



**International
Association of
Counseling
Hypnotherapists**

Spring 2008

Welcome

www.hypnotherapyassociation.org

the script



**President's Letter
Sheldon Bilsker**

As we are approaching our AGM I thought it might be appropriate to look back to what has been accomplished since our inception. There is a shaman belief that "anything can lead to everything". I'm always fascinated with the way that seems proves out. This association started with an idea. There wasn't a great deal of planning, it just felt right. In May 2004 a small group of like-minded people gathered and formed the basis of the IACH. I wouldn't say we are at the "everything" stage

yet but we are certainly on our way having created a viable association with excellent standards and ethics. As we receive more members. I hope that our association will eventually fulfill our objective of being truly international as expressed in our title. At present we have 57 current members, 10 more than last year. Although this number is not comparatively large, each of our members has chosen to meet standards, which for the most part, surpass the requirements of similar associations. This is reflected in the number of applications which the association rejects. Many of these rejections are due to an applicant's desire to "just pay the money" and receive a certificate or at the most, meet minimal standards. As we are in the midst of potential legislative changes relating to counseling in B.C. it is imperative now more than ever that we have a strong association to represent our members.

In the past year, we have established an online database, which is accessible to all of our members, and soon we expect to have an online referral database open to the public through our website, which I believe will benefit all of our practicing members.

Certain people have come forward to offer their services and particular skills to run this association. They are Gabrielle Lightfoot, Vice President, Diane Auld, Newsletter, Joanna Komorowska, Standards, Teresa Dupuis, Treasurer, Kristina Vandervoort, Secretary, and Tyler Guernes, Database Manager. This group has been invaluable in keeping the association running effectively and efficiently. If there are any members who would like to contribute their time, skills and/or services, please contact the association.

Our newsletter has always been our flagship and continues to be. One way to make it even better is to have more of our members contributing articles, Ads, opinions, and anything else that would be appropriate.

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Please note: there is important information relating to dues in the membership report. Our AGM will occur on June 7, 2008 and is open to all current members. Please see details in this newsletter.

Thank you to everyone who contributed to this newsletter, and to all of our members who have contributed to this association simply by being members.

Sheldon Bilsker, HT,RCC
President, IACH

Editor's Note

Diane Auld



Spring 2008—and finally we can say spring is on the way. The trees are budding and so is our newsletter. Inside you will find wisdom from many different sources. We have an insightful article from Mahmud Nestman on the Qualities of a Successful Marriage. I wondered as I read the article if I could bring these qualities to all of my relationships even to the one I have with myself. On the topic of self, we have a wonderful article by Serge Kahili King on love and kindness to self as a way of giving differently to others. I invite you to check out our advertising section. For those who love Metaphor you will find a new one this month. Those members of IACH interested in attending our Annual General Meeting we have dates and an agenda. It is going to be a great meeting. I seem to have a bit of space left and I thought I might share some writing I did on language, hypnotherapeutic language.

I had a chance to teach again this weekend and as usual I am not sure who the students are and who the teacher is; I guess it depends who is talking and who is listening. We had a lively discussion about language. We were playing with confusion inductions and language of course is the creative mode of expression for hypnotherapists. So many words and so many ways of creating sentences and we all use language so uniquely. Yet have you noticed there are

a few legacy words that are passed down from one hypnotherapist to another. For instance in the course of your work week how many times do you say when working with a client – “That’s right”? Two little words and yet they carry such encouraging and supportive meaning, a gift from Milton Erickson. “Taking all the time you need.” “And I am not sure how you will choose to go into trance this time.” classics in Ericksonian Hypnotherapy. Language in hypnotherapy serves many purposes. It is first and foremost a way to communicate on multi-levels. I also wonder if language works as an anchor for a client’s unconscious mind. An anchor the mind can rest on to signal the relaxation response. Many of us have our favourite phrases and sentences and use them each time as a frame in which to surround the clients unique experience. Many hypnotherapists use the same induction or the same words to bring a client out of trance. In my experience there is value in what may look like sameness. I had an experience a few weeks ago of attending a workshop with a well known Hypnotherapist and he started each induction with the same words, I found myself quickly going into trance as I recognized these words from the CD’s I had been listening to. Variety pleases the conscious mind and the familiar please the unconscious mind, something to think about.

I wish everyone a happy and sunny spring. I want to thank everyone who helped round up quotes and Kristina for being there when we needed her. If you find an article you think our newsletter may be interested in or you wish to write one please contact me and we can talk.

Thanks Diane
newsletter@hypnotherapyassociation.org

A Peek into the mind & practice of

Kristina Vandervoort

Describe your training, experience and qualifications.

Most important is my personal experience with hypnotherapy. Twenty-five years ago, after a serious motor vehicle accident, my family physician had the insight to refer me to a hypnotherapist for pain management. I learnt to utilize self-hypnotherapy to cope with pain and to prepare for jaw surgery, as well as for the ensuing BC Supreme Court trial. Surviving my MVA experience intact was made possible through hypnosis.

Fifteen years ago, during difficult family situations, my young son and I were counseled by a hypnotherapist. The therapist, retired from teaching at Oxford, England, induced trances for both grief counselling and general relaxation. I learnt then that children can also quickly overcome great challenges through hypnotherapy.

Fast forward to 2004... I visited an Orca Institute trained hypnotherapist. The Ericksonian method greatly appealed to me.. From my lengthy personal experience with hypnotherapy came a natural progression of wanting to share this powerful resource with others.



Since youth, I have had a profound interest in the healing profession.

Many years ago, I took Industrial First Aid training and I update my CPR and AED. I utilized my Business Administration and a political science background as a long-time coordinator for the Hospital Employees' Union. I truly enjoyed working with health care providers throughout BC. As well as having the honour to currently serve as the Secretary on the IACH's Board, I have served on numerous other boards including: Association of Podiatrists' Board of Examiners of BC, Medical & Health Care Services Appeal Board of BC, Capilano College's Board of Governors, North Vancouver Spring Board Diving Club and Canadian Amateur Diving Association (BC Section) I am a member and supporter of the Huntington Disease Association of Canada.

Through my involvement in sports

I learnt about the use of visualization and hypnosis as utilized by national and Olympic athletes - their powerful secret!

For the past two years I have studied towards my Diploma in Counseling Hypnotherapy with the Orca Institute in addition to Vancouver Community College counselling courses. As well, I have attended Mindfulness Meditation and Feldenkrais Method (an educational system centred on Movement) courses. To better understand other therapies, I recently explored Holotropic Breathwork, a powerful method of using non-ordinary states of consciousness, with Glenn Girlando, MA in Seattle. I also recently participated in several Expressive Arts therapy sessions with Karen Forrester MA in Burnaby. This therapy explores and support transformation through the imagination.

How would you describe the work that you do?

My work is client based. When interviewing a client I focus on their language, metaphors, history and interests. This information is essential to the stories used to elicit both the trance phenomenon and interpersonal trance. The stories are adjusted to fit the client's experience.

Describe your work space.

I prefer to work in the parlor of my home with its soft natural

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lighting and view of the trees. It has southern European ambience with rustic wood beams, a Squamish rock fireplace and arched doorways. My clients usually prefer a comfortable leather recliner and cozy comforter. However, when necessary, I work with clients in their homes, or even when they are hospitalized. By special request, I occasionally even utilized trance on therapist-friends via the phone. These tele-hypnotherapy sessions have been very successful.

Tell us about your greatest challenge as a counseling hypnotherapist.

Certain clients desire a "quick-fix" solution due to their prescription-based medical system experiences. It is difficult for some clients to trust their unconscious mind's timeline. The required information/solutions being revealed at the "most" appropriate and beneficial time is sometimes not the "instantaneous" results a client initially expects. This is when the therapists and client's trust and mutual respect is essential.

....and your greatest accomplishment.

Assisting an older relative control the excruciating pain of a hip fracture via hypnotherapy, was extremely rewarding. Somnambulistic trances were induced to allow lengthy deep and relaxing pain-free rests. As this person

only tolerated minimal amounts of pain medication, these trances were an important component of the lengthy two day pre-operation stabilization period.

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

I believe in inter connectedness. Everything that exists in our physical reality is energy. Every manifestation affects every other. I cherish the wisdom of all my ancestors - including Vikings explorers and Sami shamans. I believe we are children of a common parent and that we share our common ancestry with every being, every plant every drop of water...

I embrace all spiritual goodness. Entrusting that wonderful and good energy, I become a conduit, when in an uptime trance, while working with clients.

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

One part of my work is learned, the other part is instinctive. I discovered a wonderful inner harmony through both external and internal dialogue while in trance. Communications between my conscious and unconscious enables me to reach a more optimum state of health and relaxation due to a more synchronized personal approach.

In lengthy and deep trances, I

have experienced wondrous journeys - beautiful sights and sounds. I have had the joy of reliving precious memories, including holding my new born son. The bliss and inner peace I have experienced in trance deeply influence my outlook on life.

What book do you find most helpful in your practice?

Therapeutic Trances: The Cooperation Principle in Ericksonian Hypnotherapy by Stephen G. Gilligan.

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

Metaphorical stories. As the unconscious process tends to comprehend ideas more metaphorically than the conscious process, I integrate aspects of the story that are relevant to the subject's experience.

What would you like to see change in the field of Counselling Hypnotherapy?

A College of Counsellors may be enacted by the provincial government in the not too distant future. If so, I would like to see counseling hypnotherapy as a self-regulatory body within this College, and I believe that the IACH can be instrumental in achieving this.

QUALITIES OF A SUCCESSFUL MARRIAGE

Mahmud Nestman M. Ed, R.C.C., H.T.

A client of mine asked me what I believed to be the qualities of a successful marriage. That initiated a search to discover, for myself the answer to this intriguing question. The following ideas are based on my 65 years of life experience, which includes being married for 43 years and working 35 years as a practicing psychotherapist.

First I will share my view of marriage. Marriage is a life bond between partners in their journey to experience joy and harmony and their common evolving destiny. This journey is filled with many challenges and before embarking on this path together, both partners need to reflect and consider deeply whether they are sincerely willing to face everything they may encounter in the future

The quality that is essential both at the beginning and throughout married life is a mutual feeling of oneness in love and compassion. I believe this is the foundation of a successful marriage. At the same time there are other related qualities that are important to the success of a marriage.

These qualities need to emerge as a married couple face barriers that arise between them in the course of day to day living. What are some of the most formidable barriers? I have identified those that stand out for me in reflecting upon my experiences with my own marriage, the marriages of my friends and the marriages of my clients.

First, and perhaps foremost, is the desire to be right. Accompanying this is a lack of openness to our partner and an underlying belief that we have the right to convert them to our point of view. The quality that is needed to counteract this desire is humility. Humility is an inner attitude which is demonstrated by an openness to the ideas and suggestions of others. It is a recognition that we are not all-knowing, that we can make mistakes, that we can always gain more knowledge and understanding, even from our partner.

No one is ever right. Humility also leads to a wish to give understanding to our partner, to open to their need or point of view even if we are not in agreement with them. We can give understanding even if we don't give agreement.

(2)

Another obstacle in marriage is a love based mainly on passion. Often, this feeling of love and affection waxes and wanes or can disappear altogether. One or both partners become bored with one another and may attach their passion-based love to another person, with a wound resulting in the marriage. The qualities needed to ride out this experience are patience, trust in the process of marriage (which moves through stages of richness, dry spells, emptiness and breakthroughs), and a surrender to a deeper love within, a love that comes from the soul and is based on compassion and a sense of the divine in the other. Another quality that comes into play here with wise couples is their willingness to seek the help and support of a trusted confidante, including professional resources.

A barrier which most couples face is an inability to cultivate a love that goes beyond loving the attractive qualities of their partner. Loving our partner's intelligence or their dancing or their beauty is based on what our partner does or how they are which pleases us. What happens when qualities of our partner no longer please us? The love we feel can quickly fade and even die. In addition to loving the qualities of our partner, hopefully we can evolve into a mature love of

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what pleases our partner. I can find my love and happiness in your enjoyment of your dancing, in your delight of how you use your intelligence. I don't need you to like everything I like in order for me to love you. I don't need to like everything you like in order for me to enjoy your enjoyment of the things you like. Happiness and connection in marriage so often arises from one partner giving the other the space to enjoy those special pleasures that are distinctly their own.

Another obstacle is the inability of both marriage partners to meet the deep need each of them have to be listened to and understood by the other. So often, couples are competing with another to get this need met. The qualities that are needed here are an awareness of this dynamic and a generosity of spirit that says, "I will put aside my need to be understood and I will enjoy giving the gift of understanding to you. I will also trust that if I start with helping you to meet your need, my own need for understanding will eventually be met." To do this also requires the willingness to put aside our agenda and listen empathically and accurately to the other.

(3)

Here are some other qualities I see as important aspects in successful marriages.

To have as much concern for the needs of our partner as we do for our own needs.

A belief in the goodness of our partner.

Focusing on the positives that are present in the marriage rather than what is lacking.

When experiencing conflict, sensing when it fits to stay connected a little longer and when it is time to withdraw.

Being willing to acknowledge our mistakes, deficiencies and vulnerability to one another.

To find a balance between doing things for our self, doing things for our partner and doing things together.

Humility is an inner attitude which is demonstrated by an openness to the ideas and suggestions of others. It is a recognition that we are not all-knowing, that we can make mistakes, that we can always gain more knowledge and understanding, even from our partner.

To laugh at our self when we are taking things too seriously.

To love one self as well as love our partner.

To ask our partner for forgiveness

To forgive our partner over and over and over again.

To forgive our self over and over and over again.

To overcome major problems with even greater problem-solving resources. To do what it takes to find the way through the tangled briars and landscapes littered with land mines. Even though you may experience scrapes and wounds, you develop strength and wisdom

and have even more to bring to your marriage, your families, and to those in your community.

To return again and again and again to the mutual feeling of oneness in love and compassion.

Mahmud Nestman is the founder and Director of the CURA Institute of Integrated Learning (ICCP School), a private post-secondary educational body which blends traditional and contemporary training approaches to resolve conflict and promote harmony within individuals, couples, families, groups, organizations and cultures.

Currently, he is a faculty member of the Centre for Leadership and Community Learning at the Justice Institute of British Columbia.

Mahmud is also involved in Executive Training Programs and teaches courses in Team-building and Conflict Resolution.

Mahmud is a member of the IACH and has been our Standards Director.

You can find more information about the CURA Institute at:
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Metaphors and Stories

by Diane Auld

The Little Black Cloud - A metaphor for those who do not see their worth.

Floating floating the little black cloud floated on the wind one of her favourite past times..... Floating on the wind letting the wind carry her to exotic places maybe today she would float over the grand canyon watching the Colorado river wind its deep green way through the canyon Taking in the many shades of red rock as she floated slowly over the canyon such beauty she thought why does it make me so sad? Tears welled up in her fluffy black eyes, but there would be no rain today not from her anyway..... she realized as she looked towards the north side of the canyon to see her friends allowing a gentle rain to fall into the valley. She watched from a distance loneliness keeping her from joining her friends. They were so beautiful she thought. They are not dark moody black clouds..... they have wonderful colours in them. Even the ones with large black areas are not really black they have lovely shades of grey and white..... millions of different shades and when the sun comes out to play they gleam as the rays set their colours on fire. "I am just a dark black cloud no light in me" she said to herself, no light in me, no beautiful colours weaving their way through my fluffiness. She climbed in to the centre of herself and floated away from her friends and the canyon. She floated into the darkest part of herself and the loneliness sat on her little cloudy heart and it ached.

In this place she could not hear her friends calling to her "come join us. We are so glad you have come to play on the wind." She could not hear them as she floated in the centre of her loneliness. She could not see their eager faces turn to sadness as she floated in the opposite direction. She could not feel their awe as they marvelled at the beautiful shades of black, grey and



white they saw in her as she floated past the sun, floated away.

She floated past many fluffy friends on her journey. Cloudy friends whose faces lit up with welcoming invitations when they saw her. Cloudy friends whose hearts noticed she was sad and lonely and sent out their compassion on the wind, saying "we are here we can listen, we can help, you don't have to do this alone." Yet, she did not notice, her loneliness clouded her eyes and she floated on by convinced no one cared, no one had time for her, no

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one would understand the depths of her loneliness, her despair. She floated for the longest time inside herself when bump something stopped her. She opened her fluffy eyes to see she had bumped in to a mountain top. Not just any mountain top but THE mountain top Everest. "Excuse me" said the little cloud I was not aware of where I was going. "That's okay" laughed the mountain "I've been bumped into many times I quite enjoy it. Where are you going." "No where I am just floating around" said the little cloud in a very sad voice. "I'll go away and not bother you" she replied. "You are not bothering me" replied the mountain, "I love clouds their company is a gift to me, bringing companionship bringing friendship" "I am not a gift to anyone" replied the cloud. "I am just in the way. I am not a good friend, I could not bring companionship to anyone." "Do you not like me" asked the mountain? "Of course I do" replied the cloud confused "I thought you would not want a dark moody black cloud floating around your beautiful summit. I am so sad I make everyone else sad it is just easier to be alone." "You do not make me sad" replied the mountain. "It feels important to me to sit with you in your sadness. I am willing to do that." "Why would you want to do that? Why would an important mountain like you want to be with a moody black cloud like me? You are so beautiful with your bright white summit, your majestic

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What About Me? by Serge Kahili King Ph.D

"What about me?" is a common cry among people who feel that they have given too much of themselves to others and have neglected their own happiness or development. Sadly enough, this cry, however heartfelt it may be, is based upon some serious misconceptions about the relationship between Self and Other.

Let's begin with the fact that a large number of people in many different cultures have been brought up to believe that the welfare of other people is far more important than their own. The usual result of this is that such people spend a large portion of their lives - and some spend all of it - suppressing their own emotional needs and desires while trying their best to ensure that the needs and desires of others are fully satisfied. The inevitable result of this is a great deal of psychological, emotional, and even physical pain.

One reason for this is that suppressing one's fundamental emotional needs and desires always leads to psychological, emotional, and physical disharmony of some kind or another, depending on the degree of suppression. This is because emotions are forms of energetic movement whose nature is to be expressed in thoughts, feelings, and actions. Suppressing this movement causes tension, and unrelieved tension causes disharmony. The fundamental emotional needs and desires - to feel connected and to feel effective - are energetically creative when they have an outlet, and energetically destructive when they do not.

A second reason for the pain is that one can never fully satisfy the needs and desires of others, no matter how hard one tries, because needs and desires are subjective, not objective. This means that no matter how much you do for other people, or how well you do it, they always have the option to decide that what you've done is not enough. This increases your feelings of disconnection and ineffectiveness and increases the pain or discomfort of your own suppression.

A third reason is simply that the whole concept of putting the welfare of others above one's own is based on an assumption that there has to be a choice between you and them, between total selfishness and total selflessness. I wonder who made up that stupid rule. I say "stupid" because either way the result is disharmony.

Total selfishness leads to feelings of isolation and despair, and total selflessness leads to feelings of isolation and despair. It's a lose-lose proposition. Even when the choices are less than total, for some people these pathways have a tendency to produce increasing cold-heartedness and inhumane behavior on one end, and increasing resentment and violent behavior on the other.

Remove that one assumption and it's amazing how things can change. It's entirely possible to take care of yourself and take care of others if you want to. You can be happy and share happiness, be rich and share the wealth, empower yourself and empower others. Amazingly, you can even discover - if you remove the above assumption - that sharing happiness increases yours, sharing wealth increases yours, and empowering others empowers you.

There is another side to the problem, however, and that is when the need for connection and effectiveness is so great that one is always looking for signs that others don't care enough. It could be a friend who doesn't write or call often enough or when you want them to; people who don't appreciate what you do for them in the way you want to be appreciated; strangers who don't pay attention to you when you want to be noticed; and many other forms of behavior that seem to demonstrate that other people don't care enough about you no matter what you do. Some people with this problem get depressed, and some get angry enough to make themselves sick.

The real problem here is that a person with this kind of need doesn't care enough about himself or herself.

What about Me?

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This lack of self appreciation can become so great the responsibility for appreciation is thrust onto others, usually with strict rules about how they should behave so that the lack of appreciation can be monitored and quantified, thus justifying the rules. Besides the physical, emotional, and mental stress this can cause, the demand that other people behave correctly has the effect of making them want to avoid you, rather than get closer. Trying to solve the "What about me?" crisis by this method is like trying to attract flies with vinegar instead of honey. The solution, when you are ready to take responsibility for your own experience of course, is to start practicing unconditional love for yourself as far as you are able. That means starting with 10% if you can and increasing from there, with no need to ever reach a hundred. And reducing your rules for others by 10% as well.

There are still choices to make, of course. You'll have to decide when and where and how you will express your own needs and desires, and you may have to decide when and where and how to help others fulfill theirs. Finding a harmonious flow between taking responsibility for your needs and desires while NOT taking responsibility for the needs and desires of others and still being willing to help them, may prove to be a challenge. But a challenge is not a duty, being good to yourself does not require guilt, and doing good for others without expectations on either side can become a source of joy.

Serge Kahili King Ph.D is an author, shaman, speaker, storyteller and scholar. He has pub-

lished the world's largest selection of books and tapes on Huna, the Polynesian philosophy. His website can be found at "

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

It contains valuable and inspiring articles and info.

Courses and Workshops

Serge is offering a wide variety of learning opportunities.

You will find a wide variety listed on his website:

Hawaiian Shaman Practice Course, HunaQuest, Hawaiian Shaman Intensive, Hawaiian Massage Training, Huna Basics, Huna Intensive and Ho'oponopono - the ancient Hawaiian system of family therapy and conflict resolution.

He is also offering two online courses: Mastering Your Hidden Self and Urban Shaman.

Details can be found at

<http://www.huna.org/html/activity.html>

The IACH thanks Dr. Serge King for sharing his wisdom and generosity in letting us use his articles.

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"Myth is the secret opening through which the inexhaustible energies of the cosmos pour into human manifestation." Joseph Campbell

rocky outcrops and your deep green valleys. I am just a moody black cloud. A moody black cloud” she mumbled drifting around the summit looking longingly at the mountain. She longed to believe him and feel like someone wanted to be with her. “I don’t think you believe me”, the mountain said staring back at her. “From up here at the top of the world I see many things. I see many things. I see how we are all equal and bring a part of the wholeness to life. As for me I bring the foundation to life, a groundedness. A place people can aspire to reach.” I wonder what I bring to life pondered the little black cloud. I bring..... I don’t know what I bring. She looked at the mountain for the answer.

His soft eyes met hers “Deep in the lake below is the answer to your pondering. You will find what you bring to life deep in the lake. You will have to search for it, as it is not sitting on the surface of the lake it is deep within..... deep within the deepest part of the lake. I have seen it and I see it now.”

“What if I don’t find it?” asked the little cloud. “Hummm” said the mountain. I asked the same question and a much wiser mountain than I told me I would find it.” “There is a much wiser mountain than you!?” “Oh, yes.” Said the mountain. The little black cloud shyly looked at Everest and was amazed. “Deep in the lake? She asked. “Yes. Deep within..... deep within the lake.” The little black cloud was reluctant to leave the mountain, but she really wanted to find find what she brought to life. She floated away from the mountain. “I’ll be here when you get back he said as she floated down to the lake. Down..... down down..... To the deep blue lake below. She had a lot of time to ponder what she brought..... as she floated down. Reaching the lake she floated above it looking into the depths..... As

she floated over the lake looking and looking she caught of the most beautiful cloud reflected on the surface of the lake. A lovely little cloud. Colours..... many colours she saw. Black and many greys.... Blues and white and fiery reflections where the sun touched the cloud. Just the like her friends. And such depths in its fluffly cloudyness. She turned to see if the cloud was following her and could see nothing behind or around her. She looked back to the depths of the lake and sure enough the cloud was still there. Curious thought the little cloud taking a look around again. Slowly something began to dawn on her..... maybe..... just maybe..... the lovely cloud reflected on the lake was actually her..... she had never see herself so clearly before..... She started to float away from the lake and sure enough the reflection floated away as well. She floated up towards the summit pondering pondering..... pondering what she had found. The mountain greeted her with a big smile. “Well he boomed in his magnificent voice. Did you find anything? “The little cloud shyly looked at the mountain. “Yes, I did. I found me. I found me in the deeps of the lake. And I realized that I bring myself to life and I really am beautiful.” She watched the mountain smile with such love in his eyes. “Yes. You bring you to life and you really are beautiful. We all have a gift to share and part of life is finding our gift and sharing it. The two friends spend the rest of the day together and watched the sun set the sky, mountain and clouds a glow as it set on a this amazing day.

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IACH Annual General Meeting

The IACH Annual General Meeting will be taking place on June 7th 2008. Details are below. Please confirm as soon as possible. Executive terms are now 2 years and since most of the executive members are starting their second year there will be no nominations open other than the position of President as it is my 5 year. It is my intention to run another year. Nominations will close on May 24th, 2008. Elections will take place on June 7th, 2008.

Membership Dues are due May 30th, 2008. If you have joined the IACH after January 1st, 2008 you do not have to pay dues for this year. There will be a \$25.00 late fee for any dues paid after August 1st, 2008.

Dues can be paid online at <http://www.hypnotherapyassociation.org/ShoppingCart.html>.

Please note: There is no charge for this AGM for current members.

AGM date and time - Saturday, June 7th 2008; 10:00 AM to 4:00 PM

Place: Beach Room, Coast Plaza Hotel 1763 Comox Street, Vancouver, British Columbia

Directions: http://www.coasthotels.com/hotels/canada/bc/vancouver/coast_plaza/mapdirections

Agenda:

- 10:00 AM to 11:00 AM – meeting/election(s)*
- 11:00 AM – 11:20 AM Break (Coffee and Tea provided)*
- 11:20 AM – 12:30 PM Speaker: Jim Browne, PhD, RCC Executive Director, BC Association of Clinical Counsellors - Topic: Legislative Update*
- 12:30 PM – 1:45 PM Break for lunch (Lunch is provided)*
- 2:00 PM – 4:00 PM Second speaker: Mahmud Nestman, M.Ed., R.C.C., HT (2 hour workshop) Topic: TBA*

Close For members who cannot be at the meeting because of distance it will be video recorded and accessible on the IACH web site. We are hoping that everyone in the Vancouver and surrounding area can make it.

Instinctive Kindness

One day, Gandhi was running to get on a train, and as he jumped up, his shoe slipped off his foot. Though he tried to grab it, he ended up watching helplessly as it fell to the tracks. Quickly, he grabbed the other one off his foot and threw it back down the tracks towards the first rapidly disappearing shoe.

People who saw this thought perhaps Gandhi had taken leave of his senses. His response to their mystified expressions was: "At least now if a poor person finds his way across my shoe he will soon come across its mate and end up with a good pair of shoes. (For most Indians back then a pair of good shoes was equivalent to a month's salary...)"

*Small Tastings of Torah, Judaism and Spirituality
From Rav Binny Freedman*

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

My twenty year old son, Erik, is my hero most of the time (he needs to do more work on tidying up after himself). Erik is extremely patient, kind and generous especially to the elderly, the disabled and all animals. He visits ill or elderly hospitalized family and friends and learns about their ailments so that he may better understand them

How do your unwind/rebalance?

I unwind with daily walks with my Weimeraner, Tyler, in Lynn Canyon or Cates Park. As well I practice breathing techniques and meditation on a regular basis. Twice weekly, I rebalance and strengthen physically through yoga and Feldenkrais with Dr. Christine Elsey.

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

I dreamt that I was in my garden with my dog and that an eagle was flying above us. Meaning: Hmm, not sure. Great dream though, I love eagles.

However, today at Cates Park, while reading near the beach, a large eagle circled. It settled in a large fir tree, calling and chirped softly. New Meaning: Validation! I am where I should be - fresh sea air and sunshine. I am doing what I should be doing - focusing on hypnotherapy reading materials.

What place real or imagined is most special to you?

My parent's cottage at Green Lake, 70 Mile House. Whether in summer or winter the Lake's energy is always perfect. The water and air is always clean and fresh. During spring break- up the Lake moans, groans and bubbles as the ice departs and the eagles return to feed. In summer the loons call and dive for fish while beavers busy themselves by their dam and very occasionally... a cow moose and calf are spotted in the reeds.

What is your favourite quote?

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness." The Dalai Lama

What is your greatest hope?

World peace.

What is your greatest fear?

Man's destruction of our planet.

How do you want people to remember you?

Oh, if I could be remembered as someone who helped others inspire kindness and joy.

What books are you currently reading?

Natural Health, Natural Medicine by Andrew Weil, MD. One of the recommendations that Dr. Weil gives patients with lupus, a major autoimmune disease, is to

"use visualization and hypnotherapy to increase the likelihood of remission". I currently have a client who is affected by lupus.

***What Would Gandhi Do? K.I.S.S.: Keep it Simple Solutions to Global Problems* by Pummy Kaur.**

This is an inspirational book full of insights written by a phenomenal woman. I have had the good fortune to meet and chat with the delightful Pummy Kaur.

Is there anything I haven't asked about that you'd like to share?

I feel very blessed to live in the very multicultural Greater Vancouver area. I am originally from Sweden but many of my friends and relatives have different cultural backgrounds. As a counseling hypnotherapist, I am privileged to work with clients from a variety of backgrounds and cultures.

Kristina is a tireless and valuable member of the IACH Executive. As of yet she does not have a website, but can be reached by phone: 604-929-7979 or by e-mail at kristinavan@shaw.ca

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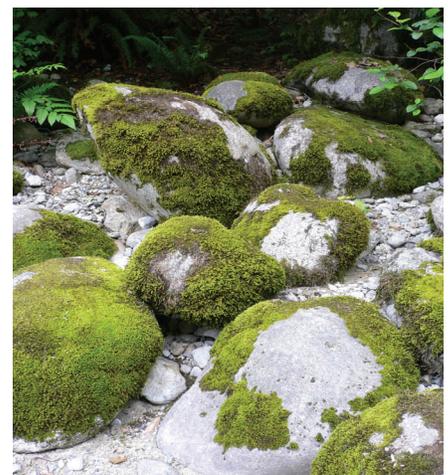
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