

TranceTime News : School Anxiety

In this issue:

1. Quote
2. Article
3. Hypnotherapy Certification Training: Catalog available online:
<http://www.trancetime.com/HolisticHypnotherapy/index.htm>
4. Class schedule - Medical hypnotherapy with Melissa Roth
5. Updated book: Business Solutions
Need business cards?
6. Hypnotherapy conferences

1."I have learned, as a rule of thumb, never to ask whether you can do something. Say, instead, that you are doing it. Then fasten your seat belt. The most remarkable things follow." Julia Cameron, Author - *The Artist's Way*

2. Over the years I have worked with many clients who suffer from test anxiety and general anxiety over taking certain required courses. I worked with this client to release her fear of taking a statistics class.

As the session unfolds I remind Mary of something that I learned in our pre-talk. Not only has she taken statistics ten years ago but the teacher informed her that statistics was easy. In the intervening years, she had heard a lot of contradictory information about statistics. Based on her past experience she has a part that absolutely knows, believes, and has experience, that statistics is easy. We invite that Part of Mary to step in. Mary meets this part in a classroom and expresses her concerns: "I don't want to do it. I'm scared. It looks really hard."

The part who was successful responds, "I think you're crazy. It's a class. Doesn't really matter and they tell you what to do and you just do it. You just learn it and just repeat it. There's no new information. It's just the same stuff and it doesn't change. It's consistent and there's one problem, there's one answer and then you move on to the next. So it's not hard."

Although the successful part is quite confident, Mary doesn't believe it. To help Mary re-experience her past success with statistics I ask her, if she feels safe doing so, to step into her former self and feel that confidence and success once again. When the parts have joined Mary reports feeling "Good. Fearless. And there's hope." She assigns colors to her positive feelings: being fearless is yellow and hope is green. When the green forms a shape Mary says it's like a big tree. She imagines herself connected to that big, green tree of hope. I suggest that she can be inside that tree if she'd like. She can wrap herself around it. Mary begins to take in the strength of that tree. That incredible amount of hope that's available.

I ask how Mary could connect with that tree permanently, and she reports that, "I'd be like water, soak into the ground, into the roots then grow up in the tree." From now on,

seeing a tree, seeing anything green, in fact drinking water, seeing water, thinking about water, keep her connected with that knowing, and that feeling that there's hope.

As Mary connects with the yellow representing feeling fearless it takes the shape of a bird. To maintain her connection to feeling fearless Mary thinks about the feathers touching her face. Mary feels much better now but there is still some nervousness. The nervous part is afraid that she'll forget this. As the parts dialogue, Mary finds an easy way to remember everything she's experienced. It's simple and yet profound. Mary will remember, "By wanting it." She makes a commitment to herself to be quiet a little bit everyday and connect with her tree and with her bird. The bird's message is "don't worry and the tree is strong and smart and stable. It's like the tree just feels all those things."

I remind Mary that when she's one with the tree, she can be smart, strong and stable. Just like the tree. And she has access to that tree 24-7. She can take the essence of that tree into every activity, everyday, for the rest of her life. I ask her to imagine one more thing: Imagine opening up that statistics textbook again. What's it like when you open the book now? What's your reaction to it?

Mary reports, "It's what I did before. It's hard to out my mind around it sometimes. I'd already done it and I'm stronger now than I was then. And I did lots of things that were hard. I'm just fine. And this is just a silly, little six-week class. And it doesn't change who I am."

As we close our session, I ask Mary to tune in now to her statistics learning channel allowing her to have access to the part of your mind that's already learned statistics, that already believes that learning statistics is easy. She already has an incredible framework for statistics, which give her a huge edge.

The part that was nervous earlier now says, "I can do it. And I don't give up. Ever."

Post session: Mary remembers that her former statistics instructor still teaches math locally and that she can call him anytime and ask for help. Mary now believes that with a good teacher math is fine and fun. Now she remembers that she really liked statistics. She liked that you could test things with numbers or just play with it. It was interesting! Mary is well prepared now to succeed in her statistics class.

3. Professional Hypnotherapy Certification

Become a certified hypnotherapist. About 1/3 of the students take hypnotherapy training for personal growth. Whether you want personal or professional growth, this course is for you! Classes start again Sept. 9-10, 2006. Visit the website for an updated catalog: <http://www.trancetime.com/HolisticHypnotherapy/index.htm>

Call to reserve your space at our next FREE introductory meeting: Thurs., June 15 or Wed., June 28, 7-8:30 pm in Midtown. Space is limited.

Already practicing hypnotherapy? Need CEUs? Check out the weekend trainings below.

4. *The Business of Hypnotherapy* is now *Business Solutions: Build a Successful Holistic Practice*. This expanded version addresses the needs of numerous holistic practitioners: massage therapists, hypnotherapists, Reiki, etc. Available June 30, 2006. \$35.00

Order 250 free business cards thru Vista Print:

<http://www.vistaprint.com/frf?frf=777255403767>

You can pick from a variety of backgrounds and see what your card will look like on your screen. Keep clicking through all the offers to buy and to upgrade and you'll only pay for shipping. Their cards are very nice and, of course, almost free!

5. Summer Class schedule

Self Hypnosis Training

Date: Wed., July 12 & 19, 2006

Time: 6:30 pm to 9:00 pm

Location: 2110 K St., Ste. 18

Cost: \$85.00

Space at this event is limited. Call today to register! 373.1932

Imagine a technique so simple and so effective that you can achieve your goals. 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. Self hypnosis helps you to overcome insomnia, raise your grades, release stress, improve self-esteem, reduce weight, improve athletic performance and much more. Join us and learn to relax and reprogram your subconscious mind.

Professionals, need CEUs? Save these dates!

Emergency Hypnotic Techniques – 20 hours

• Indirect induction techniques • Using truisms in therapy • How to make suggestions believable • How to decrease the bleeding • Subconscious communication • How to distract the conscious mind • How to use pain as a focal point • Techniques to avoid shock and trauma cases • How to teach emergency hypnotic techniques to police, EMT and firefighters. Taught by Gaye Wilson, RN, CCHT

Date: Sat & Sun. July 8-9, 2006

Time: 9:00 am - 6:00 pm

Cost: \$375.00 (ask about the scholarship available to cover the \$100 registration fee)

Location: 2110 K Street, Ste. 18, Sacramento

Questions? Call the Instructor: Katherine Zimmerman: 916-373-1932

To register: Call Janet Macy, CalPHI Director: 949.460.0780

Medical and Dental Uses of Hypnosis - 20 hours

This hands on workshop style class is designed to introduce the student to various uses/methodology in the medical and/or dental field including childbirth, working with cancer patients, pain management, pre and post-op surgery, healing inside and out, secondary gain and much more.

Date: Sat & Sun. July 22-23, 2006 **Time:** 9:00 am - 6:00 pm
Cost: \$375.00 (ask about the scholarship available to cover the \$100 registration fee)
Location: 2110 K Street, Ste. 18, Sacramento
Questions? Call the Instructor: Katherine Zimmerman: 916.373.1932
To register: Call Janet Macy, CalPHI Director: 949.460.0780

Non-Invasive Hypnotherapy using Ideomotor Response - 20 hours

Non-Invasive hypnotherapy using ideomotor responses is used with a great deal of success on clients who do NOT wish to disclose their inner-most secrets to the therapist. The beauty of this technique is IF the subconscious blocks the memory of the past incident, you are still able to eliminate the emotions of the incident on a subconscious level. Before this method, the client had to remember what the event was so they could tell the therapist in order for the therapist to remove the symptoms. Taught by Gaye Wilson, RN, CCHT

Date: Sat & Sun. Aug. 5-6, 2006 **Time:** 9:00 am - 6:00 pm
Cost: \$375.00 (ask about the scholarship available to cover the \$100 registration fee)
Location: 2110 K Street, Ste. 18, Sacramento
Taught by Gaye Wilson, RN, CCHT
Questions? Call: Katherine Zimmerman: 916.373.1932
To register: Call Janet Macy, CalPHI Director: 949.460.0780

Advertisement of a satellite shall indicate that the satellite is an auxiliary classroom or teaching site

* * *

Create Super Success with Melissa Roth's Courses:

Fibro... What? & Irritable Bowel Syndrome

Two days to turbo charge your skills and your practice!

This is the only training that will be offered in 2006.

Hypnotherapy is rapidly gaining acceptance among the medical establishment, particularly in the areas of chronic illness. In uncertain economic times, people will spend money on health care before they will on personal growth and development. Learn these two valuable therapies that will keep your practice busy full time. Learn from the developer who has built a steady full time practice, without advertising!
20 CEUs for hypnotherapists.

Dates: Sept. 16-17, 2006 **Time:** 9:00 am - 5:00 pm
Cost: \$500 for both days **Location:** Sacramento, CA
 \$295 for one day

To register: Call Katherine Zimmerman, CHT: 916-373-1932
Register for both classes 14 days in advance and receive Ms. Roth's book,
How to Get MD Referrals, free!

Melissa J. Roth is CEO and Founder of Alabama Hypnotherapy Center and Hypnosis Associates. She is a Certified Clinical Hypnotherapist and a PhD candidate through the American Pacific Institute. She is a member of the American Board of Hypnotherapy, the American Council of Hypnotist Examiners and the National Guild of

Hypnotists.

Melissa's hypnotherapy programs are available in four formats: individuals, small groups, custom CDs and telephone consultations. In addition, she conducts a wide variety of seminars and corporate workshops at selected locations across the U.S. She is invited to speak at numerous professional conferences each year.

Melissa is known for her information packed workshops. Don't miss this opportunity to expand your client base!

Cancellations received more than 7 days prior to the start of class: refund of registration less 15%; cancellations less than 7 days prior, no refund but you may apply that amount to another class if taken within 6 months.

6. Upcoming hypnotherapy conferences

National Guild of Hypnotists, August 11-13, 2006, Marlborough, MA
Create Multiple Streams of Income (2 hour workshop) and Cut the Tie that Binds (1 hour talk) Details: www.ngh.net

IMDHA 20th Annual Convention: Oct. 26-31, 2006, Troy, MI Details:
<http://www.imdha.com/conference.htm>

Upcoming classes:

Quantum Touch®, \$295.00; July 29-30, 2006; Instructor: Maureen "Martie" Johnson, Spiritual Intuitive, Hypnotherapist, Quantum Touch® Instructor. Call Martie for details: 530.644.6424

[Looking for an affordable way to promote your practice/business online? Check out www.byregion.net](http://www.byregion.net) Referral ID: 010106785

Instructor: Katherine Zimmerman, a certified clinical hypnotherapist, EFT-CC and Reiki Master in practice since 1989. Katherine is a published author, an instructor for the California Professional Hypnosis Institute in Sacramento and a former guest lecturer for the UC Davis Medical Center.

Please feel free to forward this newsletter in its entirety.

To Subscribe: send an email to info@trancetime.com with the word Subscribe in the subject line.

To Unsubscribe: send an email to info@trancetime.com with the word Unsubscribe in the subject line.

Copyright June 2006 Katherine Zimmerman
All right reserved

Certified Clinical Hypnotherapist, Hypnotherapy Instructor,
Reiki Master, EFT -CC
2110 K Street, Ste. 18, Sacramento, CA 95816
(916) 373.1932
Email: TranceTime@charter.net Web site: www.TranceTime.com