



**International
Association of
Counseling
Hypnotherapists**

Fall 2007

Welcome

www.hypnotherapyassociation.org

the script

**President's Letter
Sheldon Bilsker**

Welcome to our Fall 2007 newsletter. A number of things have happened in the IACH since last newsletter. We have started the process of creating an online referral system. The first phase has been completed and we now have an online consistently updated membership database. IACH members can now learn where other members are located and obtain contact information. Eventually, each practicing member will have their specialized area of practice showing in the database. The final phase will be an online searchable database available to the public. We feel this will help enhance each existing member's ability to promote their practice and the IACH. We will be also investigating how we can promote the new IACH database.

Our website is beginning to show very well in a variety of search engines. As you might know this is very important and as a result, we are receiving more inquiries about membership than at any other time. I would like to thank Tyler Gjernes for his excellent programming work in building the database and the rest of the executive for working so hard without pay to keep this association running efficiently. I hope you enjoy this newsletter, and if you are a hypnotherapist or student of hypnotherapy that you consider joining our association.

Sheldon Bilsker, HT,RCC
President, IACH



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Editor's Note

Diane Auld



Hello everyone. Here is our fall newsletter. Although with the weather it feels more like winter in Vancouver. We have some fascinating articles this month on the use of hypnosis. A new metaphor written by a student, I hope you get a chance to read it as it is lovely which can be used so easily with clients. We have a lovely poem by our Vice-President Gabrielle Lightfoot. We say goodbye to some old friends this month and welcome some new ones to our executive. On a more personal note: I recently had a opportunity teaching that helped me remember what a wonderful gift hypnotherapy brings to my life. To be working with a client and walk with them in the wisdom of their unconscious. To help them open to their own creative, brilliant solution mind and trust their unconscious is such a humbling honour for me. Stories and metaphors are my favourite vehicle as you may know. That being said I realized after an experience with a student that it is the use of language that thrills me. Allowing language to emerge out of the rapport the client and I have together. To not know what I am going to say or where we will go in our unconscious exploration and to trust that partnership. I love hypnotherapy. It's simplicity, it's complexity and the wonderful Ericksonian gift it brings to my life.

Thanks for reading and allowing me to share my excitement.

I wish everyone a joyous, warm, and safe holiday season. This time of going inward is one of my favourite for out of the darkness emerges the light of spring and the wisdom of the unconscious.

A Thank You to Mahmud Nestman

Mahmud Nestman has stepped down as the Director of the Standards Committee. We would like to thank Mahmud for all his hard and dedicated work. His contribution to the IACH has helped it reach and maintain a high level of competency and integrity. We wish Mahmud all the best and hope he will continue to contribute.

We would also like to welcome Joanna Komorowska as our new Director of the Standards Committee.

Hypnotic Journeying by Diane Auld

"The woman noticed how complex the web on the tree was. How the spider had woven intricate pathways up and down and back and forth. She marvelled at how this enabled the spider to get from one part of the tree to another. Each strand of webbing connecting systematically and yet almost intuitively to each other. As though the spider has allowed herself in the moment to be guided by some internal voice, some deep knowing of her intention and ultimate goal. And she marvelled at this deep inner knowing working on a unconscious level."

A Peek into the mind & practice of

Joe McKinnon

Describe your training, experience and qualifications.

Training and Qualifications:

A Master Practitioner Certification in Neuro Linguistic Programming taken with Dr. Steve Davis in Winnipeg MB. Training based on the Psychology of Vision (Relationship & Family Dynamics Training) created by Dr. Chuck Spezzano. Meditation training, practice and technique. Training based on The Pathworks of Self Transformation (deep self discovery, relationship dynamics & spirituality) by Eva Pierrakos.

Experience:

My roll as a counseling hypnotherapist began four years ago in Red Deer Alberta. What started as a part-time practice rapidly grew by word of mouth into a fairly busy full-time operation. From the start, the demand for the healing up of issues affecting a client's primary relationship and family life was high. Helping people create balance in their lives by healing up the unresolved traumas of childhood along with the relationship patterns



of their family of origin that no longer served them was usually the order of the day. All of this work has to be done in feeling not just in thoughts. If you heal the feelings the change is for life.

We moved from the city with a business doing well knowing that we would have to start over but knowing that the change would be worth it. We made the move in May of 2006 and by summer of 2007 we have reestablished a nearly full-time home based practice.

How would you describe the work that you do?

Describing the work one does is akin to a fish describing the water in which it lives. My work has been a process of evolution for over twenty years and has over the course of time become second nature not only professionally but as a way of life for me personally. It is as intuitive

and guided as it is based on formulas and protocols. Much of the work I do with people comes back to the basics of relationship patterns because there is never a moment in our human experience when we are not engaged in relationship with something or someone including ones self.

The way I work with clients is generally deep in feeling. I walk them through the understanding of how and why a situation was created. Then I create the space for them to safely access and experience their related feelings. My belief is that the thing which is meant to guide you in your life is your intuition. Intuition is not a thought process; it is a felt-sense experience. This means that you have to be "in feeling" to access this powerful force and for these feelings to be accurate and reliable they need to be mature (not stunted or shut down). I help people individuate by helping people to heal their feelings and access their intuition. When an individual can understand the *how* of something and the *why* of something it becomes possible to evolve through the immature feelings associated with the issue resulting

Continued on page 4

in more choices, resources and awareness.

Describe your work space.

The walk out basement of my residential home has been converted to office space which my wife and I share. There are two session rooms; one which I share with a giant philodendron, the other is used as a massage room by my wife. There is an open living room reception area which we use for computer work station and appointment desk. The back decks over look the city in the winter and a beautiful green treed area in the summer.

The other half of the basement has been converted to a private one bedroom suite for out of town clients who wish to stay for a few days. We offer multi-day packages which include several hours of counseling sessions, massage and B&B accommodations. This gives people an opportunity to experience an intensive, accelerated personal growth process in a safe, private environment.

Tell us about your greatest challenge as a counseling hypnotherapist.

I usually work with clients anywhere from three months to two years. There is a timing component to any kind of personal process. Learning the patience to wait for a client to

arrive at their correct timing for resolving an issue was very challenging when I first began this work.

....and your greatest accomplishment.

I am extremely grateful in an overall sense for the gifts of grounding, intuition and authenticity which enable me to help clients find peace and permanent change regarding most any issue. Several of the techniques I use to accomplish permanent resolution did not exist in a text book; I have had to create them on my own. The accuracy, effectiveness and efficiency of these techniques are easily my greatest accomplishment.

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

I believe in a power greater than us humans. I believe all life to be connected and to have purpose. I believe Planet Earth to be a living, life giving system. My experience of this connection to a greater power, my purpose and our earth is a knowing that I can not express in words. My training in Shamanism has taken me to many unconventional experiences of a spiritual nature. In my work this has been a blessing as I

have expanded my awareness of these places farther than most of the people I work with. This allows me to work cleanly in a client's belief structure without imposing any of my values upon them or implanting any dogma of a religious nature.

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

I am the deep end guy when it comes to the level of work I do. I know to be true that any person committed to helping others on their personal journey can only take another person to the depth and level of awareness that he himself has travelled. To work at the level I do, I have had to learn the disciplines of meditation, setting intentions and clearing energy. I have had to heal my own feeling of past trauma and also come to the understanding that life is a journey of constant learning and self evolution. I have learned to appreciate each and every moment of an amazing life and the people and pets that share it with me. Being a counselling hypnotherapist has deepened my sense of spiritual and mental wellbeing.

What book do you find most helpful in your practice?

“The Pathworks of Self Transformation” a channelled work by Eva Pierrakos.

Medicine and Hypnosis -The Best of Both Worlds

Hypnotherapy - Healing Emotionally and Physically from the Inside Out

Linda Simmon, C.Ht.

More and more doctors now realize that hypnosis is powerful medicine. Why this is and how it happens is still something of a mystery, but science is showing hypnosis can improve your health in amazing ways. It can help relieve pain, make breathing easier for people with respiratory illnesses, aid with gastrointestinal ailments and relieve depression just to name a few. The most astonishing evidence is coming from research on healing.

In a pilot study published in 1999, Harvard University psychologist Carol Ginandes, Ph.D., showed that hypnosis can help broken bones heal faster and, in a follow-up experiment published in 2000, Ginandes and her research team discovered that women who had breast reduction surgery recovered far more quickly after undergoing hypnosis.

It is speculated that hypnosis alters the levels of certain chemicals found in the brain that influence the nervous system, hormone production, and the immune system. It appears that hypnosis effects how genes in cells express themselves, turning some functions on and others off. Studies using brain scans and other imaging technology are providing explanations as to how and why hypnosis works in helping the body heal itself.

Hypnotherapy uses relaxation techniques such as deep breathing, imagery, visualization and positive suggestions. Clients often say that they experience a feeling of peacefulness and euphoria yet are fully aware during a session. This is similar to what is experienced during meditation. As David Spiegel, director of the psychosocial treatment laboratory at Stanford University School of Medicine and coauthor of *Trance & Treatment: Clinical Uses of Hypnosis* (American Psychiatric Publishing) explains, there is "some overlap with meditation" however, "hypnosis focuses on the ability to do something for a specific purpose." And this is how hypnosis achieves its strength, by using positive statements and suggestions while a client is in a fully relaxed state. This enables the client to more easily focus on past problematic patterns or behaviors and it is this ability to more easily focus that results in the desired change. A sort of spring cleaning for the mind. Working from the inside out, releasing negative thoughts, perceptions and behaviors and replacing them with the positive thoughts and suggestions that the client desires.

It is this technique of focusing and strengthening willpower that is responsible for hypnotherapy's high success rate, particularly for clients who want to lose weight or quit smoking. A University of Connecticut review of six weigh-loss studies found that 70 percent of study participants rated hypnosis better than cognitive therapy alone.

Arreed Barabasz, director of the laboratory of hypnosis research at Washington State University in Pullman and coauthor of *Hypnotherapeutic Techniques* (Brunner-Routledge) agrees. "The suggestions must emphasize what you're against."

For the client who wishes to quit smoking, positive suggestions about their body and visualizing their lungs becoming clear and free of smoke as well as instilling images of the client happy, healthy and smoke free are the types of suggestions that are most effective. When Barabasz tested this approach on 300 heavy smokers who had previously quit and relapsed, almost half stayed smoke-free 18 months after hypnotherapy - compared with 10 percent for the nicotine-replacement therapy alone.

Is there a definite answer as to whether hypnotherapy is the solution to all medical conditions or just a mild placebo? We may never know, however the truth probably lies somewhere in the middle.

As one of my clients told me, "I don't care why it works, I'm just happy it does."

I believe the answer lies in our own perception. After all, it is our perception of anything that determines whether we feel happy or sad, joy or hopelessness, feel we are making progress or stagnating. And it is the ability to manipulate perception with the aid of hypnosis that very well may prove to be the single most powerful tool each of us has at our disposal.

Studies worldwide demonstrate how hypnosis can help with conditions such as gastrointestinal disorders; functional dyspepsia

(Gastroenterology, December 2002) where the group of subjects who received hypnotherapy sessions had fewer symptoms such as nausea and bloating than the medicated group; skin conditions; even faster recovery for surgical patients (Anesthesia and Analgesia, June 2002).

Research has shown that cancer patients who receive hypnotherapy prior to or during chemotherapy sessions experience less nausea and vomiting than those going

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through chemotherapy without the aid of hypnosis.

The International Journal of Clinical and Experimental Hypnosis, April 2000 discovered that hypnosis relieved pain in 75 percent of the people studied.

And this list goes on and on.

As more and more doctors and patients are beginning to recognize that mental states and emotional and physical well-being are connected, hypnosis continues to be used more frequently. The pathology of depression shows clearly that the mind and

body aren't separate, they are part of a single system. A system that you can control with the aid of hypnosis.

Hypnosis can help you to take back control of your health and your life and once you have taken back control, then the real fun can start, realizing all the possibilities available to you, all the directions you can go and finally realizing that your life is a journey not just a destination. A journey that you can now control.

It is possible to get help with just one session, but more often it takes several. Repetition is the key to success. Listening to CDs or downloadable mini-sessions repeatedly is not only the most cost effective way of utilizing hypnosis, but extremely effective at accomplishing the desired results.

Linda Simmon's Website can be found at:

www.newhypnotherapy.com

Metaphors and Stories

by Tyler Gjernes

This month we have a story written by a hypnotherapy student. A wonderful story about how sometimes it is essential and safe to feel.

My friend Robert and I are planning to go on a trip this February. We're going to go to the Winter Carnival in Quebec City. It's going to be very cold and snowy. We are both used to mild Vancouver winters. Given that Quebec winters are so snowy and cold, we decided that we would need to get some protective clothing to shield us from the harsh elements. We went shopping in several different stores, and bought jackets and snow pants and big, black, warm boots. We both loved our boots immediately. They are so warm, and big, and black and heavy. They're thick and protective and waterproof, and have heavy-duty tread. They are warm and fuzzy inside. Wearing these boots, we felt protected from all the harsh outside elements. They could keep out snow and slush, and the heavy tread would prevent slipping on the slick winter sidewalks. We were both eager to try out our boots, wanted to wear them all the time.

The other day, Robert and I went to go shopping again. Even though it wasn't a very cold day, we put on our heavy boots any-

way. We got in the car, and headed out for the shopping mall. We'd only gone about a block, when Robert suddenly realized that the big, heavy boots were making it difficult to drive. The boots made his feet too big to fit properly on the pedals. The tread was so heavy, he couldn't feel when his foot was on the brake, and when it was on the gas, and he couldn't feel the clutch properly. When the first traffic light turned green, we lurched into the intersection and then stopped. The other cars behind us started to honk, and impatiently tried to drive around us. Robert frantically tried to control the car, but the heavy boots made it impossible. It took a long time, but we finally managed to guide the lurching car over to the side of the road. Robert was shaking and scared. He reached down and untied his new boots. They just were not made for driving. He had to take them off, and drive with just his socks on. The socks allowed him to feel which pedal was the brake, and which one was the gas. Robert realized

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that when he was driving, he needed the sensitivity to be able to feel things with his feet, so he should wear smaller and thinner footwear. The boots were perfect for snow and ice and harsh outdoor weather, and he still liked the boots very much. He realized he would have to carefully consider which footwear to use each day. Some days, when he needed the protection against cold and ice, he would wear his big, heavy, black boots. But the rest of the time, he discovered that he would be much better off if he wore his more sensitive shoes.

This story could be used during trance, for clients who tend put up emotional walls. Sometimes it may be that walls put up for a specific reason just stay up, out of habit. This story could help a client gain the insight that it may not always be appropriate to hide behind walls



Parts Therapy in Action

Katherine Zimmerman,CHT

We all have parts. I'm not referring to body parts here but parts of our personality. Have you ever said to someone, "a part of me really wants to take that new job but another part is afraid to make the change?" Or, "a part of me really wants to lose weight but another part says that it's just too much work." This is a normal occurrence because we all have parts of our personality that have split off and keep us struggling to make decisions. Just as with any team effort, life flows more smoothly when our parts are working together. In the following case history, Renee brings several parts into agreement creating a life that feels lighter and easier.

Renee has been working on weight reduction in previous sessions so we began by discussing her progress. At the time of her first session she weighed 385 pounds. Before she started losing weight she used hypnotherapy to regain a sense of control, improve self confidence, release judgments of herself and others, she became more comfortable with who she is and she relates to others more easily. Renee also learned that she had choices and released some old guilt.

From previous session with Renee I know that she exhibits a playful exuberance about life. Her life goes much better when she stays in touch with her playful nature. While her ultimate goal is to normalize her weight, her goal for this session is to recapture that whole sense of creativity, sense of fun and play, that she's been missing. Renee feels as if there's an element of creativity and imagination that she has

lost. She wants to get back that creative spark, which will increase her energy levels reminding her that, "This [exercise, movement] is play, this isn't work. I can go, do, walk around and go shopping and this is playtime." She has realized that part of the reason that she doesn't exercise it's just "one more thing to do." Bringing the creativity back in will balance many different aspects of her life.

Renee's journey starts in her sanctuary. She describes it as "this huge room, with very, very tall windows, almost two stories tall. Almost a wall of windows outside. There's books all around and comfy chairs, tables and just comfortable places to sit and read and relax." She feels excited and yet comfortable there.

I asked Renee to invite in a creative Part... a Part that is creative and imaginative. Renee describes this part as looking like a pixie. The part is wearing overalls that are covered in paint. Her hair is short and spiky. This creative part likes to be called Amy.

Renee asks her creative part to "help me try new things and see things with a sense of wonder and understand all the possibilities that are out there."

As she shifts to Amy's perspective she reports missing Renee. The two agree to work together. In fact, Renee asks Amy to be with her all the time, to integrate with her so that she can "see the world with new eyes. And understand that fun can be anywhere even at work. And that I can use creativity everywhere."

Amy is delighted at being asked to integrate. Although Amy reports being 9 years younger than Renee, both agree that it works better to integrate the two parts without asking Amy to grow up. Before asking the two parts to integrate I checked to see if there's another part

that would prefer to keep the status quo. This is when an ageless part called “Protection” entered the picture. Naturally, protection’s job is to see the Renee doesn’t get hurt. This part worries that once Renee and Amy integrate that she’ll be too different and could lose her job.

Renee and Protection dialog and negotiate a compromise.

“Protection” offers to help protect the creative side by buffering the negative thoughts away. “Amy” is also happy with this help.

Another part wishes to be heard in this process, Love. The part called love has come in to be supportive and is ready to integrate with Renee. As these parts integrate Renee reports feeling bubbly and energized. Next, Renee imagines taking her newly integrated self to work. She finds that “it’s easier to approach. It’s easier to see different things that can be done, in different ways. Things don’t feel as burdensome.” she also imagines herself in her personal life, “out driving around and being able to see fun things as we go around, rather than it’s something boring to do.” Everything in life is becoming fun again. After re-alerting Renee she reported feeling lighter and that it would be “easier to try things,

easier to see things and not judge myself as much.”

Parts therapy is, and continues to be, a powerful tool that I use to assist clients in changing their lives. These parts are very real to the hypnotized client. Recognizing the parts' desires and negotiating a change that is agreeable to both allows him/her to end the constant ambivalence. We have all experience it. Haven't you said to yourself, "a part of me wants to get out more and another part just wants to stay at home and hibernate." I am sure that you change the words in italics with the struggles of your own parts. Bringing these parts into alignment creates a more peaceful existence. And who wouldn't benefit from that?

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All men are sculptors, constantly chipping away the unwanted parts of their lives, trying to create their idea of a masterpiece. ~Eddie Murphy, 1979

For me, Pathworks has been a journey of freedom for the soul and the path to balance and sense of self. It is both an exploration and a process. If used in meditative contemplation, it helps a person disassemble intergenerational attitudes and dogmatic beliefs. The foundational beliefs of this book are based on reintegrating the separated ego instead of overriding or surgically removing it. As an outcome of pathworks, one who studies it in depth will come to know a quiet mind and a safe and gentle relationship with the self.

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

I like to use vague generalities along with specific metaphors during trance inductions. Anytime I am working with a client sorting through their life I am tracking for key experiences significant to their unique understanding of life. At a later time during the session I will use the mental notes I have made to create metaphors specific to this person as part of my trance induction while keeping the directional component open ended. Because we are working in full feeling during the trance, I know that a part of this person's awareness knows exactly where it needs to go. My job is to make the journey there as productive and safe as possible.

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

I would like to see more generic promotional materials available to hypnotherapists for use in our efforts to extol the virtues of hypnotherapy to the general public and the medical community.

I would also like to see EFAP programs expand their boundaries to include counseling hypnotherapist who are able to provide a proven track record of performance and competency

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

Several years ago my wife and I attended a workshop called Millionaire Mind Intensive. The facilitators name was T. Harv Eker. Harv Eker is a millionaire and financial guru not a psychologist, doctor or counselling hypnotherapist. So why would I choose this man as my mentor? At the time of this workshop I had a nagging sense of purpose which was to do this kind of work that I do now; however blinded by my own ignorance of certain areas of my life, there seemed to be no hope of ever pulling it together enough to fulfil my purpose successfully. Immediately into the workshop I could see the value of what was being taught. As I watched Mr.

Eker speak to over a thousand people I noticed that he was highly skilled in NLP language pattern and body language. He showed me how my programming, beliefs, attitudes and feelings were keeping me stuck, miserable and broke. He did for me what I now do for others; he showed me myself in a way that I couldn't not see it. Because of this workshop and the several years of learning that followed, I can say that my purpose is being fulfilled successfully. Thanks Harv!

How do you unwind/rebalance?

To unwind I often join my wife and daughter walking our dog Lucy up the mountain trail two blocks from our house. I read a lot, putter a bit and pet the cats.

Rayana and I are renovators. We drywall, do plumbing, build walls, install floors, run ducting – most anything needed to renovate a house. I find this to be a nice break. I enjoy working with my hands and seeing the obvious fruits of our labour. Counselling is both abstract and intangible so renovating is a good balance for me. The feeling of building something straight, plumb

and square, in my own space with some music in the background is a soothing creative outlet.

I meditate each day as a part of my daily practice to stay centred, balanced and grounded.

What is your greatest hope?

My greatest hope is that our humanity will catch up to our technology. Soon.

...your greatest fear?

My greatest fear is that it won't and that we will consume the planet and its resources without conscience or remorse.

How do you want people to remember you?

I'm a Leo. In the movie "The Lion King", Simba, the young lion who is next in line to be king looks up into the night sky where Mufasa appears to him in a swirl of stars. When Simba asks what he is to do, the old lion replies 'remember who you are'. That is how I want to be remembered. If I have fulfilled my purpose when you remember me, you will remember who you are.

Joe McKinnon can be reached through his website :

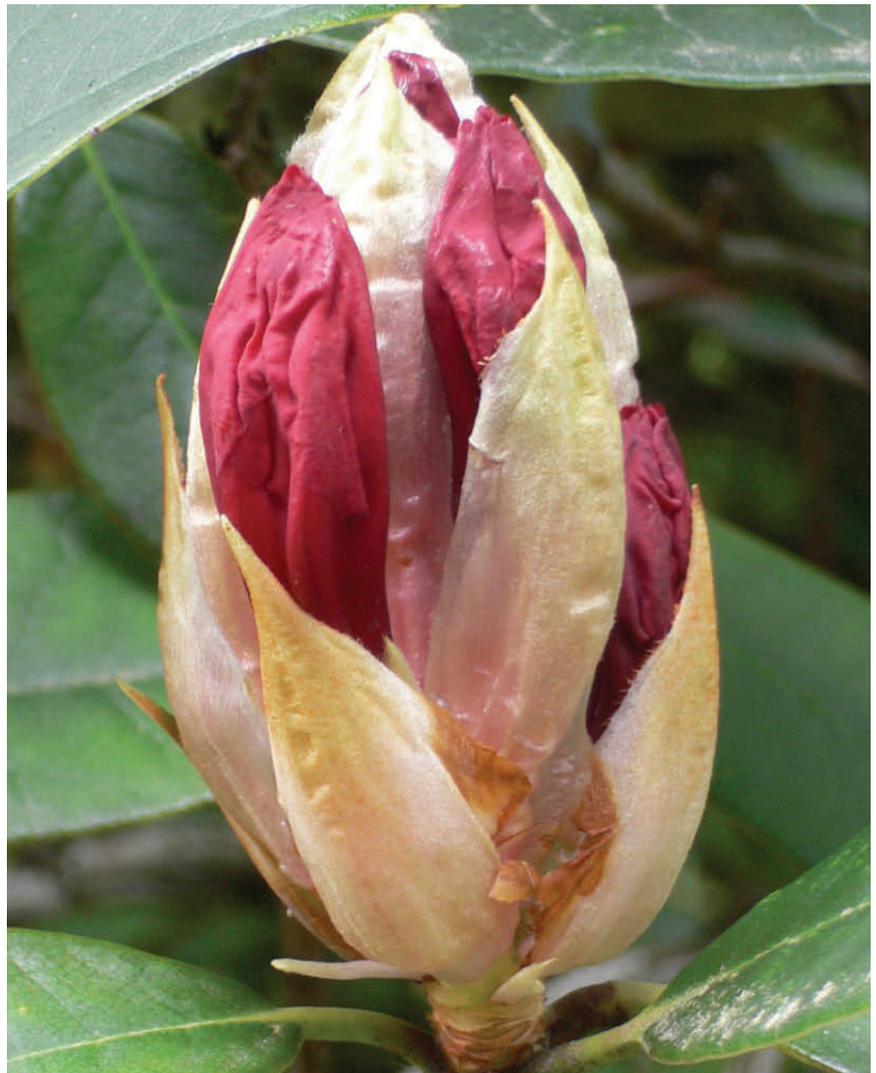
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The only thing that keeps you from being fluid, and therefore changing into a state of realistic hopefulness and light, into the essence of life itself, is your own enclosure, your ignorance of this truth -- your momentary state of consciousness. This state of consciousness is now fixed in the conviction that life and your personality traits are static and must remain that way. Your state of consciousness remains fixed in this dark imprisonment as long as you know nothing else.

by Eva Pierrakos



the script

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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.

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*O, wind, if winter comes, can spring be far behind?
Percy Bysshe Shelley*