



President's Message

The Power of the Hypnotic Contract

By Scott Duvall

This article expresses the importance and the power of the hypnotic contract or agreement between the client and hypnotist. Many say that once this agreement is accepted by the client almost any induction will easily lead to somnambulism.

I've personally found that when stated to the client with conviction and a solid hypnotic gaze, trance begins almost spontaneously and seeds within the client the belief in your ability and training, builds an automatic yes set, and creates a commitment from the client to actively participate and follow your instructions to the letter.

The following is a sample of the hypnotic agreement I use with my

clients just before induction into trance.

As you begin now to go into trance, do I have your permission to work with you in hypnosis? Do I have your permission and is it comfortable and acceptable to you for me to touch you on the arm, shoulder and possibly the forehead during our journey together today? That means that you and I have an underlying contract with each other: my end of our contract or agreement if you wish is to keep you safe. I will only suggest to you what my education and experience deem appropriate for you to reach and maintain your desired outcome easily, naturally, and in the best way possible and that I will give you 100% of my attention throughout our journey together today. Your end of our contract is to do the same by giving

100% of your attention and following my instructions to the letter. There is nothing you need to try to do or nothing you need to try not to do.

That means you can fully allow yourself to participate and experience what just naturally happens, because trance and learning on the subconscious level are subjective experiences, different and unique for each person, varying with each hypnotist and with each and every time you go into a hypnotic trance state.

So you may find that from time to time the conscious mind will wonder and you may become aware of that conscious mind saying things like, 'Am I doing this right? Am I really hypnotized? Should I have done the

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Points:

- Use a hypnotic agreement to build trust and initiate somnambulism
- Instant inductions are not only fun, but an incredible and useful addition to your therapeutic arsenal
- There IS a hypnotic state; it can be measured; and it can be induced by a qualified hypnotist

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June Meeting Presentation

Secrets of Instant Hypnosis

C. Michael Brannan, CHt, Licensed Trainer of Neuro-Linguistic Programming™

Have you ever seen an instant induction in action? The hypnotist takes someone into a deep state of hypnotic trance in just seconds with little more than a few words and a handshake. Perhaps you've seen deep trance created from a simple pull of the subject's arm. There are many simple and subtle ways that take people into trance almost instantly.

In a demonstration or entertainment context, perhaps you've looked on in amazement as person after person collapsed into a deep trance in seconds at the touch of the hypnotist. Perhaps you've wondered how you can use these techniques in your own therapeutic practice. Instant inductions really bolster your marketing of your practice, as well.

Instant inductions are without question tremendous fun. And not only fun, but an incredible and useful addition to your therapeutic arsenal. Of course, if you're a stage hypnotist, the theater and show of an instant induction will wow your audience beyond belief. In a clinical context, it saves time to have an instant induction as well as being useful as a deepening technique. Time saved in the induction is more time for the actual therapeutic work.

There is a method behind the magic of instant inductions. All the inductions are based on sound hypnotic principles that nearly all hypnotists know. In this talk

you'll take what you already know and apply it to instantly hypnotize your clients, and you'll learn when that is the best approach. You'll learn:

- The hypnotic structure of an instant induction
- The "Palm Reader" instant induction
- The "Arm Pull" instant induction
- How to use instant inductions as deepeners
- When to use an instant induction in therapy for maximum effect
- Hear how Milton Erickson hypnotized a skeptical subject by tying his own shoes

When you learn these techniques, you'll quickly discover more and more ways to use them in your practice. You'll have more fun, your clients will have better outcomes and it's a skill set that will help make you a top tier hypnotist.

About Michael Brannan

Michael Brannan, CHt., is a certified Clinical Hypnotherapist and Licensed Trainer of Neuro-Linguistic Programming™. Michael has been hypnotizing people since the age of 13. He's carried his passion for hypnosis forward to this day. He is a co-creator of Mindworks Hypnosis, with offices located in Bellevue, Washington. To-

gether with his wife, Connie, he conducts ongoing trainings in NLP and Hypnosis. He co-trains with his wife, Connie, also a Richard Bandler certified Trainer.

Michael has studied hypnosis and NLP extensively under Richard Bandler, Steve Andreas and many other notables in the field. He graduated from the University of Washington with degrees in Philosophy and Physics, and did his graduate work in Philosophy at Indiana University.

Certifications Include:

- * Licensed Trainer of Neuro-Linguistic Programming™ (Richard Bandler certified through the Society of Neuro-Linguistic Programming™)
- * Certified Clinical Hypnotherapist
- * Design Human Engineer™
- * Persuasion Engineer™
- * Licensed Master Practitioner of Neuro-Linguistic Programming™
- * Professional Conversational Hypnotherapist

About his own work, Michael says: "My focus is to help you realize your ultimate dreams. Using NLP, hypnosis, and timeline work, I help you harness the most powerful resource of all: your own mind."

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June Meeting Presentation

The Power of Positive Aversion

Connie Brannan, CHt., Neuro-Linguistic Hypnotherapist and Licensed Trainer of NLP®

What would you never do? "I'd never kill anyone." Sure, you would. If the situation was such that the killing became an imperative and appropriate response. That's not a felt response, that's an intellectual response. What makes your skin crawl? What is it that you would REALLY never do, such that the thought of it is so repellant and disgusting and fearful to you that it turns your stomach and your brain says about it: "That's a big fat NO!" Eat live worms? Kiss your grandmother? Jump out of an airplane for fun?

Aversion in hypnotherapy is the art of attaching a "big fat NO" to an unwanted behavior such as smoking or eating sweets, in the mind AND the body. In this talk, I demonstrate a potent NLP technique to achieve this.

Finding and attaching the most potent multi-sensual aversion connection is very much an art form. Hypnotherapy itself is a creative art, and the more you successfully tailor ideas and associations for the person in front of you and what moves them, the more successful results you will achieve for them. Everybody is different, and their "big fat nos" are different.

In this talk we discuss aversion. Unwise, harmful aversion (you're going to die a horrible corrosive death with illness, pain and suffering if

you continue the behavior) vs. creative positive aversion. For a long time I avoided aversion suggestions altogether, because it seemed to me to be only negative and hurtful. It doesn't have to be. Also in this talk we discuss how useful aversion is in a propulsion system to change, combined with the positive attraction of desired outcome.



About Connie Brannan

Connie Brannan, CHt, is a Neuro-Linguistic Hypnotherapist, Certified Clinical Hypnotherapist, Licensed Trainer of Neuro-Linguistic Programming™, Professional Conversational Hypnotherapist, Design Human Engineer™, Persuasion Engineer™, Timeline Coach & Regression Specialist, Usui Reiki Master Teacher, and Matrix Energetics Practitioner.

She operates a clinical NLP and hypnotherapy practice out of Bellevue, WA, called Mindworks Hypnosis as

well as training NLP with her husband, Michael Brannan, in their private career school, Mindworks NLP, through the Society of Neuro-Linguistic Programming™.

She is a published author and creator of several hypnosis self-help audio CD products. She conducts a series of self-hypnosis workshops and teaches hypnosis for adult continuing education programs in the Seattle area.

Websites:

www.mindworkshypnosis.net

www.seattlenlptraining.com

www.stopsmokingseattle.com

*Mindworks Hypnosis
Bellevue, WA
Phone: 425-564-8608*

Offering programs to lose weight, stop smoking, stop irrational fears, learn relaxation techniques, improve memory, improve study habits, stop nail biting, improve sports performance, enhance creativity, improve salesmanship, learn self-hypnosis, improve self-confidence, stop procrastination, manage pain, stop insomnia, and much more!

Mindworks Hypnosis & NLP is an Accredited Business of the Greater Seattle Better Business Bureau with an A+ Rating. Mindworks Hypnosis has also been awarded "Best of Bellevue" for four consecutive years: 2011, 2012, 2013, and 2014, by the US Commerce Assn.



A Journey into the Fascinating World of Mind Science with Eldon Taylor

March 2014 OHA Meeting, Lake Oswego, Oregon

by Genvièr Martin-Bernard

Eldon Taylor's presentation on Mind Mastery was fascinating, thought-provoking, transformative and entertaining all at once.

Adding to the depth and richness of his research and contents, his warm, inviting and effortless style, together with his constant humor, had our audience laughing throughout the afternoon. I am confident everyone left the meeting feeling as deeply touched and transformed by his presentation as I did.





The Power of the Hypnotic Contract

(Continued from page 1)

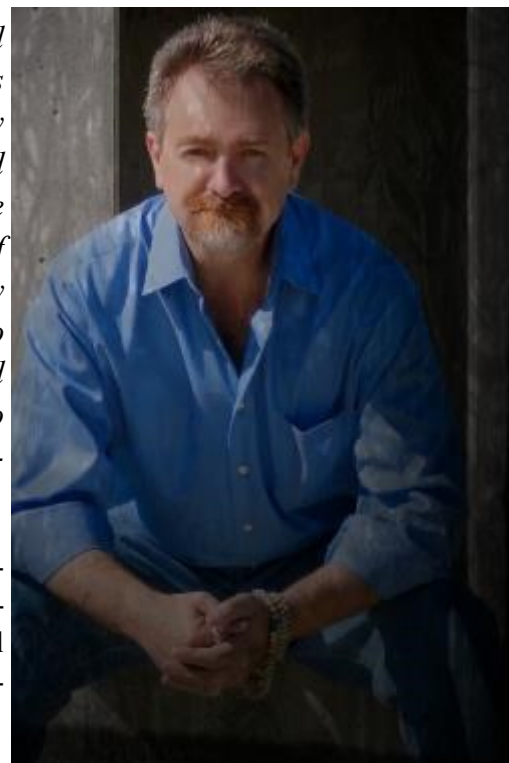
laundry last Tuesday? This is natural and should happen to you.

Just bring your attention back to the sound of my voice and to what I am saying. Everyone finds it comforting to know that even if this happens many times throughout the session your subconscious mind and I are already communicating in a way that will allow all these thoughts, ideas, and concepts to leave such a deep and lasting impression on your subconscious mind that nothing, yes nothing will be able to eradicate them for the rest of your life or for

as long as you wish.

Yes by you giving that 100% and me giving that 100% it means that you will leave here today with the ability to reach and maintain your desired outcome easily, naturally for the rest of your long, healthy and happy life. It's not magic or woo, woo it's just what the body and mind does naturally. Do you agree to commit to our contract together?

Scott Duvall is a certified consulting Hypnotist, a member of the National Guild of Hypnotists as well as the President of the Oregon Hypnotherapy Association.



Hypnotic State Confirmed

A group of researchers has, for the first time, demonstrated a real hypnotic state in a human subject. Hypnosis has for generations been considered fringe because the “hypnotic state” could not be objectified.

That has now changed. Real objective testing has demonstrated that in some subjects, an altered brain state exists that can be called hypnosis and can be induced via technique. Further, that altered state can be measured. No more guessing as to whether a subject is “under” or is faking – this team of researchers conclusively resolved that conflict. There IS a hypnotic state; it can be measured; and it can be induced by a qualified hypnotist. Awesome!

“Our data nevertheless highlight that in some cases hypnosis may involve a special state, which qualitatively differs from the normal state of consciousness.”

Let the debate be over! Hypnosis is real and can be measured and induced. You need look no further than your own TV screen for evidence – it's no wonder TV ads sell more products than any other kind of advertising... my, oh my.

Source: Abstract – <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0026374>

Kallio S, Hyönä J, Revonsuo A, Sikka P, Nummenmaa L (2011) The Existence of a Hypnotic State Revealed by Eye Movements. PLoS ONE 6(10): e26374. doi:10.1371/journal.pone.0026374

The post [Hypnotic State Confirmed](#) appeared first on [The Powerstates Blog](#).

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

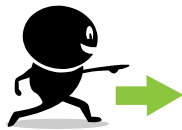
I am enclosing my check for total amount due: \$ _____

(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:
June 21, 2014



- 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

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Meeting Theme - Inductions, Deepeners and Beyond

Featured Presenters

C. Michael Brannan
Connie Brannan



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

Meeting Info

Saturday, June 21, 2014

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**