

TranceTime News : Parts Therapy

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1. Quote

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.--Henry David Thoreau

2. Parts Therapy

Lauren came for hypnotherapy because she has music that plays in her head a good share of the time. Although there has been music playing in Lauren's head since she was 10 years old, it has been worse since her daughter was born 5 years ago. The music changes often and a specific song can be triggered by sounds, a thought, words, locations, smell, anything that elicits a memory. She hears the full song – words and orchestra – every note from beginning to end. It is very distracting and Lauren reports that she is often edgy and finds it hard to relax.

Once in trance, I asked Lauren to invite in parts of herself that have information about this music. She stepped out of her sanctuary and met them in a field. Three parts came in: 3 year old Laurie, who reported that mom and dad always had music playing. 6 yr old Laurie said that she doesn't like her dad and undermines him by putting tacks on the floor by his bed. The 10 year old Laurie said that the music is more about "me and who I am." It's music that she likes, and at 10 she owns her first tape of music. At first grown up Lauren didn't particularly want to interact with these parts because they reminded her of her unhappy childhood. When I asked if she could rescue these parts, she said no. Then I asked what each part wanted from grown up Laurie. They all wanted to join her. They felt left behind. Upon being asked, Lauren became willing to accept these parts back into her life.

I asked the parts if staying young was beneficial or if they wanted to grow up. Lauren said that they had already grown up. I asked if they were inside or outside Lauren. She reported that they were on the outside and it felt good for them to be there. They were all holding hands and Lauren said that it was "like having 3 sisters." She invited them into her sanctuary and they agreed that she no longer needed the music. The music provided comfort during her lonely, abusive childhood. She imagined a deep well in the ground, filled with water. She imagined the music from her head flowing into the water. She could lower a bucket whenever she wanted it back. There's a ceramic pitcher nearby with a narrow opening; it's empty now. After the session Lauren told me that when she finished therapy she closed a door on her past and left those parts behind. She felt better now that she had welcomed them back into her life.

At Lauren's second session she reported that the music in her head was much

quieter and we used EFT to successfully erase the remaining music and future pacing so that she could imagine herself finding new ways to comfort herself in the future.

3. Holistic Healer Certification Training and CEUs

The Holistic Healer course is beginning again in the Spring! The course starts again the weekend of April 30 & May 1, 2005. This course will improve your life in ways that you can't even imagine. If you are seeking personal and spiritual growth with the possibility of a new career, this course is for you!

Here's a comment from a recent graduate: "I never imagined at the beginning of class so many extraordinary experiences would occur! Thank you for helping me begin to break through my outer crust and get closer to my inner self." Renee Lickey

If you are looking for CEUs, please check the listing on my website for the weekend schedule. Hypnotherapists/bodyworkers may attend one weekend for \$225. Check the outline here: www.trancetime.com/HolisticHypnotherapy/outline.htm Contact me for details: info@trancetime.com or call 916-373-1932

4. 2005 Conferences

American Board of Hypnotherapy, Feb. 18 to 21, 2005, Newport Beach, CA.

One hour seminar: Tapping the Teen market, Saturday, Feb. 19 4-4:45 pm

2.5 hour workshop: Releasing Energy for Change using EFT, Monday, Feb. 21, 9:00-11:30 am.

Email for details: aih@ix.netcom.com or call 800-634-9766

The American Council of Hypnotist Examiners Conference is April 7 to 10, 2005, Glendale, CA.

One hour seminar: Friday, April 8, 11-12 pm, Healing the Healer

3 hour workshop: Saturday, April 9, 2:30 - 5:30 pm, Hypnosis in Action

Details at: www.hypnotistexaminers.org/ or 818-242-1159

5. New Products: Self Hypnosis CD: Retrieve Your Energy

Feeling scattered? Retrieve the energy that you've left with others and be more productive and present in your life!

On Sale through 3/15/05 for \$16.95 Plus \$2.50 S&H and tax (CA only) Reg. \$19.95

Sale price not available on the web site. Call to order: 916.373.1932

6. Spring Class Schedule

Finding Your True Self

Are you tired, overloaded, worried or frustrated? Do you struggle to nurture yourself? Does your life feel out of control? Do you spend much of your time pleasing others? Are you ready to change but don't know where to start? Join us in Finding Your True Self.

This workshop includes guided relaxation, discussion, art, and journaling. In this day long intensive we will focus on opening to change, nurturing yourself, the art of grounding, visit a past life and learn to embrace the future.

In Sacramento

When: Saturday, May 14, 2005

Where: Sacramento (exact location TBA)

Cost: \$75 includes workbook (\$16.95 value); Art supplies provided

Time: 10:00 am - 5:00 pm

To Register: Mail a check to 2110 K Street, Ste 19A, Sacramento, CA 95816 or call with credit card information: 916.373.1932

Self Hypnosis Training

Imagine a technique so simple and so effective that you can achieve your goals in spite of past failures. Practice self hypnosis for only 15 minutes a day and change your life. Learn about the power of your subconscious mind and effectiveness of this easy-to-use tool to create permanent change. People use self hypnosis successfully to overcome insomnia, raise their grades, release stress, improve self-esteem, reduce weight and improve athletic performance and much more.

In Davis

When: 2 Wednesdays, April 13, 20, 2005

Where: UC Davis

Spring Special! Cost: \$20 Plus UC Quarterly Registration fee: \$10 UC students, \$15 all others

Material Fee: \$2

Time: 7:00 to 9:30 pm

To Register: Call the Experimental College 530.752.2568

In Sacramento - Save these dates! May 6-8, 2005

Learn how to use Hypnosis to address Irritable Bowel Syndrome and Fibromyalgia from an expert in the field. Melissa Roth, a world renowned medical hypnotherapist, will come to Sacramento, California to present a weekend training May 6-8, 2005. Friday night is a 2 hour workshop on How to Get Medical Referrals. Saturday is the IBS workshop and Sunday, Hypnosis and Fibromyalgia. These techniques work! My clients have experienced a dramatic reduction in symptoms with these protocols. Contact me for details: 916.373.1932 or info@trancetime.com

The Emotional Freedom Techniques/Be Set Free Fast

15 CEU's available for hypnotherapists and registered nurses (BRN# 05906)

Imagine techniques so simple and so effective that you can finally help your clients and yourself remove negative emotional issues and blocks that have interfered with their goals. The Emotional Freedom Techniques (EFT) and Be Set Free Fast (BSFF) are quick and powerful. Experience the power and effectiveness of these easy to use tools to create immediate and permanent changes. Your emotional health determines the quality of your life; it is the foundation of self confidence and the springboard to achievement. Seize that freedom for yourself and your clients with EFT and BSFF. Day 1: Learn the basics in depth; Day 2: Apply EFT to weight, smoking, and stress.

Student comments:

"Since learning EFT with Katherine, I have been using this technique with almost every client that walks through my door. I find EFT to be an invaluable tool, at times the results are like magic. Everybody should know and use EFT, and nobody teaches it better than Katherine." Susan Bishop, RN, CHT

"I have used EFT with my grandchildren around reading and I actually saw the 7 year old reading from the television just last night. 'This stuff works!' Again, thanks for the wonderful class." Lillie Earls, CHT

"I am integrating all that we uncovered, revealed, made available and possible to me [following private EFT sessions]. I've had three big breakthroughs... so that I am now able to do things I haven't before. I am approaching a degree of freedom I've seldom known." HG, Client

When: Sat & Sun., April 16-17, 2005

Time: 9:30 am to 4:30 pm

Where: Sacramento*

Cost: \$225

To Register: Call with credit card information: 916.373.1932

or mail a check to: 2110 K Street, Ste. 19A, Sacramento, CA 95816 Registration deadline: April 10, 2005

Class size is limited. Pre registration required. Need more information? Call 916.373.1932

Instructor: Katherine Zimmerman, a certified clinical hypnotherapist, EFT Trainer and Reiki Master in practice since 1989. Katherine is a published author, an instructor for the Holistic Healer (hypnosis, NLP and energy therapy) Certification Program in Sacramento and a former guest lecturer for the UC Davis Medical Center. Please feel free to forward this newsletter in its entirety.

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