

OHA NORTHWEST

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Oregon Hypnotherapy Association

Connection, Education, Support, Exchange



Volume 18, Issue 3

September 2015

President's Message

Genviè Martin-Bernard, President

Over the course of the last few years, we successfully steered the OHA in an exciting new direction, collaborating with elite members of the medical field, and bringing national and international awareness to the organization.

We presented the mission, direction and activities of the OHA to the medical teams of OHSU, Kaiser Permanente, Providence and Legacy Medical Groups, to executive directors of therapeutic medical research centers, and to countless physicians, psychiatrists, psychologists and licensed medical providers in the Pacific Northwest, nationally and abroad.

We invited best-selling authors, leading psychiatrists, psychologists, clinical social workers and other healthcare practitioners



ers to speak at our events. Dr. Somusetty, Assistant Chief of Psychiatry at Kaiser Permanente, spent a day with us, sharing his professional expertise on brain chemistry and neurobiology. Colonel Larry Elman, along with his wife Cheryl, spent a weekend in the Pacific Northwest, giving our members a fascinating overview of the work of his father Dave Elman. Award-winning New York Times best-selling author Eldon Taylor flew to Lake Oswego

(Continued on page 6)

Featured Presenters

20 Years of Service

Nancy Wheeler, Joseph Bennette



(Continued on page 2)

John Howard Technique

Skip Albright



(Continued on page 2)

Pain Management

Emily Cahal



(Continued on page 2)

September Meeting Preview (Continued from page 1)

20 Years of Service (cont)

Twenty years ago, Larry Skolnik conceived the Oregon Hypnotherapy Association (OHA) as a means to connect practitioners of hypnosis in Oregon and Southern Washington into a coherent group for the purpose of securing and preserving professionalism in the practice of hypnotherapy.

Through Larry's efforts and backed by a handful of dedicated practitioners, the OHA created for the first time in Oregon history a framework upon which to apply many useful safeguards and put into place a set of ethical procedures for the practice of hypnosis in Oregon.

Upon the death of Larry Skolnik, Nancy Wheeler, then serving on the Board of Directors, stepped into the role of Administrator. Under her leadership, the Oregon Hypnotherapy Association began the transformation from political action group to an organization focused on member connection, education, support, and exchange.

Learn more about the history of the OHA and participate with us at our upcoming meeting in Lake Oswego.

We look forward to sharing our journey with you.

Emily Cahal (cont)

I enjoy working with pain clients and have had the pleasure of working with pain in childbirth, chronic pain and medical related pain such as chemotherapy.

My interest was further piqued in how the brain understands pain when, after a head injury my daughter experienced synesthesia, a phenomena where the brain experiences one sense via the pathway of another.

I'll demonstrate and discuss effective ways to deal with acute pain, the result of trauma - as well as some of the phenomena associated with it and hypnosis.

Emily Cahal is the owner and operator of Salem Hypnosis Solutions, 830 Commercial St SE, Salem, OR 97302. 971-209-2256

www.salemhypnosissolutions.com

Skip Albright (cont)

As hypnotherapists, we know well the role the mind plays in the pain experience. What some of us may not know is a reliable, effective, and rapid method for alleviating a client's pain. The John Howard Technique (JHT) is exactly that, and it is easy to learn and apply. It requires only a light to medium state of hypnosis, so preparing the client's fertile mind beforehand is key.

In his book, "The Simple Secrets of the Power to Heal," Howard explains that chronic pain (as opposed to acute pain) often manifests as a "malfunctioning" of the subconscious mind.

Specifically, in what he terms "The Negligent Factor," Howard postulates the 'base subconscious' has overlooked some bodily-maintenance task or has "failed to realize that something is wrong with the body which requires attention."

He likens this to having a task that needs to be performed, such as mowing the lawn or writing a letter, which one has not got around to completing. Applying a hypnotic solution is akin to sitting the person down and saying "Sit down and start writing that letter and I'll help you. It will only take a few minutes, and you will feel much better!"

I have personally used this method on numerous occasions, and for varying kinds of chronic pain, and always with at least some success, usually with major or complete success.

I will explain and demonstrate the JHT at the September 26th, 2015 OHA meeting. Discover for yourself how quickly and effectively the John Howard Technique can be learned and applied.

Skip Albright, MA, CHt. is a Certified Clinical Hypnotherapist trained by the Knightsbridge Institute, member of the National Guild of Hypnotists and Oregon Hypnotherapy Association. He earned a Master of Arts Degree in Management from Webster University, a Bachelor of Sciences Degree in Human Services from Thomas Edison State College, and an Associate of Arts Degree in Instructional Technology from the Community College of the Air Force. Skip is a retired Special Agent from the Air Force Office of Special Investigations, and was also an instructor and course manager at the Special Investigations Academy in Washington D.C. Skip has a private practice in Salem, Oregon, Skipnotherapy LLC, which focuses on assisting clients in making life-improving changes. Skipnotherapy.com

Intention Is Everything When It Comes to Pain

By Joseph Bennette, MRET, CH

...especially when a perception of harm is involved, which is significantly inflated by a perception of intention.

"[Our] studies suggest that people might not only penalize intentional harm more, but actually perceive it as intrinsically more damaging." (Daniel Ames and Susan Fiske of Princeton University)

Believers in personal responsibility (in which all that happens does so by their intention – intention is everything) sometimes find themselves in the position of overestimating harms they've done to others and others have done to them as a result of this bias. Because they believe that they always intend (at some level) to do what they do, when they perform an act that causes harm in their perception, that harm is inflated due to this bias – sometimes causing the perpetrator (the person believing in personal responsibility) to escalate "repentance" to inappropriate behavior in response to their erroneously inflated assessment of damage.

For example, let's say I've done something my partner reports to me caused her pain – maybe I told her I didn't like the meal she painstakingly created and she says that hurt her feelings. Because I believe in personal responsibility for my life – that I am the creator of it and thus responsible – I could say that it was my INTENTION (on some level) to cause her pain because that's what happened.

Although I firmly believe this is a fundamentally more empowering mind state than blaming others, because of the bias that elevates the level of perceived harm when it is perceived as intentional, I could end up judging the harm as greater based on my perception of my [subconscious] intention. This, in turn, might cause me to over-react and do far more in "reparations" (repentance behaviors) than the situation merits or with which my partner may be satisfied. It may also contribute to me yielding to the temptation to present a defense where no defense is called for and to my missing opportunities for connection and self-awareness because of that defensiveness based on my incorrect assessment of the damage done.

In interpersonal relations, the bias extends to how

one feels when faced with the perception of harm done by a significant other. If one BELIEVES that their partner has harmed them on purpose (intentional harm), the level of harm is perceived as far greater than if one perceives the harm was unintentional.

If I attribute intention to my partner's actions, the level of harm I believe they've done to me significantly increases! Even if they did indeed intend harm, my *belief* in their intentionality makes the harm seem greater than it is.

My belief, therefore, is the key. The level of intent I attribute to my or another person's actions is my belief and MY CHOICE. I can significantly lower my perception of pain by choosing to resist the temptation to assign intent.

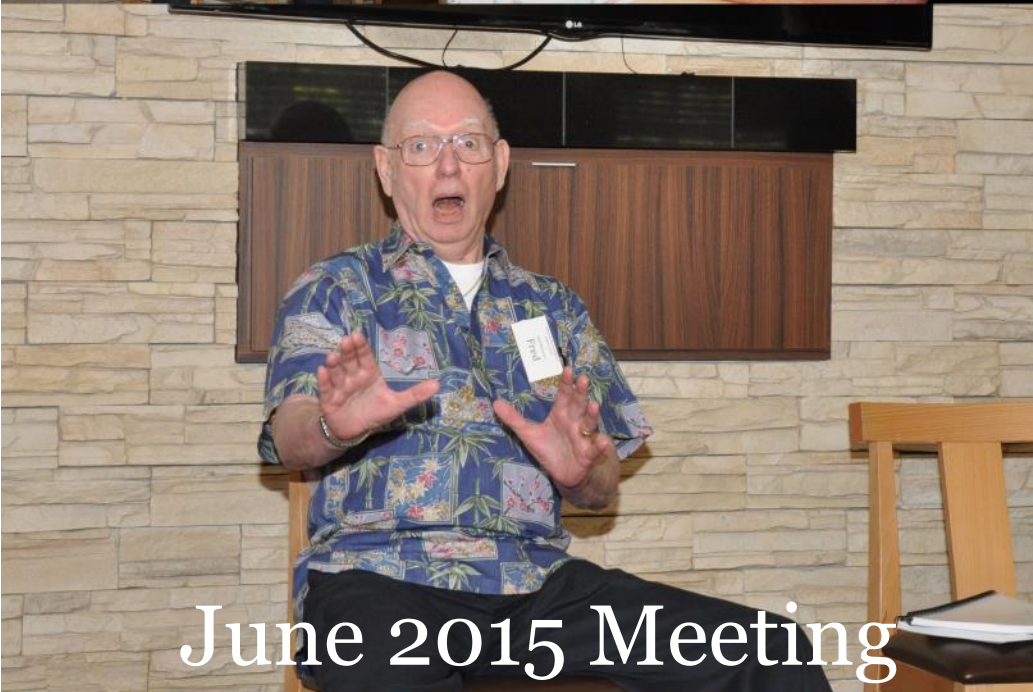
What if, instead of going with a default of "they (I) did this intentionally," I went with a default of "Could this have been unintentional?" What might happen to the perceptions of harm (with associated pain) I might experience then?

Resources:

1. [Association for Psychological Science](#)
2. Association for Psychological Science. (2013, July 30). "Our perception affects how damaging we deem willful acts to be." *Medical News Today*. Retrieved from <http://www.medicalnewstoday.com/releases/264063.php>.

Author and consultant Joseph Bennette has trained thousands of people in Rapid Eye Technology, Hypnotherapy, Emotional Freedom Technique, and Life Skills. Joseph Bennette has been a featured presenter at Northwest Hypnotherapy Conferences, Oregon Hypnotherapy Association meetings, on radio, television, and community events.





June 2015 Meeting





President's Message

(Continued from page 1)

with his team to present his research on mind mastery. Steven Ruiz Bettencourt brought his lifelong study of psychology to deepen our experience in anger management. Linda Maddy and Kathy Crenshaw drew from their career expertise in clinical social work, leadership, performance and education to expand our understanding of trauma, PTSD and the challenges faced by our troops as they reintegrate the workforce.

We brought the OHA national and international public and media attention, featuring it in the press, on social media forums and presenting it at leading events. Last month, I flew to Boston, Massachusetts, to represent and introduce the Oregon Hypnotherapy Association before Chairmen and Executive Directors of the National Board of Hypnosis Education and Certification. At the Annual

Convention of the National Guild of Hypnotists, I met with colleagues and members of our profession from all over the world. Almost every one I spoke with responded in similar terms, commenting: "I wish we had an organization like yours in our area!"

The existence, presence and activities of our organization provide us with an open forum of collaboration, communications and exchanges within our profession. Headquartered right at home in the Pacific Northwest, it enables us to meet our continuing education requirements all year long, without having to incur the costly expense of flights, hotels and time away from our homes and practices. It promotes and encourages collaboration, communications and exchanges with colleagues of the complementary professions we interact with.

Everyone I spoke with in Boston was enthralled to hear about the activities of our organization in the Northwest.

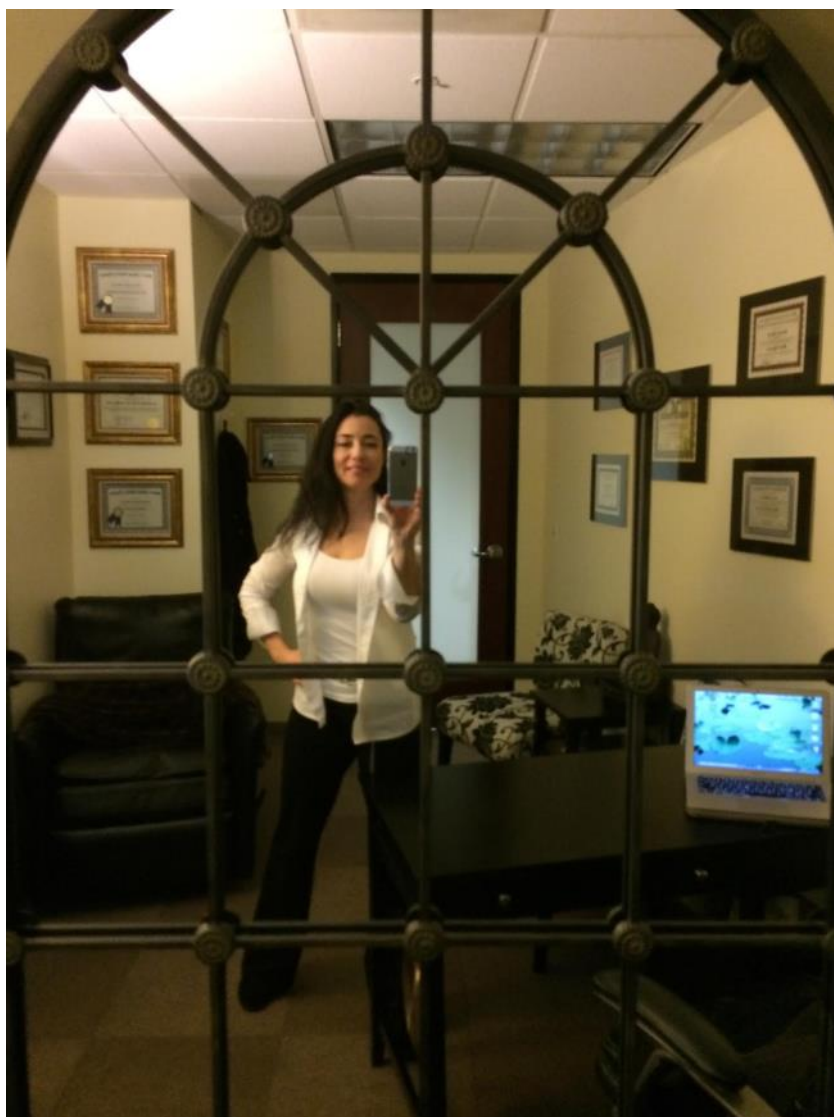
Jerry Kein, John Cerbone, Jason Linett, and numerous other colleagues, received with great enthusiasm the idea of planning a trip our way to take part in our events.

As we continue planning and coordinating activities and events in the years to come with our Board of Directors, my vision for the future of the OHA is for our organization to become a center of activity promoting education, research and development in our field, a destination point for teachers and leaders to share their experience, and an open forum for licensed health practitioners to discuss their expertise and continue collaborating with us.

Our organization has been evolving at a rapid pace in the last few years and the momentum shows no signs of slowing down. We look forward to celebrating our 20-Year Anniversary with each and every one of you and welcoming you to a day of celebration, educational growth and enriching exchanges.

See you in Lake Oswego!

Genviè Martin-Bernard, DESS, BCH, CI
President, 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:
September 26, 2015

**To preregister by
mail, postmark by
September 21, 2015**

Add \$10 if paid after postmark 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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OREGON HYPNOTHERAPY ASSOCIATION

Connection, Education, Support, Exchange

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Officers and Board of Directors

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Director - Douglas Meacham

Meeting Theme - Pain Management

**Presentations will focus on use of hypnosis to
manage chronic and acute pain.**

Featured Presenters

Skip Albright

Emily Cahal

Nancy Wheeler

Joseph Bennette



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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, September 26, 2015

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 5 days before event****
(Registration afterwards and at door add \$10)