

## First SHF Annual Conference 2015

The morning of Saturday 17<sup>th</sup> October 2015 was a beautiful autumnal day with bright sunshine filtering through the leaves of the many ancient trees in the grounds of Callendar House, Falkirk. Our conference venue looked quite splendid and inviting to those brave souls who had come to support us in our mission.

Outside, I met a few familiar and friendly faces as I walked into the grand entrance hall of the venue. A fantastic site steeped in history from the time of Queen Victoria all the way back to the Romans and the famous Antonine Wall. Today however, we were making our own history by holding one of the first Hypnotherapy Conferences in Scotland. With fifty delegates from all over Scotland attending, we had to offer something special. Jo Goss, our Treasurer, met our attendees on their arrival. She worked very hard to make sure people felt welcomed to our conference.

The event began with our Chair, John Lawrence making the welcome speech and our conference Director, Alison Bruce, giving the delegates the very necessary and important information, about how to escape through the fire escapes, if things got too hot and how to come to terms with Callendar House's new fangled space age electronic toilets.

Following the welcomes, our first speaker, Dr David Hamilton, hit the floor with some very interesting dance moves. Those of you have seen David talk recently may have heard and seen this particular story about how to reduce your cortisol level by 25% in two minutes. David's very informative and entertaining presentation certainly went down extremely well with the delegates. With a mixture of some cutting edge techniques to enhance confidence and some very personal and emotional stories, his presentation received fantastic feedback. I must also mention his master class in how to avoid being mugged. He left everyone feeling that little bit taller when he left.

After a short coffee break, our next speaker was Dr Jenny Lim, a local GP who has extended her skills by exploring the "other side" of holistic medicine. Jenny started her talk by saying how amazing it was for someone like her to be asked to speak at a Hypnotherapy conference. Her fascinating talk included demonstrating a set of

exercises designed to help older people to remain healthy and balanced. She raised the question, "is retirement good for you?" With some great information about her work both abroad and in her local community and a little audience participation in her exercises, Jenny delivered a fresh approach to helping older people to stay active.

Following on from Jenny, came our own Susanne McMahon. Susanne presented on the theme of "trauma". Making the case that many of the clients we see in therapy who present with conditions such as Depression, Addictions, Insomnia, Relationship Problems may be experiencing these issues because of trauma. She explained some of her approaches to working with clients, things we should and shouldn't do and how to help clients to develop a healthy, functional and positive life. A great talk indeed.

Lunchtime was a time for networking as well as eating the very nice food that the staff of Callendar House had prepared, before the arrival of our next key note speaker Glenn Catley. There are always little exciting moments in conferences when you hear that your keynote speaker's flight is delayed by at least an hour, but thankfully Glenn arrived smiling and keen to tell us about how hypnotherapy played an important role in his life as a world championship boxer. Glenn told his very inspiring story of his journey from being a child with little opportunity through to becoming WBC Champion. His very active presentation, which included video clips of scenes from his world title matches, had people sitting on the edge of their seats. A truly great example of how Hypnotherapy can turn people's lives around and help them to fight though just about anything. Glenn's true personality of a very gentle and loving family man shone through and I'm sure touched many folk's hearts.

The graveyard spot (the last talk of the day) was given by myself. Rae Jenson, Marketing Director of SHF. In my talk, I explained how hypnotherapists can help clients who are struggling with obesity. I explored some of the different contributing factors to the problem and how to work in a way that doesn't focus on dieting. I also questioned the use of the BMI scale (body mass index) by the government, medical world and diet industry. Explaining that it is a simple formula which is out of date and extremely misleading.

The first SHF conference received 95% positive feedback with many people saying that they are looking forward to conference number two. The SHF Board would like to thank all who attended, speakers and delegates alike and look forward to seeing everyone next year.

Rae Jenson  
Marketing Director SHF