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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

May 2008

Sent only to subscribers

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In this month's Clear Thinking...

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*** Treat trauma and phobias in one session ***

Learn the astonishing Rewind Technique online:

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

Dear Subscriber

Being involved in some kind of traumatic experience, at any age, or even just being a witness of a traumatic event, can have serious long term, but invisible, consequences.

The 'visible' effects of trauma - physical injury, for instance - are relatively easy to get our heads round,

though not, of course, easy to live with. Surgical and medical intervention, physiotherapy, rehabilitation - we can often clearly see what needs to be done, and do it. Advances in medicine have made previously unthinkable interventions possible. All well and good.

The invisible damage is much more tricky to deal with. Sleeplessness, anxiety, flashbacks, agoraphobia, nightmares, depression - all these and more may affect anyone who has been through a traumatic experience. Or, as we mentioned earlier, even just been a witness of a traumatic incident. But now it is not at all so clear what to do. The trouble appears to be all inside the head (and emotions) of the sufferer. These problems may occur even where there is no physical damage at all.

And they can wreck lives.

It's really good news that more and more evidence is emerging that long term post traumatic stress - whatever the cause - CAN be successfully treated and overcome. The most successful approach, in terms of ease of use and effectiveness in clearing up symptoms, is undoubtedly the rewind technique.

The rewind technique is a psychological approach which allows people whose lives have been blighted by the long term effects of terrible past experiences to modify their recollection of the cause of the trouble in such a way that the thought of it ceases to trouble or disturb them.

This is fantastic news for people with serious PTSD problems. But it is also great news for people who struggle with phobias - even commonplace phobias such as fear of spiders, or dogs, or lifts (elevators), or dentists.

The connection is that a 'phobia' functions in exactly the same way as post-traumatic stress. That is, a negative past experience holds sway over the person AS IF it were a current, ongoing threat.

By using the rewind technique, it is possible to deactivate the neural patterns that keeps the incident

'live', and remove it to its proper place in long term memory. It may not be a 'nice' memory, but it need not have the power to wreck the present.

Nobody has to put up with a life blighted by the debilitating effects caused by 'live' memories of a bad experience.

So if you, or someone you know, experiences paralyzing irrational fears about harmless things, you might like to try some of our hypnotic downloads which use a form of the rewind technique to quell and deactivate such fears. For example:

Fear of elevators

http://www.hypnosisdownloads.com/downloads/phobias_fears/fear_elevators.html

Spider phobia

http://www.hypnosisdownloads.com/downloads/phobias_fears/spider_phobia.html

Dental phobia

http://www.hypnosisdownloads.com/downloads/phobias_fears/phobia_dentists.html

Fear of dogs

http://www.hypnosisdownloads.com/downloads/phobias_fears/fear-dogs.html

Fear of needles

http://www.hypnosisdownloads.com/downloads/phobias_fears/needle_phobia.html

Fear of bridges

http://www.hypnosisdownloads.com/downloads/phobias_fears/fear-bridges.html

And if you are a therapist who would like to help clients stop this fear response in its tracks, you might like to sign up for our cutting edge 'Rewind Technique' online course which is launching on 12 June. The early bird discount is open until 22 May, making this essential course available to you for a mere £221.25.

Don't just take our word for how good it is. Read the testimonials of those who have already learned how to use the rewind technique, here:

<http://www.uncommon-knowledge.co.uk/training/online/rewind-technique-testimonials.html>

efforts to keep a straight face during this time were not very successful but I was in agony and failed to see the funny side until later.

Well, there's nothing like going to the emergency department to make you feel like your accident is not an emergency. As I waited around for hours, managing to control the pain in my smashed arm through self hypnosis, I saw a small boy of about eight brought in by his mother. He was howling in pain and it became clear from what his mother was telling the nurses that he had sustained an injury during a football match. The little boy had to wait and his foot was visibly swelling. It was painful to see this child's agony.

Then suddenly an Indian doctor strode out and, with his face beaming, bellowed: 'What's all this about?' staring directly at the child. More than a little surprised, the boy stopped crying. 'I'll tell you what. I'm going to give you a magic pill!' said the doctor, winking at the mother.

'It will make you feel lovely and relaxed and soothe the pain very quickly. Would you like that?' he asked. The boy nodded, still in shock and somewhat stunned by the doctor's antics.

'And best of all, it's hidden inside a lovely piece of Turkish delight!' the doctor went on.

Many of the other patients were smiling by now.

'Don't go away now, I need to go and collect it from our special locked cabinet.'

The boy looked very expectant; something was being done for him. He could barely wait to be given this magical sweet. The doctor swept out of the admissions area and returned a couple of minutes later with a piece of Turkish delight on a plate. He had a serious expression on his face as if he were administering a life saving injection.

'Are you ready for your medicine?' He demanded. The boy nodded eagerly. The boy picked up the sweet and just before he put it into his mouth the doctor

out) also looks at superstition, the psychology of deception, the perfect (scientifically validated) chat up line, how it is that people can walk on hot coals, subliminal advertising and much more besides.

'Quirkology' is witty and informative and will light up your dinner party or pub conversations. But it's more than just fun – there are some profound truths about human nature and behaviour in what Wiseman is telling us.

If you want to be amazed and informed, get this book – and no, that wasn't subliminal...

Read this review online at

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

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3: Startling Statistic: Broken Hearts

Dying from a broken heart?

The old adage 'died of a broken heart' really does seem to be a reality - at least for some people.

Scientists at the University of Glasgow (1) discovered that when a long-term partner dies, the surviving partner's risk of succumbing to potentially lethal diseases such as cancer and heart disease increases by 27%.

The longer the partnership had lasted, the greater the likelihood of the surviving partner becoming unwell. Widowed men seem to be more strongly affected than widowed women.

Furthermore, the researchers also found that this risk does not significantly decrease again with time.

Some couples really do seem unable to live without one another. For example, singer Johnny Cash died only months after his wife of many years passed away. And former Labour Prime Minister James Callaghan died just ten days after his beloved wife of 67 years in 2005.

This all emphasizes how important it is to build good social networks. The more social support you receive during and after bereavement, the better your chances of enjoying a fulfilling life even after the death of a loved one.

(1) Published in the Journal of Epidemiology and Community Health May 2007.

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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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