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HOW TO SURVIVE THE HOLIDAY SEASON

It's usually the end of November when the Christmas adverts begin to appear on TV, we become bombarded by ads for toys, food and all the other things we are told we need for a Happy Christmas.

There are so many different responses to these, I love Christmas always have. Buying presents for people I care for looking forward to spending time with love ones, friends coming over, visiting, cooking, entertaining. My mother hated Christmas all the things I love caused her anxiety and stress. Whereas I view Christmas as time to relax reconnect with friends and family, all she thought of was the trouble it put her too and the extra work it brought her.

Christmas is a time when so many people feel lonely, depressed, stressed - with far too little time or resources. Many people do not have a model family and as they watch all those seasonal movies on TV showing how wonderful this time of year is supposed to be.....

This is the time of year so many people turn to false friends to change the way they feel.

Then there are Christmas Parties, when usual sober people are hell bent on oblivion. Suddenly compelled to make utter fools of themselves.

If like my mum you dislike this time of year; First ask yourself what is it about the holiday season that gets you down. Once you cut through the vague sense of foreboding about family gatherings and all the other stuff; and identify the specifics, you can deal with them directly.

Some find family obligations overwhelming, all the food preparation, visiting family for dinner on Christmas day, even though she drinks too much, makes a scene and picks a fight with Uncle Les every year. Having to put flowers on Nan's grave even though its an hour drive there, and another back.

Stop and think, why are you doing things that make you miserable? Draw up a list of what you should do and what you want to do with the pros and cons of each.





If you enjoyed Christmas differently this year, what would happen? What if you didn't go to family on Christmas Day? They may initially be put out but you could see them at some other time. What if you didn't take flowers to Nan's grave? But did something else to honor and remember her.

If the old holiday traditions aren't working its time to create some new ones. Once you've taken a clear look at the holidays -- about what works and what doesn't -- it's time to make some changes.

Here are four key *do's* for the holidays.

1. If the usual family gathering is causing holiday stress, try something else. If you're too overwhelmed to host, discuss other possibilities with family members. Maybe a sibling could have the dinner this year. Maybe you could book to eat out.
2. If your holiday stress stems from a history of family conflict, focus on your own state of mind. What can you do to change the way you are feeling?
 - a. There are a number of ways in which you can change the way you feel. Use this technique to train yourself to be calmer and more relaxed.
 - i. Breathe out - empty your lungs
 - ii. Breathe in slowly whilst mentally counting to 7 (breathe through your mouth) fill your lungs
 - iii. When your lungs are full, hold your breathe for a moment
 - iv. Now roll your eyes up to the ceiling and close your eyes
 - v. Breathe out slowly whilst mentally counting to 11
3. Remember to pace yourself, plan ahead if there is a family gathering you need to go to drop by for a few hours instead of staying all night.
4. Stop comparing your Christmas with idealized notions of perfect families. If you have negative feelings

 - a. Pay attention to the feeling, where exactly is it? How does it move?
 - b. Imagine taking the feeling out of your body
 - c. Notice how it is moving
 - d. Now slow it down completely and begin to spin it in the other direction
 - e. Pull the feeling back into your body whilst spinning it fast and faster and notice how different it feels now

SOUTHAMPTON NLP AND HYPNOSIS PRACTICE GROUP

This group is run by the Wessex College of Hypnotherapy and NLP with Licensed Master Trainer of NLP, Tina Taylor.

Our next meeting being on 4 February 2016 at The Romney Centre, Southampton. Please note there is no meeting in January

Details can be found on our website; http://www.wchn.org.uk/cms/practice_group.html and our Facebook pages NLP Master Classes & Wessex College of Hypnotherapy & NLP.





Away in a Manger



Tis the season when thoughts turn to babies, well one particular baby born over 2000 years ago in a stable without medical aid or assistance. It was hearing about things like this that originally had me thinking about the process of childbirth. When I was expecting my own child I refused to believe that something that we were designed to do should be so difficult. What made women different from the other female inhabitants of this world.

My research took me way back in history to a time before the birth of Jesus, where Greek Scholars such as Aristotle and Hippocrates wrote about the miracle of birth and talked about women using the power of the mind in childbirth.

At that time it seems that if women needed assistance in labour they were helped into a relaxed state, sometimes using herbs and potions but mainly using meditation techniques. It seems that Hippocrates was the first person to run childbirth classes, and he spoke of the connection between the mothers relaxed state and an easy birth.

Many years later an English doctor came to the same conclusion, he said that women who had easy birth were in a trance like state. Dr Grantley Dick Read asked himself was the nature of childbirth responsible for the emotional state of the women or was the emotional state of the women responsible for the labour she experienced. He begun years of research into childbirth.

He found that women free of fear had easier births, that a tense mum = tense cervix = pain.

He concluded fear was whats wrong with labour.

Following on from these auspicious footsteps my childbirth classes were created, teaching women how to relax and go into trance whilst in labour.

I remembered Dr Richard Bandler speaking about his research into how people got rid of their fears and I spoke to mothers who had easy births and collected their strategies. From what I heard I believe that this is how we are supposed to have our children. Whilst in labour to enter an altered state, taking our conscious minds out of the way so that our body can do what it is designed to do. Naturally listening to our bodies just as our ancestors did and probably just what a woman called Mary did oh so long ago.

Simple exercise to get rid of fearful thoughts

1. Think of the fear you want to get rid of. Picture that in you mind.
2. Now push that thought away far into the distance so that it is the size of a postage stamp
3. Now white it out, turn it white then black, then white, then black, then white
4. Repeat No 3 five times
5. Now think of how you want to respond instead





Diploma in Clinical Hypnotherapy

The diploma begins in February 2016. It is designed to follow on from the Foundation Course to ensure that all participants have a good grounding in Hypnosis and Trance. We do accept people onto the Diploma who haven't completed our Foundation but who have completed other relevant Hypnosis training.

The aim of this course is to provide a solid theoretical and practical grounding in using hypnosis in therapy. It will enable you to acquire the skills to address most if not all of the concerns that clients bring. This course also covers the practical aspects of running a successful practice. It will enable you to acquire the skills to address most if not all of the concerns that clients bring. The course also covers the practice of running a successful practice including marketing, setting up your website, devising and recording therapeutic CDs for sale.

The syllabus is designed to build on the students hypnosis skills introducing therapeutic application. A wide range of commonly presented symptoms are discussed and a selection of therapeutic interventions including hypno-behavioral, hypno-analytical, Ericksonian and direct suggestion are covered. You will acquire skills that are directly relevant to working with anxiety disorders and phobias, weight and food related issues, anger management, smoking cessation and the eradication of other unwanted habits, and unhelpful behaviours.

More details available here www.wchn.org.uk



Diploma modules

Weekend One: Introduction to course. Techniques dealing with general habits plus how to increase confidence, self esteem and deal with stress.

Weekend Two: Weight Loss and eating disorders

Weekend Three: Techniques for stopping smoking and working with other addictions

Weekend Four: Regression including past lives and future life progression

Weekend Five: Dealing with phobias, anxieties and fear

Weekend Six: Working with client to alleviate depression

Weekend Seven: Dealing with Psychosexual Dysfunction and Infertility

Weekend Eight: Pain control using hypnosis

Weekend Nine comprise of the exam as well as marketing and advertising materials for your business and creating self help CDs.

For those new to all of this you can ask to speak to a trainer through our website

<http://www.wchn.org.uk/cms/index.html>

