



*International
Association of
Counseling
Hypnotherapists*

Summer 2012

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the script



President's Letter

Sheldon Bilsker H.T,
R.C.C.

Welcome to the Summer
2012 IACH Newsletter.

Hi everyone,

The IACH was established In May 2004. Our intent was to have an Association with some of the highest standards in the field. We believed and still believe in quality rather than quantity. I believe this policy has resulted in our members achieving a high quality of practice and ethics. We thank our members who have supported us and shared the same vision and hope you continue to do so in the future.

I would like to welcome Angela Hodgson as our new Director of Standards and Lisa Brown, our new Director Of Social Networking.

Members, especially new ones might not be aware that we have a members area on our website. In this area we have past workshops(video), AGM's and newsletters. We are just starting our blog and we are always looking for articles, video etc., to upload. You might not know but we offer free advertising on our website for your hypnother-

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apy practice. To advertise go to our website' s members page and send us the equivalent information and format that you see there.

Have a great summer!



Editors Note:

Diane Auld

What a joy to edit this newsletter. The articles and stories this month are particularly heart felt and open hearted. Healing would be the theme of this newsletter.

Serge Kahili King shares with us a method for healing through flashbacks and disturbing memories. Using the power of the imagination to take our power back. To move beyond the old and create the new.

Our own president Sheldon Bilsker shares a healing story of his own. One that gave him insight and wisdom to take into his work with clients and personal healing journey.

As we all know one Milton Erickson's greatest gifts was stories. Our edition this month has a story written by Deborah Surette. A story that touched my heart when she shared it in class. Stories speaking to our unconscious and from our hearts when we work with clients in a place of deep rapport.

Just in time for the Olympics an article on motivation, hypnosis and sports. Bill Kennedy a student in Ontario speaks to the power of visualization and self hypnosis and sports.

I hope you enjoy this edition. And look forward to connecting again in the fall. I leave you with this thought.

I speak to you and you listen. Listen in ways I cannot even imagine. But you can imagine can you not as you fill in the silent moments. Always using the moment. Piecing the puzzle together. Connecting the dots, accessing the qualities and abilities. You know, I know you do. You know what I only suspect.

What I so deeply long to be true. How incredible I really am in the harmony of conscious and unconscious , heart and soul.

If you have any quotes or articles you have written and think they would be valuable for our membership please send them along to [:newsletter@hypnotherapyassociation.org](mailto:newsletter@hypnotherapyassociation.org)



Healing Bad Memories

by Serge Kahili King PhD

An American philosopher, Alexander Korzybski, made a very interesting statement: "A map is not the territory," meaning that a map is only a symbol of experience, not the experience itself.

It is useful as a map only to the degree that it accurately represents an existing territory that can be visited. It may also be useful as a planning tool for a project, or for its value in making a fictional story more interesting, but the map is not the place it pictures.

In the same way, a memory is not the experience it represents, either. And a memory is only useful to the degree that it can provide some sort of sensory, emotional, mental, or spiritual benefit.

What we call a "bad memory" is only a symbol that represents some more or less unpleasant experience. It is not the experience itself. Believing

that it is the same as the experience is what gets people into trouble with bad memories.

A part of us creates memories of experiences and stores them where at least some of them can be recalled. Another way to put it is that some part of us records our experiences (for now let's avoid the theories of how this is done).

Memories, as records of experiences, are not like books in a library that never change over the years. That is to say, they are not static. Memories are more like movies, videos, and audio recordings that can deteriorate, be enhanced, played louder or softer, be re-arranged and edited, have special effects added, be re-issued in new versions, and, apparently, even be deleted.

Memories, even bad ones, can change "on their own" (meaning we don't know how it's done) over the years. Bad memories, in particular, may get worse and

have increasingly bad effects on our lives, or they can fade away to the point where we can no longer recall them no matter how hard we try.

This brings us to our first possible technique for dealing with bad memories. It may be too wild for many people, but it is very powerful and very effective.

If a memory recording can change on its own without your conscious intention, then it can also be changed by you with your conscious intention. So the technique is to consciously re-edit the memory. Change the story. Imagine vividly that it happened differently. Invent something that makes the memory not so bad, or even good.

Remember, you are not trying to change history. You can't do that from where you are now. You are just changing your memory ABOUT it. And when you are able to do this successfully, it's no longer a bad memory.

Like I said, that's an option. Maybe you like the idea, and maybe it's not for you.

Another approach is to change the energy of the memory. By "energy" I mean primarily the environmental, physical, and emotional energy that was recorded when the event occurred.

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Or that you have added to it since. If you have an "energetic" reaction to a particular bad memory, like chills or nausea or anger or fear (or all four), it's because those feelings are part of the memory recording. In addition, if, when you recall the memory, you try to repress the chills, clamp down on the nausea, get angry at the anger or fearful of the fear, what you are doing is adding more energy to the memory recording, making it easier to recall, and making the effects more severe each time you do recall it.

You see, memories are recalled, consciously or not, according to the intensity of the energy present at the time of the recording. To put it better, it's your physical and emotional reactions to the event that make it possible to remember it.

The smaller the reaction, the harder it is to recall the memory. That's why, for most people, lunch two weeks ago Tuesday is virtually a non-event. And it follows that the bigger the reaction at the time, the easier the memory is to recall. And that's what makes bad memories so bad.

When I say "change the energy of the memory," what I really mean is to change your REAC-

TIONS to the memory. Again, this is not only powerfully effective, it's a lot more acceptable to most people once they've learned it.

So here is the technique: Sitting or standing, recall the memory, feel the place in your body where that memory affects you the most, then put all of your attention on relaxing that part of your body any way you can. When that part of your body feels better, start over, recalling, feeling, and relaxing as many times as necessary until you can recall the memory calmly (if you can still remember it).

It's important to realize that with this technique you are not trying to change the memory in any way. All you are doing is changing your body's REACTION to the memory, which is the real problem in the first place.

Finally, let's take completely different viewpoint. The past is over and done with. You are living now, not in the past. For all practical purposes, the past no longer exists. You can ignore the present and moan and groan and fill your mind with bad memories, but you are still living here and now, and not in the past.

The final technique for this presentation is to fill your mind with awareness of the beauty and goodness in the present.

Sure, there are bad things happening all over, but if you are willing to open your mind and your heart you will find that there are a lot more good things happening and a lot more good things to do. When the good things in the world that are happening right now become more important to you than the bad things that are happening and the bad memories of bad things that have already happened, you are on your way to a good healing of mind, body, and spirit.

**Serge Kahili King,
PhD.**

Author, Speaker,
Storyteller, Scholar, Humanitarian,
Shaman.

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The Healing Power of Belief

by Sheldon Bilsker *H.T., R.C.C.*

In 1983 I was diagnosed as having Melanoma Carcinoma, a potentially lethal form of skin cancer. Needless to say it came as a shock. It was more the word though. The word seemed to have so much power, "Cancer". My immediate response was that Cancer was something which happened to other people. Not me. However, it was a surprisingly short time I began to accept that it was I who had Cancer.

In retrospect, at the time, I had a complete belief in my own ability to heal myself. I still hold that belief, but admittedly it has become a bit tainted over the years. It is not the pure unadulterated belief which I had back then. Sometimes I wonder if what I did would be as effective if I was in the same situation now. I don't know. In my two years (of a 30 year practice) of working with clients who had Cancer I have witnessed many healings which I believe were due to, or enhanced through belief in our own power (or a "higher power"). I also found that sometimes my clients would "heal into death". That might seem like an odd thing to say but I have witnessed incredible

healing as some of my clients were preparing to die. I have seen very few examples of the type of peaceful state exhibited clients as they were dying. A cynic might argue that it was the drugs but I saw and felt something far beyond the drug response in my opinion. I believe there is much we can learn from moments like these. As Ram Das has said, "if nothing happens after you die, then why do so many people do so much growing when they are dying?". I don't know the answer to that one either. The one thing I do know is that everyone is different and responds differently to treatment, whatever the type of treatment. When I work with someone I always encourage them to create a method that they feel would work most effectively for their individual situation. Sometimes my clients would look at me incredulously as if to say "this is what I'm paying you for, so you can tell me I should do this myself?" My answer, verbally or non-verbally was always "Yes I'm here to support you, not do it for you". I

can't do it for you. I do not have that power". What follows is my personal experience with Cancer.

I had just moved from Montréal to Vancouver but in that short time I had taken courses in a variety of alternative and/or complementary fields. I had studied hypnotherapy in Montréal and had a small client base there so I was I was eager to get started with my practice in Vancouver. Then I got Cancer. The realization came that everything else I was doing in my daily life had to be put on hold. Within eight days of seeing the oncologist I was in the hospital. The Melanoma was almost directly over my heart and there was a concern that it would spread quickly. Afterward I learned that another month and I probably would have been dead. It was decided that surgery was needed as soon as possible. My surgeon was great. She explained to me in great detail what would happen in the procedure as well as post-surgery. Although I wasn't thrilled that at least two lymph nodes would be removed at least I wouldn't be losing any muscle. In deciding to have the operation I also chose to do everything possible to stimulate my body's own immune system.

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Since there was some question of the cancer spreading, using hypnosis I started visualizing my healthy cells being protected. I breathed in deeply while imagining a white light surrounding all of my healthy cells. I mobilized an army of PAC men (1983 reference) seeing them devouring all unhealthy cells moving them swiftly out of my body. After that I breathed in Pink energy to enhance healing. I began seeing the upcoming operation as totally successful. That night after the operation I had a very vivid dream. I have heard that this is common after an operation but what amazed me is not just the vividness but the effect. After the dream I knew, beyond a shadow of a doubt that the cancer did not spread and I was fine. I hadn't talked to anyone but I knew.

The next morning I awoke and although experiencing some pain as a result of the skin graft for the sites on my chest, I was secure in the knowledge that all was well. The situation I was in became a challenge for me. The skin graft from my thigh to my chest was left partially open to drain. The pain and discomfort was getting worse, so using hypnosis I visualized an orange color surrounding and penetrating the afflicted area. Although not disappearing, the pain or rather my perception of the pain had definitely subsided. That night the nurse arrived with some morphine. She proceeded to get very flustered when I refused the shot. Over the course of the following few days' pain killers of various sorts that had been reserved for me were piling up and I became the center of great controversy among the staff, especially when it was discovered that I

When I work with someone I always encourage them to create a method that they feel would work most effectively for their individual situation.

was using hypnosis. I started getting visits from Doctors, nurses and social workers, all of whom expressed a healthy curiosity about what it was I was actually doing. My favorite person in this group was probably the Social Worker who in no uncertain terms let me know that "hypnosis was the work of the Devil". She seemed to have a genuine interest in saving me but I guess I just wasn't ready for that at that time. Being in a shared room and getting a bit bored I began to teach two other patients self-hypnosis. One of them even refused a pain killer or two. He told the nurse he was using self-hypnosis for the pain. I kept practicing self hypnosis and visualizing myself getting healthier.

Shortly after my stay at the hospital it was recommended that I see a physiotherapist. I could only lift my extended arm about 1 inch above my waist. The graft would have to stretch. The physiotherapist said it would take six months of therapy before I had full movement in the arm. I told her it wouldn't. In six months tennis season would be over, at least outdoors. Three weeks later I had 100% movement in my arm. Using hypnosis and visualization I imagined my arm going higher than it actually was each time. On the other hand maybe my arm was going as high as I was imagining it but just not in this reality. I'll leave that for another article. If I had believed the physiotherapist it would've taken six months (possibly exactly six months). A Harvard University study was conducted in which they chose 10 cancer patients and taught them self-hypnosis hypnosis. After recording their white blood cell count the researchers had their patients use their self hypnosis and visualize

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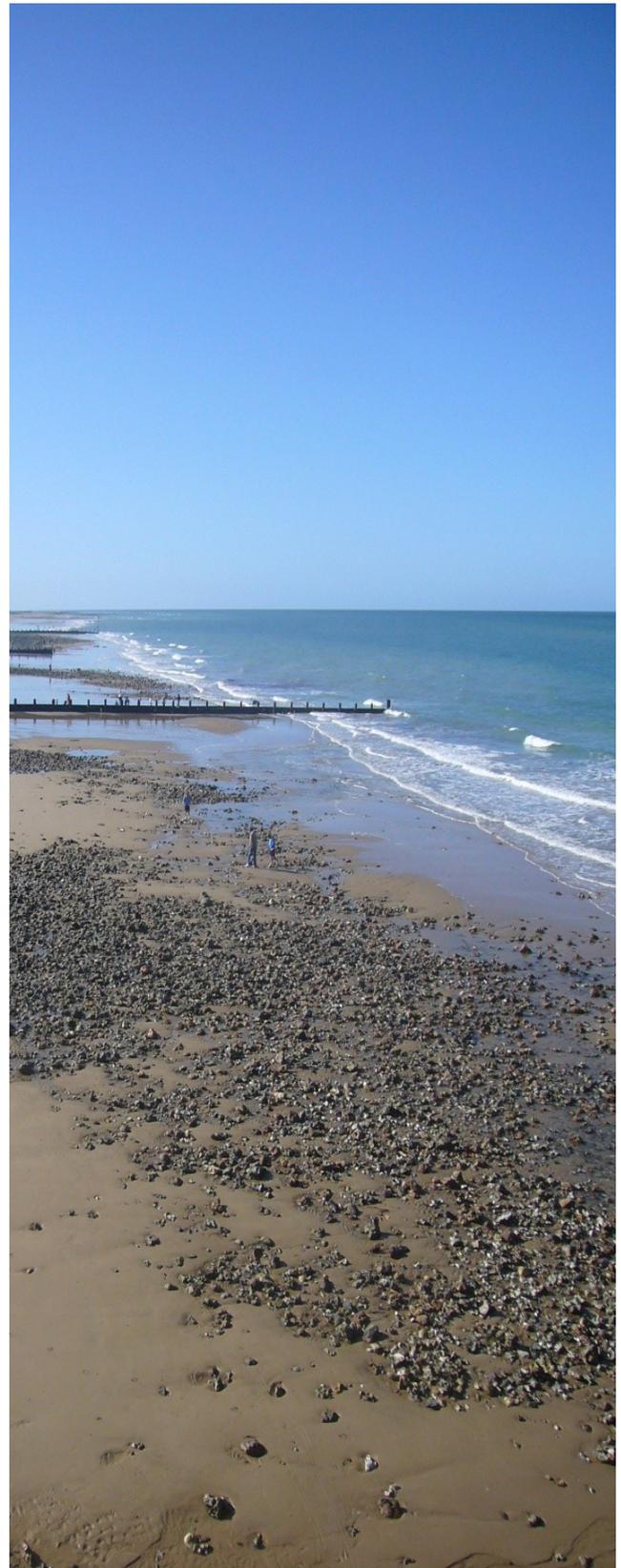
their white blood cell count increasing. This method was practiced every day for five days. Each day the patient's white blood cell count increased significantly. Medically, this was considered impossible. Although it was a small study the possible implications are interesting. Many people know, or at least have heard of someone who has overcome what seemed like insurmountable odds to achieve success. Hypnosis is an ability we all have which is just as natural as sleep, although it isn't a sleep state. It can be very a very effective tool in opening the doors to the power within each of us.

Sheldon Bilsker *H.T., R.C.C.* is a Hypnotherapy, Teacher, President of the IACH and Director of the Orca Institute: a Hypnotherapy Certification Training school based in Vancouver British Columbia offer counselling hypnotherapy training to students world wide.

<http://hypnotherapycertificationtraining.org/>

“I was exhilarated by the new realization that I could change the character of my life by changing my beliefs. I was instantly energized because I realized that there was a science-based path that would take me from my job as a perennial “victim” to my new position as “co-creator” of my destiny.

Bruce H. Lipton



A Healing Story of Hope.

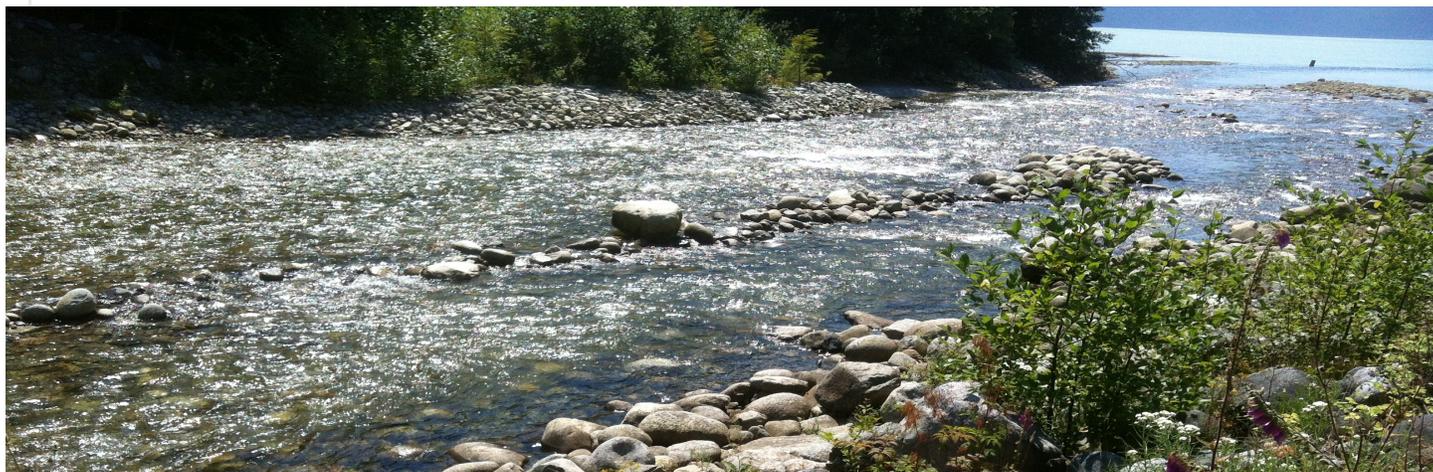
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By Deborah Surette

A Client healing through the betrayal of her trust in her marriage; wondering if she could trust the new partner in her life, as well as the women friends she has. Fearing the Cancer she has healed from may return because she really isn't worthy of happiness in life. She questions her own ability to listen to her instincts which she had ignored for years. At the same time she knows she must trust life and forgive herself to move forward and love again. She knows herself to be strong, courageous and intelligent yet fears she may seem cold to others, too much of a people pleaser yet stubborn in a way that can be harmful to herself and others.

Deborah is a student at the Orca Institute, studying Counselling Hypnotherapy. She lives Berwick Nova Scotia, Canada. Her practice phone number is 902-538-1837.

A woman is on a bridge and the water below moves and flows...currents moving at various speeds... she begins to feel a kinship to this water now..a knowing arises from a gentle space inside as she leans on the bridge watching the water below...In some ways life is like this water, she is like this water, rushing and swirling on the surface yet deeper down there can be a stillness—a peace unseen yet it is there...ready to be experienced when courage is used to dive in. Diving in can feel intimidating, the water may feel cold, but these are illusions she knew—perceptions that can disappear when a person really gets to know the water and trusts it is indeed deep enough, more than adequate to dive into and enjoy. The woman feels a sense of knowing begin to flow through her body as the idea forms. The idea grows bigger and clearer encompassing her mind and she now knew that she knows the way forward. Trusting to cross this bridge and others like it and different could be a challenge but her instincts were keener now and although the journey may take her over difficult places she knows her wisdom, courage and inner strength will meet it and beat it and like water will take the path of least resistance...persistence and courage flow and will become what she needs when she needs it the timing will be perfect—all things need time as they flow under the bridge—past, present and future combine in her life—a journey without limits and she is so glad she now knew what she knows—the ideas that grow and flow and so...so be it and so it is. What joys await.



Metaphors and Stories

by Diane Auld H.T., M.P.C.P.



Creativity Heals the mind, body and spirit.

We are creative beings. One of the ways I love to work with clients is with stories that allow us to reach into the creative places within. This client was very creative and she really wanted to allow herself that gift. As you can see I was indirect and direct with her in our session. I hope you enjoy my play with language and communication with the unconscious mind. Depending on my client and their experience with trance I may just start the induction with the story or I may do a formal induction which will then lead into the story. Stories often form in the moment and emerging from our discussion and become richer the longer I work with a person.

This client had one session and in the rare but wonderful moment our rapport developed quite quickly.

It was a beautiful day..... a warm breeze filled the air..... the most wonderful day she had seen in a long time it filled her body with such wonderful memories memories of times before when she walked by the lake and really connected with nature she remembered the scent in the airthe sounds of the water as it gently lapped against the shorethe sound of the birds talking to each other as they sat in the willow tree speaking away to each other..... I wonder what birds talk about As they build their nests and tend to their youngshe felt her body deeply relax as she pon-

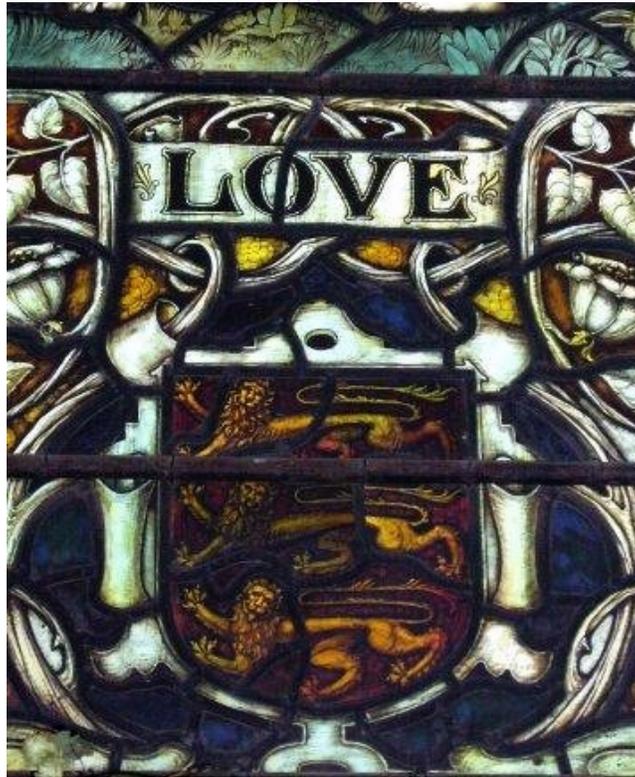
dered the world of the lake..... the warmth of the sun on her face the stillness of the clouds in the sky such colours..... and textures The water on the lake was so smooth it almost looked like glass as she looked deep into its depths..... Down deeper into the depths of the lake as if a part of her floated down with her as her eyes searched for the bottom of the lake..... Such peace such calmness such beauty in colours of the water deeper and deeper to a place of safety within a place of deep relaxation a place where she could let go and know she was safe knowing she could bring herself out at

anytime of allow herself to relax just a little more just a little more..... reaching a place of calmness within A place of stillness connecting to a deep grounded wisdom part of herself finding herself deep within knowing herself deep within a place where she found acceptance deep connection and acceptancesuch a feeling of connectionsuch a feeling of supportwhat a feeling to find herself to connect with the wisdom she has within..... a sense of coming home..... things had been rough lately and she really needed to find that place of resting within as she rested in this place of deep connection she knew was there I wonder what else is

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there She pondered What else could I find as I look within And answer came in a strange image she found herself in library..... the most magnificent library she had ever seen Something strangely familiar about this library as she looked around it was filled with books she recognized and some she had never seen before yet so familiar..... she wandered around the library and some of the titles she recognized..... Being Driven The Need to AccomplishWhere is the Excitement in Life?..... It's Never Enough And thriving on Structurefamiliar to her very familiar She had read these books She knew....she knew the contents of these books..... looking around she found herself attracted to an area of the library off in the corner ah yes old friends an area filled with wonderous photos on the wall each telling a story..... each holding something for her something she needed to remember yessomething she was even now rememberingand she allowed herself allowed her unconscious to help her and felt felt in this moment inspiration rising within her memories of times when she has played with her cameracreativity come alive each picture a catalyst creativity capturing precious moments to enjoy and share getting lost in the colours and tex-



tures of the scenesher being carried away by a desire..... remembering the funamazed and thrilled at how fulfilling it felt to allow her creativity to be a priority how relaxes and at ease her body felt when she allowed herself moments of perfection in this moment exactly the way it is She could feel the last bit of tension leave her body An ease a relaxation she had never felt before engulf her whole being and she lay on the couch near the book shelf..... Allowing the deep feeling of relaxation and ease seep into every fibre of her being..... every cell and atom in her body relaxed let go what it had been hanging onto let go just a little more just a little more she lay there in comfort watching the sun filter through the stained glass window high up on the wall across from her..... her nook was filled with the most beautiful colour she had ever seen..... a light of the most beautiful colour..... it filled her being with such a such a soothing..... comforting and healing lighther whole body was engulfed in this healing light..... and she noticed the pain ease ease ease and comfort painfree..... painfree..... and she allowed herself to rest in this wonderful light..... rest in the moment and be at peace With life With herself nothing to do no place to go just connecting with self Connecting with herself so Continued on page 11

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connected with herself so connected and she knew a joy in being alone with herself felt a curiosity a desire to experience being just with herself..... this wonderful woman she had such a desire to know more deeply this creative loving..... brilliant woman who was good enough good enough exactly as she was right now this woman who deserved to have some time off To take that time off and enjoy it and deep within a seed was planteda seed that even now was growing and budding into all the ways it would help her healall the ways she could enjoy getting to know herself Her wonderful self all aspects of herself in quiet ways and she felt herself relish the idea of being alone with just herself in this deep place of connectionrenewing replenishing and healing every fibre of her being enabling her to make choices about how she wanted to be in the world..... her choice her choice and she smiled as the light continued to dance in her body and mind.and deep within she knew she could connect with this deep wisdom part of herself anytime she wanted.....and this deep wisdom part would continue to help her heal her body help her to find creative ways of relaxing doing nothing ...doing what she deeply longed to do..... knowing it is so nice to know isn't it nice to know..... know that the most amazing insights and creativity come when we do nothing She smiled at the light and the title on the book right in front of her "You are the Light" This is the real you and you can feel this connection anytime you want this connection is a part of you and will always be a part of you and she rested.... Rested allowing the light to complete

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its healing allowed every cell and atom in her body to reawaken its original blueprint of oneness and wholeness healed now wholeness now healed now wholeness now..... healed now and she rested trusting anything she need to know would come to her in her dreams and from insights in her day to day life and she rested



Olympic Hypnosis by Bill Kennedy

What motivates Olympic athletes? What keeps them going despite the pain and the gruelling competition? The Globe and Mail newspaper recently asked those questions to a group of Olympic athletes. You might be surprised to find out how easily their inspiration could become your inspiration.

Catharine Pendrel is a cross-country mountain biker. She writes a power word on her bike somewhere she can easily see it during a race. Imagine what power words a mountain biker might use. Focus. Pace. Finish. Gold. Now imagine what power words a salesperson going for monthly record might use. You get the picture!

Josh Cassidy is a paralympian who won the Boston Marathon Wheelchair race. He focuses on someone with a greater challenge, such as Niamh Curry, coping with neuroblastoma. Visualizing Niamh puts Josh's challenges in perspective. Whose picture could you put up where you live or work to help you put your challenges in perspective?

Chandra Crawford, an Olympic cross-country skier, found inspiration in a quote from mountain climber Sharon Wood: "There's more in you than you know you know!"

You miss 100% of the shots you don't take.
Wayne Gretsky

from mountain climber Sharon Wood: "There's more in you than you know you know!" If you dig deep, what will more in you than you know you know!

Reid Coolsaet, a marathon runner, uses parts of a song to keep going. He repeats a clip over and over in his mind to keep his rhythm and take his mind off the pain. Are there times when you have to keep putting one foot in front of the other? What power song clip would inspire you to keep going?

David Calder visualizes his grandfather standing at the finish line cheering him on when he rows. Who are your fans? Your parents? Your children? A best friend? Use the power of your imagination your biggest fan to give you a boost when the going gets rough. Here's a hint: they can be from your present, your past or even completely made up. Imagine a civil rights lawyer visualizing Martin Luther King Jr. when she addresses the court.

These techniques have been used for generations. Over time, people have learned how to build them into their daily routines. By repeating them over and over they become automatic, so they are there for you when you need them. But what if you want to start now? Hypnosis by a trained professional is a wonderful way to gain immediate powerful access to your imagination, so that you can embed your power word, mantra, inspirational quote, song or visualization deep into your sub-conscious, making it an automatic part of your routine now.

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How Does it Work?

Hypnosis is a state of relaxation and focus that gives you direct access to your imagination. When you visualize something in hypnosis, you create a much more engaging experience than when you just imagine something consciously. In hypnosis, you can actually taste success, feel like a winner, and see yourself crossing the finish line. Those images and feelings then stay with you as a powerful motivator, ready for just when you need them.

Hypnosis also gives you the ability to rehearse mentally. Because you get so immersed in what you imagine in hypnosis, you can use it for mental practice. Whether it's sinking a basket, running a marathon or making that key presentation, you can train your mind to focus and succeed. And you don't have to be an Olympic athlete to do it!

Believe It Can Be Done

"Nothing is impossible. With so many people saying it couldn't be done, all it takes is an imagination."

Michael Phelps, Swimmer



the script

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International Association of Counseling Hypnotherapists Mission Statement

Our commitment is to create an international organization of professional hypnotherapists and those interested in this healing modality, to continue to increase public awareness, acceptance and support in the therapeutic and ethical use of hypnotherapy through education and promotion.

The question is not whether we will die, but how we will live."

Joan Borysenko Ph.D

All photographs copy write Diane Auld