



BATHH Journal

Introduction

What's in this edition?

Welcome to the latest issue of the online Journal. We hope you enjoyed the Journal Supplement on Joe Keeton's work which we distributed between issues of the Journal. If you have a piece of research or a longer article that you feel would fit this new format, please let us know.

The Committee have been very busy ensuring BATHH comply with the new CHNC guidelines and some of the changes will be outlined in this issue. Please watch out for updates on CNHC requirements, we aim to keep you informed every step of the way.

This issue covers a range of topics that we hope will interest you, we have a profile of our retiring Trainer Jean Murton and a biography of our newest recruit Maureen Williams who has taken on the vital role of CPD Co-ordinator. We have some book reviews to keep you updated on latest publications that may help you in your work. Johnal Rouse BATHH member has submitted a fascinating article on Transpersonal Hypnotherapy. We look at the trance inducing effects of the "Sound Bath" in an article from a hypnotherapy student and we have an examination of stress/adrenal fatigue and what we as therapists can do to help our clients with this 21st century problem. We also have some case study conundrums for you in the regular feature by Jane Clark "What would you do?". We try to make the Journal a diverse read so there is something for everyone. If you have any ideas, articles or reviews please email me: z.thomelin@btinternet.com

Zetta Thomelin
Editor

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AGM 2013

The BATHH AGM was held at Brogdale Farm on 23rd March, the minutes of which are available on the website. For those of you who have not had a chance to read them, some key issues were covered that we would like to report to you.

Jean Murton, Trainer at BATHH and mentor to many members has retired from active work for BATHH. There is a profile of Jean in this Journal and we all wish her a happy and healthy retirement. Nannette Jackson, our Chair, has also had to retire sadly due to ill health. Nannette was a key player in developing and leading BATHH into a new era and will be sadly missed. Maureen Williams was unanimously elected to the newly created post of CPD Co-ordinator. Read more about Maureen in this issue. Zetta Thomelin, Vice Chair, has taken over the role of Chair.

To bring BATHH in line with current legal requirements new policy documents, such as equal opportunities and data protection and a new constitution have been devised. These were presented at the meeting and were approved. The documents will be available to download from the internet, or if you would prefer, contact the Committee and copies can be sent to you.

To protect the interests of the membership it has been decided by the Committee to register BATHH as a Limited Company. The relevant paperwork has been submitted to Companies House, but due to the use of the sensitive word "British" in the title

we have been asked to prove we are a leader in the field we operate in. Clearly we are not currently the leading organisation but were the first and a pioneer for many years. We hope to find the paperwork to prove this so that the registration will go ahead. The Committee will pursue this. However since the AGM documents have come to light that in the 1990s a limited company had already been established, though it is no longer listed at Companies House. We are currently trying to establish what happened with this company and if we can revive it.

The Committee reported that in 2011 the Hypnotherapy Regulatory Forum devised a core curriculum and learning outcomes program that all training schools offering Practitioner Diplomas must comply with, thus any training school that now registers students with BATHH must comply with this criteria, as well as the core curriculum and NOS. We will be posting the full criteria on the web site and are open to receive applications from suitable training schools. Schools must comply with all legal requirements and aspects pertaining to the professional practice of hypnotherapy. To comply with CNHC guidelines everything must be in place by July 31st 2013.

It was reported that we would be creating a standard form for members to complete to report on their CPD and reflective practice plans. In order to explain the new criteria and guidelines, we will be having an open day to discuss this with any members who wish to attend and notifications will also be available on the web site, this

day was set for September 8th.

Maureen Williams as the new Co-ordinator will offer advice to members if necessary. We are aware that due to CNHC guidelines CPD is now mandatory and is therefore of great importance to the membership.

Support Groups—It was discussed and agreed that Support Groups would be helpful to members to discuss treatment plans and client experiences. These will be discussed at the meeting in July after which more information will be made available. This is ongoing. A Committee Support Team will be set up to action some of the development work that the Committee will be proposing for the organisation.

CRB Checks. The legislation around CRB checks is changing and it may allow BATHH to become an umbrella organisation that can facilitate the acquisition of CRB checks. This will be reported on when the information is available.

Please note in your diaries that the next AGM will be on 1st March 2014 at 11.a.m

**Venue:
Country Practice, Apple Barn,
Brogdale Farm, Brogdale Road,
Faversham, ME13 8XZ**



Jean Murton

It doesn't matter where people start in life it is the path they choose to follow that makes their life matter. Travelled with thought, kindness and insight it can change the path of other people's lives.

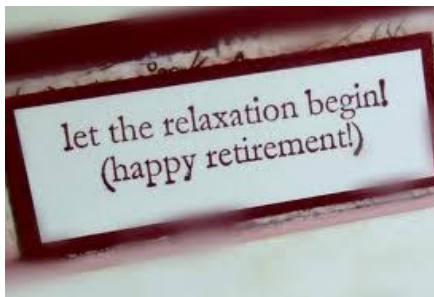
Over very many years, Jean Murton has worked tirelessly as a hypnotherapist and hypnotherapy trainer. She has not merely taught her students she has nurtured and encouraged them and been the springboard for many a fledgling hypnotherapist to have the courage to set up in practice and to also continue to train in other related disciplines.

In her capacity as a trainer, Jean represented BATHH with UKCHO and saw the introduction of voluntary control and standards that has now turned into statutory regulatory requirements.

Hypnotherapy has gone from being something of a mystery, a taboo even for some, to an accepted, therapeutic discipline.

Jean was a pioneer and remains an inspiration to always endeavour to do better, to raise standards and awareness, to work thoughtfully, with kindness and a full appreciation of the responsibility that being a hypnotherapist carries.

We would like to wish Jean a very happy retirement and thank her for all that she has contributed to the field of hypnotherapy and to BATHH.



The BATHH Committee

Famous Quotes Compiled by Zetta Thomelin

Fabrum esse suae quemque fortunae
(Each man is the architect of his own fate)
Appius Caecus (quoted by Sallust, De Civitate 1.2)

Cogito ergo sum
(I think therefore I am)
Rene Descartes (Le discours de la methode iv)

The universe is transformation; our life is what our thoughts make it.
Mascus Aurelius Antoninus (Meditations 11.5)

Je suis maître de moi comme de l'univers, Je le suis, je le veux l'être
(I am the master of myself, as of the universe; I am and I wish to be so.)
Pierre Corneille (Cinna V.iii)

We possess in ourselves an incalculable force which is often prejudicial to us. If we handle it unconsciously. If, on the contrary, we direct it in a conscious and wise manner, it gives us the mastery of ourselves and enables us to not only save ourselves from physical and mental ills and ailments, but also to help others; and to live under comparative happiness under any or all conditions.
Emile Coue

Entrepreneurship is living a few years of your life like most people won't, so that you can spend the rest of your life like most people can't
Unknown Author



Famous Quotes compiled by Zetta Thomelin

*Tous les jours, a tous points de vue,
je vais de mieux*

*(Every day in every way, I am
getting better and better)*

Emile Coue (self mastery)

*The highest possible stage in moral
culture is when we recognise that
we ought to control our thoughts.*

**Charles Darwin (The Descent of
Man Ch. 4)**

“ A person who never
made a mistake never
tried anything new ”

Albert Einstein

*Despite the efforts of scientific
writers and researchers, hypnosis
has been wearing a cloak of mysti-
cism for centuries. The very term
hypnosis, derived from a Greek
root word meaning sleep, is mis-
leading. Hypnosis is related to
sleep as night is to day-and is no
more like night than is day*

Dave Elman (Hypnotherapy ix)

*Never lose sight of this great princi-
ple in autosuggestion: OPTIMISM
ALWAYS, AND IN SPITE OF EVERY-
THING! EVEN IF THE FACTS DO NOT
SEEM TO JUSTIFY IT.*

Rene Brabois (Bull ii of the SPLA)

Maureen Williams—Our newest Committee Member

In 2001 I embarked on the hypnotherapy diploma course at the Belmont Centre. There were many reasons for my choosing to do this course; one of my children had been obsessed with Paul McKenna and I must have watched the videos of his shows many many times, and the more I watched the more convinced I became that nobody could hypnotise me! At the time I was in the final stages of writing my MSc dissertation in Sex and Relationship Therapy, and wanted something both as relief from that process and perhaps the motivation to help me to complete it. Also a colleague at work had undertaken the course the previous year and highly recommended it and it was geographically

local to where I lived. But perhaps the biggest factor was a curiosity; could this be something that would speed up the process for clients in therapy? My preferred race in life is 100 meters rather than a marathon.

I enjoyed the course, the company and the homework. My children thought it was so much cooler to have a mother who was a hypnotherapist than a

University Lecturer. At the time my eldest daughter was completing her degree in fashion and she asked me if I could help her fellow students with hypnosis to reduce their stress levels as they prepared for Graduate Fashion week. This was an amazing experience; her teachers were a little freaked out at my presence and what I was doing, so I had to keep changing the cupboards in which I was working. I did not use any scripts just the words that the students were using and relaxation. The feedback was amazingly positive.

Life continued, my University work changed and I went from working in sexual health to managing a play therapy then a dance therapy programme, eventually reducing my hours to allow space for me to develop a business as a Sex and Relationship Therapist. .

I believe that despite there being a strong evidence base for the effectiveness of hypnotherapy it has been over looked by medics and psychotherapists: it is often seen as a poor cousin. To enable hypnotherapy to become a main stream therapeutic option we, as hypnotherapists, need to become

more visible and confident. Speaking from personal experience since becoming a member of BATH's Board I have seen the potential of BATH becoming a strong and transparent force to raise standards and influence policy makers.

My role is to develop a CPD policy in line with CNHC, to source good study days at a reasonable price and help to develop a support system for its members. None of this can be done without its members and their contributions, so please feel free to get in touch with any suggestions that you have regarding study days or themes that you would like, or other ways in which we can support you.



Maureen Williams

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Website: maureen-williams.co.uk

*Please get in
touch with
Maureen direct
with your sugges-
tions for study
days and training
requests.....*

EFT

No doubt you've all heard about EFT and I expect some of you are already Practitioners. Its becoming a very high profile modality and I think its something that we should be looking at to complement our practice.

For those not so familiar with the practice, EFT stands for Emotional Freedom Technique, sometimes simply referred to as "Tapping" or the "Tapping Technique" and is described by many as acupuncture without the needles.

The main focus of the therapy is to ask the client to concentrate on a particular emotion with which they need help, whilst they do so, the practitioner taps on meridian points that have

been derived from acupuncture, this causes the client to release the trapped emotions and negative energies upon which they have been concentrating.

Many practitioners believe that it can assist with physical problems as well as emotional ones, not surprising to hypnotherapists, so aware of the mind/body connection and the destructive nature of emotional imbalance.

The empowering aspect of this therapy is that the client can be taught to use the process for themselves, thus building upon the work of the practitioner within therapy. This is undoubtedly a modern therapy but with ancient roots. It is rarely

used in isolation but in conjunction with other therapeutic processes such as Psychotherapy, Hypnotherapy and NLP. EFT was popularised as a therapeutic approach in the 1990s by Gary Craig, but it is even more in the ascendant at present. There is a lot of research being undertaken to establish the efficacy of the treatment and it will be interesting to read the results.

The BATH Committee are considering running a course in EFT for members and we would be most interested to hear from any of you who may be interested so please get in touch.

If you'd like to know more about EFT you can find a plethora of videos on YouTube, Brad Yates is a particular favourite of mine. There are also some great books out there and I have one to read called "The Tapping Solution" by Nick Ortner.

If any of you have already read it, please send me a quick overview! I'd love to know what you think.

<http://www.eft-for-transformation.com/eft-gary-craig.html>

This is a link to the AAMET Life Magazine which also appears on the website <http://www.aamet.org/component/k2/item/198-aamet-life-magazine-special-conference-edition-2013.html>

www.aametconferences.com

LB



AAMET INTERNATIONAL

Association for the Advancement of Meridian Energy Techniques

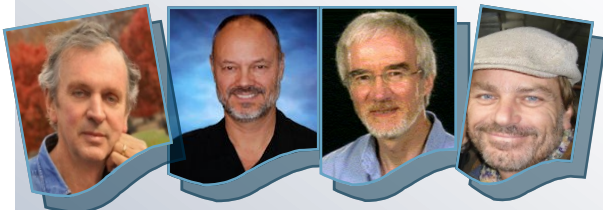
Are you interested in training in EFT or becoming a practitioner? Read about our certification programme at www.aamet.org. Become a member and join 1000's of AAMET Members Worldwide! Join as a Student for only £12, or as EFT Practitioners for only £24. Members benefits include publishing of articles, a monthly magazine, a members forum, discounts to our Annual Conferences and more!

The largest professional EFT Association worldwide

Founded in 1999, AAMET International is a registered not for profit professional association, with clearly defined aims and objectives. We are committed to maintaining strong codes of ethics and practice and to establish ourselves as the lead training provider of Emotional Freedom Techniques. We aim to network and co-opt with other professional bodies representing the many other disciplines our members are qualified in (e.g. hypnotherapy, homeopathy, psychotherapy, counselling). This will make it easier for us to open more doors into mainstream/conventional healthcare and rehabilitation, and confer greater professional kudos in our endeavours in the fields of education, reform and performance.

JOIN US at the AAMET International Energy Psychology Conference 2013, Manchester, Cheshire, UK.

Keynote



Guest speakers



This Conference is open to all and

not just AAMET members.

To register and to find out more about our conference contact AAMET **now** at www.aametconferences.com

World Federation of Hypnotherapists

The WFH is publicly stating that it incorporates BATHH. This is a situation that has recently been brought to our attention and the Committee would like the membership to know that it takes the misuse of the name very seriously and is taking steps to make sure that any such references are removed.

For a brief time in the 64 year history of BATHH there was an association between the two organisations, a fact that breached the constitution of WFH, but never at any point was BATHH incorporated.

The brief association was dissolved at an AGM and fully documented and the funds of the two organisations separated. BATHH will take all the steps necessary to protect the integrity of its members and uphold the credibility of the name of the oldest hypnotherapy body in the UK. We will keep you notified about progress.

Zetta Thomelin

What would you do?

1. A lady, very conscious of turning 40, desperate to find ways to make her husband 'notice her'

She has tried all the conventional ways and some not so conventional but to no avail.

They have two children one 16 the other 13 and their sex life drew to a sudden close once she discovered that she was expecting the couple's second child.

She has total loss of esteem coupled to the desire to make something of herself as up to now her life has revolved around her husband and children.

She has been tempted to have an affair but only for some sense of being attractive and to feel a little less of a factotum.

Recognising this she decided to stick with what she has even though it makes her very unhappy.

She has joined various groups to help her make friends but is always just a little unwell, tired and generally accepting of the fact that she has very little to offer on any level.

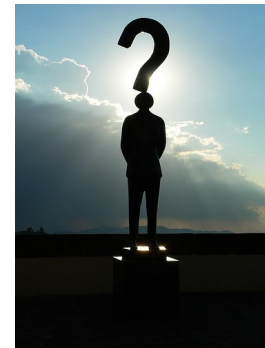
2. Gentleman, late 50's, undergone treatment for prostate cancer, which was successful. Part of the treatment is the ingestion of female hormones and he found that not only was he weepy and more empathic generally, he really liked being 'in touch with his feminine side'. Because of his experiences he is seriously considering whether or not he is gay, bisexual or should consider changing from male to female.

His wife is in turmoil and finding it very difficult to cope with what she sees as a reaction to a very traumatic time in both of their lives. She feels that although not as often as he might like, he is able to function sexually but that she is not able to respond to him because she now feels that she is a convenience rather than the one with whom he wishes to share intimacy.

3. A lady who was brought up in a home controlled by the beliefs of the Plymouth Brethren and is finding it difficult to function outside of the community although it is her express wish to do so. She has been offered to step up temporarily while someone goes on maternity leave at work but is anxious about being in a position that will draw attention to her and all her failings.

She is articulate and intelligent with no self-esteem. She feels as if she has a parallel existence, watching what she 'should' be doing while doing what she wants to do. The effect is confusion and polarisation when she actually wants to move into the more conventional world, embrace it and make a life for herself that she believes she really wants. She is not looking for an instant fix but strategies and help to focus her mind to gain peace.

4. A young lady, 21, happy family background. Always attracts 'bad boys'. First serious relationship was for four years during which time she was beaten regularly. She always covered it up and did not seek help or



confide in anyone.

The beatings came to light when he went too far and broke her arm and kicked her face. She returned home to her parents after being discharged from hospital. There followed two short term boyfriends, both of whom 'needed help and support and weren't bad really'.

Realising that she had a tendency to take on lost causes she decided to enjoy her life and if someone came into it she would be very careful 'this time'. A charming young man did in fact come into her life. Things were very happy for a little while but gradually she realised that he has a drug habit and also becomes verbally abusive when drunk, which is often.

She has a good job and regular income and therefore he decided that he did not need to work. She is pouring money into his life and has little left for her own. She says that she cannot be another person to let him down. She also recognises that she has an addiction of her own and wants to stop thinking that she can cure everyone's ills.

Jane Clark

What would you do?

From the last Journal, we have a reply.....

“The client in this scenario is a gentleman in his late sixties. He still works on a consultancy basis but has retired from the oil company for whom he worked since leaving university having attained an excellent degree in engineering.

Sponsored by his employer he attained his PhD at a comparatively young age. In fact, this gentleman seems to have always been in the right place at exactly the right time and opportunity appears to have sought him out as he climbed within his company and thrived in his home environment. The family have enjoyed a very good lifestyle and even in retirement husband and wife are able to maintain a standard of living that is enviable and beyond the expectations of many older people.

This client is very straightforward in his thinking, dependable, thoughtful and a planner.

A few months ago his wife had asked him to help her organise a fund raising event, which although he was happy to help her, it meant him stepping outside his comfort zone by attending an evening of clairvoyance.

bullying with definite sexual overtones that he had experienced as a child. Suddenly his tidy, happy world has become tainted. He is questioning his relationship with his wife, his children and with his colleagues and friends. “

Reply from Maureen Williams

A good therapeutic alliance is essential when working with this client.

It would be important for me to identify what he wants to achieve from the therapy, and if it is achievable. The temptation to work from the second hand information via his wife would be in my awareness and avoided.

I would work with his strengths and inner resources, he is intelligent so I would supply research evidence that hypnotherapy has a strong evidence base and it is not going to ‘bend’ his mind, and he is in control at all times.

From taking his history I would also gain a clearer picture of his inner resources and start to identify which ones will be useful during the sessions.

With thanks to Maureen for her reply.

Ed

“He is intelligent so I would supply research evidence that hypnotherapy has a strong evidence base”

Totally against this sort of thing he agreed to go only because the function had been organised by friends to raise money to help a family with a disabled child. His proviso for attending was that he was in no way involved in the clairvoyance but would generally help and keep drinks flowing and food available. As the evening progressed he found himself alone with the clairvoyant and, although only with her for a short time, what she had to say was very disturbing.

Memories, long ago buried, surfaced and completely threw him into emotional turmoil as he remembered clearly serious incidents of

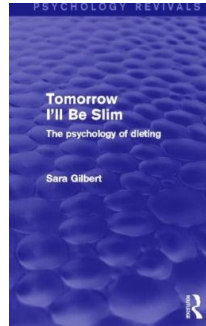
Much of the work would be based on what he wants to achieve, if one of the presenting issues would be about a better night’s sleep this would, in my view, be a good starting place, if this client can improve his sleeping pattern after the first session this would be a strong foundation for further work.

Book reviews

Tomorrow I'll be Slim- The Psychology of dieting

Sara Gilbert published by Routeledge

This book is part of the Psychology Revivals series and well worth the return to the bookshelves. According to Ms Gilbert one third of men and women in the western world are said to be overweight, but twice as many people actually see themselves as overweight.



As a hypnotherapist a growing proportion of clients are coming for help with eating issues and this book provides a handy easily packaged toolkit with which to help them. She examines the causes of obesity, defines hunger and looks at the reasoning behind dieting.

The approach to diet is broken down into defining the problems leading to overeating, with a useful questionnaire you could use with clients concerning their attitudes to dieting, then preparing to make the change. As an example of how she sees this working, many people use food as a reward, Gilbert recommends using that causal factor to assist with the change and creating an alternative rewards system.

The part of the book that I enjoyed most concerned the use of language, the inner voice with which the client has to battle. As a hypnotherapist I am fascinated by language and how it influences our behaviours and perceptions, how we use language as therapists and encourage our clients to look at their own language is so important to affect change. Gilbert addresses this in a chapter called "alternatives to will-power". She examines the all or nothing thinking that people making changes pursue "I must never eat ice cream/butter/bread again" then seeing themselves as a failure if they make one lapse. "I have blown the diet now with that cake, so I might as well give up" The conflict with the conscience inside the client's own head "I shouldn't have eaten that" These

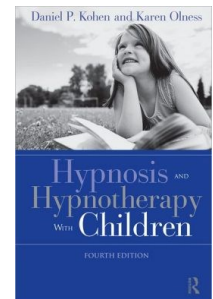
issues are examined and strategies provided that are certainly very useful.

This book is easy to navigate and to work with and would be an asset to any practitioner working with weight issues.

Hypnosis and Hypnotherapy with Children

**Daniel P Kohen and Karen Olness
Published by Routeledge**

Many people are nervous about working with children therapeutically but it is a rich and rewarding field of work particularly in hypnotherapy as children are so susceptible to suggestion, but as such getting it right is important. Changes made now will benefit that child for the rest of his/her life. This book, now in its fourth edition is an excellent guide for developing your work in this area. It provides a basis in the general principles of child hypnotherapy, providing a structure within which to address clinical problems. It has a concise chapter on language usage with children with clear do's and don'ts There is a very useful section on talking to families about hypnosis and hypnotherapy and taking a history when working with a child, obviously the language used when explaining to a child what to expect is important and rapport building skills are so vital in developing the child's trust.



The way the book is constructed, dictates the way it is used, Part 1 and the early sections of Part 2 give an analysis for the basis of child hypnosis and practical tips, which provide a good basis before embarking into this field. The remainder of the book is broken down into areas of treatment, such as psychological disorders, the autism spectrum, learning, habit disorders, pain control and paediatric medical problems. Thus these chapters can be dipped into as needed and give a variety of treatment ideas.

For those fearful of venturing into this area due to legal concerns there is a chapter on

Book reviews continued

ethics and legal considerations when dealing with children that will explode some myths and give clear guidance.

It is interesting to note there is a chapter “Self-Hypnosis :A Tool for Prevention and Prophylaxis”, empowering children and their parents to develop their own healing skills, giving them the control to help themselves is so liberating.

This chapter gives advice from hypnosis during pregnancy which has been proven to help both mother and baby (headline news following the birth of the new royal prince) and also recommends a range of titles to assist with school age stress.

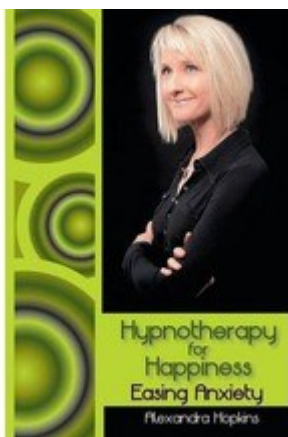
This is a comprehensive guide, which if you could only have one book to cover this complex area, is certainly the one to have.

Zetta Thomelin

Hypnotherapy for Happiness Easing Anxiety

Alexandra Hopkins
Published by Balboa Press

A really informative and useful book and a great reminder of how to work with anxiety. Written in a straightforward, easy style it's a great book both for sufferers and also for therapists giving straightforward, no nonsense insights in to why we react the way we do and how hypnosis can help to change those



reactions and heal the causes of them. It's a great resource and aide memoire, even for advanced therapists, keeping it 'real' and giving some very useful points to remember

when dealing with anxious clients. Its not written like a text book, it's a really good read and well explained throughout.

I particularly like the way Alexandra has positioned this book to appeal to the man in the street , helping to demystify hypnosis. Personally I think we need lots more books like this!

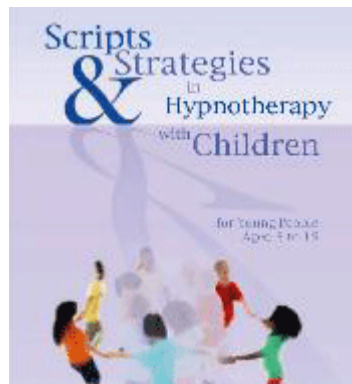
Alexandra Hopkins was born in the UK and now lives and works in Australia.

Lesley Barker

Scripts & Strategies in Hypnotherapy with Children

Lynda Hudson
Published by Crown House Publishing

Since only recently having experience of working with hypnosis with children, I purchased this book to give me some background information and advice with treatment plans and I found it a really useful handbook, well written using imaginative language and providing very useful protocols for the therapist.



It's a very valuable resource giving a useful guide for those who work with children or who would like to learn how to work with them.

It has a very useful table to scripts and a whole list of chapters covering topics such as Solution-Focused approaches, ego strengthening, anxiety, behavioural problems and bullying and much more.

Highly recommended reading and really great to fun to work with—my small clients thought so anyway!

Lesley Barker

Zetta and Lesley have been busy re-viewing again—please tell us what you think about these books!

Trance state

What sound therapy and Hypnotherapy have in common

Introduction

Joanna Jimenea is studying hypnotherapy and has found it to be a profound and transformational experience.

She has also been working with sound therapeutically for a number of years and found many parallels between hypnotherapy and sound therapy's use of the trance state and its ancient roots.



When I started studying hypnotherapy I noticed that hypnotherapy and Sound therapy have something in common, the trance state. I am training in group sound therapy and have been co-facilitating something called a Sound Bath for a number of years.

During a Sound Bath participants make themselves comfortable, laying on a soft mat covered by a blanket to keep them warm. Sounds from many different instruments are played, some ancient instruments and some modern. Each instrument chosen for the ability to take the participants into deeper brain wave, trance states, where healing and rejuvenation are possible. The group are bathed in these sounds and generally participants experience deep relaxation.

When I learnt about sound therapy entrainment played a key aspect to this work. In hypnotherapy entrainment also plays a part in helping the client to reach the trance state. The history of entrainment goes back to a Dutch scientist named Christian Huygens. In 1661, whilst working on the design of the pendulum clock, Huygens found that when many clocks were placed together in the same room over time they would synchronize, even though they started swinging at different rates. The entrainment process appears in every area of our lives. Usually it is the most dominant frequency that others entrain to and with Huygens clocks the largest pendulum was the one that entrained the others.

In Hypnosis part of the technique that is used is the hypnotic voice, which is generally slower and helps to entrain the client into a deeper

state of relaxation.

In sound therapy we use the sounds to take participants into deeper brain wave states. The instruments have different resonant frequencies that entrain the brain, if we could see sound we would see it form in waves.

Much like how brain waves look. The instruments have a sonic signature that is similar to that of various brain wave states. The brain waves follow and entrain to the sound waves, with the aim of taking the participants into theta. You can really witness participants dropping into the trance state during a sound bath, breathing slows down, their bodies look relaxed and many people seem to arrive in the trance state very easily.

We work with rhythm as part of the entrainment process also, mainly using drums. Rhythm is another technique used by some hypnotherapist when inducing a client, keeping the rhythm of the induction at a certain rhythmic pace.

Some of the instruments we use are very old. Tibetan singing bowls and gongs are both harmonically rich and are used to induce meditative states and have done so for centuries.

Drums are used in the sound Bath also especially Shamanic frame drums, which are still used today all over the world to facilitate a trance states the oldest drums found date back 6000 BC.

The use of the trance state have been utilised for thousands of years. Before we had the ability to write or even understand what the trance state was. We were finding ways of inducing ourselves and utilising this state through the use of sound. Now the trance state in hypnotherapy is used to bypass the conscious mind to offer positive, life affirming, and transformative suggestions. I wonder just how much the trance state has played in our evolution. The more science discovers, the more we are able to validate what these ancient cultures understood about the benefits of sound and trance states and how valuable this state was for their communities, for many reasons.

As a budding hypnotherapist I wonder how much more will be discovered about this special state of consciousness as time goes by. Hypnotherapy is a powerful tool for transformation. What more will we be uncovering in the future?

Joanna Jimenea

For more info on sound baths
www.soundbath.co.uk

Stress

Twenty Seven Million working days were lost to illness last year in the UK; a large number of these were caused by stress, the most recent estimate being fifty per cent of working days lost to the economy.

We are all familiar with the stress response, our bloodstream flooded with adrenalin and cortisone, blood flow diverted from the brain to the limbs leaving us incapable of rational decisions and an unsupported digestive system.

We were not designed to live in stress mode for hour upon hour, day upon day. Our mental health suffers and the body shows signs of strain. It is important to acknowledge that some stress is good, we need our stress response about 10% of the time to keep us safe, it is knowing the good stress and dispelling the bad that we need to acknowledge and work with, when helping our clients.

Adrenal fatigue is one of the by-products of over stressing the mind and body - the stressful situation provokes a response that the body can no longer cope with, the adrenal glands can no longer deal with the demands put upon them due to an overload in demand. It was first diagnosed as a condition over a hundred years ago, but reported cases are ever increasing.

Adrenal fatigue affects the mental state, causing:

- Depression
- reduced concentration
- Confusion

The physical symptoms can include :

- allergies
- asthma
- poor immune response
- fibromyalgia and fatigue

When dealing with a client presenting with stress, it is useful to examine their physical health, to see the impact it is having, but obviously if adrenal fatigue looks like a possibility the client should see their doctor as testing is available - a saliva adrenal hormone test. Many of the treatments, however, are very much within the scope of hypnotherapy.

In his book Adrenal Fatigue: The 21st Century Stress Syndrome, Dr James Wilson, sets out a recovery programme that includes reframing, relaxation, sleep, physical exercise and improved diet. The reframing work and the encouragement of the client to examine their

life and distinguish what is good and from contributing to health and what is bad and detracting health provides some useful reading.

A friend of mine recently said they were living on drugs, adrenalin, and fantastic news it's free! The fact that we are thinking like that, is a sad reflection on our society. Re-conditioning people to slow down, take time out to deal with stress, is contrary to the message the media pumps out every day, push to succeed, success is money and status, keep on pushing till you reach the top. The result at the more optimistic end of the scale is adrenal fatigue, with stroke, coronary or mental breakdown being the worst case scenario.

The starting point with any stress/anxiety related disorder is the creation of a safe place/ positive resource for the client to retreat to, to assist them in controlling their stress response and become calm. Helping them visualise a safe space wherever and whatever it may be, with a suitable trigger that they can use in an unobtrusive way, is an empowering tool for them. It gives them something they can do for themselves, giving them back a feeling of control. Lack of control is one of the feelings that accompany stress; fear and worry can feel like a runaway train taking the client with it, they need to feel they are taking command of the controls. I always say that when they use their trigger it will be like:

Pressing a button, flipping a switch, or being in charge of their television controls at home, they can just flip the channel to the safe place at will. They will feel calm, relaxed and in complete control.

Someone who is living in a situation that creates constant stress stimuli, through work or a domestic situation, should be encouraged to pursue a daily routine which includes at the beginning of the day a period of either mindfulness, meditation, self-hypnosis or simple visualisation, whichever seems to work with that particular client.

The client needs to create a regular pattern of relaxation and work with their mind control, so it will feel less like a runaway train, they will learn to use and control the mind rather like weight training strengthens the muscles. Relaxation practice, even simple breath work with help with the client's stress response. We are encouraged to take deep breaths in an emergency situation for good reason, as deep breaths release peptides from the brain stem which have a relaxing effect. Give your clients as many tools to fight the stress as you can.

27 million working days were lost to illness last year in the UK, a large number of these were caused by stress.....

Stress—continued

There is a wonderful line in a script by Roger P Allen, which states that “worry is looking into the future and seeing only a negative outcome” this is such a simple statement but so rich with resonance and meaning and can be woven into many therapeutic situations. He outlines in his therapy the theme of choice, we can choose our thoughts, it is in fact one of the few things we can control (providing we are not suffering psychotic mental illness) so why not choose the good thoughts, the calm and relaxing thoughts.

A metaphor that can give a client a sense of control, involves visualising a control panel in their head, it is the control panel that regulates the body’s stress response:

Visualise the controls within your head, the switches and dials, some controlling your limbs, your heart rate, your breath, the sound volume in your head, the focus mechanism for your eyes, now hone in on the dial marked stress, see that dial, see it clearly, it may be turned to the high end of the scale right now, or it may even be quite low, but I want you to see that dial clearly and wherever the arrow points right now.

I want you to bring it down, reducing the level, as you see the dial moving down you feel more and more relaxed, you can feel the blood flow in your limbs, your thinking is clear, your digestion feels well supported, in fact everything in your body feels so slow and relaxed a gentle heartbeat and steady breath flow, you are in control of this dial you can turn it down whenever you want to, it is your body, you control it, take control of that dial keep it set low, unless you really need it.

If you only turn the dial up when you really need to move fast, deal with a crisis it will work so much better for you, it will not be tired and worn out, it will be ready to spring into action when you need it, but the rest of the time that stress response can allow your body to recuperate and heal, you can make clear decisions and the blood flow is in the brain where you need it, you are in control, take control of the stress control right now....

Another approach involves re-framing the stress response in a way with which I am sure you are all familiar:

Get the client to visualise themselves in a stressful situation, perhaps at work or at home, they can be watching themselves on a cinema screen or perhaps on a stage but the person they are watching is coping well with the stressful situation they are calm and relaxed and have the right words to say at the right

time, their body language shows someone undisturbed.

You can ask them to imagine someone they look up to and admire in the situation, imagining how they would handle the stress. Then when the image is really clear for the client, get them to imagine being inside the picture, on the screen or in the stage looking out, they are there, no longer disassociated but taking control of the situation in the way they want to, becoming the person that they want to be.

Another version of this kind of re-framing is used by Duncan McColl in his book Precision Therapy. He gets the client to visualise a time in the past when they felt they coped well with a stressful situation. He gets them to visualise it clearly and then pick a key word to connect to this event, to be the trigger. When they have chosen the key word, he gets them to make a fist, say the word, visualise the good situation and anchor the feeling, then relax. He gets the client to repeat the process a couple more times and then takes them into a visual image of a stressful situation and gets them to test the key word, to see that it has anchored properly. In this the client is building on their own ability, which makes it powerful, but they are given a resource that they can control. It is of course similar to the safe place, but more useful in certain situations where the client needs to perform, rather than relax, but without the stress of the situation becoming overwhelming.

Stress, worry and anxiety are closely linked, and it is sometimes a case of getting a realistic perception on a situation that is causing worry. Providing the client with some tasks to assess their life along the lines Dr Wilson recommends will certainly help the client, this should involve people who have a toxic impact on them as well as situations. He recommends processes which lead to either: changing the situation, adapting to the situation or leaving the situation, in a way that empowers the client.

When dealing with the complexities of stress in the modern world we need to combine a variety of techniques to support our clients fully and help them to lead happy and healthy lives, the key to succeeding lies within them.

Zetta Thomelin

CPD Policy—News and updates

BATHH's new CPD Policy and logging template can be found on the website www.bathh.co.uk in the Member's Area under CPD.

Please take time to read and download the template to record your hours. This is most important as we will be taking a random selection in September 2014. It's also worth mentioning that the CNHC currently random sample its member's CPD so its in your interests to keep your log up to date.

A CPD Introductory meeting was held at Brogdale in Faversham on 8th September and it was heartening to see some of our members there.

Maureen Williams made a short presentation describing the new BATHH CPD process followed by a discussion about how our CPD

This extract is taken from the CNHC website to assist you—if you are a member you will need to comply



http://www.cnhc.org.uk/index.cfm?page_id=29

From **1 September 2012**, you will need to confirm at renewal that you have undertaken CPD activities over the previous registration year.

All CPD information can be found at www.bathh.co.uk under 'Members Area'

process works, a user guide to our website and what Member's wanted.

A number of options were discussed and the Committee are going to be looking at in-house CPD courses and Training Days for members.

Support Groups are planned with members meeting up to discuss topics and share experiences. These will be functional through the Forum on the website where all members have access and can post messages and questions.

The Member's Area of the website contains the CPD policy and the downloadable CPD log sheet which is in Word format.

If you have any queries about CPD please contact Maureen Williams.

Please also send any comments or suggestions to the Committee or please use the Forum on the website. This is what it is there for—for you, our Members to communicate with each other.

It's the perfect place to share and learn so please join in. We all tend to work in isolation and Forum is a great tool for communication and exchanging good practice.

You will not have to do extra CPD if your professional association already requires standards the same as or higher than those required by CNHC. Please note CPD is not just about doing courses. Many people think that only formal courses or seminars count towards CPD but there are a wide range of activities you can include. Here are a few examples of other activities which you can count towards your CPD:

- Discussions with your peers or colleagues about individual cases (case reviews). These could be face to face, over the telephone or online.
- Personal study such as reading magazines, journals and web articles.
- Writing an article for your newsletter, journal or other publication.
- Learning something new about how to run your business or practice - again this could be by talking to others, reading an article or using an online tutorial/guide.

The important thing to consider when deciding what to include is whether you have learned something new which you can put into practice in your work.

BATHH CPD Requirements for the year commencing September 2013 are a total of 25 hours made up of:

15 hours hypnotherapy related

10 hours personal or business development

Don't forget to download your log sheet on the BATHH website under the following tabs:

**Members Area
CPD**

Transpersonal approach to Hypnotherapy

An Introduction

Transpersonal Hypnotherapy is a modality that goes beyond seeking change at the personality level to help the client access the intuition and wisdom of their Inner/Higher self. A primary goal of the Transpersonal Approach is to help the client to open their heart to themselves, as a way to reconnecting with parts that are already whole, healed and unconditionally loving and strong. As a result the problem states that clients come for help are allowed to simply fall away, primarily through the client gaining insight and awakening to their own power. The approach includes the use of standard hypnotherapy approaches and techniques while at the same time seeking to increase awareness of the larger transpersonal and sacred context within which therapy takes place. We

problem states, and require assistance to shift in to more helpful trances. From this perspective hypnotic states are used as skilful means to shift existing trances into more resourceful ones, and to lead the client into several experiences and perspectives of awake states, where they are aware of their connection to the unlimited resources and guidance of the Inner/Higher Self.

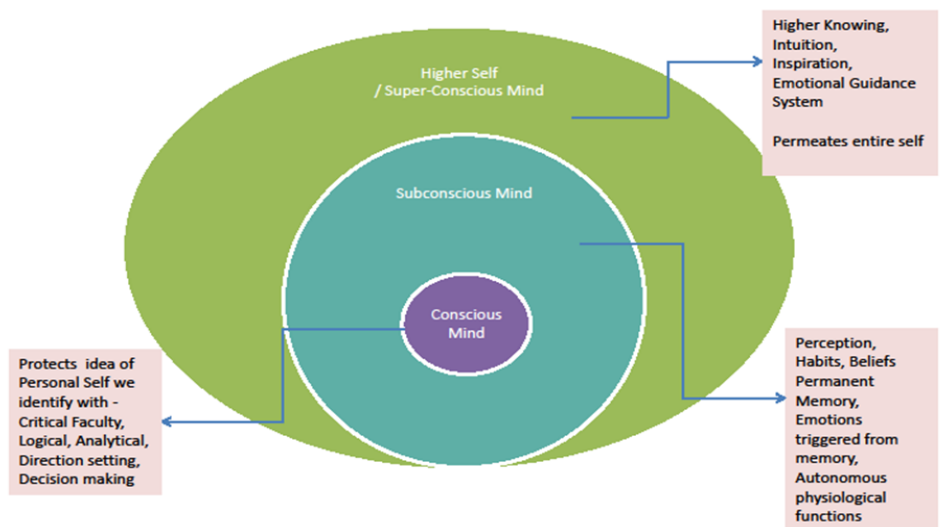
The underlying philosophy of transpersonal therapy is in fact common to many spiritual traditions, this premise is that a part of the mind, what we might refer to as the ego or the egoic minding process is constantly engaged with ideas of separation from our True Inner/ Higher Self or essence. To hold on to the egoic minding process takes a lot of energy, and the

Transpersonal hypnotherapy is a modality that goes beyond seeking change at the personality level.....

have all learned or been hypnotised from an early age to believe in an idea of a personal self based on our identification for instance with our name, family and cultural roles, occupations etcetera, and to become strongly invested and even addicted to these ideas. Every one of our clients is to a greater or lesser extent, deeply immersed in existing personal and societal programming, and in the transpersonal approach we note that do not need to put clients in to trance. Clients are already in trance, albeit one of limiting or

transpersonal approach seeks to release that energy and to open the clients heart again, in all the places where they may have contracted in to fearful, limiting or identified states. With increased awareness comes the personal choice to keep or reject existing programs.

As a helpful map we use the below model of the '3 levels of mind' to characterise the mental process that the client is engaged with:



Three Levels of Mind

Transpersonal approach to Hypnotherapy— continued

The model is helpful in providing a holistic terrain of the mind and well as in helping understand how the personal or conscious mind we normally identify with can block off our connection to all of the wisdom and knowing of the Higher Self. We are always connected to the Higher self and this is the essence of who we truly are, however our communication with this part of ourselves is mostly through the subconscious mind and through our intuition and innate intelligence, the conscious mind is not in direct communication with the Higher self except when we choose to step aside and invite its guidance



and intuition. We can and in fact learn to block off or to deny this connection, when we are rigidly identified with our ideas of who we are, i.e. with the thinking processes of the Conscious mind. It is helpful to note that as with any model or map, the above map is merely a signpost to the territory it points to, and is not the territory in itself.

No matter what the problem that clients come for therapy, the underlying problem is almost invariably one of not being able to disengage from the thinking process, and of mistaking the thinking process they are engaged in as one with their primary intelligence. To move back in to the spontaneous flow, innate intelligence and energy of the True/Higher Self, requires insight and willingness to heal addictive thinking. Through transpersonal therapy the client is helped to gain recognition that the on-going thinking process (particularly if limiting in any way), is merely a projection that helps cover over areas where he or she has experienced hurt, separation and disconnection from the Self in the past. The therapy process is one of forgiving these issues and returning to deeper levels of self-love. Most of our clients, as indeed each of us is working with deep patterns of hurt, anger, rejection,

betrayal, abandonment that are then numbed out or covered up by addictive and problem states that clients finally come to us for help with through hypnotherapy. No matter what the presenting problem, helping the client face and release these deeper issues that are blocking self love, and soften the limiting ideas they are engaged with is what leads to healing and successful client outcomes. As a result through the therapy process, clients are helped to become more fluid and transparent to their own power and light.

Language of Light – Resources of Higher Self and Intuitive guidance

Bringing in an awareness and resourcefulness of the True inner/Higher self as well as availability of Spiritual Guidance and the wisdom of superconscious levels of mind is a very valuable part of the transpersonal therapy process. When as practitioners we are prepared to step out of the way, to be grounded in and allow the presence of Light and Higher guidance into the session, simply asking the client to connect to and to call in light around themselves, can be a helpful way of invoking and activating doorways to the True Self/Higher self. The language of light is also a helpful metaphor for coming from the heart, and for helping both the therapist and the client access deeper truth and deeper levels of compassion for whatever process that the client is being helped to go through. Having the client invite and directly experience the resources and wisdom of their Higher Self and their own spiritual guidance is seen to significantly enhance the results of conventional hypnotherapy including regression work and other therapeutic approaches, we already use as hypnotherapists.

Coming to the Present - Releasing psychological time.

A significant doorway to the Inner/Higher self is being present here and now, with our immediate experience. What keeps us from being present, is nearly always unforgiveness of events from the past, that are then projected as concerns about the future. From the perspective of our wiser Higher self, time as an objective reality moving from the past to the future does not exist and the Now moment contains all of our experiences through time, including all of our past, present, as well as our parallel, alternative and future realities. The more we are able to help clients with releasing ideas of psychological

Transpersonal approach to Hypnotherapy— continued

psychological time, including through breath-work, feeling and releasing emotions, and getting in touch with immediate sensory experience are all valid ways to return awareness to the now. It can sometimes be helpful to point to all of the client's genuine needs that are already being met in the present moment. Gratitude and Appreciation is another very helpful way of accessing the now and of connecting with the constant stream of wellbeing that is the essence and experience of the Inner/Higher Self.

Therapist approach is one of getting out of the way

As one of the primary goals of therapy is to allow the client to connect with their own power, it is important for the Therapist to remain detached from Outcomes. We do this by remaining aware of our own mental and emotional state as much as of the client's states through the session, through trusting the process we also release any need to engage in ideas of success or failure or to have the client invested in thinking, of either the work or of themselves, in those terms. As we do so, we create space for magic to happen in therapy, and often for miraculous healing to transpire. There is simply a commitment to being present, potent, and naturally in touch with the higher energies to guide the work, doing our best moment by moment and trusting and allowing that the process will unfold for the highest benefit.

Clients will always be trying to hypnotise us about their problems. We are however not invested in the client's problem or with the idea that they need fixing in anyway. Even while meeting the clients concerns with empathy and compassion, it helps to stay alert and recognise that there is nothing that needs to be fixed. Knowing that clients are simply experiencing states of disconnection from their own strength and wisdom, it can help to also help to inject an element of humour, fun and lightness in to each session. Through our willingness to see the client as whole and magnificent, they are able to more easily release whatever is in the way of also experiencing themselves in that way.

Benefits of the Transpersonal Approach to Hypnotherapy

- Using a transpersonal approach can enhance the wonderful results that conventional hypnotherapy techniques already delivers, the vital difference being that problems are released primarily through insight and the client awakening to their own power, rather than through reliance on specific techniques – this is valid for any areas that clients come to us for help with including health issues, healing relationships, increasing confidence, motivation, releasing addictions and empowering the client's vision and aspirations
- The client is helped to recognise a greater level of responsibility for what he or she is creating in their life, and of being at cause rather than at effect of events and circumstances.
- Clients are helped to reconnect with their inherent purity and to move back in to the exuberant free flow of emotions, innocence as well as the fun and playfulness of the child. This awareness is often clouded over to the extent that they are attached to ideas of limitation and of the personal self as identity.
- The client is better helped to rediscover flexibility of choice and present time adult awareness, as well as to distinguish between the various roles he or she plays in life, while remembering the roles do not define who they are.
- Greater awareness of the Spiritual path and journey

Johneal Rouse

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Transpersonal hypnotherapist. Johneal Rouse is based in South London, for further information about his work see below.

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Stress Reduction Induction

Because you are now relaxed, let any feelings you have buried come up to the surface. I'd like you to take a moment to examine those feelings now and decide which ones you would like to keep and which ones you would like to give away.

It's really all right for you to feel sad or depressed at times. It's your way of being good to yourself. Depression is a healing process so you can allow yourself to mourn or be sad and when you have completed the time of sadness you can set yourself free.

You are good to yourself and the time will soon be over for those feelings and you will feel free from them. You will feel free because you can accept or discard any feelings at all, discard any feelings that you are done with. They are yours, and you can let them come and go, come and go as you need them. Now relax, and continue to relax, and feel

complishments and you will be pleased with those accomplishments. You will feel good about yourself because you have new responses that are making your day more pleasant, you are calm and strong and free from stress. You are completely free from stress. You are free from stress.

From *Hypnosis for Change*
By Josie Hadley & Carol Staudacher
New Harbinger Publications Inc.

Share some of your success stories with us, we'd love to hear from you

yourself relaxed with your feelings. And think of how you are a whole person with many feelings that make you whole and healthy. And if any unwanted outside pressure comes at you, you are surrounded by a shield that protects you from pressure. The shield will protect you from the pressure. The shield prevents outside pressure from invading you. Pressure bounces off and away from you, bounces off and away. No matter where it comes from or who sends it, it just bounces off and away. It bounces off and away. You feel fine because the shield protects you all day from stress and pressure. You go through your day feeling fine. You watch the stress bounce off and away. The more stress outside, the calmer you feel inside. The calmer you feel inside. Calm inside. You are a calm person and you are shielded from stress.

You act in ways that make you feel good. You now have new responses to old situations (*insert one stimulus and new response*). This new response will make you feel strong and calm and free. Your days will be full of ac-

The Committee would love to hear from you about your successes and triumphs.

**INSPIRATION
CORNER?**

Please share with us, the more we share the more we can learn from each other. Don't forget also any research or documentation counts towards your CPD requirement for the year.

We'd also like to know of any books and inductions that were particularly successful for you within your work. All of this information will ultimately be compiled into a library for future use for Members.

As a Committee we are working hard for you all but we need your support, so please get in contact with us.

BATHH Mission Statement

As one of the oldest and most established organisations of Hypnotherapy in the UK, we are committed to our members to promote and support their professionalism in Hypnotherapy and NLP to its highest standard. Offering world class training and Government regulation support in the evolving world of regulations and governance in Hypnotherapy, NLP and other coaching disciplines.

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Any views expressed in the Journal are those of individuals and not necessarily representative of the views of BATHH

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Important Information about Health & Safety

Health and Safety is an important part of our working day, every day and wherever we are working. If you are working from home it still applies and you have a duty of care. There is no need to be alarmed, simply be alerted.

Different industries carry different burdens of risk and responsibility and although we may not think of talking therapies as an 'industry' it is precisely that. Once you take your work into your home, where you work in your home becomes the place of work and is covered by the laws of the land.

As a low risk industry you still are required to:

Identify the hazards (*walk around your home anywhere clients might go and ensure that you have made the areas as safe as you possibly can*)

Decide who might be harmed and how (*think about the areas where clients or anyone associated with your work may be at any given time and assess hazards*)

Evaluate the risks and decide on precaution (*a hazard is anything that may cause harm to another and can be as simple as a rug that can curl, a draw that may be left open or hot water that might burn. A risk is graded high, medium or low relative to the harm that might be done*)

Record your findings and implement them (*record your findings and what action has been taken*)

Review your assessment and update as necessary (*continually review what might need to be changed or re-assessed*)



It does not need to be complicated but it does need to be thought about. Working from home does not require you to create special access doors relative to diversity, to have notices in several languages, ramps or male and female toilets but the law does require you to work thoughtfully and to comply not only with that which suits you but that which is relevant.

A risk assessment form will be placed on the BATHH site or you can visit the HSE site, www.gov.uk/risk/fivestepshtm.

Not all training and qualifications equip with regard to H&S matters and if this is the case refer to the HSE website for further information.

If you have any questions relative to health and safety matters please feel free to contact Jane on 01795 533666

Please send your submissions for future publication in the Journal to Zetta Thomelin and don't forget to add any comments and thoughts on the Forum of the website
www.bathh.co.uk
or email Zetta or Lesley

