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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

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Sent only to subscribers

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In this month's Clear Thinking...

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Dear Subscriber

Are you an Early Bird? Fancy a really juicy worm?

We are offering a discount of £400 if you book your place on the 2007 Uncommon Knowledge Diploma in Hypnotherapy and Psychotherapy before 31 July 2006!

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

The intake for the 2006 Diploma was larger than ever, and we have had more early bookings for next year than ever before too, so it's a good idea to book without delay.

Our course is steadily increasing in popularity. We pride ourselves on the rigour and comprehensiveness of our training. Our students get a thorough theoretical grounding in solution focused therapy within a 'human givens' framework. This means that they learn to look

at people's 'problems' in the light of basic human needs for attention, control, involvement, stimulation, intimacy etc, and to identify what resources are available or can be created to address these problems. They are taught how to use hypnosis to encourage and facilitate optimum learning in their clients. This approach to therapy has been shown to be particularly effective in helping people to make significant life changes in a short period of time.

Our students are not limited to theory, however. They are given regular supervised practice and are encouraged to work together on assignments in between course modules. They have regular access to a course mentor, and can, of course, always contact the course tutors. A mid year and end of year exam test how well they have mastered the requirements of the course. As many students go on to practise as therapists, the course also includes a module on setting up in business.

Of course, you will want to put the money saved into stocking up your hypnotherapy resources library, won't you...

And to all our overseas readers...

While hypnotherapy training in Brighton, England may not fit in your particular scheme of things (though we assure you it would be well worth the travel!), we hope you will still enjoy this month's issue!

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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1: Startling Statistic: Hug tight!

A twenty second hug and ten minutes of hand holding with a loved one (not an embarrassing clinch with a

distant or disliked relative!) are enough to boost resistance against the physical effects of stress.

Researchers at the University of North Carolina asked 100 adults with spouses or long term partners to hold hands while they watched a ten minute video and then hug each other for twenty seconds. 85 other people sat quietly elsewhere without touching their partners.

Afterwards, all were asked to recount an event that had made them angry or stressed.

Those who had sat alone experienced a rise in blood pressure and heart rate that was at least double that of the couples who had held hands and hugged.

A bit more 'touchiness' between friends can also have positive effects on the heart, but nowhere near the impact of a hug and a hand hold from a loved one, according to psychologist Kathleen Light.

So get hugging if you want to be in the best state to handle the stresses of your life!

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2: Review: The Definitive Book of Body Language

The Definitive Book of Body Language: The Secret Meaning Behind People's Gestures
Allan and Barbara Pease
Publisher: Orion ISBN: 0752861182

I confess I normally avoid books on body language almost as much as 'dream dictionaries'. The idea that if Y happens then it must mean X is too simplistic for me. But this husband and wife effort from Pease and ... Pease is not your usual run-of-the-mill simplistic stuff.

Firstly, they describe 'clusters of behaviors' which are likely (not inevitably) going to mean something specific. Cultural differences are considered, as are typical male/female differences and how expressive signals for one gender might mean something different for another.

For example, a woman who smiles too much during a business meeting may find herself being taken less seriously by male business colleagues. The trick is to speak only when absolutely necessary, keep smiling to a minimum (e.g. at the start and end of the meeting) and lower the chin to deepen voice tonality (a deeper feminine voice denotes greater female testosterone levels and therefore greater dominance!).

If you want to know how to appear confident (and adopting postures and expressions can alter your mood – it works both ways) and how to flirt and spot when others are flirting, then this book is for you. Defensive, dishonest and skeptical expressions are explored and explained, and short tests allow you to gauge how well you are 'picking up on' non-verbal signals from others.

The authors also cover micro-expressions – the tiny, split-second facial changes that can 'give away' what people really feel. They discuss voice tonality and 'dominance posture' in both men and women, as well as the standard 'how do I know if someone fancies me?' material.

Photos and line drawings illustrate different points and the text is both engrossing and witty.

A great read (palms open, smile, relaxed posture...)

Online version with link to Amazon:

http://www.uncommon-knowledge.co.uk/book_review/body-language.html

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3: Inspiring Quote: Angels

"We are each of us angels with only one wing, and we can only fly by embracing one another."

Luciano de Crescenzo, Italian author and film producer/director/actor, b1928

"I saw the angel in the marble and carved until I set him free."

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