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Hypnotherapy News

February, 2006

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- [Wellness Website](#)



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

** Hypnosis on the Newswire **

AP Associated Press
January 28, 2006

With Psychologist's Help, Rocca a Star

Giorgio Roccas is favored to claim a slalom skiing gold medal for Italy at the Turin Olympics. He has struggled with a lack of self-confidence most of his life, and found the help he needed to overcome the self-defeating problem. Thanks to the help of weekly hypnosis sessions with a psychologist, Roccas has achieved "optimum mental condition," and opened the World Cup season this year by winning the first five slaloms, only the fourth man in history to put together such a streak. He credits his newfound confidence to the hypnosis sessions and the birth of his first child.

Information Available

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

- **"Applying Hypnosis in Dermatology"** This article describes how hypnosis is a tool with many useful dermatologic applications. Suggestions given during trance may help decrease skin pain and pruritus, intervene in psychosomatic aspects of skin diseases, and lead to the resolution of some skin diseases, including verruca vulgaris. Hypnosis may be used to increase healthful behaviors, decrease situational stress, reduce needle phobias, control harmful habits such as scratching, provide immediate and long-term analgesia, ameliorate symptoms related to disease such as pruritus, accelerate recovery from surgery, and enhance the mind-body connection to promote healing. Hypnosis can be especially helpful when dealing with skin diseases that have a psychosomatic aspect. [Philip D. Shenefelt. (2003). Applying Hypnosis in Dermatology. *Dermatological Nursing*, 15(6), 513-518, 538.]
- **"Organ Transplants and Cellular Memories"** According to this study of patients who have received transplanted organs, particularly hearts, it is not uncommon for memories, behaviors, preferences and habits associated with the donor to be transferred to the recipient. The study, based on more than 74 transplant patients, reviews 10 representative cases of transplant recipients who were open to sharing experiences of personal changes following their operations. Their experiences call into question the prevailing belief that memories are stored primarily in the nervous system (and secondarily in the immune system), and seem to document the likelihood that transplant recipients receive cellular memories from the transplanted organs. [Paul Pearsall, Gary E. Schwartz, & Linda G. Russek. (April - May 2005). *Nexus Magazine*, Volume 12, Number 3. <http://www.nexusmagazine.com/articles/CellularMemories.html>]

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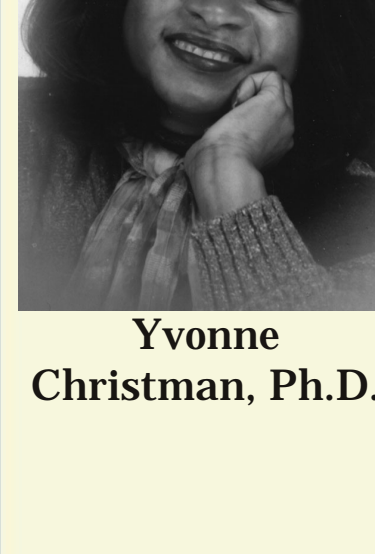
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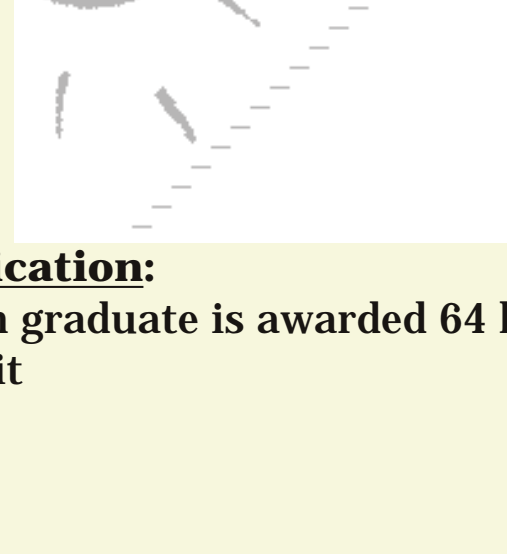
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Yvonne Christman, Ph.D.



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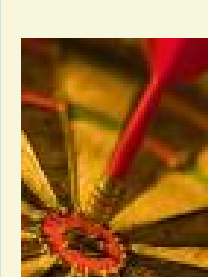
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Links to other Institute sites:



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Dear Friends of Wellness,

New Year's Week is the ideal time to **set your Clear Vision** for this coming year. David and I have followed this custom for the last twenty-five years. It is interesting to see our children, who are now in their twenties and thirties, continue with this practice of setting goals on New Years.

If you would like to establish this as a custom for yourself and your family here are some ideas:

(1) **Make the Vision fun and fulfilling.** You want to make what you are committing to yourself easy to complete by focusing on the things that are most important to you. This means asking, "Who is this particular goal important to? My family? My image of what I should do? Or me?"

(2) **Be specific.** What time of day, in what circumstances, and how much? Then you will know that the behavior or activity you want to increase is actually increasing.

(3) **Build in support for yourself.** Who will help you? Who will encourage and believe in you?

(4) **Focus on the benefits.** What will you enjoy about keeping your commitment to do this? It is important that *the act of doing it* is a benefit to you and not just a means toward some outcome that you see as the benefit.

Love, Diane and all of us at Wellness

** Hypnosis on the Newswire **



December 12, 2005

Mind Over Matter for Pain?

They had tried everything for their pain, and nothing seemed to work. So, in a research lab in Oakland, California, a handful of volunteers agreed to be strapped under a giant brain scan as part of an elaborate experiment to train their mind to feel less pain. With the proper training, long-term chronic pain sufferers were able to focus on the key source of their pain (represented on MRI scans by bright, reddish dots) and then change the perceptions of how they felt. A research team led by Dr. Christopher deCharms published their results in the current *Proceedings of the National Academy of Sciences*, the first to find that MRI may have some use as a high-tech pain killer.

Information Available

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

- "Treating Complex Trauma in Women" This article addresses the particular treatment needs of complex trauma, or the syndrome of disorders of extreme stress (DES), sometimes referred to as disorders of extreme stress not otherwise specified (DESNOS). Hypnosis has historically been an adjunctive procedure employed for trauma therapy. It has generally been regarded as an appropriate tool for use by trained clinicians for containment of trauma responses and reactions, anxiety management, enhancement of self-soothing abilities, and ego strengthening. [Chaikin, Nicole D.; Prout, Maurice F. (Apr 2004). Treating Complex Trauma in Women Within Community Mental Health. *American Journal of Orthopsychiatry*. 74(2), 160-173.]
- "Effect of Incest on Self and Social Functioning" This article proposes a developmentally sensitive model for conceptualizing short- and long-term effects and continuity and discontinuity of effects over time. Incest has its unique negative effects in the domains of self and social functioning, specifically in jeopardizing self-definition and integration, self-regulatory processes, and a sense of security and trust in relationships. The article reviews the negative effects of incest in each major developmental transition from infancy to toddlerhood, to preschool years, childhood, adolescence, and adulthood. [Cole, Pamela M., & Putnam, Frank W. (Apr 1992). Effect of incest on self and social functioning: A developmental psychopathology perspective. *Journal of Consulting and Clinical Psychology*, 60(2), 174-184.]

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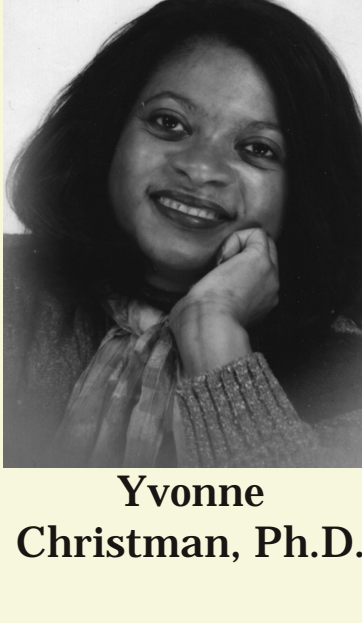
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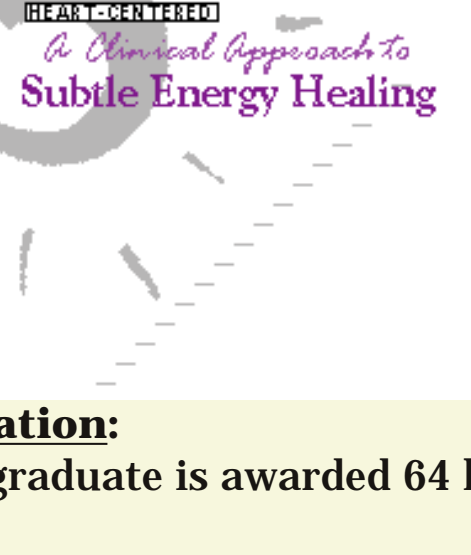
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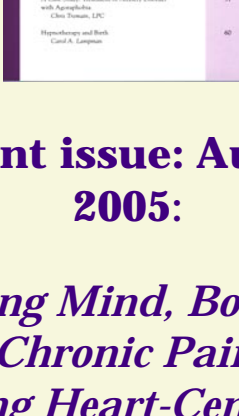


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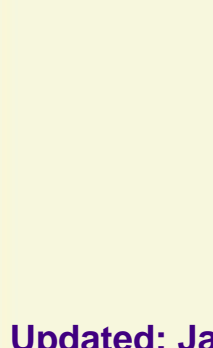
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Updated: January 1, 2006

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HypnotherapyNews

March, 2006

VISIT our
New and Improved Websites

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Members will find many expanded benefits at
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**** Hypnosis on the Newswire ****

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"Dissociative Disorders" This article reviews a great deal of research about dissociation, a protective activation of altered states of consciousness in reaction to overwhelming psychological trauma. Author Idan Sharon, Departments of Neurology and Psychiatry, Cornell New York Methodist Hospital, discuss dissociative amnesia, dissociative identity disorder, dissociative fugue, and depersonalization disorder. Hypnosis is considered as a treatment process for these forms of dissociative disorder: "hypnosis can be a valuable tool for helping heal the trauma and assessing or retrieving additional historical data."

<http://www.emedicine.com/med/topic2484.htm> 1

<http://www.emedicine.com/med/topic5404.htm>

- **“Hypnosis for the Relief and Control of Pain”** According to this white paper published by the American Psychology Association (APA), "hypnosis is likely to be effective for most people suffering from diverse forms of pain." The paper presents a straight forward look at the research documenting the effectiveness of hypno-analgesia. Hypnotic techniques for the relief of acute pain are equal to or superior to standard care, and hypnotic sedation is as effective and less costly than intravenous conscious sedation during radiology treatments. The paper presents practical applications for hypnosis in the relief and control of pain.

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