



## Hypnosis and Pain Management

This issue's theme is Pain Management. Literally millions of Americans suffer from chronic or acute pain. Hypnosis is well known and accepted as THE most effective and useful pain management technique where natural drug-free, side-effects-free, quick recovery is the objective.

### History of Hypnosis and Pain Management

Hypnosis for sedation was used widely before the development of safe and effective surgical anesthesia (Chaves & Dworkin, 1997). In the 19th century, it served as the sole anesthetic for minor and major surgeries in India. Physiologic benefits from hypnosis were observed, but not understood.

These benefits included decreased heart rate, decreased respirations, improved mood, and overall relaxation. In the past decade, the use of hypnosis has increased as a complementary therapy in the management of pain in the acute care setting as well as in outpatient settings.

It has been shown to be effective in reducing both clinical and experimental pain (Chaves & Dworkin, 1997; Doody et al., 1991; Montgomery et al., 2000). The interest to incorporate hypnosis into clinical practice has increased because it is cost-effective. And, recent neuro imaging studies have provided an increased understanding of the mechanism of action of hypnosis (Patterson & Jensen, 2003).

As more information about negative drug side effects become known, drug free alternatives for pain management will continue to become more popular.

### Pain, Hypnosis, and Science

There is more and more research uncovering the science behind hypnosis and pain management. Most notably, using functional Magnetic Resonance Imaging, or fMRI. Studies using fMRI have helped prove that the sensation of pain strength is largely the result of the mind's interpretation of the nervous system's 'pain' signal.

This interpretation is largely based upon history and expectations. This interpretation of the pain signal occurs in specific regions of the brain. These regions of the brain are the same regions that fMRI show hypnosis affects.

The state of hypnosis appears to reduce the activity levels in these interpretive regions as well as assisting in altering the interpretation in a desired direction. Hypnosis can help change the expectations, and thereby the interpretation of the 'pain' signal. This results in decreasing the subjective, experienced, pain level.

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

# Preview of Meeting Presenters

## Changing Pain from Ear to There

By Cat Wilson

When was the last time you felt pain? How did you listen to it? (Or was it ignored?) Did you tell anyone? (Or hold it inside?) How did they listen? (Or not listen?) How did the story go from there? (Or not go?) Noticing pain, listening to pain, and entering a new story can lead to a higher and better experience.



Pain is what drives the client to come in for help - physically, mentally, or spiritually. Physical pain is a signal trying to get a person's attention to take care of an issue or problem. It's important for a client to see their physician for any pain to assure it's not indicating a condition that needs medical attention. Once cleared by the physician, it may be time to try another approach, which is when the client seeks the hypnotherapist.

Listening to others builds good rapport and feels good to a client. In the nature of our work in using hypnotherapy we are drawn to helping people feel or think better. We care, so we listen and provide "time" to a client for deep reflection and release. Being listened to by an open and respective heart can be healing in itself. Studies have shown that when a patient feels that their practitioner really listens to them, they feel they received better treatment. So we listen to their old story and then we give them a structure to create a new and better story. Why? **You can't plan the future when you're still looking at the past.**

Listening to a good story can change the scene. Your mind imagines travels to distant places, times, experiences, and offers you the vehicle to visit new worlds. Remember back to a novel where a character travels to an exotic and wonderful place, an island or country where you've never been. Did you feel like you were the character? What was it like being them in a different life? How was it going along side of your character and feeling the movement of a train, a drifting sailboat, or a bumpy ride on a bicycle? Stories offer a good experience for us to release life for a while. And have you ever noticed how time goes by quickly when you're reading? Then, you may feel more energized to go and work on a tough project. A story "changes the pain" and can actually relieve or release it. One of the helpful things about stories is that as you listen to it you are also creating it in your body. As we are listening to the story, we are literally creating that change and isn't that what you want?

## Short Duration Pain Management

Patrick Glancy, BCH, CI

We are aware of physical sensation thanks to sensory nerves, but the perception of good, bad, sharp, dull, stinging or any number of descriptions about what we feel, occurs in our brain as does our perception of pain level.

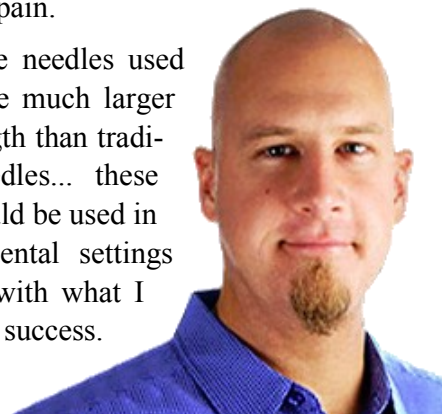
I am in a unique position as a part-time Body Piercer of only intense stimulus to my clients for a fraction of a second. Because the "pain" is so limited in duration, I can make effective suggestions to clients in a waking state if I simply use a few convincers in my pre-talk, giving them a 'painless' piercing. This helps with much of their fear, builds rapport and trust and decreases perceived pain in measurable ways.

I've been able to increase the comfort in my (fearful) clients significantly with hypnosis. I believe the same process I use would work quite well with shots or other short but potentially intense procedures while clients are in a full waking state.

So basically, I use waking hypnosis techniques to validate and explain their current situation, fear. I replace it with the idea that this doesn't have to be painful with examples and convincers and reinforce that with evidence of how the body works for self protection and why we might want to set that aside for a moment.

About 30 % of my clients say they didn't even feel the process and are surprised to hear we are done. Another 50% say they felt the piercing but it wasn't painful. 15% report discomfort, but far less than they expected. It's uncommon that people feel what they were expecting to feel or report actual pain.

Considering that the needles used in body piercing are much larger in diameter and length than traditional medical needles... these same techniques could be used in medical settings, dental settings and even esthetics with what I believe to be similar success.



# Introducing 2 Members of the OHA Board of Directors

## Joni Brewer



While watching the heart beating during an observation of open-heart surgery, I was hooked! The body and healing fascinated me and I became a nurse in 1983. After 16 years I wanted to get more "hands on" so became a

Licensed Massage Therapist (Oregon lic. #6605) and started teaching Anatomy and Physiology at Oregon School of Massage. How wonderful to be able to pass on my enthusiasm to my students.

Hypnosis was a natural outgrowth from my interest in the brain, how it works and how it can be used to help people. It continues to fascinate me and I enjoy the diversity that every hypnosis session brings. I love learning how people think, learn, and change so I'm continually adding to my hypnosis "tool bag."

In order to get people to become more involved in, and take ownership of their success, I'm also always on the lookout for techniques that my clients can use between hypnosis sessions that will strengthen what has been accomplished in the office.

Having worked as a massage therapist for many years, which is also a more solitary type of profession, I know the importance of networking and having ongoing education from peers. This was my original reason for joining OHA and my reason for becoming part of the Board of Directors for this vibrant, professional group. Thank you for your interest and participation in OHA, it's the members that make it work.

### **Brewer Hypnosis and Massage**

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

[Joni@BrewerHypnosis.com](mailto:Joni@BrewerHypnosis.com)

503-910-7186.

## Daniel Hedrick

Daniel's hypnosis repertoire includes Conversational hypnosis, Direct Suggestion hypnosis, Age Regression hypnosis, Root Cause Analysis hypnosis, Parts Therapy hypnosis and NLP, and Stage Hypnosis.

Daniel has studied under Gerald , Cal Banyan, Roy Hunter, Stephen Parkhill, Marc Savard, Terry Stokes, Richard Bandler and Tony Robbins. Daniel's proudest teacher is his mother, Hypnotist Janie Martin. Ms. Martin, proudly calls him, "The next generation hypnotist."

Daniel specializes in rapid and lasting change work. He mentors hypnotists around the world. Many of Daniels hypnosis instructors now consult with him on a regular basis about their clients. Clients include spouses of the people highlighted in the movie, "The Secret." Some of his clients are and have been students and employees of his mentors like Marc Savard, Cal Banyan and Tony Robbins. This is why Daniel Hedrick has been called, "The hypnotist's hypnotherapist."

Daniel Hedrick is also known as "The Stop Smoking Guy." This is not a name he chose - it was a name given him by his clients. Daniel has been obsessed with finding and exploring the best techniques available to help people break free from tobacco. Daniel and the hypnotists he has trained have helped thousands walk away from cigarettes and chewing tobacco. At a recent seminar featuring one of Daniel's mentors, that mentor called him, "The world's foremost expert on stop smoking hypnosis."

Daniel says, "I'm just a guy who talks to people with their eyes closed".

### **The Hypnosis Place**

238 SE 2nd Ave.

Hillsboro OR. 97123

503-720-4128





# Report - June 2012 Meeting

*Report by Joseph Bennette, Editor*

The theme of the June meeting was “Hypnosis Essentials,” which covered a fairly large area of interest to OHA members.

Genvièr Martin-Bernard presented from her experiences in forensic hypnosis. Normally a pretty dry subject, Genvièr livened it up with graphics, discussion, humor, and charm. I learned a lot about the legal uses of hypnosis, the legal risks involved, and how to protect myself and my practice from lawsuits and claims. She also shared information about practice insurance, the value of good record-keeping, and how to not be successfully sued. VERY useful information.



Howard Hamilton focused on quickly developing somnambulism in any client and then what to do once you get it. As always, I loved watching him work his magic, even “zoning out” myself, no doubt making the learning sink in a bit better. Howard tends to demonstrate while he presents, which adds credibility to his presentations, turning abstract theory into hard reality.



Carole Ockert presented the annual Board of Directors report. She freshened up the presentation with useful graphics and helpful discussion.





The always entertaining and energetic Daniel Hedrick shared insightful tips about “guerrilla” marketing, like finding a niche market and how to aggressively go after it, how to design an effective sign and a placement strategy for it. He shared tips about business cards, and the use of what he calls “drop cards” - how to design these drop cards to grab attention and excite the imagination, driving business to your office.

Daniel spoke about the need for good elevator speech - the importance of letting everyone you meet know within seconds what you do for a living. I especially enjoyed the tip about building instant rapport with every new person you meet by the use of “the eyebrow flash.” He also spoke about the importance of using “convincers and challenges” with your clients to convince your clients that they were hypnotized, and to get them talking about you and your services with all of their friends. The good you can do won’t matter if nobody knows it.





## Welcome New OHA Members

The Oregon Hypnotherapy Association welcomes these new members and looks forward to working with them to further OHA's mission of providing its members with connection, education, support, and exchange.

### LeAnna Dolan

King City Hypnosis  
16855 SW Queen Anne Ave  
King City, OR 97224  
503-729-2922  
[www.leannadolan.com](http://www.leannadolan.com)



Le Anna graduated from the University of Portland and did her Post Baccalaureate work at Portland State University. She has had the good fortune to have experienced many interesting jobs. First, she worked as a geologist for the Army Corps of Engineers and then as a customer service representative for PGE. She then transitioned to the world of social services and was given the task of assisting long-term welfare recipients to become fully self-sufficient. It was in this role where Le Anna found her true passion of empowering people to achieve their goals.

### Laura Gabriel, CHt

Empowered Changes Hypnosis  
11812 SE Sunnyside Rd  
Clackamas, OR 97015  
(503) 454-0782  
[www.empoweredchangeshypnosis.com](http://www.empoweredchangeshypnosis.com)

The Registered Nursing courses Laura attended were insufficient; she wanted a deeper sense of fulfillment. When she discovered Hypnosis, she knew it was a perfect fit. The accredited hypnotherapy program training she received in 1999 incorporated human behavioral analysis alongside the study of the mind, body, and spirit. Throughout the years, she continues to attend advanced seminars and hypnotherapist advanced trainings as she feels learning is a lifelong process.

### Jean Jackson, CHt, NLP

Becoming You Hypnosis  
9725 SW Beaverton Hillsdale HWY  
Suite 210-E  
Beaverton, OR 97005  
503-708-4404  
[www.becomingyouthypnosis.com](http://www.becomingyouthypnosis.com)



Jean received her training at The Apositiva Institute in Portland, OR. As a part of her certification requirements by the NGH, she continues to seek out approved educational experiences to enhance the services she offers. "Life is a learning experience and I strive to continue to become as knowledgeable as possible through utilizing a variety of sources to continue my growth."

### Julie Starr, CHt

Gem Hypnosis  
Lincoln City  
541-614-1500  
[www.hypnogem.com](http://www.hypnogem.com)

In 2009 Julie took a community college course in hypnotherapy, and was hooked! In 2011 she decided to take the plunge, and began researching online schools. She was very impressed with the Hypnosis Motivation Institute's (HMI) curriculum, so signed up in July 2011. She graduated from the program in May 2012. She graduated from college with degrees in Art and Psychology, intending to get her Masters in Art Therapy. However, life and family became her priorities. 30 years later, she can finally help people with the field of Hypnotherapy.

### Kay L. Williamson, CHt, NLP

Recreate Hypnosis  
2940 SW 120th Ave  
Beaverton, OR 97005  
503-939-9897  
[www.kayllwilliamson.com](http://www.kayllwilliamson.com)

Kay offers assistance for life transitions and challenges, sports enhancing techniques, smoking cessation, past life regression, and weight management programs. Her business focus is on providing high quality service and client satisfaction.

# Meeting Advance Registration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)

Members \$45, Non-Members \$65, Students \$35

*(Add \$10 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*

**Send this registration and fees to:**

Oregon Hypnotherapy Association

PO Box 432

Lake Oswego, OR 97034

**Register ONLINE at [www.ohanw.org/news#register](http://www.ohanw.org/news#register)**

## **OREGON HYPNOTHERAPY ASSOCIATION**

*Preserving Professionalism in Hypnotherapy*

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Joni Brewer, CHt, LMT

Dan Hedrick, CHt

*October 20, 2012 Meeting*

## **Theme—Pain Management**

## **Featured Presenters**

**Cat Wilson**

**Patrick Glancy**

**Roland Jarka**

**Emily Cahal**



Oregon Hypnotherapy Association  
P.O. Box 432  
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Learn more about  
the Oregon Hypnotherapy  
Association at  
**[www.ohanw.org](http://www.ohanw.org)**

## **Meeting Info**

**Saturday, October 20, 2012**

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*

**See registration form on reverse side of this page**

— OR —

**Register ONLINE at  
[www.ohanw.org](http://www.ohanw.org)**