



From the Desk of Scott Duvall, OHA Vice President

Using ideodynamic communication we can receive from and deliver messages to the subconscious mind. Such techniques as finger movement, micro-facial expressions, muscle testing, somatic body movement integration, pendulums, dowsing rods, EKG's, etc, over the years have become among the most popular methods of accessing and resolving problems in hypnotherapy.

According to Ernest Rossi Ph.D. in his book, *The Psychobiology of Mind-Body Healing*, there are two basic approaches: "(1) the

original naturalistic or utilization approach of Milton Erickson, and (2) the more highly structured approach of Cheek and LeCron."

Erickson utilized whatever form of ideomotor mannerisms that were naturally being expressed by his patient - a nod, a shake of the head, natural ideomotor mannerisms expressed through the eyes like blinking and squinting, or movements of the arms, legs or hands.

Cheek & LeCron used a more structured form of ideomotor finger signaling for responses of yes, no, I don't

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June Meeting Preview



Doug Meacham

Are You Convinced Yet?

How often do we hear at the end of a session, "I heard everything you said, are you sure I was hypnotized"?

Even if in your pre-talk you cover all the significant points, Hypnosis is not sleep - you will probably, depending on

depth, hear and remember everything I say, etc., clients can come out of trance not certain anything has happened. That can be a problem. There is, however,

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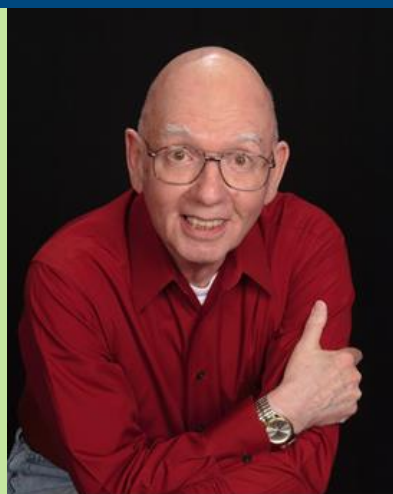
Fred Michaels

You just asked yourself a question... and HEARD your mind answer. Want to know how to do that?

Over my 35 years as a hypnotherapist, I developed a process I call, "The M.A.T. system", (Motor Analytical Therapeutics)

This uses ideomotor techniques coupled with added teaching, allowing the conscious mind to become so quiet that one can actually "hear" the Subconscious

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March Meeting Preview (Continued from page 1)

Are You Convinced Yet?

Doug Meacham

a solution: Hypnotic convincers.

It's very important that your client know they are hypnotized. You could have had the greatest session, made remarkable changes, and if they aren't convinced they were in trance it could all fall apart the moment someone asks, "So, were you really hypnotized?"

"One of the great benefits of having a client convinced that she was hypnotized in the first session is that she becomes a wonderful source of referrals. Before she met with you she probably confided in someone that she was going to see a hypnotist. She may have even told a lot of people, and after her appointment, they will all want to know how it went. The convinced client will tell everyone that she was sure that she was hypnotized. Then her friends will all want to know who her wonderful hypnotist was and she will gladly refer them to you." Cal Banyan

A convinced client will:

- not reject your suggestions due to doubt.
- have a mental expectation of success.
- overcome the fear of not being hypnotizable.
- be more suggestible during your next session.
- be a better referral source.

Having at your command several different types of hypnotic convincers, ranging from simple eye catalepsy to amnesia, can increase your session success with all your clients. Through convincers, you are showing your client that something different is happening... because there is.

Doug Meacham, CHT, TNLP, CI is a practicing hypnotist of nearly 20 years. He is the owner-operator of Oregon Hypnosis School, Gresham Hypnosis Center and Retro Hypno Comedy Hypnosis. He 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.

mind answering questions.

As a therapist, one of the benefits of this technique is the therapist does not always need to offer "THE" solution, or even know the intricacies of the problem. In other words you don't have to take your client problems home with you.

The client is shown ways to understand and actually practice his "mind developed" solution. This technique is given in total in my book.

My book: YOU and your SELF healing mind is useful for the interested beginner or the experienced therapist and gives detailed step-by-step instructions for induction into this relaxing, healthful state.

In the second section of my book you receive the core of the M.A.T. system including examples of:

1. Questions to ask and
2. The working of two actual therapies.

If you want to improve in some area, and do it yourself, this is the book for you.

To your health!

Fred Michaels was born in Chicago, IL, but not liking cold, he moved to California and discovered Hypnosis. Fred's training was with world famous hypnotherapist, Gil Boyne and he taught Saturday workshops for Mr. Boyne while the regular instructor was on a nine month sabbatical. During the last 35 years he developed his own methods, taught the subject, wrote a book, and now is using his time to expand the use of this fantastic tool through lecture, demonstration and private sessions. More online at www.teacheroftheinnermind.com and www.facebook.com/teacheroftheinnermind.

Forensic Hypnosis - Investigative Techniques

By Genvièr Martin-Bernard

The forensic interview of a key witness in a murder case, held in my office, allowed criminal defense to recover vital leads and missing information pertaining to their investigation, as we witnessed once again, the impeccable functioning of the human brain in the subconscious state. For over a decade, the witness had been unable to remember this critical information.

Memory Recovery

Within minutes, in the state of hypnosis, the witness was reliving the events of that day, as they had unfolded, many years ago. Shivering as he remembered how chilly the temperature was, the witness began recounting the sounds, scents, sights and every minute detail of that day, as clearly as if it were taking place at the very moment. As the family of the witness was going about their activities, we heard what they were wearing, what they were doing, and where they were positioned as the day progressed.

Then came the gunshots, one after the other, deafening explosions tearing through space. The adults instantly shielding the children, and our witness on the phone with 911 within seconds, repeating every word, every detail of the conversation, while he followed the perpetrators, heart racing, as they jumped into their getaway vehicle.



We were able to obtain precise information on various identifying details, from the perpetrators' heights and builds, to the color of their skin, the styles, looks and shades of their clothing and what they carried with them as they fled the scene.

We heard the screeching turn of the geta-



way vehicle as it sped through the curve, in front of our witness, slowed down to regain control, and accelerated again down the straightaway. Moving through our questioning, the witness described the vehicle in great details, its color, style and model, its condition, emblems, wheels and other peculiarities.

"Did you get a chance to see the license plate?" I asked.

"I did," the witness responded.

At this moment, I made the choice to switch the interview from verbal response to ideomotor response. Considered by experts to be more reliable than verbal response, IMR enables to bypass conscious interference. We all know when we try too hard to remember something, we usually accomplish the very opposite. IMR allows us to keep the witness in a state of deep relaxation, while enabling the information to surface effortlessly.

IMR

Ideomotor Response (IMR) refers to the process whereby thoughts or mental images are brought forth through seemingly automatic or reflexive muscular reactions, often of a minuscule degree, outside of the conscious awareness of the subject. The term comes from "ideo" for idea or mental representation, and "motor" for muscular action. Similarly to the ideodynamic responses (or reflexes) we experience when we salivate at the idea or sight of food, IMR is a psychophysiological process.

I addressed our witness: "In a moment, I

am going to ask you a series of questions. If the answer is yes, I'd like you to raise the index finger of your right hand as so (I demonstrated by lifting his index finger), until I press it back down. If the answer is no / N-O (I spell out the letters to avoid potential confusion with "know"), I'd like you to raise your pinkie finger on the same hand as so (demonstrating), until I bring it down. Do you understand?" The witness nodded.

I began with a couple of test questions to ensure the witness had correctly understood me: "At this moment, you are located at our center in Lake Oswego. Is that correct?" The witness' right index finger went up, indicating a yes. "Did you commute to our center here via helicopter?" His pinkie finger went up, indicating a no. We had an understanding.

I continued: "License plates are usually composed of letters and numbers. Looking at the first digit on the plate, is it a number?" Our witness' index finger rose instantly. "Is it number 1?" The witness' pinkie finger rose up.

I proceeded by elimination until we had identified the plate's first digit. We moved to the second digit, and got it. Then to the third, and got it.

Things got interesting when we began with the fourth digit. "Is it a number?" I asked. The pinkie finger rose to indicate a "No." "Is it a letter?" The same pinkie finger rose again, indicating another "No."

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From the Desk of

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know, and I don't what to answer - each assigned to different fingers of the patient's hand. This is subsequently followed by a series of questions that can be answered with the finger signals, typically used during a structured form of age regression. Over the years hypnotherapists have discovered that the ideomotor communication process provides an ef-

fective means of receiving and delivering information to the subconscious mind and many new hybrid processes are evolving that aid us in helping our clients achieve the outcomes they desire. As an aspiring hypnotherapist you'll want to accept the invitation to attend the June 20th meeting of the Oregon Hypnotherapy Association because our featured guest presenters, Doug Meacham and Fred Michaels will be sharing

their proven approaches to using ideomotor communication. If that wasn't enough for one day Genviève Martin-Bernard and Howard Hamilton will be presenting case studies of a few of their most outstanding hypnotherapy cases involving the powerful techniques.

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Forensic Hypnosis

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I paused, startled. The witness' face remained completely unexpressive, peaceful, relaxed, not indicating any reaction whatsoever. I repeated the questions: "Is it a number?" No. "Is it a letter?" No.

I switched back to verbal and asked the witness: "What is the 4th symbol on the plate?" He answered: "The tree" giving us an Oregon license plate and the solid demonstration of excellent depth. The witness was communicating verbatim the succession of details his eyes noticed on the plate at that moment in time. Anyone in the conscious state would have smiled, laughed or smirked at my line of questioning and momentary puzzlement. However, it is well known that while in the subconscious level of the mind, we respond solely and directly to each question asked. If you ask someone in a deep state of hypnosis if they know what time it is, they will tell you no (or yes, if they just happened to hear the chiming of a clock). If you ask them if they could look at their watch to tell you, they will simply respond yes (if they have a watch), or no (if they don't). They will not look at their watch. They will merely respond that indeed they could. Once the logical, thinking, planning, reasoning, analytical, conscious part of the mind is bypassed, you are dealing with the subconscious part of the mind, which corresponds in many ways to the mind of a two year-old. The subconscious mind responds simply and directly to questions without analyzing them.

Note, the use of ideo-motor response can only be done with subjects in a deep state of hypnosis.

Brain Chemistry

So why do we consistently and reliably have superior memory retrieval in the state of hypnosis? According to neuroscientists, the deep, attentive, physical, mental and emotional relaxation experienced during hypnosis, as we slow our brain wave cycles,

produces significant increases in endorphin levels (our body's natural opiate system), dopamine and norepinephrine levels (enhancing focus and attention), producing higher levels of mental clarity, better brain functioning and superior memory capabilities. Cortisol (the steroid hormone produced by the brain under stress, tension, fear and anxiety, and which tends to alter our focus and concentration abilities) drops down significantly. Electroencephalogram (EEG) and Functional MRI (Magnetic Resonance Imaging) studies of the brain before, during and after hypnosis demonstrate the physiological, chemical and hormonal changes naturally occurring during hypnosis.

The hypnotic state is also characterized by profound physical, mental and emotional relaxation. As our muscles, tissues, cells and nerves relax, blood vessels loosen. Our blood is able to flow more fluidly and effortlessly through our entire body, carrying vital oxygen to our brain and essential nutrients to our vital organs.

This creates an ideal state for synthetic thought and creativity, functions of the right brain hemisphere, placing us in an optimal condition to learn new information, remember facts and data, memorize languages, analyze complex situations, all of which in a state of profound, restorative calm. According to Senior Special Agent John Kilnapp of the Bureau of Alcohol, Tobacco and Firearms, hypnosis may be the only way to recover the details of a traumatic event crime victims blocked out of their mind.

Emotional Balance

In addition to helping crime victims and witnesses recover critical information, sometimes missing from their conscious memories for multiple years, hypnosis allows us to address the secondary effects left behind by trauma and enable survivors to finally recover their emotional balance and peace of mind.

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

(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)

Mail this registration and fees to:

Oregon Hypnotherapy Association
PO Box 3511
Salem, OR 97302

Meeting Date:
June 20, 2015

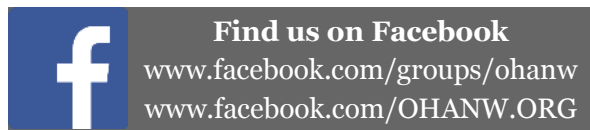


- OR -

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

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Meeting Theme - Psychomotor Indicators

**Presentations will focus on use of ideomotor and
other physical indicators in hypnosis.**

Featured Presenters

Genvièr Martin-Bernard

Howard Hamilton

Fred Michaels

Doug Meacham



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Learn more about
the Oregon Hypnotherapy Association at

www.ohanw.org

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Meeting Info

Saturday, June 20, 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)

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

— OR —

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