

# HYPNOTHERAPY TODAY

ASSOCIATION FOR SOLUTIONS FOCUSED HYPNOTHERAPY JOURNAL ISSUE 0



Neuroplasticity - Stay focused,  
the solutions are coming

**New era of supervision**

**Burn baby burn -  
creating your own CDs**

Welcome to the Association

# NEW BEGINNINGS

Association secretary  
Nicola Griffiths  
welcomes you

As I put pen to paper, or rather start clicking away on my laptop, to come up with an article that Penny Ling (our Journal Editor) has asked me to provide, it is with some amusement or perhaps bewilderment that I consider the journey of the Association so far.

It only seems like yesterday that David was suggesting that we launch an Association so that the public are made aware of what Solution Focused Hypnotherapy is all about. Yet here we are with over 100 members before we've even launched and those members already benefiting from the press releases we've fed them to send out to their local publications – incredible!

Already we are getting some strong press interest as we start pushing out the Solution Focused message. There has been some great coverage, so already we have started our journey of getting the public to read about this wonderful therapy that can help them. May there be much more of it!

One of my personal ambitions is to get some support out there to you, the membership, for your businesses. As I'm always

saying, "It's all very well being a good therapist but if you don't have clients there's no point". So the AfSFH needs to be helping its members focus on how to increase business in these tough times. The press releases we've issued to you are just the start!



We're also keen to promote best practice and are in the process of setting up an information resource area on the website. Having the central online Register of Solution Focused Hypnotherapists is not only good for potential clients to refer to, but now we can easily refer people to like-minded therapists across the country.

The team that have helped set up the AfSFH are incredible. There has been a little bit of hair tearing, a lot of hours/days spent considering

next steps and a great deal of laughter, but most importantly some very strong team work that has enabled us to move extremely fast. So here's my official thank you to that team and I can only wonder at what we've achieved so far and where we will be by the next issue.... And all from that gem of an idea that David Newton had that we need to get our message out there!

## LETTER FROM THE EDITOR

Welcome to issue 0! Why 0? Well this is just a taster for things to come...

This is a limited edition for the public and hypnotherapists to be able to see what you will receive when you become a member of the Association for Solution Focused Hypnotherapy, so I hope that this, like the BBC is here to inform, educate and entertain. If you have any articles you have written and would be happy to publish then feel free to send in. The more the merrier!

Also we're always after new hypnotherapy scripts, metaphors and any tricks you've found have worked in your practice. As long as they are along solution focused lines, then we're happy to accept them. I hope you enjoy the publication, and you can contact me at:

[afsfhjournal@gmail.com](mailto:afsfhjournal@gmail.com)

*Penny*  
Penny Ling, Editor



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## Stuff:

### HYPNOTHERAPY TODAY

Journal of the Association for Solution Focused Hypnotherapy.  
8-10 Whiteladies Road  
Bristol  
BS8 1PD

Email: [afsfhjournal@gmail.com](mailto:afsfhjournal@gmail.com)  
Editor: Penny Ling

#### Contributors to this edition:

Micheal Hughes  
Trevor Edolls  
Terry Baker  
Jess Driscoll  
Nicola Griffiths  
Kim Dyke  
Debbie Pearce

The Journal of the Association for Solution Focused Hypnotherapy established 2011 represents the practice of Solutions focused hypnotherapists as a distinct profession in it's own right. Membership is open to those practitioners who have the appropriate qualifications and experience within the field.



# More Play-Doh than porcelain!

*Solution Focused Neuroplasticity is at the core of our practice.  
Micheal Hughes explains it at greater length.*

**H**ow can solution-focused language change the brain? This is a question that we know about, but what if we were to explore that question in slightly more detail? What would be different if we knew a little bit more about solution-focused language and how it actually effects the brain? What happens when we ask certain types of questions, exceptions, scaling, miracle question etc?

We know that the brain is constantly rewiring itself. We also know, through the advancements in brain imagery scanning technology, rather than the brain being thought of as hard wired that we have neural plasticity and this can be modified based on what we experience and practise. This is why solution-focused via positive enquiry is as powerful as it is, it can allow variable 'mental pennies' to drop and change the way

the brain operates, I often say positivity can be saved and accumulated.

Every time we communicate we necessitate and construct a reality, so when we think in a solution focused way, we assist the client in co-constructing a positive reality. We know that mirror neurons also play a vital part in our consulting rooms and our clients begin to operate from this aspect too. This is conveyed through our confidence and our respective physiology, which is also mirrored and these both strengthen rapport. Rapport/Empathy has been found to increase Oxytocin levels in the brain (increasing trust and reducing anxiety/fear), which facilitate the delivery of serotonin and dopamine. [i].

When we are positive our clients are positive, causing a real-brain state that leads to an activation

of considering possibilities in a positive context. We also have the benefit of acting quickly to remedy situations. Recently when I asked a client "What's been good about your week?", she said that she had a pretty awful time of it, everything had gone wrong and started crying. Handing her some tissues, to highlight exceptions, I asked her to imagine a time when she recalled she was successful. When she could imagine that image, I asked her to make it brighter and turn up the colour and make it brighter still; and then to take that feeling and magnify it and expand all those good feelings outwards and she started to smile and laugh. Upon opening her eyes I said, "So you can see how you can immediately change your state just by thinking about it...that's pretty powerful stuff". She smiled in agreement and kept on smiling, so now the negative state has been interrupted and the negative belief successfully collapsed. I restated the original question, smiling back of course, confident in utilising those mirror neurons, 'What's been good'... she started to quickly recount all the good things that had happened in her week.

This illustrates of course, that a movement from the negative and hyper-vigilant right pre-frontal cortex can be swift. We can facilitate this through our personality and the language we use in the consulting room. This can bring immediate movement into the positive brain region of the left pre-frontal cortex, the brain's solution generator. Dampening responses to negative events and shutting off negative emotions increases our ability to cope with the events in our lives.

In the consideration of possibility, we facilitate new learnings and the neural pathways will become busy; asking on a happiness scale 'where they are now' will also further enhance this process. To illustrate this, lets just suppose you were handed a sign that said, 'Things can only get worse' this can conjure up all sorts of negative imagery. When we are problem focused the amygdala and the right pre-frontal cortex that activates and heightens emotional arousal lights up, this is manipulated within television advertising, films and the news, drama and sensationalism and in some ways has become prevalent in daily life; but it doesn't have to be that way. 'Things can only get better' can immediately settle and satiate the brain and provide hope. Again we return to the land of

possibility and the landscape that is lush, green and abundant, this always appeals over that which is dark, barren and foreboding.

Of course you don't have to watch the news or read the bad stuff in the newspapers, choice is still the same now as it was in primitive times, sometimes our surroundings can hinder our thoughts and stifle our creativity. So, a walk in the country and enjoying the bounding excitement that dogs exude in nature, jogging in the park or feeding the ducks by the lake and such like, can allow time for our minds to wander (During waking hours our minds wander about thirty per cent of the time), briefly our smart phones can be silenced and emails can wait, and often when we least expect it, the answer will come flooding into our awareness.[ii]

...Continued

## Changing your mind

*By Penny Ling*

Wouldn't it be marvellous if we as Solution Focused Hypnotherapists had access to a MRI scanner to be able to measure the changes made in the brain. Well a couple of years ago, I had the privilege in working with a woman, who had been paralysed by such a serious stroke, it had left her unable to walk, and the reason I was called in - she was unable to swallow. This may have been due to the anxiety she was experiencing, but equally the scans of her brain showed this region had been damaged too. Working with damaged brains are not straight forward, but having read and heard talks by Vilayanur Ramachandran I was optimistic that some form of visualisation would have some effect, after all, if rehearsing basket ball or golf in your mind can keep your hand in a sport, why not something like swallowing?

I focused on getting my client to visualise swallowing, feeling nice and relaxed and allowing the liquid and more importantly - her medication - to be swallowed easily. When I went to her house to carry out session 3, she was besides herself. The good news was she was swallowing, she could now go into hospital for a very important operation, but the icing on the cake for me as a therapist were the scans she had that week. That part of her brain had physically changed. Her doctors knew something major had happened.

REFERENCES [http://www.ted.com/speakers/vilayanur\\_ramachandran.html](http://www.ted.com/speakers/vilayanur_ramachandran.html)

Earlier this year, Jonah Lehrer, the American neuroscience journalist wrote 'Researchers have found a surprising link between daydreaming and creativity—people who daydream more are also better at generating new ideas.' So it's no surprise to us that daydreaming about the past consolidates memories and when we daydream about the future, it helps us to prepare better. [iii]

Recent research from Professor Richard Boyatzis in Science Daily shows "By spending 30 minutes talking about a person's desired, personal vision, we could light up (activate) the parts of the brain 5-7 days later that are associated with cognitive, perceptual and emotional openness and better functioning." [iv]

In an interesting new book 'Your Brain at Work' by

David Rock, where the author draws the distinction "on one key decision: to focus on the desired outcome rather than on the past. Attention goes to your goal, rather than to your problem". So, if you choose to

focus on solutions, "you scan the environment widely for cues" and you are more likely to deal with the problem effectively; solution-focused questions "help people arrive at their own insight" and focus on "the exact change you want". [v]

Perhaps most importantly; by asking solution focused questions the client can generate their own answers and resources without any

'sense' of threat, thus, they create their own change at their pace. [vi]

So, using solution focused language and the

## RESEARCHERS HAVE FOUND A SURPRISING LINK BETWEEN DAYDREAMING AND CREATIVITY - PEOPLE WHO DAYDREAM MORE ARE ALSO BETTER AT GENERATING NEW IDEAS



administration of the relaxation CD strengthens the work we do in the consulting room and allows time for the brain to grow and change, normally through a daydreaming state, or the nearest equivalent. This 'Default' can allow us to consolidate past, present and future experiences and extrapolate the best aspects, thus improving our brains' housekeeping functions and introducing new aspects of learning into ones everyday life, enabling us to sort out our jobs, our relationships and the way we feel about ourselves.

The Psychiatrist Jeffrey Schwarz wrote in response to 'Do actions speak louder than words?' "What was unexpected in their studies of the brain was that the exact same pattern and degree of activation was observed when individuals just imagined that they were practising the same task. Put simply, mental force is as powerful as physical action when it comes to brain activity." [vii]

We can create action through words, the language we use is powerful, one of the most powerful ways we can intensify our belief to a reality match is to experience hypnotherapy ourselves and the benefits of solution focused language. In this way we experience the direct benefits of what we practice in vivo.

It's powerful stuff that we can utilise and transmit in our consulting rooms and in doing so we are enabling the client to develop self-directing neural connections. When our clients solve problems themselves that ability can develop over time in subsequent sessions. As the brain operates in association and pattern matching, it makes sense to us that when we focus on the good things then the

brain will match to more of the good things in our life.

Words, stories and language all focus our attention which is enervating in the way we think, feel and behave; they are omnipresent in the workplace, courses, workshops, cafés, bars, streets, homes etc. and this makes sense to us.

How do we know? It is what we tell ourselves and others around us that count. Paradoxically, partaking in negativity limits activity in the left pre-frontal cortex; it commandeers and over stimulates the amygdale, conversely sharing positivity moulds and shapes real changes in the left pre-frontal cortex. Because the brain can change and grow, we as practitioners can positively reflect in many ways: allow your mind to wander, perhaps thinking how you have grown and changed in so many positive ways yourself and perhaps focusing on what you want from yourself and your practice in the coming months? [viii]

For us to come up with creative solutions we need to ask solution focused questions and then allow our minds to wander and generate positive pictures, and in doing so, you might just be able to catch yourself in that 'Eureka' moment to gain valuable insight and come up with even more solutions.

Stay focused, the solutions are coming.

Michael Hughes is a Solutions Focused Hypnotherapist based in Bristol. He's also a supervisor and is on the AFSFH Executive Committee responsible for Research.

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# The changing face of SUPERVISION



*Supervision is to help the client and therapist make the most of the therapeutic alliance. Terry Baker works as a senior clinical leader, dealing with demanding cases, and supervises professionals such as home care staff, psychologists, consultant psychiatrists and nurses.*

**W**hat is the point of Solution Focused supervision?

Good supervision provides support, encouragement, affirmation and fun; this maintains a positive focus and solidifies confidence which helps to prevent burn-out.

It provides the chance to reflect on any aspect of the supervisee's work including: professional development, specific interactions and client problems. This can also provide debrief, allowing the supervisee to address any anxieties or concerns they have.

It allows the supervisee to find their own solutions to issues they face wherever possible, but also gives the opportunity for the supervisee to hear other people's solutions, sometimes including the supervisor's view.

It gives the opportunity to review the quality of work and ensure standards, so promoting good practice and safety of clients and public.

## So what is solution focused supervision?

Solution focused principles and techniques have moved into supervision and management coaching, where they have found a good home. The supervision model is just like Solution Focused therapy:

**I DID ONE FULL SESSION IN A CAR PARK NEAR KEYNSHAM WHILE MY MOTORBIKE WAS BEING SERVICED!**

- Look at desired outcomes rather than what you want to stop
- Scaling so you get perspective and can

easily identify change

- Finding what works rather than what doesn't
- Identifying and building on strengths rather than looking at weaknesses

As with therapy, supervision is becoming more versatile, positive, fun and creative. People I know in the NHS are finding very brief (as little as 2 or 3 minute) SF supervision invaluable; just one item from the menu of supervision options. This morning I did supervision in a café in Downend over a cup of tea. Very civilised!

One of the biggest NHS Mental Health Trusts in the UK has a 'SF coaching for leaders' training programme for its managers and clinical leaders, aiming to embed the approach into the fabric of its mental health provision and staff development and support.

## How much supervision is needed?

The amount of supervision you need depends on how many clients you see, your level of experience, and also varies from professional organisation to organisation. It's important to have regular supervision with a registered supervisor, as progression through the profession e.g. from licentiate, to registered practitioner etc. may require a statement from them.

## What makes a good supervisor?

Just as with a good therapist, positive engagement is really important. It's valuable that you're able to choose your therapist, that you trust and respect them. Good sense of humour makes a difference – we do more or less everything better when we're enjoying ourselves. Getting the right balance between being comfortable and being stimulated, challenged or stretched is a very individual thing. It's also worth looking for a set of skills or experience that will be helpful to you. For example if you've limited experience with marketing, someone with a background in marketing might be helpful.

## Group, individual, telephone, email.....

Groups have the advantage of lower price, but they also allow many different perspectives (5 heads are better than 1), there can be great support in a group, and an ongoing group can develop a tremendous camaraderie; and they can be great fun.

Individual sessions can allow you to really focus on your practice. Some people find individual work a safer place to explore challenging issues, with less worry about being judged. *continued over...*

## FIND A SUPERVISOR

**Pam Madden** has 7 years clinical hypnotherapy experience including training students at The Clifton Practice and recently became a qualified Supervisor. Pam is also qualified in NLP, SFBT and CBT and approaches both client and supervisee relationships in an eclectic way. In addition, Pam provides executive and personal coaching services to clients. For more information please call Pam on **07740 918426 / 01761 237400**. [www.westofenglandcoachingandcounselling.co.uk](http://www.westofenglandcoachingandcounselling.co.uk).

**Roger Stennett** is a Dramatist, Screenwriter, Therapist and Clinical Supervisor. He has been in practice for four years, and is based at The Chiron Centre, in North Bristol. He runs a Supervision group in Bristol, and hopes to start a further group in Cardiff if there is demand. Although trained in a SFBT/Mindfulness Based CBT manner, his work is broadly Person Centred Psychotherapy and Hypnotherapy, often influenced by other aspects of his life, and personal practice, including creative writing, psycho-theatrics, Buddhism and Aikido. For further details see: [web.mac.com/roger.stennett](http://web.mac.com/roger.stennett) or contact [roger.stennett@gmail.com](mailto:roger.stennett@gmail.com)



Following a career in Project and Contact Management in Civil Aviation **Susan Ritson** trained at the Clifton Practice in Bristol and practices from Axbridge and Frome to help children and adults troubled with anxiety related problems. Susan is also trained in Nutritional Therapy and incorporates this with hypnotherapy to help clients with

IBS, weight problems and eating disorders. She also specialises in working with sports professionals and amateurs in Equine Sports in all disciplines e.g. 1 & 3 Day Eventing, Dressage and Show Jumping. Contact: **07837 562 602** E-mail: [susan@ritsonhypnotherapy.co.uk](mailto:susan@ritsonhypnotherapy.co.uk) Web: [www.ritsonhypnotherapy.co.uk](http://www.ritsonhypnotherapy.co.uk)

**Kim Dyke** is a Solution Focused Clinical Hypnotherapist and Supervisor based at the Warminster Osteopathic Clinic and The Bath Practice. Originally training for two years with Chrysalis, gaining Diplomas in Hypnotherapy and Counselling and Psychotherapy. She has continued her professional development through The Clifton Practice and enjoys helping and supporting other Hypnotherapists through her knowledge and experience and further promoting Hypnotherapy and its many benefits. Her interests include spending time with family, nights out at the cinema and reading. Contact: **01225 765411** M: 0782 595 7013 Email: [kimdykehypnotherapy@hotmail.co.uk](mailto:kimdykehypnotherapy@hotmail.co.uk) Location: Bath

*Continued over...*

## FIND A SUPERVISOR...



After seeing the dramatic positive changes in people who had consulted hypnotherapists, **Kathryn Fletcher** began to research the subject and subsequently decided to retrain as a hypnotherapist at the Clifton Practice. She now feels privileged to act as a catalyst for change for people who might have believed that their life could never be improved.

Kathryn has worked solely as a hypnotherapist since qualifying from the Clifton Practice, enjoying working with a wide range of issues. She now combines her client work with small-group supervision sessions once a month,

and one-to-one supervision by arrangement. Also a committee member of the AfSFH. Tel: 0117 942 4957 Email: [kathfletcher@googlemail.com](mailto:kathfletcher@googlemail.com) [www.kathryn-fletcher.co.uk](http://www.kathryn-fletcher.co.uk) Location: Montpelier, Bristol

**Stuart Taylor** qualified from the Clifton Practice in 2004 and has a full time practice at the Bristol Natural Health Service – a multi-discipline complementary clinic on Gloucester Road in the Horfield area of Bristol.

Having first gained a DHP in hypnotherapy, Stuart went on to attain his HPD and CBT(Hyp) before his subsequent qualification as a solution focused Supervisor. Stuart has a special interest in advancing both the understanding and application of hypnosis for practitioners and clients alike and aims to provide encouraging, informative and enjoyable supervision at his clinic during the week/weekends to suit. Tel: 07840 269 555 Web: [www.taylorhypnotherapy.co.uk](http://www.taylorhypnotherapy.co.uk)



**Penny Ling** originally trained as a Hypnotherapist to undertake some research. Having trained at the Clifton Practice she found she could control her phobias of driving, needles, dentists, blood and spiders. Her success was such she decided to become a full time therapist and has regularly attended supervision and knows how valuable it is, so she trained as a supervisor herself. She is also editor of the AfSFH journal - if you hadn't already spotted that!

She specialises in helping others overcome their phobias and anxiety and is currently practices in North Somerset and Bristol, but she is in the process of moving East to be closer to family, so group and/or one-to-one supervision is currently being held in Reading, or by telephone or skype - penny.ling65. See website for details. Tel: 07759 820674, Email: [Solutionshypno@yahoo.co.uk](mailto:Solutionshypno@yahoo.co.uk) [www.pennyling.co.uk](http://www.pennyling.co.uk)

After studying NLP and subsequently qualifying in Life Coaching, **Michael Hughes** researched Hypnotherapy and enrolled at The Clifton Practice. In the years since qualifying he has never looked back. Michael has always believed that working as a full-time Hypnotherapist has its advantages and as a result he quickly gained experience throughout the fullest extent of the profession.

He subsequently trained in both SFBT and CBT and in 2010 qualified as a Hypnotherapy Supervisor. In addition he is on the AfSFH Executive Committee responsible for Research for the association and remains passionate about the profession and raising awareness of the benefits of what we do. Michael believes that to be consistently up to date and at the cutting edge of the profession

are the right ingredients for success. All this is combined with his private practice in the work he does with clients, one-to-one supervision and supervision groups, which all take place in Bristol. To find out more visit: [www.michael-hughes.co.uk](http://www.michael-hughes.co.uk) Tel: 0117 9076 412 Email: [info@michael-hughes.co.uk](mailto:info@michael-hughes.co.uk)



Based in Taunton, **Sharon Dyke** is a Clinical Hypnotherapist & Psychotherapist, trained at the Clifton Practice, and in Human Givens Psychotherapy, Cognitive Behavioural Therapy (Hyp), Solution Focused Brief Therapy (Hyp), Humanistic Counselling, Acceptance and Commitment Therapy (ACT) and Mindfulness Based Cognitive Therapy (MBCT). Now too, qualified as a Clinical Supervisor for

Hypnotherapists. This skill enables her to pass on her experience and further promote the hypnotherapy profession. Sharon is also heavily involved with the AfSFH. To find out more visit: [www.sharondykehypnotherapy.co.uk](http://www.sharondykehypnotherapy.co.uk) Tel: 07766 250113 Email: [sdhypnotherapy@yahoo.co.uk](mailto:sdhypnotherapy@yahoo.co.uk)

**Nick Mawer** is based in Keynsham. His recent involvement in training to be a supervisor prompted this response "The Supervision course was challenging but extremely enjoyable as well. I have always enjoyed Supervision and am looking forward to helping my colleagues get even

better at what we do by using the solution focused approach which works so well".

Location: Keynsham [www.nickmawer.co.uk](http://www.nickmawer.co.uk) Tel. 07954425548 Email: [nickmawer@live.com](mailto:nickmawer@live.com)

Having trained as a mental health nurse in the 1980s, then his first NLP course in 1987. **Terry Baker** found his first Solution Focused course in 1991 inspirational. In spite of undergoing training in a range of other psychotherapies, including Transactional Analysis, counselling, CBT, Strategic Family Therapy, he has not strayed far from SF in the intervening 20 years. In the 1990s he trained with Bill O'Hanlon, Chris Iveson and Harvey Ratner, some of the key early players in SF.

He has used SF and NLP successfully in the NHS in a family therapy clinic, in addictions, dementia, OCD, psychosis,

depression and anxiety, with groups and individuals, and in bringing about organisational change. As a senior clinical leader, he has dealt with some of the most demanding cases, and supervised people from Home care staff, psychologists, consultant psychiatrists, Nurses.

A few years ago, he built on his experience by training with David Newton, which brought the NLP and SF together neatly, and added so much more!

Latterly he has completed a "Solution Focused Coaching for Leaders" course with Mark McKergow and the Clifton Practice SF Hypnotherapy supervisors

Not forgetting two of the bedrock of the Clifton Practice, without whom much of what goes on there wouldn't happen.

**Susan Rodrigues:** 0774 389 55135513 [www.susanrodrigueshypnotherapy.co.uk](http://www.susanrodrigueshypnotherapy.co.uk)

**Paula Rose:** 07951 501108 [www.hollickhypnotherapy.moonfruit.com](http://www.hollickhypnotherapy.moonfruit.com)

**Also:** **Matthew Cahill:** 01752 342124 <http://hypnotherapysupervision.co.uk> Location: Plympton / Plymouth

**Alison Jones:** 07970 191027 [www.solutionshypnotherapy.co.uk](http://www.solutionshypnotherapy.co.uk) Location: Clifton, Bristol

Location: Bristol Tel: 0117 9732 350 Email: [Terry.Baker@Talk21.com](mailto:Terry.Baker@Talk21.com) [www.terrybaker.moonfruit.com](http://www.terrybaker.moonfruit.com)

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Technology gives us choice in how we communicate, and supervisors offer a set of options to match. I was very dubious about telephone supervision until I did a solution focused coaching course last year which was partly based on this, and I found it brilliant. It allowed me access

to a nationally recognised consultant in solution focused change. No need to book rooms, We didn't even need to be in the same part of the country. I did one full session in a car park near Keynsham while my motorbike was being serviced! Other forms of communication, such as

emails can enable us to get our thoughts down while they're fresh, without having to wait for our next session, while allowing the supervisor to respond when they can. No appointments, no rooms, no need to even be in the same time zone!

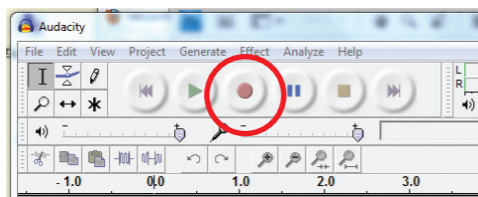
# Burn baby burn

Trevor Eddolls shows us how to make your own client CD on a PC

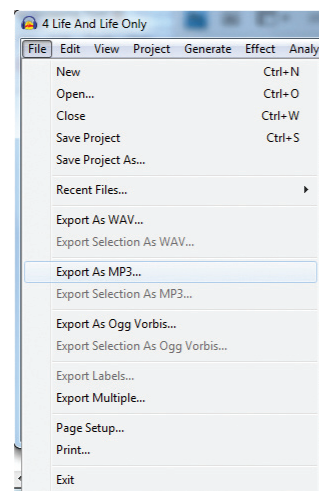
The first things you need, as they say in all the best recipe books, are a blank CD, a reasonable microphone, relaxing background music, and decent software. There is some great software available, at a price, such as Adobe Audition, but the best freeware for recording, editing, and double tracking is Audacity. You'll be able to find it on Google and download and install it. The second piece of free software you'll need will convert sound files from wma (a file extension for Windows Media Audio files) to mp3 (Moving Picture Experts Group 3). No-one cares what these acronyms mean; you just want Earth.wma to become Earth.mp3, so you can use it.

The next step is to get the background hypnotic music that you want playing. If you've got a CD from the Clifton Practice it's probably a single track called Earth (You can find many other tracks on the web, but make sure they are copyright free and you have permission to use them). You need to rip this Earth track off the CD and onto your computer. You can do this using Windows Media Player (which came free with your computer). Insert the CD and select Rip from the menu; it's one long track (about an hour). Make sure you know where the ripped file is saved, usually "My Music" or Music. If you don't have a copy of Earth on a CD you can get relaxation music from various sources. Don't use anything that you don't have copyright to or that isn't freely available for other people to use.

Now you need to convert your wma file (from ripping the CD) into an mp3. If you got the track from elsewhere, you may not need this stage. You can use Switch for Windows or Smart Audio Converter (or anything else you find searching Google). When you've done that, you can start to record you speaking.

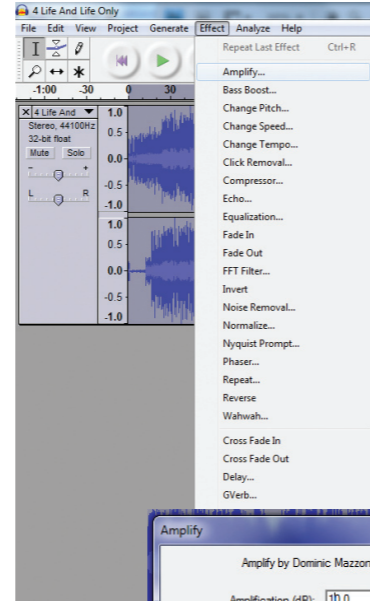


So, launch Audacity. Click the big red record button in the tool bar to record your audio track. Hint: wait 10 seconds before speaking. Just keep talking. Every time you fumble a word or get the phrasing of the sentence wrong, simply say it again correctly. Your 25 minute CD can take closer to an hour to record. When you get to the end,

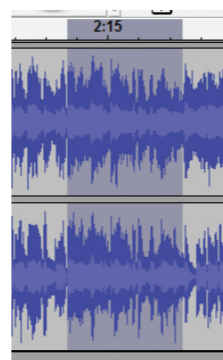


wait about 10 seconds and then click on the stop button; it's the yellow square. Save your file now! (Actually, you select Export As MP3... ) Give it a sensible name and note where you are saving to.

You may find your recording is a little quiet. You can increase the volume by clicking anywhere on the recording, and typing Ctrl and a at the same time; this selects the whole file. Then from the menu select Effect and from the drop-down box Amplify... A new box will appear and you can put in a value - 5dB or perhaps 10dB. This will make the peaks of the waves look higher and the volume will be louder. You can repeat the process and use a minus value to make the volume less. A graph will indicate the work going on. If you make a mistake you always have Undo (Ctrl and z or choose Undo from the Edit menu).



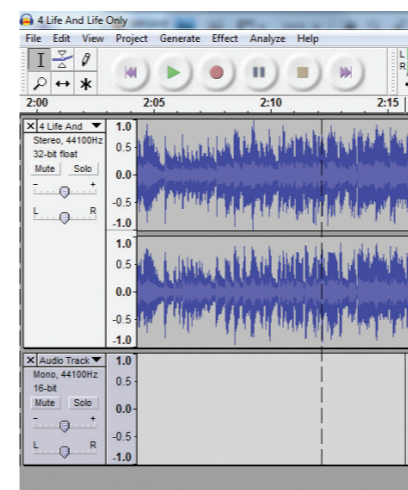
The next stage is to edit out all the verbal stumbles. Audacity works like Word and other PC software in that you can select and cut (Ctrl and x) bits that you don't want. Use headphones or go to a quiet room and concentrate on listening to your recording and then you can edit out any bits that shouldn't be there. You can zoom in on the track using the lens tool. That makes it easier to see where the sound of words start and ends. Select the bits of sound wave you don't want by using the text tool and clicking at the start and shift clicking at the end. Use Ctrl and x to cut out the wrong words. Always double check you have got the right part and not too much. If you've made a mistake, Ctrl and x will undo the



error. Every so often, save your file (like you would if you were editing a Word document). Again, you use Export As MP3...

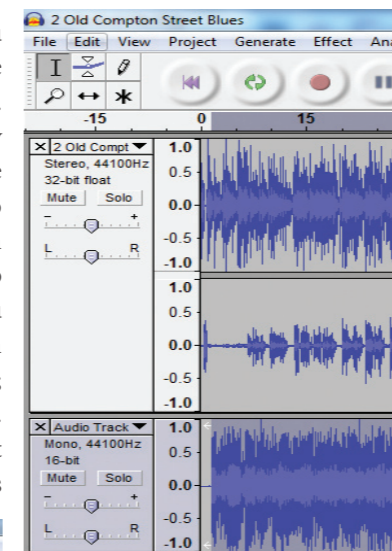
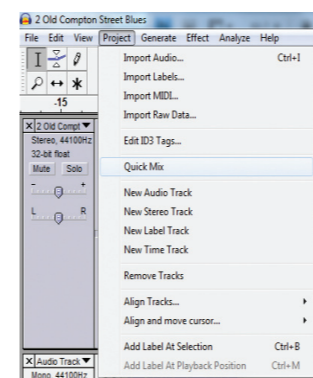
Once you've edited the file so you sound perfect all the way through, you're ready for the next stage. Firstly, select all (Ctrl and a) and then copy that track (Ctrl and c). You're going to place it in a new window in a minute.

On the menu select File and Open... and open the Earth.mp3 track you created earlier. Now here's the tricky bit: click on the record button (the big red one), it will open a new audio track, and almost immediately stop recording (by pressing the yellow square).



Now place the cursor in this new track and move it to the very beginning (you can use the side arrow on your keyboard). Then paste (Ctrl and v) the recording of you (the one we just copied) into that blank track. You may find the Earth recording is much longer than your speaking track. You can shorten the length of the Earth recording by cutting any excess (Ctrl and x).

If you play it now, you will hear the music in the background and you talking. The final stage is what they call "mixing down", the merging of the two tracks into the final product that you can burn onto a CD and give to a client. Stop playing, if you were, and click anywhere on a track and press Ctrl and a; this selects both recordings. From the menu select Project and Quick Mix. Once this



has completed, save your file with a new name.

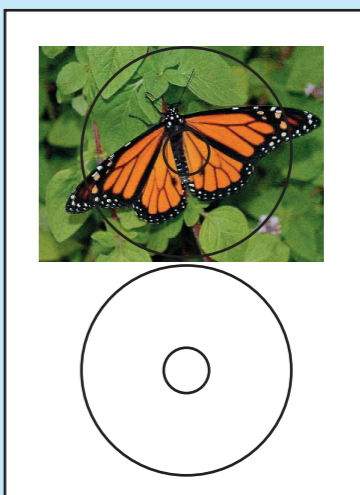
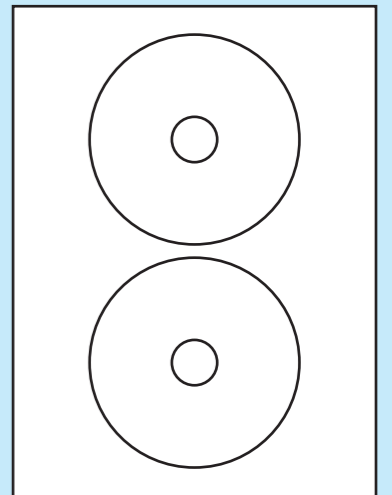
Once you have this master recording, you can burn it onto as many CDs as you want. Media Player gives you a Burn option on the menu. I always put labels on the CDs and put them in small plastic wallets before I give them to clients.

## CREATING A LOOK FOR YOUR CDS

When a client takes home your CD, you want it to look professional, but not necessarily pay out lots of money for labels to be printed. One way round this is to use a system, such as the NEATO CD/DVD Labelling System, only £14.99 from <http://www.uk.neato.com>, or the AVERY CD Kit With Applicator, Software Disc and Labels which you can purchase from major office suppliers or online.

Next find a photograph which you feel portrays the kind of image you want. My first CD had a photograph of Mount Cook in New Zealand which I took when travelling, but as long as it's copyright free, you can use anything.

Now some systems demand complicated software to install, I use a straightforward publishing programme. The key is to be able to line up the copy and the photo with the labels, and if you measure and set up a rough, you can experiment with just one or two labels to get it right. Place the image and the text onto the



page behind the template for the labels, then print one off on ordinary paper and compare to the labels to see if it's properly lined up, then delete the circles. Don't drop the image into a circle because if it's slightly out it will show.



For more copyright free images, you could try Stock Exchange - [www.sxc.hu](http://www.sxc.hu).

Penny Ling



# Desert Island MUST HAVES

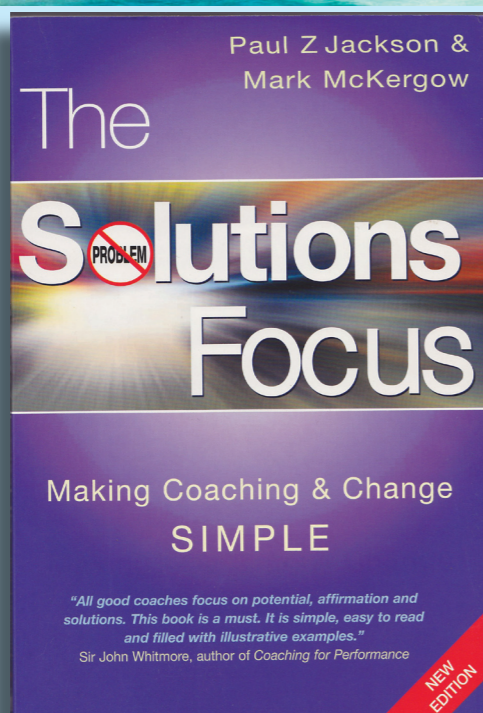
## The Solutions Focus

Unlike many books on Solutions Focused work, the emphasis is on business not therapy. This should not stop therapists from reading it, on the contrary, because it's simple, clear and amusing presentation makes it easy to read and understand. It breaks Solutions Focused work down into 2 main principles - SIMPLE and OSKAR.

**SIMPLE**  
S - Solutions not problems, I - In-between - the action is in the interaction between people, M - Make use of what's there (resources), P - Possibilities - of what moves us towards the solution, L - Language - clarify and understand E - Every case is different.

**OSKAR**  
Outcome, Scaling, Know-how, Affirm and Action and Review.

Accompanied by the questions we



can ask, it's an excellent reference book for those that can't quite think on their feet. I went on to teach one of my clients the principles when he complained bitterly of the negative thinking at his work - he was a policeman. A week later he came back and reported that he'd man-

aged to get most of his colleagues talking positives instead of always moaning. This helped his own stress and consequently he managed to eliminate a large chunk of the stress he was experiencing.

One of the most useful metaphors I now use on a regular basis is in response to a clients answer to the Miracle Question being without the problem, i.e. I wouldn't be anxious, worried, depressed. The book suggests that you wouldn't go into a supermarket with a shopping list with "no milk, no bread, no butter" and expect to do a week's shop; no, you need to have a picture of what you want. Clients understand this, though they may take longer in finding what it is exactly they do want.

Mark McKergow is giving a CPD talk at the Clifton Practice in July. ★★★★★



## TV / Web Review

For those who may not have stumbled upon TED, do take a look. <http://www.ted.com> It advertises itself as "Riveting talks by remarkable people, free to the world". Many prominent scientists, doctors and researchers take part each year in these wonderful lectures. Many are only 10 minutes long, often inspiring and funny. Try [http://www.ted.com/talks/lang/eng/michael\\_merzenich\\_on\\_the\\_elastic\\_brain.html](http://www.ted.com/talks/lang/eng/michael_merzenich_on_the_elastic_brain.html)

# CALENDAR

## Apr 2nd 2011

Launch party of the AfSFH at the Clifton Practice, 8 - 10 Whiteladies Road, Bristol, starting at 6pm. Includes introductory talk by David Newton and guest speaker Phil Harris.

## May 22nd 2011

Self-Hypnosis for Child-

birth CPD @ Clifton Practice Bristol.

## June 16-17th 2011

Solution Focused Practice - pure and applied UKASFP Conference, Bath. One of the guest speakers is Solution Focused hypnotherapist Shirley Billson.

[www.ukasfp2011.co.uk](http://www.ukasfp2011.co.uk)

## July 31st 2011

SF Work - A Wider Perspective - Mark McKergow @ Clifton Practice Bristol

**Advertise your event here, contact the AfSFH for more details.**

# Your Journal needs you!

Yes you! To make this a publication you want to read, please send suggestions to [afshjournal@gmail.com](mailto:afshjournal@gmail.com) and if you have any case studies, scripts, metaphors, book reviews, areas you feel we need to investigate, then don't hesitate to get in touch.

## Coming up:

- Latest research news
- How to avoid being scammed
- Questions to ask
- Book reviews
- 10 Steps to finding the therapist within

## Article submission deadlines for 2011

May 1st, August 1st & November 1st.

If you are submitting an article also provide the references as well - see Page 7. Articles to be provided in .doc or .pdf format please.







Association for  
**SOLUTION FOCUSED HYPNOTHERAPY**

## ***Are you a member yet?***

**As a member of the AfSFH, you will benefit from the following:**

- ★ A listing on our online Hypnotherapists Register, including a link back to your website
- ★ Press releases to send out in your own name
- ★ Access to our online Journal which provides valuable information and resources
- ★ Significant preferential Insurance rates
- ★ Marketing materials, such as website copy, that can be downloaded
- ★ Permission to use our name and logo
- ★ Discounts on products and services the AfSFH has negotiated on your behalf
- ★ Email tutorials to help your business

We will, from time to time, run courses to help you manage your business. These will be offered at a discounted rate to all AfSFH members.

Please contact us for a joining pack if you are qualified in Solution Focused Hypnotherapy and wish to become a member of this forward looking Association.

Our aim is to increase public awareness of Solution Focused Hypnotherapy.

If you are interested in training with this excellent form of hypnotherapy, please visit CPHT SFBT Skills Training.

## ***Join Today***

at [http://www.afsfh.com/afsfh/application\\_form\\_afsfh.pdf](http://www.afsfh.com/afsfh/application_form_afsfh.pdf)

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