

NRAH NEWS

Winter 2006

Continuing Professional Development for the NRAH

In this issue you will find important news regarding the future of our profession. All complimentary and alternative therapies are facing some sort of self regulation.

As part of the ongoing development of the Register we as an organisation along with other major hypnotherapy organisations are proceeding towards statutory self regulation. We see this as an important opportunity for NRAH members to become recognised as the professionals that we are, and to work closer and in conjunction with other professional hypnotherapy organisations and primary healthcare institutions.

The House of Lords debate on Complimentary and Alternative Medicine (CAM) and the Government's response made it clear that complimentary and alternative therapies could now be made widely available on the NHS. With this in mind and on behalf of our members, we have been in negotiation with the National Health Service Trust Association with the aim of the NRAH becoming an accepted professional hypnotherapy organisation.

CAM Directory recognition gives therapists access to membership of the NHS Directory of Complimentary and Alternative Practitioners.

I am pleased to announce that the NRAH has been recognised by the NHS Trusts Association as a professional hypnotherapy organisation. (Please see the report inside)

As part of the move towards professional self regulation the NRAH was invited to submit an application to become a member of UK Confederation of Hypnotherapy Organisations. (UKCHO) I am also pleased to announce that the NRAH has now been accepted as a Full Member of UKCHO. (Please see the report inside)

David Reeves.

Members Website

Webmaster Harry Cannon has been working constantly at developing our website. The site continues to grow as more Tutor's become NRAH Accredited and training colleges become Affiliated to the register.

We also have a members section on the website where you will find up to date news regarding our profession, a list of companies offering you a discount on their goods & services. You can join the online news/chat group putting you in contact with colleagues. There is also a list of courses on offer to members some at a discount and much more.

Discount on goods and Services range from car -rental to will writing. To sign up to the chat/news group go to the members section and click on to 'Associates News' section.

**An NRAH sponsored Free one day conference
Raises £1000 for the charity Combat Stress.**



PRIMUM NON NOCERE

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BRITISH NATIONAL REGISTER OF ADVANCED HYPNOTHERAPISTS

Take Pride in your Profession

Keeping Records

Members have been asking if there are any statutory requirements when it comes to the length of time that we need to keep client/patients records.

The advice from our legal representatives is that, for medical notes there is no time limit. Such notes should be kept indefinitely.

The advice regarding Complimentary practitioners is that six years should be adequate for our purposes.

After six years it would be considered reasonable to dispose of any records but remember, such records are confidential so disposal should be in such a way that the records are totally destroyed.

The NRAH policy has now been changed from five years to six for keeping client/patients records after such time it is at the Therapists discretion.

www.nrah.co.uk

NRAH Accredited Trainers

NRAH Accredited trainers are some of the best Hypnosis, Stress and NLP trainers in their fields of expertise. We would like to welcome 8 new people on to the NRAH register of Accredited Advanced Trainers.

Professor Stephen Palmer. PhD

Bob Hannam

David Botsford

Geoff Miles

Heather King

Janet Openshaw

John Hudson

Peter Moule

An NRAH Sponsored free Stress Awareness day Raises £1000 for Charity.

On the 30th October 05 the NRAH sponsored a free Stress Awareness day "Stress in the Workplace". It was the NRAH contribution to National Stress Awareness day organised by the International Stress Management Association (ISMA) A range of goods donated by NRAH members were auctioned, along with donations. A grand total of £1000 was raised for the charity Combat Stress.

Conference Presenters

David Reeves. President NRAH & a member of ISMA, Conference coordinator.

Dick Hilling, key presenter. Dick was an RAF psychiatric nurse with 28 years service.

Dawn Cole. sports / remedial and body massage therapist and fitness instructor.

Harry Cannon. Harry is a Fellow of the NRAH and is a Master of Wing Chung Kung Fu. He has 30 years of experience teaching the art of deep meditation.



A representative of Combat Stress gave a presentation on the work of the charity.

Our armed forces have time and again been in the front line defending Britain's interests around the world. The charity exists to serve these men and women. They are the only services charity specialising in helping those of all ranks from the Armed Forces and the Merchant Navy suffering from psychological disability as a result of their service. In over 80 years of operation the Society has provided some 75,000 veterans of the two World Wars and the many conflicts since with a unique lifeline.

Thanks go to

The 38 delegates who so kindly went along with having their pockets emptied. The presenters who all gave their time and services for free. A special thank you goes to the two NRAH management team members who helped to make everything run smoothly on the day: Kathleen Phythian & Harry Cannon. A full report is published on the NRAH website.

If you wish to make a donation to Combat Stress, please send your cheque directly to Combat Stress

All Donations would be appreciated. www.combatstress.org.uk

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www.nrah.co.uk**

BRITISH NATIONAL REGISTER OF ADVANCED HYPNOTHERAPISTS

Take Pride in your Profession

Ormond McGill Fellow of the NRAH 1913-2005

It was with great sadness that we learned of the death of Ormond McGill on the 19th October 2005. Ormond had been a member of the NRAH for several years. He was awarded an NRAH Fellowship in August 2005 for his Knowledge and Lifetime's Commitment to the Art of Hypnosis (77 years).



From a Friend

It is an honour to be invited by the NRAH to share with you my experience of meeting and getting to know Ormond McGill, the Dean of American Hypnotists.

I enrolled on a course in Advanced Stage Hypnosis a number of years ago. My desire was not particularly to learn Stage Hypnosis, although it turned out to be a first class course, but to hear and meet the legendary Ormond McGill. I had read a number of his books and wanted to experience his training first hand. I had figured out that even 10 minutes of his time would justify the cost of the course.

On meeting him, I was truly Mesmerised. He was such a kind and caring man with an incredible knowledge which he was happy to share. I had my 10 minutes with him and we hit it off immediately. So much so that I was able to join him a number of times for coffee and for dinner. Listening to him was easy and he imparted knowledge almost non-stop. Even after a day of teaching he would talk well into the evening. After this visit, I had the honour of being invited to assist on his next course in the UK. I spent 5 or 6 days in his company and learned such a lot not just about Hypnosis but humanity and life from this magnificent man.

There was a gap of a few years until I was to see him again, but from time to time I would receive a letter from him. There cannot be many people in America still using a typewriter. His letters were usually on graph paper and all the 'o's had the centres missing so did the p's, b's, r's and a's.

I next met him again in Bath on a course that he was presenting with Tom Silver. When I arrived in the hotel the evening of the course, I wondered if he would remember me. I needn't have worried. When I walked into a fairly full restaurant, he saw me first. He stood up and over the noise round about he shouted. "Hi Pal, come and join us". How stupid of me to think that just because he was 88, he would forget.

The passing of this great man was a real sadness. The world lost an 'expert' a 'gentle man' and a fine human being. My life was certainly made richer for knowing him. Having written many books on the subject, his magic or as he called it con-jouring, will allow many more in the future to enjoy his teachings well into the future. I would like to share with you some of the 'life' lessons Ormond advised: Like life, when hypnotising your client, take time, let the suggestion set. The best strawberry milkshakes in the world are from the Peninsula Creamery in Palo Alto (his home town). When its time to move on from this world there should be no sadness. It just means that you have worn your suit out. He said that in his life he had worn out many suits and just replaced them with a new one. This was a particularly poignant message, as when he told me this, I had recently lost my father.

My wish was to one day join him for a milk shake in Palo Alto. I will still visit one day and raise my milk shake to my 'Pal' Ormond McGill - The Dean of American Hypnotists. 1913 to 2005.

David W. Taylor NRAH, NGH, SNLP, is a member of the NRAH Management team.
www.Power2Change.co.uk

BRITISH NATIONAL REGISTER OF ADVANCED HYPNOTHERAPISTS

Take Pride in your Profession

CAM in the NHS

The Government believes that Complimentary and Alternative Medicine (CAM) has a role to play within the National Health Service but, to do this, it must meet the same standards as other NHS treatments, and must be clear and realistic about the contributions it can make. In the Government's view the changes within the field of complimentary and alternative medicine, which have begun, need now to be driven forward more decisively. To do this all the professional organisations, and the disciplines within them, must work together. "As a member of UKCHO the NRAH fully supports this and is an active participant in the process which has now begun."

NHS Directory of Complimentary and Alternative Practitioners

As part of our drive to have hypnotherapy more widely recognised as a professional complimentary therapy and to keep the NRAH at the forefront of our profession we have been in negotiation with the National Health Service Trust Association with the aim of the NRAH becoming an accepted professional hypnotherapy organisation.

NRAH members are now eligible to apply for an entry in the NHS Directory of Complimentary and Alternative Practitioners. There is a charge of £50 for a standard entry. There is also an opportunity to provide a more detailed 200 word profile of your practice for a fee of £100.

Membership of the Directory is not automatic,. Membership of an approved organisation is mandatory. This means that NRAH members are now eligible to apply for an entry in the NHS Directory of Complimentary and Alternative Practitioners.

Who receives the Directory?

The NHS Directory of Complimentary and Alternative Practitioners provides GPs, Hospitals, Primary Care Trusts, Practice Nurses and Health Visitors with a comprehensive, postcode searchable, instant access resource of CAM practitioners who are properly qualified, insured and committed to working with the National Health Service.

The creation of this Directory and a specific "hypnotherapy" section provides an opportunity for you to come to the attention of NHS health care professionals who may wish to refer patients for private consultation. This could open the door to possible funding of patients or even contractual work within the Trusts themselves.

This groundbreaking directory is part of the NHSTA's commitment to improving patient choice in primary care by helping make CAM more widely available within the NHS.

This Directory is an important opportunity for NRAH members to become recognised as the professionals that we are, and to work closer and in conjunction with the primary healthcare institutions.

This offer only applies to fully paid up members in good standing. The NHS Trust Association will seek to verify NRAH membership status. Once accepted, you will receive a certificate of membership, an entry on the NHS Directory of Hypnotherapists website and an entry in the printed version. There is also an opportunity to provide a more detailed 200 word profile of your practice.

NRAH. members who are accepted will also get a bonus entry in a new CAM website advertising to the public, normally costing £295.00. (www.complimentaryalternatives.com). It is the biggest multi-disciplinary site in the UK.

We consider this as a positive opportunity to enhance and demonstrate both our professionalism and efficacy of treatment, and we would like to encourage you to respond on the application form that you may have received or will receive from the National Health Service Trust Association.

There is an option to register on line at www.nhsdirectory.org

BRITISH NATIONAL REGISTER OF ADVANCED HYPNOTHERAPISTS

Take Pride in your Profession

UKCHO

As part of the move towards professional self regulation the NRAH feels that it is vital to have a voice in how our profession is governed and regulated. To enable us to do this the profession as a whole needs to speak with one voice. To enable us to achieve this aim we are pleased that the NRAH has been accepted as a full member with voting rights of the UK Confederation of Hypnotherapy Organisations (UKCHO)

UKCHO was founded in 1998 in order to provide a non political arena to discuss and implement changes to the profession of hypnotherapy.

UKCHO is a Members' Co-operative limited by guarantee. As a Confederation of Member Organisations UKCHO does not have any individual members. UKCHO Member Organisations are either Registering Bodies and/or Accrediting Bodies. Training Schools may join as Associate Members of UKCHO.

For further information visit: www.ukcho.co.uk

A Unified Register

"With a unified Register of Members, patients and members of the public would then have a single, reliable point of reference for standards, would be protected against the risk of poorly-trained practitioners and have redress for poor service".

[House of Lords Select Committee on Science and Technology Report on CAM'](#)

Self Regulation

"Single voluntary self-regulatory bodies should be established for the Complimentary and Alternative Medicine professions most widely practised in the United Kingdom, and these bodies should have a single independent body funded by registration fees and a Governing Council made up of a balance between professional and lay members".

[Prince of Wales's Foundation for Integrated Health.](#)
www.fihealth.org.uk

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["UKCHO fully supports this and is an active participant in the process which has now begun."](#)

Applied Hypnotherapy

John Hudson presents 3 training courses.

1. Hypnotherapy and Sport
2. Hypnotherapy and Stress Management
3. Hypnotherapy and Life Coaching.

To be held at Regents College, London.

£167, early bird fee £147, book all three and save another £30 per day. Dates to be advised. For full details visit:

www.hypnosisbristolbath.co.uk

Successful Marketing for Hypnotherapists

On the 13th May 06 David Botsford presents the one day Course to be held at Queen Mary College London. Course fee: £295 or £156 for NRAH Members. **Visit: www.selfhypnosiscd.co.uk**

Advanced Clinical Hypnotherapy.

A Tom Silver Training Seminar 24th-27th April 06 Chandos House, 2 Queen Anne St. London. The course covers Rapid, Physical, Instant and Shock Induction's. There is a full review published on the NRAH members WebPages.

[Going on holiday or maybe a weekend away? We have negotiated members discounts with Avis car hire, Hilton Hotels, Warner Holidays & Travel Insurance from Floyds Direct. For full details visit the members section on the NRAH website or contact head office for details.](#)

BRITISH NATIONAL REGISTER OF ADVANCED HYPNOTHERAPISTS

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Stop press

Body Language David Kato

Would you like to know what people are really thinking and feeling?

A Course that covers what to look for during an interview or consultation, shows you how to understand what is really being said to you, even the smallest of body/ facial movements can tell you a lot. You can pay online: £187. or send a cheque for £177.
.mindtec.co.uk
07775 606 812

Past Life Regression Therapy

Diploma Course
Tutor Geoff Miles
Natural Health
Centre.
Marlborough,
Wiltshire. Dates :
March 28th. this
is an 8 session
course and will
give you the
ability to take it
up as a career,
add it to your
skills or simply
use it as part of
your personal
development.
01672 564 990

Members Discounts

We are currently negotiating with other organisations to obtain discounts on goods and services for NRAH members.

Some of the discounts on offer

- Warner Holiday Breaks
- Hilton Hotels
- Avis Car Hire
- Travellers Insurance
- Copyright Free Music
- Training courses
- Website Maintenance
- Website Development
- Hotel accommodation
- House Conveyance: selling or buying
- Will writing
- Villa Rental in Spain
- Printing: Brochures, Cards etc

If you or your organisation can offer NRAH members a discount on goods or services please contact the NRAH office. For full details please visit the members section of the website.

If you do not have access to the internet and you require more information on Membership Benefits please contact the NRAH office.

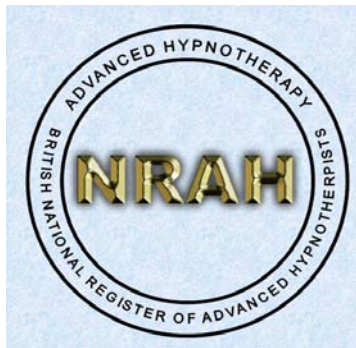
A New Fellow

NRAH fellowships are not handed out lightly. In sixteen years only two such awards have been presented, one to Frank Lennon and the other to Ormond McGill.

So it is with great pleasure that I can announce that Harry Cannon has been awarded an NRAH fellowship. Due to circumstances beyond anyone's control the NRAH was treading water and needed to move forward. I believe that we would not be where we are today without Harry's countless hours of burning the midnight oil (whilst working in his own practice) building the website from scratch, representing the membership at networking functions and helping to restore an organisation that is once more recognised as a truly professional body.

NEW NRAH LOGO

Available on the members WebPages.



We have two versions of the new logo. This one is suitable for letter heads & websites plus a flat black and white version suitable for Yellow pages.

The Criminal Records Bureau: CRB

Several members have asked about a CRB check and how to go about obtaining such a check. A full CRB check is mandatory for anyone working with children or vulnerable adults. Having such a check will help if a therapist is looking to work in such areas or in fact may even go a long way to reassure clients that a therapist is safe and it can also be perceived as a positive attribute for the individual themselves to include in their C.V. An individual can no longer obtain their own check, you have to go through an employers HR department or if you are self employed you need to belong to a professional body who is registered with an Umbrella Body. If you are interested please contact David Reeves and if we get enough interest the NRAH will consider registering with an Umbrella Body. To date a full check can cost up to £52 + vat and is renewable every 3 years.

The Criminal Records Bureau (CRB) has implemented the disclosure service to provide criminal record checks for all persons who come into contact through their work with children, the elderly or other vulnerable people.

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Take Pride in your Profession

Voluntary Self Regulation of Complimentary Healthcare

The following information is taken from The Prince of Wales's Foundation for Integrated Health Draft Discussion Document January 2006 (www.fihealth.org.uk)

Exploring a Federal Approach to Voluntary Self Regulation of Complimentary Healthcare

As this report has a total of 37 pages we don't have room in the newsletter to publish the full report. You will find a link to the report on the members section of the NRAH website.

The document draws upon information from existing statutory healthcare regulators and takes account of recent and current developments in healthcare regulation. It is intended to stimulate discussion and debate amongst complimentary healthcare practitioners and their professional associations, patient organisations and other stakeholders in the regulation of complimentary healthcare. It will also provide the basis for a consultation document which will be prepared by the Foundation in early summer of 2006.

The Prince of Wales's Foundation for Integrated Health (originally the Foundation for Integrated Medicine) was formed at the personal initiative of the Prince of Wales, who is now its President. It aims to facilitate the development of safe effective and efficient forms of healthcare to patients and their families by supporting the development and delivery of integrated healthcare. This means encouraging conventional and complimentary practitioners to work together to integrate their approaches.

Why Regulate Complimentary Healthcare Practitioners?

The Foundation takes the view that in any form of healthcare, the quality of care, treatment and patient safety must have the highest priority. Regulation of complimentary healthcare practitioners will help to protect patients and the public by ensuring that practitioners meet agreed standards of practice and competence. As complimentary healthcare practices involve very different levels of intervention, the level and scope of regulation for each particular profession must reflect the potential risk to, and the needs of patients.

Registration of practitioners – transitional period / grand parenting scheme

It is likely that there would be a transitional period to enable the setting up of a new council and register. Some practitioners, currently registered with professional associations in the UK, or unregistered and practising, will want to obtain access but may not have the required agreed qualifications. They will probably have a good deal of training, experience and skills and therefore would require an alternative route of entry.

A grand parenting scheme, specifying the form of evidence appropriate for entry, should be put into place. In a federal system this scheme might vary, as each profession has its own specific requirements though it is envisaged that there will be some comparability of standards.

In line with most of the health bodies who have recently gained statutory regulation, it is proposed that the transitional period be for a term of 2 years from the date of opening of the register. During this time the applicant must satisfy the new council that they have been practising in a safe and competent way, for three out of the five years (full time or part time equivalent) prior to the opening of the register. It would be up to the registration or education committee to decide on what evidence would be required to show safety and competency (i.e. professional portfolio which included self reflective practice, audit of practice, letters from patients or employers). Here, the professional associations could provide valuable support for their members.

Alternative arrangements could be made for those who do not meet the above criteria. This might involve a test of competence or further 'update of practice' course.

The Hypnotherapy Association 4th Annual Conference.

Open to members and non-members. April 21st-22nd-23rd. Venue: Renaissance Hotel Heathrow London. 7 world acclaimed speakers from the UK and the USA. Work in the fields NLP, Hypnotherapy and Personal Development. £350 includes conference fee, & accommodation. Full details NRAH website.

BRITISH NATIONAL REGISTER OF ADVANCED HYPNOTHERAPISTS

Take Pride in your Profession

NRAH Guidelines for Regional Coordinators

We have been asked to restart the network of regional meetings. The purpose of regional meetings is for like minded therapists to meet, network, exchange ideas and friendship. NRAH members are from many different disciplines within the world of Hypnotherapy, and no one approach should be favoured over another. We are all professionals, and can learn by communicating with each other.

For anyone wishing to organise regional NRAH meetings in their area, we have laid down some guidelines to help get started, and run the group successfully. The aim of these guidelines is not to teach Grandma to suck eggs, but to offer advice to members who may not have organised such meetings in the past.

It is recommended that:

- Meetings can be held at a fixed venue, but where the membership is spread over a wide area it may help to alternate the venue. Decide the time and date for the next meeting, along with the venue, at the end of each meeting.
- It is the coordinators responsibility to inform/remind members of the date/venue of forthcoming meetings.
- An Agenda is set for each meeting. Members should submit items for inclusion in the Agenda by contacting the coordinator at least 2 weeks before the meeting. If there are too many items to be covered, it is the coordinators responsibility to fix the agenda, but wherever possible any items not covered should be carried over to the next meeting.
- If an agenda is set, it is the coordinators responsibility to distribute it along with the meeting reminder. Where ever possible the agenda should be distributed no later than a week before the meeting.
- Meetings should last no longer than 3 hours.
- It is up to the membership who they invite to their meetings.
- Coordinators should not be out of pocket, members should share any expenses equally.
- Regional meetings are meetings of equals, and to help keep meetings fresh, it is recommended that the job of chairperson is alternated between the members of the group. This way no one person has ongoing responsibility for the proceedings. It also helps to build up an individual's confidence in public speaking.
- In the absence of a volunteer to chair the meeting, then it should fall to the coordinator to chair the meeting.
- All regional groups are autonomous and do not represent the views of the NRAH or its management team.
- Attending regional meetings counts towards CPD.

To register your group and to have your meetings dates entered on the members section of the website, contact Kathleen Pythian, Regions Coordinator.

Contact Kathleen: Phone: 0151 284 7318 e-Mail: kathleen@nrah.co.uk

Certificate in Cognitive Behaviour Therapies & Hypnosis/Certificate in Cognitive Hypnotherapy

Professor Stephen Palmer : A five day workshop focusing on cognitive behaviour therapies and cognitive hypnotherapy. Suitable for psychologists, psychotherapists and other health and caring professionals. The cost of the course is: Individual: £895 incl. Special offer for NRAH members: £795 incl. 23rd – 27th October 2006. Full course details on NRAH members WebPages or contact : Kate Thomas Tel.: 01582 712161