

# THE SCRIPT

IACH Spring Newsletter

May 2016



## President's Note

Sheldon Bilsker

Dear Members

Another year has gone by. I sometimes think that we are experiencing time distortion in real time. A year seems to be shorter than it used to be. Established in 2004 The International Association of Counselling Hypnotherapists is still going and continuing to set high standards for members. Our membership is still holding steady at about 60.

Much work has been done on developing our social networking presence thanks to Lisa Brown and Sandra Wall who have been continuously posting on our Facebook page and group. If you haven't already done so please check our page out and join our group.

Our next project is to build a new website which will make our association more responsive and reflective of who we are.

Each year I asked for members to become involved in some way with our association and as is common in most associations of this

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type I get very little response. That is understandable considering how busy most of us are just trying to make a decent living. However, if you do have an inclination or a specific skill you are willing to offer it would be much appreciated.

I would like to thank our executive for their work over the past year especially Sandra Wall, Lisa Brown and Arlene Maclowick. I would also like to thank all of our members past and current who are the reason we exist.

May 30, 2016 is our year end. IACH elections will occur between then and June 7, 2016. Once that they just confirmed we will announce it. All positions are open for nomination. The elections and AGM will be held on Skype. Once a date is announced please let us know if you plan to attend.

## **Dues**

IACH dues have not changed. For anyone who became a member after May 30, 2015 you will receive an IACH invoice which will have a prorated fee. Dues are due as of May 30th, 2016 and can be paid at: <http://www.hypnotherapyassociation.org/OrderDesk.html> . Paying dues on time or informing us if you need to cease being a member saves the executive an enormous amount of work and is one way members can contribute. If you have any questions please do not hesitate to call or email and we will respond to you shortly.

Once again thank you to all of our members for your continued support. I hope everyone has a great year.

Sheldon Bilsker, RCC, HT





## Vice President's Note

Angela Bain

It's spring once again and I find myself inspired to 'clean house' in all areas of my life. Spring is symbolic, of course, of new beginnings and new life. As I embark on a cleanse and new healthier diet and exercise habit, I am guided to also cleanse my inner world of thoughts and beliefs that no longer serve me. I have recently begun to use ancestral clearing in my practice and it has shown me how not only my own past is influencing my current life, but so is the ancestral karma passed down from my ancestors. Have you ever wondered what impact the trauma your ancestors experienced (or caused others) has on you today?

Science is now pointing to the reality that we carry in our genes the experiences, especially traumas and karma, of our ancestors and it influences our current well-being. The study of epigenetics goes on to explore how, despite previous thought, we can influence our genes rather than being helpless victims to what is in our genetic code. A big part of cleansing emotionally and mentally involves resolving negative emotions that have hung out in our minds and bodies for years if not generations! Hypnotherapy is a valuable tool to help us find and work through these thoughts and beliefs.

Through ancestral clearing I have found that adding the layer of ancestral experiences to that of our current and past lives, opens up a greater level of healing that transcends the individual. Forgiveness, meaning to give over to Source or God (or whatever word you choose for a higher power) and choose to no longer carry the burden of anger, pain, resentment or fear, allows us to release karma. This has created a powerful addition to my work.

As we continue to expand our professional practice, spring reminds us how important it is to give birth to new knowledge and skills as well as clean out the clutter of the past. Many of you are experimenting with new techniques and knowledge as you strive to constantly improve your work. We'd love to hear about what you're doing and how your practice is evolving because of it! Send us your articles, we'd love to add them to the next newsletter! Wishing you the warmth of the sun on your face and the power of the wind at your back.

Angie Bain





## Social Networking Director's Note



Sandra Wall

### IACH Facebook Group Update

What a pleasure it has been to be part of the IACH Facebook group this year. We have grown from three members to fourteen members. Members sharing personal experiences, posting fascinating articles, helping one another with questions or concerns, recommending books and videos, sharing photos, and chatting about current events and upcoming workshops.

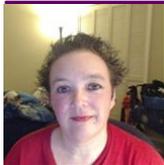
Thank you to all the members of the group, it has been an insightful year.

I would like to invite all members of the IACH to join in the experience.

You can join the [IACH Group](#) by being a member of Facebook. Sharing and networking together; promoting Counselling Hypnotherapy as a recognized and highly respected profession.

This year it would be interesting to schedule some group chats. Watch the IACH group for a schedule in June, 2016. Please feel free to share your website with group members as we can learn so much from one another.





## Editor's Note

Lisa Brown

Spring. The word conjures exuberance. Motion. Renewal. Awakening. Unbridled growth. Of fresh green shoots and riotously colored flowers splashed over the landscape. My old winter friend, the Orion Constellation, has slipped from the sky at night to hunt elsewhere. Farewell, my friend, see you when the landscape drifts once again into the embrace of sleep. For now awakened-the call to motion and transformation is near irresistible. One can not help but be swept up in the energy of transformation.

All around me my colleagues are shaking the dust off their practices, joining small business groups, giving presentations on hypnosis to other business owners, refreshing their skills in classes and conferences, and meeting in all kinds of local groups to share the excitement of growing their business and practice. Excitement is contagious and so is growth.

There are so many opportunities now to network with other business/practice owners. Many cities and towns have such groups dedicated to support small business entrepreneurs. Likewise for the very important skill of public speaking. A google search or phone call can transform your practice.

Developing your public speaking skills with a group like Toastmasters can open up opportunities for you as a counseling hypnotherapist in ways you just can't even imagine now. You can give presentations to groups in your community. You can teach groups the value of self-hypnosis. Weight management, stress reduction, and smoking cessation hypnosis presentations are very welcome and popular. These small simple presentations can energize interest in your practice leading to new clients. Whether you are brand new starting out or have been in practice for decades pick 1 thing to market your practice or network with others this year. Inspiration is contagious. So is growth. Spring into action now :) Carpe diem!

*Life isn't something you can give an answer to today. You should enjoy the process of waiting, the process of becoming what you are. There is nothing more delightful than planting flower seeds and not knowing what kind of flowers are going to come up.*

Milton Erickson



# Stories and Metaphors

*Diane Auld H.T., R.T.C., M.T.C., R.C.S.*

A journey and creative session for writers and storytellers.

The fun in this story is can be adapted for each individual client. Direct and indirect flowing together to help the client allow their unconscious the space to seek answers, find resources and rest in the journey.

## Where Do Stories Come From?

Where do stories come from? ..... A question to write a story about! A question to take into my heart....

The dream started as she closed her eyes ..... each breath taking her inward ..... inward towards .... towards ..... Have you ever noticed stories sometimes start with Once upon a time?

Yes ..... beginnings ...

Once upon a time in a land far far away and on another timeline a writer was walking towards... Walking and searching to find the place where stories come from..... the question she carried in her heart allowed a connection with the path she walked upon ..... the next breath and the sounds of each footstep ... Slowly .... slowly .....making her way towards the distant structure gave her time to ponder ..... ponder what she was really searching for..... What was she really searching for ..... Stories ..... "Stories come out of the imagination don't they? ..... each breath offering her a pause .... a pause to ponder .... Stories come out of the tip of my pen." ..... Her sense of humour kicked in.... "Lovely thought, sure looks it when I write." She giggled as the structure began to fill the horizon..... closer and closer ..... questions offering insights ... "How do I know where I am going? ..... What brought me in this direction?".....

"You are a storyteller." A voice spoke..... "You are just following the trail ..... the crumbs left by all storytellers.... some might call that following the threads of the tapestry,,,,,"

"Following the threads?"

Like a tapestry, each thread will become a part of the whole to create the pattern.

"Patterns emerging on the canvas of the book as each story is written."

The conversation stopped as she stood in front of the vast structure.

"Remember!

Remember this journey started with a question!

Question.....?

Where do the stories come from?"

She took a deep breath. "It is my intention to find the answer." She looked up to see the door slowly opening.... an opening ..... an invitation .....

"Stepping over the threshold is answering my hearts call."

Yes..... and you will be required to visit three rooms to find the answer you seek.... to find the answers you seek....

Her inner guidance led her to the room of support..... guidance..... Love..... and Friendship..... Such a feeling .... yes ..... An immediate feeling of being accompanied told her she was accompanied..... someone was there.... yes..... Travelling with her friends to the room of wisdom..... and inner knowledge she entered the second room..... Here she learned..... for this really was a learning state ..... learned to sit in stillness.... and of the many wonderful wisdoms she really did know..... although she did not know how she knew them..... She also knew she could wait..... would be supported to wait .... for the answer to her question and answers would come to her.....

Mystery and Faith.

Finally her journey took her to the room of Blessings and Wealth..... Bringing the gifts and helpful friends from the other rooms she sat..... sat and felt ..... sat and felt such gratitude in her heart. Breathing deeply in the moment she felt herself shift..... felt herself shift to a new place within..... Slowly she realized..... began to understand..... realized with a deep understanding.... they were

all there, right in front of her.  
Stories: shelves and shelves of stories....  
Stories already written....  
Stories waiting to be written....  
Stories in the process of forming in the heart of the storyteller....  
All accessible to every writer and storyteller.

"Reach out." A voice said.... Reach out.... "Think with your heart what you wish to write and the story will emerge."

Movement caught her attention..... gracious movement ..... the phoenix grace and wisdom gifted..... gifted this story into her heart and mind..... Awww.... yes .... She understood the symbolic gift of its flight, bowed and thanked the bird.

Stories come from Love and walking the Journey.

Yes..... walking the journey ..... allowing the unconscious to integrate ..... integrate all it needed to integrate ..... she could rest in its ability too.... just knowing it knew how ..... she knew how .... and when she was ready ..... Opening her eyes she found herself back at the desk in her writing room, knowing she would journey back to that wonderful structure to find other answers to the storytellers questions.

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*Diane is a counsellor and hypnotherapist,  
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*She uses Counselling hypnotherapy and  
The Way of The Heart™ Integrations in her practice.*

*One of her passions is Life Mission Coaching  
utilizing sacred geometry and numbers as a way  
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*Diane is also a Registered Clinical Supervisor with the ACCT, supporting counsellors  
and hypnotherapist as they work with clients.*

*Her website is: [www.dianeauld.ca](http://www.dianeauld.ca)  
Her office number is 604-218-9341*

*Diane has recently started a [blog](#).*





# I'm Good: Hypnotherapy and the Alpha Mind-set

Nikko Ruffini, MA, MBA, CH

The work we do and the lives we live have profound effects on our personal psychology.

No matter how strong you are, no matter what you do, and no matter how fast you're capable of moving, there will come a time when you need to pull the car over and stop for a moment. This is an unavoidable part of being human. High performance has its price, like everything else, and that price is regular upkeep. Even a Lamborghini needs to be shut off for maintenance.

Despite years of preaching this mantra to friends and employees alike, I burned myself out on three separate occasions before I finally woke up and took my own advice. This experience has been echoed by high performance, "alpha-minded" people across multiple disciplines – athletes, executives, professionals, entrepreneurs and elite creatives. We push ourselves to the breaking point and beyond to meet our goals, and inevitably our passion catches up with us.

"I'm good. It doesn't hurt," is the default setting of the high performer's operating system. Accustomed to pushing through physical pain barriers, athletes will risk doing irrevocable damage to their bodies and nervous systems before they realize that something is going wrong. Similarly, top performers in business, medicine, law and other fields face similar challenges, often in the form of severe fatigue and burn-out from endless years of incredibly long hours doing high-stress, highly emotive work. It can be very difficult for an elite person to face – or even recognize – this all-too human element of themselves.

This "I'm fine, I got this" mind-state poses a challenge for us as therapists. How do you help a person in this space come to an understanding of their own personal challenges, internalize the problem, and actively change? Often, the same mentality that drives us to never give up and never admit defeat can work against us when we need help or are faced with the unavoidable fact that something is wrong.

This is where one of the fundamental principles of Ericksonian-based hypnotherapy becomes powerfully useful. How?

## **Utilize Whatever is There**

Milton Erickson was incredibly successful as a therapist partially because he made use of whatever psychological and emotional state the client brought to the session. His ability to do this was almost legendary. If a person showed up closed-off and introspective, he would use that characteristic to help them "go inside" and achieve trance. If they showed up angry, he'd accept that emotional state and pace it, using it to heighten the client's focus, and eventually guiding them into a hypnotic state.

Utilization of this kind involves first maintaining respect the client's world-view, and embracing their right to self-determination. Never try imposing your own value system, beliefs or ideals over-top of theirs: to do so is not only unethical, but counterproductive to the therapeutic process. It's their life, and you're only here to help – not to tell them who and what to be.

Once this foundation of respect is established, consider what the client is giving you. What words and terms are they using during the session that might indicate a utilitarian opportunity? This is especially critical when a client is resistant to trance, or to therapy in general, as is often the case with elite people who are acclimated to extreme perseverance.

For example, athletes often refer to being in the 'zone'. This means that they get totally absorbed in what they are doing and barely notice outside distractions when performing at their best. In positive psychology, we refer to this state as Flow. Interestingly, Flow is identical to hypnotic trance in virtually every way with the exception that it is externally focused. As a therapist, this is pure gold, because you have an opportunity to help the client access the 'zone' so that they can use this to enhance their performance in a therapeutic setting. This approach is critical in helping the client uncover, understand and accept the true nature of the problem they are currently facing – and it provides them with a familiar strategy for solving it.

This same principle applies to professionals in business and other professions: the intense focus on a project, the desire for optimization and improvement. All priceless "gifts" from the client to be utilized in therapy. The language may be different, but the idea is the same – to find ways to reframe a client's resistance to trance or therapy into an empowering mechanism for change.

Whether you are working with a high-performance person to improve and enhance their mental attitude, to help them to relax, remove anxieties, recover emotionally from an injury, or boost confidence; remember that each individual is different. The key is to LISTEN resonantly and intensely to what they are saying, and to not transfer your own beliefs. Never tell a top performer to be average, since it is probably not in their nature. Respect who they are. Your work as a hypnotherapist, then, is to help your client reach a new elevation from which they are able to apply their pre-existing resources and strengths to new challenges. For example, the same mind-set that pushed them to the breaking point and closed the big deal can be used to powerful effect in conquering the private issues they are facing with addiction.

Once a "never say die" alpha-minded person is able to see whatever personal challenges they might be currently facing in the same light as the external ones, the same internal mechanisms that inhibit their need for help will switch up and work for them instead. Once that paradigm shifts, all that is within them will come to their aid, making high-performers some of the most effective agents of personal change in the world.

Nikko Ruffini, MA, MBA, CH

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# Reawakening

Sandra Wall

*A self-talk hypnosis*

## Reawakening... the gentleness.... of being...

Come swing..... high, high in the trees....  
life is awakening....buds ...unfurling  
cradled in boughs ..... cozy in blossoms  
safely held in spring's ...soft... breath  
high, high,...high... into the sky....toes touching the blue  
and down...., down, down....., into mother's bosom..... warm and lush  
invited....charmed within..... a whisper... soft as silk flowing  
mind..... body..... soul.....  
flowing ....deeper and deeper....deeper and deeper... into all....  
feeling infinitely safe....me...myself... and I ....drifting deeper..... and deeper....within  
breathing deeply... feeling the rise.... and the fall....the rise....and hold....and fall... and  
hold....and rise.... and fall....and rise....and hold....and fall... and hold....breathing  
softly....  
exhaling winter's sleep.... freeing dreams.... floating upon..... sun rays....  
bouncing.... and shimmering.....sunshine on water....  
winter's rest... complete...sunshine bathes...eyes of the Sphinx....  
awakened...Persephone dancing.....dancing... with joy  
dancing and twirling....dancing and flying....through fields of crocuses....  
innocence of child...joyous laughter...gracefully... throughout  
there is only this moment....all life.... in this moment...  
winding through crocuses....velvet ...violet petals.... with sunshine centres...nestled...in  
swampy prairie...  
their delicacy... so vibrant.... among the first..... songs of honouring....spring's awakening  
while some life.... still yawns... still dreaming..... endeavouring...to burst forth...  
of course.... dandelion's sway... in sleeping grasses...roaring.... proudly kings....  
summoning the bees....  
I am .... I am... I am truly..... in awe.... such beauty....emerging.... from earth..... still cool  
and crisp  
winter's melt.... streams... with life....seeping deeper....and deeper ....circulating....  
absorbed....life-giving....  
oceans.... falling as rain... rhythms of life...one heartbeat...  
chanting...rapturous song...  
gentleness of being....harmony... of body.... of mind.... of soul  
together.... here....and everywhere...I am the seed  
potential... and completion....  
  
I am a seed.... I am.... earth that holds me... in sacred bosom  
in myself...ever knowing...deeper... I am... as a single drop of rain...  
birthed of ocean...expressed uniquely....  
as vast as universes...and as close ...as a tear upon my cheek  
I am nourishment...I am warmth....

the shell... that covers me... now softens....  
new wisdom... my sprouting heart...overflowing ...bliss....  
reaching for the sun.... sunlight reaches for me...  
intricate bud... bursts forth...  
I am renewed...an expression of the one...  
the beauty of a crocus....the strength of a dandelion..  
swinging in the breezes...singing praises...

Once upon a dream....I remembered everything....  
the gentleness....of being...  
I awaken ...renewed

By Sandra Wall  
In Celebration of Spring



## *the script*

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#### ***E-mail:***

***info@hypnotherapyassociation.org***

Payment must be received two weeks prior to the copy deadline. Contact Lisa Brown for dates.



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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.*