



LEGISLATION ALERT

Steven Ruiz-Bettencourt, MS, QMHP, CHt
Secretary, Oregon Hypnotherapy Association

The saga continues for Oregon Legislative House Bill 2361 (HB 2361), which removes the education exemption for “certain persons” from the licensure requirements for the Oregon Board of Licensed Professional Counselors and Therapists (primary requestor), the State Board of Psychologist Examiners, and the State Board of Licensed Social Workers.

As most of you know from our last OHA conference, members of the OHA Board of Directors attended a public hearing in Salem of the Licensure Exemption Workgroup (LEW), which was intended to elicit feedback from alternative therapists who practice a variety of therapeutic modalities in Oregon under the protection of this historic 2009 exemption. Three voices spoke out in opposition to removing the Oregon licensure exemption that not only allows non-licensed mental health counselors to practice ethically and legally but also gives broad leeway to non-licensed alternative therapists.

One such voice was our President, Genviev Martin-Bernard, who gave a heartfelt statement that reflected the concerns of apparently every alternative therapist in the room, given the feedback that we received afterwards. A second thoughtful and articulate voice was Stephen Shostek, a fulltime Core Energetics Therapist in Portland. A third voice was that of Larry Connor, who stated in testimony to the House Committee on Health Care February 1, 2017, that alternative therapists such as “Bioenergetics Counselors, Yoga Counselors, Hypnotherapists, and Art or Dance Therapists are a functional and important part of the Mental Health community.”

Larry Connor is Chairperson of COPACT (Coalition of Oregon Professional Associations for Counseling and Therapy), an organization that represents the Licensed Professional Counselors (LPCs), and Licensed Marriage and Family Therapists (LMFT), whose professions are regulated by the Oregon Board of Licensed Professional Counselors and Therapists (OBLPCT). Larry’s testimony on February 1, 2017, during which was scheduled a legislative vote to remove this exemption, further questions the legality of conducting investigations of “any licensed or unlicensed” person who receives a complaint. This phrase, “licensed or unlicensed person” is troublesome at best, and may indeed open the door to oversee, attempt to regulate

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A Successful Hypnosis Practice *Laney Coulter*



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Hypnosis in Pop Culture *Doug Meacham*



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BALANCING YOUR METABOLISM

This class will teach you how to balance your metabolism with a nutrition plan that will allow you to shed weight, as well as look and feel 10 years younger. We will talk about food macronutrients, such as carbohydrate, protein and fat. You will learn how these macronutrients, as well as lifestyle, effect your mood, energy level, weight and risk for diseases such as dementia and Alzheimer's.

About Dr. Annmarie King-Tarr

Dr. King-Tarr started working with her father at a young age. The mentorship with her father helped develop a deep desire for health and wellness, both personally and professionally. During her teens, she started as a Certified Chiropractic Assistant. She then went on to earn her Bachelor of Science from Oregon State University in Nutrition. She has taken over the mantle of her father's successful family practice, treating automobile collision injuries, workers compensation injuries, neck and back pain, headaches and provides private counseling in nutrition.

She is a licensed Doctor of Chiropractic, a Certified Chiropractic Sports Physician, has earned a certificate in Whiplash and Brain Injury. She specializes in nutrition, whole body wellness, and utilizes her sports background in her practice. Dr. King-Tarr's commitment to community health and wellness moved her to offer free nutrition classes, held at King Chiropractic Clinic and author regular nutrition blogs at kingchiropracticclinic.com. Dr. King-Tarr believes that nothing can improve one's outlook on life more than practicing a balanced and healthy lifestyle.

Dr. King-Tarr attained a 4th Degree Black Belt in Taekwon-Do and was a Chief Instructor for many years. She taught Taekwon-Do and martial arts weapons for over 10 years. She is a regular practitioner of Bikram yoga. She loves hiking the beautiful Pacific Northwest. She is also committed to strength training, cycling, swimming and running.



BUILDING AND MAINTAINING A SUCCESSFUL HYPNOSIS PRACTICE

A Confident Hypnotist = A Successful Practice

Self-confidence is extremely important in almost every aspect of our lives.

People who lack self-confidence can find it difficult to become successful. Many people struggle to find true self-confidence and this can result in a vicious circle, as people lacking in self-confidence are unable to have the consistent success, which is an important ingredient needed to feel a deep and stable confidence, so the circle goes on, feeling confident, not confident, totally dependent on what is happening outside of themselves.

Most people are reluctant to sign up for sessions that are being proposed by someone who is nervous, fumbling, and overly apologetic. If you are unsure of yourself then that is what will come through to the prospective client when you are talking to them, regardless of the words you use. However, you might be persuaded by someone who speaks clearly, holds their head high, answers questions assuredly and who readily admits when they do not know something.

Confident people inspire confidence in others, their audience, their clients, their peers, etc. Gaining confidence of others is one of the key ways in which a self-confident person finds success.

As hypnotists, it is extremely important that we feel confident about our knowledge base and skills. It is important for us to "know" and trust that what we provide to our clients, will result in positive outcomes for them. We need to believe in ourselves so that we are able to believe in our clients and they in us. The more self assured we are, the more comfortable the prospective client will feel about trusting us to help them. The more assured we are the more likely our clients are to be successful.

Here is the good news...self-confidence can be learned and built on. In this interactive presentation we will explore the "6 Steps Toward Self-Confidence" and we will share in a guided mediation.

About Laney Coulter, BCH, CPHI, NLP, M.Ed

Master Hypnotist, Author, Hypno-Band and Hypno-Fertility practitioner, Laney Coulter is a NGH Board Certified Hypnotist

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GOING BAREFOOT MAY BE GOOD FOR YOUR HEALTH

By Emily Cahal

Some believe letting your feet free helps your brain, especially when it's on uneven surfaces such as rocks.

Your feet are far more important to your brain than nearly any other part of your body.

The brain's job is, in a nutshell, to collect information about the world from our senses, decipher what that information means and produce an output such as emotion, hunger or pain.

Our body's ability to feel is a huge source of input to the brain.

The brain has relatively larger sensory areas devoted to our lips, hands, ears, genitals, face and, of course, our feet, which is why these parts feel with more sensitivity than, say, our shins and elbows.

But when these areas of the brain aren't activated, which happens when the corresponding body parts aren't stimulated, things get wonky. Because quality of input has decreased, quality of output does as well.

What all this brain talk really boils down to is this: If your senses aren't stimulated enough, you'll likely experience more pain, have less flexibility and be weaker and more injury prone than you could be.

And that's just on the physical side of things. On an emotional and mental level, you may be more "on-edge," quicker to anger, have increased levels of anxiety and depression, and may even suffer learning disabilities like ADHD and dyslexia.

But what the heck does that have to do with feet?

Because our feet are such big players in terms of stimulating our brain, they are important in preventing these kinds of things from happening. So it's really, really important to have healthy, well-stimulated, happy feet in order to have a happy, healthy, well-functioning brain.

And shoes don't make for happy feet.

Wearing shoes is like wearing gloves. Gloves coat our hands and decrease their ability to feel in great detail.

Shoes do the same to our feet. So when we wear shoes, our feet feel less, are less stimulated and therefore stimulate our brain less.

This neurological connection has particular significance to those afflicted with low back pain or hip or pelvic floor dysfunction.

Anna Hartman, athletic trainer and owner of MovementREV in Scottsdale, Arizona, who graduated from the University of Oregon, let me in on this little-known secret: The nerves connected to the feet are the same nerves connected to the low back and pelvic floor.

Yes, you read that correctly: Your feet have a direct neurological connection to your back.

The collection of nerves that form this connection are called the lumbosacral plexus, and they include the infamous sciatic nerve, which receives blame for millions of peoples' back pain daily.

By stimulating our feet, we stimulate this family of nerves, which can be sort of a "waking up" of underactive or dysfunctional pathways.

Long story short: The feet can fix some back problems.

There have been multiple reports of chronic low back pain being completely reversed by doing simple foot work.

Incredible, right?

But it's not just the low back it can help — its reach extends to the pelvic floor as well, the muscles that support the lower abdomen.

When pelvic floor musculature weakens, problems like incontinence and postpartum complications like pelvic organ prolapse can arise.

Further, these same muscles stabilize our hips, and everything is connected to the hips. Hip problems can manifest as shoulder, neck, knee or ankle problems. Neck pain, even migraines and shoulder tightness, might stem from a hip issue.

If foot stimulation awakens the muscles that govern the hips and pelvic floor, is it possible that foot work could help prevent or treat these issues as well? If you have a shoulder problem that is caused by a hip problem, could working the feet clear it up?

Theoretically, I can see how the answer could be a resounding "yes."

And that's pretty darn cool. The human body is a fascinating orchestration of existence.

Stimulate your feet — do foot work on your own

Two powerful ways to stimulate the feet is to let their skin directly touch the ground and allow their joints to move. You accomplish both by going barefoot.





HYPNOSIS IN POP CULTURE

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HypnoPop!!

What a roller coaster ride! Finally, hypnosis has come to be accepted by the general public in a positive way. However, that hasn't always been the case. For various reasons, over the last one hundred years or so, hypnosis has come in and out of favor. And I know why.

It's interesting to note that popular culture or "pop culture" has been the driving influence regarding the acceptance of hypnosis by the public. Some schools of psychology offered courses in hypnosis in 1901. Before that, the Gothic horror novel *Trilby* (1894) by George du Maurier gave us a glimpse of the powerful and controlling Sven-gali. And, what some consider to be the first true horror movie was, yes, about an evil hypnotist!

Each decade in the 20th century, and a bit beyond, had flavored how the public viewed hypnosis. Was it a cure all? Did hypnosis drive people to suicide? Could doctors really use hypnosis to cure mental illness? And of course, Hollywood made its mark, too. Movies about hypnosis, good and bad, the hypnosis-driven sex-filled orgies of the deviant famous. I'm looking at you, Tallulah Bankhead.

Books and books and more books were written about the virtues or the darker side of hypnosis. Everyday magazines like *Popular Science* and *Life*, *McCall's* and *Coronet*, *Playboy* and *Newsweek* all offered a look at hypnosis.

The 80's and 90's gave us a new, more positive, look at hypnosis and now we see our craft advertised in every major city, courtesy of "Positive Changes". Doctors are working with hypnotists and referring clients. Finally, Insurance companies are beginning to take hypnosis seriously.

Yes, it's been a roller coaster ride filled with ups and downs, turns and twists but, as the Virginia Slims advertising campaign of the 60's and 70's boldly shouted, "You've come a long way, baby!" - and hypnosis has.

Doug Meacham, CHt, TNLP, CI is a practicing hypnotist of 20 years. He is the owner/operator of Oregon Hypnosis School, Gresham Hypnosis Center and Retro Hypno Comedy Hypnosis. Doug is also the organizer of the Meetup group, East County Hypnosis and Hypnotherapy.

Doug teaches full certification in NLP, hypnosis and hypnotherapy as well as Master Classes in Marketing, Stage hypnosis, parts integration and regression therapy. A graduate of the Attwood Institute and NLP Arizona, he has further certifications in the Ultra Depth Process, hypno anesthesia and hypno birthing. Doug has been Certified with the American Board of Hypnotherapy since 1996 and currently serves on the Board of Directors of the Oregon Hypnotherapy Association.

Learn more at greshamhypnosiscenter.com

Doug Meacham photo courtesy of Josh Kulla and Pamplin Media Group

GOING BAREFOOT

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Direct skin contact, meaning no socks or shoes, is a great way to get the feet to feel. Further, when a joint moves, it sends information to the brain. Our feet have 26 bones that form 33 joints. That's a lot of potential information that could be sent to the brain.

However, just going barefoot in the house likely won't be enough to get the job done. Flat surfaces like carpet and hardwood are boring, even to the brain. Walking over uneven surfaces, like rocks, gives the brain a lot of feedback and will "wake it up" even more because as your feet contour over the uneven surface, not only do they feel different stimuli, but their joints move as well.

Some people build rock boxes or rock mats they can stand on inside their house to stimulate their feet. This is a great strategy and makes it really easy to get some foot work in while cooking, watching TV or doing just about anything else at home.

Of course, in our society, we have to wear shoes most of the time. The problem with shoes — especially stiff ones—is that they hold our feet in place and disallow joints from moving.

When selecting a pair of shoes, try and find a pair that allows your feet to move freely and doesn't lock them in place. That way, the joints are restricted less.

About Emily Cahal, CHt

Long time Salem, Oregon resident, Emily Cahal currently lives in West Salem. She is the owner of Salem Hypnosis Solutions in Salem.

In 2012 Emily was Certified in Hypnosis as a Hypnotherapist (CHt) and has since practiced it fulltime—as her career. As a lifelong learner, Emily is committed to continuing education for herself and the hypnosis industry.

She is dual Certified through NGH (The National Guild of Hypnotists) and IACT (International Association of Counselors and Therapists) and serves on the Board of Directors of the Oregon Hypnotherapy Association.

Learn more at www.salemhypnosisolutions.com

Meeting Preregistration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)
Members \$45, Non-Members \$65, Students \$35

Name _____ Address _____

City _____ State _____ Zip _____ Tel: _____

Numbers I wish to register: _____ Members, and/or _____ Non-Members, and/or _____ Students
(To qualify for student rate you must be currently enrolled in a course that upon graduation will result in qualification for membership in the Oregon Hypnotherapy Assn.)

I am enclosing my check for total amount due: \$ _____
(Please make checks payable to Oregon Hypnotherapy Association)

Meeting Date:
March 25, 2017

**To preregister by mail,
postmark by
March 21, 2017**

*Add \$10 if paid after postmark by
date or at the door**

Mail this registration and fees to:
Oregon Hypnotherapy Association
PO Box 3511
Salem, OR 97302

**Register ONLINE
with a credit card**

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.*

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FEATURED PRESENTERS

Dr. Annmarie Tarr

Laney Coulter

Doug Meacham

A SUCCESSFUL HYPNOSIS PRACTICE

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and Certified Professional Hypnotist Instructor. She is a graduate of the world famous Banyan Hypnosis Center where she learned 5-Path® and 7th Path Self-Hypnosis.

She has been a practicing hypnotist since 2005, when she graduated from the prestigious Knightsbridge Institute of Hypnotherapy and Neuro-Linguistic Programming in Portland, Oregon.

She has a B.S. in Psychology from Temple University and a M.Ed. in Special Education from the University of Maine and holds a certificate from the San Diego Mediation Center, as well as extensive training in leading communication and parent education workshops in the community. For 10 years she co-lead communication workshops in the community and in prisons in California.

Laney Coulter is the owner of Loving Kindness Hypnosis in Portland, Oregon. Learn more at her web site, www.lovingkindnesshypnosis.com.

Loving Kindness

Hypnosis



Transform Your Life

LEGISLATIVE ALERT

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and to sanction any and all therapists of any modality who practice in Oregon.

We have a small window of opportunity in offering an opposition to eliminating this exemption. If we are complacent at this critical juncture, we may lose our voice altogether. If OHA members are able to attend and testify at the next legislative meeting, we, the OHA board, will happily give detailed instructions on format and procedure. Thank you all of our members who are willing to chip in, in spite of our tough schedules and daily responsibilities.

Please direct your inquiries and concerns to me and to your Oregon Congressional Representative. More online at <https://olis.leg.state.or.us/liz/2017R1/Measures/Overview/HB2361>. Check out each link in the Meeting Material/Exhibits tab to read arguments for and against the measure.

Steven Ruiz Bettencourt, M.S., Q.M.H.P., CHt, director of Peaceful Warrior Counseling in Hillsboro and Oregon City, has served as anger management director for Washington County Community Corrections, professor of psychology, mental health clinical supervisor and program director. 8th Degree Black Belt with 45 years martial arts experience, Steven is President and Founder of Bettencourt's Taekwon-Do America and Hapkido, and founder / president of the World Musado Federation. He currently serves as Secretary to the Oregon Hypnotherapy Association.

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the Oregon Hypnotherapy Association at

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Meeting Info

Saturday, March 25, 2017

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)

**Preregister by mail using form on
reverse side of this page**

— OR —

Register ONLINE at
ohanw.org/meetings

****Preregistration ends 4 days before event****
(Registration afterwards and at door add \$10)