

Understand hypnosis

CURRENTLY enjoying popularity, hypnosis is an ancient art that can be traced to Egyptian civilisation some 4,500 years ago.

Hypnotherapy has been evolved by the West into a useful tool for psychologists, counsellors and physical therapists who use it successfully for "healing" work.

A large number of professionals use it to overcome stress as it is believed to enable people to relate to their "real selves," their "inner feelings" and their subconscious minds.

New Zealand-based hypnotherapist Brian Head believes that hypnotherapy works by first inducing a state of deep relaxation which allows access to the subconscious. It is then possible to help a person establish the goals they want to achieve through a method called "auto suggestion."

Head and his wife Diane are recognised as Asia Pacific's leading hypnotherapists and are certified hypno-motivators.

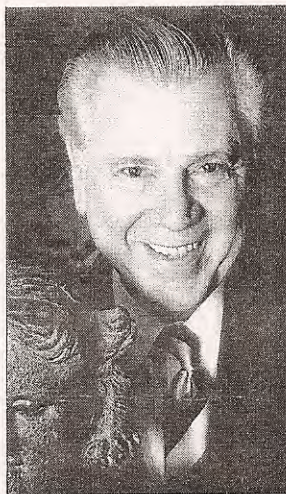
Their teacher and mentor is Dr Gil Boyne, sometimes called the hypnotherapist of Hollywood stars.

Dr Boyne believes humans use imagination to bridge the gap between what they have done and what they hope to do, and that hypnotherapy can assist them in making their hopes a reality.

Since founding the Hypnotism Training Institute of Los Angeles, Dr Boyne has taught self-hypnosis to more than 22,500 students and trained 4,500 professionals in the techniques.

He has also been a guest lecturer at the University of California (UCLA) Medical Centre.

These three hypnotherapists will be in Malaysia this month, courtesy of Astral Delta, to conduct work-



Dr Boyne... hypnotherapist of Hollywood stars.



Brian and Diane Head. Pioneers of 'auto suggestive systems.'

shops and seminars to allow Malaysians to better understand hypnosis and enjoy its benefits.

The list of problem areas that will be covered are smoking, facilitating weight reduction, improving study skills, and, elimination of phobias and stress related problems such as insomnia, depression, anxiety and bereavement.

The Heads will host free previews from today until Wednesday, followed by intensive training seminars on June 11 and 12.

Dr Boyne will host a free preview on June 23 prior to a seminar-on-a-cruise to be held on June 26 and 27.

For details, call Astral Delta (☎ 03-7579369/Fax: 7579027). — Reena Gurbaksh

The Austin technique

By LIM YIN FOONG

LOOKING for a new business venture, or skills which can earn you money on a part-time basis? Try hypnotherapy, which according to Briton Valerie Austin, can be learnt in a week.

Hypnotherapy, whether through suggestion or advanced hypnosis, has been used in stress management, motivation, overcoming problems such as smoking and weight-gain, and in dealing with depression and trauma-related problems.

Austin, recently in Kuala Lumpur to conduct an advanced hypnosis course, is known for her "Austin technique" and practices hypnotherapy in London's Harley Street where she treats clients for bad habits, weight problems, stress and severe depression.

Her Stop Smoking programme is very popular, particularly the one-hour consultation using advanced hypnosis which has a 90 per cent success rate. The half-hour consultation using suggestion hypnosis has a 60 per cent success rate.

And these are the techniques which she is willing to teach enterprising Malaysians interested in setting up their own hypnotherapy practice or doing hypnotherapy on a part-time basis.

"It's a skill anyone can learn, and you need not have any professional qualification," said the former journalist.

Austin was trained by Hollywood hypnotherapist Dr Gil Boyne, who cured her of amnesia which resulted from a near fatal accident 15 years ago.

Adapting the methods and techniques she had learnt, she developed the Austin technique, which blends the brain's heightened state of awareness (HSA) and the "Alpha state."

"This technique re-trains and persuades the sub-conscious to transfer the satisfaction derived from a bad habit, like smoking, to that of a good habit like exercise, or having good health," she said.

"It usually results in a change in attitude towards that bad habit." According to Austin who has to date treated 1,500 smokers, her methods have yet to be challenged.

She stressed however, that to achieve success, the client has to be committed to overcoming the problem.

"It is not magic, and I can't make a person do what he or she does not want to do," she said, citing examples of reluctant husbands who are brought in for consultation by their wives to stop smoking.

In cases of depression and trauma, Austin uses advanced hypnosis to help such patients. "In hypnosis, the level of sub-conscious is



Austin treats clients for bad habits, weight problems, stress and severe depression.

higher, therefore I work with the sub-conscious to enter the memory bank and trace the trauma which occurred in the past.

"Once the findings are brought back to the present, the psychiatrist will then be able to work on the patient," she explained.

Austin dispelled fears that one may be led to do something against his or her will through hypnosis, assuring that one can "say no to hypnosis."

"You are aware of what is going on, and because your subconscious is heightened during hypnosis, it will give a warning if you are in any danger, and you will instantly snap out of your hypnotic state," she said.

Austin was in Malaysia earlier this year and found there was much potential for hypnotherapy to "help fix things," like increasing productivity.

Austin's book on the Austin technique, *Self-Hypnosis — The Key To Success And Happiness*, will be launched in Britain this month.

She expects to be back in Malaysia later this year to promote her book and to conduct courses.

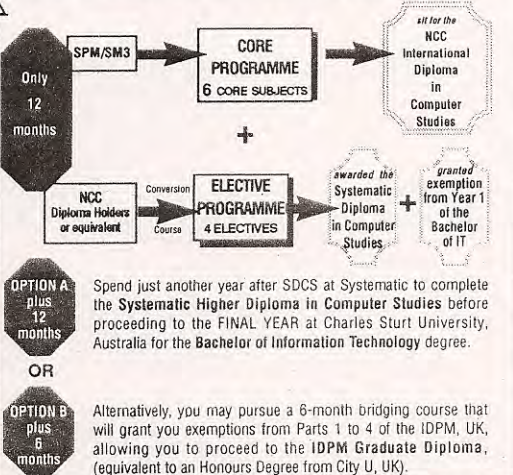
Enquiries can be directed to Valerie Austin at Bluestone Clinic, Flat 20, Harmon House, 20, Harley Street, London W1N 1AL (☎ 081-5697192 Fax: 071 509929).

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