



PRESIDENT'S MESSAGE

Genvièr Martin-Bernard, President

Whenever I'm introduced to colleagues here in the Northwest who practice hypnosis and yet are not members of the Oregon Hypnotherapy Association, my question to them is always the same: "Why are you not a member?"

At the international convention of the National Guild of Hypnotists held in Boston, Massachusetts, last summer, colleagues from the US and overseas shared with me how much they wished they could have an organization like ours in their area. They envied our ability to follow continuing education and training without having to incur the cost of flights, hotels and the temporary closure of our practices. They were inspired by the idea of being part of a community like ours, offering an open forum for the exchange of thoughts, ideas, techniques, modalities and discussions on subjects relevant to our profession.

Last month, we were contacted by the Oregon Board of Psychological Examiners and invited to attend their Licensure Exemption Workgroup meeting. The purpose of the meeting was to take relevant testimony and hear concerns about their attempt to remove the education exemption in ORS 675.825(4), which allows practitioners without a qualifying master's degree needed for licensure as a professional counselor or marriage and family therapist to assess and approach mental, emotional and behavioral conditions.

The OHA Board of Directors attended along with members of the OHA, themselves concerned and motivated by the desire to stand strong and united. Of the thirty or so concerned citizens in attendance representing seven+ profes-



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Featured Presenters

MENTAL EMOTIONAL RELEASE

With Wendy Robinson



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NLP MAPPING ACROSS

With Doug Meacham



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ULTRAHEIGHT®

With Howard Hamilton



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Featured Presenters (Continued from page 1)

Breakthrough Session Using Mental Emotional Release™

A Breakthrough Session is an extensive 2-day process that assists clients in letting go of their past negative emotions and limiting decisions and beliefs from and to create a better future. It includes:

- Mental Emotional Release™
- Anchoring New Positive Beliefs
- Reiki and Chakra Clearing
- SMART Goal Setting into the Unconscious Mind

Mental Emotional Release™ is a reprogramming process developed by Dr. Matt James that releases the effects of negative experiences and helps a person let go of past influences. This is a hypnotherapy process that is a safe, gentle, and effective way to encourage the mind-body connection and the emotional growth process.

Mental Emotional Release™ (MER™) was created by applying a therapeutic process to the concept of internal memory storage system. The result is a collection of techniques that produce long lasting transformation very quickly, usually faster than more traditional “brief” therapy methods.

MER™ allows clients to consciously and purposefully connect with and influence their subconscious, or unconscious mind. Using a visualization technique of “The Time Line” is how we store our memories in a linear manner in an internal memory storage system.

As one critical aspect of the Breakthrough process, MER™ allows a client to work at the unconscious level to explore and release the effects of past negative experiences and more importantly, to change “inappropriate”

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Mapping Across

When I took my first NLP certification, back in the mid 90’s, I had the pleasure of working with Rene Pfaltzgraff of NLP Arizona. It was Scottsdale in October. Rene was a very eloquent instructor. In about an hour, he taught this simple pattern, Mapping across, to a group of fledgling NLP practitioners. It quickly became one of the most valuable tools in my practice.

In NLP we use presuppositions. That is to say, we presuppose something is true, and we go with it. This is true about internal representational systems. Generally speaking, we experience our reality through our senses: sight, hearing, touch, taste, and smell. In NLP these can be called internal representational systems. Each sense is further enhanced by what is called Submodalities, which really is a misnomer because it implies these are buried below each particular sense. In reality, Submodalities are what make the sense come alive internally.

For example, when we think of the visual sense, or internal rep system, we can ask these questions about the experience; Is it in color, or black and white? Is it in focus or out of focus? Is it near or far? Is the image associated or dissociated? These questions elicit the Submodalities.

The NLP pattern Mapping Across uses the Submodalities of our internal representations to make quick and lasting change. You can use this Mapping Across process to transition from one internal state to another. For example, you can move from an un-resourceful state of confusion to a more resourceful state of acceptance or understanding.

To quote Keith Livingston of Hypnosis 101, “Mapping Across is a fancy-pants way of getting the unconscious mind to re-code something.” When the unconscious codes a person’s mind differently, powerful unconscious resources are aligned toward making sure that’s true!

If you want to change something about the way you are (or a client wants to change something), it’s best to have the unconscious mind pointed toward that same goal. Mapping Across lets us do that easily and eloquently.

Doug Meacham, CHT, TNLP, CI is a practicing hypnotist of 20 years. He is the owner operator of Oregon Hypnosis

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BREAKTHROUGH SESSION USING MENTAL EMOTIONAL RELEASE™

Wende Robinson

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or “undesirable” programming. These techniques can help the client make changes in minutes rather than months or years, to allow the client to be more responsive to new situations rather than to be reactive based on past experiences.

The Breakthrough Session and MER™ encompasses the most powerful NLP processes and hypnosis techniques for personal change and growth by facilitating the elimination of the painful emotions attached to memories or events in the past. MER™ also focuses on what we can learn from those events and use what we learn as a resource for the future.

The Breakthrough Session additionally helps in assessing, releasing and focusing on the client’s level of functioning in managing a variety of issues. These include stress, irrational fears, adverse habits, anger, sleep issues, sadness, post-trauma emotional issues, grief and loss, low self-esteem, dread, and poor communication. Ultimately beginning the process to help them become more empowered and confident, preparing them to set achievable goals and outcomes to get their desired results.

Wendy Robinson will give more detail regarding the history of Timeline Therapy and MER™, and discuss the concepts and advantages of the Breakthrough Process. She will share the dramatic results achieved from her work with clients who have experienced trauma and its effects associated with physical, emotional, or sexual abuse as part of a two-day Breakthrough Session and ongoing coaching. She’ll also demonstrate the Mental Emotional Release™ Process on two of the top five negative emotions (Anger, Sadness, Fear, Hurt and Guilt).

Wendy Robinson is a Certified Professional Coach from the Institute for Professional Excellence in Coaching, a COR.E Wellbeing Dynamics Specialist, Certified by the Association for Integrative Psychology in NLP, Mental Emotional Release, and Hypnosis as a Master Practitioner, and a Reiki Master. Wendy’s practice has focused on helping trauma survivors release the guilt, shame and anger to have the rela-

tionships they desire. Having been touched by cancer in the family she helps cancer survivors and their families create greater wellbeing while navigating the challenges of survivorship. With over 18 years of experience working in private cancer facilities with patients, insurance, and pharmaceutical companies, she is and always will be a strong patient advocate, and above all else, strives to bring compassion and a stress-free experience to all aspects of a client’s healing.

As someone who is fascinated by Energy and learning how the mind/body connection works, Wendy is constantly looking to grow in her skills as a practitioner to help others. She is well versed in utilizing a wide range of resources to alleviate the stress for clients caused by the emotional issues that are causing them to feel “stuck”. The signature programs she has created at Total Breakthrough Connections, assists people affected by painful circumstances in their lives to break through and release the strong emotions and limiting beliefs that prevent them from moving forward with compassion and in a space of self-love.

“As the love begins to grow in you, you begin to change the relationships around you. Become the “pebble in the pond” that will create the world around you so you thrive instead of just survive.”

Wendy recently moved to Portland this past year. She is the mother of three amazing and loving children who are grown and fulfilling their goals and dreams. She is deeply passionate about personal growth, Reiki, essential oils, meditation, hiking the Oregon trails, rowing down one of these magnificent rivers, golf, and travel. She is a frequent visitor to Scotland to see her eldest daughter. Loves the country and, of course, the Whisky, of what has become her second home! She volunteers at Legacy Good Samaritan Hospital in her neighborhood each week and quite simply truly appreciates helping, being of service to her clients and others and looking at the “bright side of life!”

Learn more about Wendy Robinson and Total Breakthrough Connections at www.DoLoveRight.com.



OHA Event
Lake Oswego, Oregon
March 2016



PRESIDENT'S MESSAGE

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sions, some licensed and some non-licensed, ten introduced themselves with the words, "I'm here with the Oregon Hypnotherapy Association." It was a powerful demonstration of strength and unity.

We stand strong by standing united as a cohesive profession. The Oregon Hypnotherapy Association provides us a forum serving this very ideal. I have lived in many cities and countries around the world, and worked in many different fields. Yet, before relocating to Oregon, I had never experienced a professional community as strong, solid, ethical and supportive as I did when I joined the Oregon Hypnotherapy Association.

Make the most of your OHA membership by attending our events, contributing to our Facebook and email group discussions, sharing your OHA experiences with others, and inviting your colleagues to join us.

We look forward to seeing you on June 18 at the Fairfield Inn, in Lake Oswego!

Genvièv

*Genvièv Martin-Bernard, DESS, BCH, CI, CHT
President of the Oregon Hypnotherapy Association
Author, Forensic & Clinical Hypnotherapy
Board Certified and Certified Instructor
<http://www.GenvievHypnosis.com>
Genviev@GenvievHypnosis.com
Tel 503-887-8034*

MAPPING ACROSS

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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.

ULTRA HEIGHT HYPNOSIS

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A truly beautiful, wonderfully blissful and peaceful level for healing, Ultra Height® is a method designed by Gerald F. Kein, director of the Omni Hypnosis Training Center, that allows clients to open to extraordinary levels of mental awareness and readily obtain knowledge and insight to their physical, mental and emotional difficulties.

While in these levels of profound mental alertness and activity the mind is capable of quickly finding the root cause of a difficulty as well as learning the best way to correct it.

Ultra-Height® Hypnosis provides a method of accessing the client's ability to discover the cause of her/his problem and reveal to the practitioner exactly what is necessary for the client to become free.

It is also a powerful method for the client to accelerate the healing process. The practical applications of this phenomenal method are still being discovered!

Ultra-Height® Hypnosis involves first guiding the client as deep as possible into hypnosis. Optimally, to the hypnotic coma state, but at least somnambulism.

Then the hypnotist guides and directs the body to continue to relax deeper, as s/he guides the client's mind to rise higher. The client's mind is directed to rise well above the level of higher self and higher consciousness into a newly discovered super-conscious level Jerry Kein has labeled Ultra-Height®. It is especially suited to clients who do not want to discuss their issue with the hypnotist and who are not seeking past life regression.

Although all the characteristics and abilities of this extremely high level of trance are still being discovered, there is no doubt that it is a new level of high hypnosis that could lead to a major new therapeutic breakthrough and direction in our work!

See it in action at this meeting of the Oregon Hypnotherapy Association.

Howard Hamilton is an internationally acclaimed hypnosis instructor and past president of the Oregon Hypnotherapy Association.

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:
June 18, 2016

**To preregister by mail,
postmark by
June 15, 2016**

*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**
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.*

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FEATURED PRESENTERS

Wendy Robinson

Doug Meacham

Howard Hamilton

Emily Cahal

FEATURED PRESENTERS

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WORKING IN A WELLNESS MODEL

With Emily Cahal

Hypnotists work within a wellness model. Doctors, physicians, medical and mental health professionals who have a license to do so, typically work within an illness model.

We work with a healthy, functioning clientele as opposed to treating patients... In my office, you will find that no matter the issue or challenge, I believe you are exactly where anyone would be given your own unique perceptions and experiences....

What does that even mean?

Well, I don't think there is anything wrong with you or who you are, even if you are currently encountering some challenges in life.

Let's explore some presuppositions and concepts that may assist you in your practice. Particularly if you are a non-licensed practitioner, you'll get value from our discussion.

Emily Cahal owns and operates Salem Hypnosis in Salem, Oregon. She is currently serving on the Board of Directors of the Oregon Hypnotherapy Association and regularly offers presentations as continuing education for fellow hypnotists in Oregon. Since completing her nursing degree in 1988,

Emily has built her career objectives in helping & healing. She makes use of her strong compassionate and goal-oriented approach in creating solutions specific to her clients' intentions.



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Learn more about
the Oregon Hypnotherapy Association at

www.ohanw.org

Find us on Facebook:
www.facebook.com/groups/ohanw
www.facebook.com/OHANW.ORG



Meeting Info

Saturday, June 18, 2016

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
www.ohanw.org/meetings**

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