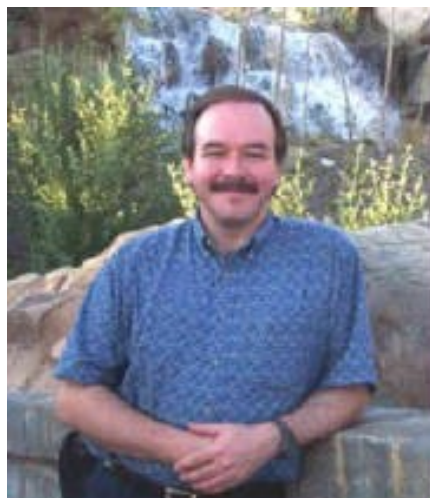


OHANA NORTHWEST



Official Publication of the
Oregon Hypnotherapy Association
Connection, Education, Support, Exchange
Volume 20, Issue 3 - September 2017

Featured Presenters



Larry Dillenbeck is the Director of the Light-house Center for Consciousness Studies where he offers training, coaching, consulting and personal change-work services.

He is a Certified Clinical Hypnotherapist, Certified Hypnotherapy Instructor and Examiner with the American Council of Hypnotist Examiners (ACHE). Larry is also a Certified Neurolinguistic Programming (NLP) Practitioner, Master Practitioner, Health Practitioner and Instructor.

Larry enjoys exploring, practicing and teaching other aspects of consciousness and energy work such as meditation, martial arts, Reiki, Shinkiko and Andean Shamanism.



James Harrison comes to the profession of hypnosis after a long and successful career as a public artist and sculptor. He is the Portland Community Coordinator for the Mankind Project.

He specializes in working with men who have experienced trauma, and with folks interested in past life regression.

5 years ago James became involved with the Mankind Project, which opened him to the rich rewards of personal growth work.

He decided to change careers, as his interest grew towards helping people heal. He pursued hypnosis certification through the National Guild of Hypnotists. Since that time he's added certifications in Emergency Hypnosis and Precision Hypnosis.

James has spent hundreds of hours helping people reclaim their energy, a very rewarding path to be on.

Flow Hypno

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Portland, OR 97213

Find James online at
www.flowhypno.com

971 336-5565

Scott Duvall is a certified consulting Hypnotist, Neurolinguistic programming practitioner and mindfulness-based meditation instructor; he is a member of the National Guild of Hypnotists and past President, current Vice President and Fellow of the Oregon Hypnotherapy Association.

Scott's practice, PDX Hypnosis is located in the artistic Hawthorne district of Southeast Portland where he has been practicing hypnotism full time since graduating from the prestigious Knightsbridge Institute of Hypnotherapy and NLP in 2007.

Scott enjoys art, photography, music, philosophy, traveling, martial arts and time with his beautiful family and friends.

Scott is an international speaker presenting on subjects ranging from optimum performance, creativity, hypnosis, meditation, spirituality to self-empowerment.

For more information on what hypnosis and NLP can do for you feel free to call Scott at 503 238-4428 or visit his website www.pdxhypnosis.com.



PRESIDENT'S MESSAGE

By Genvièr Martin-Bernard

Greetings members and friends of the Oregon Hypnotherapy Association.

In recent years, the medical field progressively developed a coordinated care approach dedicated to offering individuals better options and greater alternatives for managing their wellness.

At the same time, measures aiming at regulating alternative professions were submitted to the Senate for proposed legislation. The asserted motivation behind these measures always relied on a desire to better ensure public safety and protection. The primary role of government agencies is to serve and protect the public.

From the challenges we faced together as a profession emerged a newborn movement of collaboration, not merely within our field, at the state and national levels, but also with other alternative professions, and with government officials and state agencies concerned. This new degree of unity, adhesion and strength allowed our presence, voice and concerns to be heard.

In the past, our profession, in Oregon and nationwide, had to respond to regulation attempts proposed by the various state boards of psychological examiners. Today, the Oregon Health Authority is working with Senator Steiner Hayward's office in an investigative effort to consider the possibilities of making a registration process available to alternative professions.

In the idea of the Washington model, which has performed well, a reasonable system of registration would allow our field to operate with improved recognition, while protecting both the public and our right to practice.

The mission of the Oregon Health Authority (also known as the OHA) is to help Oregonians achieve optimum physical, mental and social well-being. The state agency is working on transforming the Oregon health system by improving the quality, reliability, safety and availability of care.

The movement toward offering a registration process

for alternative professions is ongoing and the outcome is nearing. The question is how we navigate these waters to ensure the best possible outcome for our profession and those we serve.

As always, we welcome your input, ideas, suggestions and participation in this transition. We look forward to seeing you this month, on Saturday, September 30th at the Fairfield Inn in Lake Oswego, for the fall conference of the Oregon Hypnotherapy Association—Register now at OHANW.ORG

GENVIÈR MARTIN-BERNARD, President of the Oregon Hypnotherapy Association, is Board Certified and a Certified Instructor with the National Guild of Hypnotists. An Emergency Medicine First Responder with the Wilderness Medicine Institute and the Emergency First Response Corporation, Genvièr specializes in collaborating with the medical field on enhancing the physical, mental and emotional wellness of their patients.

A Valedictorian from the Ivy League University of the Sorbonne in Paris, Genvièr is a published author who consults nationally and internationally on matters of forensic and clinical brain rewiring. People from all walks of life work with her to enhance their personal, professional, academic and athletic abilities. She has been a professional member of the NGH since 1995.

GenvievHypnosis.com



NEUROLOGICAL LEVELS OF CHANGE

By Larry Dillenbeck

Neurological Level Alignment is an NLP process that you can use on its own or as a complement to other hypnotherapy and change work. It aligns six levels of change so that the client's desired way of being becomes very stable and lasting. I will describe, demonstrate and teach this process to add to your collection of methods to help your clients be more successful.

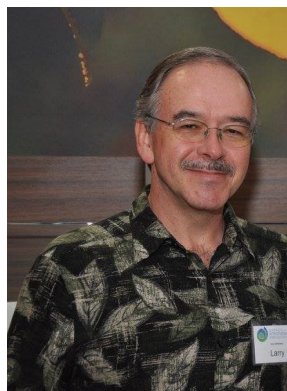
History and Foundational Concepts

Gregory Bateson initially formulated the concept of logical levels of learning and change based on the work of Bertrand Russell and Alfred North Whitehead in mathematics. Robert Dilts, who is one of the early developers of Neurolinguistic Programming (NLP), developed the Neurological Level Alignment Process as a way to operationally apply the concept of logical levels to enhance leadership performance.

The concept of different 'levels' of change provides us with a powerful method for sorting and aligning various aspects of ourselves to realize our goals and visions. Each level of change engages progressively deeper and broader elements of our neurology. These levels of change are as follows:

- **Environment** – **Where** and **when** things happen. Contextual variables and cues.
- **Behavior** – **What** we do in those times and places. Observable behavior.
- **Capabilities** – **How** we do what we do. Skills, abilities and mental strategies.
- **Beliefs and Values** – **Why** we do what we do. Beliefs about possibility, self-efficacy, meaning and value.
- **Identity** – Our beliefs about **who** we are and the various roles we play in the world.
- **Mission** – **Who** else? Our sense of mission, purpose or reason for being. Our connection to progressively larger systems of which we are a part. This is sometimes referred to as the Spiritual or Transcendent level of change as well.

For example, as one moves from the simple perception of the environment with the senses, to the activation of be-



havior within that environment, more involvement of a person's mind and body are mobilized.

Capabilities call into play our skills, abilities, longer term plans and maps, and engage even deeper levels of the nervous system. Beliefs and values mobilize neurology involving structures as deep as the autonomic nervous system.

Identity involves the total commitment of our nervous systems. 'Spiritual' experiences involve the resonance between our own mind and nervous system with the larger systems of which we are a part – family, community, nature and the universe as a whole.

The Neurological Level Alignment process offers a way to systematically access and connect the experiences and neural processes associated with each of these different levels. By combining mental and physical processes with the different levels of change, a person can bring all these levels into alignment in the service of his or her vision and mission.

The Process

The process uses what is called "spatial anchoring" to access and integrate these different levels of experience. Many people have found this to be a very powerful experience to put themselves into an effective 'aligned' state where all parts of them align and support the changes they want to make.

The process may be done by oneself or together with another person acting as a consultant or 'guide.' The process is very flexible and can be done with or without trance with many variations and can even be done conversationally.

I have found this process extremely valuable and effective for my own outcomes and for working with clients to help make changes more stable and long lasting. It can be used effectively on its own as a change-work process or to use after other change-work to make the changes "stick." It's a great process to have in your hypnotherapy collection.

Learn more about Larry Dillenbeck and his work at www.lightstudies.org

ABUNDANCE PIE

By Scott Duvall

A while back I had a client who was known in her social circles as being the best pie maker in the universe. Well, maybe that's a slight exaggeration but her pies were out of this world. Although her pies were the delight of many, she found herself consistently falling short of her financial goals and in creating the lifestyle that she desired through her love for making pies.

Her challenge was that she considered herself a pie maker rather than a business entrepreneur, and as she discovered in her hypnotic explorations, she was the president, the CEO, marketing manager, PR person, and sales associate for her business - that she was an entrepreneur.

As a professional hypnotist, you, too, started your own practice with all the challenges and benefits that are involved and that means that you are an entrepreneur as well.

Every successful undertaking starts with a single element, a vision, a good plan. That vision helps us make good decisions. That's why planning with a clear well-defined vision helps to make even our most imaginative dreams come true.

As she went deeper into her hypnotic state, she also discovered that most people look at business and life in general through a filter of scarcity, which means that they think there is a limited amount of resources or opportunities.

For example those looking through a filter of scarcity ask, "How can I get my piece of the pie?" Or perhaps, "How can I get what I'm entitled to?"

As she began to adopt a mentality of abundance, she started asking herself how she could make the pie bigger, how she could increase her market

share by adding new clients and helping them through her own unique talents and efforts? Yes, as she developed her filter of abundance she changed her mindset from a fixed set of potential clients to an unlimited field of potential and opportunity.

As we adopt the mindset of abundance we will begin to see that our resources are unlimited, that we're only limited by our own efforts, and that means that our hypnosis practices, our visions and dreams are infinite in potential.

Imagine having discovered your efforts will carry you now because your success or failure is not dependent on competitors or the market conditions.

In fact, your success means that even your competitors will succeed, and because you have created a positive and ethical business environment, you affect everyone in your profession in a positive way.

So yes, you may have the ability to bake the best and most flavorful pie ever made, or you may be the most profound hypnotist ever to walk the face of the earth, and should you create your business plan through the mindset of scarcity you will be limited in your ability to be the successful hypnotist that you desire to be.

You'll find that as you create a mindset of abundance, you not only create a bigger and bigger and bigger pie for yourself, you'll also expand the pie in a way that brings prosperity to all of us in our profession.

PRE-TALK MAGIC

By Scott Duvall

One of the most important presuppositions in hypnosis and NLP is starting with the end in mind. A well-formulated pre-talk allows the hypnotist the opportunity to create rapport, educate, and relieve any fears or concerns that might prevent your clients from fully allowing themselves to participate in the hypnotic trance process.

A well-formulated pre-talk allows us to begin the process of trance induction, imprinting the imagined experience of our client's desired outcome and planting the conceptual seeds of our expectation that they will indeed reach that outcome easily, naturally and perhaps even automatically.

A well-formulated pre-talk sets the blueprint for your business relationship with your client and creates an agreement between you and your client regarding scheduling, payments, your educational qualifications and their rights as a client.

It's been said that you never get a second chance to make a first impression and often our consultation and pre-talk is our first opportunity to create that, so it makes sense to refine your pre-talk to create the most powerful and credible impression that you can, does it not?



SOMATIC HYPNOTIC EXPERIENCE

Using the body, movement, and energy work to create profound states for clients.
A magic carpet approach to change.

By James Harrison

Greetings fellow OHA members!

I am honored and delighted to be included as a new member in your ranks.

My path to the hypnosis profession is not straight or obvious, it is a path that I never expected to be on. But it is a delightful path, all the more so because it was stumbled upon well after my first choice had been made.

Helping people heal

I come to our profession as a calling, after a long career as an artist.

For the past 3 decades I have made my career by building large strange things, and getting other people to pay for it. I specialized in creating sculpture for buildings and public spaces, sculpture that took months and years to make.

I learned at an early age how to manipulate material and bend space. I learned how to create an idea, and how to use that idea to create a thing. It was both a survival strategy and a way to create a world I wanted to be in. This arc carried me far. Little did I know that working with material would ultimately make me an energy worker, that matter and energy flow in both directions.

For my OHA presentation I'd like to share with you the tools I have learned for finding and releasing emotional trauma from the body. As most of you are more experienced than I am, my intention is to learn by sharing.

I often refer to it as magic carpet work, where the guide and the client go on a journey together but lead by the client. I heard a wise human say the client is the content expert, and we are the process expert. In this fashion we never give advice, and we never have to diagnose. We are shadow walkers with the ability to help people slay their own dragons, coming into alignment with the wisest version of themselves.

I come to you as the Portland Community Coordinator for the Mankind Project. We are an international non profit, and our mission is healing the world one man at a time. We do this by holding weekend experiential workshops and by showing men how to connect to their vulnerable and authentic selves by circling. We started in the 80's, and over 50,000 men have completed our training worldwide. We show men how to safely engage their shadows, that piece of ourselves that we hide, repress, or deny.

We use an integral approach, utilizing Jungian archetypes as a way to help men grow from boy psychology to mature masculine energy. Looking at our own archetypal energy, wherever someone falls on the spectrum of gender, is a great way to self calibrate. What does my Lover need? How is my Warrior showing up in the world? Am I a protector or

an abuser? If I were a magician in this moment, would I be using magic to hide, or to create delight? Finally, when I stand in my Sovereign state, as King or Queen, how am I ruling my kingdom? Am I benevolent or absentee? An armchair tyrant or wise and compassionate?

If it were not for 'MKP', I would not have discovered my own abilities as a guide and facilitator. Many of our techniques are adopted from Neuro Linguistic Programming, and therefore we share a sibling with Clinical Hypnosis. Learning this common history made me curious. A friend in my men's group invited me to take a look at hypnosis.

As my 50th Birthday was approaching, I decided to declare victory on my art career and change to something less physically demanding and more spiritually and emotionally rewarding. By the time I began my hypnosis coursework, I already had five years of intense experience and training in shadow work.

I quickly found reading scripts was not enough. There needed to be a way to intuit direction from a client's subtle clues. I build rapport by going on a 'walking' journey with my clients, sometimes eyes open, sometimes eyes closed. By the time we work the couch, the script has been created by the client. I also mix in a fair amount of energy work into my sessions. I start with grounding and end with getting the client humming again. Lately I've started utilizing Stephanie Conkle's Profound Somnambulism approach, which creates a spoken dialogue with the subconscious mind, no ideomotor responses needed...

This is what I'd like to share with you on Sept 30th.

So as a newcomer, I see this as an exciting time to be in practice. There are so many fantastic resources for Hypnotists out there, from business coaching to craft development, I see a profession that shares itself.

My goal is to meet with every single practitioner in the area. I don't have a timetable for this, just the desire, and so I'm putting it out there. It's time for us to heal, and there's plenty of work to go around! I look forward to our time together!

Kind Regards and Blessings,
James Harrison

www.flowhypno.com



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:
September 30, 2017

**To preregister by mail,
postmark by
September 27, 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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FEATURED PRESENTERS

Larry Dillenbeck

James Harrison

Scott Duvall

THANK YOU, DOUGLAS!

We extend our deepest gratitude and thanks to Douglas Meacham for his service on the Board of Directors of the Oregon Hypnotherapy Association. He has served with distinction, dedication, and his signature flair for infectious enthusiasm. The Board will miss his energy, humor, and affection for hard work. The good news for all of us - he's not leaving the OHA!

Douglas chose to leave the Board in order to dedicate more of his attention to his business and to recent new opportunities in the entertainment field. We wish him all the best and look forward to continuing our association with him at OHA events. Watch his space!

Doug Meacham, CHT, TNLP, CI is a practicing hypnotist of nearly 20 years. He is the owner operator of Oregon Hypnosis School, Gresham Hypnosis Center and Retro Hypno Comedy Hypnosis. Doug is also the organizer of the Meetup group, East County Hypnosis and Hypnotherapy. Doug teaches full certification in NLP, hypnosis and hypnotherapy as well as Master Classes in Marketing, Stage Hypnosis, Parts Integration and Regression Therapy. He has further certifications in the Ultra Depth Process, hypno-anesthesia and hypno-birthing. Doug has been certified with the American Board of Hypnotherapy since 1996. He is also certified as an NLP Master Practitioner and NLP Trainer.



Follow Douglas online at

greshamhypnosiscenter.com

and

oregonhypnosisisschool.com

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Learn more about
the Oregon Hypnotherapy Association at

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Official Page: facebook.com/ohanw.org
Fan Group: facebook.com/groups/ohanw



Event Info

Saturday, September 30, 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 3 days before event****
(Registration afterwards and at door add \$10)