



# OHA NORTHWEST



Official Publication of the  
Oregon Hypnotherapy Association  
Connection, Education, Support, Exchange  
Volume 21, Issue 2 - June 2018



## Featured Presenters

### Michelle De Lude

**Michelle De Lude, CH, MNLP**, likes to tell people that her love of language is as old as she is. She blames it on the fact that she was born the same day John Steinbeck received the Nobel Prize in Literature.

She wrote her first book at age 6 (with crayons and construction paper) and began singing around the same time. She sang in church, school, and employee choirs until her writing career brought her to Oregon in 1993.

Her interest in hypnosis dates back to high school, where a stage hypnotist performed. Her serious self-study of hypnosis began in 1983, when she was hypnotized at a private party. She obtained her hypnotherapy and her Mastery of NLP certifications from Apositiva Institute in Portland, Oregon, in 2003 and 2004 respectively, and was a hypnotist at Positive Changes Hypnosis Centers from 2007-2017. Following its closure, she opened her private practice in Beaverton, naming it Destinations Hypnosis as a nod to her years as a travel writer.

Michelle loves contra, Regency, and English Country dancing; she is a long-time science fiction, fantasy, and horror fan; she enjoys two-wheeled transport, and she lives in Aloha with her two parakeets, Peek and Twinkie. She can be reached at [michelled@destinationshypnosis.com](mailto:michelled@destinationshypnosis.com).



### Carol Scott Hess

Carol has a rich background in music and voice beginning with piano lessons at age 5 and continuing through high school (Rex Putnam), studying both classical, theory and jazz improvisation with Elesa Keeney, Imogene Palmer, and Gene Confer.

She received her B.A. in Home Economics from OSU where she was a member of the OSU Concert Choir under Ron Jeffers, sectional leader, and occasional accompanist.

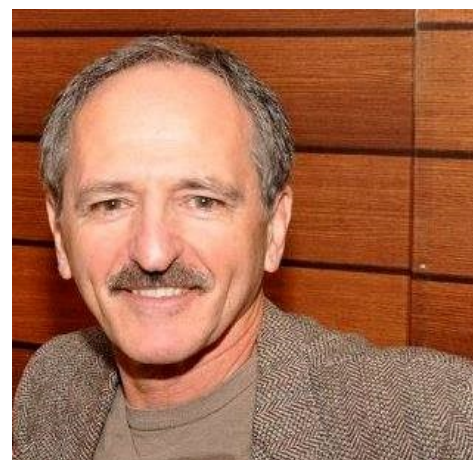
She spent 2 years Post-Grad studies in music theory and performance at Sonoma State University where she performed in chamber and jazz ensembles.

Carol received private vocal instruction from Eve-Anne Wilkes, William Neely, and Lisa Raboy.

Choirs: Rex Putnam Concert and Chorales, Burien Community (WA), Napa Community, Napa College, Church Pianist and Vocalist at Napa Community Church, Church of God (Portland), Hinson Baptist (Portland), and Brownsville First Baptist Church.

She has coached light opera, jazz standards, American pop, Art Song, folks songs, and solos from musicals.

Carol received training in the Neurolinguistics of Communication and the Performing Arts with Cat Wilson at Apositiva Institute, Portland, Oregon.



### Steven Ruiz-Bettencourt

Dr. (and Grand Master) Bettencourt began studying martial arts in 1970 while in high school. Inspired by the television series "The Green Hornet", which featured Bruce Lee as Kato, and Billy Jack, which featured the stunt double Bong Soo Han, Steven's spirit was struck by the awesome power and control in the martial arts. Having studied three Japanese martial arts systems, he discovered Taekwon-Do in 1975, immediately upon his release from the U.S. Army. He began studying Korean Taekwon-Do while attending college majoring in psychology. He discovered that the rigorous demands of the study of Taekwon-Do helped to discipline him toward his psychology studies. He has opened more than 20 martial art schools and opened his first Taekwon-Do school in 1977. He has instructed over 7,000 students since that time, and began a 23 year study of Korean Hapkido in 1995 under legendary Grand Master, Bong Soo Han, 9<sup>th</sup> Dan. Steven received his Masters Degree in Counseling Psychology in 1983, and his Doctorate in Counseling Psychology in 2017. He blends the gentle arts of Traditional Taekwon-Do, Hapkido, hypnosis and counseling. Working as a full-time psychotherapist and clinical supervisor, he was also an adjunct psychology professor for 10 years. His work with both martial arts and survivors of abuse and disempowerment led to his special interest in "The Psychology of Breaking".

# PRESIDENT'S MESSAGE

*By Joni Brewer, President*

Greetings to my fellow hypnotist friends. It's with a mix of sadness and gratitude that I announce the resignation from the Board of Directors of Genvièr Martin-Bernard and Howard Hamilton.

Genvièr's term as president has certainly seen a lot of turmoil on the state level for us hypnotists and we are truly grateful for all the work that she put in to help protect our practices.

Howard has been with OHA since the beginning including time as President; his presence was missed at our last board meeting. We wish both of them all the best now and in the future.

## THANK-YOU!

Recently, we had a wonderful board meeting with many new ideas that we'll be rolling out over the next few months. We want to increase our interaction with all members, connect with those that aren't near Portland, and support our new members just starting on the wonderful journey that is hypnosis.

We look forward to hearing your feedback about what we're doing and what you would like to see in the future from your Oregon Hypnotherapy Association.

## Come Join Us!

**On June 23** we have Michelle De Lude and Carol Hess presenting on Voice and Vitality— Affirming our voice's value, exploring ways to use, protect, and heal it . We are our voices and I look forward to what they have to teach us.

Also this month, Steven Ruiz-Bettencourt will be helping us break through the barriers of self-imposed limitations and fears. Sounds like great information for us personally as well as professionally to help others break through those same barriers.

If you have something you would like to share at one of our meetings, please let one of the people on the Board of Directors know. We would love to add you to the roster of presenters. If there's a specific topic you would like discussed or a presenter that you would like for us to bring in, please let us know that too.

We look forward to hearing from you!

*Note: On May 1, 2018, Joni Brewer was installed by the Board of Directors as President of the Oregon Hypnotherapy Association.*



## About Joni Brewer

After 15 years as a nurse and 10 years as a massage therapist Joni took a detour into law as a volunteer coordinator for Court Appointed Special Advocates (CASA.) Law was a really bad fit and she felt she needed to get back into healing which is when she found out about hypnosis and subsequently trained under Patrick Glancy. She's very grateful for the instruction she received and that she was able to practice on "real people" with Patrick to guide her.

Joni became an active member of OHA August 2010 and then took on the treasurer role in January of 2013 where she has served since. She feels humbled and grateful to serve as the newest President of the Oregon Hypnotherapy Association.

The breadth and quality of training provided by OHA continually surprises and impresses her and the friendships that have developed are invaluable.

Watching people transform into their healthy selves, with the ability to move forward with their lives, not being chained to the past, in whatever way that looks for that person, is what Joni loves about practicing hypnosis.

Currently Joni sees clients in her Salem office and by Skype. You can reach Joni at 503-910-7186 or [Joni@BrewerHypnosis.com](mailto:Joni@BrewerHypnosis.com) and online at

[www.brewerhypnosis.com](http://www.brewerhypnosis.com)



## FAREWELL WITH THANKS!

Ten years ago, I arrived to the Pacific Northwest not knowing a soul.

In the Oregon Hypnotherapy Association, I found a circle of friends, a community, a family. I was welcomed with open arms, kindness and warmth.

From attending events, to becoming a presenter, I found myself serving on our Board of Directors, first as a Director, then Secretary, then Vice-President, and finally, President.

It's been an incredible journey, filled with challenges and victories. Together we accomplished great things and built solid bridges with professions and organizations previously inaccessible to our field.

It was an honor to serve and represent our association and our mission in the Northwest. Strengthened from the experience we shared together, I leave you in good hands with a knowledgeable Board of Directors.

Thank you for your presence and confidence.

Gratefully,  
Genvièr

*Genvièr Martin-Bernard, DESS, BCH, CI*  
*Past President, Oregon Hypnotherapy Association*  
*Board Certified & Certified Instructor*  
*Forensic & Consulting Hypnosis*  
*[www.GenviewHypnosis.com](http://www.GenviewHypnosis.com)*



## VOICE AND VITALITY

*By Michelle De Lude and Carol Hess*

Have you ever lost your voice?

What steps did you take to recover it?

What do you do to protect your voice?

Here's another question: Which voice comes to mind as you consider those questions? Is it voice as a metaphor for your identity? Is it voice as your ability to express your personal thoughts or opinions? Is it voice as a metaphor for your own power or sense of self-direction or self-control?

We often focus our attention on the inner voices of our clients or ourselves. What about our physical voices? Some of us only think about them when we have to cope with their loss due to illness, accident, or circumstances such as a silent retreat.

At Positive Changes Hypnosis Center, Michelle often saw between eight and ten clients a day. To meet her demanding schedule, she relied on many of the exercises and habits she learned in her avocation of singing in choirs.

As a professional singer, vocal cord damage devastated Carol's career and challenged her in ways she never imagined. She turned to hypnotherapy for insight, tools, and healing.

These two women will share from their personal and professional experiences and lead participants in a fun, experiential session covering

- The power of the voice,
- Identifying vocal qualities,
- How vocal qualities can affect client work,
- Avoiding common (and uncommon) pitfalls, and
- Building vocal strength and flexibility.



*You don't have to be a professional singer to appreciate having and protecting your voice.*

# THE HEALING DANCE BETWEEN TRANCE AND MASSAGE

by Tish Paquette, CHt, LMT

In this day and age it is probably safe to say that a large percent of people have had a massage. Some have them for relaxation, some for treatment from auto injuries or other conditions that require specific techniques to aid with their healing process and a smaller number of people have had massage for what is called emotional release.

Touch, music, scent, being in certain locations can trigger body memory responses. Some exhibit joyful lightness after a release from sorrow, loss, tears, surrender. Others feel enlightened. Client and Massage Therapist can certainly pre-set an intention and outcome for such an experience. Most of the time people go for relaxation massage to ease tired or strained muscles, reduce stress or to just feel pampered.

Medical testing has shown that massage increases one's ability to relax, reduce conscious awareness, and bring about an overall feeling of wellness and calm; same goes for trance due to hypnosis. If hypnosis and massage produce trance, why is this significant?

The act of massage, set with intention can bring about a more significant change in your body and mind that can accelerate the healing process just like hypnosis, so why not make the most of your massage session?!

Let's look more closely how massage induces trance. Knowing what trance means is helpful. Most resources say that trance is an altered state of awareness... a mental state between sleeping and waking... a state of high suggestibility... One of my favorites is Middle English "to cross or crossover a hall/hallway or passageway." What a perfect depiction of what hypnosis does for consciousness!

In hypnosis we must determine if the client is willing to enter into a trance state - usually through yes-set questions and intake information. We observe different levels of trance with our client and see them transition from one level to another. Same is true of massage.

Like hypnosis, massage produces measurable results in the brain where frequencies start out in Beta, 12-40 Hz full conscious awareness. Then to Alpha, 8-12 Hz, the simplest trance to enter by saying, "close your eyes and take three deep breaths..." - a restful state where access to creativity, problem solving and visualization can be addressed.

Theta, 4-8 Hz produces dreams in light sleep. In-between sleep and awake short term memory can be accessed. You leave the knowing of being on the table/bed/chair and just wander. Higher levels of creativity, solving problems, enlightenment and spirituality are utilized here.

Delta, at 0-4 Hz very slow very deep sleep, where the conscious switches off and the un/subconscious takes full control, activating total receptivity of suggestions. This is where the deepest level of healing is realized.

Let's take the benefits of trance into the massage arena and see how it can impact the experience. The stage is set immediately for optimum benefit. Little effort is required because the client accepts they will experience trance and are willing to allow it. They don't think of it as trance, they think of it as relaxation. If this is a first time massage then of course rapport needs to be established, intention and desired outcome. If this is a repeat massage then everything is already established. Once they are on the table they will float between levels

*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*

[emergencereadingsandreiki.com](http://emergencereadingsandreiki.com)



of relaxation/trance... when touch is introduced and accepted, it accelerates the process and gives the body permission to let go.

In trance, relaxation activates serotonin that regulates mood, controls hunger and increases a sense of well-being. Dopamine is next, the reward system... You can preset the outcome in this phase through intention. One must be mindful as the addiction merry-go-round is awakened here. Next comes oxytocin, love and warm. No wonder you feel great after a massage. Your cortisol levels are reduced while wound healing and immune system is enhanced. Epinephrine/nor-epinephrine fight or flight is brought into balance.

Massage has now brought you into a trance state, the threshold for the hypnotic experience. Visualization, positive healing statements, and suggested outcomes move you toward your desired outcomes. If your Massage Therapist is also a Hypnotist, they can utilize hypno-techniques in conjunction with NLP language and give instructions focused on your health, and your body's ability to heal. Suggestions may include statements focused on breath, imagination,

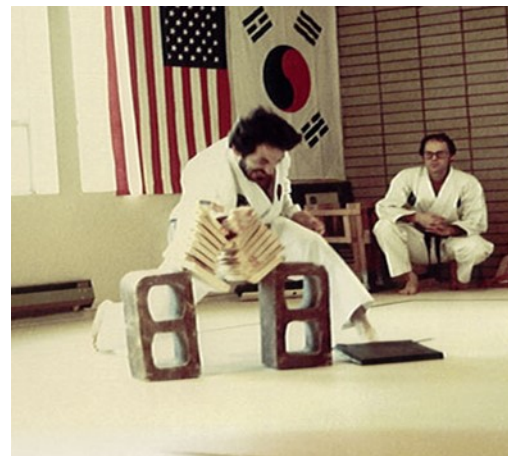
*(Continued on page 8)*

# THE PSYCHOLOGY OF BREAKING

*By Dr. Steven Ruiz Bettencourt, Psy.D., 8th Dan*

## Introduction to the Dynamic Art of Breaking

1. The Relationship Between Mind and Body
2. Visualization and the Mind-Body Connection
3. The Process of Disempowerment (Learned Fear)
4. Tools for Personal Empowerment
5. The Nature of Commitment
6. The Barrier of the Board
7. The Art of Breaking



The art of board breaking does not teach self defense skills. As Bruce Lee stated in the movie, Enter the Dragon, "Boards don't hit back." What then is the real reason behind smashing boards, bricks, blocks of ice, roof tiles, etc., with one's bare hands and feet? Board breaking is a common tournament event that challenges ages 4 years to adult, men and women, young and old, all body shapes and sizes, all levels of skill and provides an endless array of creative challenges to strive toward.



The psychology of board breaking serves as a metaphor to face life's many challenges head-on and to learn the skills and the confidence of personal empowerment. Board breaking allows one to explore the inner personal power potential that all human beings possess and are rarely aware of. The harnessing of power, the specific techniques, the mindset, and the nature of commitment all work together when learning to break boards. In addition, when one learns to overcome the fear of hitting something, or someone, with amazing force and accuracy, the spark of self-confidence grows.

My presentation at the OHA event June 23 will focus on becoming aware of those inner memories and experiences of failure, shame, guilt, regret, weakness, with their attendant conscious and unconscious negative self-talk. When those memories, experiences and feelings are intentionally uncovered and felt in real time proprioceptive level, one can realize just where and when and why the process of disempowerment began. "The mind and body are one" is a powerful mantra when discovering and developing a

new sense of personal power. The unification of self as mind, body, and spirit is the goal and purpose of martial arts, psychotherapy, and hypnotherapy. One path to the wisdom of self recovery is through the manifestation of the deep visualizations and guided imageries of inner strength and confidence of breaking through the physical aspect of self-imposed limitations - by the courageous, committed action of breaking the board.

It is my intention that everyone attending this seminar move beyond their current paradigm limitations to a new level of inner strength and accomplishment. And have some fun while we're at it!



## 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:**  
**June 23, 2018**

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

PO Box 3511

Salem, OR 97302

Phone/Text/Msg: (503) 902-1122

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

### Officers and Board of Directors

President — Joni Brewer

VP — Scott Duvall

Secretary — Joseph Bennette

Treasurer — Emily Cahal

Member — Steven Ruiz-Bettencourt

Member — Tish Paquette

Member — Larry Dillenbeck



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## FEATURED PRESENTERS

Michelle De Lude

Carol Hess

*Voice and Vitality*

Steven Ruiz-Bettencourt

*The Dynamic Art of Breaking*

## THE HEALING DANCE

(Continued from page 5)

pretending that put them into Alpha. Then with soft soothing speech (hypno-voice), word choice, and music, immediately move them into Theta.

When I see they are in that receptive space, I remind them that their body seeks homeostasis and desires to be healthy. When I palpate muscles and find hypertonicities (knots etc.), I show the client and tell them to, "breathe into it and visualize and notice how it is releasing now. This will continue to release in the hours and days ahead." It always works! I encourage them to make sure they pick the highest and best desire, words, visualization to aid in supporting their optimum health.

If your Massage Therapist is not equipped for Hypno-massage, then you can do self-hypnosis, implementing the ideas previously suggested.

I should mention here that massage will reveal anchors and triggers. Anchors are thoughts or feelings while triggers deal with behavior. This is happening throughout your experience through your senses - from how you feel

about your therapist, the room, the atmosphere, the lighting, the feel of the table, the scent of the oil - all invoke feelings and bring comfort to your experience each time you enter the room. All of these are a stimulus to help you return to these moments to reinforce your future positive sessions. Either you or your therapist can help you decide which anchor would be beneficial for you.

Triggers are behaviors that come to the surface due to previous experience. The behavior will be expressed outwardly, vocally, or through the tissues of the body. Remember, triggers will be activated through your senses as well. This is the opportunity to choose behavior that is in your best interest.

As you can see, massage gives you the opportunity to alter thought, behavior, self-talk and beliefs. Use that opportunity. You have the power and ability to direct your body's and mind's response to the massage experience. Make the most of a partnership between client and therapist.

For optimum outcome, become a participant in the experience by setting intentions ahead of time. You will find how much more responsive your body will be and how quickly your health will be restored. - Tish

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the Oregon Hypnotherapy Association at

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

### 2018 Event Dates

Put these event dates on your calendar:

Spring: **March 24**  
Summer: **June 23**  
Fall: **September 22**

*Earn 5 CE credits for each event you attend!*

**See you then!**

## Event Info

**Saturday, June 23, 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](https://ohanw.org/meetings)

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