

# APA Newsletter - October

## UPCOMING EVENTS

- **Hypnotherapy Certification Course #101**  
Oct 21-23 (Pre Mid-America Conference)
- **Hypnotherapy Certification Course #102**  
Oct 26-27 (Post Mid-America Conference)
- **Mid America Conference of Hypnotists**  
Oct 23-25
- **Life Between Lives Hypnotherapy Certification** Oct 8-12
- [Inner Transformation Therapy Certification](#)  
Oct 28
- [Mastering The Art Of Hypnosis](#)  
Oct 29

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## WHAT'S NEW & EXCITING?

This time there are soooooo many new things are going around that I don't know where to start...

**Lessons learned from the Past Life Regression session swaps...** Per the feedback from all of the participants, it was the most helpful and effective way of getting started or getting better at what you do than they have ever experienced.

If you have no idea what I'm talking about... here's what this "session swap" was all about. During July & August we had our graduates coming to the school to swap PLR sessions that ended up being truly **Mentor-Coach-A-Rama** days 😊...

We were getting together every Friday at 10 AM and had a 30-45 minute feedback/mentoring/coaching segment first. After that, it was the "fun hypno-travel in time" session time and then we were finishing up with another feedback/mentoring/coaching segment.

The reason we were having these Fridays is because this month (as you most likely already know) we'll have LBL certification training. Those who enrolled into this training have to meet a "20 PLR sessions" pre-requisite.

Our goal was to help everyone to meet this requirement, but we've got **so much more** out of this experiment that it's just mind blowing... **Everyone** benefited in a big way – those who just received their certification and those who have been practicing for one-two-three or five years.

One thing that almost everyone loved the most is **how quickly** these practice sessions grew their practical skill level. Needless to say, the confidence level naturally just jumped up as a result.

Another really surprisingly thing, is that everyone has an opportunity to **see** and **experience** firsthand the power of a mastermind group.

It's no wonder why when on the last session everyone expressed the same request – make

this opportunity available at least a couple of times per year.

Here's what this experience has given a birth to...

We have decided to found a non-profit community that will be completely devoted to helping you to achieve your business goals and to master your skills the most effective and powerful way: by leveraging on the wisdom of each other's knowledge & experience.

As experience shows, one of the things this type of leverage does very well is that it bridges the gap between the life style you live and the life style you desire to live (whatever it can mean to you).

And we **count on you** in helping us to grow this alliance of open-minded people like yourself **big and strong**, because the bigger this community becomes, the greater our potential is to help **more** people – isn't that the number one reason we have decided to become hypnotherapists? And I'm not even talking about how it will make you feel, knowing that you have helped to create and grow something that is able to affect many lives in positive way...

Here is the list of **benefits** that YOU as a member of this community are going to **enjoy** from the very beginning:

- ✓ Monthly **QA / Coaching / Mentoring** calls - depending on demand.

That's right... we will set a topic submission time frame allowing you to **benefit fully** from the time you invest in those calls. If we don't know the answer, we will find someone who does.

Naturally you may be asking if there will be a replay. And the answer is... in hands of technology, which means that I can't promise one. Your best bet is to be on the call 😊

Just in case you were wondering if these calls will be available to "outsiders". Some of them will be... for a fee of \$19.95 - \$97.00 (depending on a topic) and some of them will be members only privilege.

- ✓ Newsletter with the facts, news, case studies and all other information that can help you to establish **sure and steady way** of your practice growth.

(Oh, yes, this is another news 😊... Because we've noticed an increase in the number of people signing up for our newsletter who are not certified hypnotists, **from now on** it will be split in two: one for public view and another for members of the community only...)

- ✓ Semi-annual "**Mentor-Coach-A-Rama**" days to master your skills and/or to catapult your confidence level

- ✓ **And so much more...** In fact the very next benefit can pay off your annual contribution on its first use (and you can use it infinite number of times)

- ✓ **To get the entire scope, go to [www.MMGH.org](http://www.MMGH.org) NOW** because there is a time-sensitive surprise is waiting for you...

**Neuro-Subliminal Communication** class is scheduled (☺!) – It will take place at the school on **December 5-6** from 9 AM till 4 PM. Now, if you attended the Hypno-Learn-A-Rama in May, you know how much fun you're going to have during this class. In fact, at the end of the May Learn-A-Rama, many of you had requested it to be scheduled (preferably this year) – so we did.

However there's one thing to take into consideration about enrollment into this training... Based on our experience with the last Ns-C enrollment, the "early bird" tuition of \$295 will be available for a very **short time**. In fact, when you visit this page *now* ► [www.APAToday.com/NsC/](http://www.APAToday.com/NsC/), you will see how many **days** you have to make up your mind.

Decisiveness has to be rewarded and this is one of the ways we can help you to do so.

**Mid-America Conference of Hypnotists...** Remember to register before **October 5th** - it will save you \$40 (call them directly at 847-451-9303 and when you do – remember to mention that we've sent you ☺).

**New Site Is Live (!)**... And the first on-line training is coming **very** soon. Because it **is** first, it will be open to a **limited** number of students. Read the whole story here ► [Holistic Hypnotism Certification; Mastering The Art Of Hypnosis](#).

**And last, but not least...** This may be not relevant to you or... it may be important. The "introductory price" for all our royalty free music that has been available to you for a while, will go away on **October 15th**.

So, if you had this "I want to get it, but later" idea in your mind, now probably would be a good time to reevaluate your options, because it is very well possible be that this "later" has come ☺.

## **WHAT-WHEN-WHERE-WHEN...**

### **Meditation-Based Training: A Possible Intervention for Attention Deficit Hyperactivity Disorder** *Department of Rehabilitation Medicine, University of Washington, Seattle, Washington*

Thirty-seven adults with spinal-cord injury and chronic pain were randomly assigned to receive 10 sessions of self-hypnosis (HYP) or EMG biofeedback relaxation (BIO) training for pain management.

Participants in both treatment conditions reported substantial, but similar, decreases in pain intensity from before to after the treatment sessions. However, participants in the HYP condition, but not the BIO condition, reported statistically significant decreases in daily average pain pre- to post-treatment.

These pre- to post-treatment decreases in pain reported by the HYP participants were maintained at 3-month follow-up. Participants in the HYP condition, but not the BIO condition, also reported significant pre- to post-treatment increases in perceived control over pain...

## **A comparison of self-hypnosis versus progressive muscle relaxation in patients with multiple sclerosis and chronic pain.** *University of Washington School of Medicine, Seattle, Washington*

Twenty-two patients with multiple sclerosis (MS) and chronic pain were recruited into a quasi-experimental trial comparing the effects of self-hypnosis training (HYP) with progressive muscle relaxation (PMR) on pain intensity and pain interference; 8 received HYP and the remaining 14 participants were randomly assigned to receive either HYP or PMR.

HYP-condition participants reported significantly greater pre- to post-session as well as pre- to post-treatment decreases in pain and pain interference than PMR-condition participants, and gains were maintained at 3-month follow-up. Most of the participants in both conditions reported that they continued to use the skills they learned in treatment and experienced pain relief when they did so.

General hypnotizability was not significantly related to treatment outcome, but treatment-outcome expectancy assessed before and after the first session was. **The results support the efficacy of self-hypnosis training** for the management of chronic pain in persons with MS.

### **“UKRAINIAN GRANDMA SECRETS”**

**Love to cook with garlic or onions, but don't like the way hands smell after words?** – Just pour a few tablespoons of the mouthwash into your palm and rub your hands together. By the way it works pretty much with anything that can leave your hands smelly.

**The safest and the most effective tea-coffee stain remover...** Lemon juice 😊 - All you have to do is to mix equal parts of juice and water, and then use a cotton ball or an eyedropper to apply. After that, wash your clothes with cool water.

**The cheapest “furniture guard”...** Want to make sure that your dog or cat stays away from your couch when you are not around? – Just lay a piece of aluminum foil 😊

**The safest all purpose household cleaner** is... baking soda and vinegar. Mix 2 tablespoon of baking soda with one tablespoon of white vinegar. For storage, it has to be placed in an airtight container.

### **Here is something for you and your clients**

**When they don't have time for daily walks...** Lie down on a flat hard surface, put a small firm pillow or roll under your neck, and then lift your arms and legs the way that your feet are parallel to the ceiling. In this position start shaking your hands and legs at the same time. 1-3 minutes in the morning and in the evening will do the trick. By the way, this type of exercise comes with “unadvertised bonus” – it will increase vitality levels of your heart and all internal organs while keeping your skin healthy and clean, because it engages the capillary system of your body.

**To keep your metabolism going...** Drink at least 3 glasses per day (during breakfast, lunch, and dinner) of room-temperature water with apple vinegar (2 teaspoons of vinegar per glass). You may also massage your “fat storage places” like hips or stomach with the diluted apple vinegar too.