

## Friday 20th January

- 2.45pm OPENING  
(Chair) Leslie
- 3.00pm Judith Stack  
**Working with Children**
- 4.00pm Coffee
- 4.30pm Sarah Beamish  
**Pain Management**

## Saturday 21st January

- 9.30am Lesley Eastman  
**Hand Drumming**
- 11.00am **\*\*Coffee\*\***
- 11.30am Jane Shutt  
**Shamanism**
- 1.00pm **\*\*Lunch\*\***
- 3.00pm A.G.M. COUNCIL MEETING  
(Members)
- 7.30pm Buffet and Dance

## Sunday 22nd January

- 10.00am Sean Doherty  
**The Heart in Therapy**
- 11.00am Coffee
- 11.30am Dr. Alweena Zairi  
**Sound Therapy**
- 12.30am LUNCH
- 2.00pm Lisa Morgan  
**Creative Hypnosis**
- 3.00pm Close

## Shamanism

### Jane Shutt

Shamanism is probably the oldest form of spiritual practice. Throughout the world, from Australia to Greenland to the Amazon, from prehistory to the present day, shamans have acted as intermediaries between the human world and the world of the spirits. Shamans are a bridge between the world that we know and experience every day this material reality and that inhabited by spirits.

And everywhere the shaman's job is to balance. Without balance we become ill, mentally, physically, emotionally - but overall, spiritually. This can apply not only to human beings but also to animals and places. Shamans maintain or restore balance with the help of their spirit friends and helpers. Spirits come in many guises. There are the ones people in our society often think of when the word is mentioned - ghosts, spirits of those we have known who have died before us, those that spiritualists contact.

But shamans also deal with other spirits. There are all the spirits of nature - the weather spirits, the tree spirits, the water spirits. There are spirits of place - there is a spirit of your house, for example, and one of the park.

Then there are others, less well known - spirits of illness, for example. The shaman's task is to negotiate between the humans in the local community and the spirits, communicating with each and representing the interests of humans to the spirits and the interests of spirits to the humans.

## Sound Therapy

### Dr. Alweena Zairi

Sound therapy helps by working in establishing ear dominance and helping auditory processing problems by using gating and filtering through music such as Bach and Mozart to establish the full range of frequencies from 20 to 20,000Hz. This process is done by listening to special CDs for a period of eight or sixteen weeks with specialised headphones. A child who would benefit from sound therapy would have difficulty following instructions and/or have a short concentration and attention span. Memory may be poor and they tune out often. Currently The Listening Program is used at the CHILD centre. For more information about the research see [www.childcentre.net](http://www.childcentre.net).

Dr Zairi completed a doctorate on Raising Children's Learning and Performance in Schools, which involved researching the underlying problems of children's learning and behavioural problems. This included researching the impact of retained reflexes, movement programmes and sound therapy on learning.



## Hand Drumming

### Lesley Eastman

*"The hand drum serves as a touchstone to our deepest nature. It is both a symbol of our spirit and a vehicle to transport us to it"* (Robert Freidman)

Drums have been used by mankind throughout history as a form of non-verbal communication and self expression. From the cradle to the grave we are all exposed to the rhythms both inside of ourselves and of the world outside. The first cell to develop in a human being is the heart and it is this pulse that signals new life. It is the beat of our own heart that accompanies us every step of the journey through life. As we are born we begin the life long balance between life with its seasons and tides ebbing and flowing around us and the pulse of our own individual and internal life processes.

Hopefully the presentation will be a unique opportunity for you to discover your own individual rhythms and how these are influenced by the rhythms of others. Drums will be provided all you will need to bring is your curiosity and playfulness as you experiment with tracking the pulse of your inner world through the skin of your drum and then weave this into the community of the group experience.

## Creative Hypnosis

### Lisa Morgan

Creative Hypnosis is 'going with the flow and taking a punt'. Such an approach recognises that hypnotists and their clients are both explorers of the unconscious. It utilises more than the client's frame; it involves using the power of imagination - the hypnotist's imagination landscape being just as engaged as the client's. Together they investigate the client's internal world: the imagery, metaphors, associations and sensations that connect in the neural webs of the client's unconscious mind. This presentation, from the Vice Chair of the Guild, will introduce her new Diploma in Creative Hypnosis. For Lisa, professional creativity, is central to her work.



## Working with Children

### Judith Stack

Judith Stack is an Associate Lecturer in Psychology with the Open University. She specialises in working with children usually a using solution focused approach but also hypnosis. She deals with a wide range of issues such as separation anxiety, school phobia, thumb sucking etc. She has vast experience as a teacher in the psychology field and studied hypnosis at university. She is an experienced presenter also working as an hypnotherapist and psychotherapist.



## Pain Management

### Sarah Beamish

In hypnosis, acute pain is treated by using powerful suggestions aimed at reducing pain associated anxiety and by lowering the importance of pain, to the individual.

In hypnosis, and then through self-hypnosis, the person suffering from chronic pain is taught to alter the brain's perception of the pain message, to turn down the intensity or to produce its own internal medication.

Sarah Beamish is a Paralympic GB Archer seeking to qualify for 2012 games. She is a hypnotherapist qualified in Massage, acupressure and sports injuries.



## The Heart in Therapy

### Sean Doherty

New scientific research about the heart and its functions, especially work with people who have had heart transplants, offers a radical and exciting perspective that combines scientific material with a humanistic and even spiritual perspective on how important heart functioning is within our total bodymind. This work highlights how the heart can carry memories, balances stress and physiological functioning and influences our brain and its processes far more than the brain influences the heart. It becomes clear that optimum personal functioning is significantly influenced by the total work of the heart.





# schedule

- FRIDAY 20th** Registration from 2.00pm  
Opening 2.45pm
- SATURDAY 21st** 9.30am - 1.00pm  
3.00pm (AGM) - members only  
**BUFFET AND DANCE** - 7.30pm  
It is essential to book the Buffet places one week in advance of the Convention.
- SUNDAY 22nd** 10.00 - 4.00pm (approx)

*Please return all completed Booking Forms to*

U.K.G.H.E.  
"Blinking Sike", Eastfield Business Park,  
Scarborough YO11 3YT

Phone: 01723 58 59 60  
E-mail: info.ukguild@gmail.com

## CONVENTION BOOKING FORM

\* MEMBER £35 - \*NON MEMBER £55 \* Delete as appropriate

Please reserve me ..... places for the Convention

Please reserve me ..... places for the Buffet & Dance @ £19.50

I enclose a cheque (made payable to U.K.G.H.E.) for £.....

Payments can now be made via **Pay Pal**.

Go to: [www.paypal.co.uk](http://www.paypal.co.uk)

Click: 'send money' and follow instructions.

Send to: info.ukguild@gmail.com

Name

Address

Post Code

Phone

e-mail

UK GUILD OF  
HYPNOTIST EXAMINERS

# 28th Annual Convention 2012

VENUE: Clifton Hotel  
Queen's Parade  
Scarborough  
Phone: 01723 375691

DATE: Friday 20th  
Saturday 21st  
Sunday 22nd  
January 2012

Buffet: Saturday 21st  
& Dance

