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THE WELLNESS INSTITUTE

# Hypnotherapy News

February, 2002

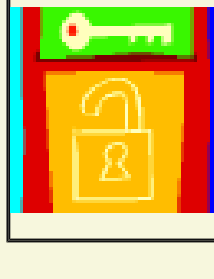
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Diane Zimmeroff  
Licensed Marriage & Family Therapist,  
Director,  
The Wellness Institute

## Hypnosis on the Newswire



Hypnosis and related relaxation techniques can actually prevent the weakening of the immune response that often follows periods of acute stress, researchers at Ohio State University reported in the *Journal of Consulting and Clinical Psychology*. Lead author Janice Kiecolt-Glaser describes using hypnosis as something like **"hitting a reset button"** for the participants in the study. "We're really talking about being able to shut out a lot of distracting thoughts. And it varies according to how anxious a person is at the time," said Kiecolt-Glaser, a professor of psychology and psychiatry at Ohio State.

For details, go to: <http://www.newswise.com/articles/2001/9/HYPNOSIS.OSU.html>

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## Hypnotherapy Training

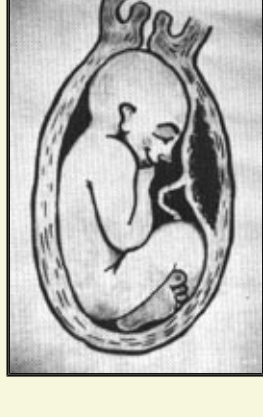
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March, 2002

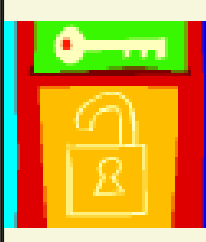
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April, 2002

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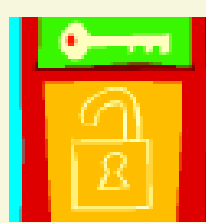
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Master Clinical Hypnotherapist  
Director, The Wellness Institute

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"There is evidence that hypnotherapy may have an application in the palliative care setting by relieving stress and helping patients to cope with their illness and the prospect of dying. It may also be of benefit to health professionals working in this sometimes stressful field. This article reports on the audit of a pilot hypnotherapy service for patients, caregivers and staff at a specialist palliative care unit. At the end of the therapy, 82% felt it had assisted in improving the presenting problem and 91% felt it had been of benefit in general."



*For details:* Curtis, C. (Dec. 2001). Hypnotherapy in a specialist palliative care unit: evaluation of a pilot service. *International Journal of Palliative Nursing*, 7(12), 604-609.

## Also ...

"While there is a consensus that psychosocial factors play an important role in the experience of pain, clinical interventions for acute and chronic pain remain primarily biomedical. This pattern persists despite a body of recent empirical work supporting the effectiveness of a number of behavioral and relaxation interventions for these problems. One of these interventions is hypnosis. We briefly discuss **hypnotic analgesia and describe how hypnosis can be integrated into biomedical treatment for acute and chronic pain**. Special attention is given to indications and contraindications, preparation of patients, and technique."

*For details:* Brenda King; Michael Nash; David Spiegel; Kenneth Jobson. **Hypnosis as an intervention in pain management: A brief review.** *International Journal of Psychiatry in Clinical Practice*, 2001, 5 (2), 97 - 101.

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- **"Heart-Centered Hypnotherapy as Brief Therapy"** - paper written by Diane Zimberoff
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- **"Research on Accuracy of Age Regression Memories"** compiled citations
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To register for the Conference, print and fill out the [Registration Form](#) (PDF format).

### Pre-Conference Workshop - Friday, October 11<sup>th</sup> Ralph Metzner, Ph.D.



Author of many books on altered state psychology and transformation, including *The Psychedelic Experience* (with Timothy Leary and Richard Alpert), *Maps of Consciousness*, *Opening to Inner Light*, and *The Unfolding Self*. He has been exploring states of consciousness and transformational practices for forty years. Dr. Metzner is a psychotherapist and professor at the California Institute of Integral Studies in San Francisco.

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June, 2002

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## \*\* Hypnosis on the Newswire \*\*

Seeds of Anxiety Planted Early in Life

[Reported in the *New York Times*, 3/28/02]

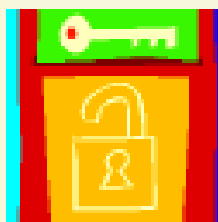
"The earliest days of infancy could sow the seeds of anxiety in later life, suggests a study that found that mice that lack a brain chemical known as serotonin after birth are abnormally anxious when they grow up — regardless of levels of serotonin in adulthood. This suggests serotonin — an all-purpose brain chemical already known to play a vital role in many behaviors and emotions — is necessary to establish the proper brain circuitry that is essential for normal emotional behavior throughout life, the researchers said.

"Traditionally, when you treat adults for anxiety or depression with drugs, you assume you're treating the causes of the disorder," said Rene Hen of Columbia University, author of the study reported in the current issue of the journal *Nature*. "The postnatal period appears to be a period of high vulnerability. It's a time when proper wiring of your brain is really critical to the behaviors that are going to be displayed later on in life."

Serotonin levels already have been linked to depression, migraine headaches and irritable bowel syndrome. Additionally, new research is examining whether early serotonin deficiencies can create abnormal circuitry that allows for post-traumatic stress disorder and separation anxiety.

Said Dr. Joseph Coyle of Harvard Medical School: "It really shines the light on the importance of development in the ultimate manifestation of these behaviors that are linked to anxiety."

*For details, see: Nature 416, issue 6879, March 28, 2002, 396 - 400.*



## Information Available

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- "Hypnosis in the Treatment of Borderline Personality" compiled citations
- "Controlled trial of hypnotherapy in the treatment of refractory fibromyalgia" - reprint from *Journal of Rheumatology*, 1991;18:72-5.
- "Hypnosis - A Neglected Tool for Client Empowerment" - reprint from the NASW Journal *Social Work*, September, 1993.

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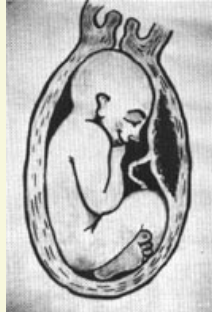


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July, 2002

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## \*\* Hypnosis on the Newswire \*\*

Hypnotherapy has been shown to be effective in the treatment of irritable bowel syndrome.

- Gonsalkorale WM, Houghton LA, Whorwell PJ. (April 2002). "Hypnotherapy in irritable bowel syndrome: a large-scale audit of a clinical service with examination of factors influencing responsiveness." *American Journal of Gastroenterology*, 97(4), 954-961.

A study by Yuan-Chi Lin, M.D., Children's Hospital in Boston, assessed the availability of complementary and alternative medicine in the United States and Canada at pediatric pain management programs.

- "Complementary, Alternative Medicine in Pediatric Pain Management," *Pediatric Academic Societies* (4 May, 1999).

### "Hypnosis Reduces Surgical Pain and Time"

People who used self-hypnotic relaxation techniques during surgery needed less pain medication, left the operating room sooner, and had more stable vital signs during the operation, according to a Beth Israel Deaconess Medical Center study. The study, funded by the National Institutes of Health, showed that the patients who are most anxious about their surgical procedures may show the most benefit from self-hypnosis relaxation.

- published in the weekly journal *The Lancet* April 29, 2000

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- **"Psychological Treatment of Birth Trauma with Hypnotherapy"** - an annotated review of the current literature
- **"Hypnosis in the Treatment of DID (MPD)"** compiled citations
- **"Undersize Infants Score Higher on IQ Tests If Breast Fed Exclusively"** - published in *Acta Paediatrica*, March, 2002, funded by National Institutes of Health.
- **"Unlimited Love: What it is and Why it Matters"** - Stephen G. Post, President, Institute for Research on Unlimited Love, March 17, 2002

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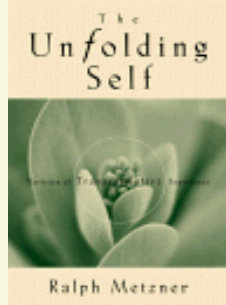
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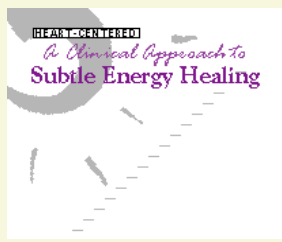


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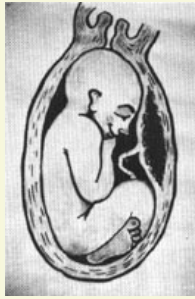


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August, 2002

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## \*\* Hypnosis on the Newswire \*\*

### Benefits of Therapeutic Suggestions under Anesthesia

Researchers at the University of Tennessee College of Medicine, Memphis, found that playing a taped cognitive-behavior message repetitively during and immediately following surgery improves recovery and results in an earlier discharge from the hospital (Cowan, 2001).

A related study in Sweden showed that combining such taped therapeutic suggestions with music in the intra-operative period under general anaesthesia also improves the recovery. Patients in the music group experienced more effective analgesia with lower dosages and were less fatigued (Nilsson, 2001).

- Cowan, G.S. Jr., Buffington, C.K., Cowan, G.S. 3rd, & Hathaway, D. (Oct 2001). Assessment of the effects of a taped cognitive behavior message on postoperative complications (therapeutic suggestions under anesthesia). *Obesity Surgery*;11(5), 589-93.
- Nilsson, U., Rawal, N., Unestahl, L.E., Zetterberg, C., & Unosson, M. (Aug 2001). Improved recovery after music and therapeutic suggestions during general anaesthesia: a double-blind randomised controlled trial. *Acta Anaesthesiology Scandinavia*, 45(7), 812-817.

## Information Available

We would be happy to send you any of the following items from our archives:

- **"Meditation and Hypnotherapy"** by J. Marriott (1996). Reprint of an article published in *The Australian Journal of Clinical Hypnotherapy and Hypnosis*, 17(2), 53-62.

A brief description of meditation is given with benefits and contraindications. The use of hypnotherapy with analytical meditation, and the implications for the hypnotherapist and client, is discussed, and a case study is presented.

- **"Identity Disturbance in Borderline Personality Disorder: An Empirical Investigation"** by Tess Wilkinson-Ryan and Drew Westen (2000). Reprint of an article published in *American Journal of Psychiatry*, 157, 528-541.

Four identity disturbance factors were identified which distinguish patients with borderline personality disorder: role absorption (in which patients tend to define themselves in terms of a single role or cause), painful incoherence (a subjective sense of lack of coherence), inconsistency (an objective incoherence in thought, feeling, and behavior), and lack of commitment (e.g., to jobs or values). All four factors, but particularly painful incoherence, distinguish patients with borderline personality disorder.

- **"Therapeutic Suggestions under Anesthesia"** compiled citations

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| 8:00 - 9:15   | Breakfast and Welcoming                                                                                                  |
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| 4:00 - 5:00   | Choice: 1. "Healing Aspects of Music" (Lois Morton)<br>2. "Playfulness" (Reatha Ryan)                                    |

## Hypnotherapy Certification Training





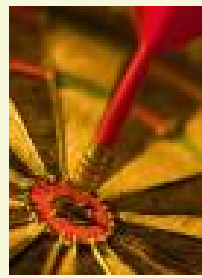
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THE WELLNESS  
INSTITUTE

# Hypnotherapy News

September, 2002

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**Diane Zimberoff**  
Licensed Marriage & Family Therapist  
Master Clinical Hypnotherapist  
Director, The Wellness Institute

## \*\* Hypnosis on the Newswire \*\*

Excerpt from the current Journal:  
"Memory Access to our Earliest Influences"  
Available at <http://www.heartcenteredtherapies.org/Journal.html/>

It is well documented that fetuses dream, exhibited by rapid eye movement (REM), as early as 23 weeks gestational age (Birnholz, 1981). Studies of premature babies reveal intense dreaming activity occupying 100% of sleep time at 30 weeks and gradually diminishing to around 50% by term (Chamberlain & Arms, 1999). The dreaming activity, in both fetus and premature baby, is vigorous, involving apparently coherent movements of the face and extremities, and changes in heart rate and respiration, in synchrony with the dream itself. The dreams are, as with adults, expressions of inner mental or emotional conditions and are markedly pleasant or unpleasant (Roffwarg et al., 1966). While dreaming, babies exhibit their first smiles, and show their most frequent smiling in the dream state (Emde et al., 1971).

- Birnholz, J. C. (1981). The development of human fetal eye movement patterns. *Science*, 130, 679-681.
- Chamberlain, D. B., & Arms, S. (1999). Obstetrics and the prenatal psyche. *Journal of Prenatal and Perinatal Psychology and Health*, 14(1/2), 97-118.
- Roffwarg, H. A., Muzio, J. N., & Dement, W. C. (1966). Ontogenetic development of the human sleep-dream cycle. *Science*, 152, 604-619.
- Emde, R., McCartney, R., & Harmon, R. (1971). Neonatal smiling in REM states. IV. Premature study. *Child Development*, 42, 1657-1661.

## Information Available

We would be happy to send you any of the following items from our archives:

- **"Using Hypnosis for Therapeutic Abreactions"**

By Frank W. Putnam, M.D., *Psychiatric Medicine*-Vol. 10, No. 1, 51-65.

**Abstract:** Abreaction, the dramatic reliving of traumatic events under hypnosis, is a powerful therapeutic intervention useful in the treatment of victims of trauma. First systematically applied in World War 1, abreaction coupled with psychotherapeutic processing of the recovered material is increasingly being used with victims of child abuse and chronic PTSD. Abreactions are helpful in recovering dissociated or repressed traumatic material, reconnecting missing affect with recalled material and for transforming traumatic memories. Although abreactions can be induced with medications, hypnosis is the method of choice except in acute situations where it is not possible to establish rapport. A variety of hypnotic techniques for the induction and management of abreaction are discussed, together with the indications and contraindications for their use.

- **"Repressed Memory References"** compiled citations

- **"NIMH Facts About Eating Disorders and the Search for Solutions"**

A good summary of research and treatment options in the field. NIH Publication No. 01-4901, updated: August 06, 2002.

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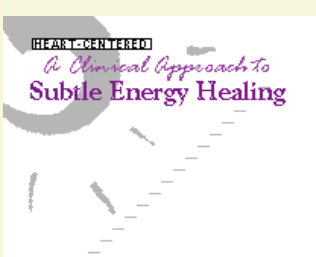
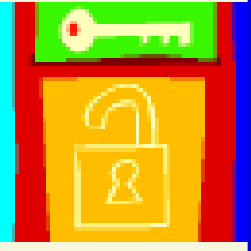
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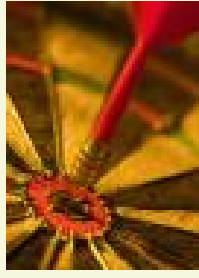


2003

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THE WELLNESS  
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# Hypnotherapy News

October, 2002

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**Diane Zimmeroff**  
Licensed Marriage & Family Therapist  
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Director, The Wellness Institute

## \*\* Hypnosis on the Newswire \*\*

### Hypnotherapy in Medical Settings

A review of the psychosocial treatments for irritable bowel syndrome in adults finds strong evidence to support the efficacy of treatment with hypnotherapy. The authors provide a summary of epidemiology, of the psychological and psychiatric disturbances frequently found among irritable bowel syndrome patients, and of the possible role of early abuse in irritable bowel syndrome.

- Blanchard EB, Scharff L. (June 2002). Psychosocial aspects of assessment and treatment of irritable bowel syndrome in adults and recurrent abdominal pain in children. *Journal of Consulting and Clinical Psychology*, 70(3), 725-738.

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Hypnotherapy has application in the palliative care setting by relieving stress and helping patients to cope with their illness and the prospect of dying. It may also be of benefit to health professionals working in this sometimes stressful field. This article reports on hypnotherapy services for patients, care-givers and staff at a specialist palliative care unit. The main findings depicted unanimous positive coping and relaxation benefits to the clients. At the end of the therapy, 82% felt it had assisted in improving the presenting problem and 91% felt it had been of benefit in general.

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*Harvard Mental Health Letter*, May, 2002

Describes the the experience of hypnosis, theories of hypnosis, and Mind/Body Medicine in practice.

- **"The Post-traumatic Response in Children and Adolescents"**

Schwarz, E and Perry, BD. (1994). The post-traumatic response in children and adolescents. *Psychiatric Clinics of North America*, 17(2), 311-326.

The adaptive and maladaptive responses to trauma in children and adolescents is compared with adults. Post-traumatic disorders are viewed as the maladaptive persistence of a previously adaptive set of mental and physiological responses to the trauma organized as 'malignant memories'.

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## Hypnotherapy Certification Training in Europe

**courses  
in  
Europe**

*Six-Day Certification Training held in Copenhagen, Denmark in September, scheduled again for January, 2003*

Diane taught a class with a group of professionals in Copenhagen in September, and they really enjoyed the course. Now we have scheduled the following courses in Europe in 2003:

**Six Day Certification courses:**

January 28 - February 2 in **Copenhagen**  
April 22-27 on the **Isle of Crete, Greece**  
May 20-25 in **Copenhagen**

**European Internship:** begins June 10-14, 2003

## Hypnotherapy Certification Training in the U.S.

- Seattle, WA, October 23-28
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2003

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Accelerated  
Certification

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THE WELLNESS  
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News

# Hypnotherapy

November, 2002

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**Diane Zimberoff**  
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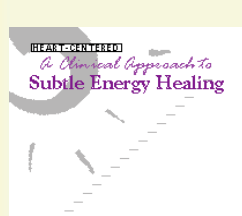
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**Audiotapes available** for purchase. To order any of these programs, [contact Amy](#) in our office, or print the [order form](#) and FAX it in.



### Ralph Metzner, Ph.D. on "Shamanic Divinations & Healing Visions"

Audiotapes follow his six-hour presentation, including the experiential processes for personal divination.



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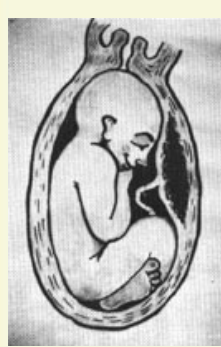
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THE WELLNESS  
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# Hypnotherapy News

December, 2002

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**Diane Zimberoff**  
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## \*\* Hypnosis on the Newswire \*\*

### Psychotherapy Shows a Rise Over Decade, But Time Falls

By ERICA GOODE

[Reported in the *New York Times*, November 20, 2002]

The number of Americans who received psychotherapy increased slightly from 1987 to 1997, according to a large national study, and rose significantly for two groups: older adults and the unemployed. But the average length of time patients spent in the consulting room dropped precipitously over the same period, the study found, and the percentage of patients who combined psychotherapy with psychiatric medication nearly doubled.

*For details, contact our office*

## Information Available

We would be happy to send you any of the following items from our archives:

- **"Hypnotic Responsivity from a Developmental Perspective"** - reprint from *The International Journal of Clinical and Experimental Hypnosis* • July, 2002 • Vol. 50, No. 3, 229-247. This article by Brian Vandenberg explains how the response to hypnosis in children younger than 8 years of age differs significantly from that of older children and adults, and how to work with children younger than eight.
- **"Ego-State Therapy for Eating Disorders"** - reprint from the *American Journal of Clinical Hypnosis*, October, 1987. This article by Moshe S. Torem provides a good summary of ego-state therapy, and specifically how to communicate therapeutically with ego states using Bandler's reframing model.
- **"Hypnosis - A Neglected Tool for Client Empowerment"** - reprint from the *NASW Journal Social Work*, September, 1993.

Just call 800-326-4418. Let us know what your special area of interest is, because we have a *storehouse of information* on the use of hypnosis and hypnotherapy.

## 2002 Conference Audiotapes

(Theme: "Stepping Into Your Greatness")

**Audiotapes available** for purchase. To order any of these programs, [contact the office](#), or print the [order form](#) and FAX it to 425-391-9737.



**Ralph Metzner, Ph.D. - "Shamanic Divinations & Healing Visions" (\$30)**  
Audiotapes follow his six-hour presentation, including the experiential processes for personal divination.



**Yvonne Christman, Ph.D. - "Subtle Energy Connections" (\$30)**  
Audiotapes of her six-hour presentation, including the experiential processes on protecting your energies. Includes extensive handouts.

## Conference Presentations (\$10 each)



1. "Healing with Biblical Archetypes" (Michael Malone)
2. "Marketing Your Private Practice" (Mark Roy)
3. "Treating Sexual Dysfunction" (Sally Valentine)
4. "Exploring the Source of Addictions" (Marjorie Frazier)
5. "Healing with the Kabbalah" (Caren Glassman & Teri Bunetta)
6. "Children and Spirituality" (Sharon DelConte)
7. "My Path Toward Peace" (Catalina Quesada)
8. "Healing Aspects of Music" (Lois Morton)

## Hypnotherapy Training

"Hypnotherapy Certification Six-Day Training" in 2003



- Seattle, WA, January 23-28
- Copenhagen, **Denmark**, January 28 - February 2
- New York, NY, February 20-25
- Atlanta, GA, March 26-31
- Isle of Crete, **Greece**, April 22-27
- Denver, CO, April 24-29
- Syracuse, NY, April 24-29
- Copenhagen, **Denmark**, May 20-25
- Seattle, WA, May 29 - June 3
- Chicago, IL, June 26 - July 1

## Advanced Trainings

**"A Clinical Approach to Subtle Energy Healing" - Yvonne Christman, Ph.D.**

This is an opportunity to learn: to Identify, Process and Perform Subtle Energy Healing During Hypnotherapy, Protect Yourself During Healings, Identify and Heal Shadow Aspects, Identify and Retrieve Lost Skills, Talents, and Gifts from Past Lives, Safely Perform Evacuation of Spirit Possession, Distinguish MPD - DID from Spirit Possession, and much, much more. [Click here for details. Enroll today for discount!](#)

Level **One**: February 19-24, 2003

Level **Two**: February 27-March 4, 2003

## Advanced Training: The Two-Year Internship

**Begins March 6-10, 2003 in Seattle, at The Institute**

**Call now!**

Learn:

- How to develop and *market your practice*
- New ways to use *Heart-Centered Hypnotherapy*
- **Heart-Centered Breathwork**
- *Group skills* to do this work in groups
- How to recognize *Birth Issues* for yourself and your clients
- **Energetic Psychodrama** - a profound new way to work through issues on a deeper level
- Discover hidden *Shadow Parts* of yourself and bring them "into the light"
- Belong to a *Master Mind group* and learn to achieve your goals

A bi-product of the personal and professional learning that takes place is the experience of belonging to a group of professionals who become closer to you than most of your friends or family. We are committed to providing a safe and healing community where the bonding, closeness and support create absolute safety, a sacred circle, within which the work of becoming a healer naturally takes place.

New **Video Training** Available from Diane Zimberoff,

M.A.

**"Heart-Centered Birth with Hypnosis"**

Diane has developed a wonderful class for expecting parents: how to prepare to be the best possible parents, to incorporate hypnosis into the birth itself, and to maximize the first hours and days of your new life together with the baby. [Click here for details.](#) Call today to begin offering this exciting new service in your community ASAP.



**Links to other Institute sites:**



- [\*\*\*Heart-Centered Therapies Association\*\*\*](#) for information about the professionals around the world offering this work to their clients (including an online Directory of Clinical Members)
- [\*\*\*PTI Web site\*\*\*](#) for a listing of Certified Leaders of the *PTI (Personal Transformation Intensive)*, a powerful program open to the public for fast-track personal growth and healing

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