

Alfred Podhorodecki

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BACKGROUND

Alfred Podhorodecki is an experienced forensic hypnotherapist, psychotherapist, educationalist, victimologist, criminologist, forensic psychophysiolgist and counsellor. His main interests are forensic hypnotherapy for family law, civil process and criminal law. Alfred has over 30 years of law enforcement experience including the Transit Police, Military Police and as a Research Analyst in the Victoria Police. He is the former Deputy Head of Department of Police Studies at Monash University, and has lectured in Policing, Security Management, & Justice Studies at various universities including RMIT, Melbourne University and Monash University.

Alfred has been awarded an honorary Doctor of Management; he holds a Masters Degree in Education, a Graduate Diploma of Education, Bachelor of Arts Degree, and diplomas in security management, justice studies, and police studies as well as certificates in Business Administration in Workplace Assessment and Training and Forensic Hypnosis. He is a graduate of the Australian Hypnotherapy Training and Counselling school and is a qualified counsellor, investigator, trainer and forensic hypnotist and investigator. He qualified in Forensic Hypnosis at Houston University, Texas USA and in Forensic Psychophysiology at the Maryland Institute of Justice in Maryland USA.

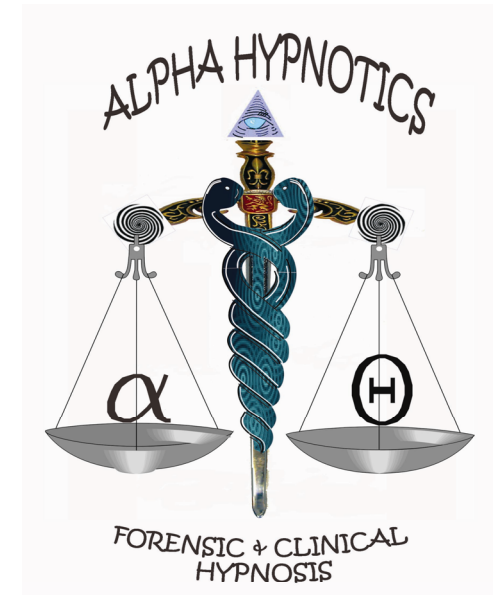
SERVICES INCLUDE

<i>Forensic hypnosis</i>	<i>Trauma reduction</i>
<i>Court phobia</i>	<i>Phobias & fears</i>
<i>Depression</i>	<i>Life coaching</i>
<i>Memory recovery</i>	<i>Substance abuse</i>
<i>Increase assertiveness</i>	<i>Public Speaking</i>
<i>Exam nerves, study skills</i>	<i>Post traumatic stress disorder</i>
<i>Eliminate habits (nail biting etc)</i>	<i>Victim of Crime counselling</i>
<i>Anxiety attacks</i>	<i>Improve memory</i>
<i>Sexual abuse, counselling</i>	<i>Increase self-esteem, self-worth</i>
<i>Cease gambling</i>	<i>Extreme nervousness</i>
<i>Stop Panic attacks</i>	<i>Grief counselling</i>
<i>Find lost items</i>	<i>Remember passwords</i>
<i>Recover memory</i>	<i>Overcome fear of crime</i>

Alpha Hypnotics

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Forensic Hypnotherapy

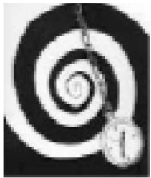


*For your protection allow the only
expert forensic professionals at
Alpha Hypnotics
to inspire you through memory
enhancement*

(03) 8610 6492 City
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WHAT IS HYPNOSIS

It is **not** sleep, but a natural, relaxed and focused state of attention distinguished by:



- Feelings of well-being
- Increased muscle relaxation
- Predominating Alpha Brain Waves
- Deeper, undistorted, understanding of ideas

Simply put, hypnosis is an altered state of the mind originally and usually produced by a repetition of stimuli in which suggestion (no matter how defined) is more effective than usual.

WHAT DO FORENSIC HYPNOTISTS DO

They generally work with the legal profession in civil or criminal matters relating to volunteer witness, victims of crime, and defendants. The Forensic Hypnotherapist can treat legal or para-legal related psychosomatic disturbances; traumatic neuroses, courtroom and witness box phobias and can enhance courtroom skills, public speaking and interpersonal and professional ease. The profession is particularly useful as an investigative tool to elicit information that the mind may have hidden due to trauma or other issues. A Forensic Hypnotist must be specifically trained, experienced and qualified in investigative techniques and forensic hypnosis. Forensic hypnosis is used extensively in the USA with some striking results including significant increases in witness memory, recall, resulting in solving of crimes and positive outcomes in civil cases by providing key evidence.

CONFIDENTIALITY IS ASSURED

WILL I BE AWARE OF WHAT IS HAPPENING

Generally your senses will be more acute and you will remain totally aware of your environment. You will remember everything that occurred. The forensic Hypnotherapist will always consider the clients well being as foremost.

WHAT DOES HYPNOSIS FEEL LIKE

It feels like those times in your life when you are staring at an object and allowing your imagination to float away. It is like dreaming without being asleep. Even with eyes wide open some people go into "roadway hypnosis" and remain standing at traffic lights even long after they have changed to green. Sometimes a driver may drive right past a turn or driveway. This is sometimes called automatism. It is a feeling of being fully aware with the knowledge that you have complete control, yet at the same time feeling a sense of calmness, serenity, safety and well-being.



WILL I LOSE CONTROL

You will remain in control. Whilst in a state of hypnosis you cannot be made to do anything against your will or contrary to your values or cultural norms. You will not unknowingly reveal your deepest secrets. Hypnosis is not a truth drug. During forensic hypnosis few suggestions are made. All sessions are video recorded. Suggestions about relaxing and feeling calm may be made to achieve an altered state of consciousness. Inappropriate suggestions will be rejected by the subconscious mind. Stage hypnosis can have a negative influence on the public perception of hypnosis. These shows have no therapeutic or forensic value;

participants are placed in unacceptable embarrassing situations. These shows should in no way be compared to professional clinical and forensic hypnosis procedures

IS HYPNOSIS DANGEROUS

Definitely not. The Council of Mental Health of the American Medical Association approved hypnosis in September of 1958 as a safe practice with no harmful side effects. Hypnosis is perfectly safe as it is a naturally occurring process.

IS FORENSIC HYPNOSIS AN ALTERNATIVE TO CONVENTIONAL INVESTIGATION

No, as hypnosis is only a method of recovering lost or impeded memories. Hypnosis does not work with every person and for all situations. On the other hand forensic hypnosis can help to recover memories and assist investigators in the conduct of their cases. The Forensic Hypnotherapist is not the investigating person in the case but merely the expert in recovering the memory..

HOW MANY SESSIONS ARE REQUIRED

This depends on the issues and the complexity of the case and memory being recovered. Often only one extended session is required but one might expect (rarely) to attend as much as 3 sessions.

REASONABLE FEES

Forensic Hypnosis fees are charged on an hourly basis. Fees on application.