

New Zealand Hypnotherapy Federation Inc.
 14th ANNUAL HYPNOTHERAPY CONFERENCE WEEKEND
“Improving Health and Happiness with Hypnosis”
 5th – 6th September 2009

SATURDAY 5th September

<p>Registration - 8.45 - 9.00 am 9.00 – 10.00 am</p>	<p>From 8.15am</p> <p><u>Welcome and Hypnotherapy Profession Update – NZHF President</u></p> <p><u>Neuro – Associative – Hypnotherapy. The Symptom Path to the Whole Person and Lasting Change – Aaron McLoughlin.</u></p> <p>Presentation style: Lecture, Demonstration/s, Experiential.</p> <p>The symbiotic relationship between the mind and body allow for a very simple strategy enabling regression to the seat of a persons illness or imbalance.</p> <p>Emotions are a 'whole person' experience. And it is the whole person who heals, not an aspect of the person. Neuro-associative-hypnotherapy is a technique that includes the whole peson, mind, body and spirit.</p> <p>Symptoms are the beginning of the healing process and so they are a direct link to the strategies available within the person and their subconscious for complete healing of the whole person.</p> <p>Outcomes:</p> <ol style="list-style-type: none"> 1. A new and fascinating tool for hypnotherapists 2. A reframe of the symptom into a healing paradigm 3. New and expanded understanding of the power of hypnotherapy 4. Realising simplicty of powerful change for the whole person 5. Handouts 6. Fun
<p>10.00 – 10.30am</p>	<p><i>Morning Tea</i></p>
<p>10.30– 12.00pm</p>	<p><u>Hypnotherapy Opportunities Around Surgery - Mike Reeves-McMillan.</u></p> <p>Presentation style: Workshop</p> <p>Pain control is widely recognized as one of the best-researched applications of hypnosis, and one for which there is considerable evidence of effectiveness. There is also excellent evidence for hypnosis as an effective intervention around other aspects of surgery and medical treatment, including distress, nausea and tension, control of bleeding and even recovery rate. One study in a major anaesthetic journal concluded that 89% of surgical patients could potentially benefit from hypnosis.</p> <p>If we are not out there promoting hypnosis for surgery, surgical patients are missing out, surgeons and anaesthetists are missing out, we are missing out, and the hypnotherapy profession is missing out on a potential big public win.</p> <p>In this workshop, we will look at a number of methods of pain control and consider</p>

	<p>the other uses for hypnosis in the context of surgery (and other treatments such as radiation therapy or chemotherapy). We will also discuss how we, as individual therapists and as a Federation, can constructively approach individual clients and medical practitioners to offer these effective interventions.</p> <p>Outcomes:</p> <ol style="list-style-type: none"> 1. Understanding of the strong evidence of effectiveness for hypnotherapy in pain control. 2. Understanding of several effective techniques. 3. Ideas for incorporating pain control into a hypnotherapy practice. 4. Ideas for promoting hypnotherapy as a pain control method. 5. Ideas for the Federation to assist hypnotherapists with this opportunity.
12.00 – 1.00pm	Lunch
1.00 – 2.30pm	<p><u>Hypnotherapy and the Psychology and Physiology of Weight Control and Health – Kevin Bateman.</u></p> <p>Presentation Style: Lecture, Experiential, Questions.</p> <p>A basic outline of the three food groups, protein, carbohydrate and fat. What happens in our body after we put food into it? Whether we will burn this food for energy or store it as fat and the ongoing damage to our health and wellbeing from making the wrong food choices. Brief comments on commercial weight loss companies. Practical suggestions for clients who want to control their weight and reduce the risk of diabetes and heart disease.</p> <p>Personal observations on the psychology of food based on working in the field of nutrition with several thousand ProZone clients over the last 11 years and how some of this information can be used in hypnotic interventions. Presentation of brief case studies for both nutritional advice only and nutritional advice plus hypnotherapy in clients where it is indicated.</p> <p>Outcomes:</p> <ol style="list-style-type: none"> 1. An understanding of health and weight problems and weight control generally. 2. Be in a position to offer some help to clients on this with practical advice on diet. 3. Information to consider when using hypnotherapy for weight control. 4. More confidence that they have some concept of the diabetic client's condition and the health implications, risks, and dangers of diabetes.
2.30 – 3.30pm	<p><u>What part does the tonal frequency of the hypnotic voice play in the quality a hypnotic intervention – Robin Harrison</u></p> <p>Presentation Style: Lecture, Experiential.</p> <p>Have you ever stopped to consider what impact the tonal quality of your voice has in the quality of a hypnotic intervention? Have you ever stopped to think that the discomfort that is being felt is not always what is being said, but the way in which it is being said? The same words spoken loudly in anger will impact in a different way than those same words spoken quietly. That some people annoy whilst others may say the same things, but cause little discomfort. Have you ever begun to imagine that fear may be no more that the vibration frequency of the sound being heard, triggering distant memories of a similar sound, where the outcome was one of pain or discomfort. And if this was the case what would you need to do to filter</p>

	<p>out that sound, so that it no longer caused discomfort?</p> <p>I would like to explore the qualities of sound and their impact. Of the importance of that first sound – our thought - and the way that our body processes that thought.</p> <p>I would like to share a case study relating to fear of flying where sound was the originating event. What the sound was and what we utilized to overcome that fear.</p> <p>Outcomes</p> <ol style="list-style-type: none"> 1. An understanding of the need to listen to ourselves as well as our clients. 2. How our voice can nurture not only our clients but ourselves. 3. A greater understanding of the mind body connection. 4. The energy component. 5. Simplicity of intervention.
3.30 – 4.00pm	Afternoon Tea
4.00 – 5.00 pm	<p>KEYNOTE SPEAKER: Roy Hunter (USA) <i>M.S., FAPHP</i></p> <p><u>The Four Cornerstones of Hypnotherapy</u></p> <p>There are four important hypnotherapy objectives, which provide a blueprint for increasing the probability of client success. Charles Tebbetts learned them from Gil Boyne, and referred to these objectives as <i>the four main therapeutic steps to facilitate change</i> (helping a client resolve problems). Hypnotic suggestion and imagery (and scripts) help <i>some</i> of the people <i>some</i> of the time, but subconscious blocks often exist that inhibit total acceptance of positive suggestions. Some clients may exhibit this resistance immediately, such as a smoker lighting up after a session before leaving the parking lot. Others may demonstrate temporary success until the subconscious blocks gradually erode the benefits of suggestions and imagery...and the client eventually backslides.</p> <p>I believe that a competent hypnotherapist can help most of the people most of the time by building the hypnosis program on a foundation of these four primary hypnotherapy objectives: (1) <i>Suggestion and imagery</i>, (2) <i>Discover the cause</i>, (3) <i>Release</i>, and (4) <i>Subconscious relearning</i>.</p> <p>Each of the four hypnotherapy objectives serves as a stepping-stone towards the next objective. Although the first objective may be sufficient for <i>some</i> of the people <i>some</i> of the time, if the problem remains, consider the accomplishment of ALL FOUR hypnotherapy objectives as your <i>prime hypnotherapeutic goal</i>. This is your blueprint for lasting success! Let's accomplish these hypnotherapy objectives on purpose. Why leave them to chance? When we skip any of the four hypnotherapy objectives, we reduce the probability of lasting results. We can use these four cornerstones to evaluate the efficacy of any hypnotic technique by discerning which of the four hypnotherapy objectives the technique may accomplish, which is why I believe they form the foundation of client centred hypnosis.</p>
<p>5.00 – 6.15 pm</p> <p>6.30 pm onwards</p>	<p>Socialising – Enjoy social time catching up and chatting with your colleagues and friends, both new and 'old' in the bar area. Nibbles provided. Followed by....</p> <p>Hypnotherapy Award Dinner – This event is the highlight of the New Zealand hypnotherapy calendar. Enjoy a free glass of wine or fruit juice with your tasty smorgasbord meal.</p> <p>Award Presentations: After the meal we honour and celebrate those who receive awards from the member organisations, and/or who have made a significant contribution within our profession.</p>

◇◇ On-Going Training Workshop ◇◇

Sunday 12th October - 9.00am – 5.00 pm

Hypnosis for Inner Conflict Resolution: Introducing Client-Centered Parts Therapy.

Roy Hunter (USA) M.S., FAPHP

Program Description:

How can you effectively help the client who struggles with an inner conflict? Someone strongly desired to attain a goal, but who also experiences self-sabotage, may be a prime candidate for PARTS THERAPY or one of its variations. Competently facilitated, parts therapy often helps people get past barriers when other techniques are insufficient. However, there are pitfalls that must be avoided in order to maximize results for your clients. This workshop is a MUST for professionals not totally familiar with parts therapy or one of its variations. Roy Hunter, your facilitator, is the published author of two hypnosis texts based on the teachings of the late Charles Tebbetts, as well as *Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy* (Crown House Publishing, 2005). All who attend will receive a participant workbook.

Objectives: Participants will learn...

- What parts therapy is (and its variations)
- When to use parts therapy
- Why parts therapy is best for some clients
- How to use parts therapy (complete step-by-step process)
- How to explain parts therapy to your clients, and why such explanation is needed
- Why it is so important to be an objective mediator
- How to avoid inappropriate leading, and the potential consequences of not doing so
- Why Roy Hunter added an important update on the Tebbetts Methods
- How to avoid common pitfalls that could put clients farther away from success

Workshop Outline

- Overview
What Is Parts Therapy? Variations; Who Was Charles Tebbetts? Article written by Charles Tebbetts; Important Updates
- Important Background Information
The Four Primary Hypnotherapy Objectives; Which Hypnotherapy Objectives Can Parts Therapy Fulfil? Why Training in Regression Therapy is a Prerequisite; Psychodynamics and Ideomotor Responding
- Proper Preparation
Defining Client-centered Parts Therapy; Explain Parts Therapy to the Client; Deepen Appropriately; Establish a Safe Place; Establish (or Confirm) Finger Responses; Verify Hypnotic Depth
- The 11-Step Process
An in-depth presentation of each of the 11 steps of the entire parts therapy process, potential detours and how to deal with them
- Role Play Exercises for each of the 11 steps (time permitting)
- Concluding the Session
Giving Additional Suggestions and/or Guided Imagery; Concluding the Session, wrap-up
- Potential Pitfalls and Other Concerns
Advance Explanation Not Given; Assuming Command and Giving Orders; Calling Out Too Many Parts; Casting Out Parts (Exorcism); Creating New Parts; Freezing or Immobilizing a Part; Getting Sidetracked; Multiple Personality Disorder; Alleged Entities; Skipping Steps; Taking Sides with the Dominant Part; Other Concerns
- New Frontiers (time permitting)
Spiritual Potential and More...

◇◇ Presenters Information ◇◇

KEYNOTE PRESENTER: Roy Hunter (USA) *M.S., FAPHP*

The Federation is proud to welcome the world's leading expert in parts therapy, hypnotherapist Roy Hunter. Roy was certified as a hypnotherapist by Charles Tebbetts in 1983, and started teaching a 9-month professional hypnosis course in 1987. He is the published author of several books, which are recommended or required reading at numerous hypnosis schools worldwide. His parts therapy book from Crown House Publishing comes highly praised by many professionals. Roy has received numerous awards through the years, including recognition for lifetime achievement. His experience as a hypnosis trainer includes presenting a 2-day master class on parts therapy at the London College of Clinical Hypnosis, as well as numerous hypnosis conferences in both hemispheres.

Kevin Bateman: *Dip. Med.Lab. Sc. Dip. Adv. Hyp. Zone Certified Nutrition Instructor.*

Almost 47 years experience as a Medical Laboratory Scientist. Has worked with testing for diabetes but most time spent in Haematology - the study of diseases of the blood. It includes a holistic overview of patient presentation including some of the implications and complications of diabetes. Ten years of running ProZone, a nutrition company based on the principles of Zone Nutrition. Zone Nutrition has been demonstrated scientifically to be beneficial to diabetics and in fact constitutes the best dietary advice available to diabetics. A professional hypnotherapist since 2002, Kevin trained with Roger Saxelby of Alpha hypnosis Training. He works with a wide variety of presentations, but mainly with emotional eating problems. Technical adviser on nutrition for his Wellington gym.

Aaron McLoughlin: *Dip.Clin.Hyp. Master NLP. B Soc.Sc. (Psych) NZHRB Reg., NZAPH, NZANLP*

Helping people to make Rapid Inspired Change using powerful Positive Mind Techniques is Aaron's passion. He is a registered Clinical Hypnotherapist (originally trained with the late Merv Holster of Osmosis Academy) and NLP Master Practitioner seeing clients in Auckland Central. Currently President of the New Zealand Association of Professional Hypnotherapists Inc. he has a passion for building a strong and skillful hypnotherapy business and inspiring others to do the same.

Aaron is the author of The Fascination Principle. The Fascination Principle and an attitude of curiosity form the basis of his work with clients and this powerful framework enables people to reframe the way they look at their lives, their symptoms, and addresses a simple way by which they can take control and create positive outcomes.

Mike Reeves McMillan: *MA (Hons), Dip Adv Hyp.*

Mike is a professional hypnotherapist and health coach in Auckland. This was the result of his midlife career change after being a book editor, technical writer and corporate trainer and spending 10 years in information technology. Mike is currently studying Health Science through Massey University to improve his ability to help clients with their health-related issues. He trained with Roger Saxelby of Alpha Hypnosis Training, graduating in with a Diploma of Advanced Hypnotherapy. Mike thinks that getting people pleasantly relaxed and giving them positive suggestions that improve their lives has to be the best job in the world. Mike is the author of the book:

Robin Harrison: *NZHRB Reg. Hypnotherapist. Reiki Master, Jin Shin Jyutsu Practitioner, Reg.*

HypnoBirthing® Practitioner, Reg. HypnoBirthing® Fertility Practitioner, Reconnection Practitioner.

Prior to working as a Hypnotherapist Robin worked as a general secretary in the Department of General Practice at the Auckland Medical School, ran a Dermatologists Rooms and worked as Office Manager at the Heart Foundation. Chronic Pain was the catalyst for Robin to become a Hypnotherapist. Pain was her introduction to the power of the mind having spent 6 months at the Pain Clinic at Auckland Hospital finding that pain, and then dealing with the consequences of finding the origin of that pain. An operation where she was not anaesthetized. Robin trained with Roger Saxelby of Alpha Hypnosis Training, and qualified as a Clinical Hypnotherapist in 1997. This was followed by further training as a HypnoBirthing® Practitioner in Australia with Peter Jackson, and follow up training in the United States of America with Art Leidecker, and Linsi Eastman as a HypnoBirthing® Fertility Practitioner.

Other Important Information

The 14th National Hypnotherapy Conference weekend has been tailored to include some of the topics that were requested in recent conference feedback. The conference and workshop day are again available separately, so you can choose what you want attend. All are available on an Early Bird Special for the best use of your funds. We have also kept the popular Conference Weekend Early Bird Special so your investment goes further.

We invite you to take advantage of this opportunity to increase your knowledge and learning, and give your support to your Hypnotherapy Federation.

Please remember... profit raised by this event will go towards funding a national Hypnotherapy marketing campaign. This will assist not only your business, but also the Hypnotherapy profession in future years.

➤ **FREE PARKING:**

Free parking is available in the grounds of the venue on a "first come, first served" basis. Plus, there is plenty of free parking available along Gladstone Road.

➤ **AIR-CONDITIONING:**

As it is not possible to have the temperature set to suit individual preferences, we suggest wearing **layered clothing, and bring a warm jacket** in case the room is cooler than you prefer.

➤ **RECORDING:**

Professional recordings of all presentations will be available at a reasonable cost to attendees. Personal recording is prohibited.

➤ **VENUE and ACCOMMODATION:**

Barrycourt Hotel and Conference Centre, 10-20 Gladstone Road, Parnell, Auckland.

Phone: 0800 504 466. Email: barrycourt@xtra.co.nz. When you book accommodation please mention you are attending the conference to get the "corporate rate". Location Map: www.barrycourt.co.nz/location

Share Accommodation: If you require accommodation at the venue and are willing to share a room or unit with other attendees, please indicate on the Registration Form (see next page). As a service to you we will then circulate your contact details to others who have indicated they also are willing to share. This is so you can contact one another to arrange your shared accommodation. Please register early if you wish to take advantage of this opportunity. Or, you may like to get a group together yourself and contact the venue. As well as hotel rooms, Barrycourt has some "motel" type units available that sleep up to four people. See their web site for details. First in first served.

If you have any queries about the conference please contact ...

Susan Wood: info@alphahynosis.co.nz (09) 837 7877
Maureen Gilligan: moed@xtra.co.nz (09) 482 2152

◇◇ Registration Fees and Payment ◇◇

Registration Type	EARLY BIRD SPECIALS - pay by 1 st August '09	Early Bird - Current students only – pay by 1 st August '09	Fee from 2 nd August or Time Payment Option
Full Weekend	\$260	\$245	\$330
Conference Day	\$150	N/A	\$170
Sunday Workshop	\$150	N/A	\$170
Additional Dinner Guests	\$60	\$60	\$60

Weekend Registration Entitlements:

- Attendance all sessions
- All handouts
- Morning Tea (Sat, Sun)
- Lunch (Sat, Sun)
- Afternoon Tea (Sat, Sun)
- Nibbles at bar social(Sat)
- Award Dinner (Sat)

Saturday Conference Day Entitlements:

- Attendance all sessions
- All handouts
- Morning Tea (Sat)
- Lunch (Sat)
- Afternoon Tea (Sat)
- Nibbles at bar social(Sat)
- Award Dinner (Sat)

Sunday Workshop Day Entitlements:

- Attendance all sessions
- All handouts
- Morning Tea (Sat, Sun)
- Lunch (Sat, Sun)
- Afternoon Tea (Sat, Sun)

Payment Methods:

Payment of fees must accompany all registration forms. Registrations will not be confirmed until full payment is received. Payment can be made by any of the following methods:

1. Cheque payable to NZ Hypnotherapy Federation, or NZHF
2. Internet Banking to NZHF, ANZ, New Lynn. Account: 010186 - 0218998 – 00. Please ensure your name shows up on the NZHF bank statement.
3. Bank Draft payable to NZ Hypnotherapy Federation Inc.

Time Payment Option

There is a payment plan available for the conference. Delegates will be able to make three (3) equal installments to pay the full conference registration fee of \$330.00. Installments will need to be made on the following dates

- 1st Installment – 15th June 2009
- 2nd Installment – 15th July 2009
- 3rd Installment – 15th August 2009

Award Dinner:

The conference day and weekend fees *includes* the Award Dinner, as a minimum number of diners are required to allow the Federation to have a private dining room.

PLEASE NOTE: Receipts will be given at the conference

◇◇ REGISTRATION FORM ◇◇

14th Annual NZHF Hypnotherapy Conference Weekend
5th – 6th September 2009

Yes! I/we will be attending the Conference weekend.

Your details:

Name/s:

Address:

Phone No: Email:

Hypnotherapy Organisation: (*circle one*):

AHT, IHPS, HNZ, HTCNZ, NZAPH, NZHRB, NZSCAH, PHINZ. Other:

Your Booking: I am registering for the following:

Number attending	Save up to \$60 by registering for whole weekend!	Fee
	Conference Weekend – 5th & 6th September	
	Conference & Dinner - Saturday, 5 th September	
	Workshop – Sunday 6 th September	
	Additional Dinner Guests - \$60 ea.	
	Total	

I am paying: \$..... . 00 by Cheque / Internet Banking / Bank Draft (*cross out one*) being.....
Full Payment / Deposit for the above registration. (*cross out one*)

Special food requirements: (list):

Share Accommodation: (Tick here) Your contact will be given to others wanting to share.

Registration Terms and Conditions:

- Early Bird payments must be received *in full* by Saturday 15th August, otherwise full fee is payable.
- Confirmation of your registration will be sent by email if possible. Receipts will be issued at the Conference.
- Handouts may be emailed to you before the weekend. If so, please print yours to bring along.
- Refunds are not available after Friday 28th August.
- Minimum dress code of “smart casual” is required.
- The programme may change without notice.

Send form & payment to: Conference Registration, NZHF, PO Box 91-856, Auckland, 1142.