



ELKANAH COUNSELLING

www.elkanahcounselling.com.au

Festive Season 2012

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Reception staff:

Helen Waterworth
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Reception Hours:

10.00 am – 4.00 pm
Monday – Friday

Consultation Hours:

8.00 am – 8.00 pm
Monday – Friday

8.00 am – 12.00 pm
Saturday

Consultations by appointment
only.

After hours: Elkanah does not
operate a locum service. If you
need crisis assistance Lifeline
can be contacted on 131114.

A Word From Lyn

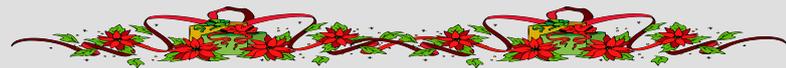
In this newsletter, I have written about stress. I was recently interviewed for the Sun/Herald and published on Sunday 25th November re women who experience P.M.S. It and other hormonal problems cause much stress for those who have these issues.

Of course, unhelpful and negative thinking, which Sylvia has written about, also causes a lot of unnecessary stress. So do our perceptions, which we think of as reality when often such views are incorrect.

As Melanie says, hypnosis is one way to focus on the positives and it and other counselling methods used by our Elkanah psychologists can help to overcome a wide range of problems such as: -

- Personal well-being and self esteem
- Family issues
- Trauma
- Relationship issues
- Women's Health especially P.M.S., Post-natal Depression and Menopause
- Childhood Development and Educational Assessment
- Life and Career Changes
- Anxiety and Phobias
- Depression
- Adjustment Disorders
- Chronic Pain
- Addictions with food, smoking, alcohol or other drugs

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Our Psychologists



JOHN ANDERSEN
BA, DipPsych.,
MA., MSc,
Member VAFT

After completing graduate studies in the United States, John worked as a police counsellor with the Police in Los Angeles, followed by work as a marriage and family therapist in a Christian counselling centre. John specialises in relationship counselling including: marital, stepfamily/blended family issues, working with adolescents within the context of their families.



KERRYL BEISSEL
BSc (Hons –
Psych), MAPS
Member, APS
College of
Counselling
Psychologists

Kerryl has experience in counselling for a wide range of personal and relationship issues. Her areas of work include management and treatment of anxiety, stress and depression; and assistance in dealing with the effects of difficult or traumatic past experiences. Kerryl has expertise in assisting people through times of transition or crisis, whether it be in their personal lives, in their workplaces or in ministry.



MELANIE BIRCH
BA BSc. (Hons),
CertPastPsych
AdvCertTrauma,
DipClinHyp
MAPS, Member
APS College of
Counselling Psych.

Melanie worked in the field of organisational development for a number of years before training as a psychologist and trauma therapist. She has now been practicing in this area for almost 15 years. The principle focus of Melanie's work is the treatment of trauma, grief, anxiety and depression. She works both with people who have long standing issues and those with more recent difficulties. Melanie is also a trained hypnotherapist.



EDDY KLEYNHANS
MA., MAPS
Member APS
College of Health
Psychologists

Eddy has been a registered psychologist for 25 years. He has also been registered with the Dutch Psychological Society, with Dutch being his second language. In Australia, he has been providing Employee Assistance Programs to organisations, often travelling interstate to consult with clients. He is an ex-president of EAPA. His expertise in private practice includes working with clients from diverse cultural backgrounds.



ROBERT POSTLE-THWAITE
BBSc MPsych.
Member APS
College of Clinical
Psychologists

Rob's long term interest in chronic pain and illness has resulted in considerable experience in the treatment of depression, anxiety and anger problems that are some of the emotional consequences of these conditions. Rob's underlying philosophy is to focus on the here and now and address the current issues in a pragmatic and problem solving manner.



LYN SHAND
BA DipEd
GradDipPsych
Member VAFT &
APS Colleges of
Counselling
Psychologists and
CED Psychologists

Lyn has much experience working with clients who suffer from stress, anxiety and/or depression. As a family therapist and psychologist, much of her evening work is working with couples and family relationship issues; also regarding separation as she is trained in mediation. Lyn is the owner of Elkanah. She has considerable expertise and experience in working with women with P.M.S., post-natal depression and anxiety and problems at menopause. She has written a book on this topic.



SYLVIA WERBA
BEd (Psych) MAPS
Member APS
College of
Counselling
Psychologists &
CED Psychologists

Sylvia has been a registered psychologist for over 25 years, both within the school system as well as in private practice – working with children, adolescents, adults and families. Sylvia uses an eclectic approach to work through life's complications, review goals and formulate a more optimistic and positive approach to the future. Sylvia also has experience in Psychometric assessment to help students achieve at their potential in the best possible way – including those with special needs.

Stressful Times

Lyn Shand

2012 seems to have been a particularly stressful year, with many people worried about finances. Whether or not you believe in negative effects of the carbon tax, the cost of food, electricity and gas have certainly been more expensive. For those people who have lost their jobs, it must be an extremely difficult time.

Of course Christmas also adds extra stresses for everyone. For those living on their own it can be a lonely time. For young families there are always added costs for presents, children needing school supplies or new uniforms. As a family therapist, I also see people after the Christmas period for counselling, as families often have disagreements coming from unfinished issues from earlier times. Such issues can include sibling rivalry, unresolved conflicts, financial matters, and problems arising because of blended families or even over where to spend Christmas Day.

Often negative feelings have been bottled up. When this happens, it causes stress. The stress can result in intense emotions such as guilt, anger, fear, anxiety, and feelings of inferiority or lack of self-esteem.

Other symptoms of stress include: - sleeping difficulties, headaches, muscle pain, indigestion, diarrhea or constipation, depression, sexual problems or skin irritations. Stress causes an increase in chemical activity in the brain, the nervous system, muscles, heart and intestines. It affects the adrenal glands and hormones such as cortisol and adrenaline.

In short bursts, stress is not harmful. In fact we need some stress to be motivated to do things or to make changes in our lives. However, prolonged stress keeps your body in overdrive. It can then produce excessive acid in your stomach leading to a gastric ulcer. It may narrow blood vessels and raise blood pressure or lead to a heart attack. Over eating or under eating can result too.

Tips to Manage Stress

Get enough rest and sleep

Don't try to be perfect – do your best

Get to know yourself – your feelings, values, goals and abilities

Accept that you can't control everything

Take slow deep breaths

Use humour

Eat well-balanced meals

Learn what triggers your anxiety or depression – family? school? Something else?

Get enough exercise – something you enjoy such as walking, gardening, dancing etc,

Take time out for a hobby or to visit a friend

Express emotions appropriately – don't bottle them up – learn to be assertive

Manage your time and be better organized – make lists or keep a 7-day a week diary

Do meditation or have some quiet time for yourself, to listen to music or read a book

Use positive self-talk and get rid of “shoulds” and “shouldn'ts”

Remember you need support – we all do!

Get professional help if you feel stuck with any issues

Remember that balancing your stress is dynamic – it is always changing. It is all about finding the right balance for YOU.

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Conditional Happiness

Sylvia B. Werba

As the end of the year approaches, many think of the year gone by, and often focus on what has not been accomplished, or what has not been achieved – such as no promotion at work, or no improvement in the financial situation, or a personal goal that has not been met.

Many believe that they could have been “happier” if only they did not have to go to work, or if only the children were better behaved, or if their marriage was happier, or if they were or were not married, etc. Focusing on the difficulties and on the non-achievements is simply “postponing their happiness”. It is assuming that one day, when all of their problems have been resolved, or they have achieved some personal goal, then – and only then, will they be able to sit back and feel “happy”.

However, waiting for things to fall into place before we can allow ourselves to feel happy, is a problem for two reasons:

1. We miss the opportunity to fully experience and enjoy the present moment – and to feel good “now”.
2. If we make our happiness conditional on solving our problems, or on reaching a goal, we may never be really happy, because as some issues are resolved, and some goals achieved, new ones emerge.

The challenge is to make a conscious effort to redirect our focus from thoughts that make us miserable to the thoughts that make us feel good. This can make a huge difference to the way we approach life, as well as to the way we feel “today”.

THOUGHTS THAT MAKE US FEEL SAD

All the things that have gone wrong
Injustices
Rejections
Our failures
Our shortcomings
Things we’ve missed out on
What we’ve lost
Other people’s faults

THOUGHTS THAT MAKE US FEEL HAPPY

All the things that have gone right
Our good fortune
People who care about us
Our achievements
Our strengths and qualities
Things that we’ve been lucky enough to have
What we’ve gained
Other people’s qualities

Everyone has both positive and negative aspects in their lives: achievements and failures, pleasures and disappointments, losses and gains, illnesses and recoveries. There is also much to celebrate if we look for it.

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If I Let You Hypnotise Me, Will You Make Me Cluck Like a Chook?

Melanie Birch

Hypnosis is a widely used technique in therapy, with many years of research behind it. Unfortunately it also suffers from a great deal of misunderstanding. This article addresses some of the more common questions about hypnosis in therapy and sorts fact from fiction.

1. If I let you hypnotise me, I will be in your power and you will make me do embarrassing things.

Let's scotch this one right off the bat. Stage hypnosis and clinical hypnotherapy are two very different things. Those people on stage have volunteered and are assuming that they will be asked to do embarrassing things, hypnotised or not. People go on stage to become part of the show, part of the entertainment. Clinical hypnosis does not ask people to act outside of their choice or control people.

2. A person can get stuck in a hypnosis and not come out again

You are as likely to get stuck in a hypnotic state as you are not to wake up after a night's sleep. Sometimes a person can take a little longer to come out of a hypnotic state. Usually it's because they are either really enjoying the state of relaxation or because they are still processing some of the internal work that is being done. It is never the case that someone is trapped in a hypnotic state.

3. Hypnosis only works on some people. If you can be hypnotised, it means you are weak.

If you have difficulty concentrating, it might take a little longer to move into a hypnotic state. But remember, hypnosis can be used to help settle anxiety so it will still happen. The main reason for people not going into a state of hypnosis is because they don't want to. A hypnotherapist does not "make" you go into hypnosis against your will. As for being weak, it beats me what that means. But it sounds awfully like it comes from the school of thought that says I must fix it all myself (even when I don't know what I'm doing).

4. When you are hypnotised, you can't remember what happened when you wake up.

An interesting one, because it depends on the reason for hypnosis. Usually we do easily remember what happened and what was said. However hypnosis can also be used for some people in place of an anaesthetic for operations. In these cases it might be that part of the hypnosis is imagining yourself in a different space/place to the operation. In this instance you may not remember what happened in the operation because it was the hypnotic intention to not be part of it. These cases are the exception, not the rule.

5. Hypnosis is just relaxation

Yes and very definitely no. Relaxation can be done under hypnosis and used to achieve a very deep state of relaxation. However it is not necessary to be relaxed or have your eyes closed to achieve hypnosis. Usually hypnosis is being used to achieve a specific end over and above relaxation, such as a therapeutic goal of stopping smoking or losing weight.

6. *Hypnosis can be used to accurately recover memories.*

I suspect this is the hypnotherapist's equivalent of the frustration that forensic pathologists feel watching a crime film where the case is solved using methods and time lines that the expert knows are somewhere between improbable and impossible. The human mind does not have memory chips. It is our perceptions of what happened that are stored, not an objective reality. And those perceptions are fragmented, biased and able to be influenced by what others have told us. So no, a memory is not more reliable because it was elicited under hypnosis.

Hypnotherapy is the process of bringing a person's focus from the outside to the inside, from trying to concentrate on several things to just one. During this process it is about stilling that internal voice that criticises, sows doubt and tells us a thing can't be done before it is even attempted.

Hypnotherapy uses the imagination to focus on possibilities and sets a positive frame of mind for achieving goals. Its processes are known, straight forward and able to be practiced by clients at home after sessions as self hypnosis. It can be applied in a wide range of circumstances such as phobias, anxiety, smoking cessation, weight loss, chronic pain, self-esteem/ego strengthening and memory and concentration improvement. Its outcome data is impressive. If you have any questions about hypnotherapy, I would be glad to answer them. Leave a message with Helen or Robyn or email me at meridcp@bigpond.net.au

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We would like to take this opportunity to wish
you peace, joy and good health for
this festive season and
throughout
next year.



ELKANAH NEWSLETTER

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Each newsletter contains articles written by members of our team of psychologists. Let us know of any of topics that you would particularly like to know more about, anonymously if you wish. Most of our psychologists are also available to present talks and seminars. Please contact reception on 9817 5654 for enquiries.

Comments:

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