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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

March 2008

Sent only to subscribers

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Dear Subscriber

The 2008 Uncommon Knowledge Diploma Course in hypnotherapy and psychotherapy is now in full swing, with tutors and students all feeling equally enthusiastic. Our course has a unique dynamic mix of practical exercises blended with theory and tempered with fun. Nobody gets bored! The next step will be for our students to put their toes in the water with real life client sessions - a great opportunity for them to build their confidence as therapists in a structured environment.

The Diploma course is the backbone of the Uncommon Knowledge training programs, but we'd also like to remind you about the exciting online courses which are getting going sooner than you think!

'How to Lift Depression Quickly' starts on 9th April.

You will learn cutting edge techniques to make an immediate difference, no matter how long or how severe the depression being treated. It includes live teleconferences, live forums, assignments, and an extensive range of support material.

Niki M. from New York took the online Depression course last year, and afterwards sent us the following comments:

"They taught the information in a way where you would learn something that you could actually use after every session. I was inspired to continue on to become a certified hypnotist in the US. I will certainly continue learning from Uncommon Knowledge to gain confidence. I would recommend these courses to anyone. It's the best."

You can't argue with that, can you?

The Early Bird discount option (25%) is open until 19th March - which means you can take this course for a very money-wise £296.25. There are only 25 places, so you can't afford to delay any longer.

You can reserve your place here:

<http://www.uncommon-knowledge.co.uk/training/online/depression.html>

Another former online student, Dr Kendra Pearsall, a Weight Loss Physician and Educator from South Barrington in Illinois, had this to say about our Hypnosis Unwrapped course:

"The Hypnosis Unwrapped Training course is an extremely beneficial course to learn the concepts of Ericksonian hypnosis. The training was very professional and engaging and will give you the confidence to use hypnosis not only with others but in your everyday speech to be a more persuasive communicator. I highly recommend it."

The 'Hypnosis Unwrapped' course starts on 10th April. It's a ground breaking course in the fundamentals of hypnotherapy and solution-focused approaches to psychological distress. Early birds can get that 25% discount if you sign up before 20th March, and take

Picture this: I'm 200 feet above the ground, high on a crane; it's so high that despite the crowd looking up at me, everything's eerily quiet! My pulse is breaking Olympic records, I'm sweating like the proverbial farmyard animal and I'm breathing like I'm in labour. And all this is apparently a cue for my imagination to kick in...

What if these bungee jump guys really don't know what they're doing? Come to think of it when they put my bungee harness on, they were chatting and not paying attention – oh my GOD! I'm going to die, a terrible accident, I swear I can see the headlines in my mind! Why am I going higher than everyone else? No one else went this high – it looks so high from up here – should I say something? Of course I should! What do I care what I look like to others when my life's at stake!

The bungee guy tells me that on the count of three he's going to shout Go! and then I'm to dive into empty space. I'm sure I've seen him on the news, he looks like that psychopath! Was it that show on serial killers? He's grinning, why's he grinning? No way am I diving off this crane!

One, two and... three... Go! he yells and, like a lemming, I dive. My fear of appearing a coward apparently over-rides my fear for my life. I fall so fast that even my imagination shuts up. Miraculously the cord holds – I bounce up... Phew! I'm alive!

Of course, me being me, I tell people it was nothing. They tell me I looked pretty pale. I tell them it was something I ate. Why do we play mind games with ourselves? Why did my imagination torment me up there? Well, I'll tell you why...

Read the rest of this essay online at <http://www.uncommon-knowledge.co.uk/articles/uncommon-hypnosis/fear-anxiety-hypnosis.html>

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2: Book Review: Opening Skinner's Box

Opening Skinners Box - The great psychological experiments of the 20th century. Lauren Slater. Bloomsbury Publishing ISBN: 07475 6860 X

The Skinner to whom the eponymous box belongs is BF Skinner, the famous advocate of behavioral psychology, experimenter, social reformer and poet. Slater describes his experiments in grand detail, bringing them alive and connecting the reader with her own personal sense of his work more effectively than I have known any other author to do when writing about psychologists and their ideas.

She describes with novelistic flourish ten enthralling psychology experiments (yes, enthralling!) carried out during the 20th century. Some of these experiments would be considered ethically questionable nowadays, but nevertheless they highlight some profound human truths.

Some of the experiments will be familiar to many readers, such as the famous 'Milgram experiment' used to test public obedience to recognizable authority. The results of that experiment seem to go a long way in explaining mass aberrations in collective behavior such as the rise of Nazi Germany, or the genocide in Rwanda. Others will be less well known, such as the 'false memory' experiment detailed with Slater's customary relish in the chapter entitled 'Lost in the Mall'.

Other chapters deal with bystander apathy, cognitive dissonance and the importance of early maternal love in the development of monkeys. Slater connects many of the experiments to real events, such as the Catherine Genovese murder case – which resulted in 'bystander apathy' becoming a hot research topic – and the flying saucer cult that got Leon Fastinger interested in cognitive dissonance. This approach helps her to bring psychology alive and make it immediately relevant.

Lauren Slater also breathes life into the personalities and lives of the great researchers, and inspired me to want to investigate these people and their research in much greater depth. An astonishing

and engrossing read.

Read this book review online at
http://www.uncommon-knowledge.co.uk/book_review/skinners-box.html

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3: Inspiring Quote: Strength

“He who has injured thee was stronger or weaker than thee. If weaker, spare him; if stronger, spare thyself.”

Lucius Seneca, Roman philosopher, statesman and dramatist, c.5BCE-65AD

“All the adversity I’ve had in my life, all my troubles and obstacles, have strengthened me.”

Walt Disney, US film producer, 1901 – 1965

Retaliation against a weaker person isn’t worth the bother. Equally, fighting against a stronger person only makes more trouble for yourself.

Though it might not feel like it at the time, a kick in the teeth may be the best thing that’s ever happened to you!

What about you?

Who was the last person to injure you? Did you retaliate? Were they, in your estimation, weaker or stronger than you?

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That’s all for this month -
we hope you enjoyed it and we’ll see you next month!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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