faster and faster into a deep sound sleep, relax.

Six. Just listen to the sound of my voice and by the time we get to ten, you will be resting comfortably in a deep sound sleep.

Seven. You are drifting faster and faster and you are comfortable.

Eight. Every word that I utter is putting you faster and faster into a deep, deep sound relaxing sleep.

Nine. Into a deep, deep sound sleep, deep, sound sleep.

Ten. Very deeply drifting into a deep, sound sleep.

Continue to drift deeper with each passing second ... drifting deeper and deeper down ... drifting and drifting.

And now, you are now transporting yourself in your mind's eye to the waiting room. You are sitting in the waiting room; you are given some papers to fill out. To save time you will go into relaxation.

You have several methods. You will go into relaxation. You will go into relaxation as you are waiting in the waiting room. You will continue your deep breathing as you go ... one ... two ... until the test will begin.

And as you are made comfortable by the technician, you will begin to go into hypnosis by taking four deep breaths and the fifth one which you will hold for just a few seconds, two or three seconds and you will start counting backwards once again, very slowly.

Allowing yourself to go to sleep, and in the process of going to sleep, your mind and your memory will find a place which will make you so happy, make you so happy ...

Transport yourself to the place with colors and shapes and sounds and smells, and taste the feeling, transport yourself to a place where you are completely tuned in, mentally tuned in, and begin to feel the time, time, making little sense. Minutes will just drift away. Seconds melt, time just drifts away. You'll get so involved with yourself that you feel only calmness and relaxation. Allow yourself to just let go of yourself ... completely relaxed.

You will remember some of your favourite sessions that you've had

here. Allow yourself to just be calm and relaxed, let go and relax. And should you wish, sleep. Sleep. Sleep.

Each moment that goes by, feel relaxed. Sleep. Sleep. Sleep.

Now you are comfortable in the hospital. You will feel that time has gone by, feel relaxed. Sleep. Sleep. Sleep. Now you are comfortable in the hospital. You will feel that time has gone by so fast that you won't believe the test is over. You will feel proud of yourself that you have accomplished this experience. You will feel good and this test will show you once again that you have indeed allowed yourself to take charge of your life. You have allowed yourself to take charge of yourself.

Now, I'm going to count. On the count of five you will reopen your eyes feeling totally conscious and aware of your presence, feeling absolutely wonderfully relaxed and so good. One. Two, beginning to wake up. Three, letting go and waking up. Four, feeling so good and so relaxed and five, feeling so good and so relaxed.

C: It took me back to one of my other fears. I can't believe it.

MK: Floating on the raft?

C: Yes.

MK: And you handled it.

C: ... myself in the water: I'm petrified of it. I tried to overcome it a few years ago and I did temporarily and still when I see myself in the water I'm either drowning or under the water ... and again I can't breathe.

The whole thing ... and I found myself in all places, I've been to Hawaii, but, I had myself between going back to Hawaii and the commercial I see on TV with this guy on a raft and all of a sudden these girls come to him ... to rinse his mouth or something and I saw these girls with their Hawaiian costumes and I'm running out of the water instead of in ...

I'm sitting in the raft, but for some reason the raft was not on top of the water, it was below the water and the water was up to here, which normally I would be going out of my mind. And the water felt cool and I felt the breezes, trying to get the breezes to go on my face, into my nose, and somehow I managed to get out of the water, I don't know where the raft went to, but I was coming out of the water.

Also, you know I'm petrified of the water and when you started with the raft, I kept thinking I'm going into my other problem area, between the heights and the water you got me coming and going. But I managed to not let it conquer me, I was slightly apprehensive in the beginning, I said to myself, well, I'll see how long I can stay here.

MK: You know that I'm aware that you are scared on the water. I know that.

C: I had mentioned that.

MK: I am also aware you are scared of that machine.

C: Yes.

MK: What do you think I accomplished with you? I put you through an experience about a week ago going up in air you enjoyed that for a while, right?

C: Normally I would feel an enclosed feeling, because whenever I'm up in the air I see high mountains around me, and I'm in the valley and I'm going to plummet but, going up in the balloon I was up in the air before you got me there and I also felt these breezes on me.

MK: And today I put you in the water which was your other phobia.

C: Yes. Definitely.

MK: I never said that I wasn't tricky but you survived and you enjoyed it.

C: I was fairly calm about it. Because of knowing how my emotion

can be aroused by this fear of being in the water, drowning, learning how to swim, which I never really did. I tried it about six years ago.. It was the day I supposedly conquered my fear of being in the water.

MK: So we did it?

C: We did it, yes.

MK: Two fears without you even knowing it.

C: How about that.

MK: Behind your back.

C: Yes. Sneaky, sneaky.

MK: Some of us have no ethics. Right?

C: Right.

[Please note how this session brought her to surmount two phobias: claustrophobia and fear of water. The follow-up session indicated that she overcame both of these.]

Maurice Kouguell, PhD.

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The Case of Quivering Frank

by
Bruce K. Stampley, MD(am),PhD,CH

Frank was referred to me by his physician after said Doc ran out of ideas. Frank was diagnosed with “Parkinson’s –like symptoms”. That translated to “I don’t know what else to do for this man”.

Frank presented as an average looking, well-kept man of 60. The exception to this average look was a very pronounced shaking of his right arm. He came to my office with his wife, who asked if she could sit in on the initial interview. I agreed, although this is against my normal practice to allow anyone to sit in on an intake session.

The doctor who had referred Frank to me had provided me with a complete report of Frank’s recent medical history and all the tests that had been run in an effort to determine the cause of Frank’s palsy.

There was no physical evidence to support the idea of Parkinson’s.

As we proceeded with the initial intake interview, Frank’s wife frequently interrupted his answers to my questions to interject her own answer or correct his.

It turned out that Frank was a writer who was just about to have a book published, that he had had some serious business setbacks over the last two years and was only just beginning to see some relief from the financial plight he had gotten into.

Deeper questioning revealed that the shaking had started about two years ago and had progressed to the point where Frank could not sit at his computer to work.

When I asked Frank about his views on hypnosis, his wife answered that “they” did not really believe in hypnosis but had come because the Doctor had recommended that they do so.

When I directly asked Frank, he told me that he had done some reading on the subject and was at least open to the idea.

Based on that weak answer, I suggested that he go home and decide if this was really the modality of alternative health care that he wanted to pursue.

Frank and his wife left, and I supposed that “they” would not be back.

About ten days later Frank called and asked for an appointment. I agreed to see Frank but told him that no one else would be permitted in the session. We could tape it for his reference if he desired, but no one else was to be in the room.

Frank showed up for his appointment with wife in tow, shaking even worse than he had been the first time I saw him. His wife was not happy that I would not allow her to observe the session.

Frank proved to be a very good subject. He was a very intelligent, quick-witted person, and understood immediately my instructions and explanation of what hypnosis is and what it can allow one’s mind to do.

In my practice, I rarely use the word hypnosis, preferring the words altered state or relaxed state.

I do this because of the public conception of hypnosis as mind control by an outside source. I go to great pains to explain to my patients that I am simply there to guide them to where they need to go in order to produce a healing effect.

Even though he was shaking so hard that he literally had to hold his right arm down, Frank responded well to suggestion and went into somnambulism easily.

As he reached that relaxed state, I was amazed to see the palsy stop altogether. I asked Frank to give me a report and he replied that where he was he didn’t have to shake.

When asked why that was, Frank replied that he didn’t have to shake because he was in a place where he wasn’t mad.

I brought Frank back to semi-awareness to confirm what I had just heard. As he came back, the tremors came back, although they seemed less pronounced.

Satisfied that I was not having auditory hallucinations, I led Frank back into the trance state. As he went deeper into trance the palsy diminished to the point that I could not visibly discern any unusual tremors in his right arm.

Using ideomotor signalling, I asked Frank to ask his higher mind if there was a need to have these tremors. When the right index or “yes” finger moved in the positive manner, I asked Frank to ask his higher mind if it was ok to communicate directly with it by verbal means and would it be willing to respond to me in the same manner.

Frank’s other self agreed to this procedure immediately, so I pressed on, asking what the purpose of the tremor was.

Frank (or his “other self”) said that the tremor was an acceptable way to express his anger. When I asked further what he was angry about, he said that he was very angry with his father.

Frank had grown up in a highly structured Jewish family whose father was very controlling and administered physical punishment for small infractions of “the rules”.

Frank spent his childhood angry with this father and when the old man died suddenly at the age of fifty-two, Frank’s twenty-third year, he had not confronted his father with his feelings. He had been carrying this unresolved anger with him for almost forty years.

Based on that information, I did a Gestalt session with Frank and asked him to forgive and then say goodbye to his father. At the end of the session Frank was sweating profusely and tearful but appeared to be relieved.

Upon leading him back to a full awareness, Frank said that he felt as though a huge weight had been lifted from him.

I noted that at the end of the session, Frank had no visible tremor, but I deliberately made no comment.

I walked Frank to the front office and stood by making a bit of small talk while Frank’s wife paid the fee. When I suggested to Frank that probably only

one or two sessions would clear this matter, his wife interjected that “they” couldn’t afford much of this foolishness.

I said goodbye and watched as they walked to their car, the wife talking constantly as they crossed the parking lot. I observed that Frank had a noticeable tremor as he reached for the car door.

At the next session, Frank again had a tremor although it did not seem as violent as at the first session. Again, he responded well to the induction and went into trance easily.

I immediately asked Frank’s “other self” to tell me why he was shaking again.

Was there some process of illness in the body that was the cause? Frank again told me that anger was the cause of the tremors. Questioning led me to believe that Frank was angry with his wife for being the controlling figure that represented his father.

I asked Frank if he loved his wife. He said that he did. He hated that she “had to run everything.”

I took Frank through a scene where his wife was doing all she could to help his career the best way she knew how. If she was sometimes overbearing, it was in his interest.

I gave Frank instructions on forgiving and understanding and installed a post hypnotic suggestion that it would be good for Frank to suggest that he and his wife seek the help of a marriage counsellor.

When Frank returned to his full awareness, he was quite relaxed and there was no tremor in his right arm.

That was the last time I saw Frank.

Through the doctor that had referred him to me, I learned that Frank no longer had the Parkinson’s type symptoms and that he and his wife were going to a marriage counselling group.

My conclusions were that Frank's unvented rage at his father, which was transferred to his controlling wife, had been converted to a palsy which was an acceptable visible manifestation of that anger.

Once the father was forgiven and his other anger able to be expressed in a comfortable setting, Frank's Parkinson's-type disease no longer had a place in his life.

This is but one example of how hypnosis can help uncover the real causes of physical problems and help lead to a sensible resolution.

Bruce K. Stampley, MD (am), PhD, CHT

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Running A Marathon Faster

Bryan M. Knight, MSW, PhD.

“Roger” was 32 years old, lean, fit and handsome. I’d met this sports fanatic through a business group where I’d given a speech.

I specialize in helping people conquer anxiety, end panic, stop phobias and proof themselves against stress.

“Roger” was certainly stressed and anxious. He was nervous that he would once again fail at running the Ottawa Marathon as fast as he knew was possible.

He told me he’d been thinking of coming for hypnotherapy for over a month. Now that the Marathon was only two weeks away, he’d set aside his misgivings about paying for help and sat in front of me, his earnest brown eyes pleading for understanding.

I wondered if there was some emotional reason causing him to “fail.” Roger defined failure as feeling weary at the 30km mark. The weariness resulted in him walking instead of running the rest of the Marathon.

“I always finish the race but I could do much better time,” said Roger. “And the coach says it’s feasible --- if I only kept going.”

Probing on my part drew out from Roger that he has nervous moments before each run. The thought crosses his mind that he’s not going to do the run in good time.

“So,” he said, “I put that out of my mind and tell myself I’m not going to stop at 30Km.”

Of course, I explained to Roger that his statement was tantamount to giving his subconscious the command that he would stop at the 30Km mark because the subconscious sort of brackets the word “not”.

When I asked Roger about the first time he’d been unhappy at his running results he said he hadn’t always been as fit as he is now. So he’d not been able to pass the 30Km point.

This then became a self-fulfilling prophecy. But now he was determined to improve on his running.

Roger's enthusiasm for hypnosis was unbounded. He planned to use self-hypnosis for subsequent marathons, once he'd mastered the Ottawa Marathon which was only two weeks ahead.

I used a simple eye-fixation induction, compounded with deep breathing, progressive muscle relaxation and eyelid heaviness. (He didn't seem to be very "deep" in hypnosis but later expressed his enjoyment of the experience).

Previously I'd asked him where he'd feel "relaxed, calm, confident and strong". Despite my specifying that the Special Place should be imaginary Roger chose a beach on Prince Edward Island.

I suggested he imagine knock-down clown cut-outs spaced along the beach path. (PEI offers many paths winding among the wind-swept grass covered red sand dunes overlooking the sea). Each clown cut-out was numbered.

Roger was to kick or hit each cut-out as he ran by. I encouraged him to call out joyfully as he demolished them one after another until he reached number 42.

Then I brought him out of hypnosis. After a brief recap of his experience (he had vividly enjoyed the imagined run) I re-inducted him.

This time I encouraged him to imagine the upcoming race. I gave him suggestions of increasing confidence as the Km signs flashed by. The 28Km point was a signal to Roger that his strength, stamina and ability increased four-fold.

Post-hypnotic suggestions reinforced that Roger would achieve his targets in marathons, that he would thoroughly enjoy running whenever he chose and that he would feel justifiably proud of his achievements.

He created a phrase for self-hypnosis sessions ["I will enjoy running the Ottawa Marathon in 3:20"].

In the next session I gave Roger time distortion suggestions so that marathons would seem to take far less time than in reality. This time he chose to see funny faces on the ground. Each face was numbered.

He corrected my too-speedy suggestions from session one. Now, instead of the sprinting I had inadvertently proposed, he maintained a good pace with rhythm. (It was quite amusing to watch Roger actually “run” while seated on the couch -- his legs moved up and down in the steady rhythm that presumably matched what he was imagining).

Each time he stepped on a face the suggestion was that Roger would feel a surge of energy and conviction that he would complete the marathon in 3:20 or better.

We also added his loved ones cheering him on -- and participating in his joy at the finish line. The result was that Roger improved his time in the Ottawa Marathon. Although he hadn't reached 3:20 he felt great and was wildly enthusiastic about future marathons. He planned to use self-hypnosis to correct the mistake he'd made in Ottawa: starting off too fast.

Three months later Roger phoned me, full of excitement: “I ran the Montreal Marathon in one minute under my target. Self-hypnosis is fantastic!”

Bryan M. Knight, MSW, PhD.
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Case Study

Menopausal Symptoms: Severe Itching

Yvonne Schwab

Carol in the Bay Area of California called me to discuss an issue she was having with severe itching. According to her doctors, she was menopausal, and when she went on HRT (Hormone Replacement Therapy) she began showing extreme bone loss within the first three months, so she opted to discontinue it.

We got together for her appointment and went through the intake form, and as we did so, she explained the itching and how it was coming close to making her “lose it”. It would start in a localized part of the body and if she scratched it, it would get bigger and more intense, as well as shifting to other parts of the body. Basically, the more she scratched the itch, the longer it would last. She did discover over the two weeks that she had been suffering that if she didn’t succumb to the desire to scratch, then the “spell” would pass within 10 minutes or so.

I asked her about changes she might have made in her daily routine in the past month or so: different foods or drinks she might have experienced, changing of laundry detergent, soap or body wash and she expressed that all of that was the same. It was her belief that the itching was her body’s way of manifesting a hot flash.

With this in mind, I guided Carol into hypnosis, and then asked her Wise Inner Mind (WIM) what it needed to pay attention to at that time in order to heal this issue. Carol told me that the itching was indeed due to her being menopausal, but then she said the most interesting thing...that physical manifestations of menopause like hot flashes and night sweats were really only the large amount of energy in a woman’s body finding a way to be expressed, and that the emotional symptoms such as mood swings that women express are just programs that the subconscious mind takes on because women are no longer honoured for their wisdom...as in the Celtic tradition of the past, when the Wise Woman, or Crone held a place of high esteem in the tribes and were looked to to pass on traditions and wisdom. She also said that her hormonal system was a bit out of balance but that could be assisted easily with the power of her Subconscious Mind.

I asked her WIM how Carol could better utilize the energy that was moving through her, and was told that she needed to make more time to paint. She was painting on the weekends but needed to take one day per week off so that she could travel to specific locations for inspiration. Carol has a regular corporate type job but is also an amazing artist. I asked if when Carol accomplished these goals the itching would stop and was told yes. Then I asked Carol if this was a possibility for her at this time. She said that the way her life and job were that it would take approximately six months for her to be able to accomplish this change.

From here I asked if her Subconscious Mind would be willing to work with a tool to assist Carol to be more comfortable and to turn the itching off should it come up and was told yes. So, I counted her down a little further and then used some “Control Valve” imagery, by having her see or imagine a control room that had a lot of dials, valves and switches. I had her find her “Hormone Balancing” dial, and gave her 60 seconds of silence so the Subconscious Mind could adjust the dial back to the proper settings, and then I asked her to imagine another dial for “Easing Itching”, and with this dial, had her notice where it was set currently. It had numbers from 1—10 on it and was set at 3. Then I asked her to dial it back to whatever number was appropriate for her at that time and she set it to 1.

From there I helped her create an “anchor” by asking her to put her thumb and forefinger together and then think of a word or phrase that would bring the control valve for “Easing Itching” back to her conscious mind so that she could adjust it to any level she desired whenever she wanted or needed to. The word Carol used was “cool”. I had her repeat it a number of times for the benefit of the tape I was making for her throughout the session, and included within the anchor, that whenever she wanted to use the control valve she would just put her thumb and forefinger together and say or think the word “cool” to herself and she’d immediately have access to the control valve and be able to adjust it to her liking, and she’d also have a sense of peace, calm and well being settle over her.

We ended the session with a count back from 1—5 with a choice of going to sleep or coming back into a standard level of awareness and in our Post Talk, I asked Carol about what she had said about the emotional symptoms of Menopause being a program...did she have some experience with the Celtic Tradition to have this information? She laughed and

admitted to being as surprised as I was at this bit of information, but indicated that she had every intention of discovering more about it.

No matter who my client is, nor what their walk of life; I always learn something interesting from them. I'm grateful to Carol for her information about the energy moving through a woman's body during menopause and actually find myself looking forward to it...I have a lot of creative pursuits I plan to channel it into.

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International Registry of Professional Hypnotherapists

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Blessings,
Lucy Grace Yaldezian
A Higher Perspective

"Thank you for this service, I have received a number of referrals through it. I really appreciate it!"

Bright Blessings,
Yvonne Schwab, CHT

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Del Morrill.

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