



International Association of Counseling Hypnotherapists

www.hypnotherapyassociation.org

the script Fall

Welcome

the script



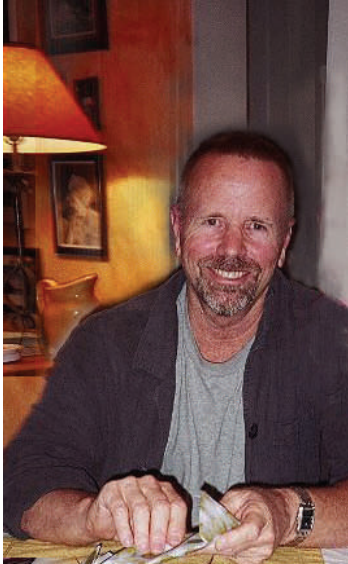
President's Letter Sheldon Bilsker

Welcome to our 4th newsletter. I would like to welcome Diane Auld to our executive as the Newsletter Committee head. She has volunteered her time and energy to continue making our newsletter interesting, informative and factual. I would also like to acknowledge the excellent work of our former Newsletter Director, Moira Campbell has done up to this point. Moira will be helping out on the newsletter committee whenever she can. Our membership Director, Byron Miki has designed some very attractive membership cards which all current members will be receiving shortly. As a member of the Legislative Committee of the BC Association of Clinical Counsellors I have been invited to attend National Symposium on Counselor regulation November 21st and 22nd. I will keep the membership apprised of developments in this area.

Since our inception an important intent of the executive was to offer support to our members in the areas of promotion, access to pertinent information and continuing Education. We have established a private forum for members to communicate, free space on our web site to promote a practice and recently almost put on a workshop with Ross Laird. I say almost because we were close but didn't quite have the numbers of students needed to cover costs. However, we have no intention of giving up and will try again in the near future. As a non-profit association we are dealing with a situation in which a small group of members are doing the bulk of the work. This is not unlike many other associations, especially new ones. The reality is that with more member involvement our organization will grow faster and that would benefit everyone but in either case we will continue to work towards supporting our membership in a variety of different ways. One of my goals in the first year was to become financially stable as a new organization. This has been accomplished thanks to our new and renewing members. Let's make this the year when we go to the next level!

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Message from Jim Vieth, our Vice President

I am pleased to introduce myself to those of you who don't know me and to say hello to old friends who I have missed since moving here to Reno in early 2004.

I am now semi-retired, living on the southern outskirts of town finding the high desert much to my liking.

For me, hypnosis has been most importantly a means of understanding the mind-body connection in the context of health and to better understand and cope with life as we live it in these difficult times. I see hypnosis as a form of prayer or meditation, and as such a valuable survival and healing tool.

In terms of the current state of the Association we now have 46 members, some of whom have upgraded to Resident and Counseling Hypnotherapist levels.. We are, thanks to our President's careful management, debt free.

As we develop an increasingly international profile, governance becomes a more important issue. To that end, Molly Morris has agreed to research Legislation relating to hypnotherapy in the U.S. See page 10 for Molly's research. Perhaps there is someone who would be willing to provide similar research.

Please check the IACH website for upcoming workshop plans and give us your feedback concerning the association and plans for 2006. I'm grateful to be associated with such an interesting and thoughtful group.

Jim Vieth
Vice President.

Hypnosis Historical Fact:

Hypnosis existed long before any modern theorist wrote about it. In ancient times tribal "witch doctors" used rhythm, dancing, drums, chanting and incantations as their inductions methods. In ancient Egypt and Greece "sleep temples" were used to facilitate therapeutic and creative problem solving.

In the late 1700's Anton Mesmer know as the "Father of Hypnosis" using experimentation and observation came to the conclusion our bodies absorbed a magnetic fluid from the air we breath. He theorized blockages in this magnetic field caused illnesses. He used magnets and later his hand which he passed over the body to unblock the magnetic field. The magnetic field was referred to as "animal magnetism" and the procedure which Mesmer used was named "Mesmerism".

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes."

Marcel Proust

A Peek into the mind & practice of

Moira Campbell

Describe your training, experience and qualifications.

I am a resident level hypnotherapist. (I studied with the Orca Institute in Vancouver.) I am certified as a HypnoBirthing Practitioner through the HypnoBirthing Institute in new Hampshire, US. I am currently certifying as a doula (birth companion) through Doulas of North America. I have been practicing for around 2 years.

How much do you charge?

I charge \$295 for a 5 session HypnoBirthing program. For extra sessions I charge \$50 an hour.

Describe your work space.

I share office space with another HypnoBirthing practitioner, a massage therapist and a psychotherapist. The



office is quiet and dim, in a heritage building. Pictures of mandalas and pregnant women adorn the walls. The office has two or three comfy sofas that couples can sit on and relax.

How would you describe the work that you do?

I work with pregnant women and couples expecting a baby to help them have a safe, comfortable and enjoyable pregnancy birth and early parenthood.

Tell us about your greatest challenge as a counseling hypnotherapist.

Thinking I have to come up with the answers. The sessions go much better when I can let go of my ego and trust that the client will find their own way. Sometimes I get caught up in specifics and stop paying attention to the big picture. For example I once had a client who was having housing difficulties – she was

pregnant and on her own. I started spending time in our sessions trying to find practical solutions to her housing problems instead of dealing with her emotional wellbeing. Of course, trying to impose my quick fix solutions to her housing problems on her didn't work at all!

....and your greatest accomplishment.

I have been honoured to be present at some of the most beautiful births, where mothers can birth their babies without fear or interference because of the work I have done with them during their pregnancy.

What are your spiritual or religious beliefs? How do they impact upon your work?

I am still very much searching for answers. I have not found a specific religion to which I can subscribe – or rather all religions seem equally valid. This has left me very open and accepting of other people's religious beliefs. On the other hand I feel diminished by my lack of a spiritual community. I think my personal power would be stronger if I had such a community to support

I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift would be curiosity.

Eleanor Roosevelt

Continued on page 4

me. I'm particularly interested in quantum physics and spirituality and hope one day to actual understand it!

How have you evolved spiritually and mentally since becoming a counseling hypnotherapist?

I have much more awareness of my own triggers and issues. I have also had experiences that invite me to explore the potential for moving into more uncharted territories, for example, shamanism or energy work. For a cynical Londoner this is progress! I have become a much more open person, less liable to take successes or failures personally and more committed to the life long process of working on my own baggage.



What book, if any, do you find most useful in your practice?

I occasionally refer to Hammond's *Handbook of Hypnotic Suggestions and Metaphors*. Marie Mongan's book *HypnoBirthing: A Celebration of Life* is the textbook to the program I teach and I refer to it often. A second edition has just come out and it's very useful for anyone planning to work with pregnant or birthing women. Pam England's book *Birthing from Within* is also a useful read.

If you had to pick a favourite, what counseling hypnotherapy technique would you choose, and why?

I prefer indirect techniques, particularly story-telling (although I also find taking people back to a previous trance can be very powerful). Story-telling is used so often in life – think of all the stories we tell our children replete with embedded suggestions-and people are so receptive to it. It's easy to use with even the most nervous or cynical of clients.

How do you unwind/rebalance?

Perhaps I should have said this was my biggest challenge! I'm working on this, but my biggest friends are music and gardening.

What would you like to see change in the field of counseling hypnotherapy?

A bit more public awareness of the therapeutic benefits of hypnosis. A lot of people's fears about hypnotherapy come from having watched stage hypnotists treat people in a degrading manner. They don't really understand that hypnosis can also be used to help them. Or they think it's kooky and weird.

Who is your hero(ine)/mentor/guru and why?

I'm not sure I've come across my guru yet. Having just attended a Robert Gass workshop (The Art of Leadership) I can say he's the most amazing teacher/healer I've ever come across. I aspire to being able to get a group to open their hearts and leave the workshop full of sparkles the way he does.

What did you dream last night and what did it mean to you?

I dreamt I was attending a feast. They were serving these big blue raw coy carp. I couldn't bring myself to eat it, even though the food had some kind of special significance.

I'm still baffled!

What place in time and space is most special to you?

The train journey from South London to Brighton (UK). It takes you through the rolling hills of Surrey, over a viaduct. You see all these little farms as you pass by, while the motion of the train rocks you into a trance. I've been making that journey since I was seventeen, but it's just as good today.

What is your greatest hope?

That I can figure out a way to earn a living from simply doing the work I'm passionate about.

...your greatest fear?

That life will be too short.

Moira can be reached at www.blissfulbirthing.ca



Symbolic meaning

In the first nations traditions the bear brings us the ability to go inward to seek answers. Seeking answers in our dreams by entering the dream lodge and traveling to other levels of consciousness.

*Art by Jody Bergsma
www.bergsma.com*

Metaphors and Stories

by Diane Auld

The theme of this issue became metaphors and stories partially because I read "Stories for the Third Ear" (see the book shelf) and partially because I love them. I smiled when I read that Moira's favourite therapy technique was story telling. The following metaphorical story came to me after I had finished Lee Wallas's book. I wrote it for a woman who is afraid of spiders, 35 years old enjoys staying at home and spends much of her time daydreaming.

The story: The woman headed down to her favourite place and upon entering the library it was obvious it was comfortable and well used.... The woman spent many hours exploring the world through books....On this particular day she was all snuggled into her favourite chair looking through a large coffee table book of Africa..... pictures of Amazon forest, the plains of the savannah and the animals.....such a diversity of animals.....staring at the pictures of the hippos she remembered a story her grandmother had made up for her many years ago.....when she was just a little girl.

Once upon a time there was a

huge hippopotamus who lived on the African savannah..... She was large and grey and had small ears that flapped in the wind and a very very large mouth.....She loved the savannah.....feeling the sun on her back.....the smell of the air..... the sounds of the wind in grass.....and most of all when the dust had settled on her back to the right degree she would head down to the river and let the cool... clean.... water refresh and soothe her dry skin.....Hippo's just loved the water.... Her days were busy with taking care of her children and the other hippos in her family group..... She was a particularly brave and strong hippopotamus.... When the tigers came into her part of the grasslands she would go right up to them and stomp her large feet, open her huge mouth and very clearly state "You get out of here, this is not your part of the grasslands and there is nothing for you here. If you do not leave right now I shall have to do something I do not want to do and that is stomp all over you, and believe you me I can and will do it." She always ended her speech with an emphatic stomp of her large foot which made the ground shake and naturally made the tigers decide there was better food to eat in other parts of the savannah.... All the animals in the savannah where thankful and amazed at how brave she was. She just saw it as the right thing to do, never even giving it another thought.....

One day she was bathing in her favourite river spot when a rat wandered up to the river to drink. As he drank he became aware of a commotion happening in the river. He looked up to see the Hippopotamus going from a lovely shade of gray to a washed out shade of ghostly greyish white. The longer he stood there the more ghostly the hippo's color became. The hippo was frozen where she stood. Her whole body was filled with fear, she was terrified the rat would come towards her, she was terrified that if she opened her huge mouth he would run right up into it. She could not move, she could not even make a sound to call someone to save her. She stood in the river bed for so long she started to sink into the mud. But as long as the rat stood there she could not move. Her fear screamed in her head and she could do nothing but stand there sinking. Finally the rat wandered into the grasslands leaving the hippo alone. Slowly the hippo became aware of her surroundings, slowly the fear in her head stopped screaming and she could focus on getting herself out of the mud. It took a while but she was so relieved the rat had left she did not care..... until she got to the edge of the river bank where the fear started again. "What if he was waiting for her? What if he jumped on her and ran into her mouth? What if.....what if..... The hippo could feel her feet freeze on the ground and her mind

race. She imagined him waiting for her in the grass. Just around the corner, any corner, every corner. She started to sweat, wondering how she was going to get home through the grass. Suddenly she heard a far off cry: "Tiger.....Tiger." The hippo recognized her aunt's voice and took off in the direction of the sound. Sure enough there he was a large ferocious tiger crouching in the tree waiting to pounce on his next hippo meal. He was hungry, big and mean. She walked up to the tree and opened her big mouth and said;" You get out of that tree right now and get out of my part of the savannah. If you do not get out right now I shall bang on that tree until you fall out and stomp on you with all my feet." "You don't scare me said the tiger. I will jump on you and eat you." Fine" replied the Hippo you have had your one warning. I will turn you into a flat pancake if you do not leave right now. She walked towards the tree and was just going to bang against the tree when the tiger realizing how big she was jumped down and took off across the savannah for safer ground.

"That was quite amazing a voice said from the grass. How come you are not afraid of that tiger he had really big teeth and he looked really hungry?"

I don't know replied the hippo, I am afraid but I know I have to protect my family and friends and I just find it in me to be strong even when it is scary. I realize I am bigger than he is and that helps me to not let the fear take over.



"Wow", the voice said "I wish I could be that strong." When I get scared it makes me freeze and the

fear in my head just screams. I get so scared nothing else exists. You must be very brave and wise to understand you are bigger than your fear when you feel afraid." The hippo looked very thoughtful for a moment and said. "I have to go now. You be safe." "Oh I will be safe." replied the voice. "Nice talking to you." The hippo wandered off thinking about the tiger and about the rat at the river. The creature in the grass wandered out to watch the hippo disappear into the grass. Life is a funny thing he thought fear lives within as well as strength, when we connect with our strength our fear does not have so much room to take over. The wise old rat smiled at how much power the hippo had given him at the river. It felt good to give some of it back to the hippo.....

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Reviews

The Book Shelf

Stories for the Third Ear – Using Hypnotic Fables in Psychotherapy by Lee Wallas

Reviewed by Diane Auld

Such a beautiful book filled with hope, kindness, acceptance and understanding. In stories for the Third ear Lee Wallas perfects the art of indirect story telling as a powerful healing tool. Her clients are people living with illnesses such as Obsessive-compulsive Disorder, Oppositional Disorder, Bulimia, Anorexia and Separation Anxiety to name just a few. The stories emerge out of her rapport with her clients and serve as a healing balm touching the part of each client walking towards wholeness. In the foreword Sidney Rosen points out one of Erickson's central elements in his therapy was to "First model the patient's world; then you role model the patient's world."

Lee Wallas uses a variety of animals, fairy tales and once upon a time adventures to do exactly that. Help the client know she understands their world and does not judge it. Each story gently and compassionately takes the client through a journey of their world, introduces the opportunity for change and a hopeful and possible ending.

Commenting on the genius of Milton Erickson, Lee Wallas points out in her introduction that her stories are not gathered from her life experience as Erickson's were, they are stories that spontaneously manifest from her work with a client. Many of the stories came to her while she was in an altered state therefore she does not plan them, nor does she have any idea when they will "tell themselves" or how they will unfold or conclude. She does know they develop in her unconscious as safety and rapport grow in the therapeutic relationship.

Her stories and descriptions of each client stimulated my imagination, touched my heart, and provided me with fertile ground to create my own stories and ideas of where to use them with my clients. I found myself thinking of many of my clients and creating stories for them.

Stories have a powerful affect on a client when they are similar but not a duplication of events or situations in their life. Stories become a wise teaching tool when they spark the client's interest giving them the space to discover their personal relevance.

For me personally the book is inspiring in the range and depth of her imagination; the characters she uses in the stories and the complex simplicity of how they unfold.

I recommend the book for counselors who want to introduce the art of story telling into their practice. I also recommend it to those counselors who enjoy story telling and want to see the world through another counsellor's creative imagination. The author includes her personal process to help facilitate rapport and create openness to the stories. Each story comes with the detailed clinical explanation enhancing our understanding of their impact and ultimate value in the client's experience.

Stories in the book.

There's the story of the little crab who cannot walk forward to get his breakfast. The more he tries to walk forward the more he moves backwards. The story is for Dennis a 12-year-old boy exhibiting signs of Oppositional Disorder. Another story is of a centipede who has a hundred legs and does not know how to walk created for a client living with obsessive compulsive disorder who constantly counts to 100. Each story is unique and fascinating. I highly recommend this book.

Published by W.W. Norton & Company
1985 ISBN 0-393-70019-4

"Stories are the root of all history as we know it, the oldest form of exchanging human knowledge and experience."

Lee Wallas

10 Warning Signs of Inner Peace

- 1. Being present in the moment; acting spontaneously rather than from fears based on past experiences.*
- 2. Chronic optimism; a tendency to reframe all events and situations in a positive light.*
- 3. A complete loss of interest in conflict.*
- 4. Persistent sense of humor.*
- 5. Adaptation to changing conditions.*
- 6. Frequent episodes of appreciation, pleasure and generosity.*
- 7. Feelings of trust and closeness to others.*
- 8. Identifying and openly communicating feelings.*
- 9. Inability to worry (a very serious symptom)!*
- 10. Increasing susceptibility to love extended by others, as well as an uncontrollable urge to extend it.*

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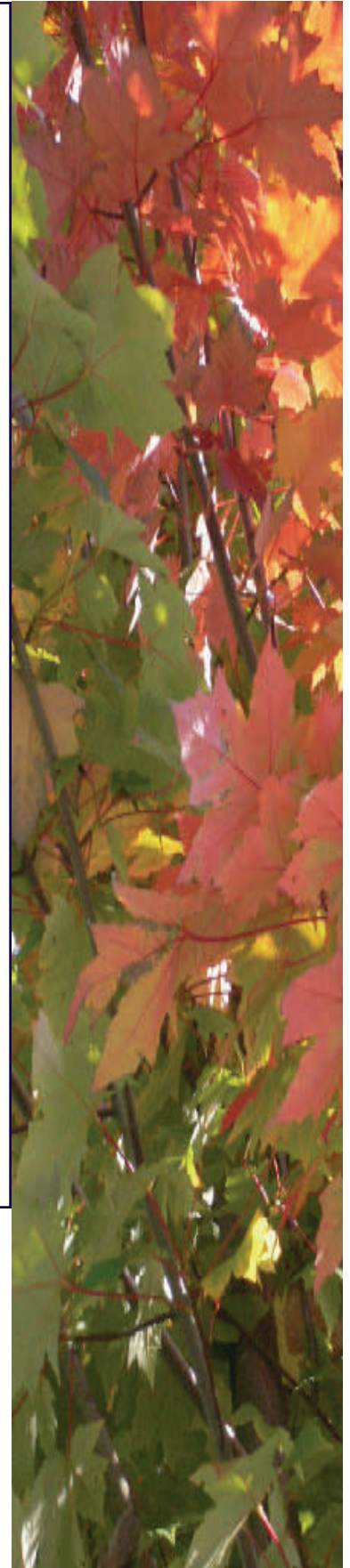
Editor of the Awakening Path Newsletter

<http://www.awakeningpath.com/index.htm>

“Doing one thing at a time” is how one Zen Master defined the essence of Zen.

Doing one thing at a time means to be total in what you do, to give it you complete attention. This is surrendered action – empowered action.

Eckhart Tolle – Stillness Speaks



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And for the hippo somehow she knew when she next found herself face to face with a spider you will remember this story and the strength she has within..... the well of strength she has to face her fear..... and she will realize she is bigger than the spider and will find she can feel her fear and still function..... that deep within her is the ability and wisdom to be bigger than her fear Slowly and gently.....taking all the time you need.....bringing back with you anything you need.....you can come back in to the room.

I would like to make this a regular section. If you would like to see one of your metaphorical stories in the newsletter please send a copy to Diane Auld.

newsletter@hypnotherapyassociation.org

"I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind could comprehend it."

Henry Emerson Fosdic



Editor's Note

My first newsletter and it has been quite an experience.

I want to thank Moira our previous editor for setting such a high standard and for her help in this one. I want to thank the membership and Sheldon for their patience. I love art and as you can see there are many pictures in this issue. So far these are my pictures. If you have a digital picture you think might add to the enjoyment of reading please send it to me, as long as you don't mind me editing you might just see it in a future newsletter.

This is our newsletter and I would like to ask the membership for help. I need book reviews, quotes, cartoons, and of course articles.

Send anything along to me and I will either put it in or gently let you know it may not be appropriate. Keep in mind copy right laws.

Any suggests of future sections are gratefully accepted. My goal is to keep it informative, enjoyable to read, esthetically pleasing to look at. An enjoyable read with a cup of tea . Thanks again to everyone for your help. Blessings Diane

International Association of Counseling Hypnotherapists

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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.

Report by Molly Morris

Generally, in most of the fifty states in the US, the practice of hypnotherapy is not regulated, and a diploma from an **approved state licensed school** is the highest level of legal, official, state government recognition. Look for an approval from a state agency that licenses schools. There is supposedly an exception in two states, which require a hypnotherapist to be a licensed psychotherapist, but I could not determine this. Three states, **New Mexico, Washington and Indiana**, require a hypnotherapist to register with the state, and in Colorado, if you practice hypnotherapy, you must be licensed as a psychologist or psychotherapist, **or** be listed in what's called the **Grievance BoardDatabase**.

California

Hypnotherapy is a self-regulated profession and does not qualify for State licensing. The American Council Of Hypnotist Examiners is a professional organization, chartered by the State of California, to establish training standards, standards of professional practice, and a code of ethics. The ACHE's Ethics Committee can suspend or revoke certification. Certification is awarded to those who attend state licensed schools, with state approved hypnotherapy instructors

Florida

Florida has no regulations—other than that you do not present yourself as a psychologist, physician, or other professionally licensed medical practitioner.

New Mexico

Hypnotherapists must be certified by the **American Council of Hypnotist Examiners** or the **Southwest Hypnotherapists Examining Board**

Washington

Applicants for registration shall register as counselors or may register as **hypnotherapists** if employing hypnosis as a modality. Applicants shall, in addition, provide in their titles a description of their therapeutic orientation, discipline, theory, or technique. Each applicant shall pay a fee determined by the secretary as provided in [RCW 43.70.250](#), which shall accompany the application.

Indiana

An individual who applies for a certificate as a hypnotherapist must do the following:

(1) Present satisfactory evidence to the committee that the individual:

(A) does not have a conviction for a crime that has a direct bearing on the individual's ability to practice competently;

(B) has not been the sub-

ject of a disciplinary action by a licensing or certification agency of another state or jurisdiction on the grounds that the individual was not able to practice as a hypnotist without endangering the public; and

(C) has at least five hundred (500) classroom hours of hypnotism education from an Indiana school or program of hypnotism that is approved by the Indiana commission on proprietary education (referred to as "the commission" in this clause) under IC 20-12-76 or from any other state approved school or program that is found by the commission to have requirements as stringent as necessary for the commission's approval of an Indiana school or program of hypnotism. A classroom hour may not be less than a fifty (50) minute period of instruction with both the instructor and student in attendance. Classroom instruction does not include video tape correspondence courses or other forms of electronic presentation.

General Article on Regulation of Hypnotherapy

Found at: <http://www.healthy.net/public/legal-lg/regulations/OAM.HTM#HYPN>

Statutory references to hypnotherapy or hypnosis in the context of health occupations legislation generally do not provide a formal definition for this modality. Exceptionally, Florida's "Hypnosis Law," which recognizes that hypnosis "has attained a significant place as another technique in

the treatment of human injury, disease, and illness, both mental and physical,"[\[203\]](#) defines hypnosis as

...hypnotism, mesmerism, posthypnotic suggestion, or any similar act or process which produces or is intended to produce in any person any form of induced sleep or trance in which the susceptibility of the person's mind to suggestion or direction is increased or is intended to be increased, where such a condition is used or intended to be used in the treatment of any human ill, disease, injury, or for any other therapeutic purpose.[\[204\]](#)

Where referenced by statute in a health occupations context, hypnotherapy or hypnosis is predominately declared to be within the scope of practice of psychology.[\[205\]](#) Depending on the state practice rights may also extend to marriage and family counselors,[\[206\]](#) - anesthetists,[\[207\]](#) naturopaths,[\[208\]](#) clinical social workers, [\[209\]](#) mental health counselors,[\[210\]](#) medical practitioners,[\[211\]](#) and healing arts licensees generally.[\[212\]](#)

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In Washington, hypnotherapists may register separately under a state credentialing act for

counselors. The act expressly recognizes, however, the; the practice of hypnotherapy is not necessarily limited to counseling. [213]

A few states refer to both hypnosis and hypnotherapy in the same statute, but for different purposes. Thus, Missouri specifies that hypnosis is within the scope of practice for psychology, but excludes hypnotherapists from the associated licensure requirement.[214] The Texas psychology practice act, on the other hand, declares that hypnosis "for health care purposes" and hypnotherapy are both within the scope of practice for [215]

The practice of hypnosis may be subject to varying statutory conditions relating to the educational qualifications and clinical experience of practitioners [216] or to prohibitions on the use of hypnosis by dentists, optometrists, podiatrists, chiropractors, osteopaths, and physicians for neurotic difficulties of a patient, as opposed to its use for hypnoanesthesia or for allaying anxiety during health care treatment by these providers.[217] In common with other counselors regulated by Washington's credentialing act for the counseling profession, a hypnotherapist must provide information to a client about the practitioner's practice, education and training, the patient's treatment options, and other matters specified in administrative rules of the state Department of Health.[218]

National Symposium on Counselor Regulation

Sheldon was invited to attend the national symposium on Counselor regulation sponsored by the B.C. Association of Clinical Counselor's November 21 and 22.

The organizing committee of the BCACC pulled together professional counseling and government representatives from across Canada, for a roundtable discussion on the status of Counselor regulation in Canada, to identify challenges and opportunities for the protection and government's in the future. Sheldon was very impressed with the meeting and there will be a report in our next newsletter April 1.2006. If you are interested in finding our more check out - <http://www.bc-counsellors.org>.

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Members may advertise upcoming events for free in What's On.

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