

The National Register of Hypnotherapists and Psychotherapists

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**National
Register of
Hypnotherapists and
Psychotherapists**

**Autumn
2007
Newsletter**

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EDITORIAL

Now that the Summer is turning into Autumn and most of the country is back at work, school and college, I anticipate an influx of new clients (maybe not a huge tidal wave, probably a light trickle now that I live in a rural area). I imagine that this will be the case for most of us. Hopefully you have had an enjoyable Summer and your batteries are fully recharged for a busy Autumn in your consulting room!

This quarter's Newsletter reflects the restful nature of the Summer holidays but I draw your attention to our Executive Officer's report for general news in NRHP.

Dr Albert Ellis died during the Summer and Robin Thorburn has kindly written a tribute to a man whose life work has played a large part in the current popularity of cognitive behavioural therapies and has influenced our work as therapists in direct and indirect ways. Tony Cawley's article "The Non Rational is Not Necessarily Irrational" reflects on the fact that the influence of CBT can be counterproductive to those of us who prefer a less "mechanistic" and more "humanistic" approach. As an Editor and as someone who likes a lively debate, I am very glad that the discussion on CBT continues - if you have views please air them and send your thoughts for publication in our next Newsletter.

Gary Baker has requested an article on complaints and how to avoid them which will appear in the next Newsletter - if you have any other requests or ideas like this please let me know.

My thanks to all our contributors in this edition: Jon Beilby, Shaun Brookhouse, Julie Young, Robin Thorburn, Tony Cawley and Lorna Cook.

If you wish to contribute to our next edition, please send copy to me or the office by 26th November 2007, preferably by email as a Microsoft Word Document but typed or clearly written copy is also acceptable.

Jane Puckett Email: info@janepuckett.com Tel: (07930) 615014

NRHP NEWS

EXECUTIVE OFFICER'S REPORT

Normally the summer is a quiet time for the office but as you are aware several changes have been taking place in Nelson over the summer. While NRHP has not undergone any significant changes the management of NCHP has. I have retired from the job of Principal of NCHP but am remaining as a Director and Executive Officer of NRHP. Many individuals found the link between NCHP and NRHP difficult to understand and the two quite distinct and separate companies were often mixed up. The new changes will hopefully resolve this problem. The increased separation of the two sister companies will allow both organisations to move forward in the 21st century. The close link between the new Principal and myself, as NRHP Executive Officer will remain as I will still be used by NCHP in a consultancy role on their Academic Board. I will not be a member of the NCHP Board of Directors.

We expect that most people will not notice any changes as we are working to make the transition as smooth as possible. We have seen how other similar organisations making significant changes in structure have resulted in aggrieved, upset and angry students and members and we will be careful not to make the same mistakes.

One change that NCHP has decided on is to place a time limit for the completion of dissertations. This has been requested from several sources over the last few years. It will affect those members with the new Associate 3 level of membership who will need to complete their dissertations before the end of 2011 to be able to gain their DHP and Full membership of NRHP.

As we move towards statutory regulation, things will inevitably change and if we don't adjust in such ways to adapt to the changes we will not retain our position as the most professional register. We have recently had many enquiries about membership from therapists trained by a whole range of organisations both in this country and overseas. Many of these do not meet our criteria for full membership and have been rejected. However, as a member organisation of UKCP we need to be able to accept those who are trained by UKCP training member organisations. The Training Standards inspected and accredited by UKCP must be acceptable to NRHP as a basis for

membership. It is reassuring that more training organisations are recognising NRHP as the most satisfactory vehicle for their students to be able to maintain their professional status. Overseas therapists will also be subject to the same level of scrutiny before they are deemed to be acceptable for full membership of NRHP.

While I am in office I will be working with the Board of Directors to maintain the exacting standards that NRHP membership has become famous for.

Over the last 4 years that I have been in office Peter Savage has cut his contact with NCHP and considering the changes taking place in the profession he feels it is now time to retire from NRHP. Peter may be quite embarrassed by the fact that I am mentioning this as he was at heart a very private man but I cannot let such events go without mentioning them.

Both the College and the Register owe a great deal to his continuous and principled commitment over many years. In his long involvement over the years, Peter has been the architect of NCHP and NRHP. His contribution to the profession with total dedication is culminating in a properly regulated profession which has, at its core, the NRHP Ethical Principles and the NCHP's work in promoting and practising the important aspect of external accreditation for training courses.

I have taken the liberty of copying relevant parts of his e-mail below:

Dear Jon

Thank you for this. There is a lot of sense in what you say.

Your news comes as something of a relief since it forces a decision upon me I should have taken earlier. Any sensible person takes steps to remove stressors from his/her life wherever possible. Whilst I headed the National College and served the National Register, I had no alternative to put up with the associated stress. Recently, I ended any connection with the College by renouncing my Emeritus title. Now, by way of removing the second stressor, I resign my membership of the Register. I shall return the Life Presidency award in due course.

I hope that all concerned will resist contacting me in this connection.

With every best wish for the future of both College and Register.

Peter J D Savage

We as an organisation and as individuals must recognise the unique and historical contribution Peter has made to the profession of Hypno-Psychotherapy.

It is with regret that I accept his decision to cut all ties but must respect his wishes and recognise that as the organisation has been such a large part of his life that he needs to let go completely to allow it to move on to a new era.

I hope that you are finding the new membership classes easier to follow as they now reflect directly on level of training.

Jon Beilby

NRHP Executive Officer

September 2007

LETTER FROM THE NEW PRINCIPAL OF THE NATIONAL COLLEGE

Dear NRHP Member

No doubt you are aware of the change in management at the National College of Hypnosis and Psychotherapy. I hope that this change was as seamless as possible and that you will receive the same level of service from the College as you have become accustomed. At our last academic board meeting, a decision was taken which is relevant to NRHP (Assoc 3) members. Historically, there has never been a time limit for completion of the dissertation at the end of Stage 3 of the course. This seemed to us to be an anomaly, so we have put measures in place in order to rectify this. From this academic year, students will have 4 years to complete their dissertations. This rule will also be put in place for all existing National College students who have not yet completed their dissertation. That means that everybody who is currently in the post practical exam pipeline would have at least 4 years and have to have completed by end of 2011

It is our hope that all NRHP (Assoc 3) will complete their dissertations as soon as possible so that we can award them their DHP(NC), one of the most

prestigious qualifications in professional hypno-psychotherapy.

If you have any questions, you can contact me direct at 0800 849 6328 or
shaun.brookhouse@nchp.org.uk

Best,

Shaun Brookhouse

Principal, National College

NEW AND UPGRADED MEMBERS OF NRHP

Gregory Albrecht, upgraded to Full, Worcs

Gary Baker, upgraded to Full, Kent

Malika Naissi, upgraded to Full, Bucks

John H Tyson, upgraded to Full, Cleveland

Karen M Mannering, Student, Kent

Peter M Wilson, Full, Berks

Sheonagh D Franklin, Full, Glos

Sue Washington, Full, Lancs

Vicky Hemstedt, Associate 3, Sussex

Fiona Biddle, Full, Leics & London

Lelia Galis, Full, London

Louise Ann Oxley, Full, Lancs

Scott Nicol, Associate 1, Yorks

Andrew H Gill, Full, Lancs

Irene Crawford, Non-practising, Scotland

Barbara Wallace, Associate 3, Cheshire

Alan M Greaves, Associate 2, Liverpool

TRIBUTE

TRIBUTE TO DR ELLIS

Dr Albert Isaac Ellis was born in Pittsburgh, USA on September the 27th 1913 and died at home on July the 24th 2007. His wife Dr Debbie Joffe Ellis was with him. He received his MA (1943) and PhD (1947) degrees in Clinical Psychology from Columbia University, he became a member of The American Academy of Experts in Traumatic Stress, the Board of Society of Scientific and Professional Advisors, he founded the non-profit Institute for Rational Emotive Therapy, has practised individual and group psychotherapy with more than 15,000 clients, given workshops around the world, published over 600 papers and over 75 books. He was a Fellow of over 15 divisions of the American Psychological Association, a Diplomate in Clinical Psychology of the American Board of Professional Psychology, a Diplomate in Clinical Hypnosis from the American Board of Psychological Hypnosis, a Diplomate of the American Board of Psychotherapy, and, of course, pioneered Cognitive Behaviour Therapy.

If my memory serves me correctly, I recall reading an article when Al was asked how he felt about his own death. "When I die as I surely must, I will have 10 good books inside of me unwritten and many joyful unexperiences, however if I were to live forever as I would prefer, there would be famine, droughts, wars and not enough space on the planet for everyone to get on it, so when I die too damned bad".

This was the Rational Philosophy that he adhered to, lived by, and that helped thousands of people worldwide. Al Ellis developed what we now popularly know as Cognitive Behaviour Therapy (CBT) although his own brand was Rational Emotive Behaviour Therapy (REBT) He originally trained as a Freudian Psychoanalyst, however, recognising the slowness and ineffectiveness he broke away from it in January 1953. He found that the passive approach he took during his working day was largely ineffectual towards resolution of the client's problems, but noticed his friends getting better when they asked him for advice. He was influenced by the Roman Philosopher Epictetus who believed that "Men were disturbed not so much by

events but our perception of them", and the Behaviourist John Watson.

At age 19 he helped himself to get over his shyness towards women and public speaking by actively forcing himself to speak. In his own words "I sat outside the Bronx Botanical Gardens and had 100 pleasant conversations, made one date and she didn't show", but it was a lesson he always remembered; "nothing bad actually happened", self-confidence rarely comes from doing nothing". His rational approach was chastised by the therapeutic community as superficial and dangerous, still he held to his belief that people create problems by thinking crookedly, magically and dogmatically, they do not prefer, they "m-u-s-t-e-r-b-a-t-e". In short they demand. When these demands are moved into preferences the person will then experience sadness, annoyance and concern (and then move towards happiness), and not anxiety, anger and depression. CBT is now the most trialled therapy in the world that consistently yields good results.

Al later described Freudian Psychoanalysis to me as "Freudian horseshit". Too many therapies find excuses for the way we are, thus letting the person's irrational thinking off the hook. Of course we are influenced by events but only we disturb ourselves now. "The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology or the President". He would describe neuroses as no more than a "high class way to call whining". He was not scared to confront unrealistic beliefs, he shocked the Freudian thinking of the time by saying that homosexuality was normal, he was later proved right, the view now is that it is biological.

He felt that the probability of God existing was very low describing himself as a probabilistic atheist "Religious commitment frequently has its serious disadvantages since it tends to be obsessive-compulsive it is often motivated by guilt or hostility, and may serve as a frenzied covering up-mechanism which masks, but does not really eliminate, these underlying disturbed feelings. It is also the kind of commitment based on falsehoods and illusions, and that therefore can easily be shattered, thus plunging the previously committed individual into the depths of disillusionment and despair. I give myself unconditional self-acceptance (USA) no matter what my professional and personal failings are - and they often are considerable! I also accept myself unconditionally, no matter who disapproves of me and my therapy.

Since REBT, for many years, was anathema to most therapists, and since I was reviled for creating and practicing it, I was able to keep it going and turn it into one of the most popular psychotherapies by not giving too much of a damn for the scathing criticism that I and it kept engendering. Let the benighted faultfinders criticise! I didn't give that much of a shit... our slogan is 'I will not should on myself today'."

Al has been called arrogant and egotistical, (mainly by people he has upset with his therapeutic approach). On a personal level, the Albert Ellis I knew was the kindest, funniest person I have met. He deeply cared about getting people better and this is why he strove so hard to cut through what he saw as irrelevancies that were keeping a person ill, in fact I think up until a few years ago he was charging \$40 an hour, and he was the world's greatest living therapist!

I e-mailed him off and on for years and he always responded, I spoke with his wife by phone (he was very deaf). They both always had the time of day for you, Debbie would phone back if she was busy overseeing a medical procedure on him. That is not what arrogant, egotistical people do.

In 1971 the American Humanist Association named him Humanist of the year, on his 90th birthday he received congratulatory messages from New York's Mayor Michael Bloomberg, Hilary and Bill Clinton and President George W Bush.

Al is survived by his wife Debbie, and my thoughts go out to her as she has quite literally given herself 24/7 to Al's well being, she has been a devoted wife and deserves everyone's support in the future.

We hope that the dispute with the Albert Ellis Institute that he founded will one day be resolved and that they will let Debbie carry out his wishes and allow the people Al has named to run the Institute. The Institute ousted him a few years ago. Al described them as "Pirates taking over a ship". He lived frugally on the top floor of the mansion (he had bought) on a salary of \$12,000 a year! The Institute even barred him from using the Institute's facilities for his popular Friday Night Workshops for the Public. In 2006 the Supreme Court for New York County returned him to the Board of Trustees, with the Judge calling the actions taken against him by the other trustees as "disingenuous" and "offensive" and contrary to our fundamental process of

democratic and legal procedure, fair play and the spirit of the Law". Despite this he was prevented from any meaningful participation.

Al, your work continues and the good results keep coming for people who have been ill. I salute you and thank you for the great work you have done and the advice you have shared with me.

I will continue to preach the Gospel according to St Albert; as he would humorously refer to himself, and I am convinced his teachings and philosophy will live on for hundreds of years to come.

The Official Memorial for Dr Albert Ellis will be held Thursday the 27th of September 2007, 7.30 pm, at St Paul's Chapel, Columbia University.

Robin W Thorburn ADHP (NC) MNRHP

FORTHCOMING CPD EVENTS

DIARY DATES 2007/8

Use of Clinical Hypnosis in Dementia Care - flier enclosed

With Dr Daniel Nightingale

Senior Dementia Care Consultant with Southern Cross Healthcare
6/7th and 13/14th October 2007

Rookwood Care Centre in Luton, Bedfordshire

Cost: £500 inc lunch, refreshments on both weekends and CRB checks

HypnoBirthing® - flier enclosed

Use of Clinical Hypnosis in Birthing

8, 9, 10, 11th November 2007

Birchwood Grange, Kenton, Harrow, HA3 9UY

Cost: £550

Interactive Counselling and Communication Skills - flier enclosed

UKCP requirement

1/2nd December 2007

Birchwood Grange, Kenton, Harrow, HA3 9UY

Cost: £140.00

Discussions are underway for the following professional development:

Gut Directed Therapy

Use of hypnosis with IBS

Dates and venue to be confirmed

MEMBER RESEARCH AND INNOVATIONS

THE NON-RATIONAL IS NOT NECESSARILY IRRATIONAL

FURTHER COMMENT ON ROBIN THORNBURN'S CBT ARTICLES

Is it just me? Surely I can't be the only one that's getting increasingly annoyed about the assertions of CBT. The more I am told that sensible rational thought is the solution to resolving psychological ills, the more annoyed I become. Is this happening to anyone else? It is not that I don't appreciate the contribution CBT is making to psychotherapy, far from it. The analysis of unhelpful and inappropriate thinking is both illuminating and sound common sense. Big tick for CBT. It is that hint of arrogance that is so often there that I detest. That disturbing, crusading spirit, that's beginning to emerge. Is there anything more scary, I ask myself, than someone who "knows" *the* truth? Of course it could be that I am just paranoid or in need of proper corrective thought training from an authority that really understands these things!

I have never been a particularly rational person, but that doesn't make me irrational. There are ways of thinking and perceiving beyond basic rationality which balance head, heart, intuition, creativity, etc., but they are not greatly recognised, valued or rewarded in our society. Rationality is great for what is rational - how do I get this rocket to the moon and back; how long will it take to drive to Glasgow - but in relationships, that curious domain of heart, gut or powerful unconscious forces ...?? I cannot see how life has ever been rational, as people certainly are not. Those who pride themselves as such are no exception in my view. I believe it was Wilhelm Reich who said "scratch a liberal and you'll find a fascist". I say scratch a rational intellectual and you will find the same two year old you find in all the rest of us.

I do feel judged at times for not joining this gathering crusade. When for instance an individual or an agency rings with CBT in mind they are usually pretty sold on the idea, so no discussion is possible about what I have to offer. My years of experience, creativity, capacity to improvise, empathise, etc., all count for nothing, because CBT has been quite thoroughly

researched. (And research – don't get me started on research!) So there is little possibility of discussing what is best for the client, it increasingly boils down to “do you do CBT or not”? Box thinking, this is not a step forward for psychotherapy. I don't like being boiled down to a practitioner of any single category, what I do is much more skilled than that. But in that kind of telephone situation it is hard to say anything without sounding arrogant, stupid, or just desperate for business.

I have been a therapist for quite a long time and all the boxes, maps, methods and techniques I know fused together in a creative synthesis years ago. Therapy is more of a dynamic, spontaneous flow now, rather than the use of distinct techniques or approaches. In my mind this is a real achievement. But it is very hard to describe, quantify or assess, because at its heart is the unfathomable relationship, and this is as much about Being (whatever that is) as Doing. It's as much about where you're coming from deep inside as what you intend (knowingly or otherwise), as anything said. As soon as you begin to analyse it, it begins to die.

I have two main gripes with CBT. The first is that it wants to see emotion as the result of thought processes. If you want to see it this way, of course you can, but you will have to ignore certain things. There is a proportion of emotion which seems to me to be a direct expression of a deeply unconscious, non-rational, non-verbal intelligence, inherent in all of us. This source of intelligence, not so much from between the ears, but more spread throughout the body, has much to tell us, especially at key moments in our lives, that we ignore at our peril. I like to work directly with this living inner language. The pictures, feelings, sensations and energy flows it creates in various parts of the body constitute a kind of waking dream communication from this other intelligence. When the client “gets” this communication and allows it to truly touch them, all this dissipates, including the emotion. Insight is gained and, most interestingly, inappropriate thinking resolves itself.

The second of my gripes is that emotion creates thought just as much as thought creates emotion. It works in both (and many other) directions. So why is CBT focusing on only one? When old repressed emotion held in the body is triggered by significant events into consciousness, it will bring with it,

of course, accompanying thoughts. These thoughts are driven by the emotion underpinning them. While the emotion remains so will the thoughts. However, if the feelings are released, the thoughts change spontaneously, it is as though the whole structure of the person evolves by itself, no deliberate or contrived reprogramming is required.

When I say emotion is released, I am not referring to expressing emotions, as in cushion bashing, but a much more gentle process based on accepting and allowing what is found in the body, so trusting this deeper intelligence to do its work without clever interventions. If thought patterns are created, as above, by emotions and you try to change this dynamic by forcing cognitive change, an emotional crisis is likely to be precipitated. So, once again, you are back to dealing with messy emotions. Here I must take issue with Robin about his implication that revisiting painful events can only result in further pain. There are skilful and clumsy ways of doing this. If you don't know how it is best not to go there, but it certainly can be done to great effect.

Obviously where dwelling on particular thoughts is creating painful emotions, changing those thoughts is clearly called for, especially if the condition is elaborating itself into the likes of a depressive episode. I recognise the valuable work CBT is doing in outlining these processes and how to reverse them – but is that it? Because that doesn't go very far when you consider the full range of hot water a human being can get into.

I have started to have clients who have had unsuccessful CBT, both privately and on the NHS. They often say “I know this thinking is ridiculous, but I still believe it because it feels true”. But if we release the emotional blocks, those thoughts no longer feel true and they can be dropped easily. So here are at least two significant limitations of CBT in its current state of evolution. First it is not much good when emotions are deep, old and stuck in the body, because they are not created by thought patterns, they are just supported by thought patterns. Secondly it is not very helpful when the mysterious journey of our life takes us to places where deeper meaning and purposes need to be drawn out – when we are lost in paradoxical perplexities of love, pain, meaning and death. When we need to hear that voice of wisdom which comes from the core of our being and is certainly not rational, a voice that cuts like a hot

blade, bringing insights that change everything.

I know I throw myself open to ridicule here; that this is simply fanciful, unscientific mumbo jumbo. I can only say in reply, why is it that real wisdom is so frequently found in stories, parables, poetry and myth? It is surely because of its non rational nature, it simply won't go into rational language. It can be felt and known deep within, in the heart and gut and intuition. But it is clumsy, sometimes even seemingly ridiculous when put into words. In my opinion any therapy that attempts to treat human beings as largely rational will be left dealing only with that part of us that is rational. This may not turn out to be a very large area of influence.

So why is CBT so scaled down, why so fixed on this singular direction of influence? Why does it seem to need us to believe that our untidy emotions are no more than the results of inappropriate thinking, which it will train us to resolve or improve? Robin talked about the conscious mind telling the unconscious what to do (otherwise you'd know how to drive the car the first time you got into it), which is ridiculous because learning to drive is overwhelmingly a conscious act. He also quoted Albert Ellis encouraging us to stop regarding emotions as ethereal and view them more as perceptions, thoughts, evaluations, internalised sentences, etc.

What I see in both these statements is an utter disregard for anything that might be described as the life of the Soul. I use the big 'S' word here reluctantly, hoping it will not create further confusion, but it is, I think, the only word that will do. And I use it in a very wide, inclusive, poetic and philosophical sense, not any narrow or religious one.

Science, technology and rationality have always, so it seems to me, been terrified of poetry, art, myth, ecstasy and the messy, unfathomable emotional life of the soul. What science really likes is control, precision, exactitude, predictability. This, I suspect is why CBT will only play ball with thoughts creating feelings, because the philosophical perspective giving rise to it needs to control emotion. It cannot handle paradox, mystery and mess; all that I find wonderful, inspiring and at times very disturbing, even downright terrifying. But I say embrace the fear and wonder, don't deny it.

So where is all this leading? If your grand vision of yourself stretches to no more than that of a biochemical machine, ultimately managed by your very own thinky box between the ears, (which in itself is no more than a highly complex neural network) and if you see this as negotiating its way through a meaningless material world, which just somehow is evolving along Darwinian lines, I guess CBT is where it is at for you.

I say we have to find a way of combining both rational and non rational perspectives. They both have their shortcomings but combined they balance each other out. Most of us will want to fall one side of the line or the other - that is human nature. It takes maturity to reach out and embrace our own inevitable shadow, without which we are lost in circular squabbles.

Tony Cawley,
August 2007

BOOK REVIEWS

"PSYCHOSIS - a figment of the imagination?" By Nemo
ISBN 978-1-903256-36-7

The foreword of this book begins, "This is a factual, very personal account of an incident some years ago which still affects my life to date, and the difficult psychological problems originating from that time."

This slim volume of 57 pages is written anonymously, for reasons which eventually become apparent to the reader.

How many of us can say we understand the torture of being diagnosed with a mental health problem, unless we have been there ourselves?

Nemo's book helps us to see inside the mind of the sufferer, and therefore empathise with his predicament, but the author does not use flowery language. He puts his case simply, from his viewpoint, and asks us to keep an open mind.

Each of us has our own view of reality, but it is essential that we also acknowledge other viewpoints, however far from our own they may be. The author of this book is asking us not to label or judge him, but listen to him.

The story goes that Milton Erickson once encountered a hospital patient who claimed to be The Son of God, whereupon Erickson asked the man if he would come to his house and do some carpentry for him. I believe that this man's mental health was much improved by Erickson's ability to enter his reality and act accordingly.

Let us not dismiss someone else's reality simply because it is different from ours.

Lorna Cook, ADHP(NC) MNRHP EHYP NLP

This book is available for £3.70 including p&p form A Stannard, 70 Lovetofts Drive, Ipswich, IP1 5LB. Cheques payable to A Stannard.

ADVERTISEMENTS

Psychology/Therapy Book Reading Group Edinburgh Based

Are you looking for a way to increase your CPD?

We are planning to set up a book reading group to allow an opportunity for some CPD along with exchange of ideas and to increase motivation to do more structured reading. The aim will be to meet in Edinburgh several times per year (probably quarterly) and to run the group along the lines of other reading groups i.e. choosing a book for all to read and then discussing it at the next meeting. We would hope to start the group in late 2007 or early 2008. All welcome.

If you are interested contact Jane Brindley on 01259 742283 or Hazel Williams on 0131 441 4286. Or email Jane at skipigeo@tiscali.co.uk

John Collins
ADHP(NC) MNRHP UKCP(H)

is looking for a peer supervisor
in the Guildford, Surrey area

Please call
01483 898913

**NRHP PRINTING SERVICE FOR LEAFLETS,
LETTERHEADS AND COMPLIMENT SLIPS**

NRHP can print (in black ink only) your personalised letterheads, compliment slips and information leaflets, all bearing the distinctive NRHP logo.

The paper used is white, high-quality A4 100gsm laid paper. All the stationery can be ordered in batches of 100 so you can kit yourself out with 100 of everything necessary to give you a set of professional stationery for just £37.

PLEASE CONTACT THE OFFICE FOR FULL DETAILS

Tel: 01282 716839

Email: nrhp@btconnect.com

ADVERTISING RATES

¼ page	£5.00
½ page	£10.00
Full page	£15.00

If you would like to advertise in the Newsletter, please send your remittance to the office at NRHP (cheques made payable to NRHP)

Deadline for the Winter edition is 26th November 2007

Please email copy to the office at nrhp@btconnect.com alternatively you may submit copy handwritten (block caps) or typed by post or fax (see back cover). Adjustments may be made in order to fit your advertisement into the page size you have chosen but we will endeavour to remain faithful to your layout.

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