

The National Register of Hypnotherapists and Psychotherapists

Summer Newsletter 2012

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From the Office

Many thanks to all those who have contributed to this Newsletter: Robert Chantler; Barbara Butcher; Robin Thorburn, Carla Alves Da Silva; and Sue Washington. As always, please let me know if you have any news, views or adverts for the next Newsletter - the last date for submissions will be 14th September 2012.

Quinquennial Reviews

In the next few days we will be sending out requests for CPD portfolios to those practising members in Group One (members who joined in 1987/1992/1997/2002/2007). The records in question are for the years 2007, 2008, 2009, 2010 and 2011. We also ask for a brief report from your supervisor. Documentation needs to be submitted by 7th September 2012.

New Board Members

Welcome to the new NRHP Board members - Bob Dixon, John Hoyle-Wood and Bob Dixon! We trust that, with their help, the NRHP will thrive.

Changes to the Directory of Practitioners and Election

As you will see from the report on the AGM, it was agreed that some changes would be made to the Directory. Separate entries have been given to qualifications and memberships and the 'GP refs' entry has been removed (GP referrals are explained in the introduction to the Directory).

Supervision

Members often contact the office asking for details of potential peer supervisors/supervisors. Some mention that they would be interested in group supervision. If you are part of a group and have a vacancy or wish to join a group, please let us know. We can then e-mail members in your area on your behalf.

Julie Young and Susan Dixon

AGM, 21st April 2011, Crewe

I attended this year's AGM in Crewe, after a break of nearly ten years. It was great to see some familiar faces and meet others for the first time.

It seemed that UKCP issues were much on the minds of some at the meeting and a majority of the time was taken up discussing the various issues.

Supervisor by Grandparenting

A member from the floor asked for more information on the new requirements for UKCP supervisors. It was pointed out that these only affect those NRHP members who are UKCP registered and who are supervising a trainee on the pathway to UKCP registration and, now, for three years post their registration.

UKCP/NRHP members can apply to be added to the College of Hypno-Psychotherapists'*(CH-P) 'Register of Approved Hypno-Psychotherapy Supervisors' through grandparenting. There is an application form to be completed, along with submission of a description of the supervision philosophy that the therapist follows. This application is sent to NRHP, and then forwarded to our representative, Rosemary Dossett. It is considered at a phone meeting by a panel made up of representatives of the College of Hypno-Psychotherapists. It was said that Rosemary has been helpful in ensuring that the applications have been correctly completed prior to the meetings. All applications are read through at the phone meetings rather than the panel members seeing each application.

It was pointed out that the UKCP's own register of supervisors had not yet opened, and when it does, a grandparenting period of two years will commence. Some NRHP/UKCP members have complained about having to go through this procedure. One has sent an objection to UKCP.

Testimonials

A discussion then began on the pros and cons of using testimonials. Some members objected to UKCP's policy of not allowing testimonials in advertising. There is no restriction for NRHP members who are not UKCP registered.

Central Complaints Process

The UKCP wants to bring in a Central Complaints Process (CCP). Some members voiced their concerns, eg., who would be sitting in judgement, would they understand hypno-psychotherapy? However, it was also said that the CCP could relieve NRHP of the time and expense of dealing with complaints. It was agreed that the NRHP should wait and see what happens when the CCP has been in force for a while and then weigh up the pros and cons. It was noted that only NRHP members who are UKCP members would be affected by the CCP.

Changes to the NRHP's Directory of Practitioners

On to NRHP territory – someone queried the ‘GP referral’ entry in the NRHP Directory of Practitioners. It was agreed that it should be removed as it could mislead the general public into thinking that they could have their therapy paid for by the NHS without having to go through their GP, and not all GPs are willing to refer on. The ‘Quals’ entry currently includes letters denoting memberships. It was agreed that there should be separate entries for qualifications and memberships.

Looking to the future of NRHP

It was also agreed that we all want the NRHP to continue and thrive. The Board are to discuss ways to retain and also increase the membership. Any ideas from the membership will be welcome! The meeting kindly thanked the admin staff, i.e., Susan and myself for our work. It's always nice to feel appreciated!

Finances

Les Williams presented his Treasurer's Report – we are still in the black with reserves of £42,296 as at year end 2011. Income was down from £38,883 to £34,142 and operating expenses increased to £38,300 from £35,802. There was an increase in expenses for 2011 for attending UKCP meetings in London. It was suggested that one UKCP representative could be sent to some meetings instead of two. However, it was pointed out that sometimes it is in our best interests to send two, given the make up and dynamics of the CH-P*. Salaries decreased from £21,684 to £21,404 and neither annual increase nor Christmas bonus were granted. A saving will be made by conducting next year's election via e-mail rather than posting papers and enclosing saes.

Election 2012

Jane Watson announced the results of the election: Bob Dixon 34; John Hoyle-Wood 37 and John Pilling 30, and welcomed them to the Board.

Under AOB, members briefly discussed the idea of having more functions and improving networking between members. However, time was against them and lunchtime had arrived. Lunch was excellent and the company even better! After lunch I was very pleased to receive a beautiful bouquet of flowers as a thank you from those present.

I intend to attend next year – the lunch and workshop will be free once more - and hope that I will see you there.

Julie Young

**College of Hypno-Psychotherapists (CH-P) also known as the Hypno-Psychotherapy College – is what used to be called the Hypno-Psychotherapy Section of UKCP and is made up of the training organisations (Awaken School of Outcome Oriented Psychotherapies, BeeLeaf Institute for Contemporary Psychotherapy, National College of Hypnosis and Psychotherapy) and the NRHP.*

Highly Strung Hannah

NRHP member Robert Chantler has been in touch to let us know that Radio Wey are broadcasting his 8 part new sitcom 'Highly Strung Hannah'. It started last week (30th June 2012), and continues on Saturdays at 8.00pm. The Radio Wey website describes it as a 'hilarious new radio sitcom'. If you've access to a computer you can listen at www.radiowey.co.uk.

He sounds to be very busy writing - he has also made a two-part documentary on Freud, the man and his theories. He will let us know the transmission date.

Phantom Limb Pain

I recently had a call from a gentleman who was desperate for help for phantom limb pain. He had been suffering extreme pain for years after having had a very severe industrial accident. He was on morphine and no-one had been able to help him. As often happens, he rang a hypnotherapist as a last resort.

I had not dealt with this condition before and after a quick scan of the web decided that I did not want to be told that it is either impossible or very difficult to treat, so I stopped looking. I told him that I could treat him to switch off the pain when he was watching tv or in bed and that after that we could look at the pain in general. The first session was a total success and he was over the moon when he booked his next appointment. At this session, once he was in trance, I talked to the subconscious mind and thanked it for telling him there was a problem, told it that this was not now appropriate and asked it to switch off the pain and/or re-route the neural pathways that were giving him the reaction. I did use IMR to monitor what was happening. Once again I was pleasantly surprised (amazed actually!) when he phoned me and said he was fine.

He cancelled his next appointment as he felt he didn't need it, but said he would come back for a top up when he had finished helping his wife who has a back injury. He has sent me a testimonial which he is happy for me to share if necessary.

I would like to do more work with amputees, particularly as there are so many casualties from Afghanistan. I am not sure how to go about this, but will try in the near future. This man's injuries were horrific and I am so glad to have been able to help him. He is currently working with disenfranchised youths and also doing a counselling service. What rewarding work we do!

Barbara Butcher

www.barbarabutcher.co.u

**THE OPENING OF THE WORLD'S FIRST
ALBERT ELLIS LEARNING CENTRE
A MAJOR CONTRIBUTION TO EDUCATION AND WELL-BEING**

Robin Thorburn

Dr Albert Ellis. Pioneer and originator of cognitive therapies, was awarded many honours and acknowledgments and immense world wide recognition in his lifetime. He was voted one of the most influential psychologists of all time by American Psychological Association (APA) members, was a Fellow of 12 Divisions of the APA, authored over 80 books - with recent books being co-authored with his wife, wrote over 800 academic papers, and was selected as Humanist of the Year in 1971.

He revolutionised psychology by offering an alternative to Freudian Psychoanalysis which was viewed by many as less effective than the Ellis active-directive approach. He contributed to changing societal views, and is highly regarded for laying down intellectual foundations of the cognitive approach - the most widely used and trialled psychotherapeutic mode in the world today.

One of Dr Ellis's goals was to have his brilliant therapeutic approach of Rational Emotive Behaviour Therapy (REBT) taught in schools, and this was realized on 30th April, 2012.

His wife, Dr Debbie Joffe Ellis, the woman he entrusted with the legacy of REBT, opened the learning centre, which is under the tutelage of Giulio Bortolozzo, in Stuart High School in Whyalla, South Australia. Licensed psychologist, Dr Joffe Ellis, said "REBT has an important part to contribute to education as; the sooner children and adolescents learn to think in healthy and life-enhancing ways, the better. It is as vital, if not more vital, for the well-being of young people and adults, than other subjects being taught in schools.

With children learning their ways of thinking early in their lives from parents, caregivers, leaders in their communities (religious or otherwise), teachers, books, television, movies and other forms of media, there is a danger that these adults and media are not always good role models from whom to learn." She continued: "The adults may think and speak in ways that include unhealthy attitudes to themselves and others, particularly when they are damning of themselves and others, and from that many children may unfortunately learn intolerance, hatred, prejudice, and to consider themselves unworthy and not "good enough" unless they achieve certain things.

Through learning and applying REBT attitudes and techniques, people have the tools to learn unconditional acceptance and to prevent depression, anxiety and other painful emotions."

Principal of Stuart High School, Veronica Conley, said that her school's staff wanted the best for all at the school, and that the practice of REBT had already produced positive success in the school through healthy behaviour management as well as improved attendance. "REBT inspires our young people to be more happy and successful in their lives."

When one thinks of the contributions of Dr Joffe Ellis's husband, it does make profound good sense to put ideas into practice for our children, rather than to allow them to be unduly influenced in any negative ways by politicians, celebrities and religious leaders - many of whom could themselves benefit from REBT!

Albert Ellis PhD was able to communicate clearly to, and to help, people world-wide, he translated academic principles into a common-sense language and approach which the person in the street could understand: I think he would have been rightly pleased and proud to see one of his wishes come true, and hopefully witness more of our children living in a more compassionate, accepting and emotionally stable world.

Let's hope that Stuart High School has set an example for inclusion of tools for more rational behaviour and thinking into schools, homes and even parliaments throughout the world!

Dr Debbie Joffe Ellis and Robin Thorburn will be offering training courses and seminars in REBT from next year and onwards via our seat of learning www.ellisrebt.com (coming soon).

With thanks to Kayleigh Bruce of The Whyallia News

www.exclusivehypnotherapy.com

Positive thinking does work

Daily Mail - 9th June 2012 from Press Release -

The Power of Suggestion:

What We Expect Influences Our Behavior, for Better or Worse

Association for Psychological Science

Cynics may dismiss it as the kind of clichéd notion that appears in upbeat American self-help manuals, but thinking positively about something really can make it happen, psychologists say.

The effects are far more powerful than we realise - and can change our behaviour and even how things turn out.

Just anticipating a specific outcome can gear our thoughts and actions towards turning it into reality, their research in the journal *Psychological Science* suggests.

For example, if someone shy expects a glass of wine will help them loosen up at a party, they will probably approach more people and get involved in more conversations over the course of the evening. Although they may give credit to the wine, their expectations of how the wine would make them feel played a major role, the experts say.

Psychologists Maryanne Garry and Robert Michael of Victoria University in New Zealand and Irving Kirsch of Harvard, pooled their research into the effects of psychological suggestion. Many studies show it can influence how people perform in tasks, which products they prefer and even how they respond to medicines.

The authors said: 'Once we anticipate a specific outcome will occur, our subsequent thoughts and behaviours will actually help to bring that outcome to fruition.'

Dr Garry added: 'If we can harness the power of suggestion, we can improve people's lives.'

www.psychologicalscience.org Press Release, June 6 2012

Hypnosis provides effective treatment for IBS

March 28th 2012 - Krister Svahn

www.sahlgrenska.gu.se - News Archive

Hypnosis can be a highly effective treatment for the bowel disorder IBS. Studies involving a total of 346 patients conducted by researchers at the Sahlgrenska Academy of the University of Gothenburg showed that hypnotherapy alleviated symptoms in 40% of those affected - and the improvement is long-term.

...The treatment of IBS using hypnotherapy has been studied before, but only at highly specialised "hypnotherapy centres". Researcher Magnus Simren and his colleagues at The Sahlgrenska Academy of Gothenburg University have conducted two studies to evaluate a form of treatment that could be used in ordinary healthcare.

In one of the studies, which was published in the American Journal of Gastroenterology, 138 patients with IBS received hypnotherapy treatment for one hour a week over 12 weeks. The study showed that 40% demonstrated a satisfactory reduction in symptoms, compared with 12% in the untreated control group.

"The treatment involves the patient learning to control their symptoms through deep relaxation and individually adapted hypnotic suggestions. The idea is for the patient to then use this technique in their everyday life" says Magnus Simren.

The positive effect was sustained for the entire year for which the study ran and led to an improvement in the quality of life experienced by the treatment group.

In the other study, which was presented in the Scandinavian Journal of Gastroenterology, 208 patients who had previously received hypnotherapy were examined. The results showed that 85% of those who had been helped by hypnosis still felt the benefits of the treatment up to seven years later - and that the majority still actively use the technique in their everyday lives. "In this group, use of the healthcare system as a result of stomach and bowel symptoms had also reduced by 70%," says Magnus Simren. "Overall, our studies show that hypnotherapy is an effective method of treating IBS, even when provided outside of specialist 'hypnotherapy centres'. The conclusion is that hypnotherapy could reduce both the consumption of

healthcare and the cost to society, and that hypnosis therefore belongs in the arsenal of treatments for IBS.” says Magnus Simren.

www.sahlgrenska.se

Link to the article

“Long-term effects of hypnotherapy in patients with refractory irritable bowel syndrome”:
<http://bit.ly/H6x9mn>

Link to the article

“Effects of gut-directed hypnotherapy on IBS in different clinical settings - results from two randomized, controlled trials”: <http://bit.ly/yASy11>

Speakers Club - Toastmasters International

Carla Da Silva, one of our members, has contacted us to pass on some information about a new speakers club in Telford which may be of interest to members within the Shropshire area: www.shropshirespeakers.org.uk. She is a member of a sister club near to where she lives and has found it very beneficial in helping her build confidence to present to doctors, business networking events and generally promote her clinic work.

Shropshire Speakers is part of an international group of speakers club called Toastmasters International (not the wedding MC type) **www.toastmasters.org**

There are clubs throughout the UK.

There is a £20 joining fee and an annual fee of £110. You can also pay as you go at £9.99 per month via standing order.

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