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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

Aug 2008

Sent only to subscribers

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Dear Subscriber

The lazy hazy days of summer are upon us. Well, maybe, if you're one of the lucky readers who lives in a place where they have decent summers!

But whatever the weather, the climate at Uncommon Knowledge is highly conducive to the development and maintenance of emotional and psychological well-being for all. And there's nothing to boost your well-being like mastering new skills. That's why we're devoted to developing new training programs and online material, and constantly seek to refine and improve our current offerings.

Our leading edge Diploma Course in hypnotherapy and psychotherapy is in its eleventh year, and we have been busy taking bookings for the 2009 Diploma, which starts in January. There are still some places left

(though the early bird discount offer has now closed).
You can apply online on our website or ring Karen on
01273 776 770 to reserve a place.

Pending the start of the Diploma, there's time to
enjoy the benefits of our stable of online offerings.

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. 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>

And our Rewind Technique Training is available again
from Thursday 6 November. Here too we are offering an
early bird discount of 25% if you book before 16
October, meaning you will pay only £221.25.

Online booking is available here:
<http://www.uncommon-knowledge.co.uk/training/online/rewind-technique.html>

If you prefer, you can call Karen on 01273 776 770 and
she'll be happy to reserve a place for you on any
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

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a psychotherapist or counselor needs to know about psychology. It sounds obvious, but it's not. Some therapists will still talk about 'recovering memories' or using hypnotic regression techniques to 'find out what really happened'. Hypnosis has been the favored tool of such practitioners. But hypnosis is no longer permissible in law as a tool to uncover 'facts' about witness reports, and hypnosis certainly shouldn't be used as a tool in psycho therapy to 'discover' memories.

Because memory just doesn't work like that...

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

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2: Article: Unlucky superstition

Did you know that it's unlucky to be superstitious? No, really.

Superstitious beliefs can lower house prices, cause deaths in traffic accidents, increase abortion rates, increase the incidence of heart disease and even influence hospitals to waste millions of funding on unnecessary patient care. I repeat: it is unlucky to be superstitious.

From unlucky 13 (the Romans believed that the number 13 was a symbol of death and destruction), to touching wood 'for luck' and crossing fingers, to not walking under a ladder lest we 'break the holy trinity', superstitions are everywhere and powerfully influence us –if we are susceptible.

There are no houses numbered 13 in Paris. For decades the Savoy Hotel in London didn't allow parties of 13 to dine at the hotel and went so far as have a member of staff make up the numbers. Superstition can cause us to take a great deal of trouble.

So why do we do this to ourselves?

What about you?

Our times are as troubled as any, and many consider our civilization threatened - not to say our planet. Where do you look for your reference point?

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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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