



June 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.

**The secretary is Leonie Blackwell
0438 254 466**

**Administration officer
Is Karen Howard
0477 274 604
admin@ahhca.org**

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FROM THE
Editor

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

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

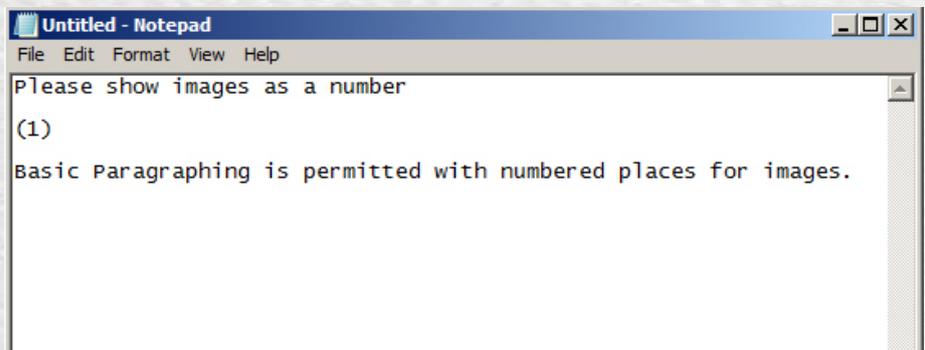
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

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

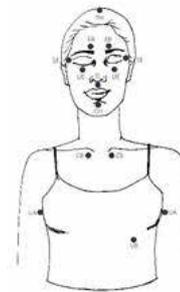
Your Inner Secret Need is to be approved of



I think the most common words I hear from client's mouths are 'I don't feel good enough' or 'I don't think I'm good enough.' Our need to be approved of is one of the top five emotional needs we have as humans. When we don't feel like we are approved of by others we don't feel accepted, like we belong or that we are loved for who we are. It cripples our relationships, limits our presence in the wider world and suffocates us from having a balanced self-concept. Quite simply, the fear of being inferior or less-than others poisons our lives. When this inferiority is internalised, we begin to accept our unworthiness as a reality. The flower essence Pine describes this state of mind beautifully as 'you feel unworthy and undeserving, like a child waiting to be punished; undeserving of love, refusing your right to exist; fearing criticism; an almost masochistic desire to sacrifice yourself; and being

riddled with self-blame and guilt.' The ultimate truth is you already are good enough. But somewhere you have learnt that you weren't good enough. What was it that created that belief?

There is no magic wand that can take all our lack of being good enough away in one swish of the wrist but using affirmations sequentially can help peel away the layers. Start with saying, 'I am willing to consider that I am good enough just the way I am.' Say this while tapping on the meridian points on the picture to the right, at least once a day for a week. Then move to saying, 'I am open to embracing that I am good enough just the way I am.' Again tap each day for a week. Next say, 'I am now allowing myself to feel good enough.' After a week start tapping and saying, 'I am now experiencing myself as good enough.' And finally say, 'I already am good enough.' Now watch your universe deliver your new reality back to you.



MEMBER MATTERS

Membership renewals are now due for the period 1 July 2016 to 30 June 2017.

The following items are required from Associate Members and Non-Practising Members:

- * completed renewal form (we need to keep updated on your contact details)
- * payment of \$50 fee

The following items are required from Certificate Members and Full Members:

- * completed renewal form (we need to keep updated on your contact & practice details)
- * payment of \$110 fee
- * details of your 30 hours professional development
- * your insurance Certificate of Currency

Please contact me if you need to discuss your professional development via phone (0477 274 604) or email (admin@ahhca.org).

If you are having trouble coming up with PD hours I would encourage you to submit an article for the newsletter! Anything that would be of interest to holistic practitioners is most welcome.

POLITICS AND POLICY MAKERS

The AHHCA is not affiliated with any political party and the information proceeding is for the purpose of keeping you up-to-date and nothing more.

There is a growing concern in the natural, holistic and complementary therapy field that the agenda of lobbyists, vested-interest groups and government policies are bringing into question the sanctity and long-term viability of health modalities. You may have noticed the recent attack on chiropractors. There are moves to have them removed from being registered and relegated to the same level that naturopaths currently fill. A review into scientific evidence that complementary therapies work is questioning the validity of everything from homoeopathy, naturopathy and massage. As a result some key figures like Issac Golden, Prof Kerry Bone and Judy Jakka have formed a political party called Health Australia Party. They have put together a ticket for the Senate at the next federal election.

They are calling for professionals, clients and supporters to 'join in the defence of natural medicine in Australia because all forms of natural medicine are under attack as are many other individual rights. They believe that by gaining representation on the floor of the Senate it will make a significant difference in ensuring natural medicines and personal freedoms are represented accurately and fairly at a Federal level, where key decision are made regarding their ongoing existence or demise.'

The Health Australia Party believe a that a healthy Australia must be built on five fundamentals: healthy people, healthy economy, healthy environment, healthy democracy and healthy society.

If you would like to find out more or participate in spreading the word go to www.healthaustraliaparty.com.au You have the option of becoming a member for \$20 or a friend. There are flyers and handouts to give to clients if you want to help.

At the election on July 2 you can consider voting for the Health Australia Party in the Senate to represent your needs as holistic healers. Getting political probably isn't what many in holistic therapies do but the threats do seem real and the choices we make at the next election matters.

NETWORKING AND THE HOLISTIC PRACTITIONER

Many of us work alone, not interacting with anyone but clients and family most days. Because one of the best (and cheapest) ways to get clients is by word of mouth and personal connection, I would highly recommend that you consider attending some formal business networking events.

We actually “network” all the time, because it is all about building relationships, but we don’t always do it with the aim of building our business. I go to a couple of local, low cost, networking events per month and I love the support we give to each other and the chance to play with refining my message and becoming clear on what it is I have to offer.

What do you need?

Business cards or flyers with your contact details.

I am not from the “they have to be perfect” school of promotional materials any more - something is better than nothing, and it can take a while to work out what you want to say and how to say it. I have been through stages where I re-did my business cards every 6 months, and I still print my own flyers for one-off events and special offers!

You can buy special sheets of business card paper from office works if you want to print something basic yourself, but Vistaprint.com.au have some cheap introductory offers and if you want something fancier you could try MOO.com.au.

In terms of flyers or special offers, I find it fun to use brightly coloured paper and to print just enough for the day.

An elevator pitch

This is a short speech about who you are and what you do, usually no more than a couple of minutes long. This can take a while to get down pat, but the more you practice it at a structured event the easier it is out in the wider world.

Most marketing training tells us that we need to focus on the benefits of what we do - the results that our clients have gotten, that others might also get. People mostly operate from WIFM (what’s in it for me), so it is good to know that before you start explaining what you do.

One option for framing your pitch is “You know how when I provide X to help you get Y”.

It is also good to identify any key points of difference you might have from your competitors, so that you can be more memorable!

Personal stories are good too - in one of my networks a lady burnt down her house from leaving a candle burning and now her business is all about having nice smells in your house without the risk of naked flames!

Have a call to action

This might be a special offer or a flyer on how to book into your next talk or demonstration.

It could be a suggestion that they reflect on aspects of their life that might need adjusting or to take time to nurture themselves.

It could be a pointed question, like “what is the one thing that you could add to your life this month that would.....(make all the difference)”.

A willingness to participate

with an open mind (and heart)

Please don’t go in to a networking situation desperate to get clients - in fact, please don’t go in with any expectations at all!

Networking events are great places to ask for referrals and get joint venture partners. Find someone with a similar target market to you and see if there are any opportunities for cross promotion or joint activities like workshops/talks.

Networking events are also good to find people who are more successful than you in some areas and you can usually pick their brains for ideas!

Play with your pitch, your call to action, your offers - don’t be afraid to try something that may not work, as this will just add to your knowledge about what will. There are no “failures”, only feedback - choice/action creates awareness!

Suggestions for finding networking events:

- Check out Heartlink (women’s only networking), the cost of these events is low, and there are groups all over Australia and the world
- If you are in Victoria I like Brenda Thompson and the SMART Small Business Alliance events (they also have some good online stuff)
- BNI’s are more expensive, but you can often attend one as a guest for the cost of a breakfast
- Talk to your local council, specially if they have an Economic Development Unit
- Ask other business owners you know about what networks they go to

Any interaction (including professional development workshops, especially business development ones), can be an opportunity to network, so make sure you always have some business cards on hand and make some connections!

Karen Howard is a coach, energetic body facilitator and teacher. Her super powers include no bullshit encouragement and asking game changing questions. For in-person or skype sessions call 0403 982 185.



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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

QUALIFIED SUPERVISORS

Helen Bramley Jackson – Phone: 03 5447 9331 or Email: helenlbj1944@gmail.com - Available for Skype Sessions

Andonnia Gotsi – 0422 261 394 or Email: andonnia@gmail.com

David Kliese PHD – Ph: (07) 5476 8122 or Email: david@davidkliese.com.au

Wendy Lauder – Contact: 54412516 or wlauder@hotmail.com.au



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

June Birthdays

*Happy birthday
to the following
members*

*Feran Bilal
Kerry Black
Kathy Elder
Paula Havryluk
Karen Howard*

*Wendy Lauder
Denise Lloyd
Carmel Ryan
Carmel Schleger
Julia Toffolon*

FUTURE EVENTS

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

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)

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://dualdiagnosisstraining.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>



Save the Date

AHCA Victorian PD Day in Bendigo -
Sunday September 25th 2016

Venue: Crusoeden Body P/L, 76 Church
Street, Kangaroo Flat

Cost: Members \$50 and non-members \$75.
Tea and coffee and light lunch included.



INTEGRATIVE MENTAL HEALTH SEMINAR

August 6th & 7th 2016

Albert Waterways Community Centre, Surfers Paradise, Gold Coast

www.ahhca.org

SPEAKERS



RENEE BAINES

Coordinator, Partners in Recovery
TOPIC: Update on Partners in Recovery & NDIS



SONIA BAILEY

President, Reflexology Association of Australia
TOPIC: Metamorphosis



CLIFF BATTLE

BCom, PG Dip PA, PG Dip Psych,
MPsych (Clinical)
TOPIC: Positive Change



DR KELLY FRANCIS

Doctor/Owner, Happiness in Health
TOPIC: Nutrient Therapy for Children with
Mental Health Disorders



TIM FRASER

President AHHCA, Founder of Australian
Doctor Healer Network
TOPIC: Integrative Health



DEBORAH HUSBANDS

20 years studying, working & teaching in the field of
Consciousness. Registered teacher with
ASIACT.ORG in the field of Colour, Light & Energy.
TOPIC: Aura-Soma Colour Care



DAVID KLIESE PHD

Naturopath Counsellor Hypnotherapist
Trinity Academy of Science & Philosophy



GEORGE PATRIKI

Optimal Health Group
TOPIC: Dual Diagnosis, addictions &
mental health. Community Development
Response to ICE & Other Drugs



CARMEL SCHLEGER

Holistic Life Change Coach
Holistic Counselling, Artistic
Therapies, Life Coach.



MEGAN SHIELL

Expressive Therapy Clinic, DBT Trainer/
Consultant, Registered Arts Therapist
TOPIC: DBT & Art Therapy



DR IRINA WEBSTER

Medical Intuitive and Healing Therapist.
Founder of Intuitive Healing Power.



Dr Lesley van Schoubroeck PhD

Mental Health Commissioner
TOPIC: Mental Health

Organizer -Tim Fraser,
President, AHHCA

1300 387 063, president@ahhca.org

Supporting Organisation



InterClinical Laboratories

www.interclinical.com.au



Time: 9:00am - 4:00pm Sat & Sun
Cost: \$160 - 2 days, non member
\$130 - 2 days, member
\$95 - 1 day, non member
\$75 - 1 day, member

Lunch is available at cafes near by but not included in price.

Payment Options: BENDIGO BANK
BSB: 633 000 Acc. No.: 104 665 708
Acc. Name: Australian Holistic
Healers and Counsellors Association

Certificate of Attendance &
Professional Development Points Issued

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

College DIRECTORY

Diane Collett - Angelic presence

www.angelicpresence.com.au

Email: diane@angelicpresence.com.au

Ph: (03) 9874 1684

Mob: 0407 790 457

Brenda Sutherland - The Awakening Group

www.awakening.com.au

Email: info@awakening.com.au

Qld Ph: (07) 547 11205, Fax: (07) 547 11206

Mob: 0411 516 185

Frank Pizzoferrato - Living Chi Healing Centre

www.livingchihealing.com.au

Em frankp@live.com.au

Mob: 0419 321 838

Ph: (03) 9887 5052

Leonie Blackwell - The Essence of Healing

Website: www.essenceofhealing.com.au

Em: leonie@dcsi.net.au

Ph.: (03) 5625 4466

Mob: 0438 254 466

Stephanie Egan - Natural Energies College

www.naturalenergies.com.au

study@naturalenergies.com.au

Ph: (03) 9584 1143

David Kliese- Trinity Academy of Science and Philosophy

Website: www.DavidKliese.com.au

Em: trinityacademy@hotmail.com

david@davidkliese.com.au

Ph: (07) 5476 8122

Joy Nicholson - ISET

Ph: (03) 6243 5383

Mob: 0415 416 168

joynicholson@aapt.net.au

Dr Patricia Sherwood - SOPHIA COLLEGE

Website: www.sophiacollege.com

Email: info@sophiacollege.com

Phone: (08) 9726 1505