

International Association of Counseling Hypnotherapists



www.hypnotherapyassociation.org

the script



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President's Letter Winter 2014



Dear members,

Another year gone. I don't know about you but it seems like there are a lot of therapists struggling out there. For those who are not I am asking if you would like to share some of what you are doing to promote your practice and anything else that you think might help other members. This is one of the more important reasons I started this association. I think the nature of our business makes it imperative that we are not only concerned about our clients but also other practitioners. I believe that approach makes us all stronger. We have been holding at approximately 60 members for a few years now. Of course I would like to see that number increase but what I would like more is to see at least some members outside of the usual few to contribute something, anything to our newsletter, blog, facebook page (did you know we had a Facebook page?), hypnoughts group etc. It really is a great way to promote your practice. We also have free advertising on our web site. We will be listing links to all of the sites further in this newsletter. I would like to thank Angie Bain, our Vice-president, Diane Auld, our Newsletter director, Bill Kennedy, our membership director, Lisa Brown, our Social networking director and Aaron Price committee member. You have done outstanding work for the IACH.

Thank you to all of our members. Your support is what keeps the IACH going.

Happy New Year

Vice President's Message - Angela Bain



Happy New Year

It's that time of year again; connecting with others is a big part of what makes the holidays special. It is also a big part of what makes our association a place for encouragement, support and inspiration. As of late, we have been working on increasing our presence on-line and via various social mediums. This is a great way to connect with others and share the many benefits of hypnotherapy. However, this year, let's work at connecting more as IACH members; sharing and collaborating in new and exciting ways. Many of us believe we must go it alone, chip away at it until we can carve out a market for ourselves. I'd like to hear your ideas of how we can approach success through connection, collaboration and creative community projects! Maybe you have already experimented with new approaches, venues and events with great success. Please feel free to submit your experiences and tips to our newsletter and let's ignite the fire of inspired discussion for all to enjoy!

*Angela Bain
Vice President*

Editor's Note - Diane Auld



Happy New Everyone

Our newsletter this month has some new and fun articles and snippets. Our article has been written by a dear friend and colleague. The heart and how we can use our connection with our heart and the remembrance of what the heart offers us to change our state, move into a different place in the moment. I hope you enjoy James's article. I love it when words brought into harmony with each other touch us deeply. For me hypnotherapy is the same. Words and

the invitations they offer.

Our newsletter is a place to share what makes us excited, passionate, concerned and motivated. I encourage you all to share something. Bring your heart and soul to our community. If you would like to submit something or discuss with me what you could contribute I would love to talk. Please contact me at : newsletter@hypnotherapyassociation.org

My your new year be one filled with joy, success and magic.

Peek into the Mind and Practice of:

Diane Auld
RTC, MTC, RCS, HT.



Describe your training, experience and qualifications.

Passion and life experience started off my training. From there my counselling experience came from the Vancouver College of Counsellor Training. My Hypnotherapy training came from The Orca Institute and before that two wonderful mentors I met at VCCT.

Describe your work space.

My office is Teal, comfortable and full of me. When I first started counselling I worried about how much of me I could have in my office. Now it is a sanctuary where clients can come and do the work they need to do.

Tell us about your greatest challenge as a counseling hypnotherapist.

Being a Counsellor first it was a challenge to integrate Hypnotherapy into my practice. I kept at it and after a period of time I felt a shift and hypnotherapy became part of me. The other challenge is people often understand hypnotherapy as a miracle cure, while I do believe in miracles, I also know we often need to work through the process of change in our life.

...and your greatest accomplishment.

Starting my own private practice. I did so to create

the space for people to come and do the work they need to do. It was a dream and a Life Mission. Writing stories came from creating sessions for my clients. Teaching hypnotherapy is also a dream.

What are your beliefs about the value of hypnotherapy and how do they impact upon your work?

I believe the only person who knows how to heal a client is the client themselves. Their unconscious and super-conscious mind. This helps me in those moments where I forget there is nothing I have to do. Trusting the clients unconscious mind allows me to be curious about how we are going to create the space for the unconscious to do what it has already started. With words and trust I create the container for the unknown, the mystery.

How have you evolved spiritually and mentally since becoming a counseling

My spiritual connection with the Divine has always been a part of my journey. It kept me alive through my childhood and inspired my journey as I got older. Buddhism, Christianity and Suifism inspire me and guide me. As a counsellor I love working with a person who had a deep belief in God, the Divine, the Universe, whatever they want to call it. For me it is like having a great companion to work with. Evolution has come in my willingness to include faith and spiritually in the work I do with clients. If they are willing to bring that into their sessions I love having the support and accompaniment. For the last 6 years I have been studying a way of living called "The Way of the Heart" this path is as spiritual as it is psychological and scientific. I love having that be a part of my work because it is a part of me. Integration to wholeness through love and the willingness to explore oneself—this is the spiritual path for me.

What book, if any, do you find most useful in .

I love this question. My all time favourite book is "Stories for the Third Ear" by Lee Wallas. This is a book of therapeutic stories she created for her clients. This book inspires my creativity, storytelling and helps me to realize a story will done can be

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Peek into the Mind and Practice of: Diane Auld

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about anything. When a story engages the client it can be about dragons or caterpillars. Adults and children alike love stories especially when they speak the language of their unconscious. Every time I read this book I create something. A great teaching book.

If you had to pick a favourite, what counseling hypnotherapy technique would you choose, and why? Storytelling. Milton Erickson was a great storyteller. He often told stories in threes, three stories saying the same thing differently. I love the creativity it invokes in me. The listening it challenges me to do.

What would you like to see change in the field of counseling hypnotherapy? I feel changes have already happened and will continue to happen. I feel hypnotherapy and a deep respect for our unconscious mind is becoming more a part of a counsellors work. Counsellors who are not officially hypnotherapists work with clients in trance constantly during the session. I would love to see that become more conscious on the Counsellors part, sparking their creativity and maybe a desire to study hypnotherapy as a beautiful adjunct to their practice. Victor Frankl speaks of an instinctual unconscious and a spiritual unconscious and that spiritual unconscious has the ability to relate to what is not yet. That is what I wish—that we truly begin to understand the unlimited possibility to be tapped in the relating to what is not yet. That excites and challenges me.

Who is your hero(ine)/mentor/guru and why? I have had so much support in my life. Therapists, colleagues, friends. My hero would be the Dalai Lama because of his ability to laugh and love. I am told when one is in his presence ;one knows they are in the presence of a special being. I feel we all know that and he is the only one who does not. That is special. Living life from a spirituality that encompasses love for all. My mentor would be Mahmud Nestman because of his brilliance as a hypnotherapist and his kind

caring heart. I feel deeply listened to when in his presence.

My guru would be Kuan Yin. Compassion and love. Caring and kindness. Her life is living her vow to hear the cries of suffering and liberate the sentient beings who suffer. Compassion and mercy two qualities I am personally working with in relationship to myself and others.

How do you unwind/rebalance?

I love movies, especially animated ones. I draw, paint, play with my cats, have a nice dinner with my husband, play with my iPad, mediate, read, write and dream. I play with sacred geometry and numbers as part of an integration process I use on myself and clients. I am also fascinated with brainwave hypnosis and love playing in the fields of the mind.

What do you hold within you about the body/minds ability to heal? This is one of the reasons I got into hypnotherapy. As I age and experience different conditions in my body, I have come to have a deep respect for the body and minds ability to get my attention. If I refuse to listen to the signals my body gives me it just keeps getting louder. Now that is intelligence. Each cell in our body is a world unto itself according to Sondra Barrett a cell biologist. I hold for my clients that only they and their body/mind really know how to heal—what ever that means for each person. I create the space for something to happen. I truly know something will happen, I also know it may be even more glorious than expected although it may not look as my clients want it to look.

What place real or imagined is most special to you? Well I love this question. I love art and the imagination. My favourite place is "The Mystical College of Magical Knowledge." A painting ;by James C. Christensen. I have used this wonderful place as my healing place. Magic means it is alive and living and can be what ever I need it to be for my healing place. My other favourite place is Glastonbury England. Magical and mystical.

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*On a Journey of
Discovery*
by
James Tousignant
Ph.D

Your experience, my experience, each separately experienced, yet each essential in developing our own understanding of who we are and why we're here. What follows is an invitation to notice what happens within us when we move from our head to our heart.

This practice is based on the Heart Lock-In technique developed by Doc Childre, founder of HeartMath (www.heartmath.org). HeartMath's mission is to help people experience living from the heart.

I'm in my office at work, getting my stuff together to go into a meeting. It's been a challenging morning and there is no guarantee this meeting will be any better. I realize that I may not be in the best state of mind to deal with the concerns people will raise. Noticing my state, I recognize I can choose to change it.

First, I shift my attention to the area of my heart; a simple light touch with a couple of fingers to the centre of my chest helps me shift. I take a few deep slow breaths. Next, I bring to mind my granddaughter, whom I dearly love. We're out kayaking. I smile, she's singing while she plays with seaweed.

I notice a natural feeling of caring and appreciation build. I take a moment and breathe this sense.

While feeling this feeling, I bring to mind the meeting and the people who will be attending. I notice the feeling of appreciation and caring washing over us all; the edge I felt earlier has softened.

If you'd like to give it a try and share your experience or have questions, please drop me an email at stillwater.reflections@gmail.com.

Author Tagline:

James Tousignant

Stillwater Reflections - helping you find your way home, through the way of your heart.

First appeared in August 2013 issue of the Cowichan Valley Voice.

James Tousignant, Ph.D.
Stillwater Reflections

Helping you find your way home, through the way of your heart.

My practice is located on Vancouver Island.

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I help clients remember their way home by shining a light and clearing the path to the way of their heart; deepening inner dialogue with divine truth, and empowering inner guidance and life purpose.

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Stories and Metaphors

by Diane Auld

Directly Indirect

Honouring our clients style and language is a creative process. When a client is desperately desiring something to change they may clearly know what they want me to say and how to say it. How do I use language I may not normally use? Well recently I had the honour of working with someone very actively involved with the unfoldment of their therapy. It was great and a challenge at the same time. Direct language and indirect language. Sounds a bit like to be or not to be. What does a mostly indirect hypnotherapist do when a client comes and wants very direct language. "Tell my brain no more.", he says. "Abstinence, Prohibition, Poison." Those are the words, that is the request. I can feel how important this is to him. How essential it is for his life. And so the creative juices start to flow. At the beginning as rapport is developing and we get to know each other I use mostly direct language. As our sessions unfold I begin to see how there can be room for both. The following emerged after a couple of months of sessions.

Today was the day he had been waiting for The day to see his friend..... support, he was really feeling he needed support. The cd he was listening to encouraged him to breathe.... Focusing on the breath as it moved in the body and as it moved out. ... Breath.... Breathe.... He had come to realize how essential his breath awareness was to his peace of mind..... to his focusing inward and connecting with his body Being aware how deeply the breath can breathe into the body.... How deep the

breath can breathe into the body.... His journey to visit his friend required his attention..... attention inward.... Time to put things together... time to take the time to prepare his friend was wise and always knew exactly what he needed to hear.... Inward.... Exactly what he needed to hear on an inner level. .. about the most important goings on in his life And he set out.... His friend had moved things had changed for him He was in a different place in his life and in the world. This would be the first time he would travel to meet him there.....A journey to new places... new sights and new surroundings.... Really what he had been desiring all along.... And now it was happening..... The path was wondrous... colours and textures unfolding before him. ... Breathing in the changes breathing in the newness finding his way in this new way finding his way in this new wayfinding his way home in a way Finding his way home to his friends home..... and the forest invited him Welcomed him... as he walked and pondered Pondered just how just how And a part of him knew really knew.... So he allowed himself to just walk closer and closer to his destination to the place where he could really be himself New and changing old and transforming Learning Living And learning Accompanied by a dear friend. ... and so he arrived... arrived to the cottage... warm and welcoming ... they sat together.. two old friends having been through many adventures together ... supporting each other ... being honest...did you get my request he asked his friend Yes.... Yes Yes I did ... can you help me A smile was his answer This really is possible you know So very possible I have seen you accomplish many difficult challenges before Remember those

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What is your favourite quote?

Come, Come, Whoever You Are

Wonderer, worshipper, lover of leaving.

It doesn't matter.

Ours is not a caravan of despair.

Come, even if you have broken your vow
a thousand times

Come, yet again, come, come.

Mawlana Jalaluddin Rumi

I love this quote as it speaks to what it is like to be human. We forget, give up, don't want to and need be reminded to start again.

What is your greatest hope?

That we all remember who we really are in the infinitude of our being and live into the unlimited possibility of life.

...your greatest fear?

That forgetting who we really are and how unlimited possibility is will stop us from dreaming and acting on those dreams.

How do you want people to remember you?

As a kind and caring person. A good storyteller. A person who walked the talk and could smile through most of the walk. That the smile was a testimony to faith and trust not to making the struggles of life go away.

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. And there before her it waited A way in.... She needed a way in Into what her conscious mind asked ... as way in the answer came Trust Oh yes, trust You will be included... you are a part of this adventure ... this journey... yes you are a part... hand on the door and she turning... waited so long to enter ... it was now time... time to step Breath allow the unfoldment of all the pieces coming together ... With the opening of the door in the right time and right place ...

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the script

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International Association of Counseling Hypnotherapists Mission Statement

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

"Sometimes – in fact more times than is realized – therapy can be firmly established on a sound basis only by the utilization of silly, absurd, irrational and contradictory statements." Milton Erickson

Interesting Characters From the History of Hypnosis

Franz Anton Mesmer



Western scientists first became involved in hypnosis around 1770, when [Franz Mesmer](#) (1734–1815), a physician from Austria, started investigating an effect he called "[animal magnetism](#)" or "[mesmerism](#)" (the latter name still remaining popular today).

The use of the (conventional) English term *animal magnetism* to translate Mesmer's **magnétisme animal** can be misleading and needs to be seen in this context:

- Mesmer chose his term to clearly distinguish his variant of *magnetic* force from those referred to at the time as *mineral magnetism*, *cosmic magnetism* and *planetary magnetism*.
- Mesmer felt that this particular force/power only resided in the bodies of humans and animals.
- Mesmer chose the word "*animal*," for its root meaning (from Latin *animus* = "breath") specifically to identify his force/power as a quality that belonged to all creatures with breath; viz., the animate beings: humans **and** animals.

Mesmer developed his own theory and was himself inspired by the writings of the English physician [Richard Mead](#), the father of our understanding of [transmissible diseases](#). Mesmer found that, after opening a patient's vein and letting the patient bleed for a while, passing magnets over the wound appeared to be an active force making the bleeding stop. Mesmer additionally discovered that using a stick instead also "worked."

After moving to Paris and becoming popular with the French aristocracy for his magnetic cures, the medical community challenged him. The French king put together a Board of Inquiry that included chemist [Lavoisier](#), [Benjamin Franklin](#), and a medical doctor who was an expert in pain control named [Joseph Ignace Guillotin](#). Mesmer refused to cooperate with the investigation and this fell to his

disciple Dr d'Eslon. Franklin constructed an experiment in which a blindfolded patient was shown to respond as much to a non-prepared tree as to one that had been "magnetised" by d'Eslon. This is considered perhaps the first placebo-controlled trial of a therapy ever conducted. The commission later declared that Mesmerism worked by the action of the imagination.^[4]

Although Mesmerism remained popular and "magnetic therapies" are still advertised as a form of "alternative medicine" even today, Mesmer himself retired to Switzerland in obscurity, where he died in 1815.

From : <http://en.wikipedia.org/wiki/>

Diane's observations

History is often harsh with those it does not understand. What if What if Mesmer was a visionary, a man looking for an alternative way to help his patients. The standard at the time was give the patient a combination of bleeding, purgatives and opiates, making the treatment more terrifying than the illness. One patient Fraulin Oesterline a young woman, 27 years old who suffered from a condition Mesmer call a convulsive malday. The symptoms were: blood rushing to her head causing severe tooth and ear aches, delirium, rage vomiting and fainting. Mesmer used magnets to "disrupt the gravitational tides adversely affecting his patient. He induced a trance state in his patient and made the suggestions that the liquid was "rapidly draining from her body. Did he know the magnets had nothing to do with the healing? Yes. He also knew his sequence of hand gestures and touch called the "mesmeric pass" were tools, part of the induction if I can be so bold as to state. We have all brought surprising ways of working into our working with clients. Mesmer *Continued on page 10*

Interesting Characters From History of Hypnosis

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It has been said Mesmer was a bit of a showman, I would say his creativity was different and ahead of his time.

What would have happened if someone had seen beyond the flash and strange concepts?

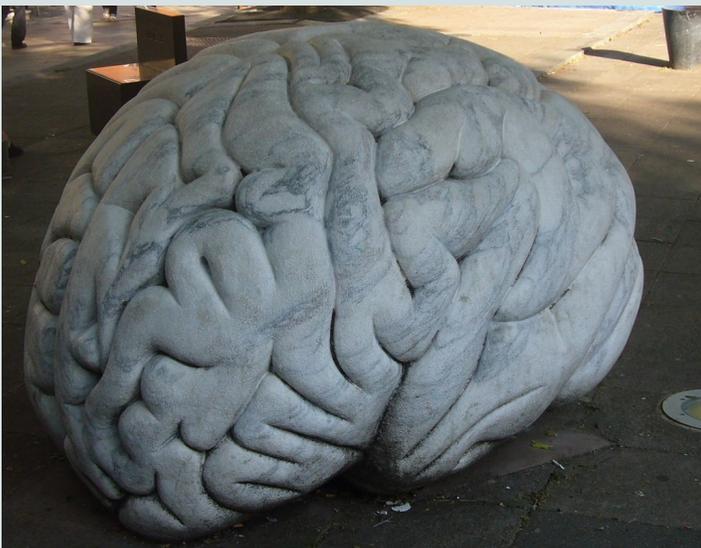
What did he find out from his work that he did not share?

Where am I dismissing something different that actually has great value right now? Something someone else is doing or some idea I have that needs some support from me to develop and flourish.

Questions— they help to keep me curious and listening and allowing my creativity to flourish.

Thanks for reading and playing with me. If you think this section has value or have another suggestion of a section for the newsletter please let me know.

Diane Auld



Stories and Metaphors Directly Indirect

accomplishments Remember just how how all the pieces came together came together to Remember.... Oh yes Oh yes And he did remember ... in the places that remember such things the pieces were coming together to really help... to take from one accomplishment and give to another Your letter said there were other very important pieces you wanted to remember... you wanted to remember to remember to forget alcohol..... I also read about a stop sign that would appear when needed.... Stop..... stop... very clear... right up front... in your line of vision..... It really is poison is it not..... making one so sick..... so sickand there really could really was a precondition for sobriety.... Something clicking back into place wellness A predisposition for none yes None putting the pieces together to say yes to life yes to livingto give up that which is taking away life ... joy Peacethis is really playing the song of abstinence oh yes Such a songProhibition really does work for this new song.... New life. A smile and a deep breath... and he began to see we really can just let it go yes.... Let it go....all the mechanisms to prevent another over reactionall along the way one can really stop.... Turn aroundprevent stop ... listen to one's intuition Hear the message.... Really enjoy life at this agepermission Give myself permission to enjoy life Enjoy life alcohol free Free ... freedom My freedom Yes.

Membership Report

Sheldon Bilsker & Bill Kennedy

Nothing new to report this month

Standards

Angela Bain

Currently, IACH has 60 members. We have had a couple enquiries from out of country hypnotherapists considering membership. With a greater presence on social media, including web sites like HypnoThoughts, we hope to see more new members joining from all over the world.

*If you want the truth,
I'll tell you the truth:
Listen to the secret sound,
the real sound,
which is inside you.
Kabir*

Hypno Tidbit

You wonder if you can go into trance. That is a good thing to wonder about wandering inward. I had a client last week who wondered the same thing. He sat exactly where you are sitting. It was important to him to go into trance. So he breathed as he listened to my voice. His body seemed to know exactly how to get comfortable. He breathed and allowed the couch to really support his deepening journey inward. Each breath helped him to allow the tension.... Release..., allowed him to.... Allowed him to close his eyes and begin to move into relationship with his unconscious mind.... To begin that which he had come here to do... On this breath ... yes..... On this breath.....

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