



Uncommon News - Issue 3-1, Jan 2001

Hypnosis, Psychology and Personal Development - Keeping You Informed

New NLP Workshop

NEURO-LINGUISTIC PROGRAMMING, or [NLP](#) was first developed from the work of [Milton Erickson](#) and other great therapists.

The founders Richard Bandler and John Grinder studied their communication and methods to formulate a 'model of excellence' for human communication and performance.

The NLP workshop will be delivered by [John Howlett](#) and [Helena Freeman](#). In addition to the Uncommon Knowledge diploma, John has completed his NLP Master Practitioner.

Helena uses NLP to deliver training to organisations such as The Body Shop and The Big Issue, having originally trained as a management accountant with KPMG.

Workshop content will include:

Using NLP for emotional management in stressful situations

Motivating yourself and others

NLP - The Language of Influence - present yourself and your ideas persuasively

How to build deep, quick rapport for better personal and business relationships

The NLP 'Learning State' for better memory and recall

NLP for Emotional Intelligence

Stress Management the NLP way

The workshop will be held in Richmond on April 7th & 8th and in Brighton on May 12th & 13th. Previous delegates of the hypnosis workshop are eligible for a 25% discount, bringing the price down to £96.75.

Full price is £129 incl VAT for individuals and £129+VAT for companies.

Call 01273 557799 to book now. Places, as usual, are limited.

Diploma Nearly Full!

THE Diploma [course in Hypnotherapy and Psychotherapy](#) starting in March 2001 is now nearly full, so if you are interested, please let us know now!

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News on the Website

Article on [Milton Erickson](#)

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Startling Statistic

Myths About Cigarettes Go Up in Smoke

THANKS go to Andrew Cain for posting this on the Discussion Group.

A recent American study found that smoking may increase the risk of some [anxiety](#) disorders for teens and young adults.

Even after taking into account other factors such as temperament, alcohol and drug use, the researchers found that adolescents who smoked 20 cigarettes or more per day were nearly seven times more likely to develop agoraphobia during early adulthood.

They were also 5.5 times more likely to suffer from generalised anxiety disorder and nearly 16 times more likely to suffer from panic disorder.

One explanation is that anxious people are more likely to start smoking because they think cigarettes will calm their nerves and help them in social situations.

However, the researchers found that teenagers who had already developed anxiety problems were no more likely to become heavy smokers.

Yet another way in which smoking is bad for you!

Top Tip

Go on - have a laugh!

THIS issue's Top Tip comes from our Top Book.

Adopt a laugh-ready attitude more of the time by creating your own 'laugh list'.

On the way to a social event think of situations which have made you laugh to 'put you in the mood'. This is also a great way of dispelling social nervousness and improving your own sense of humour. (not that it needs it of course!)

Success Story

Hypno-Birthing!

DIPLOMA Graduate Pam Eadie tells us about her hypnotic birth.

“I gave birth to Samuel five weeks ago without any painkillers and with the feeling that it was a great experience and one that I wouldn’t mind repeating sometime if the need arose (with a different child of course!).

Before the birth I would relax using an old holiday destination, and imagine myself sitting on a big rock right by the sea and build up the picture so I was really at home there.

During first stage labour (labour is broken up into three stages: 1st stage when the cervix opens up to ten centimetres, 2nd stage when you push the baby out, 3rd when the placenta is delivered) I was able to go to this place which really relaxed me and I could watch the waves going in and out as the contractions built up and faded.

At the end of this first stage the contractions changed and became much stronger and I was able to fully concentrate on them and not on the pain by filling my visual field with red which built up in intensity then changed to blue as I looked through the field of colour and then became white as the contraction passed. I felt that I was in control of the contraction (which was very important).

My feeling was that as I looked deeply into the red the more I was bringing forward the blue and then the white. This saw me through the second stage too, even though at the end the baby got stuck and everyone panicked (apart from me!) They had to whisk me off to hospital and use forceps to get him out, while I was telling the anaesthetist ‘No I don’t want gas and air.’

I can’t say that I had a pain-free labour, but the pain was really manageable and in some ways even enjoyable, a harbinger. One other thought that helped me through was the thought that it would only last a day or two at the most.”

Thanks to Pam for sharing her fantastic story.

Competition

THIS issue’s prizes are three copies of our Top Book ‘Laughter’.

(Please note: This competition has now expired!)

Question: On average, how much more than adults do young children laugh?

a) Twice as much b) Six times as much c) Twelve times as much

Answers by post or email please. The competition will be drawn on April 1st, 2001.

Last issue’s competition asked: ‘Are hypnotic states usually characterised by a) Jumpy attention b) Restricted focus of attention c) Multiple foci of attention?’

The answer is b) and the lucky winners of ‘[Hypnosis and Trance States](#)’ are: Gerard Coville, Brian Trappe and Stephen Adams. Congratulations!

Top Book

[Laughter](#) - A Scientific Investigation by Robert Provine.

Uncommon Quotes

“Men will confess to treason, murder, arson, false teeth, or a wig. How many of them will own up to a lack of humour?”

Frank Moore Colby

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