

OHA NORTHWEST



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Connection, Education, Support, Exchange

Featured Presenters

MANAGING STRESS

Roy Hunter



Roy Hunter teaches hypnotherapy professionals domestically and abroad.

Originally trained by Charles Tebbetts in 1983, Roy's hypnosis texts come highly praised, and are required reading in many hypnosis schools around the world.

In *The Art of Hypnotic Regression Therapy: A Clinical Guide* (2012, Crown House Publishing), the text on hypnotic regression therapy that he co-authored with Bruce Eimer (a licensed clinical psychologist) has received outstanding reviews.

His latest book is *The Art of Spiritual Hypnosis*, co-authored by 25 respected hypnosis professionals from around the world.

Roy is the recipient of numerous awards, including lifetime achievement awards from three different organizations.

He is also a Life Diplomate of the International Medical & Dental Hypnotherapy Association (IMDHA), and a Fellow of the Association of Professional Hypnosis and Psychotherapy (APHP).

SELF TALK

Tish Paquette



Tish Paquette has been doing intuitive work most of her life. She connects with energy fields, angels, loved ones, chakras and has done consulting work as a medical intuitive.

She is a Licensed Massage Therapist, and Certified Hypnotist/NLP, Reiki Master, Theta Practitioner, Ordained Minister and has her Master's in Metaphysical Sciences.

She is currently completing her Doctorate where her study and thesis explains the connection between chakras and the health of one's personal relationships.

Tish believes in using multiple disciplines from all parts of the world to assist her clients in attaining their highest and best with their specific needs and goals while focusing on total integration of body, mind and Spirit. She has found Hypnosis to be a major key in this work. on self-love and finding your highest best as an individual and a Hypnotist.

AGE-ING TO SAGE-ING

Judith Auslander, MA, MAIS, CLC, CH.t



First off, I am a survivor, a tenacious, strong woman who doesn't ever let anything stop her from doing what she wants in life. I also have a lifetime of knowledge – both book learned and from life. I bring all of this to my practice as a Life Coach and Hypnotherapist.

I started Wise Heart Coaching & Hypnotherapy in 2006.

My training includes Master Degrees from Pacific University and Marylhurst University, Life Coach training from New Vibe and Hypnotherapy certifications from The Wellness Institute (Heart Centered Hypnotherapy) and Cal Banyan 5 Path Hypnosis.

My Masters from Marylhurst, which was focused in gerontology, led me to becoming a Sage-ing Leader. This leadership training was based on Reb Zalman Schachter-Shalomi's book, *From Age-ing to Sage-ing*, and has influenced my work with clients who are often afraid of growing older, illness and death.

I plan to share with you some of what has helped my clients to overcome these fears and to begin to live life in the present while preparing for tomorrow. In my talk on aging, I will include humor, discussion, and hopefully some tools you can take back with you to your practice.

PRESIDENT'S MESSAGE

Dear Colleagues, Clients, and Allies,

We thank each and every one who took the time to write, call, meet, gather and appear before the Committee on the amendment to House Bill 2303A.

I am amazed at the strength we have when we rally together for our profession. As I have written before, we stand stronger when we stand together. Once again, our coordinated efforts did not go unnoticed. Standing united, we made our presence known, and our voice and concerns heard.

For those of you not yet aware, we were informed today, [May 30] at the very start of the Senate meeting, that the amendment which generated such widespread concern among all alternative professions would not be included in House Bill 2303A. While we won a victory today, this does not mean attempts of this nature are over. It is my hope that we all emerge empowered by what we accomplished.

As we move forward, we need to stay strong and united. In speaking with many of you after the Senate Committee meeting, we made plans to remain engaged in the legislative loop. Some of us registered to receive newsletters published by elected officials. Others will monitor proposed legislation. We will remain active and informed. It is imperative that we do so.

It is our duty to maintain the magnificent spirit of cooperation we shared in the last several weeks, and continue standing together to ensure the future of our profession.

My deepest gratitude to Rev. C. Scot Giles, Legislative and Governmental Liaison with the National Guild of Hypnotists, for his considerable work engaging the support of the Guild's union affiliate, the National Federation of Hypnotists, and rallying the lobbying power of the Oregon AFL-CIO. Our profound appreciation also goes to Bruce Bonnett, President of the Hypnotherapists Union Local 472, for his response, support and advice with our efforts.

We especially wish to thank Cat Wilson of Apositiva Institute who valiantly coordinated and led the momentum of our response to this amendment.

And my deepest appreciation to all our members - for your presence, input, and invaluable support.

I am in awe of what we accomplished this year again. And I am proud to call you my colleagues, clients, friends and allies.

Thank you! We look forward to seeing you at our meeting!

Genviè
President



LEGISLATIVE REPORT

By Joseph Bennette
Board of Directors

On the evening of May 15, Cat Wilson notified me of a Senate hearing on an obscure health care bill, HB2303, that might concern us. Someone had attached an emergency amendment to the bill that would require registration of Hypnotherapists. Surprise!

The hearing occurred the very next day, May 16, at 1pm. Several of us spoke in opposition—mostly due to the way the bill's amendment was being handled.

Members of the OHA Board of Directors and several members were present at the hearing. OHA members Eric Singer, Robert Plamondon, Cat Wilson, Rich Aanrich, and I testified in opposition to the amendment while Michael Nagel testified in favor.

Result - the chairperson, Sen. Monnes Anderson, tabled the bill for two weeks to afford time to work out some concerns. She said, "We won't pass this bill..." upon which the bill's sponsor, Sen. Steiner-Hayward, quickly added, "...today."

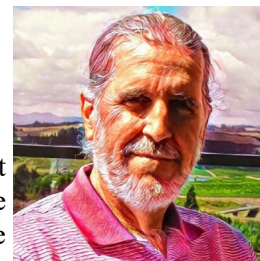
On May 20, several of us met in a Zoom video conference to discuss positions and strategies. Many great ideas were considered and discussed. In the end, we realized that swift action was paramount. Jen Andrews created a Facebook page dedicated to sharing information and strategies with those interested in the legislation.

Hypnotherapists Union Local 472, and the NGH, along with its union affiliate, the National Federation of Hypnotists, jumped in immediately and contributed substantially to the actions taken in opposition.

An email and letter campaign flooded congress to the point they began to take notice. Follow-up work included phone and personal contact. Another Zoom conference on May 25 saw more participants discussing more targeted strategies.

On May 30, the bill passed committee without amendments after Sen. Anderson told us before the meeting that the amendment's sponsor, Sen. Steiner-Hayward removed it. As soon as the meeting was brought to order, Sen. Steiner-Hayward made a short speech in favor of the concept and HB2303A passed with recommendation and *without amendments*. The gavel fell and that was that.

This bill almost slipped by this time with the amendment and without opposition or challenge. We must remain vigilant. We'll keep you posted.



SELF TALK

By Tish Pacquette

Dawn approaches and your slumber comes to an end, a new day is here. You awaken to an alarm or radio or voices outside your door. Perhaps morning news is on, phone is ringing, traffic sounds, horns blaring...the barrage of sounds assail you...noise, noise, everywhere...you have grown accustomed to it and perhaps have found a coping mechanism to dull or drown some of it out. Nothing however, nothing, compares to the sounds in your head. The constant flow of thoughts...conversations...list making...tasks organized etc. etc. ...We know it, we chuckle, yep that's about right...it just is what it is.

Ok let's go with that...follow that dialogue and pay attention to the vocabulary, the words being used. Now as Hypnotists we are trained to listen to our client...tap into the words, decide what modality they use for learning. Are they auditory, tactile, visual etc. We got it...there it is, and now we can tailor make a hypnosis session that will enable them to receive and utilize the information for their highest best.

Excellent...we are good at what we do and we have a great sense of joy knowing we have helped, assisted, encouraged someone along their journey...We play the session back in our heads...the words used, picking the highest and best for them...setting intention with care and compassion...truly a beautiful thing to behold...we ride that wave for a while until wham, smack dab in the middle we hit the wall. Oh, wait what is that...

More words more constant noise, chatter...only this time it is self-directed. Now we hear critique, second guessing, uncertainty...maybe I should have done, said, you know the verbiage...on and on and now it seems to be taking on a life of its own. It has now shifted from the present to the past and before you know it you are remembering all the times you were criticized, made fun of, by others.

All the name calling all the accusations and mostly the words directed at you that made you feel inept, small, worthless, ouch stop brain stop. You buck up take a breath step back feeling a moment of self-control and telling yourself that was then you know better you are an adult now...and you feel better...for that moment... when, worst of all out of nowhere YOU, not someone else but YOU become your own worst enemy...You hear your voice taking up the banner of self-ridicule...I am not good at this, what was I thinking, who am I fooling, can't seem to get ahead I am such a loser, I don't have what it takes, no one will take me seriously, I'm such a fool, others seem to be so much better at this, and so the joy you once felt has been eroded by your

own hand...

How can we give our very best, handle with care, gentleness love and attention our client's needs and not ourselves. Why do we become the bully from our childhood yelling insults at us, or our school counselor that says nope you don't have the grades for that...you better pick a manual labor career, or perhaps a parent or relative or ex-boss who says you'll never amount to anything.

We assail ourselves from our history and experience because we have given way to our insecurity and moments of vulnerability and allowed our Ego to dictate who and what we are. Ego rationalizes, justifies, lies to us, keeps us in fear and makes us feel abandon. An ego out of control, keeps us contained. How is that for a paradox, but that is its job and it thinks it is helping us.

We think ego means being egotistical, prideful, arrogant, conceited...yes but it is also the flip side of that...humble, shy, no confidence, no courage, no strength....zero identity.

Now imagine the benefits of an ego in balance...you have the best part of both worlds...arrogance coupled with shyness becomes confidence and strength, pride coupled with humility becomes compassion and understanding, and an ego I, coupled with a zero becomes a ME and WE balanced together laced with unconditional love.

Oh look...no more chatter, no more name calling...instead you have a thoughtful, kind, caring, sensitive being who wishes to assist humanity, fully embracing the highs and lows of one's character because it enables us to understand our clients, loved ones and humanity as a whole.

We have all the tools necessary to affect change in people's lives, they are worth it and so are you. Pay attention to the words you use when talking to and about yourself...are they the highest and best...words have power be careful...treat yourself as you do your clients..

When I have people call me and say, "I just can't seem to achieve what I want"...I say...

"Hmmm, can't achieve....what is your self talk?..."

There is a momentary silence...then a sigh...then an oh I get it...and then a giggle...

Your self-talk is the most important gift you can give yourself...let go of the history....embrace your NOW and walk towards YOU.

Tish Pacquette owns **Emergence Readings & Reiki**,
123 E Powell Blvd Suite 304, Gresham, OR 97030
503-407-1239 Learn more at her web site,
www.emergencereadingsandreiki.com

YOU MIGHT BE A HYPNOTHERAPIST IF...

By Doug Meacham and Joseph Bennette



You have big eyes that glow in the dark or a light that perpetually focuses on your eyes, you may just be a hypnotherapist.

You have superpowers. In 1940, Hugo Gernsback (yes, that Hugo Award Guy), began publishing "Superworld Comics" to show off these powers in one of our own, Hip Knox, Super Hypnotist—you are definitely a hypnotherapist.



Have an inclination for wearing "hypnoglasses"? - you shur nuff gotta be a hypnotherapist.



Clients come to you for lightning bolt therapy because, well, you're electric - and probably a hypnotherapist.

And, of course, if you carry a pocket watch in your vest pocket, you must be a hypnotherapist.



What to Do When Your Buttons Get Pushed

(Managing Stress)

By Roy Hunter

Many excellent books, workshops, and consultants can assist you in reducing anxiety in your life. But when we do all we can to minimize stress, what do we do when somebody still manages to push the wrong buttons? We can either give our power away, or take our power back.

It is important for all of us to learn how to manage stress, because unresolved stress can hurt us mentally, emotionally, and physically. Several physicians who have taken my workshops over the years have mentioned that stress can accelerate the progression of many major diseases.

Ownership of Emotion: Establish a Peaceful Place Trigger

Your emotions belong to *you*. As owner, *you* have the power of choice to choose *when, where, how, and whether* to express them or release them. The key is in realizing that emotion often triggers an instant subconscious reaction, so we must USE A TRIGGER that causes the subconscious to allow us to make a more self-empowered choice (discussed in the next section). Emotion is the energy of the subconscious, so the flow of emotion must be somewhat calmed in order to make the best choice.

In light of the above, the first step to learning how to manage stress is to establish a peaceful place, along with a peaceful place trigger. Depending on the client and the presenting problem, as well as the length of the intake, I may either combine this with stress coping OR make it a session by itself.

Before the hypnotic induction, I ask the client to describe his or her ideal peaceful place (woods, beach, lake, etc.). It also helps to know whether your client visualizes easily, or is more auditory or kinesthetic, so that

you may ask the auditory or kinesthetic person to imagine pleasant sounds and or sensations (such as a pleasant breeze, warmth of sun, etc.).

Some clients prefer to choose a place after the induction. If working with a group, I use open screen imagery during the meditation with words such as:

Imagine you are in a pleasant, safe and peaceful place, with sights, sounds and sensations that are calm and peaceful. It can be a place you have been to, or would like to go to... because in your mind you can be anywhere in time or space...

Additional suggestions are added as desired; then I anchor a client's peaceful place trigger with words such as:

Imagine this place is so calm and so peaceful, that you feel as though you are becoming a part of the peace that you imagine...and as you do, touch your thumb to a finger that you choose as your PEACEFUL PLACE trigger. Now take a deep breath and think the word "RELAX." ...[pause]...

Anytime you either touch your peaceful place trigger OR take one deep breath and think the word "RELAX", you connect to your place of inner peace... and you are free to think with a clear mind, using your best wisdom, knowledge, understanding, intelligence and experience to be the best that you can be.

I also include suggestions that the client can easily enter a state of self-hypnosis or meditation by being seated, reclined, or lying down; and then, with eyes closed, activate the peaceful place trigger while also taking two or

three deep breaths while thinking the word "relax" and imagining BEING at the peaceful place.

The Coping Technique (What to Do When Your Buttons Get Pushed)

We can easily let our stress buttons get pushed as long as we have what I call the *three T's*... teenagers, traffic jams, and telephones. In advance of the trance, I explain to my clients that they should activate the peaceful place trigger at the moment stress occurs. In addition to calming the anxiety, they can link the *power of choice* to the peaceful place trigger, creating a coping technique. The *power of choice* involves the concept of our three healthy choices:

1. Now: Attempt to resolve an issue or express your feelings immediately, in the "here and now" - in the manner most appropriate for the situation.

2. Later: Wait for a more appropriate time and place. You totally accept your decision; but it is important to follow up on that decision.

3. Let it go: Release the other person (s) from the apology they used to owe you, and forgive yourself for having allowed it to bother you in the first place.

In the absence of making one of the three healthy choices, the "default option" is to *stuff it*. That is hazardous to our health and wealth; as we could end up taking it out on a friend, relative, associate, or stranger...or worse, we might take it out on ourselves by getting sick or accident prone.

Getting the Subconscious to Buy the Coping Technique

During hypnosis, I guide the client to his or her peaceful place; and I either establish the peaceful place trigger if not done in an earlier session, or I

(Continued on page 8)

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 24, 2017

**To preregister by mail,
postmark by
June 20, 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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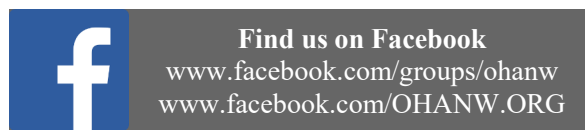
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FEATURED PRESENTERS

Roy Hunter

Tish Pacquette

Judith Auslander

MANAGING STRESS

(Continued from page 6)

return the client to the peaceful place if it was previously established. Then I say words such as:

In your imagination, you can do anything you wish. In a moment, I will ask you to imagine three stressful situations where you use each of your three healthy choices: now, later, or let it go. You can either recall real events that you handled well, or you can rehearse fictitious events. Since you can do anything you wish in your mind, it is important for you to have successful rehearsals...because in real life, the next time someone pushes your buttons, it is performance time. Each successful rehearsal helps you have a better performance...

At this point I then ask the client to fantasize three different stressful situations involving each choice, and activating the peaceful place trigger as a trigger for choice...to a satisfying outcome. Also, I obtain finger response after each rehearsed choice. After successful rehearsal of all three choices, I give additional empowerment suggestions, starting with:

Like a muscle that's used is stronger with use, your power of choice is stronger with use. Every time you use your peaceful place trigger, it becomes stronger with use; and every time you make a good choice, it becomes easier to make another good choice...

Ego strengthening suggestions are added as appropriate for the client before emerging him or her from hypnosis. Many clients over the years have told me that this one session alone is worth the cost of several sessions for the presenting problem...which is often something other than stress.

References: The above material is covered in Chapter 10 of *The Art of Hypnosis: Mastering Basic Techniques* (3rd Edition, Hunter, Crown House Publishing, 2010). Additional information appears in *Mastering the Power of Self-Hypnosis* (2nd Ed., Crown House Publishing, 2011).

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the Oregon Hypnotherapy Association at

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Fan Group: facebook.com/groups/ohanw



Meeting Info

Saturday, June 24, 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)