

.....

## CLEAR THINKING

from Uncommon Knowledge

.....

Psychology for success, health and happiness

Jul 2008

Sent only to subscribers

.....

In this month's Clear Thinking...

- 1: Master Series: Resistance
- 2: Review: Fear - A Cultural History
- 3: Inspiring Quote: Credit where it's due

.....

Dear Subscriber

Hurry! Hurry! Get down to Brighton on Thursday 17 July between 10am and 7pm and you'll be able to walk right into our offices at Uncommon Knowledge and meet Mark and Jill in the flesh at our Open Day!

This is an unmissable opportunity to find out everything you always wanted to know about our Hypnotherapy Diploma Course and our Weekend Workshops right from the horse's mouth. (We're not saying Mark is a horse. Or Jill. Just thought we should make that clear.)

Graduates from our course will also be in attendance, so you can quiz them about what it's really like to take the Diploma and find out what they are now doing with what they learned.

This may be just the inspiration you need to sign up there and then for the 2009 Diploma. Or you can do so afterwards - but do remember that the Early Bird discount (a cool £400 off!) is only available until 31 July.

This is the eleventh year of the Diploma Course. We have trained hundreds of people in solution focused therapy, and we know that our Diploma Course is better than it's ever been. With rates of depression, anxiety and addiction soaring everywhere, causing increasing misery and desperation, the world urgently needs people who are equipped to offer powerful and effective help.

You could be one of those people.

The Diploma Course content is based on current understandings of how the mind and emotions work; how emotional problems are caused and maintained and what to do about them.

The course produces a wonderful ripple effect, helping not just all the people who receive effective therapy from Uncommon Knowledge graduates but also bringing positive transformation into the lives of our graduates themselves. As they themselves have told us. (They'll tell you too, if you come and talk to them at the Open Day.)

You can find out more information about our Diploma course here:

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

Our highly successful online courses will also be running in the autumn. Either or both of these courses – as well as being fantastic value in their own right - would make a wonderful foundation for anyone planning to take the Diploma later - you would really hit the ground running.

How to Lift Depression starts on Wednesday 17 September. This fantastically effective and powerful course costs only £395, but you can save 25% of that if you book before 27 August, saving yourself nearly

£100 (good for spending on the recommended reading!).  
There are only 25 places on each course, so early  
booking is recommended.

You can book online by clicking this link:

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

Hypnosis Unwrapped starts on Thursday 18 September,  
and we are offering an Early Bird Discount (a full 25%  
off the full price of £295, so you pay only £221.25)  
until 28 August.

It's easy to book online (and there's loads more  
information about the course) here:

<http://www.uncommon-knowledge.co.uk/training/online/hypnosis-1.html>

If you prefer, you can call Karen on 01273 776 770 and  
she'll be happy to reserve a place for you on either  
course (you get the same discount). She'll book you in  
to the Diploma Course too, if you ask nicely.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge LLP

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

Want to find out what we do in the 'real world'?

Come to an Uncommon Knowledge Hypnosis Workshop.  
These inspiring and instructive Workshops take place  
regularly in Brighton and in Kingston (London).

Put the dates in your calendar today!

Kingston: 25 and 26 October  
Brighton: 15 and 16 November

<http://www.uncommon-knowledge.co.uk/workshop/hypnosis/workshop.html>

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

## 1: Master Series: Resistance

Some people have what we call ‘Yeah, but...’ syndrome. This means that whatever you say to them, they automatically reply with ‘Yeah, but...’ Trying to give direct advice to such people is pointless. It’s like throwing a lifeline to a drowning man only to find he argues with your choice of rope. Not everything in life needs to be a tussle, but Yeahbutters can’t help but tussle with everything.

Years ago when I first started teaching hypnosis, I was running a workshop in the south east of England. Now if you’ve ever done any public speaking you’ll know that sometimes you get what looks like an ‘assassin’ in your audience; you know, the kind of person who looks as if they want to kill you. Their unfriendliness feels as if it is boring into you. Anyway, on this particular occasion a woman in the front row showed not a hint of friendliness as she steadily frowned at me. I racked my brains trying to think if I’d ever seen her before but no, this was no former girlfriend!

When you are new to public speaking you tend to focus on the people who look the friendliest, so I did just that – but I could still see my nemesis in my peripheral vision. At one point she interrupted my talk and announced that she was a psychiatrist. She then proceeded to tell us all her professional qualifications and clinical experience – to which we all listened politely.

Next it was time for me to ask for a volunteer for my first demonstration of a hypnotic induction. You can imagine what I was praying for, but the worst happened anyway. The psychiatrist put up her hand. And as no else volunteered I had no choice but to choose her.

She came and sat in front of me, still showing not a flicker of warmth. And I then made the mistake of asking her why she had volunteered. She replied coldly that she wanted to show that hypnosis couldn’t work because she knew there was no such thing. In all her experience she had never encountered it. I started to wonder which god I had angered...



"These people who can see right through you never quite do you justice, because they never give you credit for the effort you're making to be better than you actually are, which is difficult and well meant and deserving of some little notice."

Reverend Ames, protagonist of 'Gilead', by Marilynne Robinson (Pulitzer Prize 2005)

Wrapped as we are inside our own worlds, we forget to take account of the noble intentions of others, as they forget to take account of ours. We see only the outward actions, and judge them as if that was all there is. Yet we know from our inner experience how hard we are striving to be 'a better person'.

Why is it so hard to remember that other people are striving in the same way?

What about you?

When you feel criticism of someone else's actions rising in you, can you stop to acknowledge the effort they are making?

What difference would doing this make to how you feel about people?

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

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

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

Published by Uncommon Knowledge Ltd,  
12 Queen Square, Brighton, UK BN1 3FD  
Tel: +44 (0)1273 776770

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

If a friend has sent you this newsletter and you would like to subscribe, go to:

