



MEDICAL
HYPNOSIS
FOUNDATION

Expanding Possibilities for Healing

MESSAGE FROM THE DIRECTOR

*“Words are, of course, the most powerful drug
used by mankind”*

Rudyard Kipling (1865- 1936)

What a brilliant quote! This is the essence of what we do at the Medical Hypnosis Foundation. Hypnosis is all about suggestion and suggestion is all about the words we choose. Simply speaking we are teaching people how to use words to enhance their healing, and to achieve a state, trance, that will maximize the impact of those words.

We now are offering you the opportunity to share the gift of trance with friends, family, and colleagues. We have two new CDs available that teach self-hypnosis and the language for change, Managing Stress with Self-Hypnosis, and Curbing Your Appetite with Self-Hypnosis. We also have a few CDs left titled Peace for the Holidays. All of our CDs are \$12 or 3 for \$30. You can order them at our webpage, buy them at the office, or call to order (919) 403-7229. Be sure to let us know if you or someone you know would like to sell them in their store or office.

Holly Forester-Miller, PhD, LPC
Founder & Executive Director

WHAT IS A SELF-HYPNOSIS GROUP?

The purpose of our self-hypnosis training groups is to teach participants to use the tool of self-hypnosis for managing symptoms and side effects of their illnesses and treatments, as well as to help empower them to be active participants in their own healing. The groups represent an integrative medicine approach to health care; teaching individuals how to enhance their own health and well being in conjunction with medical science.

These groups, which are offered **free to participants**, run for four weeks, meeting once a week for 1½ hours. In addition to the group meetings, each individual group member meets individually with the group leader for 30 minutes, to make a customized CD. The suggestions on this CD are designed specifically for the individual, targeting their personal medical needs and concerns. Each small group can accommodate up to twelve participants.

The Foundation contracts with licensed therapists who are certified by the American Society of Clinical Hypnosis, to teach the self-hypnosis training

NEWSLETTER

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groups. Participants learn to understand the power of self-hypnosis, to debunk the myths and misconceptions, to define hypnosis, trance, and suggestion, to understand the impact of language on healing, to use several different techniques for going into trance, and learn to write suggestions to address their various health issues and concerns.

WORDS FROM GROUP PARTICIPANTS

“It was indeed my good fortune to meet with you, and participate in the Self Hypnosis course. I sing your praises to anyone willing to listen. I think of the self-hypnosis as a tool or key to self improvement. I found it particularly helpful in managing lymphedema after breast cancer treatment”. Group participant

“I have good news regarding my use of the class and especially the customized CD you recorded for me. The positive suggestions we recorded for my use ALL came to pass!!!! I am pleased to report that all the nerves and functions I was concerned about and were included in the suggestions all have remained intact. It took a great team to make all my treatment success possible and I’m very glad you were a part of my team!”

John - A Group Participant

CURRENTLY SCHEDULED GROUPS

Tuesdays - 6:00 – 7:30pm

January 5 - 26, 2010

Duke Raleigh Hospital Cancer Center

Call (919) 862-5984 to register

Tuesdays – 1:00 – 2:30pm

February 16 – March 9, 2010

Durham, NC

Call (919) 403-7229 to register

FOUNDATION ACTIVITIES

This past fiscal year (7/1/08 – 6/30/09) we:

- Offered ten Self-Hypnosis Training Groups.
- Gave 8 lectures and presentations to over 400 health care professionals on the impact of language on healing, understanding medical hypnosis, and self-hypnosis skills.
- Trained two more licensed professionals to lead the Foundation’s self-hypnosis groups.
- Did an interview for NBC news, This Week on MyNC.
- Produced two professionally recorded self-hypnosis CDs

YOU CAN HELP SPONSOR A GROUP!

- For a donation of \$1200 you can sponsor a full group of 10 to 12 members.
- For \$120 you can sponsor a group participant.
- If you would like to remember us in your estate planning – just call. We have a consultant available to us free who can help you with the logistics.
- Tell us about any non-profits or companies you know that might want to partner with us to provide a group.

DONATIONS

We would like to thank those who generously donated to the Foundation this past fiscal year- July 1, 2008 through June 30, 2009.

If we have inadvertently omitted your name or business, please contact us.

General Donations

Veronica Barnes	Mary Ann Attwell Harte
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Duke Raleigh Hospital
Wellness Consultants International, PLLC

In-Kind Gifts

Wellness Consultants International, PLLC
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Richard Csarny
Dr. Holly Forester-Miller
Deborah Levin-Planting
Dr. Martha Simpson

OUR MISSION

The mission of the Medical Hypnosis Foundation is to teach self-hypnosis to individuals who are seriously ill and would not otherwise be able to afford these integrative medicine services. In addition to empowering individuals to enhance their healing the Foundation also educates the public and health care professionals about the effectiveness of hypnosis as a powerful healing tool.

BOARD MEMBERS

We have a wonderful Board that continues to support the efforts of the MHF and we would like to thank the Board members for their dedication.

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WORKSHOP

If you are a health care professional interested in learning how to use hypnosis, mark your calendar for the **11th Annual Clinical Hypnosis Workshop** to be held **APRIL 23 – 25, 2010!** The proceeds from this intensive workshop go to the Foundation.