

SASH Newsletter April 2018

<http://sash.asn.au/>



GRADUATION CLASS OF 2017 Hackney Hotel 2nd March 2018

What a great evening with the Class of 2017 graduating with our invited faculty and guests. Graham Wicks, the grandfather of South Australian Society of Hypnosis, gave a brief history of the society.

Graham then had the pleasure of presenting the Award to the top Student 2017 which went to Kaye Duncan!



Well done to Kaye who deserves this award!
We know it was a surprise for you!

Graham also had one more surprise up his sleeve. In honour of Allan Cyna's contribution to the success of the SASH course and becoming President Elect he presented a framed painting that Mary, his wife, did for him.



*The artist and her painting
Hypnos, the Greek God of Sleep*

A few comments from the new Graduates



Mikaila Crotty
Psychology

Though my years of psychology training equipped me with many skills, this diploma has allowed me to develop a unique ability to directly help people in a way that I will always consider utterly remarkable. I'm a better researcher because I'm able to carefully consider my questioning, interviewing and interpersonal skills when collecting qualitative data. I'm a better practitioner as I now can use hypnosis to directly help clients to overcome or manage many conditions. I am in awe of the outcomes from clinical hypnosis I have witnessed firsthand and I highly recommend this course.

Nicola Chynoweth
General Practitioner

This wonderful course has opened a lot of new ways of managing difficult problems in my patients. I have been using hypnosis in a lot of difficult situations and requests are coming in to help with problems including weight loss, smoking cessation, alcohol abuse, bruxism, insomnia and anxiety.

Kaye Duncan
Midwife, RN

Who would have thought doing a course could have such an overwhelming influence on my practise?

What I originally expected to find simply interesting, instead evolved into a fantastic year of lectures covering topics ranging from phobias to childbirth to the management of psychosomatic symptoms.

So what was the outcome?

My language has changed. My approach to patients has changed. I am more mindful of the impact our words have on patients, particularly those who are frightened or anxious. People we see in the emergency setting are especially receptive to suggestion. The use of hypnosis seems to enhance the effect of clinical care, from short term management of episodes of acute pain and nausea and vomiting, to long term benefits of tackling issues such as needle phobias.

I love that hypnosis as a tool, offers patients the possibility of resolution of symptoms that is free of side effects while at the same time giving them a sense of control.

The Diploma in Clinical Hypnosis is by far the most enjoyable course I've ever undertaken. It far exceeded my expectations in terms of learning and relevance to my work. I'm sad the course has finished, but excited for the possibilities of its use in my practice.

And a big welcome to the 20 new SASH Students of 2018



**2018 Postgraduate
Members Education**

MOVIE NIGHT: Tuesday 8th May 2018 7pm.
Members are welcome to a Hypnosis Movie Night featuring “The Curse of the Jade Scorpion” at Ayesha and Allan’s. Snacks will be provided. RSVP secretary@sash.asn.au to register interest and obtain details.

One day refresher

Sit on a training for a day!

Students graduated the last two years (2017 & 2016) can attend any part of the course for free (if space available) by just sending us an email a few days before the day.

For General Members, you can also sit in on the day of your choice for just \$55/day.

Topics are on the website.

Contact: secretary@sash.asn.au

CASEBOOK CORNER 2018

A great turnout for Sue Stefanovic’s Casebook Corner including some students from the course. All members and students are welcome. Please feel free to join us to sit and listen or talk about cases confidentially.

**Next meeting
Wednesday 16th May 2018
Hackney Hotel 6pm**

Research Grant

Grants are available for up to \$20,000 pending approval by the committee. Send expressions of interest or enquiries to:

secretary@sash.asn.au

Your SASH Committee

We are happy to welcome three Student Reps for 2018 who will share the role: Kym Peoples, Sam Tong and Mary Apps. We are also sad to see Catherine Mahoney leave the committee but luckily she still play an active role as part of the teaching faculty.



Thank you Catherine!

**Celia Whittle – Acting Chair
Allan Cyna – Director of Studies
Christine Holliday - Secretary/ Deputy DOS
Ayesha Mohamed – Treasurer
Newsletter designer
Sue Stefanovic – Casebook Cnr Chair
Bronwyn Parker – New Public Officer
Nicki Ferencz – General
Lindsay Harrington – Education Sub-Committee
member /Exam Coordinator
Charmaine Harvey – Administrator
Student Reps – Kym Peoples, Sam Tong and
Mary Apps**