



**South Australian
Society of
Hypnosis**

NEWSLETTER

No 2 July 2009

PO Box 535 North Adelaide SA 5006

Editor: Jacky Dakin

Layout: Veronica Ayton

FROM THE CHAIRPERSON'S CORNER

What a year 2009 is shaping up to be for SASH! As you will read later in this newsletter, the Promotions Sub-Committee, convened by Jacky Dakin, has been busy working on our first ever "Hypnosis Week". We hope that you will come along and join us at one or more of the activities planned for that week.

Our aim is to raise public and professional awareness of hypnosis as a valuable tool in therapy, as well as to ensure that SASH gains an identity as the number one provider of training in hypnosis in this state. This will become particularly important down the track, when hypnosis is eventually deregulated in SA.

As I write, there are only 2 days left before the Early Bird registration for Dr Michael Yapko's 100-hour Training in Clinical Hypnosis and Strategic Psychotherapy closes. With the beginning of the global economic crisis coinciding with the opening of registrations for the course last year, I was a little concerned that the economic uncertainty might deter people from committing to the course so far in advance. However, with less than 10 places remaining, and enquiries still coming in, it is clear that my concerns were unfounded.

The opportunity to do 100 hours training with Dr Yapko right here in Adelaide has been recognised by many as one not to be missed. We even have 9 people travelling from interstate, from as far away as Cairns, to participate in the training!

You will also read later in this newsletter a vale for Geoff Pope. For many years, Geoff was a very active member of the Australian Society of Hypnosis (SA Branch). He played a key role in the writing of the new constitution for SASH when ASH (SA Branch) amalgamated with the South Australian Association of Hypnotherapists in 2005. I would like to thank Dr Graham Wicks for representing SASH at Geoff's funeral and for passing on our condolences to his wife, Annette.



My sincere thanks go to Dr Allan Cyna and Dr Marion Andrew for their involvement on SASH's Executive Committee, Allan since SASH was formed in late 2005, and Marion since the AGM last October. Unfortunately, both Allan and Marion have recently had to resign from the committee due to their many work commitments. Their contributions have been much appreciated.

I would also like to take this opportunity to congratulate Marta Lohyn on her appointment by the Executive Committee to the role of "Director of Studies Elect". Marta will be stepping into Nonie Kirkby's shoes towards the end of the year, when Nonie will be retiring from this role.

I hope you enjoy reading this edition of our newsletter, and I look forward to seeing you and your friends and colleagues some time during "Hypnosis Week", if not before.

Merrilly Watson
(Chairperson SASH)

DIRECTOR'S CHOICE

Harry the Hypno-potamus Volume 2

I have previously reviewed Volume 1 of these delightful and instructive metaphorical tales from Dr Linda Thomson and I take this opportunity to bring to your attention Volume 2.

Published in 2009 and dedicated to her husband George, Dr Thomson adds to the collection of metaphorical tales for the treatment of children using hypnosis found in Volume 1. The new publication visits presenting problems such as anxiety, habit disorders and pain through 35 themed stories covering specific issues from fear of change to anger management, with a greater representation of Australian animals in Kenzie Kangaroo and Burbridge Kookaburra. Dr Michael Yapko makes the cut with the character of Yapko Elephant and a story entitled Scratching, in which Yapko Elephant, with the help of Dr Dan, the zoo's vet, devises an imaginary video game to beat Itch Man to the purple Itchy Switchy.

The book is arranged with a clinical section that describes briefly the concepts of paediatric hypnosis and metaphor, the specific problems addressed and a section providing guidelines on using the stories. The greater part of the book is devoted to the stories themselves, which may be read to a child, or provided for the child to read to herself, or used as a springboard for the clinician's own ideas of treatment using metaphor.

The stories have been written with an appeal to both children and adults; with the greatest appeal to the primary school-aged population, many stories can be adapted for an older age group. Dr Rhys Henning recently presented to the current training course on pain management, referring to his use of these stories with adult clients. I have also found that teenagers, who can often be difficult to reach, can be influenced for the good by these delightful and subtle stories.

We have Volume 1 in the SASH library and Volume 2 has been ordered. Please check the website and the library catalogue for its arrival. Meanwhile, should you wish to purchase your own copy, Footprints Bookshop offers a quick and discounted purchasing system. My purchase cost \$ 66.30 compared with \$78 for Volume 1, in 2006.

Nonie Kirkby
Director of Studies

CASEBOOK CORNER

"Rekindling the Success"

Most people that come to see a psychologist can talk about their "failures" and articulate in great detail why they are unable to deal with the current crisis in their lives. They may have already seen their doctor for medication to ease their suffering. Their perception of failure then generalises to other areas of their life and they often lose confidence in doing even those things that they were able to do well in the past.

Their anxiety and/or depression may be rising and their ability to move on with their lives has stalled. They don't seem to be able to find the motivation to do even ordinary every day things. Fear of failure may begin to permeate their daily life. In some cases people may not even be aware of the effect of such fear on their thoughts and behaviour. If it has gone on for a long time without intervention they may believe that it is normal and can't be changed. They have forgotten their successes!

Hypnosis can be used to enable people to review their past successes. Perhaps by re-experiencing what they did to achieve success in the past they can rekindle "success thoughts". Revisiting past success and rehearsing the application of those past skills and abilities and applying them to the current crisis situation is the "power" that can flow from using hypnosis in therapy. Rehearsing for success will not only enable people to take these skills and abilities into their current crisis and apply them successfully, but people can also apply this technique to other areas of their lives.

Rehearsing for success provides the tools and power to overcome the current crisis. Having got through the crisis and accepting that one can cope, it is then possible to improve or change other areas of one's life e.g. stop smoking. The psychologist can teach the skills of self hypnosis which may be reinforced by home exercises or recordings made during therapy. In many cases the person will be excited and motivated by new success and become motivated to tackle other issues in their life. This can set off a chain of events of taking charge of one's life and becoming empowered to move forward again.

If you have an example of how you've used hypnosis which you would like to share with us, or for us and interested members to provide input on, drop us a line at the Casebook Corner:

Graham Killoran and Sue Stefanovic

Graham M Killoran: my_psychologist@optusnet.com.au
Sue Stefanovic: suestefanovic@mysoul.com.au

APRIL DINNER MEETING

'Coaching and Hypnosis: Are they compatible?'

Review of Jacky Dakin's presentation at the April dinner/meeting

It is always a delight to listen to one of Jacky's vivacious and interesting talks, and her presentation at our April dinner meeting was no exception.

Jacky began by highlighting the similarities between "coaching" and "counselling", pointing out that often those of us who counsel clients to improve their study skills, lose weight, become non-smokers, and/or enhance performance in any area, are in effect "coaching". Those of us who use hypnosis (to deliver our counselling interventions) in our work do so for the same purpose: to affect a change in behaviour; to empower clients to move forward and do things for their own benefit.

Interestingly, when the Australian Psychological Society established the Coaching Interest Group in 2003, the emphasis was more on the differences between coaching and counselling. Jacky shared her experience at the first national symposium of the Coaching Interest Group in 2004 where this topic was hotly debated. She explained how the general view back then was that any form of clinical practice within a coaching context was considered taboo/unprofessional. If a personal problem was identified by the coaching psychologist, then it was considered wise to suspend the coaching and refer the client to a counsellor. By 2008, there had clearly been a major shift in opinion, with sports coaches being quite open that they do counsel clients when necessary. However, there has still been no clarification as to whether coaching is a process or a discipline (the exception being "sports coaching").

Jacky became the Convenor of the SA Interest Group for 4 years, during which time the SA group dared to challenge some of the ideas that were so strongly expressed at the 2004 symposium. When the idea of using hypnosis in the coaching context was introduced, comments were made regarding hypnosis being dangerous or risky, as if it was "a tool from the dark ages"!

Among the contexts which incorporate aspects of coaching are the areas of performance (e.g., musicians), sports, personal training (e.g., physical education teachers), education (study skills), and the work place (an area which can involve very complex issues (interpersonal conflicts) that often require counselling). Jacky presented 3 case studies involving coaching and counselling in which she had utilised hypnosis. These involved public speaking, overcoming interview nerves, and blushing when speaking publicly at meetings.

Jacky concluded that coaching and hypnosis are extremely compatible. Rather than getting caught up in the debate regarding the differences between coaching and counselling, she recommended that we mix and meld them: "go with what works!".

Thank you Jacky for a most interesting and entertaining presentation.

Merrilly Watson



Above: Chris Scarborough & Deb Turner

Left: Philip Ashwin & Jacky Dakin

APRIL DINNER MEETING

April Dinner Meeting Photographs



Above: Sandra Douglas & Luciano Guglielmin

Above Left: Denis Goodfellow, Dr Johanna Saltis & Noelene Brown



Dr Meg Huppatz & Marke Ralfe



Jim Fletcher, Merrilly Watson, Marta Lohyn & Daphne Goldsworthy

Support SASH for our Inagural Hypnosis Week

Friday 9th October:

Official launch

Saturday 10th October:

Promotional stall in Rundle Mall

Sunday 11th October:

Information Session for prospective students

Tuesday 13th October:

Public film night at UniSA

Thursday 15th October:

Dinner and AGM

Saturday 17th October:

Member and students training day

Older Scripts from Robert Clayfield

Below in full is another of Dr Robert Clayfield's induction scripts. SASH has acquired the collection courtesy of Graham Wicks. We hope you can use it and adapt it to assist in your own practice of hypnosis.

Iceberg Metaphor for Problem Solving

There are many useful problem solving metaphors. This is one about an iceberg. You know what an iceberg is – one of those great masses of ice where one ninth is above the water where you can see it and eight-ninths is underwater where it's hidden.

Let us define the problem as the iceberg. Then solving the problem will mean melting the iceberg. It is very hard to melt an iceberg. It is so huge, and so cold, and the great mass of ice with all that coldness inside, keeps the outside too cold to melt very much anyway.

It is very easy to melt an ice cube. So, for the purposes of melting this iceberg and thus solving the problem, look around in your imagination and find some way of knocking a chip of ice from the iceberg – a shoe perhaps, or a thick stick or a rock – you can find something.

There are many ways to melt that ice cube. You might hold it in your hands, or set it in the sun or put it in running water, as examples. But what happens when you do melt the ice cube?

Well, for one thing, you don't have ice any more, you have water. And water is a very different commodity than ice, with all sorts of different qualities and uses. And look at the iceberg. Where you broke off the ice cube, the surface is clean and sparkling, with peaks of beautiful colours – green and blue – that you couldn't see before because they were inside the iceberg. The iceberg now has a slightly different shape, and a slightly smaller size, and although it's hard at this point to appreciate, a tiny bit of the iceberg that was hidden under water is now above the surface where it can be seen.

And so, as you continue to break off small ice cubes and melt them, in time you have a very different situation: you have gathered up a wonderful supply of useful water and the iceberg – at first so huge and terrifying – has an altogether different size and shape, glistening and beautiful with gorgeous colours, something to admire and appreciate.

SASH NEEDS YOU!

- *Like to be involved on the Executive Committee of a vibrant and active society?*
- *Reasonably skilled at taking minutes and preparing agendas?*
- *Available on the first Monday evening of each month between 6.30 & 8.30pm?*

Then the role of SASH Secretary is for YOU!

Please contact Merrilly Watson
(chairperson@sash.asn.au) for more information.

CONGRATULATIONS

SASH offers hearty congratulations to Nicolle Cummins and Dr Mary Brooksbank who have both now been made full members of ASH, having successfully completed all the requirements.



June Dinner/Meeting and Film

A very pleasant and entertaining evening was held at the Adelaide Meridien in North Adelaide mid June. SASH members networked, dined well on an excellent three course meal and partook of some well chosen wines.

Merrilly Watson welcomed guests and then presented Michael Yapko's erudite introduction to a film with William Kroger about hypnosis in the management of pain - "Thyroidectomy Under Hypnoanesthesia". William S Kroger MD was a pioneer in the fields of hypnosis and psychosomatic medicine.

Yapko says that the film *"illustrates in direct and dramatic ways the complexity of hypnotic anesthesia and its utility in medical practice...truly historic film....first film ever featuring medical applications of hypnosis"*.

William Kroger learnt hypnosis in the 1920s when it had no wide acceptance, no empirical basis, no defined techniques and was frowned upon. It became his career passion to bring hypnosis to the medical community. He actively practised hypnosis in hospital settings as well as private practice.

This film was originally made in the mid-1950s for an exclusively medical audience and it is uncensored. It was entertaining in a quite graphic way and also informative to the modern audience, albeit raising a few laughs from time to time. Shades of 50's horror movies!

*All in all a good evening,
Until the next dinner/meeting.*

Jacky Dakin
Convener Promotions Sub-committee



June Dinner/Meeting and Film



NEW LIBRARIAN

A warm welcome to Jenny Robb, SASH's new librarian. Jenny is a student in the current training course, and has volunteered for the role. We are delighted that she has taken on this important position and look forward to meeting her at future events.

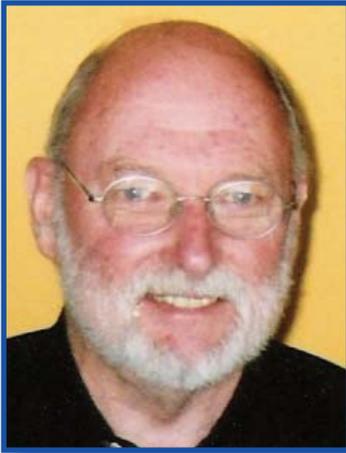
Cartoon by JIM FLETCHER



Above: Jenny Robb

VALE: GEOFFREY WESTON POPE

April 15, 1930 – May 5, 2009



The Executive Committee of the South Australian Society of Hypnosis was very sorry to hear of the recent death of Geoff Pope, a long standing member of the Australian Society of Hypnosis and a stalwart of the South Australian Branch for many years. The ASH was formed in 1971 and Geoff was a foundation member of the SA Branch. He played a very active role in the early development of the two year part time training course in "The Principles and Practice of Hypnosis" which was the forerunner of the ASH National Training Course.

He was a presenter, instructor and supervisor for many years and served on the executive committee, including a long period as secretary and a term as chairman. His accountancy skills and legal knowledge were of great value to the Society. He was also a driving force in preparing and reviewing the constitution of ASH and also of the South Australian Society of Hypnosis, which was formed in 2006 from the amalgamation of the SA Branch of ASH and the South Australian Association of Hypnotherapists.

Those of us who worked with Geoff during those early formative years of the Society knew him primarily in his role as a clinical psychologist and were largely unaware of his other interests and involvement with other organisations.

Most of us were aware that he had been ordained into the Congregational Ministry, but did not know that, at the age of thirteen, having attended Church and Sunday school, he could not understand or accept the relevance of the Christian message and rejected the Church at that time.

Geoff spent his early years in Crystal Brook, but after the death of his mother in 1944 he continued his schooling at Port Pirie High School and the family moved to Adelaide in December 1945, Geoff having been Dux of the school and been awarded a University bursary. In 1947, during the first year of an engineering course and having had a change of heart, he offered for the ministry and was persuaded to transfer to a science degree whilst studying theology.

After some five years of study he obtained qualifications in Science, Theology and Arts. In 1952 he married Pam, with whom he had five children, and ministered to the newly created parish of Swan Reach-Mantung until he was invalidated out in 1955 with Crohn's Disease. This was an ongoing health issue with which he had to cope for the rest of his life.

He returned to parish work in 1957 in Barmera where he was involved in a wide range of community activities and the establishment of the Upper Murray Association for Aboriginal Welfare. In 1963 he returned to Adelaide where he continued his ministry at the Hindmarsh Church and also embarked on further study resulting in an A.U.A. in Social Studies in 1965 and a B.A. in Psychology/History in 1967.

During the 1960s he was involved in many Congregational activities at state and national levels. He served as President of the Congregational Union of South Australia and it was his initiative that led to the establishment of a service to the Pitjantjatjara people. Geoff was also one of the seven Congregational members of the Joint Constitution Committee responsible for forming the Uniting Church in Australia.

In his more secular life Geoff held numerous positions of responsibility, including membership of the S.A. Aboriginal Affairs Board, the S.A. Parole Board, the Shea Committee on Para-medical Education, the S.A. Psychological Board, the Australian Psychological Association and the Australian Society for Clinical and Experimental Hypnosis, which became the Australian Society of Hypnosis in 1982.

During the 1970s he acquired a Diploma of Applied Psychology and also a diploma in Clinical Hypnosis with the ASCEH and became much more involved in the practice of clinical psychology.

He held a number of positions in the Mental Health Services area, initially with Intellectually Retarded Services, then at Carramar Clinic, followed by nearly twenty years as Chief Clinical Psychologist/Deputy Director of the Beaufort Clinic at Woodville, where many of our early hypnosis training sessions were conducted.

He was also actively involved in teaching, particularly in the area of sexuality, conducting courses in medicine, health care, psychology and hypnotherapy. During the 1980's he went back to study and gained a TAFE Associate Diploma in Accountancy.

In 1984 Geoff and Pam separated and in 1987 he married Annette and became step father to two more children. Annette was always a great support to Geoff and became his full time carer as his health deteriorated during the last year or two of his life.

Geoff was always a strong advocate for the less privileged and a staunch supporter of causes opposing injustice in society. He enjoyed the company of friends and family, stimulating conversation, and was in his element when entertaining at one of his legendary barbecues.

He will be missed by many.

Graham Wicks