



# OHA NORTHWEST



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Oregon Hypnotherapy Association  
Connection, Education, Support, Exchange  
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## Featured Presenters



*Jeremy Honsowetz, MA, LMHC*

Jeremy Honsowetz is a licensed mental health counselor specializing in providing individual therapy to adults, and maintains a private practice in Vancouver, Washington.

With over 6 years experience as an individual therapist, and as a graduate of George Fox University specializing in clinical psychology, he is currently in private practice working with a broad spectrum of clients. Among his areas of expertise are mood disorders and anxiety disorders, including PTSD.

A prominent individual therapist, Jeremy Honsowetz continues to serve in a leadership role at Columbia River Mental Health Services in Vancouver, Washington. He managed the Program for Assertive Community Treatment (PACT), and currently serves as Team Lead for the Adult Outpatient Program (AOP). This role involves providing individual therapy and case management services for adults in addition to group treatment and both group and individual clinical supervision for other therapists.

More at [jeremyhonsowetz.com](http://jeremyhonsowetz.com)



*Rebecca Hufford, BA, MPA-HA, MAT, CHt., M.NLP, BCC Certified Coach*

Rebecca's interest in working with those with terminal and life-changing illness began in the 80's when she lived in San Francisco during the HIV epidemic and continued as she experienced multiple deaths in her own family. Her undergraduate degree in psychology and graduate work in Public Administration - Health Administration focused on end of life and elder care.

Years after she left elder care, she began her own journey into illness, where she struggled with physicians, the medical industrial complex, her own diminished abilities, and the uncertainty of what the future may bring. She was able to find a path toward her own wellness and "new normal"

She has expanded her practice to include assisting others in maneuvering through a serious health condition, making changes in their lives, and learning to live with the changes that can accompany a serious or chronic illness. She completed End of Life Guide or Death Doula certificate training last year.

She is a NGH certified hypnotherapist, Master NLP Practitioner and Board-Certified Coach. Her mission is to assist others through transitions, improve their lives, and become more empowered. More at [rebeccahufford.com](http://rebeccahufford.com)



*Catherine (Cat) Wilson*

Artistically working to make life a happier place by way of the heart and creativity, Cat is a Life Artist! Coaching, Hypnotherapy, NLP, Training, and Graphic Facilitation are her joys. Cat graduated from Marylhurst University and holds a B.A. in Communication, Training and Development. OHA presented Cat with an Honored Fellow Certificate for her dedication and significant contributions to the field of Hypnotherapy. Her firm in California, TransPrint Design (1987 – 1993), won an International Award in package design. In 2005, (Montreal, Canada) Cat was awarded the NLP World Community Award for her contribution to education.

Cat is a Board Certified Coach Trainer and author of online webinars. Cat has over 20 years of experience in developing training programs, and created Growing Coach Training, a CCE Board Certified program. Cat is a C.H.I., Instructional Designer, Graphics Designer, and Communications Consultant serving Oregon, Washington, and California since 1985. She served as a Girl Scout Leader in Monterey, CA, and for 10 years worked with a team in production of a cable access show. Cat loves Storytelling and inspiring Awe.

More at [apositiva.com](http://apositiva.com)

# PRESIDENT'S MESSAGE

Welcome to 2018, members and friends of the Oregon Hypnotherapy Association!

The origins of our field are as ancient as those of medicine, magic and sorcery. It is no surprise the practice of hypnosis has often been linked to all three. However, the fundamental principles of hypnosis rely on the biology of belief.

Many of the adult life issues we are presented with originate from limiting beliefs, often rooted in childhood, and forged from the combined impact of authority figures, strong emotions, and repetition. This recipe acts as negative hypnosis, or brainwashing. It becomes part of the software operating within the depths of our mind, and thereby regulates our experience of life.

The science of brain plasticity, also known as neuroplasticity, demonstrates the capacity for our brain matter to change. Gray matter can expand or retract. As we learn, neural connections and pathways are forged, established, and developed. Similarly to electrical wires, which allow electricity to travel and function, changes in our brain alter our experiences and abilities. Forgetting data, information, or skills, also reflects physical changes in the brain, as neural connections linking memories are damaged, altered, or even severed.

Studying brain plasticity and brain rewiring enables us to gain better understanding in the functioning of our mind. It also allows us to expand our abilities, and have greater control over the way our mind responds and reacts to the world around us.

However, in the same manner beliefs are often developed over extensive periods of time, rewiring them can require focus, resilience and determination. Everything we engage in, be it athletic, academic, or musical training, requires us to learn through drills and repetition, in order to develop new skill sets.

Yet, we tend to expect instant gratification when retraining our brain to respond differently. British life coach Richard Grannon refers to this as a lack of ferocity of intent. "When we train ourselves and others to get better," he explains, "we obviously cannot become possessed by the modality, expect it to enter our body, and do the work for us. New skill sets are acquired through discipline, focus and repetition." Developing ferocity of intent means choosing to give our unwavering attention and determination to the commitment of accomplishing our goals. It means refusing to be weak willed about the process, and addressing whatever obstacles appear along the way with resilience.

Commit to the development of your skills, career and journey. Consider taking your career to the next level this year by becoming an experienced public speaker. The Oregon Hypnotherapy Association hosts three continuing education events every year. This is a unique venue for you to share your passion, knowledge and commitment to excellence.



Presenting for a nationally recognized organization allows you to highlight your expertise, become published in the official publication for your profession in the Northwest, and promote your products and services. It also enables you to participate in a continuing education conference at no cost, and have your support staff record your presentation.

As 17<sup>th</sup> century British Philosopher Benjamin Whichcote wrote: "There is no better way to learn than to teach."

Thank you for being part of our inspiring community! We look forward to seeing you this month, on Saturday, March 24<sup>th</sup> at the Fairfield Inn in Lake Oswego, for the spring conference of the Oregon Hypnotherapy Association. Register now at <https://ohanw.org>.

Genviè Martin-Bernard, DESS, BCH, CI, CHT  
President, Oregon Hypnotherapy Association  
Board Certified & Certified Instructor

*Genviè Martin-Bernard, President of the Oregon Hypnotherapy Association, is Board Certified and a Certified Instructor with the National Guild of Hypnotists. An Emergency Medicine First Responder with the Wilderness Medicine Institute and the Emergency First Response Corporation, Genviè specializes in collaborating with the medical field on enhancing the physical, mental and emotional wellness of their patients.*

*A Valedictorian from the Ivy League University of the Sorbonne in Paris, Genviè is a published author who consults nationally and internationally on the research, practice and applications of working with brain plasticity, forensic and clinical hypnosis. People from all walks of life consult with her to enhance their personal, professional, academic and athletic abilities.*

*She can be reached at [www.GenvievHypnosis.com](http://www.GenvievHypnosis.com)*



# GREMLINS AND GENIES

By Cat Wilson

The fact is that the world is a big place, with many people, experiences, and opportunities for everyone. One moment we may feel comfortable and safe, while in the next moment we are hurting and struggling to maintain balance. We all have fun, laughter, and love, as well as life's bad surprises like the loss of income, our loved ones, and our health. We all have gremlins as well as genies, and we have to choose how we'll respond to them.

Got a gremlin? What do they look like in your life? I think of little problems that pop up, like when the internet goes out. Suddenly, I can't do the work that I need to because almost everything on my computer, and even my printer, relies on it. Netflix is gone too! Scary, eh? That's how it feels when gremlins show up.

This is where you have a choice. Will you accept the facts and proceed with positive action you, or will you deny what is real and pretend... pretend what? "It"—whatever "it" is—didn't happen? That you don't have to move forward because things got tough? You gotta work with 'em. Gremlins can confuse you, so that you forget what really matters.

A Gremlin showed up when I was looking forward to hearing a speaker, and someone I loved, who is always on time, was unexpectedly late. My partner had to wait at home for the internet repair person, so I had to drive and park in an unfamiliar area by myself. I was anxious. Feeling grumpy about the gremlin in the internet, the gremlin in the timing, the gremlin in the parking—I got a gremlin inside of me.

Have you ever caught GREMLINITIS? It's terrible. Your face tightens up, your tongue tastes bad with terrible breath

and words, and you become not a nice person. This is when it helps to make a wish for what really matters. Ask for patience, love, and a genie. You'll need a lamp to

light your way, and if you are lucky, you'll find a lamp with a genie inside.

What do you think of when you envision a genie? (I Dream of Genie? Robin Williams & Aladdin?...?) I like to imagine magical creatures like leprechauns, fairy god mothers, fairy god fathers, magic rocks, magic wands, magic crystals, four leaf clovers, good luck dragons, or maybe a magic book that gives answers for any conundrum.

The thing is—magic lives in us. Do people come to you for help? You are all genies. Clients, customers, patients, children—whomever you serve—they look to you to deal with their gremlins. Those gremlins bring scary stuff: pain, fear, dis-ease, confusion, bad beliefs. And they turn to you. Gladly, you pull out your magic—spells, Gremlins and energy, and love. Yes, love. It's love for the things we do well that gives us power to do magic for others. Call yourself whatever title you wish. You are a genie. You can sooth a sore soul. You can lighten a heavy heart with your guiding words.

Let's name some gremlins. Fearful Speeches. Tempting sugary and greasy foods to break health. Addictive gremlins that slow your focus. Delays to getting where you want to go. Moldy cheese in the back of your fridge. Procrastination in your work or joy or self-care. Gremlins who keeps you up at night wishing you had "this or that."

Can you think of more? Make your own list. Then consider how you might be able to banish these gremlins for others. Maybe it's tossing that moldy cheese so your partner doesn't have to, or reminding a friend that they are loved. But genies aren't just good for handling gremlins, they also make wishes come true. Take a minute to list some of your wishes, as well as wishes that you can make come true.

Gremlins will show up. They come in many sizes, shapes, feelings, colors, and challenges. When the gremlins of procrastination or trouble arrive uninvited on your doorstep, remember that you are really a genie inside. Don't let them scare you. Face the facts, work with what you can, and let go of all the rest. When you sense gremlins haunting your family, friends, and coworkers, remember that you can make some magic for them too. You never know when you'll help make a wish come true.

More at [apositiva.com](http://apositiva.com)



## TOPICS OF INTEREST TO HYPNOTHERAPISTS

by Tish Paquette, CHt, LMT

This is the moment, the opportunity, the connection, as you choose to step into this space and allow it to happen.

We in the OHA community have vast experiences from every walk and corner of life. We all have a voice and desire to share, learn and ask questions.

This article is an effort to address issues and topics of interest to OHA members. I reached out to fellow hypnotherapists whose opinions and practices I greatly respect and value and posed this question:

**“What advice would you give to those starting out in practice?”**

Here were their responses. They are as varied and unique as each individual and as your practice will be.

### Johnny McDonald

Read, study, watch, listen, think, ponder, etc., everything you can about trance, philosophy, religion, psychology, spirituality, and anything else about the human experience that you can. Write down and memorize words, phrases, and concepts that might be useful in your practice - especially when someone is in trance. I have found them in the most unlikely places, written on a chipped coffee cup at an old, rundown café, “Courage is being scared to death, but saddling up anyway.” With a drawing of John Wayne wearing a cowboy hat on the other side, “Courage is daring to take that first step or a different path. It is the decision to place your dreams above your fears.” I have used those phrases in tandem often over the years with good success because they convey the same message in different ways. Become someone who is a student of trance in all its many, many forms.

### Larry Dillenbeck

Realize there is no such thing as failure, only feedback. Practice with a wide variety of people and issues to expand your range and to become systematic along your range. Practice, practice, practice.

### Carrie East

Practice, practice, practice. Embrace your unique style. There's no one right way to do this. Relax. It's never about you. Let the client tell you what they need. I know it sounds oversimplified, but these are the things that I wished I truly understood when I was starting out. I knew it, yet I didn't truly understand it. Lastly, I encourage you to pair hypnosis with other modalities - learning, understanding and becoming proficient with NLP, for example, is a great path to success in self-growth.

### Emily Cahal

Do your own work concurrently with your client. All their interests pass through your filters and it's good to know what those filters are. It helps with the sorting process. Go through a hypnosis process with an experienced practitioner in a legit way. Class practice just does not fully encompass how our clients feel when they walk in the door. Your own work is as beneficial as it is humbling. Have grace with yourself. It's a process and things rarely go as intended. That doesn't make it wrong. Choose client outcomes based on their criteria rather than yours. I can't tell you how many clients, after hearing what led them to my door, will describe their desired outcome, and I thought, “Really? That's all?” Their definition of success is always the one to measure by.

### Laney Coulter

Everything is a learning experience. Good, bad, ugly, beautiful... It's all

data... Don't judge... Embrace and stay curious.

### Eric Singer

It's extremely important to understand the impact of the subconscious mind on your behaviors. To understand how hypnosis and the images we create can align our conscious and subconscious minds resulting in positive desired change. Study the theory of the mind. It shows how changes can be made in the subconscious mind and how it makes a direct link to how we behave - you can find it on my website.

### Mary Kennedy

The thing I found most helpful was associating with others in the industry. Both newbies like myself to compare notes with and what struggles we have, and with experienced persons for the advice and encouragement they have to offer.

### Doug Meacham

In regards to clients, stop talking and start listening. In regards to business, *focus*.

### Joni Brewer

Get out there and start working with people. Don't worry that you don't know enough. The way to get better is by doing. If something doesn't work out well that's useful information for you.

### Scott Duvall

Our goal is to empower our clients with the innate wisdom that they are not the body or their mind. That within them they are conscious and subconscious connection to a higher self that has the knowledge, the abilities and the tools, to respond ably in and to the world. To connect with the energy of inspiration, the catalyst of accepting responsibility for consciously creating life and letting go

*(Continued on page 8)*

# HYPNOSIS, LIFE-CHANGING ILLNESSES, AND BEYOND

By Rebecca Hufford, BA, MPA-HA, MAT, CHt., M.NLP, BCC  
Certified Coach

Imagine going into a clinic or physician's office for a "routine" diagnostic test or procedure and leaving with something you didn't expect: a life-changing diagnosis. That happened to me a little over five years ago.

My procedure wasn't necessarily routine since I was told to get the procedure done as soon as possible because of a "spot" on a CT scan in a particular area of my body. When I was given my diagnosis I began to run on automatic in many ways, going through my daily activities without being present. The first thing I wanted to do was schedule the surgery so that I could move on to the next step and then return to my "normal" life, asap. At that time, I had no idea that my old, "normal," life was a thing of the past.

Perhaps you, or someone you know, have gone through a similar experience. Sometimes that experience is made more difficult because of the inability to determine a diagnosis. As a "patient," we may find ourselves dealing with many feelings, sensations, and situations that leave us feeling helpless and out of control. The fortunate have people around them that can help them through this experience. Even then, we can still find ourselves feeling alone with our illness and feelings. We deny, grieve, accept, and at the same time look forward to a time when things return to "normal."

As hypnotherapists, we want to assist clients going through this experience. We look for or create the perfect script that will allow the body to begin healing itself. We may look to others, like Louise Hay or Bernie Siegal, who have written about the body's healing powers. We ask our clients what their goals are so that we can help them achieve them. We help with the physical and emotional pain if that is what they are needing and requesting.

We may become disheartened when these processes don't appear to work as expected. We may ask ourselves why our client's and our own efforts don't seem to have the desired effect. We may blame ourselves or our clients for the lack of positive results or the worsening of a condition or disease.

It has taken me five years of meditation, mindfulness, contemplation and other processes to begin to understand many of the dynamics of a life-changing illness as a form of trauma. Only recently have researchers and clinicians recognized that people with these conditions can experience PTSD.

In the article "PTSD: A Hidden Danger After a Serious Illness," in Bottom Line, Dr. Robert London (2014) discusses the connection between a life-changing illness and PTSD and how it can take weeks, or even years after an illness or a stay in ICU for it to manifest. He suggests that hypnosis can help people reprocess traumatic memories.

I never considered the concept of me having experienced trauma in relationship to my illness or treatment until I was in my car, driving home, four years after I completed my treatment.

Now it makes perfect sense, and I realize there may even be some guilt because the diagnosis was traumatizing and so was the treatment that I willingly participated in.

Many times people have to find their own "new normal." In their book *After the Diagnosis, Transcending Chronic Illness*, (2010) Betsy and Julian Seifter tell and discuss the stories of people "who found it within themselves the means to transcend their bad luck... They were able to adapt, accommodate, change, revise, and most of all play." As hypnotherapists, we can help our clients with life-changing illness do all of these, and more.

We can help our clients establish a plan to work on doing something about their diagnosis by changing their "internal monologue," a term used by Collen Brunetti in her book, *Defining the New Normal: A Guide to Becoming More Than Your Diagnosis* (2014). She outlines a method that includes determining "the things that bother [them] about [their] diagnosis" by giving them prompts or questions to answer: What makes this life worth living? What is it you already do or can do to feel invested and productive in life? How are you going to get to the changes you want to make in your life? She calls these the "Why, What and How." As hypnotherapists, we can guide our clients through processes that can assist them in answering these questions and others.

In my time with you I will explore what it is like to experience a life-changing illness, what effects it has on clients, and some of the ways we can work with and help our clients with life-changing illness by assisting them with:

- Processing their trauma
- Remembering to play
- Changing their "inner monologue"
- Looking at the deeper meaning of their illness.

This will include discussing:

- Illness as trauma and what that can mean to a client and their close community
- Accepting the "new normal"
- Using humor and metaphors for illness and healing
- Partnering or visiting with illness to see the bigger picture
- Holding "space" for our clients

I look forward to seeing you all and lightening up this heavy topic.

Rebecca's practice, *The Art of Change Hypnosis and Coaching* is located at 4004 Kelly Avenue, Suite 108, in the Lair Hill-John's Landing area. You can contact her on her own website, [rebeccahufford.com](http://rebeccahufford.com) or by phone or text at 503-560-4774.





## Event 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)

**Event Date:**  
**March 24, 2018**

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**To preregister by mail,**  
**postmark by**  
**March 21, 2018**

*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.*

### OREGON HYPNOTHERAPY ASSOCIATION

*Connection, Education, Support, Exchange*

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Salem, OR 97302

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[www.ohanw.org](http://www.ohanw.org)

### Officers and Board of Directors

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## FEATURED PRESENTERS

**Cat Wilson**

*Gremlins and Genies*

**Rebecca Hufford**

*Hypnosis, Life-Changing Illnesses, And Beyond*

**Jeremy Honsowetz**

*Cognitive Behavioral Therapy*

## TOPICS OF INTEREST

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of the energy produced by blame and resentment. Through the higher-self perspective, one can lovingly guide mind and body to do what you, the higher-self, the true-self is inspired to do in this world, fulfilling one's primary purpose of being present-moment conscious expanding. We help our clients discover an understanding that all experiences are universal gifts of love that come from the interaction of cause and effect. That every experience positively contributes to the personal growth and self-expansion that has created the powerful and unique gift to the world that they have become: valuable, worthy, of service. Thus, fulfilling our secondary purpose of being mindful and loving stewards of the earth, the causes for conscious expansion. Through the knowledge they gain, they free themselves from the fear of moving away from that which they do not want, and reconnect to inspiration - the energy derived from moving towards what they do want in life. Allow them to enjoy the balance that contributes to physical and mental homeostasis, creating their life through conscious choice rather than by habitual default.

*The important message here is to find a support person or*

*group who can open your mind to learning something about multiple topics. You will be able to relate better to your clients, add tools to enhance your practice such as NLP, and most importantly - **be patient and gentle with yourself.***

*I hope you found this article useful. I suggest creating your own directory of like-minded colleagues with their specialties. Then meet for coffee, talk, learn, share, and practice.*

*With utmost respect and gratitude on this journey of discovery, your fellow traveler,*

*Tish*

*More about Tish at [emergencereadingsandreiki.com](http://emergencereadingsandreiki.com)*



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the Oregon Hypnotherapy Association at

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Fan Group: [facebook.com/groups/ohanw](https://facebook.com/groups/ohanw)



## **Event Info**

**Saturday, March 24, 2018**

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](http://ohanw.org/meetings)**

**\*\*Preregistration ends 3 days before event\*\***  
(Registration afterwards and at door add \$10)