



**International
Association of
Counseling
Hypnotherapists**

Fall 2006

Welcome

www.hypnotherapyassociation.org

the script

***Vice - President's Letter
Elaine Hopkins***



Hello everyone:

As the new Vice President I would like to introduce myself. I have been a member of the IACH since its inception. I am a Certified Hypnotherapist, Counselor, Reiki Master/teacher of the Usui system of natural healing and a retired C.D.A.

I have a great deal of experience in instructing adult education programs, presenting workshops and seminars on personal development, stress management, communications and conflict resolution, Healing the child within, Reiki, hypnosis, "How the Mind Works in Wellness"

and "Developing Intuition".

My specialty is in the area of the mind and wellness, and healing the abuse of childhood including childhood sexual abuse. I work for several First Nations communities dedicated to the healing of residential school abuse, resolving and healing issues resulting from the past which are interfering with the present. Issues such as abandonment, abuse in all forms and the neglect of childhood dependency needs.

I am committed to my own personal growth which I feel is a life long journey.

I am an avid speaker some of the groups I have spoken to are the members of the Integrated Medical Society at UBC, foster parent groups, dental personnel, cancer groups as well as being a regular speaker for peer counselors and career prep students at high schools. I offer courses to colleges in B.C. and Alberta and am scheduled to teach at the Okanogan College in the winter/spring.

I can be reached at: (250) 675-4641 or email:elabria@telus.net

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Vice President's Letter Continued

As the Vice President I would like to congratulate Sheldon on maneuvering his way through all the hurdles to become the first accredited Hypnotherapy school in B.C. Sheldon has worked long and hard to make this happen.

As for our association through the hard work of Sheldon the IACH is currently working to support the work of the task force towards Counseling to be recognized as a separate and distinct profession in BC.

*Out beyond ideas of wrong doing
and right doing there is a field.
I'll meet you there.
When the soul lies down in that
grass the world is too full to talk
about.
Mowlana Jalaluddin Rumi*

Editor's Note

Diane Auld

Hello everyone. As I sit here and edit the newsletter I hear the rain pouring on our sun deck roof. We have had such a dry summer the rain is welcome, although I must admit I find I have to adjust to rain again after such dry weather. This is our fall newsletter and in it you will find a fascinating article on Cancer and emotional healing by Serge King Ph.D. Healing is a holistic journey and Serge's article points out the importance of being aware of our emotional bodies messages.



Elaine Hopkins is our new Vice president and this newsletter introduces her. Elaine has also written an article on the Rosenthal Effect - how others effect outcomes. Welcome Elaine.

I have also started a new column "Stones, Energy and Healing". I would love to hear your opinions on

the addition of crystal energy healing in our newsletter. This column comes from my interest in using stones in energy clearing and healing.

Our newsletter is an international one. One of our challenges is meeting the needs of all our members and readers. I welcome suggestions, articles, quotes, stories and metaphors from everyone. If you are studying some aspect of counselling or hypnotherapy and would like to write an article of interest please send it along. Just be aware I may edit a little. Sharing your interests and passions with others is one of the ways we can make the newsletter informative and interesting. I urge members to share their knowledge and expertise.

May you all have a wonderful holiday season.

May we all be at peace.

May the New Year bring healing for all on the earth and for the earth itself.

Blessings Diane

A Peek into the mind & practice of

Byron Miki

Describe your training, experience and qualifications.

Time Line Therapy instructor. NLP instructor. Counseling hypnotherapist. Constantly studying and upgrading through workshops, courses and independent reading. Bachelor of Arts (majors in Anthropology and Economics), Post Graduate certificates in Marketing, Diploma in Computer Programming and Systems analysis.

Attended workshops or courses with: Stephen Gilligan, Tad James, Sheldon Bilsker, Joe Solanto, Anthony Robbins, Topher Morrison, Cheryl Grismer Forest.

Prior to hypnotherapy, I worked professionally as an editor, human resources specialist, manager, information systems specialist, entrepreneur, soldier, home renovator, developer, stock trader, business coach, advertising executive, copy writer, and multi-level marketing fanatic.



How would you describe the work that you do?

I would describe it as a process through which I and a client learn how to communicate at a deeper level. It is similar to learning how to dance. Sometimes I lead and sometimes the client leads and sometimes we are both in the zone. By communicating at this deeper level, we both encounter a transformation. This is growth and through this we experience healing, creativity and, greater awareness.

I also take a wholistic approach to empowering my clients. As a hypnotherapist, I feel it is important to use complimentary techniques such as energy work (Reiki), physical movement (dance), Chi Qong, meditation, sound therapy and creative play.

How much do you charge?

I charge \$100 per session but I think after this interview I may double my fee.

Describe your work space.

My space is professionally comfortable. It's a combination between my living room and office. I give clients the option of sitting in a Lazy Boy recliner or a comfortable sofa. I have paintings, natural lighting, a sound system, cushions for back support and blankets when the air conditioning system is out of whack.

Tell us about your greatest challenge as a counseling hypnotherapist.

I find each case challenging - that's why I love this work. I never know what to expect and I work with pretty much anyone who walks through the door. I consider each person unique even if I am seeing nine "smoking" clients in a row.

I guess managing my own health (mental, emotional, physical and spiritual) is my greatest challenge. If I feel congruent and whole, I do great work. When I am tired or preoccupied with other matters, I really struggle.

....and your greatest accomplishment.

I've had wonderful results with some clients. The most

dramatic are the client's dealing with insomnia because the feelings after the first good sleep are so noticeable. They switch from being on the verge of psychosis to joy and bliss. The ones who experience immediate results are always the most generous with compliments. People dealing with phobias give great feedback as well and for the same reason - the results are immediate and dramatic.

|I get the most satisfaction working with traumatized people. The work takes a bit longer but the transformation is so beautiful to observe.

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

I have a very strong spiritual foundation and I use it all the time. I try to deepen my understanding of all the classic religions so that I can relate to a wider population. However, my personal practice is mostly based on Buddhist philosophies. Currently, I am actively studying Anthroposophy which is a beautiful approach to spiritual science described by the psychic spiritual researcher Rudolf Steiner.

The symbols or images that I refer to in a hypnotherapy session are entirely dependent on the client's frame of reference. However, in order for me to be in an empowered state, I intentionally enter into an uptime

trance. In this way I can integrate much more than the usual verbal and non-verbal cues. I try to pick up on energy movement and psychic communications during the session.

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

Well, developing an inner communication is accelerated through self hypnosis. Of course, educating clients or creating metaphors while accessing a higher spiritual consciousness also deepens my spirituality. I utilize a few tools to help my spiritual progress. I practice Vipassana meditations. I also modified a neat little piece of software called "Sculptor 3" by Affirmware. Sculptor 3 allows me to set up the questions or affirmations that I want to reinforce. I recorded a few scripts for myself and mixed in some pleasant music in the back ground. I listen to the scripts while doing the Sculptor 3 exercise and my results have really accelerated. Last fall I bought an iPod and have been listening to a few scripts but I find I tend to overdo-it and now I really appreciate simple real world sounds and rhythms as a way of going "Inside".

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

I have read a ton of books and I use bits from all of them when appropriate but I rarely rely on any one book. I seldom recommend books. If I were to recommend a few books to a beginner I would probably suggest: "The Power of Now" and "Autobiography of a Yogi". I enjoyed the movie "What the bleep". It brought together many themes into one fun documentary.

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

I would like to see more mainstream health care providers (doctors, psychologists, nurses etc) using or prescribing hypnotherapy.

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

I like Stephen Gilligan. I have seen him get right inside the pain and walk hand and hand with the client as they co-create a solution. Stephen demonstrates real courage and intimate vulnerability while utilizing reverence, wisdom and his higher consciousness.

If you had to pick a favourite, what counseling hypno-

Metaphors and Stories

by Diane Auld

As you know stories and metaphors are my favourite way to convey concepts when working with my hypnotherapy clients. This is a metaphor I wrote for a client living with MS, I wrote it at the beginning of our work together. Metaphors like this usually come once I get to know the client and often spontaneously. I like to use some of the clients own words in the metaphor, as their own words resonate at deeper level with the subconscious mind. This client was working on standing and moving in a more balanced and agile manner. I also inserted some of the other concepts she is working on. Such as being her own person, seeing herself beyond the MS, using visualizations to move energy through her body and deepening her connection with her body. Enjoy

*The dotted spaces are for pauses.
Enjoy*

The Little Foal

Have you ever watched a foal stand ? Moments after it is born the foal stands. It takes a great deal of concentration and focus for the little foal to stand on her wobbly legs.

As I watched she gathered her energy and focused it on standing Foals are so wobbly at first..... but I could tell as I watched her she knew she could do it and she really wanted to be able to stand and walk ...stand



and walk she knew if she focused all her energy she could do it And it was in the trying that she could be would be stronger..... it was as if she focused all her energy into all her musclesinto each and every nerve in her legs and hips..... and saw herself standing.....standing strong Strong and moving with easeIt was amazing to watchthe little foal actually saw herself getting strongersaw herself able to move beyond her wobbly legs..... able to see herself

strong and agile she could feel the energy flow down her legs..... feel the energy flow down her legs... and she loved the feeling It took practice thougheach time she attempted to stand up she visualized the energy flowing down into her legs All the energy she needed flowing to her legs All the energy she needed flowing into her legsgiving her the strength she needed

Relieving her pain and fatigueand she knew deep within her knew deep within herself that each day it would get easier and easier seeing the energy flow to her and through her legs gradually standing Stronger strongerfeeling such a sense of freedom such a sense of freedomthis

energy allowed her whole body to move and flow freely She felt this amazing energy in every cell of her body and she knew she could let go and just be herself Just be herself Find a joy in defining who she was Free at last free at last Limitless Perfect exactly as she was Making her own decisions Becoming her own individual person Free at last and deep within herself she

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knew she would always be able to find the strong courageous..... Healthy independent part of herself Finally free Finally able to express her desires and wishes and she wanted to run Run with the wind in her hair And in the running her fears seemed to fall away As a sense of joy and happiness filled her body she knew she could be all she wanted to be Because she believed in herself believed in her living the life she wanted leaving the confined space of her previous existence behind and moving fluidly through her life Letting go and allowing the old to move through her flow out of her body release her from the old patterns Time to create new patterns Time to create

I hope you enjoyed this metaphor if you have any stories or metaphors of your own and would like to share them please send them along . Diane

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Feature Article-

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Thoughts On Cancer

by Serge Kahili King

My younger brother died of cancer in his early thirties, and my mother died of complications involving cancer when she was in her eighties. And I have had the opportunity to work with many people suffering from that disease. In every case I am familiar with, and according to many medical experts, cancer has both physical and emotional aspects. The strength of each of these can amplify the other, and the healing of either of these can help to heal the other.

My brother had lung cancer. He was a heavy smoker and had a lot of stress in his life. In addition, he fit the personality profile observed in almost 1000 lung cancer patients by Dr. David Kissen of Southern General Hospital in Glasgow: before he was fifteen one of his parents died (our father); there were marital difficulties; and there were professional frustrations. Naturally, a very large

number of people may have these particular experiences, but what Dr. Kissen considered significant was how many of the cancer patients reacted to them. Typically, they held in emotional expression and denied conflicts. This certainly described my brother.

My mother had lung cancer. She also lost her father before the age of fifteen, and had her share of marital difficulties and professional frustrations, too. And, she held in emotional expression and denied conflicts as well.

Similar relationships between emotions, experiences of loss or frustration, and all forms of cancer have been noted in many medical studies (two good sources for this kind of information, if they are still

It is not surprising that cancer is often associated with symptoms of depression, but it not always clear whether the depression is associated with the cancer, or with something else that the person cannot control.

available, are Psychosomatics, by Howard R. and Martha E. Lewis [Pinnacle Books, 1975} and Who Gets Sick, by Blair Justice, Ph.D. [Jeremy P. Tarcher, 1988]).

The common thread of emotional response in all forms of cancer (and, I suspect, in all disease), is a frustrated desire to control experience in some way. There is a wide variation in what people are trying to control. Some are trying to control their own behavior; some are trying to control the behavior of others; some are trying to control past, present, or future events; some are trying to control it all. It is not surprising that cancer is often associated with symptoms of

depression, but it not always clear whether the depression is associated with the cancer, or with something else that the person cannot control.

In my own experience with and observation of people with cancer, I have noted that the most successful recoveries seem to be strongly associated with major mental, emotional, or physical behavioral changes among the people with the illness. What is major for one person, of course, may not be the same for another. Some people get results from radically changing their whole lifestyle, while others get results from forgiving a longtime resentment. I know of one success where a woman left her family, took up a different religion, changed her clothing and diet, and moved to a different country. Maybe she needed all of those changes and maybe not, but overall it worked for

her. I know of another person, a man, who simply stopped trying to outdo his father, and that worked for him.

My brother, however, didn't change his reactions or his life. And my mother, right to the very end, refused to give up grudges she had held for many years against many people. If you want to change something, you have to change something.

Whenever we try to control something by mental, emotional, or physical means, and

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Thoughts on Cancer Serge King

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whenever we fail to control it to the degree that we want, we increase the tension in our body. The more often we try and fail, the greater the increase of tension. Not everyone gets cancer because of this since the specific outcome of excess tension depends on so many different genetic, environmental, and mental factors, but I believe that healing the control issues can be of tremendous benefit in helping to heal cancer and, probably, everything else that needs healing.

The need for control is based on fear, and fear itself generates tension. Control, then, is merely a technique for trying not to feel afraid. Maybe a good place to start the healing process would be to stop trying to control fear, and do something to change the fear reaction, instead.

It is an experiential fact that you cannot feel fear if your body is totally relaxed. However, even though there are hundreds, if not thousands, of ways to relax, such as massage, meditation, play, laughter, herbs, drugs, etc., that does not always solve the problem. The real problem lies behind the tension, and behind the fear. The real problem is not even the idea that something is fearful. The real problem is that you feel helpless. When this problem is solved the fear disappears (not the common sense, just the helpless fear), the need for control disappears, and a huge amount of tension disappears.

Fundamentally, what I'm really talking about is confidence, a kind of core confidence not related to a specific talent, or skill, or behavior, or experience, or piece of knowledge. Lots of teachers and lots of merchants

offer ways to get this kind of confidence, and my own works contain many ideas about it, so rather than limit your possibilities by suggesting a particular technique, I'm only going to share a couple of Hawaiian words for confidence whose root meanings may point you in the right direction:

Paulele - "stop jumping around"

Kanaloa - "extended calm"

There is no quick and easy fix I know of that will produce this kind of confidence. It takes internal awareness and one or more internal decisions, but even that will only work if it results in a different way of responding to life.

Serge King Ph.D is an author, speaker, shaman, storyteller, scholar and humanitarian. You will find many of his writings and adventures on his website. It a library of wonderful healing information.

<http://www.sergeking.com/>



He Kehalo`oma`ema`e ke aloha.

Love is like a cleansing dew.

The cleansing power of aloha can soothe and heal. Hurt, pain, and suffering yield to aloha's healing power. Hawaiian Quote

therapy technique would you choose, and why?

I weave NLP techniques into my work all the time - Anchoring and modeling are fun and easy to use. I also combine indirect and direct suggestions depending on the situation. I usually like to hold it together in some kind of a story that the client can relate to. I used to use Time Line Therapy techniques but found it too contrived and cumbersome to set up in a short one hour session. However, in a workshop, TLT is very powerful for releasing negative emotions and limiting beliefs.

For quick inductions I usually have the client sit with eyes open viewing the office peripherally, not concentrating on anything in particular. I then have them gently squeeze their fist while breathing in and relaxing the muscles while exhaling. Once they can differentiate "relaxed" from "not-relaxed" I suggest they make a choice that is most appropriate for them. The rest gets easier over time.

I also encourage clients to ask better questions which presuppose the answer they are seeking. Eg. "What could I be happy about in my life?" or "What can I learn, the learning of which will allow this problem to disappear easily and effortlessly?"

How do you unwind/rebalance?

I work out every morning either in the gym or on the trails. I also take 10 minute power naps. I participate in a weekly reading group that studies Anthroposophy and this provides renewal, knowledge and support for the work.

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

I dream every night, usually in Technicolor. I interpret my dream by asking what can I learn from it. Then I let it go; trusting that the wisdom is retained and available for use when and if I need it - subconsciously.

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

Of course I try to be in the moment but I do fancy traveling out into the future exploring and creating new realities.

What is your greatest hope?

My greatest hope is that humanity will continue to strive towards achieving a conscious, physical working relationship with the spiritual world.

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***International
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***International
Association of
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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.

...your greatest fear?

We now have the ability to co-create or co-destroy. Humanity is creating its destiny and I fear that we may waste this great opportunity.

Byron's practice is in Kelowna.

He has been practicing various forms of hypnotherapy since 1989 and opened his Hypnotherapy practice in 2001. He works with a wide range of clients including athletes, artists, writers, healers and business leaders.

You can reach Byron at 250-869-0881, or check his website out at www.kelownahypnotherapy.com

"When we understand the needs that motivate our own and other's behaviour, we have no enemies."

Marshall Rosenberg, Ph.D.

Stones, Energy and Healing

As hypnotherapists we work with energy in many different ways. During a session we are aware of our energy, and the energetic changes experienced by our clients. What happens to all that energy when the clients leave at the end of the day? We may have a way of clearing our energy enabling us to go into the next session feeling refreshed and clear of any residue from the previous session. There are many ways to clear our energy and the energy in our office. Some people use visualizations and others may use stones. Recently I have been using stones for energy healing. This has brought me into contact with many new stones. If you are the type of person who loves having stones in your office you might want to check out Kyanite. There are three colours: blue/white, green and black. It is a fascinating stone and a powerful one. It is one of three stones which do not need clearing as it does not accumulate negative energy or vibrations and clears the negative energy in a room. Placing 4 small blades of kyanite at the four corners of your office will help to keep the energy clear and revitalized. Kyanite is a stone which also brings tranquility and a calming effect to your whole being.



Not knowing what to expect when I bought a few pieces of kyanite I was amazed to feel the difference. It is lovely stone to hold when relaxing or meditating.

References: Love is the Earth – A Kaleidoscope of Crystals by Melody.

The Crystal Bible: A Definitive Guide to Crystals by Judy Hall

COMMUNICATIONS: ***The Rosenthal Effect By:*** ***Elaine Hopkins.***

We spend much of our lives interacting with people; misunderstandings are common when two or more people interact. Communication is the transfer of meaning from one person to another. Breakdown in meaningful communication is one of the greatest problems of modern society. Basically the problem seems to lie in the fact that we communicate as though we are speaking to ourselves, and our selves differ from each other. The best kind of communication is based on the concept of mutual respect. When we truly respect each other we're able to get our message across with a minimum of misunderstanding or negative feelings. Mutual respect is about respecting each other plus self-respect. If either of these is missing we often create a conflict.. How we get along with others has a lot to do with our successes and our failures. How do people respond to you? Do you find them helpful or kind? Or do they stand in your way? Do they please or annoy you? The truth of the matter is that people will tend to mirror back to you your own expectations. The way they treat you reveals the thoughts they carry about your assumptions and beliefs. What you expect from people tends to become a self fulfilling prophecy.

Consider the case of psychologists. They study people in the laboratory using scientific methods. They are highly trained in the careful observations of peo-

ples behaviors in strictly controlled situations. Psychologists have found, however, that their experiments also tend to create the very reality their research is supposed to objectively observe and measure. Self fulfilling prophecies occur in laboratories as well in as in our daily lives.

This disturbing fact is sometimes called the "Rosenthal effect" named after the Harvard psychologist Robert Rosenthal, who first discovered it. It shows in a way that is rarely considered, that our expectations are truly self fulfilling. ..

The experimental subjects in Rosenthal's original research weren't the usual ones. He studied research psychologists while they performed their own experiments. He would recruit ten researchers to each perform a certain experiment that he had designed. He would ask them- "find out if it is really true that....." and then he would tell them his hypothesis. However, he didn't tell them all the same thing. He told half the researchers that his theory was one way and the other half that his theory was the reverse. The he sent them to work in the laboratory and awaited the results. For the most part, the researchers returned with results that confirmed what they thought to be his hypothesis.

Rosenthal and others have confirmed this phenomenon in hundreds of experiments. Some have involved the researchers testing human subjects on various tasks: studies of perception and learning, personality and intelligence

testing, and studies of physical reactions within the body. Others have involved researchers working with animals. The results have all been the same. Somehow the researchers unintentionally affected the results they were expecting.

Imagine how upsetting the Rosenthal effect has been to psychology. Many experiments have been conducted to find out the source of this problem. The first suspect was observational error. For hundreds of years we have known that scientists make mistakes, either in what they observe or how they record their observations. More often than not, the errors are in the favor of the experimenter's bias. Errors of this sort, however, are rarely large enough to account for the Rosenthal effect. In fact, even when the experimenter is only conducting the experiment and not recording the data, the Rosenthal's expectancy effect still occurs! Researchers began to observe experimenters through one-way mirrors, to see if they could find out if experimenters behaved in some manner that would explain their ability to produce the results that they were expecting. In this way it was discovered that it was indeed because experimenters interacted differently with their subjects in small, but significant ways that led their subjects to confirm their expectations. How this happens is not totally clear.

In one research project, for example, involving an experiment

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comparing “smart” with “dull” mice, the observer saw the experimenters handle more often the mice they believed to be smarter, giving them, literally, more “strokes” On the other hand, the experimenters talked more often to the mice they believed to be duller. Is it possible that handling mice makes them do better at their tasks, while talking to them makes them do less well? When you try to think of an answer to this question, keep in mind that the Rosenthal effect has also occurred when experimenters were studying microscopic worms! Because of the tremendous implications, researchers have conducted hundreds of experiments studying experimenter’s interaction with human subjects. Many so called “scientific facts” about the differences between the sexes may be the unintentional effect of **gender** stereotypes on the behavior of the experimenters..

This unfortunate effect occurs because experimental subjects behave differently when they receive a smile! Smiles aren’t the only things that affect the experimental subject. The experimenter’s sex and personality, need for power or approval, personal warmth, degree of anxiety and talkativeness affect the way a subject responds in any experiment. Whether the experimenter has had a good day or a bad day affects the outcome of the experiment. It has even been demonstrated that whether the experimenter has been sweating or not, or how fast the breathing rate also affects the subjects behavior! What isn’t clear but is now an active area of current research, is how the experimenter communicates his or her scientific expectations to the subjects through such acts as sweating or bodily movements. From what we’ve learned about subliminal perception, it shouldn’t be a surprise that a subject would subconsciously notice such details about an experimenters behavior. Perhaps the communication occurs through the subconscious.... Through that invisible link between minds. Experiments attempting to control the Rosenthal effect have discovered how pervasive

What we hold in ourselves about our clients can affect the outcome of counselling. Do we hold the belief our clients are constantly moving towards health and wholeness or do we see our clients as their symp-

it can be. It seems almost impossible to prevent. It is able to seep through so many boundaries, however, that it almost seems psychic. Even when the experimenters conduct their experiments through remote control, the effect is evident. In one case, researchers had the experimenters give their instructions to the subjects on a tape recorder. There was no personal contact with the subjects . Nevertheless, the experimenter’s expectancy was somehow relayed to the subjects and affected the results. In another case, the experimenters used proxies to conduct the experiment. These assistants didn’t know the

experimenters expectancies, yet they still affected the subjects in such a way to confirm their expectations. If well trained psychologists tend to confirm their expectations in their scientifically controlled experiments with people, you may suspect that it is quite likely that in your own interactions with people, you also tend to confirm your own expectations. The Rosenthal effect shows us all that our expectations about how people are going to behave around us are indeed self-fulfilling. **As counselling hypnotherapists the Rosenthal effect can become a great asset and a great hindrance. What we hold in ourselves about our clients can affect the outcome of counselling. Do we hold the belief our clients are constantly moving towards health and wholeness or do we see our clients as their symptoms or condition?**

***How would you describe what is happening in the Rosenthal effect, there is no right or wrong answer, remember even the scientists are in disagreement. I just want your opinion, email your answers to Elaine Hopkins
email:elabria@telus.netalong with your permission to publish your responses, it should be interesting.***