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## CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

April 2008

Sent only to subscribers

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In this month's Clear Thinking...

- 1: Master Series: Shock Hypnosis
- 2: Article: No Strings on Me
- 3: Top Tip: Shed pounds to improve memory

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Dear Subscriber

Wouldn't you like to know how to use hypnosis to help yourself and others? Wouldn't it be great to be able to help people quickly recover from debilitating depression? Wouldn't it just be fantastic to help people get over phobias which restrict their lives, or the distress of recurring memories of trauma they have experienced?

In the old days, you would have had no choice but to sign up for a classroom based course, and then get yourself to all the classes, to learn the skills that would enable you to do these things. But you live in the 21st century, and nowadays online training offers you fantastic opportunities to master skills and knowledge that previously you could only get in a bricks and mortar classroom somewhere.

Nowadays you don't have to leave the comfort of your own home, and you don't even have to be in the same country, to take high level courses like our Hypnosis Unwrapped online study program (last few places left, classes start 10 April, don't delay). Never has it been so easy to set about mastering the fundamentals of hypnotherapy and solution-focused approaches to all kinds of psychological distress. If you are looking to get started in the field of hypnotherapy and are not able to get to a class based course, this could be just the opportunity you have been waiting for.

You can still sign up here:

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

Or you might prefer the 'How to Lift Depression Quickly' course which starts on 9 April (just a few places left there, too). This course is specifically focussed on depression - often a major stumbling block to recovery from other forms of distress, and so key to the work of any therapist. Contrary to popular belief, it's possible to treat depression quite quickly, and we are determined to train as many people as possible in the skills which allow you to do this. All our online training courses include live teleconferences, live forums, assignments and an extensive range of supporting material.

You can reserve your place here:

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

While you're on the 'How to Lift Depression Quickly' page listen to an audio testimonial from Karen April Mills, a Hypnotherapist from Sheffield who has completed both our 'Hypnosis Unwrapped' and 'How to lift depression course'

Coming up behind (12 June) is our revolutionary 'Rewind Technique' online course. This course teaches the essential skills for removing phobias and resolving the dreadful symptoms of Post Traumatic Stress Disorder. No therapist can afford to be without these skills. The early bird discount is open until 22 May, making this cutting-edge course available for a mere £221.25.



friends could see what was happening to me physically, and I have to say it must have looked pretty cool, because I actually did a full rotation and landed more or less unharmed on the ground like a proper gymnast. What they couldn't know is what was happening to my consciousness during that split second.

Yes, you've guessed it, everything went into slow motion. I felt absolutely calm and relaxed, my mind felt wide open to any experience, but there was no hope or fear – just a sense of being, of a strange kind of timeless existence. A split second to my mates felt like eternity to me. When I landed, it was like coming out of a dream or awakening from a hypnotic trance. I felt like I'd been some place else.

And only afterwards did my heart rate speed up. But by that time I was busy trying to look totally unruffled. All the normal aspects of my mind had returned, such as self consciousness, imagination, anxiety and so forth, but in the air I had been momentarily free of all mental clutter. My consciousness had narrowed down to a pin point. Now it was again busy and crowded...

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

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## 2: Article: No Strings on Me

'I've got no strings  
So I have fun  
I'm not tied up to anyone  
They've got strings  
But you can see  
There are no strings on me!'

(Lyrics form Pinocchio: 'I've got no strings')

What is a psychopath? Do you know one? Ever been the victim of one? The chances are that the answer is yes, even if you may not realize it. The scientific consensus is that one in a hundred people is

psychopathic and this breaks down evenly between men and women. Scary thought, huh?

What is your idea of a 'psychopath'? A serial killer? A crazy person foaming at the mouth?

Think again.

Hollywood loves psychopaths and psychotics because they make such wonderful (or terrible, depending on your point of view) baddies. But if you think that because you've seen lots of movies featuring baddies who are 'mad' in some way you will therefore be able to tell a psychotic from a psychopath, you are mistaken, because the movies regularly mix them up.

Perhaps the most famous 'mad' movie baddie of them all, Norman Bates in Alfred Hitchcock's 'Psycho', is regularly branded a psychopath, although he was no such thing. He was a delusional psychotic. 'Hearing voices' or 'seeing things' that aren't there can be symptoms of psychotic illnesses like schizophrenia, but does not mean that you are a psychopath.

Of course, schizophrenia itself is another condition often misrepresented in the movies, which pursue the dramatic possibilities of 'split personality' while failing to acknowledge that it has nothing whatever to do with schizophrenia.

To see a more accurate movie psychopath, turn to the eponymous cold hired assassin 'the Jackal' in 'The Day of the Jackal', or the scheming and manipulative Tom Ripley (brilliantly portrayed by Matt Damon) in 'The Talented Mr Ripley'.

In reality, most psychopaths are not criminal – although many criminals are psychopaths – but they are certainly amoral. The great majority are not killers; they are 'bad' rather than 'mad'. The socialized psychopath is likely to be too smart to end up in jail. The socialized psychopath can appear extremely charming. You have to know them really well and have a fair amount of insight yourself to spot that they always and only ever do what suits them...

Read the rest of this article online at  
<http://www.uncommon-knowledge.co.uk/articles/strings-psychopathy.html>

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### 3: Top Tip: Shed pounds to improve memory

Overweight? Shed a few pounds – and improve your memory!

If you are obese, losing a few pounds will not only make you trimmer, but can also improve your memory.

Researchers at Saint Louis University in the US, led by Professor Susan Farr PhD, looked at why obese people appear to be more likely to have problems with their memory.

Leptin is a hormone that is secreted to tell us to ‘stop eating’ – it is essentially an appetite regulator. In obese people, leptin cannot easily cross the blood/brain barrier. We also produce leptin while sleeping – which is why insomnia can make us fatter. No sleep equals no leptin.

But leptin has also been found to play a role in memory and learning. Low levels of leptin may be a cause of obesity, but can also be brought about by obesity. So lower leptin means more fat and less agile minds.

So – as if more incentive to lose excess weight were needed – a slimmer physique could be good for your IQ and your memory as well as your health!

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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

