



Get to Know Your Brain - Maximizing Brain Health

Points:

- Like the rest of our body, our brain, if neglected, will gradually lose agility, flexibility and begin deteriorating.
- Creativity is less likely to be present with negative emotions.
- See pics of our last meeting!
- We can vibrate at a higher frequency and take back the power we've given away to others.
- At our next meeting, have an interesting experience which will inform the way you approach communicating in the future.

Inside this issue:

Maximizing Brain Health	1
Hypnosis for Creativity	2
Hypno-Chakra Therapy	3
Photo Collage	4
Status	6
Registration Form	7

By Genvièv Martin-Bernard, DESS, CHt

Keeping our brain healthy plays a critical part in every aspect of our life. It affects our ability to think, plan, feel, remember, work, play and has a profound impact on the quality of our sleep itself. Scientific studies show we can control the health of our brain and that doing so considerably decreases our risk for mental health problems, including Alzheimer's disease and other forms of dementia.

Our brain contains around 100 billion neurons. Each linking to others in a network encompassing trillions of connections. This makes the human brain the most complicated entity in the universe. Like the rest of our body, our brain, if neglected, will gradually lose agility, flexibility and begin deteriorating. In order to remain sharp and well functioning, both the body and the brain need regular exercise. Physical activity ensures better blood flow to our vital organs, including the brain. It encourages the production of new brain cells, lowers stress and reduces the risk

of heart attack, stroke and diabetes. Mentally stimulating activities, such as studying, learning new skills or languages, playing an instrument and other forms of intellectual stimulation also strengthen brain cells, reinforcing the electrical activity between existing cells and prompting the production of new cells. The repetition of learned tasks is what enables specific neural connections to become active and operational. In other words, the more we continue learning, the smarter we continue being.

Cigarettes, Drugs & Alcohol

The casual use of cigarettes, drugs and alcohol in itself has physical implications that severely damage every single organ in the body. We all know smoking causes permanent lung damage and drinking irreversible liver damage. What is less understood is that regular alcohol and drug use prompts irreversible brain damage. The chronic and potentially life-threatening deterioration of the brain and body due to alcohol and drug intake can start with symptoms as



simple as changes in sleep patterns, loss of quality or quantity of sleep, shortened attention span or decrease in coordination. Symptoms can gradually worsen and lead to severe cognitive disruptions and serious mental health conditions. Chemical substances alter the chemistry of the brain responsible for coordinating our motor skills, motivation and emotions. Prolonged use causes permanent damage to the areas of the brain responsible for our psychological and emotional well being.

Nutrition

Nutrition plays an essential part in the health of our brain. A healthy diet rich in

(Continued on page 6)

Hypnosis for Artistic and Creative Enhancement

by Scott Duvall

As a consulting hypnotist I have the privilege of working with many successful artists; painters, writers, musicians and the list goes on. I've discovered that we generally end up focusing on three levels of creativity experience physical, mental and spiritual to achieve the outcomes they desire. Research shows that the hypnotic trance experience activates the body's natural relaxation response, which leads to a balance in the physical, mental and spiritual levels of our lives, and also opens the channel to what is called by author Mihaly Csikszentmihalyi in his book, *Creativity*, "the flow."

On a physical level we know that hypnosis and the trance experience stimulates the parasympathetic nervous system leading one to a more relaxed state of being. The neuro-chemicals activated during this hypnotically relaxed state allows the brain to function in a way that bypasses the critical factor of the conscious mind and gives us direct access to the creative subconscious mind. As the artist allows his or herself to image, pretend and think about their artistic goals and experience utilizing all of their sensory modalities they gain a richer medium to explore and experience their subjective world of creativity both externally as well as internally because the subconscious mind doesn't recognize the difference between a vividly imagined experience and a real one.

Mentally we use the hypnotic experience to build creative self-esteem and confidence, as well as remove negative emotions, mental barriers, outdated belief and conditioned ways of thinking which can limit one's creative ability.

Creativity is defined as, "the ability to generate new ideas and new connections between ideas, and ways to solve

problems in any field or realm of our lives." Many of us think of creativity as making something new—like a new song, poem, painting, or novel. Creativity is certainly involved in making art. However, creativity is much more than that. Without it, we wouldn't be able to work or solve problems in our daily lives. All people have the capacity to be creative. We can also nurture and increase our creativity. There's a link between creativity and positive emotions and ultimately happiness. Researchers have found that people are more likely to have a creative breakthrough if they were happy. Creativity is less likely to be present with negative emotions such as fear, anger, sadness, and anxiety; it is positively associated with positive emotions such as joy, love, and curiosity.

Positive emotions and creativity make us feel interested in the world around us. The ability to be fascinated and allow ourselves to explore and discover makes us feel open and alive. It's also what draws us to learn new skills, perspectives, and ideas—resources that we can draw on to solve life's problems. This boosts our resilience and our satisfaction with life — both part of the equation for overall happiness. "We can also use hypnosis and the trance experience on a spiritual level to inspire, influence, move, or guide our clients by divine or supernatural inspiration." By aligning their creative

experience with a higher purpose and utilizing the technique of future pacing, we paint a colorful, sensory and inspiring cognitive picture allowing the client to experience on the subconscious level in the present tense having ability to have already successfully achieving their outcome and to be connected to the divine flow and channel into the physical realm the divine creative experience. Future pacing and having that clear, vivid and positive vision removes the fear of the unknown and allows the brain to do what it's designed to do, to learn, grow, expand and evolve.

For more information on utilizing hypnosis and the trance experience to enhance creativity and artistic expression contact Scott Duvall at www.pdxhypnosis.com or call 503 238-4428.

Sources: Positivity, by Barbara L. Fredrickson, PhD. The 6 Myths of Creativity, Fast Company and Psychology Today

Positive emotions and creativity make us feel interested in the world around us.



Hypno-Chakra Therapy

Reclaim your Body, Mind, and Spirit for optimum Health, Happiness and Inner Peace

By Nicole Vanderhoff

For those just beginning to learn about energy and/or chakras, as well as those who have been on a spiritual path for a long time, Hypno-Chakra TherapySM can be useful to assist you in connecting more fully to your Divine potential and purpose.

Hypno-Chakra TherapySM is a term coined by Nicole Vanderhoff and is a combination of hypnotherapy, chakra balancing, and sound healing from her 9 singing crystal bowls. These are high vibrational sessions with the intention of connecting you to your Divine Self and Power.

Nicole's blog entry, "Ascension Through the Chakras" describes how she utilizes the modali-

ties of her practice to assist us in embodying our Divinity, allowing us the ability to create a greater healing shift within ourselves so that we may be greater co-creators of a positive, healing shift for the world!

As we realize, claim, and utilize our innate Divine Power, we take back the power we've given away to others and the power the world has tried to take from us, so that we may ascend to live more fully in our heart center, vibrating a higher frequency of Love and Light.

This is the underlying essence of what Nicole brings to her private and group sessions.

By grounding/anchoring within the flow of loving,

About Nicole

In 2004, Nicole Vanderhoff became the creator of Hypno-Chakra TherapySM and founder of Trinité Healing. Having worked with the mental and spiritual body since 2004, she has now blos-

somed into her Trinité Healing name by working with the physical body, too. She recently became a Nutrition, Health and Diet Practitioner, specializing in nutritional consulting for various digestive disorders. She currently



The singing crystal bowls have a deep, reverberating vibration that brings one into a meditative trance state quickly and easily.

healing power from the source of all that is, powerful healing shifts and opportunities can occur, allowing innate potential and Divinity to blossom and unfold easily and readily!

These are high vibrational sessions with the intention of connecting you to your Divine Self and Power.

has a private practice in Portland and facilitates weekly group Hypno-Chakra Balancing sessions.

trinitithealing.com



Meeting Notes for June 2013

by Joseph Bennette

Rita Soman introduced us to Psych-K, a process she uses to help her clients overcome depression and many other challenges in her psychotherapy practice. She demonstrated her process with two attendees, showing how her process works specifically.

Debbie Taylor-Lilly gave us step-by-step processes and concepts she uses to assist her clients in making the most of their lives. In particular, she educates clients to understand the power their conscious mind and processes can have over their subconscious mind and processes. A lively and entertaining presenter, Debbie introduced the work of Byron Katie and others who have influenced her practice.

Pavan Somusetty, MD, psychiatrist with Kaiser-Permanente, educated us about how depression works on the cellular and body system levels, how our thoughts affect our moods, and how the medical profession is increasingly accepting and in some cases embracing alternative therapies like hypnosis. He discussed some specifics of how an OHA member might join a physician in a therapeutic team.

Eric Singer discussed and reviewed with us the Theory of Mind (ToM) and how he uses ToM in his practice. Further, he discussed cycles of thought that hold depression in place and what can be done to break the cycle of negativity. He ended our day with a wonderful and invigorating imagery, which also tended to help instill the learning of the day. A great ending to a really great day.





Maximizing Brain Health

(Continued from page 1)

...a healthy nutrition combined with physical and mental activity, social interaction and overall fitness is the best way to keep our brain healthy and our neurons sharp.

dark vegetables, fruits and antioxidants enhances the functioning the brain. High intake of saturated fat and cholesterol is known to clog arteries and contribute to stroke and brain cell damage. Studies show people who are overweight are twice as likely to develop dementia later in life. Those suffering from high cholesterol and high blood pressure are six times more

likely to experience brain function degeneration.

Maximizing Brain Health

To sum up, a healthy nutrition combined with physical and mental activity, social interaction and overall fitness is the best way to keep our brain healthy and our neurons sharp.

Headquartered in Portland, Oregon, Genvièu Martin-Bernard is a Forensic and Clinical Hypno-

therapist who consults locally, nationally and internationally. A published author, she serves as Vice-President of the Oregon Hypnotherapy Association and is a professional member of the National Guild of Hypnotists.

4800 Meadows Road
Suite 300
Lake Oswego, OR 97035
503-887-8034

genvieuhypnosis.com

Presentation Preview - Status

By Morgan Oxley

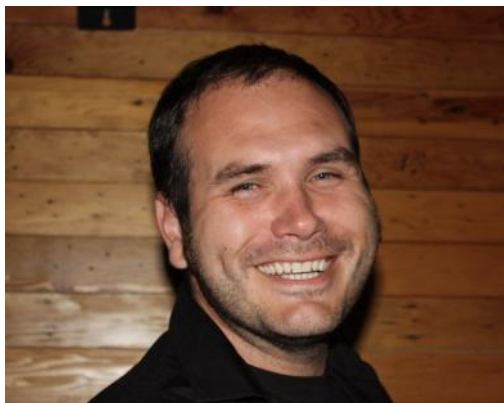
Status. For most of us, is a bad word. We might prefer to pretend it doesn't exist, but it's there, lurking in every single interaction that we have. Choosing to ignore status and power only

limits how we respond to them. As they say, before you can break the rules, you have to know what they are.

This little workshop isn't going to make you a master at getting the upper hand. In fact, it's not

demonstrating or advocating any particular technique at all. It's just an interesting experience which will inform the way you approach communicating in the future.

About Morgan Oxley



Anchorage, Alaska native Morgan Oxley reached an existential impasse in his life several years ago. He'd done many adventurous things—he'd been a bike messenger, a volcano guide, and had traveled all over the world—but in the middle of the last decade, he found himself the owner of a

bar in Guatemala, where he felt he was providing people a disservice by "feeding them bad food and getting them drunk." Around that time he remembered the enthusiasm he had felt in 2000 when he first encountered hypnotism. Skip ahead a half-dozen years and Oxley, now a certified hypnotherapist, has settled in Portland and is eager to help us advance our lists of "dos" (learning new languages or bettering our musical and athletic skills) while

beating back our list of "don'ts" (smoking, eating poorly, spending too much time with our gadgets). Plus, he just joined the Supportland network, which means he'll offer you a free session with every 300 points you earn. Sessions are by appointment, so call ahead if you have a habit you're hoping to kick.

Morgan Oxley, Hypnotist
917 SW Oak Street, Suite 220
Portland, OR 97205
www.morganoxley.com
503 919 1418

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

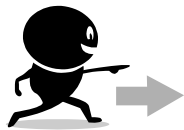
I am enclosing my check for total amount due: \$ _____

(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:
Sept 28, 2013



- 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.

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Meeting Theme - Modalities

Featured Presenters

Morgan Oxley

Howard Hamilton

Nicole Vanderhoff

President's Annual Report to the membership



Oregon Hypnotherapy Association
P.O. Box 3511
Salem, OR 97302



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Learn more about
the Oregon Hypnotherapy
Association at
www.ohanw.org

Meeting Info

Saturday, September 28, 2013

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 (cash or check)

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

— OR —

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