

NRHP News & Views

Spring 2014

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E&OE

From the Office

Thank you

Our thanks, as usual, to those who have contributed to this issue of News & Views - Bernard Alvarez, Barbara Butcher, Eileen Edwards and Sue Washington.

Election of Directors 2014-2017

If you are interested in joining the Board of the NRHP, please have a look at the election procedure for 2014 on pages 4 and 5. We do hope that some of you will wish to put your names forward. Duties are, hopefully, not too onerous - the majority of business, if not all, being conducted via e-mail and telephone. Please contact the office for a nomination form, which needs to be returned by 28th March.

NRHP's AGM

This year's AGM in Crewe is fast approaching - 26th April 2014. We'd be grateful if you could e-mail or telephone the office to confirm your attendance at the AGM/lunch/presentation so that we can let the hotel know. As in previous years, the venue will be the Crewe Arms Hotel, opposite Crewe railway station on Nantwich Road, CW2 6DN, Tel: 01270 213204. There will be refreshments as from 10.00am, with the AGM at 10.30am to 12.30pm and the **free** lunch from 12.30pm to 2.00pm. Please see pages 6-7 for details of the presentation (2.00pm - 4.00pm) by Dr Sean Cowlshaw from Lancaster University. Attendees will be issued with a Certificate of Attendance - 6 CPD hours for the day.

Condolences

We received some sad news recently. Wendy Yarnold, who practised in Burford, Oxfordshire, died on 1st February 2014. Wendy trained with the NCHP and joined the NRHP in 2003. We send our sincere condolences to her family and friends.

Julie Young and Susan Dixon

Join the NRHP Board

As already mentioned, we are looking for new Directors to join the NRHP Board. Please see the procedure copied below. We look forward to hearing from you!

NRHP Election Procedure 2014

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 28th March, 2014 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 after 28th March 2014.

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 Friday 25th April 2014, after receipt of the post, in order to notify candidates of the result prior to the announcement at the AGM on 26th April, 2014.

On Friday 25th April 2014 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 25th April 2014, 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 25th April 2014. 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 26th April 2014.

The Private Practice Hub

One of our longstanding members, Eileen Edwards, has brought the following to our attention. She thinks that it is something that other NRHP members could find useful.

She has recently found a new resource for practitioners - 'The Private Practice Hub'. They can help with finance, marketing and other professional issues.

Their website is: **www.privatepracticehub.co.uk**

There is also a companion site called UK Therapy Hub on which therapists can list their practice and give some information about their services for free.

NRHP's AGM

You are cordially invited to attend the NRHP's AGM on Saturday, 26th April 2014 at the Crewe Arms Hotel, Nantwich Road, Crewe, CW2 6DN. Refreshments from 10.00am. The AGM starts at 10.30am until 12.30pm. There will be a free, two-course buffet lunch. 12.30pm- 2.00pm.

Presentation for NRHP AGM

Saturday, 26th April 2014 2.00pm - 4.00pm

**Gambling and Problem Gambling in the UK:
Current Evidence and Future Trends**

Author: Sean Cowlshaw PhD

Abstract: Gambling is a common recreational activity in many parts of the world, including Europe, North America and Australia. Although not typically a reflection of disordered behaviour, gambling can sometimes escalate to problematic levels characterised by impaired control and adverse personal and social consequences. These include poor health, financial crises and relationship breakdown. Problem gambling is frequently comorbid with other mental health difficulties (e.g., depression, alcohol abuse), and will often complicate treatment for these primary presenting problems. Notwithstanding this, there is limited awareness of gambling difficulties outside of dedicated gambling treatment services, and problems will often go unrecognised and unmanaged in other professional settings. This presentation will provide an introduction to gambling and problem gambling for mental health professionals. It will provide an overview of definitions and conceptual models of gambling and problem gambling, and describe recent evidence on the prevalence of these problems and their comorbidities in the UK and abroad. It will summarise data suggesting factors influencing the risk of gambling problems and highlight groups that are most vulnerable to these difficulties. Among other things, the presentation will discuss future trends that are likely to impact on gambling and problem gambling in the UK (including the rapid development of opportunities for internet gambling and wagering via mobile smart phone devices) and describe the evidence base informing available treatments for problem gambling. Recommendations for screening and intervention will be discussed.

Biography: Sean Cowlshaw is a Lecturer in Quantitative Research Methods at Lancaster University, and a Visiting Fellow at the Centre for Gambling Research at the Australian National University. He has a PhD in psychology from La Trobe University in Melbourne, and is a leading expert on comorbidity and treatments for problem gambling. He is the primary author on the Cochrane Review of psychological therapies for problem gambling, which is the gold standard reference for 'what works' in gambling treatment.

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Peter Blythe (1925 – 2013)

A personal remembrance by Sue Washington

I met Peter Blythe in the summer of 1968 and started my psychotherapeutic journey. I was 21 and he was 42. We met in South Preston. I was preparing for my first job as a schoolteacher at an independent girls' school in Southport, Merseyside. He was working as an established hypnotherapist – a position unheard of in those days. I was fascinated. He said that if I WAS really interested I would stick to him like superglue and not let go! I did just that!

I moved to Chester two years later, the city that Peter chose. It did not take long for him to start teaching there. I went to all his workshops and spent many many hours and years training with him. He was a master of knowledge and of presentation. His strong model was such that sometimes I see myself with his stance and hear myself saying his words. Soon after he started to teach and work in Sweden. Superglue still applied, I would go with him ... We were together for ten years.

Looking back over those 45 and a half years I see things in a different perspective. I think of Evelyn Waugh's "Brideshead Revisited". The author talks through his young hero Charles Ryder, the narrator of the story and a History student at Hertford College, Oxford. He longs to be with the 'in crowd' at the University and talks about 'the low door in the wall to which there was no key' and through which he yearns to go. He is by accident befriended by Lord Sebastian Flyte, the younger son of the aristocratic Lord Marchmain and an undergraduate at Christ Church. Sebastian introduces Charles to his eccentric and aesthetic friends and he knows that he has moved through that keyless low door in the wall. During my relationship with Peter I was aware at the time and marvelled about it, that he took me through that low door in the wall to which there was no key; into that same magical space. I was in my twenties and supporting him in all sorts of ways on an international scene when, chronologically I should have been barely on a local one.

I am told that when Peter Blythe addressed the National College conference a few years ago he asked that people 'remembered their roots'. He was asking you all to acknowledge him – and perhaps you would do that and remember this 'mover and shaker' with affection as do I. I think he must have written this obituary (published in the Daily Telegraph) during his long illness. It reads thus in part:-

"During his time in the Navy, Huxley-Blythe discovered that he had inherited some of his father's skills as a hypnotist. Convinced that the technique could be developed as a clinical

tool, in the late 1960s he founded the Blythe College of Hypnosis and Psychotherapy (now the National College of Hypnosis and Psychotherapy), wrote two books, *Hypnotism – its power and practice* (1971) and *Self Hypnotism — its potential and practice* (1976), and was invited to train doctors and dentists in the use of hypnosis in Sweden and Britain. His interest in the relationship between mind and body led him to take a PhD in Psychosomatic Medicine at an American university and to the publication of other books, including *Stress Disease: The growing plague* (1973) and *Drugless Medicine* (1974).

An invitation to deliver a lecture on reading difficulties (a subject of which he admitted he “knew nothing”) started a trail of discovery which led to the setting up of the Institute of Neuro-Physiological Psychology (INPP) in Chester in 1975, which he established as a private research centre concerned with the role of the central nervous system in learning difficulties and behavioural problems in childhood.

According to the institute its method of assessment and intervention, now known as the INPP Method, involves reconnecting body and mind by “taking back” the body to an early stage in life and retraining it, and has transformed the lives of thousands of children .

Huxley-Blythe continued to work as a consultant to INPP until a year before his death. His other works include *An Organic Basis for Secondary Neuroses and Educational Difficulties* (1979, with DJ McGlown).

<http://www.telegraph.co.uk/news/obituaries/10380814/Peter-Huxley-Blythe.html>

The last time I saw him was April last year when I visited him in hospital. He looked the same – just older. We caught up for an hour and I did the business I needed to do with him before I kissed him goodbye. I had no idea it would be the last time we met. I learned of his death by e-mail from his address as a ‘bounce back’ in January this year – some six months late (I was writing to invite him for lunch!). I spoke to our old colleague DJ McGlown in Chester as soon as I heard. He, too, had heard about Peter’s death only in December. I was sorry only that I did not know of it so could not attend his funeral in Chester Cathedral. But there we are ...

I loved his father the great Henry Blythe. I loved Peter Blythe. Through all those years I know that I had the worst of him. I also had the best of him.

<http://www.peaceofmindwithsue.com/peter-blythe-1925-2103-a-personal-remembrance-by-sue-washington>

Sue Washington

MIND/BODY HEALING

In my 30 years as a hypnotherapist I have, on many occasions, talked to orthodox medical doctors who, although polite about my work, feel unable to recommend hypnosis to their patients. They work on the principle "If you can't prove it, don't use it". I have respect for this because they are adherent to their training and belief systems. This is a generalization of course and some doctors are open to alternative medicine, but many are not. It is refreshing, therefore, to come across a book which looks at the brain and its potential, using a scientific approach.

When I worked with the man with phantom limb pain, having first helped him "switch off" the pain for short periods of time using a visualisation technique, I proceeded on the second session to remove the pain. One of the things I have learned over the years is to never demonstrate any doubt on the efficacy of treatment. Expectation gears the mind to actually "expect" success. To start by telling a client "I will try this technique and hope it works but there are no guarantees" sets the treatment up for failure. So, with an attitude of complete confidence I induced a trance state in my patient and thanked his brain for telling him there was a problem, saying that the problem was no longer there so the pain/warning was not necessary and then asked the brain to find new neural pathways. Likewise, when he rang to tell me the pain had gone I did not express amazement! I didn't want any doubt to sow and expectation of later failure in my client.

So, what about the book. If you haven't read it, it is worth getting - "The Brain that Changes Itself" by Norman Doidge. It is not about hypnosis but is about proving "brain plasticity". Early works by Ernest Rossi talked about mind/healing operons, and explained that positive emotions, imagery and placebos facilitate healing at the genetic level. Candace Pert in her great book "The Molecules of Emotion" tracked her own path from orthodoxy to her understanding of the power of the mind.

Back to the beginning. For me, these fascinating books endorse the changes that can happen in the brain on levels that had been thought of as "fixed". Something that hypnotherapists have been using for over a hundred years!

Barbara Butcher MSc

Websites which might be of interest:

www.normandoidge.com

candacepert.com

www.ernestrossi.com