

**National Register of  
Hypnotherapists and Psychotherapists**

**WINTER NEWSLETTER**

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E&OE

### **From the Office**

#### **Thank you**

A grateful thanks to those who have contributed to this, the Winter Newsletter - Barbara Butcher, Alison Evans, Lesley Grew and Penny Moon.

The submission deadline for the Spring Newsletter is 15th March 2013. Please e-mail to [admin@nrhp.co.uk](mailto:admin@nrhp.co.uk) or post to 1st Floor, 18 Carr Rd., Nelson, BB9 7JS.

#### **Condolences**

We would like to send our sincere condolences to Jean Watson, her family and friends, on the loss of her husband, and fellow therapist, Colin Watson.

Sadly, Zampia Christou passed away in November. (please see page 7 for Lesley Grew's piece). We, also, send our deepest sympathies to Zampia's family and friends.

#### **NRHP 2013 Renewals**

If you haven't received your renewal yet, it must have been lost in the post! Please let us know, and we will send again.

#### **AGM 2013**

The AGM will be held on 20th April 2013 at the Crewe Arms, as in previous years. Please keep that day free! We do hope that you will be able to attend. Information on the day and the workshop will be sent out nearer the date. The event will, once again, be free to attend, and will count as 6 hours CPD.

Season's greetings and all the best for 2013.

**Julie Young and Susan Dixon**

### **Hypnopictography.....who uses it and when?**

On asking several hypnotherapy therapists if they used Hypnopictography, two said they never had, another said "what's Hypnopictography". The best answer was ... "It's about drawing pictures during a hypnosis session isn't it"? Oh well, maybe if it's years since you did your original training perhaps I can jog your memory.

'Google' tells us that you can learn Hwhen undertaking a Hypnotherapy training. But none of the training centres for hypnosis who advertise on line expand in their literature on what Hypnopictography is, what it's for, or how you do it. 'Google' internet does pull up a minimal explanation via 'Encyclopaedia Britannica', which says that Hypnopictography is about expression and with a communicative aim.

So are we all clear now ?? Did I hear you say NO?? Well then if you did, perhaps read on!! AND why am I interested in Hypnopictography? Maybe it's because I was influenced by a good experience when, as a student in my 'Part Two' hypnosis training, I volunteered to be the subject for Hypnopictography. One doesn't forget such things, and yes, on a personal level, it did involve drawing a picture...and indeed was very meaningful to me.

So, a quick reminder how this therapy goes:- A classical induction and deepener is used first and, using appropriate therapy, a maximum hypnotic state is achieved. The next step is to ask the client to open their eyes, and the therapist presents a pad to write on and a pen. One then asks the client to draw something that comes to mind (thus pictography). Once achieved, the client is asked to close their eyes and resume the hypnotic state. A pattern of opening eyes, drawing, closing eyes continues until the client feels the picture is finished. The client and therapist communicate throughout, so working therapeutically.

In the 10 years following my hypnotherapy training, I myself had never used this technique. But then an opportunity arose. Some of my work involves working with individuals with neurological problems, which is often challenging when

they are terminal cases. And so it was with a particular client. Here was a lady with gross disability. She was unable to speak, unable to eat and was fed through a tube in her stomach (peg feeding), and had poor hand co-ordination. And although she had good mobility of her legs, she was reluctant to go out. There was no dysfunction of her mental capacities, and this factor seemed to make things worse, as she knew her sad and frightening prognosis. The only means of communication for this lady was either hand signals, or writing things down. But because of poor physical hand disability, her writing was poor. This was indicated to me when undertaking her consultation and I asked her to write responses to questions. Thus she was so frustrated by her 'shaky' writing, as was her husband.

Knowing she was non-verbal, I remembered Hypnopictography, and saw it as an opportunity to work with it. I described the technique to my client, and although I myself was unsure of the benefits, we proceeded as a therapy. We progressed through induction, deepener, more relaxation techniques, then to the version of Hypnopictography sometimes written about as 'Magic Writing'. I presented this lady, as described previously, with pen and pad, and asked her to write about her feelings, mood, fears, etc. What was most noticeable was that once she was relaxed in hypnosis, her writing became more legible. On comment later, she wrote that whilst she appreciated the benefit of hypnosis in releasing tension and distress and helping her accept her terminal illness, of paramount importance to her was her improved physical writing skills, and how this alone improved communication skills. Interestingly, this improvement was maintained until her sad demise some months later. I have not quite grasped why her writing improved so markedly.

I continued therapy with this lady for many sessions and apart from Hypnopictography (Magic Writing, call it what you will), she benefited from traditional relaxation therapy, before her dreadful illness progressed. I remember this brave lady fondly and I thanked her, for I learned a lot about this type of illness through her.

**Alison Evans**

**Zampia Christou**

Dear Julie and Susan, and all NRHP members

I am writing with sad news. Zampia Christou, NRHP member and my co-supervisor, died recently following a long illness.

Two years ago Zampia was diagnosed with having a particularly aggressive form of cancer. One of her areas of special interest had always been mind-body healing, and she and her loving family (her husband and two grown-up daughters) formed a team to explore this area in great depth in relation to her illness and to put into practice what they learnt. They very generously shared their knowledge and insights with me, and allowed me to feel part of their journey, and I feel very privileged for that. Her doctors were surprised at how long she survived following her diagnosis. However, she was a deeply spiritual person and did not see death as an end or a failure, but simply as a natural transition. She died peacefully in a hospice with family around her.

One of her many special gifts was her ability to inspire hope in others. She would shine a gentle, steady light on the positives in a situation, and help others to find the strength to believe in the possibilities revealed. She helped countless clients, most of whom came to her through word of mouth recommendation.

She valued her NRHP membership for the friendliness and support of its staff and members, and for all the people she met through it.

Zampia was such a wise, warm generous, genuine, compassionate person; a brilliant and insightful therapist and supervisor; and a very dear friend. I am so grateful to have known her. She will be deeply missed.

**Lesley Grew**

## **Pandora's Box**

When I first started my training in hypnosis and hypnotherapy in 1983 I was fascinated by the work of Ernest Rossi and his scientific research into ultradian rhythms, pain and the power of auto suggestion. Over the years I have studied many pioneers and speakers involved in what was called "New Age", trying to keep an open mind on some of the seemingly bizarre concepts. I was therefore enthralled with Candace Pert's book, *The Molecules of Emotion*. Here was a professor who had come to conclusions about the power of thought and who could actually photograph and measure the effect on our biological receptors. She had proved what the ancient meridian maps had given us and it could no longer be called "mumbo jumbo".

Since then, the latest research by scientists such as Bruce Lipton into epigenetics, and the new research into genetic determinism and the biology of intention, turns on its head the current model of pharmacology and surgery being the treatment of choice.

As hypnotherapists we find that frequently our clients are thinking themselves into their problems and it is rewarding to see how after a few sessions of hypnotherapy the client can make profound changes and, in many cases, without the need for antidepressants or sleeping tablets. Now it is even more exciting because latest research shows that a change in thought processes can actually have an impact on genetic programming. Pandora's Box is open. Let's celebrate!

Barbara Butcher MSc

*The Genie in Your Genes. Dawson Church*

*The Biology of Belief. Bruce Lipton*

*Bruce Lipton and The Conscious Mind. UTube*

*The Molecules of Emotion. Candace Pert*

## **Further From the Office**

### **Future of the NRHP**

At the last AGM the Board was asked to discuss the future of the NRHP. The Board has, therefore, been discussing the following.

#### **Website**

It was suggested that the website (which was completely revamped in 2009) could be improved. Some rewording has been done, e.g., stressing that the NRHP is a leading, member owned, non-profit making organisation. Further improvements are being considered.

#### **Numbers**

Although we are still welcoming new members to the NRHP, there are fewer than in previous years. Opening up the membership to therapists who haven't trained with a UKCP accredited training organisation was considered, as is the case with some other registers - however, this could compromise NRHP's standards. (The office receives many requests to join the NRHP from those who have trained with a non-UKCP accredited trainer. The standard and length of these trainings vary considerably, and we currently have no way of assessing their value.)

It was suggested that a survey of members could be carried out, asking the membership for their thoughts on the above and for any ideas on improving the NRHP – to be considered in 2013.

#### **UKCP**

Members of the Board are continuing to represent the NRHP and look out for NRHP members' interests at UKCP meetings. There will be further news in the next newsletter.

**Complementary & Natural Healthcare Council (CNHC)**

The NRHP is currently undergoing the CNHC's Quality Assurance of the Verification Process. This process is to ensure that the NRHP, as one of CNHC's Professional Organisations, has an organisational structure fit for purpose and that NRHP members who wish to apply for CNHC registration meet entry requirements. We will report back when we have heard from CNHC.

**UKCP's Quinquennial Review**

The NRHP, as a UKCP Organisational Member, will be undergoing a Quinquennial Review by UKCP next year. This will entail our completion of their questionnaire with supporting documentation and a physical inspection.

**Julie Young, Susan Dixon**  
**Administrators**