

National Register of Hypnotherapists and Psychotherapists

News & Views Winter 2015

CONTENTS

From the Office	
Reminder about NRHP Renewal.....	2
Election of Board Members 2015	2
AGM, Saturday 18th April 2015	2
Condolences	2
NRHP Election Procedure 2015	3
Getting Yourself into Print	
Susan Smith & Adrian Blake.....	4-5
Thoughts from Ireland on Life and Living - Marie Murray	
Jane Watson.....	6-7
The Private Practice Hub.....	8
Abstract - Reduction of Depression & Anxiety...	
Charlotte Copeland	8
Mastering the Emotions	
Vicki Rebecca	9-12
Not Alone	
Anon.....	13
The Piper of Dreams	
Penny Moon.....	14-15
Hypnosis 'helps breast cancer patients'	
Daily Mail.....	16

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E&OE

From the Office

A grateful thanks to all those who contributed to this issue of News & Views: Charlotte Copeland; Ann Hetherington of Cavendish Cancer Care, Penny Moon; Vicki Rebecca; Susan Smith and Adrian Blake; Sue Washington and Jane Watson. If you have anything for the Spring issue, please send by 22nd April 2015.

Reminder about NRHP renewal

If you haven't yet renewed and wish to do so, we'd be grateful if you could let us know as soon as possible. We will be preparing the Directory for publication in the next few weeks and if we haven't heard from you by 21st February your details will be removed. If you haven't received the form, please let us know as it was sent out in November.

Election of Board Members 2015

If you are interested in joining the NRHP's Board, please see the procedure on page 4. You will need to get your nomination form into the office by 17th March. We look forward to hearing from you!

AGM, Saturday 18th April 2015

We hope that you will be able to attend the AGM this year, which is being held at the usual venue, The Crewe Arms at 10.30am - 12.30pm. More information on the afternoon presentation, which follows the two course lunch, will be sent out shortly. The day will be free to members, as in previous years and a certificate of attendance will be issued.

Condolences

We were very sorry to hear that Sheila Peters, one of our members who practised in London, has passed away. Sheila joined the NRHP in 1985, the year it was established. We send our sincere condolences to her family and friends.

Susan & Julie

NRHP Election Procedure 2015

The dates of the following events fulfil the criteria of notification as laid down in the Companies Acts of 1985 and 1989 and as specified in the Company's Articles of Association.

1. Potential candidates will complete nomination forms which must be signed by a proposer and two seconders. They will be invited to submit a statement, written in the first person, of up to 150 words including skills and experience. In addition to the 150 words, memberships of other relevant organisations should be listed. If any statements are libellous, potentially illegally or missing important relevant facts the Returning Officer should bring this to the attention of the Members of the Board not standing for election via the Chair or Executive Officer, as appropriate. If necessary, the Board can ask the candidate to rethink and/or resubmit their statement. Should the candidate insist on their statement standing the Board may publish a disclaimer. Nomination forms can be obtained by telephone or e-mail request from the Nelson Office. Fully completed nomination forms and statements must be received by the Returning Officer no later than the 17th March, 2015 which is 28 days before the closing date for return of ballot papers.
2. Postal voting papers and candidates' statements will be sent out to the membership on 18th March, 2015.
3. Voting papers will be returned to the Nelson Office, in the prepaid envelope provided for the purpose, and placed, unopened, in a sealed box.
4. The time and date of the count has been set as Wednesday, 15th April 2015, after receipt of the post, in order to notify candidates of the result prior to the announcement at the AGM on 18th April, 2015. On Wednesday, 15th April 2015 at the agreed time, the ballot envelopes will be opened and the votes counted in the presence of any members who have expressed a wish to attend. Any papers arriving after the post on 15th April 2015, will not be opened and therefore declared invalid.
5. Any members wishing to vote in person at the AGM must bring their official voting papers with them. Those wishing to declare a proxy vote at the AGM must register their designated proxy with the Returning Officer on or before 15th April, 2015. The designated proxy must attend the meeting and be in possession of the individual's official voting paper.
6. The results will be formally announced and the directors appointed at the AGM on the 18th April 2015.

Getting Yourself into Print

Writing and self-publishing a book is a major challenge full of pitfalls and fraught with problems. So why do it? Well, it is also an enjoyable, fulfilling experience and for practitioners being a 'published author' does give you extra credibility.

We say this, because we launched our own self published book at the beginning of 2013. Our 30,000 word self help book entitled '*I Just Want To Be Happy*' has been selling steadily on Amazon in both hardback and kindle versions.

'I Just Want to be Happy'
The Insiders' Guide to Positive Transformation
By Adrian Blake and Susan D Smith

Our journey to publishing was both daunting and exciting and gave us a real sense of achievement. The world of self-publishing is huge but there is a lot of information and support out there for publishing virgins. It was a steep learning curve but we got to understand so much in the process and now have an impressive looking book to prove it.

For anyone thinking of writing and publishing their own book, there are basically two kinds of self publishing:

Print on demand (POD) where you can set up your book through one of the online POD companies.

With POD some of the 'techie' work is done for you but it still involves a lot of reading up to get to grips with the complex issues of book layout, formatting and design issues. If you don't do this then your book can end up looking amateurish instead of professional.

With POD you can have as many, or as few copies of your book printed as you wish. You can also have them listed on Amazon and other sites.

2. The other avenue is to design and format your book yourself, but a lot more technical knowledge is called for and you have to arrange to have a batch (usually several hundred) of your books printed by a book printing company.

Why call our book '*I Just Want To Be Happy*'?

With a combined experience of over 50 years as therapists, we agreed that many people enter therapy on this quest. They're not naive enough to imagine they can reach a place called Happy Ever After but they do arrive at our (and your) therapy room knowing something isn't right, something needs to shift, and that's where all of us as practitioners come in.

As therapists you know how valuable your work is and like us have the pleasure of watching people evolve and heal, but we also wanted to reach a wider audience, and so our book was born.

Everyone has a story to tell and whether yours is a personal journey or a self-help book like ours, it is a gratifying and rewarding experience. We urge clients and fellow therapists alike to get writing and tell your story.

Our 'I Just Want To Be Happy' Workshop dates will be announced shortly so watch this space.

Adrian Blake blake@couns.fslife.co.uk

Susan D Smith sue@susandsmith.co.uk

And it would be great if you would visit our Facebook page - 'I Just Want To Be Happy self help book' - and give us a like please 😊

Susan Smith joined the NRHP in 1989. With a busy practice in Bromley, Kent for over 20 years Susan also delivers training to corporations as large and diverse as AT&T, The British Foreign Office, the NHS, and Virgin Active. In 2002 Susan was a co-founder of one of the country's leading Employee Assistance Programmes **workstressmanagement.com** where as Head of Clinical Services she developed recruitment and training.

Adrian has the distinction of being the first person to achieve a British degree in hypnotherapy. Since that time in the late 1980s he has served on NRHP's Governing Council, been a senior tutor on counselling diploma courses and for six years was a policy advisor to the BACP, of which he is an Accredited Member. He writes and presents workshops on many aspects of self healing and lives and has a practice in Norfolk.

SAOL - Thoughts from Ireland on Life and Living

I have been spending some time in Southern Ireland. In the Ballymaloe Cookery School shop one day, I bought an odd little book titled 'SAOL; Thoughts from Ireland on Life and Living'. The editor asks personalities from different walks of life to share their responses to a number of questions, the first being: "What is it to be alive in the 21st century?" and others: "What does it mean to live a useful life?" and "What will your legacy be?"

The book ended up on my bedside table at home, and one night, after a day when I wondered why on earth I bother trying to fight our corner at UKCP, I read the contribution of one Marie Murray, a clinical psychologist and broadcaster.

It reminded me why you and I do what we do. I hope you enjoy it.

Jane Watson

MARIE MURRAY

'Is it yourself?' What a powerful Irish interrogative. Equally profound and in the same genre is the observation 'I'm not myself', which is both a statement and explanation with which clients often begin psychotherapy as a way to define the angst of not knowing how to go on in an altered self.

Implicit in the question 'is it yourself' and the statement 'I'm not myself' lies the belief that there is an enduring identity or sense of self that is recognisable to oneself and to others so that when it alters radically it calls core personal identity into question. It conjures up ideas of having 'lost' oneself, of trying to reclaim or recoup the self, of there being a coherent 'self' with which one is content and another 'self' with which there is dissatisfaction. When we are rejected by others our 'self' is rejected, which calls for examination or restoration of that self. Self-esteem is but acceptance and celebration of one's 'self'.

And if I am 'not myself' then who am I? Is the condition of not being oneself a temporary condition to be tolerated until the return to one's 'real' self? Is it a plea to be reunited with one's ordinary, ongoing, recognisable, identifiable self? And when other people view us as 'not ourselves' from what does that derive? Is that a misconstrual, a stereotype that demands that we conform to a persona that we reject? Is it misunderstanding by others of who I personally believe that I am? One protests 'That's not me' when a description is foisted upon one that is dissonant with one's own construction of self. Are our 'true' selves those inner selves not visible to the outer world but 'authentic' existential and ontological selves encountered in deep moments of solitude and reflection? And what about the multiplicity of selves that we inhabit over a lifetime, conscribed by age, social circumstances and context, 'as many selves as there are individuals who know us' to paraphrase one of the grandfathers of psychology, William James, or, in the words of Shakespeare, the many parts we play as 'we strut and fret our hour' upon the stage.

What about the postmodern self, or 'selves', the social media selves that must coexist as we grow 'closer and closer apart', intimate strangers with innumerable others but essentially alone, dependent on how we are viewed and construed by those who have power to define us. The head hurts with questions when we excavate these caverns of thought about who and what we are, why we are here, what meaning our lives have in this world and what legacy we may leave behind.

Why am I here? Why am I here? Why am I here? What is the meaning of this life, this one and only life that I live now, at this time, in this place, in the world? The old metaphysical question 'why is there something rather than nothing' opens up questions, not just about the meaning of life itself, but about the meaning of our own individual lives. How do I make sense of my life, endow it with meaning, imbue it with purpose, honour it as gift, conduct it with dignity, relinquish it with belief that it does not end but alter when this time is done?

Each life, whether momentary or extended, is significant. We arrive into the world at a particular historical juncture so that life cannot be lived separately from the time in which it is lived, the people

with whom it is shared, the family home, the school, the physical environment, the mental milieu, the social domain and the dominant discourse of the era. We think and talk, reason and ruminate and try to determine if our inner life is like the lives of other people. We try to make sense of tragedy and to recoup psychological equilibrium when we are shocked, bereaved saddened, under threat, assaulted by nature or by each other, or by the sheer act of living life itself. Life is lived thought by thought, emotion by emotion, event by event: personal, public, each hour, each day, each week, each year, while what makes it meaningful changes shape and substance until we expire.

What matters to each of us may differ or differ at different times in our individual lives. What matters are memories, a word, a sentence, an emotion, a poem, an exchange, a silence, a book with tissue-thin pages, a childhood toy, a Connemara wall, a word of praise, a feeling of regret, a crumpled note yellowed with age, a melody that repeats in the head, the snatch of a song, change of key, a look, a laugh, a pet buried, a parent mourned, a place, a gate, a detail, an event, a piece of clothing, a birthday card, a drawing on the fridge. And interwoven with all our esoteric memories are the lives of others with whom we have shared our lives.

Like others, I have woven the strands of my own personal and professional life into meaning, for how can any of us live our lives if life does not have purpose and intent? Motherhood has allowed participation in giving life. Being a clinical psychologist has provided a theoretical framework within which to interpret the inner world and it has also provided privileged access to the worlds of others during their times of greatest mental vulnerability and mental strength. The joy of journalism is that it has provided a way of translating these experiences into words, selecting them, examining them, altering and adjusting them, playing with them and presenting them and hoping that through them some articulation of some aspects of our human experience may emerge that may resonate for listeners and readers. The academic world has provided the opportunity to transmit what I have learned. Living brings understanding of life.

The legacy? Can any one of us answer that? Perhaps that as a writer a sentence may have encouraged, reassured or resonated. As a teacher that something said may have been new, or interesting or inspirational. As a psychologist that words may have allayed distress or regret, sadness and fear and enabled someone to 'find' themselves again. But therapy, like life, is not something that one does; therapy is about what one is. The therapist is created by the client, the teacher by the student and the writer by the reader. The psychotherapist, to quote psychologist Millar Mair, has to 'listen to the lilt and rhythm, to the use of words and phrases, the telling metaphor, the silence and the moving spaces in between'. Doing so unites all the questions to be addressed in this short piece; the question of identity, the question of life, the question of its meaning, its purpose, its work and its legacy.

And at the end of life I do not think that there is a full stop, maybe a comma, a pause before another existent stage. Maybe there is a semicolon; a punctuation to connect independent clauses with each other. Or perhaps at the end of life, we encounter a colon: that which marks a major division to indicate that what will follow is an elaboration, summation or implication of what has gone before.

Dr Marie Murray has worked as a clinical psychologist for almost forty years and is former Director of Psychology and Director of the Student Counselling Services in University College Dublin. She has contributed to many RTÉ Radio One programmes (including Today with Pat Kenny and Drivetime with Mary Wilson). She has published two books based on her Irish Times column: Living Our Times (2007, Gill & Macmillan) and When Times are Tough (2011, Veritas).

Excerpt from SAOL - Thoughts from Ireland on Life and Living, Catherine Conlon, The Collins Press (2014) ISBN: 9781848892200.

The Private Practice Hub
www.privatepracticehub.com

This resource has been mentioned in a previous News & Views, and membership is free.

The website offers information on professional issues regarding your practice: data protection; continuing professional development; quality of care; terms and conditions; risk management; administration; business plans. Worth a look!

Abstract - Reduction of Depression and Anxiety scores following psychotherapy in Haemato-oncological Patients

One of our members, Charlotte Copeland, has sent in this abstract written from research collected through her work at the MRI (Magnetic Resonance Imaging) in the Haematology Department . It has just been submitted for the BSH (British Society of Haematology) conference. It shows significant improvement in anxiety and depression for patients who undergo psychotherapy.

Title: Reduction of Depression and Anxiety scores following psychotherapy in Haemato-oncological Patients.

Charlotte Copeland, Hulegar A Abhishekh, Amy Sinacola, Paul Hickey, Debbie Haigh, Pippa Bulger, Aileen Chadwick, Vanessa Ellis, Nijole Gimberiene, Chiara Lobetti, Muhammed Saif, Fiona Dignan, Eleni Tholouli, Rajesh Krishna

Introduction: Haemato-oncological patients undergo significant psychological distress during the course of illness. It is plausible that inflammatory changes might induce aberration in neurochemical activity in the brain resulting in psychopathology. Supportive psychotherapy is found to be useful in other oncological conditions. Psychosocial needs of haemato-oncological patients are less studied. We evaluated influence of psychotherapy in patients with haematological malignancy using hospital anxiety and depression scale.

Methods: Twenty nine patients who were diagnosed with haematological cancer referred for psychotherapeutic intervention completed hospital anxiety and depression scale (HADS). Out of the twenty nine patients, data from 14 patients were available at baseline and follow up.

Result: Psychotherapeutic intervention led to significant improvement in both anxiety [baseline vs follow up (mean \pm standard) deviation: 11.6 ± 4.7 vs 7.5 ± 4.2 : $p < 0.01$] and depression [baseline vs follow up (mean \pm standard) deviation: 10.4 ± 3.1 vs 5.7 ± 3.6 : $p < 0.01$].

Conclusion: In this preliminary analysis we have shown that add on supportive psychotherapy significantly improves the psychopathology in haemato-oncological patients. Integrating psychosocial support to standard care protocol might improve the wellbeing of patients and a professional psychotherapist should be an integral member of haemato-oncological team.

Mastering the Emotions

There are a million things to write about the process of therapy. One I have found lacking is how to help clients tolerate uncomfortable emotions, so I'd like to share this.

You know how it is, typically a client arrives, controlled by how they are feeling, believing that is how they ARE. In fact, they've been feeling this way for so long, they believe it is WHO they are, and that they have no power to change it. They'll have their own particular theory, perhaps one of their parents was that way, so they think it's genetic, or that it was caused by a series of events or unfortunate circumstances out of their control. So it is an honour and a joy to watch them go through the process that turns this around. Sometimes instant and magical, and at other times beginning with doubts:

"I've tried everything else, so I thought I would give hypnosis a go."

"Do you have to believe in it?"

Clients can resist the work, resist the change at first, but eventually we find an area where they become willing to at least experiment. They experience one or two instances where it does work, then, eureka! The blossoming when they realise things can change, they can let go, things can be different, is wonderful. A whole new world opens up for them, and they feel like new person, free to live and love and enjoy a great quality of life.

I'd like to offer you that same freedom through a meditation that was given to me by Willaru, a Master from the Andean Mystery School.

Present Moment Emotions

I went to Peru after discovering my husband had fallen in love with a young Russian woman while working in Kazakhstan. I felt like my world had ended. After things erupted and he went back there, I was concerned regarding what I would do when he came home again. The fighting had been bitter and I knew we couldn't stand another four weeks like that. Then out of the blue, in popped an invitation for a spiritual journey to Peru from a beautiful sister and fellow seeker, a woman who has influenced my life in many ways, Maggie Erotokritou. There were two places left, and we grabbed them. One of many synchronicities that have blessed my life.

Two days after my then-husband returned home, I walked out the door leaving everything I knew and loved. Twelve years of being a family, just the three of us, the animals, baking bread, weekend-long stay-overs, outdoor pursuits and cosy fires. I was broken. I stopped by the home of a very dear friend on the way to the airport: "How can I do it, how can I leave?" She put her arm around me and asked me to look at my feet. I did. Now, she said, put one foot in front of the other. I did. I walked with tears in every part of my being. For many of the days that followed, that was all I could do, put one foot in front of the other. I'll never forget her words nor the love she showed me that day.

Next thing I knew, I was in Cuzco chewing on coca leaves, my soul now crying to the tune of the panpipes. Peru was an amazing experience in every way. How odd it was to be, for the first time in my life, "the woman who cried." I'd facilitated many groups by then and helped people through their pain, but this was the first time I'd stood in their shoes. In front of a group of twenty-seven spiritual seekers, I cried and cried and cried. I was so used to being the strongest, bravest, most together person in groups,

the oldest and toughest in my family, yet now the tears would only switch off long enough for me to eat my evening meal. I was so hungry by then, but by the last mouthful, I'd be off again.

Eventually I asked for help. Willaru's Golden Flame in the Temple of the Heart has not only saved me from myself and what seemed like overwhelming and uncontrollable emotions, but has given me a connection to myself that provides me with all the answers I'll ever need. I thank you, Willaru, from the bottom of my heart.

Sitting comfortably in an upright position with your head balanced perfectly on top of a long spine.

Bring your shoulders up to your ears, take them around and back, allowing your arms to rotate outwards from the shoulder joints so that the palms of your hands face the ceiling as you create a space between your arms and the sides of your body ...

Now let your shoulder blades slide down towards your bottom...

Lengthen the back of your neck, allow your body to sway a little to find that balance...

Now let your bottom go...

Softening the abdominal area... bringing a heaviness to your lower body...

Close your eyes... release your jaw... your facial muscles... and focus on a point between your eyebrows... Now breathe deep into your belly...

As you breathe deep into your belly so your body naturally relaxes...

Your whole body naturally relaxes...

Deep

Natural

Relaxation....

And because there's no such thing as an anxious mind in a naturally relaxed body, all you have to do is breathe.....

The natural breath going in and out of your belly... You see your body is a wise body and knows just what to do to get that true relaxation....

So allow your body to relax and your mind will follow, eventually...

All you have to do is breathe.....

Just breathe ...

Now give the breath a count....

Breathing in, counting, 1 breathing out, counting, 2

Breathing in, 3 ... breathing out, 4...

All the way up to the count of 10... ..

And when you reach the count of 10 simply begin again at 1....

Breathing in, counting, 1, breathing out, counting, 2

Continue like that...

As you stay with the count so you may find that the thoughts will come...

Thoughts are simply the manifestation of your mind...

So let the thoughts come...

Just don't bother becoming involved with them....

Watch the thoughts just as you would watch fluffy white clouds skimming over a beautiful blue sky on a warm summer day....

Then bring your attention back to the count and to the breath going in and out of your belly....

Now let go of the count and just be... Let any thoughts, feelings, sensations just arise and pass...

Let go of any expectations, treat them as any other thought...

And from this place of beingness,

Allow your consciousness drop ... into your heart centre.

Deep inside your heart there's a beautiful temple...

A sacred place just for you...

Enter the temple ...

At the very centre of that temple there's a beautiful golden flame...

See it, feel it, sense it, glowing there in the centre of the temple of the heart ...

From now on every time you feel a little hurt or angry, sad or lonely you can visit the temple and place any feelings that are uncomfortable inside that golden flame

Simply state honestly within your own mind what you are feeling, acknowledge it, and then place the feeling into the flame, and watch it burn ...

Watch it burn ...

Watch the flames dance higher and higher

It's OK to feel those feelings

We need to feel in order to heal

And it's OK to let them go

Now you're safe to let them go

So feel them and let them go

Let them go forever

Let them burn until they're gone completely

There can be times when that first feeling is replaced with another feeling and that's absolutely fine too

Just acknowledge that feeling and let it go into the flame in the temple at the centre of the heart ...

You can do that as many times as you need to and eventually all the feelings will be gone, replaced with by a beautiful feeling of calm and relaxation ...

And as the flame dies to a flickering point of light

You can enjoy that light... ..

It's your connection with the light, your connection with source ...

Let it spread throughout your being... filling up the spaces from which that other stuff left

And when you're done ask within the temple, what is it I really need, right NOW...

And whatever that answer is, accept as truth, and make a resolve to take an action in that direction...

Simple as that...

So that then... once you've found that peace and made that resolve,

Give thanks and bring your attention back to your breath...bring your attention to your breath going in and out of your belly....

Gather your energy to your belly, to your centre... pause

Because now, it's time to come back....

So gathering all of your energy back to your belly, storing it there for use throughout the rest of the day or evening.....

Start to come back

Gradually and comfortably begin to re-orient yourself to everyday awareness.

Then when you are ready, allow yourself to re-orient completely.

Come back fully into the present and gently open your eyes

Taken from THE ME I WANT TO BE - Simple Shifts to Authentic Well-being - Vicki Rebecca

Vicki Rebecca has a successful practice that includes one to one therapy and teaching small groups the core skills of personal growth including various means of relaxation and mind mastery in classes and on retreat.

A UKCP accredited psychotherapist, trainer and supervisor, Vicki has an extensive background in health promotion, fitness training, yoga and meditation practice as well as professional qualifications to trainer level in advanced clinical hypnosis, Neuro Linguistic Programming and psychotherapy.