

TranceTime News : Power of Touch

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<http://www.trancetime.com/HolisticHypnotherapy/index.htm>
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1. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~Leo Buscaglia

2. I think we all understand the power of touch but I had an opportunity recently to witness that power. I had been working with "Robert" on his issue of jealousy. In our third session he mentioned several times that, in his dad's eyes, he never felt as if he "measured up." With tears in his eyes he related a story about taking a glass of water to his father while he was working. His father stopped work and hugged his son in appreciation. Robert, currently 51, had tears in his eyes as he remembered that experience. He was five years old at that time and it was the last time he could remember his father hugging him. He has been longing for that appreciation from his father ever since. This information unfolded prior to inducing hypnosis.

In a very simple, yet profound trance process, I asked Robert to dialogue with his father and tell him how he felt. Their dialogue brought him right back to how wonderful he felt about the appreciation and hug when he was five. I asked him to move forward feeling that same appreciation and hugs throughout his childhood and into his adult years.

He had a sense of relief and well being. He felt confident and said "I can do it!" he also reported feeling an exuberance and brightness inside. Robert reported feeling "filled up, strong, and solid" from the inside out for the first time in his life. The old feeling that he was empty inside was gone! And he recognized that feeling as if he didn't measure up led to his jealousy. As long as he didn't feel good about himself he felt threatened by any other man who interacted with his wife. Robert also reported that since starting the hypnotherapy his wife has been treating him with much more tenderness and affection. I will be interested in hearing the about changes from the work we just completed.

3. Professional Hypnotherapy Certification

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

4. Weight Program

I am working on a weight control program based on Dr. Phil McGraw's book, The Ultimate Weight Solution. It combines Dr. Phil's approach with hypnotherapy and NLP. The program will be available for hypnotherapists shortly.

5. Class Schedule

Pre-registration required; cancellation policy below

Beginning Astrology

Are you fascinated by astrology? Would you like to learn more? Astrology is a tool that leads to greater self-understanding. As we understand ourselves more fully we expand that understanding to those around us. We can apply this understanding to our own lives and to the lives of our loved ones and our clients, creating a deeper rapport. This is an excellent tool for those in a people-helping profession: hypnotherapists, counselors, nurses, etc.

Learn from astrologers who have been studying and applying their knowledge professionally for over 30 years: Martha Armstrong and Marilyn Witter. Katherine Zimmerman will help you to apply these tools with your hypnotherapy clients.

Your full birth information will be needed when you register! DOB, place and exact time.

Date: 8 Tuesdays, Apr. 11 thru May 30, 2006

Time: Noon - 2:00 pm

Location: 2110 K St., Ste. 18, Sacramento

Cost: \$160 (**\$140 before 4/1/06**)

To Register: Call with credit card info or mail a check to Katherine Zimmerman, 2110 K Street, Ste. 18, Sacramento, CA 95816

Self Hypnosis Training

Date: Thursdays, April 13-20, 2006

Time: 6:30 pm to 9:00 pm

Location: 2110 K St., Ste. 18

Cost: \$85.00 (\$75 if registered by 4.3.06)

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.

Developing Intuition

Would you like to learn to listen to all of YOU? What is that little voice you keep hearing and where does it come from? Would you like to learn how to take action and use your intuition constructively?

This class guides you to another level of uncovering your authentic self. Join us for an interactive, fun and informative class and develop your intuition in a supportive environment.

“When I follow my intuition I live in the flow and life goes smoothly.”

Katherine Zimmerman, CHT

I teach this course because, “Following my intuition has benefitted my whole life

because I realize now that I have a personal connection with God.” Maureen “Martie” Johnson, Spiritual Intuitive

Dates: March 18 & 19, 2006 **Time:** Sat & Sun, 10 am to 5 pm

Cost: \$250.00

Location: 2110 K Street, Ste. 18, Sacramento

To register: Call Martie Johnson, 530.644.6424

Professionals, need CEUs? Save these dates!

Regression

Learn how to uncover the Initial Sensitizing Event to quickly and permanently eradicate/eliminate unwanted behavior. This course includes lecture, demonstration and hands-on practice. Manual included. 20 CEUs for hypnotherapists

Date: Sat & Sun. Apr. 8 & 9, 2006

Time: 9:00 am to 6:00 pm

Cost: \$375.00

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

In-depth training in Subpersonalities

As much as we'd like to believe that we are a "whole" person, we are made up of many subpersonalities or "parts." These parts develop at various stages in our life when we need a different coping mechanism. We learn to adapt to difficult situations in our lives by allowing a "part" to take over that particular area of life. This approach is the cornerstone of my practice. Join us for an in-depth look at helping clients heal through subpersonality work. Manual included. 20 CEUs for hypnotherapists

Date: Sat & Sun. May 20-21, 2006

Time: 9:00 am - 6:00 pm

Cost: \$375.00

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

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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.

Upcoming classes:

Quantum Touch®, May 13 & 14, 2006. \$295.00 Instructor: Maureen “Martie” Johnson, Spiritual Intuitive, Hypnotherapist, Quantum Touch® Instructor. Call for details: 530.644.6424

Beginning Astrology, Instructors: Martha Armstrong, Professional Astrologer;
530.787.3781

Looking for an affordable way to promote your practice/business online? Check out
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.

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