



HCA HISTORY REPORT

By Leon Cowen

HCA History to the 31st December 2010

At an inaugural meeting in Sydney on the 16th April 2007 hosted by the *Australian Hypnotherapists Association (AHA)* and the *Professional Clinical Hypnotherapy Association (PCHA)*, our profession's hypnotherapy schools and associations discussed the issue of Voluntary Self Regulation (VSR). It was determined that if this path was followed we would require the establishment of a new Peak Umbrella Association. The majority of those present agreed and the decision to take control of our own future was decided.

The second meeting was held in Brisbane on the 25th July 2007 and was hosted by the *Hypnosis Association of Queensland (HAQ)*. It was a lively affair. Various organisations presented their views on the merits of VSR and what it would mean to the profession. These views were then passionately debated and it was decided that a further meeting would be needed.

Then on the 26th October 2007 in Melbourne, the third meeting of the profession was hosted by the *Council of Clinical Hypnotherapists (CCH)*. The

profession was becoming more cohesive and voted to name the yet to be established Peak Umbrella Association *The Hypnotherapy Council of Australia (HCA)* and in so doing has changed the professional face of clinical hypnotherapy in Australia forever. The meeting appointed a working party of volunteers from various participating associations and schools, to develop the HCA constitution. For the next two and a half years the HCA Working Party met monthly to formulate what was hoped to be the foundation elements for the new peak body HCA.

Through discussion, compromise and effort, the HCA Working Party members reached consensus. The culmination of these endeavours was then sent to all the participating schools and associations in late 2009 but received a less than glowing reception. The Working Party members realised that a classic error had been made. While they had been working hard on constructing the constitution, they had neglected to keep the profession informed along the way.

After listening to the feedback from the profession and adjusting the constitution as requested, the date of the 25th July 2010 in Sydney to be hosted by the *Australian Hypnotherapists Association (AHA)* was

set as the inaugural meeting to establish the HCA. Now the mood was very positive. Although there was some dissension the majority of the profession voted to accept the proposed constitution and to register the HCA as the unified Peak Body for Hypnotherapy in Australia. The HCA Working Party was replaced by the next instalment being the HCA Development Committee. Some of the Working Party members continued along with some new members who brought welcomed new energy.

The majority of our profession voted for the establishment of the HCA but for the HCA to succeed it needs not just a majority but, all the profession to join HCA's vision. To this end those that are still undecided have been contacted and discussions have ensured that communications are open and all aspects of the HCA are transparent.

The next meeting to be hosted by the *Hypnosis Association of Queensland (HAQ)* is due to occur in Brisbane in July 2011. At that meeting the first National Board of the Hypnotherapy Council of Australia (HCA) will be formed and a new era of representation for the clinical hypnotherapy profession will have finally commenced.

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HOW TO TAME THE MIND

Like most hypnotherapists I get a range of issues coming in through the door. Besides the usual stopping smoking and weight loss, there's anxiety, depression, phobias, insomnia and often issues which are related but don't seem to fit neatly into a simple word. After I've listened to the problem I often say to the client something like: "You know your problem? You think to much!" And invariably they agree. "Yes! That's it!".

There's a question I frequently ask clients. It goes like this: "Take a number zero to ten. Zero represents a mind with no thoughts, crystal clear. I don't know if you could even imagine such a mind. Ten represents a mind that's so chock-a-block with thoughts that you couldn't even get another one in if you tried. Where are you on this scale?"

Usually the number is around seven, sometimes ten.

When people complain of anxiety and insomnia it is symptom of a mind that's out of control. My latest ebook, "How to Tame the Mind" contains examples, stories and exercises for controlling these thoughts. You can't control what you don't understand. The book has examples and anecdotes for illustrating various aspects of psychology. Subject headings include:

"The Unquiet Mind". How people think to much. "Doing and Being". When to be active and when to be passive. "Right and Left Brain Thinking". How people lose awareness and slip into habits.

"Assumptions" and how we make them. People have become so narrow in their thinking that they are unable to see the huge assumptions that they make every moment of their lives. The whole basis of so-called 'scientific rationality' is a series of assumptions.

"Love Thyself". One thing that many clients with problems are unable to do is simply accept themselves for what they are, usually because they don't like what they are. However, you can't change what you don't acknowledge.

What I call "A Colourless World" which is a metaphor for how people are unaware of what they are unaware of. Psychologically this is referred to as anosognosia but is, in one form or another, so common in people's thinking that it has become endemic.

"How Children Bring up their Parents". The problems of adults are usually derived from our upbringing. We pass our problems on to our children. I often tell clients with young children that the best legacy they can pass on to their children is a quiet mind.

And much more. The book is as relevant to hypnotherapists as it is for our clients. Too many hypnotherapists adopt a hypnosis-by-numbers approach to problems. Using a script without any real rapport with the client.

"How to Tame the Mind" is available from Lulu: <http://www.lulu.com/product/ebook/how-to-tame-the-mind/14314654>

Philip Braham