



President's Message

Scott Duvall, President



As hypnotherapists we find ourselves at the perfect point in time and in the fortunate position to provide our clients with the tools and resources they need to free themselves from the devastating effects of trauma. We know that even a small

traumatic experience can rob someone of the joys and successes that life has to offer and without proper treatment can affect a person physically, mentally, emotionally and spiritually.

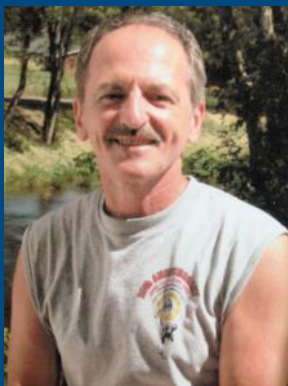
There are various kinds of trauma like those that in-

volve experiences such as war, assault, rape, molestation or emotional and physical abuse. Then there is the type of trauma that comes from neglect and the lack of life's basic necessities like nutrition, absence of love, joy and insufficient emotional bonding with one's family and society.

Because trauma can be experienced at any age in a person's life we as a hypnotherapy association need an array of practitioners with the knowledge and skills to work with people of all ages, genders, ethnicity, as well as those in various social and economic demographics. I personally define trauma as any life experience that has left a negative imprint in our belief structure that prevents us from self-actualization, mental, emotional and physical health and the ability to experience happiness and joy.

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March Meeting Preview



Anger Management **Steven Ruiz Bettencourt**

Anger is a powerful, universal, inborn, normal reaction of displeasure and fear derived from unmet needs of both safety and comfort, negative self-talk, and primary emotions.

Learning to control the nature and quality of our thoughts can lead to an increased awareness and eventual control of the physiology of our arousal system.

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Trauma and the Veteran **Linda Maddy, Kathy Crenshaw**

The returning Veteran is a unique person with many skills and qualities needed in the workforce, yet many Veterans face challenges upon their return to the civilian workforce. Understanding more about these workers, the military culture they were exposed to, the conditions they faced while on active duty, and the challenges they

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March Meeting Preview (Continued from page 1)

Anger Management

Steven Ruiz Bettencourt

When we have an emotional response to a situation, which may serve to cloud our judgment, we may indeed be acting out our original learned response patterns activated by a trigger. When we learn to become more mindful of the fact that our emotional responses are a direct result of our thoughts and our unconscious choices, we begin to create the personal response pattern and results that we truly desire.

Be Mindful of Your Thoughts

Star War's Master Yoda clearly states that "Fear leads to anger, anger leads to hatred, hatred leads to suffering." Hatred of self or others come into play here, but it's fear that defeats us in achieving our potential.

Anger Management Psychotherapy is designed to achieve deeper levels of self discovery. It helps to create more awareness of the choices that may have been short circuited by these **unconscious triggers** that we have created for our survival. We can then learn to correct them through greater self awareness.

Both Anger Management and Traditional Martial Arts focus on the unconscious responses to perceived fear and danger. These responses must be identified, modified and controlled through the power of the mind.

Steven Ruiz Bettencourt

Steven has specialized in the field of Anger Management for the last 32 years. He developed a unique approach to the design and implementation of Anger Management services for the Department of Corrections. His approach includes a Cognitive-Behavioral-Psychodynamic model combined with various aspects of the disciplines of Traditional Martial Arts focus and mental acuity. His book, "Anger Journal: An Adventure in Anger Management" was first published in 1998.

Trauma and the Veteran

Linda Maddy, Kathy Crenshaw

face upon their return will help you successfully manage this emerging new group of workers.

Today, more than any time in our history, it is important for us to all be part of the process to ensure that our military members have the opportunity to be a vital part of our society. We have more knowledge than ever before of the challenges and strengths our service members bring into our civilian world. By participating in the transition process, however small our part, we are truly acknowledging and respecting the service they have given to our country.

We will offer an overview of the information we provide to companies as outlined in our course, "Supporting Veterans in the Workplace: A Guide for Retaining a Valuable Resource." Hypnotherapists who have awareness of the challenges can incorporate the knowledge into their work with a Veteran. Hypnotherapists will learn more about the attributes Veterans bring to the workplace and can use this knowledge to help the Veteran translate their personal power from the familiar to the new.

Linda Maddy, LICSW

Linda is a Licensed Clinical Social Worker and earned her Masters of Social Work from Portland State University. She has worked exclusively with Veterans for seven years and is a national Master Trainer on Veterans Post Deployment Reintegration issues. As co-owner of BelKat Solutions, LLC she is committed with Kathy to help companies maximize this valued resource. lmaddy@belkat.com

Kathy Crenshaw, SPHR

Kathy has a M.Ed. in Learning and Instructional Technology from ASU and has more than 27 years in Talent Management, Leadership and Performance Consulting. She is co-owner of BelKat Solutions, LLC and together with Linda has designed the course, process and tools that represent Supporting Veterans in the Workplace. krenshaw@belkat.com

Post-Traumatic Stress

By Genvièr Martin-Bernard,
DESS, CHT, Vice President, OHA

What is PTSD?

Post-traumatic stress disorder (PTSD) is a serious condition triggered by experiencing, or witnessing, a traumatic or terrifying event, in which serious physical or psychological harm occurred or was threatened. It is among the most severe forms of emotional disorders known and virtually any trauma may cause PTSD.

Trauma is defined as an event that severely compromises the emotional well-being of an individual or causes intense fear. PTSD is a lasting consequence of traumatic stressors in which intense fear, helplessness, endangerment or terror were experienced.

Devastating life events such as loss of employment, loss of home, changes in economic and physical safety and stability, divorce, loss of a loved one, may also trigger PTSD. Patterns of PTSD persist long after the event that triggered the fear, making an individual hyper-responsive to future fearful situations.

Symptoms of PTSD most often begin within three months of the triggering event. In some cases however, they may not begin until years later. The severity and duration of the illness vary. Some people recover within six months, while others suffer much longer. In some cases, the symptoms

worsen and last for months or even years.

Genders and PTSD

Clinical studies indicate women with severe cases of PTSD are also likely to experience physical symptoms such as shortness of breath, headaches, joint pain and abdominal pain. Men tend to under-report psychiatric symptoms and develop other responses such as alcohol or drug abuse, conduct disorders and violence.

Psychological or Physical?

PTSD is caused by either physical or psychological trauma, and more frequently a combination of both. Studies show that PTSD is more likely to be caused by physical or psychological trauma prompted by humans than trauma caused by natural disasters. Main sources of trauma include experiencing or witnessing childhood or adult physical, emotional or sexual abuse.

In addition, experiencing or witnessing an event perceived as life threatening such as physical assaults, violent accidents, sexual assaults, illnesses, medical complications, wars or disasters can lead to PTSD.

Childhood Trauma and PTSD

Research has consistently found that childhood trauma, chronic adversity and familial stressors increase risk for PTSD after a traumatic event in adulthood. The ef-

fect of childhood trauma proves to be a marker for both traumatic experiences and attachment problems later on.

Interpersonal traumas cause more problems than impersonal ones. Proximity to, duration of and severity of the trauma also make an impact. Scientific studies show that individuals who were abused as children are more susceptible to PTSD as adults.

Clinical findings further indicate that failure to provide adequate treatment to children after they suffer a traumatic experience, depending on their vulnerability and the severity of the trauma, will ultimately lead to PTSD symptoms in adulthood. Peri-traumatic dissociation (dissociation at the time of trauma) is shown to be predictive of PTSD.

Social Support and PTSD

Having good social support helps protect against PTSD. Those with strong support systems are less likely to experience PTSD than those without social support.

PTSD and Hypnotherapy

While most therapeutic methods work at the conscious level of the mind, the power of hypnotherapy lies in its ability to work at the subconscious level, thereby directly targeting the source, or root cause, responsible for negative imbalances, physical, mental or

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September 2014 Meeting





President's Message

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Have you ever wondered why two different people can experience the same event or situation and for one of them it produces a traumatic response and for the other it doesn't? Research suggests that this may be a result of early trauma due to neglect or lack and its effect on one's confidence, esteem and brain development, which diminishes coping skills needed for whole brain processing and cognitive problem solving.

You've probably already come to the conclusion that there are

many opportunities for you to help your clients overcome the perils of trauma and that by adding in more services to aid those suffering from the effects of trauma you will build a stronger more diverse hypnotherapy practice. You will be pleased to know that at our next meeting of the Oregon Hypnotherapy Association on Mar 21, 2015 at the beautiful Fairfield Inn in Lake Oswego, OR, we will have three dynamic speakers that are leaders in the field of trauma and recovery. With the increase in hypnotherapy schools and graduating students becoming hyp-

nosis practitioners you'll want to make sure you're up to date on the latest cutting edge technique's and educational information that will assure your continued success.

Scott Duvall CHt. NLP is the President of the Oregon Hypnotherapy Association.

Scott Duvall CHt. NLP
2025 SE 50th Ave.
Portland, Oregon 97215
503 238-4428
pdxhypnotherapy@yahoo.com
www.pdxhypnosis.com

Post-Traumatic Stress

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emotional conditions.

The driving force behind our imbalances, self-sabotaging habits and unwanted behaviors, root causes left unaddressed, and later in life reinforced by other events, produce patterns of behaviors that become extremely resistant to change in the conscious mode.

Reframing the initial sensitizing event with hypnotherapy enables us to work at the subconscious level of the mind to unveil, shift and release trauma wounds of the past, and open the way for a better, more balanced, solid and peaceful tomorrow.

Physician's Authorization and Supervision

Please note a physician's written authorization is required prior to initiating work on diagnosed conditions. If you are currently taking prescription medications, do not stop or reduce your dosage without your doctor's approval.

As clinical hypnotherapists, we work in close cooperation with your medical team. Your continued progress is monitored by your doctor. This enables us to provide you with optimal results.



Genviè Martin-Bernard is a Forensic and Clinical Hypnotherapist who consults locally, nationally and internationally. A published author, she serves as Vice-President of the Oregon Hypnotherapy Association and is a professional member of the National Guild of Hypnotists.

www.genviehypnosis.com

Meeting Advance Registration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)

Members \$45, Non-Members \$65, Students \$35

(Add \$10 [cash or check only] if paid at the door)

Name _____ Address _____

City _____ State _____ Zip _____ Tel: _____

Numbers I wish to register: _____ Members, and/or _____ Non-Members, and/or _____ Students

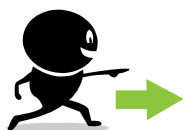
I am enclosing my check for total amount due: \$ _____

(Please make checks payable to Oregon Hypnotherapy Association)

Mail this registration and fees to:

Oregon Hypnotherapy Association
PO Box 3511
Salem, OR 97302

**Meeting Date:
March 21, 2015**



- OR -

**Register ONLINE at
www.ohanw.org**



Note: Your canceled check or online email confirmation of payment is your receipt. Please do not mail cash. We accept only cash or check at the door.

OREGON HYPNOTHERAPY ASSOCIATION

Connection, Education, Support, Exchange

PO Box 3511
Salem, OR 97302
Phone/Text/Msg: (503) 902-1122
www.ohanw.org

Meeting Theme - Transitions
Strategies and Concepts for Managing Effects of
Life Changes with Hypnosis

Featured Presenters

Steven Ruiz Bettencourt

Linda Maddy

Kathy Crenshaw

Officers and Board of Directors

President - Scott E. Duvall
Vice President - Genviè Martin-Bernard
Secretary - Emily Cahal
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Oregon Hypnotherapy Association
P.O. Box 3511
Salem, OR 97302



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Learn more about
the Oregon Hypnotherapy
Association at
www.ohanw.org

Meeting Info

Saturday, March 21, 2015

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego, OR

11:30 - 12:00 - Registration

12:00 - 1:00 - Catered Lunch

12:00 - 5:00 - General Meeting (5 CEUs)

Members \$45, Non-Members \$65, Students \$35

Add \$10 if paid at the door (cash or check)

**See registration form on
reverse side of this page**

— OR —

**Register ONLINE at
www.ohanw.org**