

Conference Presenters & Topics

Key Note Speaker - Alan Patching (Australia)

Adv. Dip Hyp-Psych (UK), NLP Trainer, Adv. Dip. Hyp. Dip. Hyp. Counselling (UK) Arts & Science (UK) HypnoFertility Inst. (USA) CCH (NGH) AHA.



Biography: Alan Patching was the Project director in charge of design and construction of the Sydney Olympic Stadium and CEO of the publicly listed entity which owned it. He now uses his understanding of human behaviour in his business life in the past in his work in the field of hypno-psychotherapy.

Alan has studied in many countries. He has trained with Richard Bandler, studied HypnoFertility with Lynsi Eastburn USA, and studied Hypno-Psychotherapy at the National College of Hypnosis and Psychotherapy in the UK. He is the Principal of the NCHP of Australia, offering the same courses he himself studied to Australasian therapists.

Alan Patching was once rated by a leading newspaper poll as one of Australia's top ten professional presenters, and he still delivers over 100 presentations each year. He has represented Australia in professional speaking, and has shared the platform with some world renowned speakers, including one of his favourites Dr David Lange.

He is the author of 5 books, 12 e books and several audio and video programs. A former kayaking ultra marathoner, he now enjoys cycling and jogging to remain ahead of the battle of the bulge. He lives on the Gold Coast.

Saturday: Marketing Your Hypnotherapy Services

In a modern era it's easy to forget long term, tried & tested tools. And yet sometimes a mix of proven science and modern art can be a compelling attraction to those seeking professional services. In this workshop, Alan Patching, a long time lecturer on 'traditional marketing of professional services' at University level as well as in the corporate world, will give us some insight into selecting the right ingredients from the modern & the traditional to serve up greater success in your business. E-books written by Alan Patching will be made available to attendees **free of charge** after the workshop.

Sunday Workshop: Building the toolbox – therapy skills to use with hypnosis to manage a broad range of client issues

To address a broader range of client issues it makes sense to start with the broadest range of tools possible. In this session, Alan Patching will introduce us to the effective combination of therapy tools from Cognitive Behaviour Therapy, Rational Emotive Behaviour Therapy, Transactional Analysis, Gestalt, & Humanistic Psychotherapy/ Counselling, which when used & reinforced with hypnosis can produce wonderful outcomes for clients presenting with a broad range of issues.

Key Note Speaker – Aaron McLoughlin (Australia)

Dip. Clin. Hyp. Master Pract. NLP, B.S.S. (Psychology) MAHA, MNHRA, NZANLP.

Biography: Aaron is a registered Clinical Hypnotherapist and NLP Master Practitioner seeing face-to-face clients in his Byron Shire town of Mullumbimby in the Northern Rivers area of New South Wales, Australia. He has worked in the field of hypnotherapy and NLP since 1996.

He has written three books and has taught hypnosis in both New Zealand and Australia. Specialising in sleep and anxiety issues he has developed a number of techniques which enable clinicians to help their clients to overcome sleeping issues quickly and elegantly.



"Fascination ~ the fingers of love that tickle our hearts into animation"

Saturday: Who are you? Healing the Double Bind

This presentation will discuss the healing that can occur when the practitioner and client work with the double bind – the notion that we are, in some way, the thing that we do.

Discussing & demonstrating the double bind and how to generate a healing distinction that causes the client to unconsciously re-evaluate their perceptions of self and action, self and emotion, self and 'other'.

Based on the work of Keith Gilbert and Gregory Bateson I will be using case studies and Erickson type hypnosis to demonstrate the paralyzing nature of the every day hypnosis within the double bind and how to release it and generate personal power

- Outcomes:**
- 1 New understanding of underlying issues for clients and strategies for change..
 - 2 New ways to help clients reframe perception.
 - 3 Building a greater sense of 'Who I am' for clients and self empowerment
 - 4 Use Ericksonian language.
 - 5 Better understanding of some NLP techniques.

Sunday Workshop: Anxiety and Sleep, healing the circular trap

Since my arrival in Australia I have noticed a growing issue with local and Western Culture – the circular trap that is Sleep and Anxiety. It is often the case that a client presents with anxiety and this anxiety causes sleeplessness. And the opposite is also true - a client with ongoing sleeplessness will generate anxiety.

Over the years I have developed a number of hypno-therapeutic tools utilising Ericksonian language techniques, NLP reframing techniques, and future-paced time distortions in order to help people to rewire their perceptions and secondly their experience with sleep.

This workshop is designed to help practitioners reframe the challenges that clients have with sleep and anxiety and to demonstrate through active participation, how to run a number of tools and strategies simply and effortlessly.

- Outcomes:**
- 1 Tricks to a better sleep for client
 - 2 How to reframe a client's experience.
 - 3 How to mould the process into one
 - 4 Induction scenarios
 - 5 Methaphores for sleep and more.

Anita Moleta: Workshop - Recovery from Trauma and Fear

Post Grad Dip. Counselling, MPNLP, Dip. Hyp. NZCAET Cert REBT.



Biography: Anita has been in private practice for 22 years, mainly in the psychotherapeutic counselling, and believes her Hypnotherapy and NLP training enhances her work. She has had extensive training in PTSD, Anxiety & Depression, and sexual dysfunction. She works as an ACC Counsellor, although the system is restrictive, and finds NLP & Hypnotherapy are a huge help to working within strict timeframes.

Six years ago Anita set up a charitable trust to offer a wider range of services than she could accommodate alone, and at a highly subsidised rate. Being accepted by funding agencies has been a long process which is finally paying off. Currently she has 4 part time counsellors, 1 full time social support worker, and a full time office co-ordinator. As well as offering counselling, they run personal development courses for both men and women, each focusing on issues relevant to them. She oversees the management of this operation.

Anita co-owns a life-style block in Pukekawa, and operate a farm-stay accommodation business. She has three adult sons, and seven grandchildren.

Presentation: Today many are suffering from trauma. The trauma that is in the forefront of our minds is the effects of the earthquake. But a silent trauma that many are suffering is the effects of being sexually violated. There are other causes of trauma. It could be an accident. It could be the hearing of and living with bad news and the fear of the future.

Anita will give a brief case study, explain the effects of trauma, and outline 2 or 3 therapy strategies to address trauma and the resultant fear. She will also demonstrate one trauma recovery strategy. Then the participants will have an opportunity to practise that strategy.

- Outcomes:**
- 1 An understanding of the effects of trauma.
 - 2 An effective strategy to release trauma, and effectively stop flashbacks.
 - 3 In practising the strategy at this presentation, one has the opportunity to make mistakes, and have any questions answered.
 - 4 An outline of other strategies using the power of the mind to make effective change.

Bonnie Reid: Holistic Hypnotherapy

Photo to come

Biography: I am a qualified Hypnotherapist who has a passion for helping children. As a result, I have professionally recorded a CD designed to help children improve their confidence and self esteem – a first I believe in NZ.

I also hold a very holistic view on health and well-being, and have been developing spiritually for the past 18 years. This has involved running my own spiritual development group, and running spiritual development workshops over the years.

Presentation: Bonnie's presentation will focus on looking at hypnotherapy within the realms of mental, emotional and (particularly) spiritual aspects of our being. It will include shared personal experience and audience participation.

It will also look at working with children (who are often very spiritually advanced) including techniques and real life case studies.

This is a presentation that is likely to open our minds, and explore the unlimited possibilities available within the altered state of consciousness.

- Outcomes:**
1. Expand our own awareness, perception and sensitivity to energy
 2. Explore the healing possibilities of human beings at a soul level
 3. Embrace the unlimited potential of working within the altered state/expanded vibration
 4. Learn from real life case studies (including children and past life regression)

Lindsay Cook: The Principals of Sports Hypnosis

Dip.Clin.Hyp; PMASCH; MNZSCAH, MNHC



Biography: Lindsay's background was in Sales and Management which has given her a good grounding in business.

In the early 1990s she studied with the New Zealand School of Hypnotic Science and qualified in 1994 with a Diploma of Clinical Hypnotherapy.

Lindsay runs a general Clinical practice from Auckland, and conducts clinics around the country, Australia, UK and Europe specialising in Sports Hypnotherapy for athletes, particularly equestrian sports athletes. Coupled with her experience in the corporate world she also runs stress management workshops and coaches sales and business executives to help them achieve their targets and goals.

Presentation: Lindsay will cover the steps required to be successful in Sports Hypnotherapy, the requirements of the client and the hypnotherapist. The stages involved the necessity of an on-going commitment. She will also discuss case studies to high light points of interest.

- Outcomes:**
1. An understand of what is involved in Sports Hypnosis
 2. Guidelines for success in this field
 3. Discussion on specific case studies

The above three points will enable delegates to have a much clearer picture of the processes of sports hypnosis

4. Work more confidently in your practice

Evans Brown: Stop the stuttering and stammering

SAAH, HSSA, SINLP, SASPH, FESH,



Biography: Evans has been involved in the Hypnotic worlds for over 45 years and the Psychic world for more than 28 years. Combining the two practises at The Hypnosis, Psychic and Healing Centre has led him to experiences beyond his wildest imagination.

Presentation: Evans will share some of his own personal experiences when he was a stutterer. He will explain how debilitating the problem is, what are its causes and effects, and offer solutions to use with your clients. He will also allow time for questions.

- Outcomes:**
1. Increase your knowledge and understanding of stuttering and stammering.
 2. What can cause this debilitating problem?
 3. Solutions for your clients

Kevin Bateman: Some aspects of regression hypnotherapy

Dip Adv. Hyp. PMNZAPH



Biography: Kevin works between his hypnotherapy practice and teaching healthy nutrition. He has been using self hypnosis for over 45 years, and trained in hypnotherapy in 2002 to initially work with nutrition clients who were experiencing emotional eating problems. He specialises in hypnotherapy for emotion eating and weight control, although works with all aspects of hypnotherapy.

Although he appreciates that many successful therapists see value in not going into the past and focus on the present and the use of suggestion hypnotherapy Kevin uses regression work extensively and with most of his clients. It is how he started and developed his practice. His early use is based on (the late) Gil Boyne's work, which is heavily focused on regression, and attended one of Gil's training in LA.

Presentation: As membership secretary of NZAPH Kevin processes members' requests for topics of interest when they submit their renewal forms, and he notes that information about regression is frequently requested. Kevin will present a practical overview of his experience with the use of regression in hypnotherapy including issues and several case studies. He will cover his and others views of regression, uses of regression, client preparation pre-trance induction, methods of achieving regression and pit falls and problems, and finding the sensitising event.

- Outcomes:**
1. A practical guide to using regression
 2. How to handle problems encountered during regression
 3. Increased confidence in using this basic hypnotherapy tool

Meredith McCarthy: Hypnotherapy & power of intent Spiritual development

Dip.Clin.Hyp; MNZAPH



Biography: Meredith has been a clinical hypnotherapist for over 16 years and she also teaches meditation and Reiki. She works full time as a hypnotherapist in Wellington and runs many self awareness classes, workshops and retreats.

Meredith is passionate about helping people to find their inner peace and, using Hypnotherapy NLP, meditation and Reiki, sees herself as a guide, helping people learn tools that allow them to become more self aware and teaching people how to think well, act well and feel well.

Presentation: Intent is a key that allows a person to create change in a way that they can be in control of. Without intent we are often like that ship without a rudder and we may find ourselves in a place that we didn't want to be experiencing. I believe that as a hypnotherapist it is our job to help our clients to develop a clear intention. Often people are very clear about what they don't want but that find it hard to know what they do want. Through hypnotherapy we can help our clients to create important emotional shifts, when they have a chance to slow down and really tap into their inner knowledge and be guided by their inner knowing to explore what they really want this can also help them to work out the steeps that they need to take helping them to achieve their intentions.

Often intention may be there but the fear of change or the beliefs that that client is holding has been stopping them from moving forward. I have enjoyed connecting to each of my clients in a client centred way. I find that when we do this there is a spiritual aspect to the direction of the session. When staying client centred it is important to remember to stay fluid and trust in your knowledge base to be able to step away from the rigidity of hypnotic scripts and instead weave their intentions into the hypnotherapy session by trusting in your client's ability to guide you as a hypnotherapist. They will teach you how you need to be working with them it is your job to stay present and really understand what they are telling you.

We are trained to observe the client and this is where we can bring our expert attention and that with these observations our client will always give away clues about how best to work with them. Trust in yourself to work with your highest intention and be aware of the importance to trust in your client's inner spiritual compass.

- Outcomes:**
1. Enhance an understanding of the spiritual nature of our work as a hypnotherapist
 2. Grow confidence with trusting a client's inner knowledge of what they need to do that is right for them, staying client centred
 3. Be open to answering questions about meditation practice and Hypnotherapy and the advantages of using these tools on a spiritual level
 4. To normalise the work we do that often goes beyond our need to understand and to trust in the process of the power of self realisation within our clients

Terry Keillor: Using hypno-meditation for self development and healing

BASc (Applied Science), MASc (Applied Science), Dip. Hyp. & NLP, C.A.E.



Biography: Terry has a background in Applied Science and worked as an Information Technology consultant and manager for over 30 years. He thus has a very pragmatic approach to the use of hypnotherapy. He been leading personal developmental groups and workshops for over 30 years and has been a practicing hypnotherapist and NLP practitioner for over 15 years.

His special interest is in helping people to connect with their higher spiritual aspects and life plan. In particular he specializes in helping people to release emotional and perceptual blockages and restrictions through the mediums of hypnosis, self hypnosis and hypno-meditation.

Presentation: All of us to some extent are limited through the lack of integration between our personalities (the little self or Conscious ego) and the deeper aspects of our being (the higher Self or Super Conscious). This may manifest as accidents or disease at a physical, emotional or mental level.

The Super Conscious is that aspect of our being that holds the blueprint or script for all that we have set out to achieve in our current lifetime. Imagine if we could tap into this plan and discover why we have chosen to experience all the pain and joys of our life experience? How much more effective could we be if we really understood what our real life plan is?

The Super Conscious is also our pathway to knowledge about all our past incarnations, as well as probable future incarnations. Often people who have no belief structure that supports the concept of reincarnation will be amazed that, when asked to go back to the source of their problems in a hypnotic state, they will find themselves reviewing a previous life scenario. Invariably this brings fresh insight into why they feel and behave the way they do – especially when there is no logical cause in their current life for their behavioural pattern.

By progressing into the future we can gain insight into aspects of ourselves that we need to develop to become more balanced and effective in our lives. Through making adjustments in the ways we think, feel and behave we can create a much more positive future for ourselves and others.

By improving the connection and integration between our conscious self and super conscious self we can accelerate healing and personal understanding and development. The medium of self hypnosis and Hypno-Meditation is an excellent pathway for improving this connection, as access to the super conscious mind is through the subconscious mind.

Outcomes:

1. Learn techniques for teaching self hypnosis
2. How to guide people to opening up their energy centers for healing and communication
3. How to help people to create an inner sanctuary for healing and communication
4. How to assist people towards greater awareness and understanding of their life path
5. How to help people realise the effects of their current thinking and behavioural patterns
6. How to help people achieve inner peace

Andrew Hardwick: Learning from a Hypnotherapy Voucher Campaign

NZRN, Reg. Time-line Pract, Accredited Goulding SleepTalk™ Consultant, Cert. HypnoFertility Pract. Cert. Birthing with Hypnosis Cert. SMO Cess. Pract. Cert. Soul Retrieval Therapist. Cert. Instructor Tai Chi for Arthritis, Black Belt 1st Dan Tai Kwon Do.



Biography: Andrew, originally from the UK, has been a nurse for over 30 years, qualified in General and Mental health nursing. After arriving in NZ he pursued his interest in Hypnotherapy, and opened a hypnotherapy practice in Wellington in 2010.

Asked what his business goals were, when launching his new web site Andrew simply said “to make Hypnotherapy for first choice for healthcare, education & personal development in New Zealand”. He has always been interested in bringing hypnotherapy more into the mainstream, and it is his intent to fully utilize the connections he has made with doctors, specialists and consultants, in order to achieve this goal.

Andrew has chosen to take a “whole life” approach to hypnosis. From his qualifications list (at time of writing) he has not yet completed his Alpha Hypnosis Training – Diploma of Clinical Hypnotherapy. However, from my list of other qualifications you may notice that I have tried to cover every part of the life cycle through some form of hypnosis intervention – Fertility – Childbirth – the Goulding SleepTalk for Children process – Hypnosis and Time-Line Therapy for adults – combining hypnosis with Tai Chi for Arthritis, which I believe to be of great use for the middle aged and older person – and then Soul Retrieval Therapy.

Presentation: In April 2011 Andy ran a voucher campaign through a company called “DailyDo”, following recommendations from a friend whose Feldenkrais and Massage company had found many new clients. He coincided the campaign with his decision to resign from his nursing job and go full time into

hypnotherapy. He sold 47 vouchers, and in this presentation will look at sharing his experience of how this voucher campaign has impacted upon his new hypnotherapy business.

- Outcomes:
1. Marketing - Why run a voucher campaign?
 2. Choosing the right campaign for you
 3. Timing and wording a campaign
 4. Running a campaign – Managing the voucher clients
 5. Analysing the campaign and indirect benefits
 6. Deciding the next move

Pauline KAM Po Lin: Subconscious Shifts during Spiritual Emergence: a different kettle of fish.

BSc in Psychology, Dip. Clin. Hyp. Adv. Cert. Counselling, Graduate Cert. PsychoSocial Studies. NZAPH, NZHRB, NZCHP.



Biography: Po Lin has worked in the field of life development therapy and human consciousness and holds an in-depth understanding of the dynamic processes that successful change has to transition through inevitably.

Her background training includes that in the modality of psychology, clinical hypnotherapy, counselling, psychotherapy, NLP™, BodyTalk™, Psych-K™, life coaching, soul regression, Life Between Lives™, Interactive Drawing Therapy™ and more. Pauline is the founder and trainer for ReEmergence, a therapeutic process that works with the deeper subconscious to release underlying issues and therefore free an individual's energy towards productive change.

For almost a decade, Po Lin specialised in working with clients going through issues arising from depression, addictions, trauma, abuse, anxiety etc. She realised that while the mind is very capable of many wonders, true success is reflected not in working with any one single aspect but in mastering how to operate the mind, the person, the body and the soul in totality, as one. Therefore she dedicated herself to the study of life, which included the mind (conscious, subconscious and unconscious), the power of our experiences, the beliefs we carry and the roles we play.

Po Lin has been Secretary and then President on the NZ Hypnotherapists Registration Board, until opportunities led her to step up to her current role as Change Master in 2009.

In March 2010, she was invited to submit a chapter in the now newly published book '20/20: A fresh look at business growth' and the synchronicities of being on track saw Po Lin experiencing concussion two days after her acceptance of this invitation. Her mild traumatic injury occurred with timeliness, giving her first hand insight into the deeper workings of the mind; conscious, unconscious and subconscious, to support and better explain the nature of the mind that she has discovered over the last decade through her work. This opened up a deeper awareness of life perception and soul connection.

This has prompted her to shift gear more into her writing and speaking so that she can share some very important and relevant information with others about the true nature of the mind and life as a whole. She is now working on her book, Fly Your Phoenix Home.

Presentation: When a person is plunged into the journey of Spiritual Emergence, it is a very personal and unique experience of self awareness, soul awakening and consciousness shifts. The individual experiencing Spiritual Emergence may find themselves in the depths of existence often presenting in the form of crisis, tragedies, trauma, loss, emptiness, disconnection, uncertainty etc (just to name a few). The symptoms presented may resemble depression, anxiety, lack of confidence, anger issues, fear, family feuds etc but it is far from that.

There are very clear indicators and it is important for therapists in today's developmental climate to be able to clearly identify when a client is experiencing Spiritual Emergence, and be skilled and confident to determine what the next best course of action is to be.

The iceberg analogy has often been used to explain the nature of the conscious and subconscious minds and it is well known amongst hypnotherapists and practitioners in similar fields. However the Iceberg Theory holds a far greater key that now needs to be brought to awareness and considered, if we wish to assist our clients more effectively through the life development of their soul. Literally speaking, the analogy of the iceberg referred to is itself only the tip of the iceberg.

When we go beyond the Iceberg Theory as we know it, we open a new channel of understanding that is far greater than we have known before. One that will provide us with information that will clarify many questions we carry as professional hypnotherapists. And it will illuminate a much deeper understanding of the mind, the soul and the human experience of life.

This expanded explanation of the Iceberg theory will take you to the next level of consciousness that will explain the journey of change that we experience ourselves and help facilitate for our clients. The integration of this new in-depth explanation and perspective of what the Iceberg Theory holds will help you gain a greater insight into the critical aspects of life change that will shift and strengthen your core foundation as an exceptional therapist of the future.

Outcomes:

1. Understand what is Spiritual Emergence? Learn how to identify it and what it all means.
2. Where does hypnotherapy fit in for clients experiencing Spiritual Emergence? And what are the expected outcomes.
3. Go beyond the current understanding of the Iceberg Theory and delve into and reveal its deeper concepts that affects all aspects of consciousness, personality and life choice. This will also explain why issues thought to have been addressed and laid to rest, reemerges time and time again.
4. Understand the relevance and importance of aligning the conscious with the subconscious on all levels (mental, emotional, physical and spiritual). How to do that?
5. Working with the spiritual aspect of the subconscious and how it changes the role we hold as hypnotherapists.
6. Case study reviews as examples of how different and important is working with Spiritual Emergence.