

## **ASCH Journal, Volume 38, Number 1, Autumn 2016**

### **Editorial**

I grew up surrounded by literature, music and the fine arts. English was my favourite subject at school, and creative writing came naturally to me until I started Year 11 and began studying for my HSC. It was at that time when we were forced to switch from fiction writing to essay writing, followed by three years of technical report writing at TAFE and my first job.

After I left the workforce I enrolled in a BA in Professional Writing at the University of Canberra, which had been my long time dream. However, when I actually started writing again I was shocked to discover I couldn't do it. The material I generated was turgid, self-conscious, unimaginative and uninspiring, in complete contrast to my school days up to Year 10. I didn't understand what was happening, and progressively began losing confidence.

The breakthrough came at the beginning of the second year when we were given a short-story assignment. I had an original but delicate idea for the story. Instead of torturing myself for endless days at the typewriter as I had on previous occasions, I decided to experiment with self-hypnosis. I dropped myself into a trance state, and then gave myself a suggestion that the story had already been written—indeed, I visualised it typed up on a wad of thick, white A4 paper. Once I brought myself back to full waking consciousness I typed out that story in one sitting. I then made some minor corrections before handing it in. A few weeks later the lecturer singled it out as an example of excellent storytelling, and read it out loud to the rest of the tutorial group. I also received my first High Distinction. I tell you this personal story not to boast, but to demonstrate the positive impact of hypnosis on restoring my mind to its innate creative state. After that, I began to understand how my creativity operated, and kept my mind in a dream like alpha state whenever I needed inspiration and to write. Most importantly, I never suffered from writers block again. I thank hypnosis for that.

Which brings me to the first article published within this journal. Julie Regan explores the connection between creativity and hypnosis. The read is fascinating, but the results only establish a moderate link because there has been little research conducted into this topic. I am one test case for the proposition that hypnosis is a wonderful tool, but (bias aside) at this time we can only speculate what outcomes a substantial research study would yield. I for one would be excited to read more.

This journal also publishes Dr Leon W Cowen's article about how the Australian hypnotherapy community needs to take stock on the crucial issues of Mandatory Reporting and Mandatory Notification to determine why and how professional associations need to establish policies in line with State-based legislation, as well as educate their members on how to recognise and act on cases that fit into the framework. This issue also features an article by UK researchers Leiya Lemkey, Belinda Brown and Dr John A Barry who focus on the topic of whether clinical hypnotherapists need to be sensitive to the different therapeutic needs of men and women. For my part, as an ex clinical hypnotherapist, I believe it is critical to understand gender differences not only to establish rapport, but also to help choose specific hypnotherapy tools that have a greater probability of connecting with a client's conscious and subconscious mind and to enhance success.

Finally, we bring you Part 2 of Peter Jackson's article, which presents five case studies on P.S.H. Therapy and its application to Hyperemesis Gravidarum. One of the notes Peter makes in his article is about the "scepticism of the medical model towards hypnotherapy" which frustrates me no end because he presents a good case for the psycho/social origins of the illness. Read on for yourselves to see if you agree.

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