

Stress can put the body and mind on a continuous treadmill – but one way to slow things down is to change the thoughts running riot in the subconscious mind. Reporter LOTTIE RAY meets Mary and Xavier Nathan of Setanta Hypnotherapy Clinic in Peel to discover how they can help Islanders reach total relaxation



'MOST people's image of hypnosis is this magician waving this watch in front of them to make them do silly things and look foolish without knowing what they are doing,' said Xavier.

'It isn't a bit like that. People are in hypnosis most of the time. When you sit in front of the TV watching a programme you are in hypnosis – your imagination is locked into the programme. Once you engage your imagination in any shape or form you are going into hypnosis – you are opening up your subconscious mind,' he explained.

The mind works on two levels: the conscious and the subconscious level. The conscious mind is the waking, reasoning mind while the subconscious mind is much larger and controls tasks such as breathing, walking, driving and habits.

Hypnosis is an altered state of awareness characterised by a feeling of calmness.

When a person is so relaxed their conscious mind will not interfere or influence any work done with the subconscious mind, a hypnotherapist can start to change underlying negative thinking patterns which cause stress and other problems.

There are two types of treatment available: suggestion therapy and analytical therapy. Suggestion therapy works well with problems such as stress, smoking, nail-biting, pre-exam nerves, weight problems, confidence and memory boosting. It eliminates symptoms through reprogramming the brain at the subconscious level.

'While people's conscious minds are relaxed they are more open to new ideas and new ways of looking at things. They are open to change,' Xavier said. Analytical therapy aims to reveal and address a repressed root cause

Hypnotic effects

Complete relaxation and no funny business

underlying a problem or symptom. Xavier said: 'Each one of us has a stress threshold, like a bar. And everybody's bar is higher or lower than other people's. For some, the experiences in life are just too much. Their threshold is low for pain and suffering and they would experience stress more than those with higher thresholds. If you imagine the sea bashing away at the walls of the harbour. Some people have low walls and the sea comes crashing over them, but others have high walls and the sea doesn't do much damage. Using hypnosis is a way of building those walls higher so people can cope better. We need to find out how each person thinks and what their buttons and triggers for stress are. We teach them how to slow things down and take control of their lives so they are not handing their remote control to other people. Learning self-hypnosis is to de-stress and relax can also alleviate physical stress-related problems like psoriasis or irritable bowel syndrome. Xavier and Mary, who gained their qualifications from the Institute of Clinical Hypnotherapy and Psychotherapy in Ireland, also deal with many people who have suffered traumatic experiences, such as car crashes or abuse. Those people have triggers inside them that set off – like every time they smell or hear something,' said Xavier.

'They can benefit greatly by learning how to relax their minds.'

The clinic is named after a young Irish warrior who confronted a king to become a knight.

Xavier said: 'Anybody who puts their mind to something can do it, even a little boy.'

Most people receiving suggestive therapy require just three sessions.

Mary said: 'First we gather information to find out exactly what makes them panicky, then we put them into relax-ion hypno-sis to suggest positive changes to their thinking processes. We then make them a personalised CD to take home and use regularly. In the final session we teach

them self hypnosis so they don't need to hear our voices anymore – they can put themselves into a relaxed state. This is a tool for life which can be used in any situation.'

'During a session, people are aware of what's happening all the time, it's just that their conscious mind is relaxed,' she added.

'And we treat each person totally differently – everybody has their different needs and ways of thinking. It's about getting the changes each client wants. Those requiring analytical therapy are offered a free 30-minute initial consultation. It's important for people to feel comfortable with us,' said Mary. 'If they don't, they shouldn't do it.'

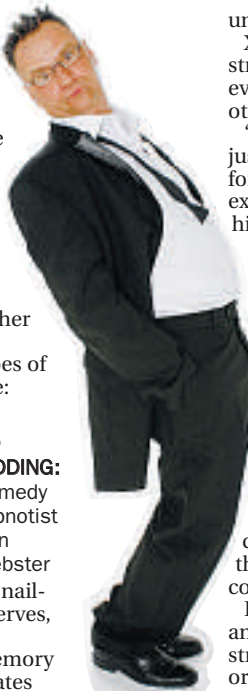
The clinic is open from Monday to Friday and evening sessions are available to suit working people. Mary said that offering both a male and a female therapist to clients is beneficial as some people feel more comfortable with one or the other. Hypnosis can help anyone – the age of Setanta clients ranges from six to 89 – and it is used for a variety of problems from anxiety, depression and post-traumatic stress to phobias, addiction and insomnia.

Further information and downloadable CDs are available at www.manxhypnosis.com For a consultation contact the clinic on 842938 or at xaviernathan@manxhypnosis.com



RELAXING: Xavier and Mary Nathan, above, and top, Lottie Ray gets the treatment MW090505

NO KIDDING: Comedy hypnotist Ken Webster



'We need to find out how each person thinks and what their buttons and triggers for stress are'



THE Manx Bar paid tribute to Deemster Arthur Luft on Monday.

Deemster Mike Kerruish, in the presence of Deemster Luft's family, led tributes and welcomed judicial colleagues, including Attorney General John Corlett, Law Society president Jonathan Wild and members of the society.

Arthur Luft, a former First Deemster and MLC, died last month.

Deemster Kerruish said: 'It was with real and genuine sadness that we learned of the death, on June 21, just one month before his 94th birthday of His Honour Arthur Christian Luft, CBE. It was a privilege to have known him and to have appeared before him.'

Deemster Luft was admitted to the Manx Bar in 1940 before leaving for war service, during which he was involved in the development, installation and use of radar.

He returned to the Island and entered private practice, before being appointed attorney general in 1972.

Deemster Kerruish said, as an advocate, Deemster Luft's intellect, ease of appreciation of material issues of a case, command of the language and personality made him much sought after by clients and a considerable adversary.

His appointment as Attorney General was a loss to the Bar and court, but the Island's gain, he added.

The Attorney General's chambers at the time might best be euphemistically described as compact, continued Deemster Kerruish. As well as being the first legal advisor to government, being actively responsible for prosecutions in the Court of General Gaol Delivery and civil litigation of public nature, the Chambers was then responsible for the drafting of primary secondary legislation. It was during Deemster

Tributes to former Attorney General

Luft's period as Attorney General that the United Kingdom joined the European Economic Community, which added a considerable burden to the drafting element in Chambers. Other notable Acts of Tynwald were passed and at the time Deemster Luft was fortunate to have the services of legal draftsman Weldon Williams, who later became High Bailiff.

It was through their joint efforts that 72 acts were drafted, promoted and passed, said Deemster Kerruish.

Deemster Luft was appointed Second Deemster in 1974 and First Deemster in 1979.

Deemster Kerruish said many of his judgments were still cited.

'Those who appeared regularly before Deemster Luft became aware of

his personal little ways,' said Deemster Kerruish. 'Whilst he took no pleasure, he always ensured that when an expert gave expert evidence not only he, but also the whole court was aware of the precise qualification of the expert. For an expert to describe himself as an accountant would lead to polite, but incisive, questioning to determine whether and if so what professional accountancy qualification the expert held.'

In 1988 Deemster Luft became a member of the Legislative Council, which he served on until 1998.

Deemster Kerruish said that after retirement Deemster Luft continued to be active and was supportive of the Law Society functions. He was President of the Manx Blind Welfare



TRIBUTE: Deemster Arthur Luft, left, and in his court regalia, above

Society. Deemster Kerruish ended by saying that Deemster Luft would be remembered by all who had the privilege of being a judicial colleague, appearing before him or just knowing him as a kind, considerate and modest man who was thoughtful and caring and whose intellect was used for the benefit of the Island and, in particular, the development of the Island's law.

Extending the Bar's sympathy to Mrs Luft and the family, Deemster Kerruish said Deemster Luft had been a true gentleman, an able lawyer and a highly respected judge.

Attorney General John Corlett and the Law Society's Johnathan Wild said they also wished to be associated with the tribute.