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National Register of Hypnotherapists and Psychotherapists

NEWS & VIEWS

Summer 2013

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E&OE

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From the Office

As you can see from the front cover, we've changed the name of the Newsletter to 'News & Views' as mentioned in the last issue.

A couple of members thought it would be a good idea to have a regular 'Letters to the Editor' section (see pages 4/5), but for that we need more input from you, please! If you have any further ideas for 'News & Views', please let us know. The last day for submissions for the next issue will be 27th September 2013.

Our thanks, as usual, to those who have contributed to this issue: Tony Alexander; Barbara Butcher; Penny Moon; Anne Shearer; Robin Thorburn and Peter Wesson.

AGM - Crewe

It was great to see everyone at the AGM in April. I think that meeting and the presentation 'Screening for Mental Ill Health: A Groundbreaking Tool', went well, and the lunch was good! We've booked for next year, Saturday 26th April 2014, at the same venue. Please put the date in your diary.

Quinquennial Review

Many thanks to members who joined in 1988, 1993, 1998, 2003 and 2008, who have already submitted their documentation as part of their quinquennial review. The last date for submissions is 31st July 2013.

Linda Bagaini

We received some sad news recently. Linda Bagaini, who used to practise in Barnet, Hertfordshire, died in April 2013. Linda trained with the NCHP and joined the NRHP in 1996. We send our sincere condolences to her family and friends.

Julie Young & Susan Dixon

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Letters to the Editor

After reading John Hoyle-Wood's letter in the Spring edition of the Newsletter (I write as a former member), I feel moved to tell of my own experience as a member of UKCP.

I do not doubt that UKCP's intentions to "professionalize" psychotherapy are in the interests of qualified psychotherapists and their patients - though I entirely agree with John's objections to the rather petty edict forbidding us to use genuine unsolicited testimonials.

Like John, I have decided to not rejoin UKCP this year, partly due to the growing cost of membership. However, there are other reasons for my decision.

Since 2007 or 2008, I had been seeing a fairly steady stream of patients referred to me by a major medico-legal agency, rising to about £1000 a month. Then, at the end of 2010, they informed me that they had received a complaint (from or to whom unspecified) saying that UKCP "permitted iffy therapies", and that therefore they could no longer use the services of UKCP members unless they could show that they were also members of a body that restricted therapy to CBT/counselling and EMDR. Sadly, I could not.

It would not be fair to blame UKCP for my loss of income, though my experience does raise questions about what we actually gain from membership.

Peter Wesson

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The Devil's Snare

Well said, John Hoyle-Wood, with his piece "I Resign", in the spring newsletter. For years I've been eyeing the UKCP and wondering whether I want to jump, performing dog like, through the hoops to join.

We like our embedded metaphors in hypnotherapy, don't we? Well, here are some of mine.

I've worked in Further Education for over twenty years, mourning its slow strangulation by that well loved Government organization OFSTED. Harry Potter freaks, like me, will remember the magical vine from the *Philosopher's Stone* called "Devil's Snare". Having snake like creepers it captures victims without their noticing, and then throttles them. Hermione Granger recalls that the monstrosity likes the dark and the damp. She conjures a jet of light and flame; the plant wriggles and unravels at the onslaught, retreating.

In countless tutor meetings, to disseminate the relentless creeping bureaucracy of OFSTED, I've been reminded of the Hans Christian Andersen fable "The Emperor's New Clothes". For the nonsense to be acknowledged it takes a little girl to cry, "Look Mummy, that man's got no clothes on!".

It seems to me that so many regulatory bodies consist of people who justify their salaries by continually creating pointless and unnecessary tasks for other people to do.

So, I applaud John for shining a light and loudly pointing out the presence, or otherwise, of substance.

Tony Alexander

A World Apart

You think you know everything
You who are so clever
With your calculations,
Your Beauforts and Richters.

How much of my green mantle
Did you think you could take?
How much of my oily blood?
How many explosions under my skin?

How much of my clear waters
Did you think you could poison?
And how many warnings did you ignore?
My angry breaths. My deep rumblings.

How clever are you now?
As I crack and split
Your cities crumble
And are washed away.

Your crops fail
And to no avail
You try to stem the tide
With your conferences and words.

Listen. We are dying.
You and I are dying.
Stop killing each other.
You have made me do that for you.

Barbara Butcher

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BREATHE-EASY FOR THERAPISTS – by Anne Shearer

ARE YOU BREATHING COMFORTABLY? - BREATHING CORRECTLY?

If so you are one of the lucky 10% who do - 90% of the population suffer from self-imposed breathing restriction. To put it in plain words, tense muscles, limited circulation, lack of oxygen to the brain which requires about 35% of the 10,000 litres of fresh oxygen we need daily.

Some of you readers may have been toddlers when in 1981 I graduated from Blythe College, the root training School from which the NRHP has emerged. Reckon that makes me a *grande dame* of the establishment, with my membership of three and a bit decades! Blythe College was founded by Peter Blythe a charming ex-naval officer, son, I believe, of a circus owner. He wrote a great book called Stress Disease to which I still refer.

My training group was run by Harry Bailey-Marsden who took over the College from Peter, I understood that Harry was a one-time bookie! A very practical man, he knew his stuff.

Our training was held within the English-Speaking Union in Chester, a black and white timbered building in the centre, supposedly haunted. We never saw any ghosts. We did, however, receive a very thorough grounding in the art of hypnosis, its practical application, and the knowledge of some very important pioneer psychologists and psychotherapists. When I took the exams I was as terrified as when I was fifteen and took the Oxford School Certificate of the day, some thirty-five years previously.

My year group used to stay at a B & B in Station Road, Chester and in-between classes I laughed more than I had for many years. One evening we ended up walking the streets of Chester with bent coat-hangers fashioned into dowsing rods, filched from Mrs. James's wardrobes looking for underground drains! Are any of you still around?

When I started to practice, like everyone else, I built up my own style of working, but the safety precautions always came first. I reckon I have worked with several thousand clients, and can only remember a few who were unable to enter the state of hypnosis. On reflection, I think they were people who had been persuaded by friends or relatives and not come of their own volition, which indicated resistance to relaxation. I can't say I blame them.

At the time I trained I was a Councillor in one of the Scottish Regions, Chairman of its Social Work Committee, and increasingly interested in *stress*, then the 'in' word. I became deeply concerned on the increase of addiction, and why young people gravitated to drugs and glue sniffing. I ended up doing two years' voluntary work in one of the first drug centres in Glasgow run by the Franciscans, and really saw life in the raw. I used to run a relaxation unit, and used hypnosis. It was a great training opportunity for me to hone my training. I always remember a young addict who came out of hypnotic relaxation, and said 'I don't know why I take heroin if I can feel like this without'.

Nevertheless, I always sensed that there was something deeper that I needed to know, and over the years when I retired from Local Government and started my own practice, some of the training words from Blythe College took on another meaning. At the beginning of induction we told our clients to '*breathe deeply*'. Therein lay the clue, because in improving my own induction methods I unconsciously and then consciously had to change my own breathing in order to feel more effective and to make tapes to help people train themselves in self-relaxation. This use of breathing was most helpful in finding the right words for the wide variety of clients who started to seek help, because those right words made all the difference to a client's ability to relax.

AND THERE'S THE CLUE, THERE'S THE DIFFERENCE.
DEEP BREATHING AS OFTEN TAUGHT IS NOT
NECESSARILY *CORRECT BREATHING*.

For most people *deep breathing* caused them to breathe strongly up the nose, but PULL IN the abdominal muscles, you see this in many training establishments, or read articles by 'experts' who should know better. CORRECT breathing requires you to pull the air positively up the nose, but RELAX the stomach muscles, so that the bottom of the lungs, the largest part can fill up first. That's *correct*, a healthy baby and small child do this naturally, and they are our best teachers. We only PULL IN the stomach muscles in fear. I realised that my satisfaction in my work improved 100%, when I added correct breathing to the training. Naturally I had to correct my own breathing first, and this does not happen overnight. There are few good teachers, but when you listen to nature and obey her rules about correct breathing (I avoid the words 'breathing techniques', breathing is not a technique!) you notice such profound changes in your own personal life, physically, mentally and emotionally. As a therapist I believe it would have been immoral not to pass this on to my clients.

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Ongoing interest and training led to the study of the brain, its electrical pulsations, Biofeedback, and the balance of the left and right hemispheres of the brain, logical and creative. The World Health Organisation tells us that 60% of Western culture is left-brain dominant, i.e., too analytical, critical and materially minded.

When I realised that the ancient word for breath is 'spirit', I had to be able to acknowledge the existence of this vital part of our make-up, explore its full meaning, and be able to discuss it with my clients who themselves very often initiated the subject as they had begun to improve and 'grow'. Not to be able to do so would have made me feel inadequate as a therapist.

An interesting point here is that as many of you may know, relaxation of the body produces *Alpha* frequency in the brain's magnetic activity. *We also feel peaceful and loving.* A scientific phenomena researched by Robert Beck, a nuclear physicist, has publicised the fact that the vibrational rate of the Earth's magnetic field is always at Alpha (called Schumann Waves). If the Earth changed her vibration to Beta, a much faster rate, it seems obvious to me that the other planets would be affected. So the Earth or Nature has to keep her rhythm constant.

When we are in Alpha we are also in sync with Nature. One for the conservations this. Whatever you say or write or do, if you do not breathe correctly, you are working against Nature. This information gave me great joy, to realise that whatever the initiating intelligence behind the earth's creation, it was a loving one. I am quite happy for anyone to disagree with me, but I would like to see their breathing pattern!

I have always been so grateful for the practical and sound training of that long ago course, particularly the sensible safety-first information which must be at the root of all hypnosis therapy. This combined with correcting my own breathing pattern has, I know, given me a much greater success rate with clients, so many who have spoken of their personal growth as a result of learning to breathe correctly as part of their treatment. In fact this theme has run through the relaxation and self-hypnosis tapes I have made over the years, which again have helped to consolidate the one-to-one sessions.

After all, correct breathing also involves deep muscular relaxation, which leads to better circulation of oxygen to the cells, the body's self-regeneration process. Correct breathing also stimulates the auto-immune system, and re-connects the gut or second brain to the upper brain. Read 'The Gut Instinct' by Pierre Pallardy.

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After three decades of working with probably a few thousand clients I have come to the observed conclusion that anyone who is ill physically, mentally or emotionally will

have a disturbed respiratory pattern, and that this usually starts in childhood for many reasons, from a bad birth experience, abuse, either physical, mental or emotional. Often unintentionally. The wonderful thing is that we all have the power to heal ourselves through self breath correction. As one writer put it, 'Teaching a child, or adult, to breathe correctly is like giving water to a dying daffodil.'

I believe that breath correction should be an important element in the early training of all therapists, health and educational workers. It does not take many sessions to cover the basics. A GP friend of mine said that the training of young doctors does not include this vital aspect of understanding illness, otherwise the symptoms may be medically treated, but the root cause will re-occur.

In recent years, together with others, we have formed a Charity THE GREAT BIG TRUST (Global Respiratory Educational Advancement Trust.) Our aim is to raise global awareness of the fact that respiratory restriction causes tense muscles leading to stress symptoms, ill-health in many guises, internal or external behavioural problems, which untreated on a national level can lead to world crises, and violence. Once you learn to read the 'breath signs', you can pick out these symptoms in world leaders, politicians, TV personalities, and their resultant behaviour patterns give evidence of their tensions, which may have produced tragic and violent consequences for many. One of the sayings in the breathing world is 'I am never upset for the reason I think' - how true!

Oh, and another point, since my own breathing improved, and therefore my blood circulation, I need 20% less heating in my house. On a national scale, would correct breathing help the energy crisis? Also reduce our heating bills? Of course. Reduce the rise in addictions? *Alzheimer's*? I totally believe so.

Our Trust has attracted several smallish Lottery Grants, and enabled us to create a 20 Credit course, *Introduction to Correct Breathing, and Teaching Correct Breathing with a Scottish University*. A further Scottish University has recently invited us to participate in student information. We aim to bring basic Breath Correction into Scottish Schools, start research work on the effect of correct breathing in early diagnosis *Alzheimer's*. Also to prove that correct breathing can reduce bullying.

I could go on and on, get me on my soap-box. Here I go again. It helps all therapists to understand about the function of the left and right hemispheres of the brain.

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The World Health Organisation has stated that 60% of Western civilisations have an over-dominance of the left hemisphere of the brain, i.e., the over-use of the materialistic left side at the expense of the right creative brain. You have to

understand how to help correct this by your therapeutic approach if you are going to induce hypnosis.

In all my work the use of psychotherapy is a vital aspect, deepened and made more effective by one's own ability to breathe correctly and stay relaxed. In the clinical situation, and make full use of the intuitive sense in finding the right words and the source of a client's problems.

When I was running a stress centre in Glasgow we often had clients who had undergone training in some of the alternative therapies in a nearby College. They were suffering from burnout, and wanted to give up. They had been badly affected by the stressful clients who had come to them, and had no resources available to meet this strain. If their training had contained Correct Breathing re-education I am sure this would not have happened. Subsequently most of them returned to their therapeutic practices, able to deal more effectively with *themselves* and their clients.

Recently The Great Big Trust published a book in 2012 called 'Trust Your Breath', a collation of information, facts, practical training, quotes, testimonials about Correct Breathing. (We have a great big file from happy clients.) Socrates and Plato were aware of its importance! My colleague Heather Monteith, also a founder Trustee of the Great Big Trust, who is a member of the NRHP, and I spent many hours in The Mitchell Library in Glasgow, in order to put it together, www.thegreatbigtrust.org.uk)

I wrote my book *The Earth Can Save Itself can You?* As a result of the profound illuminations and life experience revealed to me through my own experience of the Correct Breath. (Published 2011.)

What a long journey from Blythe College training in Hypnosis/Psychotherapy some 30 years ago.

Anne Shearer DHP, MNRHP
www.breathfirst.com

A Quiet Place® Well Being in the Workplace™

Top Ten Tips - Anxiety States

Anxiety states are a normal response to a situation where something is perceived as a threat to our well being. Chronic stress results in a variety of symptoms from mild to severe and is now thought to be key to our general health.

Here are a few tips to help you recognise and manage anxiety states

1. **Recognise** experiences as stressful

Life can be stressful at home or at work and each person feels stress differently, know where your boundaries lie and make sure you are responsible in looking after yourself.

2. **Understand** how your body responds to stress in chronic situations.

Know your body well enough to listen and take heed of its messages. Feed it well and exercise it, drink plenty of water.

3. **Posture** - Observe your posture and gait. Is your spine upright, head beautifully balanced, and shoulders back. Are you walking gracefully or rushing madly about.

Stand with your back, head and heels tucked against a wall. Now step forward and maintain that posture for most effective use of your body.

4. **Tension** is the great give away to stress, for example you may be clenching your fists or holding your neck muscles too tightly.

Notice any tension in your body or face-tense your muscles for 5 seconds and relax. Do this 5 times whilst breathing in to the count of 5 and out to the count of 5.

5. **Breathing** –most people do not breathe correctly. Your lungs are custom built for your body...20% of the oxygen goes to the brain. If you are not breathing properly then you are not thinking clearly and your immune system will not be as good as it should be as the blood is not being oxygenated correctly.

Observe your breathing, is it fast or slow, deep or shallow, regular or irregular. Deepen your breath, breathe into your abdomen to the count of 4 and out to the count of 6. Do this 4 times.

6. **Voice** – you will have noticed different people's voices and your reactions to them. You can tell someone's emotional state by the sound of their voice.

Notice your voice, is it deep, shrill, loud, quiet. Practice the humming breath-deep breath in and hum the longer breath out, do this 3 times.

7. **Time** - what time are you giving yourself?

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Take 10 minutes a day just for you, lock the door, turn off the phone. Treat yourself to a massage now and again, no more than 3 times a day...

8. Exercise – exercise is essential to your good health so do some whatever it is you like at the very least walk.

Take at least 5 minutes to walk outside, look at the sky, notice the seasons.

9. Enjoy – even in difficult circumstance there are often things to enjoy, nature for example. When you pretend to be happy your body chemistry actually releases happy chemicals.

Smile-even if you don't feel like it, watch your favourite comedian of film and laugh out loud. Meditate even if it is only just for a couple of minutes a day. Reflect and think quietly putting aside noisy things and disturbing news that is out of your control.

10. Relax- let yourself be at peace with simple things.

Read some uplifting quotes, a poem or prose, listen to some music. Enjoy being you on your great adventure of life!

Desiderata

Go placidly amidst the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

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Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul. With all its shams, drudgery, and broken dreams, it is still a beautiful world. Be cheerful.

Strive to be happy **Max Ehrmann**

Note: The resources listed in this guide are not intended to be fully systematic or complete, nor does inclusion here imply any endorsement or recommendation by AQP and make no warranties, express or implied, about the value or utility for any purpose of the information and resources contained herein.

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Penny Moon