



Uncommon News - Issue 1-3, July 1999

Hypnosis, Psychology and Personal Development - Keeping You Informed

Fast Phobia Frenzy!

You may remember the technique we demonstrated on the Sunday of the Hypnosis Training Weekend. Some lucky volunteer had their phobia cured with this fantastic technique. Some of you will have had the chance to see the results, or you may recognise one of the success stories below.

Success Stories

Red-Kneed Tarantulas!

Eddy Farrar, who came to the Hypnosis Weekend Workshop in Bristol in June, had a phobia of spiders.

One week after volunteering for the Fast [Phobia](#) Cure, she sent us this letter: "Just a quick note to say; "Thanks for a great weekend - the workshop has helped me tremendously. Although I've not come across any household [spiders] I went to the zoo and had my face 3 inches from a Mexican Red Tarantula, blowing on it to make it move. It did, but I didn't! I didn't run, wasn't sick and no passing out or sweating! Thanks."

A great result for Eddy whose story is featured in the article on the [Hypnosis Training Weekend](#) in the next issue of The Spark, Bristol's newspaper on complimentary therapies.

The Great Spider Tamer of Richmond

Siobhan Pestano who attended a weekend in Richmond in July was extremely worried about volunteering as it made her feel awful just to talk about spiders.

After the demonstration, she left the room with [Mark Tyrrell](#) who gave her a spider in a plastic cup. She then came back into the room and asked for the spider to be put in her hand.

Siobhan says that after the [workshop](#), "I was watching a film and I noticed that there was a spider on the wall I. Normally I would have had to leave the room, but I just sat and watched the film.

Also, when I was in the park recently, a spider crawled onto me and I just got up and calmly brushed it off"

Another brave lady, and yet another amazing success for this technique.

Rats! There goes another one!

Andrea Nelson in Nottingham in July was a little concerned that she had let us know about her rat phobia. In fact, when we asked for her to volunteer, she said she'd rather leave it, as just discussing it would give her nightmares for up to 3 weeks afterwards.

After being reassured that the technique is neutral and can even feel pleasant, she agreed and the demonstration went ahead.

She said afterwards that she felt different, a little 'strange' about the old phobic memories, but it wasn't until she went to sleep that night that she began to think that something had really changed.

Instead of the usual nightmares, she had a dream in which she was in control around a rat and there were no more dreams the following nights. We await further news.

Trainee [phobia](#) busters

This technique is already being used to great effect by trainees on the [Hypnotherapy and Psychotherapy Diploma Course](#). Clients have been cured of, amongst others, bird, spider and height phobias. Well done!

Top Tip

If you find it difficult to take ultradian breaks at work, try pretending to read a relevant journal, or paper and simply defocus on the page.

This way, you don't have to keep nipping to the toilet and, although you might look a bit vacant, you can get those rejuvenating breaks when you need them!

Teaching Tale

Just do it!

A certain man, well respected in his community, was going about his daily work of ferrying people across a river.

On pulling in at the bank, a gentleman stepped on and asked to be taken to the other side. The ferryman, passing the time of day, asked "Where's you goin' on a day like today?"

The gentleman looked horrified, "Didn't you go to school to learn to talk properly? You have wasted half your life!" he said, irritated.

The ferryman took no notice but continued to row across the river. Then, about halfway across, the gentleman began to shriek. "The boat is leaking, the boat is leaking", he wailed. The ferryman looked round, and sure enough, the boat was filling up fast.

"It looks like we'll have to swim" he said, "but why are you screaming? Didn't you ever learn to swim?" "No!" yelled the gentleman in terror. "Well", said the ferryman, "It looks like you have wasted your whole life."

Top Book

[Emotional Intelligence](#) by Daniel Goleman

Startling Statistics

An amazing new discovery

A study of [depression](#) shows that depressed people start to dream after an average of 50 minutes of sleep and dream for an hour where a non-depressed person will take 90 minutes and only dream for 10 minutes.

This is due to the large amount of emotionally arousing introspection done by depressed people and accounts for the fatigue they often feel.

Competition

The first three correct answers 'out of the hat' will win 'Emotional Intelligence, this issue's Top Book. The draw is on September 1st. This replaces the old 'first past the post' competition which, of course, unfairly favours Brightonians!

(Please note: This competition has now expired!)

Question: When we become highly emotional, a different part of the brain assumes most control. Is this called:

- a) Emotional overload?
- b) Nervous breakdown?
- c) Emotional high jacking?

Last issue's competition asked "When using the indirect approach to hypnosis, we use language called: a) Protracted? b) Pervasive? c) Permissive? The answer was c) and the three lucky winners of a copy of My voice will go with you' are Jo Evans, Lisa Dennison and Dale Thomas.

Uncommon Quotes

"You can prove or disprove anything with a theory. With the right skills, proof comes from the results."
Walt Whitman

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