

# SUBCONSCIOUS CONNECTION



## **Welcome** to the *Spring Edition* of the *Subconscious Connection*.

Thank you to all who have made welcome contributions to this edition.

We encourage all members to share a thought, some words of wisdom, a precious moment with a client or send your questions to Auntie Arch if you're stumped! Wishing everyone a Happy Easter.

*Andrew Bexson and Eileen McAdam*

## **ARCH Annual General Meeting, May 7<sup>th</sup>**

**Location:** Best Western Hotel (Drake & Granville) Vancouver

**Date:** Saturday May 7<sup>th</sup>, 2011

**Time:** 7:00PM

Please note that RSVP is required no later than Monday May 2<sup>nd</sup>  
**Must RSVP to attend ...** Simply notify the Office via email.  
[office@archcanada.ca](mailto:office@archcanada.ca)

**ARCH Newsletter**  
*Association of  
Registered Clinical  
Hypnotherapists*

Spring Issue 2011

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Member Tips,  
Submissions,  
Feedback and  
Suggestions  
Welcomed!

We reserve the right to refuse, select and edit any and all submissions.

Please email  
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## Notices:

### ❖ A Workshop Note from ARCH member Valerie Trouillot

“Hello, my name is Valerie Trouillot, I am a member of ARCH, and I am organizing a Somatic Healing Workshop in Canmore AB. The workshop is presented by David Quigley director and founder of the Alchemy Institute, Santa Rosa California. It will be the first time David comes in Western Canada. I believe it is a beautiful opportunity. For more information regarding this amazing workshop please visit: [www.alchemyinstitute.com/somatic.htm](http://www.alchemyinstitute.com/somatic.htm)

Please do not hesitate to contact me should you have any questions or concerns at the above mentioned email address or by phone at 403 678 6726, cell 403 678 8533

Thank you in advance, Blessings, Valerie”

n.b. This workshop qualifies for ARCH Continuing Education credit

### ❖ ARCH Networking Groups

We are seeking responses from members wishing to facilitate the startup of ARCH Networking Groups. Email, [office@archcanada.ca](mailto:office@archcanada.ca) for details and acceptance of your proposed location.

### ❖ New! ARCH Google Group for Online Networking

The ability to network online with other ARCH members across Canada will be possible very soon. An ARCH Google Group is currently being set up. ARCH members will soon receive an email invitation to join. In addition, members will be able to join the Group by logging into the Professional Members Only area on the ARCH website.

The purpose of the ARCH Google Group is to provide ARCH members the opportunity to network with one another regarding the practice of hypnotherapy and counselling-hypnotherapy. The term "practice" includes using therapeutic skills and working in the business as a professional. All professional members are welcome to share experiences and information, ask and respond to questions, and connect with one another. While the Group will not be a venue to promote oneself, it would be acceptable to announce events, trainings and continuing education regarding hypnotherapy and counselling-hypnotherapy given by oneself or others once approved by the ARCH Office.

Sharon McCann, a counselling-hypnotherapist based in the Comox Valley on Vancouver Island, BC, will serve as the first Group Manager. She will monitor the Group discussion with Dr. Brick Saunderson to ensure that our ARCH virtual community remains inclusive and respectful, welcoming participants to openly share ideas and professional challenges by exercising good judgment and taking personal responsibility.

## ❖ 2011 Wellness Show



### Our Booth at the Feb. 2011 Wellness Show.

Thank you to everyone who volunteered their time at this year's event. We all had fun meeting with the public, sharing the wonders of Hypnotherapy and spreading the word about the value of ARCH membership.

Our offer of Free Mini Relaxation Sessions was a big hit and we look forward to expanding this next year.

For Wellness Show 2012, we are planning a much more spacious booth and are looking forward to occupying a central location

## Hypnosis Reduces Pain and Speeds up Recovery from Surgery

Since 1992, we have used hypnosis routinely in more than 1400 patients undergoing surgery. We found that hypnosis used with patients as an adjunct to conscious sedation and local anesthesia was associated with improved intraoperative patient comfort, and with reduced anxiety, pain, intraoperative requirements for anxiolytic and analgesic drugs, optimal surgical conditions and a faster recovery of the patient. We reported our clinical experience and our fundamental research.

[Hypnosis and its application in surgery] Faymonville ME, Defechereux T, Joris J, Adant JP, Hamoir E, Meurisse M, Service d'Anesthésie-Reanimation, Université de Liège, Rev Med Liège. 1998 Jul;53(7):414-8.

## **After the Induction: the Journey....The Pond**

**By Dodie Gregg, Rht**

**Notice your feet, are standing on a path. The path is long and winding, it is made of tiny little pea gravel, notice..... it is easy to walk on ...notice the sound that it makes.**

**The grass on either side is lush and green, and neatly trimmed.**

**As you move along the path,**

**Notice ....off to one side there is a pond ....**

**make your way down..... to the Pond.**

**As you draw near to the pond, notice that the edge of the pond is also neatly lined with that same tiny little pea gravel. Your footing is secure and you can come close to the edge of the water.**

**Notice how still and calm the water is...how the sunlight flickers off the surface.**

**Your own reflection ...in front of you. And the blue sky.... behind you.**

**You may even sense the warmth of the sunlight on your skin.**

**As you sense the stillness of the water..... and your own reflection.**

**Reach down and grab a hand full of that tiny little pea gravel.**

**For Each time that you have heard the words of another, Words that were..... hurtful, unkind or untrue, And you heard those words repeated..... in your own mind....at a later time.**

**Throw..... a little stone in the water.**

**For EACH time you have heard those same words,**

**Repeated in your own mind.....and in your own voice,**

**Throw..... a little stone in the water.**

**For every time you failed to raise up your voice.....in your own defense....**

**or the defense of another. For an injustice, or an untruth**

**Throw..... a little stone in the water.**

Notice that each time a stone.....pierces the surface of the water

That it forms those tiny little rings,

Those rings fan out..... getting further and further apart.

Many stones..... make many rings

And as they fan out .....they begin to intersect.....to cross each other's paths.

Now notice that long after.....a stone..... has broken the surface of the water

How it can "distort" ... your own reflection.

Now stop.... Throwing.... Stones.

And any stones that remain in your hand.... let them fall....fall from your hand.... to the ground at your feet. And with them..... let those words..... also... fall from your mind.

As easily as those stones fall from your hand.....let them.... fall from your mind.

They are not your words..... they do not belong to you..... they do not serve you....Let them go.

As easily as those stones slip from your hand.....just let them go.

Now..... notice how the water has returned to calm.

Notice that the same sunlight... that has created your reflection...also pierces the surface of the water.

That far below the surface, there is light and shadow on the rocks, And tiny ripples in the mud, That the cat tails that reach so high....above the surface of the water.....also reach deep down.....

And root themselves deep within the pond.

As tiny fishes dart in and out of the reeds, perhaps a tadpole or a crayfish settles down in the soft mud.

There is a lot going on beneath the surface,

Notice how silent, how calm it is within. The more you feel that.....stillness.....that calm.

Notice how you can slow their movements, like an underwater ballet, Calm....quiet .....and still

That even those tiny fishes.....can be motionless.....still

That you can bring them to a slow.... hovering halt. With barely a flicker of a fin....

and just a slow rhythmic movement of their gill's. Calm.....Quiet.....and still.

Now notice that as easily as you can see them... They... can see you...standing at the edge of the pond,

Your stance is strong, body in perfect balance,

The body and mind, lighter, free of the weight of all those stones.

Now notice that looking up from within.....there is no reflection  
It is a play of the light, a trick of the eye,  
when looking from within there is no reflection on the surface of the water.

But you can clearly be seen, standing....at the edge of the pond.  
And in nature not all things..... are seen with the eyes.  
Many things ....can be seen with the other senses

You have a willing spirit, an inner kindness, an open heart.  
You have had many experiences in this life, and with them come many tools,  
Those tools help to keep you on your path.

Direct suggestion / check for acceptance

**You have a sound mind, a strong body, and many skills,**

**Laughter, a ready smile, compassion. You know how to love and be loved.**

**Feel the strength of your stance, how tall and straight your body feels, mind and body in perfect balance.**

(Use Direct suggestion to create positive change / set anchor / ego strengthening)

Or .....You can go to a regression at this point:

*Moving into a Regression:*

***It is the negative thoughts that were shed at the reflection.***

***Now the work with the “feelings” from within***

**Bring your attention to the “feeling”**

**Sense where you feel it in your body, sense how much room it occupies,,,,,,**

**Sense the shape, the edges ...the colour. The weight of it in the body.**

**For the next few moments, I want you to feel that feeling as intensely as you can,**

**And as I count back from 4 to 1..... I want you to follow that feeling back to an earlier time that you felt that feeling. Notice any other feelings also come with that feeling....as you notice them bind them together, as you follow them back.**

**(Do regression / informed child / parts / forgiveness)**

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### Finishing the journey

Now notice as a leaf flutters down and lands on the surface of the water, notice the gentle curl of the leaf....how it acts like a sail, as the leaf moves with the gentle breeze.

Turning .....dancing .....moving without resistance.

Readily..... easily..... effortlessly toward the other side of the pond.

And when that leaf gently comes to rest on the other side.....Know that change has come.

And raise your finger to let me know

*(Repeat as necessary) to get response.*

Now return to the path .....let the pond fade, but know that you can return to the pond, any time that you choose, to throw stones, to reflect, or to look from within.

*repeat the instructions for Self Hypnosis with anchor*

And as you return to the path

Know that although many times..... you have chosen to feel the grass beneath your feet,

but you have always returned to your path,

at the exact place,

at the right time,

at the exact moment that you were meant to be there.

### *Emerge client*

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*The path allows for an easy transition to other scripts, continuing the journey, control room, garden walk. Beach etc.*

*If you like the pond, and would like a series of scripts that link to the path let me know.*

*Wishing you all great success.*

*Sincerely Dodie Gregg Rht*

# Autogenic Relaxation Technique (ART)

By Susan Jennifer Grace, RHt, CI, M.NLP

Autogenic Training (AT) is a mind-body approach for facilitating self-regulation of the autonomic nervous system. In its original form, AT has been used for over 80 years in Europe and Japan, within the confines of hospitals and clinical practices, and always under the prolonged monitoring and guidance of physicians and clinicians.

This article provides a basic introduction to the uses and benefits of a scaled-down model of AT, which I call “*Autogenic Relaxation Technique*” (ART). I designed ART so that hypnotherapists can use it in their practices without the need for medical monitoring. While requiring considerable time and discipline to learn, ART has more far-reaching benefits than simple muscle relaxation techniques. As hypnotists and NLP practitioners, we already understand that the brain has amazing healing powers; ART is a very powerful tool to add to any hypnotherapist toolbox.

I use ART as a successful hypnosis induction as well as a very profound deepener. I teach ART to my clients, so that when they leave my office they take with them an extremely effective, self-administered mind and body tool for self regulation of health and well-being. Once ART has been mastered, our hypnosis clients can use it easily and quickly on a daily basis in order to reinforce post-hypnotic affirmations.

ART is most effective for clients who choose to self-regulate chronic pain disorders that are stress related, for example fibromyalgia and migraine headaches. ART consists of six specific exercises and associated phrases which are mentally repeated by the client while they are in a relaxed state. The phrases suggest certain physiological responses and are designed to be “thought” of and repeated in a specific order. Once the client has learned to achieve and notice the various physiological sensations in the body easily and quickly, each time they do the exercises from that point on, they enter what is known as the Autogenic State. A client who attains the Autogenic State is then taught affirmations and advanced ART exercises. When applied correctly, ART teaches the brain to utilize natural biological processes to correct physical and emotional issues.

The client begins each series of exercise with eyes closed and mentally repeats (slowly) six times, “I am at peace, I am very calm” in order to achieve a relaxed state. At the end of each series of exercise, the client rests in a state of mental quietness for approximately 30 seconds, and then emerges from the relaxed state by flexing the arms and legs, breathing deeply, and opening the eyes.

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## The Six Basic Exercises.

1. The first exercise invites a sensation of heaviness in the arms and legs. The client mentally “connects” to the arms and legs repeating several times, “my arms and legs are heavy”. The physiological response for this exercise is deep muscular relaxation in the arms and legs. The exercise is repeated several times daily until the sensation of heaviness in the arms and legs is noticed (normally two to three days), at which time, the client can begin learning the second exercise.
2. The purpose of the second exercise is to invite a sensation of warmth in the arms and legs. The phrase is “my arms and legs are comfortably warm”. As with each exercise, the phrase is repeated several times while the client is mentally “connected” to the arms and legs. The response in the arms and legs is warmth caused by vascular dilation. The exercise is repeated several times daily until the sensation of warmth in the arms and legs is noticed by the client, (normally two to three days), at which time, the client can begin learning the third exercise.
3. The third exercise is directed at the heartbeat. The phrase used is “my heartbeat is calm and regular”. The focus of attention is turned to the beating heart and the client may notice that the heartbeat becomes more regular. As with each exercise, the phrase is repeated several times during each session with several sessions a day, until a calm and regular heartbeat is easily achieved and noticed easily by the client, (normally two to three days), at which time, the client can begin learning the fourth exercise.
4. The fourth exercise is focused on breathing. The phrase often used is “it breathes me”. This phrasing conveys that the body’s own breathing mechanism is in control of calm, regular breathing. As with each exercise, the phrase is repeated several times during each session with several sessions a day until the client is easily able to master calm, regular breathing, (normally two to three days), at which time, the client can begin learning the fifth exercise.
5. The fifth exercise is intended to bring warmth to the internal core of the body. The repeated mental phrase is “my solar plexus (or my abdomen) is comfortably warm”. The solar plexus just below the rib cage is the place where many nervous system pathways come together, so this formula brings a physiological response of warmth generated from this nerve center. As with each exercise, the phrase is repeated several times during each session with several sessions a day until the client is easily able to notice the sensation of warmth in the abdominal area (normally two to three days), at which time, the client can begin learning the sixth exercise
6. The sixth and final exercise is “my forehead is cool”. The cool feelings of the forehead which contrasts with the warmth in the limbs and the core of the body is effective for deepening the state of the client’s relaxation.

For more information on ART please contact me at [gracehypnosis@gmail.com](mailto:gracehypnosis@gmail.com)

## **Full Circle Hypnosis News**

**Information submitted by Full Circle Hypnosis**

**Our world is changing and life's issues are becoming more vast and complex. Or is it?**

**Hypnotherapy is evolving as is its acceptance as Hollywood stars like Matt Damon admit to its use to solve life's issues and problems.**

**As the standards and requirements for many areas of profession or career increase, as hypnotherapists we have to evolve with the marketplace or risk being minimized into a career of decreasing significance and lack of acknowledgment by the community itself, not to mention that the business environment is also challenging, especially for the new practitioner desiring to start their own hypnotherapy practice with typically no business or marketing experience to create a client base to work with.**

**The standards and needs for qualified wellness hypnotherapists is increasing to be able to cope with the complex needs and business environment. Acceptance of schools with minimal standards for training of hypnotherapists will decrease with marginal programs being relegated to benefit only those seeking some improved personal awareness.**

**ARCH has set the increased standard for training schools requiring a minimum of 160 in-class hours of training to be certified as a registered hypnotherapist. Full Circle College of Professional Hypnotherapy has raised the bar exceeding the ARCH standard by offering programs starting at 200 hours of training for registered hypnotherapists to offering 330 hour clinical program training to a 370 hour complete therapy skills and business know-how training to take the willing learner from start to finish to create their own wellness business every step of the way. With in-class training, practicum and homework hours the programs range from 380 to over 600 hours of training to meet the needs of the marketplace and career aspirations of its students.**

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**Full Circle College of Professional Hypnotherapy has now expanded its geographic reach for hypnotherapy training with new locations and training schedules set for Saskatoon, Edmonton, Calgary, Vancouver, Victoria and plans for Kelowna B.C. in the 1st half of 2011. Full Circle recently combined forces with the CrossRoads Training Institute based in Vancouver and Victoria to offer the uncompromised superior learning of Full Circle with the “second to none” CRTI clinical counselling program unmatched in the hypnotherapy training industry.**

**“We’re extremely excited to be able to offer Full Circle’s extensive 12 to 18 month hypnotherapy certification and business program and exclusive R2R process training in multiple locations in Canada already announced with plans for Eastern Canada expansion. We are excited to be able to rollout CRTI’s additional clinical counselling year 2 program at all locations in future as well. We have had a lot of requests specifically for us to offer our program locally and look forward to training and providing the highest quality wellness therapists and business owners needed to improve the lives of the people of Canada in keeping with ARCH and its vision to raise the standards for hypnotherapy in Canada,” commented Dr. Jennifer Alexander, College Director at Full Circle.**

**As Canada’s 1st Professional Hypnotherapy Business School, Full Circle has set the standard for uncompromised learning to ensure our graduates are ready for the challenges and complexities facing therapists with their clients along with providing the needed business and marketing skills necessary to succeed in creating the niche and business results our graduates desire.**

**If you would like more information on Full Circle’s programs, schedules or how you can upgrade your therapy or business know-how hypnotherapy training or are interested in teaching at a location near you, please visit [www.fullcirclehypnosis.com](http://www.fullcirclehypnosis.com) or call 403-873-7501/604-484-4446 for details.**

# *Ask Auntie Arch ...*

## *Question:*

Dear Auntie Arch,

A new prospective client told me that she is taking prescription drugs and is under the care of a psychiatrist. Is it okay to provide hypnotherapy sessions? Do I need to do anything special to handle this?

Signed, *Just Wondering*

## *Answer:*

Dear *Just Wondering*,

*Auntie Arch* thanks you for asking and consulted a few colleagues on this one. Here are their suggestions:

- ***Ask the client's (written) permission to contact the psychiatrist concerned to discuss the feasibility of hypnotherapy. In some cases it may be inadvisable to use Hypnotherapy with the client; however 'Cognitive Behavioral Therapy' or other conscious work may still be helpful.***
- ***Consult with the psychiatrist to co-ordinate treatment plans to the client's best advantage. Introduce yourself professionally and state clearly your Clinical qualifications, client centered approach & desire to work for the best interests of his/her patient***
- ***Plan as appropriate following the consultation***
- ***Remember to send the Psychiatrist a professional thank you note and include your business card. If you create a favorable impression it could lead to future referrals.***

*Auntie Arch* who answer questions, offer opinions (which you are free to refute/replace with your own), and consult with experts & guest consultants. Want to be a guest consultant? Send us your name!

Who is *Auntie Arch*?

A mysterious, qualified hypnotherapist who cares so much for all of us ... and to protect the innocent is willing to take on this onerous task only under the pen name "Auntie Arch".

Please forward your questions, issues & comments to *Auntie Arch* c/o Andrew & Eileen.

***Correction ...*** Our apologies to Irene Mock, CHt. RHt. who graciously contributed the article "It's all in the Questions We Ask" ... we inadvertently missed her RHt accreditation.

Sorry Irene!