



April/May Informer

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

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FROM THE
Editor

Please send all submissions to the administrator admin@ahhca.org.
Article Submission guidelines are below.

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

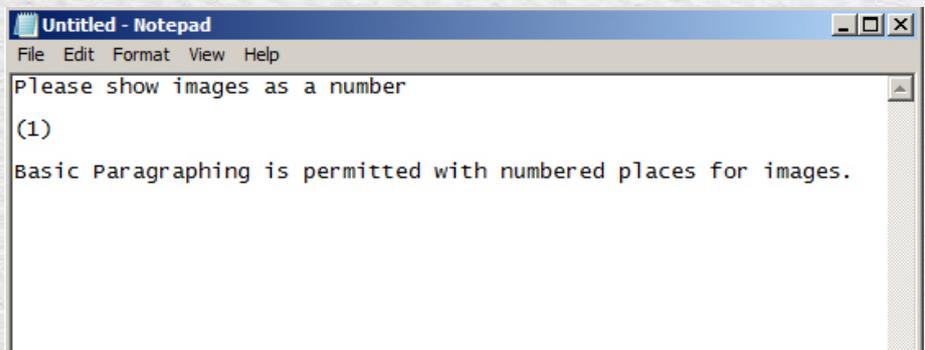
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

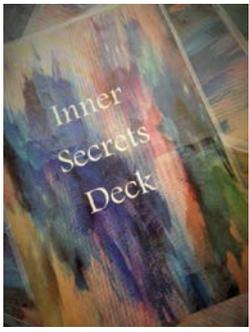
All images must be submitted individually named with corresponding numbers.

Article Length Maximum
500-1000 words

- *Editor*

Please email .txt documents to:
admin@ahhca.org





INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to be Whole

We all have many different aspects to our personality – there is no way we are linear. We also play numerous roles that draw on our different skills, abilities, talents and gifts. Yet so often we are asked to sum ourselves up with just a few brief words. It's not realistic or healthy. In fact, too often those who have tightly defined who we are and try to limit our lives to only expressing these character traits, skills or abilities will reach a point where a

crisis will create an opportunity for reflection and transformation. It's called the Dark Night of the Soul and is experienced with feeling like we are falling apart or losing our minds. Our fear of disintegration drives us to find ways to maintain our sense of wholeness. While many dread this process it is an exciting time of self-definition. It is a time to throw out what is old and out-dated and create new, healthy and productive ways to be in the world. It's a time to draw all the parts of our life and our personal identity together and integrate it into our new sense of wholeness. It's an exciting stage in our personal evolution. The skies are active at the moment holding a mirror up; inviting us to become integrated and whole within our inner truth. Grab the chance while the universe is conspiring to help you.

MEMBER MATTERS

It is coming up to renewal time and once I send out the forms the questions I get most often from members (especially from those in rural areas) is about "what can I use for my professional development (PD) hours?".

PD can be related to upgrading your skills as a practitioner OR as a business owner.

We like members to do at least 20 hours of provable PD. You can "prove" your attendance at workshops and seminars, etc, with a receipt or certificate. You can send us links to articles/blog posts that you have written that relate to your areas of expertise (or you can send me articles for our newsletter). You could attend committee meetings of the AHHCA or other relevant organisations and the proof could be in the minutes. Get a letter from a therapist or group leader documenting your attendance at personal therapy sessions (we love practitioners who focus on their own personal growth) - the same goes for business networking sessions (although you should get receipts for tax purposes & use them as proof).

Teaching classes could be proved by sending a flyer or link with a class description (we will be using the honour system and will assume you don't include classes that you don't have attendees for).

Non-provable PD covers things that you read (although you could prove that you have read a book by sending me a review for the newsletter) and things like listening to online content, e.g. attending webinars. Watching a relevant television program could also count, but please be honest about how relevant it is, and only include this if it really is!

You can also include any volunteering of your services at events or in crisis situations for PD!

We would prefer that you do a variety of different types of PD and not rely on a whole lot of the same thing for all of your Professional Development - the rule of thumb is no more than 10 hours from any one source.

Please contact the Administrator via admin@ahhca.org if you have any questions - and I do have some discretionary powers if you have any issues.....

Healing Hands as a Healing Technique?

Written by Jon Barron or staff member at The Baseline of Health Foundation

In this week's excerpt from Lessons from the Miracle Doctors, Jon Barron discusses the laying on of hands as a healing technique.

"Stories about healers, healing hands, and healing energy go back centuries to the beginning of recorded history. If it's a myth based on a placebo effect, it certainly has remarkable staying power. Why? Let's begin our exploration of that question with four concepts that are easier to understand before we make the giant leap to 'healing hands.'

- Every substance or object (animate or inanimate) absorbs and radiates energy in its own unique way. That is to say, every substance has its own unique energy fingerprint. This is even easier to understand when it comes to living beings because at every level we are fundamentally energy beings. Our entire body is built of complex electrical systems, and every single cell in our bodies functions as a miniature battery.
- Some frequencies are beneficial, others are harmful. Some levels of intensity are beneficial and others are harmful.
- People who are healthy tend to exhibit/radiate more of the beneficial frequencies at higher levels of intensity, whereas people who are ill tend to exhibit/radiate fewer of those frequencies and at lower levels of intensity.
- We are indeed affected by energy applied to the body. A TENS machine demonstrably relaxes muscles; a high-voltage charge kills.

Since every human body can generate and accept energy, it is possible for bodies to pass energy from one to the other. Even better, everyone can do

it. But it's a little like hitting a baseball: some people have no innate talent for it and never work at it, some have no talent but work at it and develop some facility for it, some have an innate talent but never develop it, and some have talent and work to develop it. These latter people we call "healers." Now, there isn't any peer-reviewed, definitive proof, but some studies have indicated that it works and others have come to the opposite conclusion. Nevertheless, there are some strong suggestions as to its validity.

Anyone who makes the effort can learn to both feel and manipulate energy. At that point, it's no longer theoretical, at least to the person who experiences it. But if it's so easy to feel, how come we all don't feel it all of the time? How can something that's supposed to be in all of us be real and yet never experienced by the vast majority of us? The answer is very simple: we tune it out. Actually, this happens far more frequently than you might think. Our brains are bombarded with millions of bits of information every day. If we didn't screen out "non-essential" information, we would be overwhelmed by it. In fact, I'm going to train you right now to "re-observe" an aspect of light that you have tuned out all of your lives and never been aware of, to rediscover an innate ability that most have lost.

Because color temperature is non-essential information for most of us, we tend not to see it. Our brains filter out color temperature information and make all color temperatures look the same. But artists and color photographers don't have that luxury—they have to turn off the filter to "see" what their eyes see. Most people are

not aware that their skin color changes wildly as color temperature changes. I'm now going to teach you to be aware.

On the next sunny day, I want you to step out in the mid-day sunlight and look at the skin on your arm. Notice the blue tones. Then, immediately go inside and look at your arm under the light of an incandescent light bulb (if you can still find one). Notice that the skin has now picked up a strong red/orange color. Most times, you could walk indoors or out and never notice the change in color because your brain filters it out as non-essential. You've probably experienced this color change millions of times but never noticed it before. The concept didn't even exist in your reality. But once you became aware of how to look for it, you can see it, and what was once non-existent is now easy to see.

Feeling energy moving in and out of your body is no different. The experience is there all the time, but we're just shut down to it—we filter it out. To those who are oblivious to it, it's easy to dismiss. Once you become sensitive to it, its reality is as unquestionable as seeing the world of color you were once oblivious to.

In conclusion, there's nothing about healing hands that falls outside of what we already know about energy and healing. Again, as with patches or pendants, there are many claims made by different people—some may be completely valid, some marginally valid, and some are total nonsense. But I have seen enough to be convinced that some people definitely have "healing hands." In the end, I would recommend being open to the possibility, but skeptical of any claims you hear from any particular healer until you find out for yourself."



Material originally published at www.jonbarron.org.
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Connection Happens Within Yourself



In session people often tell me about the lack of feeling connected in their lives. They yearn for relationships and connections with others that feel satisfying and meaningful to them; a space where they can feel heard, understood and where they can be themselves.

From when we are very small we learn to think that to satisfy these needs we need to look to others; our parents, our siblings, our friends, our partners, our children etc. And.... When we are small we do depend on the people around us to look after us. Our world and well-being is shaped by the people around us with all its joys, imperfections and even downright disasters.

Then when we leave home it is understood that we need learn to look after ourselves; support ourselves financially; put a roof over our head and put bread on the table. We might do that all by ourselves, or we

might find a partner to do it with. However, what is less often spoken of is that when we leave childhood behind and enter adulthood, we also start carrying the responsibility of our own emotional well-being.

Often there is not a lot of attention given to our emotional well-being as it is an inner experience that carries some taboo. This aspect of our lives often stays under the surface as something that sometimes hurts or sometimes feels good, without a lot of understanding about why, when and how and even less of a realisation that something can be done about it. It is when we feel that our emotions are out of control and affecting our ability to cope that we might start to look at our emotional well-being.

So this is where I tell you that a lot can be done! In my experience, to achieve a sense of connectedness in life is primarily about connecting to yourself. Finding out about

yourself; doing things for yourself that you enjoy; listening to yourself; taking yourself seriously.

It is when we look to have our needs met by others, we put a strain on the relationship by the expectations we put on them to be a certain way for us. What's more, unless we choose to become more aware, a lot of our needs and expectations from the past will continue to shape our relationships in the now.

Looking after your emotional well-being not only improves your quality of life, it allow you to Live your own Quality; the essence of who you are. You will become a dear friend to yourself; who listens, who understands and who knows you through and through.

Once you are living this integrity of self-connectedness, you will notice people responding to you differently. You are able to accept others as they are, because you are not dependent on them being a certain way for you. They are free to live their quality as well.

Taking responsibility for and feeding your inner life is to honour and live according to your own feelings, experience and insight. Beyond giving you a sense of connectedness; it will bring you home!

COMMITTEE 2015-16

PRESIDENT: Jim Fraser

VICE PRESIDENT: Jayne Boyle

SECRETARY: Leonie Blackwell

TREASURER: Belinda Harber

ADMINISTRATOR: Karen Howard

GENERAL COMMITTEE: Helen Bramley Jackson, Karen Howard

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The committee would like your support

We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.

Please contact the office for a copy of our logo

April & May Birthdays

Happy birthday to the following members

Stephanie Cantrell
Elizabeth Cowen
Andonnia Gotsi
Anna Polacska
Penny Smits

April Vigurs
Despina Counsel
Tracy Ha'ao
Lakainapali
Julie Marchetti

Dusan Milosovic
Helen O'Keefe
Jeanette Olszanski
Dagmar Peyrac
Belinda Timms

FUTURE EVENTS

Nutrition in Medicine and Healthcare

30 April - 1 May 2016

Sydney

<https://nutritionmedicine.org.au/>

Oncology Massage Training - Sydney

Lymph Drainage Therapy 1 & 2

7-10 & 12-15 May 2016

<https://chikly.com.au/courses/>

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

<http://www.dementiaconference.com/>

AIMA conference

2 - 4 September 2016

Australian Technology Park - Sydney

www.aima.net.au

For Australian Counselling Association approved PD events go to their calendar www.theaca.net.au/opdevents.php

Wellness @ work conference & expo

Friday 1st April 2016

Horden Pavillion & Royal Hall of Industries Sydney

www.wellnessshow.com.au/work/

CCAA PD (SA) - The Importance of Relationships'

Monday 11th April - 7pm to 9pm

Tabor Adelaide, 181 Goodwood Rd, Goodwood SA

www.ccaa.net.au/index.php?option=com_eventbooking&view=category&id=4&Itemid=168

New Power of Attorney Laws

Friday May 20th 2016 - 10am to 12pm

Multicultural Hub, 506 Elizabeth St, Melbourne

www.publicadvocate.vic.gov.au/our-services/community-education

Mindd International Forum

20-22 May 2016 Sydney

www.mindd.org/mif16/

Book now for Early Bird Discounts

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

www.dementiaconference.com/

Begin your Oncology Massage Training in 2016

2nd - 4th May: Geelong, VIC REGISTER NOW

6th - 8th May: Castle Hill, NSW REGISTER NOW

19th - 21st May: Melbourne, VIC REGISTER NOW

3rd - 5th Jun: Randwick, NSW REGISTER NOW

6th - 8th Jun: Wagga, NSW REGISTER NOW

7th - 9th Jun: Tauranga, NZ REGISTER NOW

NEW! 17th - 19th Jun: Kendall, NSW REGISTER NOW

25th - 27th Jun: Spring Hill, QLD REGISTER NOW

Promoting Positive Mental Health in Adolescents

May 10th Headspace Joondalup

<https://gallery.mailchimp.com/1ceb6cda91c05119b6e87901e/images/7c99b023-ac5e-483a-90e0-50a8257f60d8.jpg>

Understanding & Surviving the CHSP & Home Care Package reforms

12th May - Mercure Hotel Melbourne

https://gallery.mailchimp.com/42674aa3885012ec4f63da496/files/Victoria_12th_May_HCP_Flyer.pdf

CCAA PD (NSW) - Sandplay Therapy

Date: 14 May 2016

Time: 9am - 4pm

Place: Morling College - 120 Herring Rd, Macquarie Park, NSW 2113

Cost: \$160 (\$100 student rate)

Solution Focused Therapy

Melbourne May 16 & 17

Adelaide May 23 & 24

<http://www.briefsolutions.com.au/btis/courses/intro.html>

Citizenship, Community, Creativity in the Older Community

May 17th Melbourne

<http://homecaretoday.org.au/event/realising-the-potential-of-cdc-in-australia-citizenship-community-creativity/>

New Power of Attorney Laws

Friday May 20th 2016 - 10am to 12pm

Multicultural Hub, 506 Elizabeth St, Melbourne

<http://www.publicadvocate.vic.gov.au/our-services/community-education>

Dual Diagnosis Training & A Community Development Response to ICE & Other Drugs

30-31 May Surfers Paradise

<http://dualdiagnosisitraining.com.au/>

International Dementia Conference

16-17 June 2016 Hilton Hotel, Sydney

<http://www.dementiaconference.com/>

You decide who decides

- understanding enduring powers of attorney

Fri 24th June - 2pm to 4pm

OPA Level 1, 204 Lygon St, Carlton

<http://www.publicadvocate.vic.gov.au/our-services/community-education>

Intimacy Challenges in Marriages

with Dr Clifford & Joyce Penner

June 27 & 28

Lifestreams Christian Church, Como WA

<http://campaign.r20.constantcontact.com/render?m=1011187734091&ca=c588057a-cdc1-4c91-b4f5-540f04dd6db2>

National Hoarding and Squalor Conference 2016

June 29 & 30

Rydges World Square 389 Pitt St Sydney

<http://www.australianageingagenda.com.au/event/4th-national-hoarding-squalor-conference/>

Active Aging Conference

4 August 2016, Sydney

<http://activeageingconference.com.au/>

AIMA/CMA Symposium 2016

3 - 4 September

Australia Technology Park Sydney

Transformation Through Relationship: The Heart & Soul of Therapy

Joint PACFA, CCAA, SCAPE & APECA conference

9-11 Sept Melbourne

<http://www.australiantherapyconferences.org.au/>

Oncology Massage Ltd Conference

27 to 29 October 2016 Canberra

<https://www.registernow.com.au/secure/Register.aspx?E=18341>

NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

WEBSITE LINKS

Hearts in healthcare

www.heartsinhealthcare.com

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Walter Last

www.heal-yourself.com.au

Strauss heart drops

www.straussheartdrops.com

National federation of healers

jenny@nfh.org.au

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyaauric@actrix.co.nz

Cancer support organisation

www.ucansurvive.org

White Eagle Healing Centre

www.whiteeaglelodge.org.au

Australia Counselling association

<http://www.theaca.net.au/>

The Healing Forum

www.thehealingforum.com

Caledonian Colour

PRINT | SIGNS | DESIGN

www.caledoniancolour.com

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*Final
thought for
the month*

"My words are not important. What is important is your silent listening. What is important is that my words are not coming from the mind, but from my deepest silence." OSHO

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