

OHA NORTHWEST



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Featured Presenters



Cat Wilson

So you ask, “Can we hold hypnotherapy sessions online?” Depending on who you ask, you may get different answers.

Let’s consider how Cat Wilson would respond, “Are you really asking: how can I create myself to be an effective professional online?” You smile shyly and say, “Can you show me?” Then you and Cat would have some tea and plan dates for practice. This is just how a Creative Hypnotherapist like Cat Wilson works!

Cat Wilson is the president and owner of Apositiva Hypnotherapy, Coaching and Training Center. Her background includes working with clients individually and in classes. She brings her background of business and creativity along with her very in-depth training in coaching and hypnotherapy and Neuro Linguistic Programming.

In person, Online, In class – Cat can do it. A number of years ago, she was bestowed the privileged title of Honored Fellow, Oregon Hypnotherapy Association for her dedication to her work in Hypnotherapy. She strives to make significant contributions to the field of hypnotherapy and she never gives up when challenged.

Cat is way ahead of the curve in that she had already been studying using online platforms for years before the Covid 19 virus arrived. In 2012 it was Google hangouts. In 2013 she conducted meetings on a platform called Anymeeting.com. In September of 2014 Cat was doing Masterminds with Coaching Clients on a platform called FUZE.

At that time she brought up the issue of the internet running too slowly. She took action to do something about it. By 2016, she regularly held classes for students online and by 2018 she was meeting with clients via Zoom video chat.

In 2020, when the pandemic hit, she asked her current class if they wanted to continue class completely via webinar and they were ready for it. There’s no stopping her when it comes to a challenge!

Christina Larson



In 2017, Christina (Xtina) received a Quantum Healing Hypnosis Technique (QHHT) session in an attempt to retrieve lost memories of a traumatic incident. During that session, she connected with her past lives as well as the infinite part of herself sometimes referred to as the Oversoul, the Higher Self, or the Subconscious.

That session was enough to convince her of the power of hypnosis and shortly after, she obtained her Level 1 certification for QHHT. Xtina has gone on to obtain her Level 2 certification as well as credentials for Beyond Quantum Healing (BQH) which allows her to conduct sessions online.

She has performed over a hundred regressions both for individuals and groups, has become ordained as a minister, and is currently working on writing her first book of the experiences that led her to the path of hypnosis as a career.

Her brand ‘The Well Traveled Woman’ was created in hopes of inspiring others to connect to the limitless that we all hold within. She approaches every healing experience with a heart-centered and loving approach.

We all are explorers in some way, whether it be through the mind or throughout life. *The Well Traveled Woman* strives to empower others to become their own version of ‘well-traveled.’

“Go into the world and do well.

But more importantly,
go into the world and do good.”

– Minor Myers

Xtina is a traveling hypnotist, offering her sessions throughout much of the western half of the United States. Her home base office has recently moved from Eugene to Columbia Falls, Montana – the gateway to Glacier National Park.

During these uncertain times, Xtina thought it best to take solace near family but continues to offer her services in the state of Oregon as well as online.

Please visit www.thewelltraveledwoman.com for more information about Christina (Xtina).

PRESIDENT'S MESSAGE

Greetings from my home office where I'm still trying to get the lighting right for my online clients.

Things have certainly changed since our last meeting at the Farifield Inn last September. This Corona adventure (as Larry Dillenbeck so wonderfully puts it) has made all of us re-think what we're doing and how we're doing it. From our practice to our marketing, we've had to adapt.

It can be a tragic thing when a house becomes flooded. It can also be an opportunity to get that new furniture that you've wanted, embrace the minimalist lifestyle that you've been thinking about, or perhaps move to a new location as the old neighborhood just isn't your thing anymore.

How do we get clients to accept the online platform? Make videos and put them on your website so potential clients can meet you and get to know you in a virtual setting before you have that consultation call. Do the consultation online so that becomes the norm. From what I've heard, the clients that start out online are just fine with that mode of communication. People used to seeing us in our offices may have more difficulty. Some hypnotists are enjoying the online platform so much that they're not going back to paying office rent.

So what changes when you go online? Actually, not much. There are a few technical aspects but if you have a computer or phone with a camera and a solid place to put it, you're good.

Suggestibility tests can still be done. Choose an induction that doesn't require physical contact or modify one that usually does. Same with deepeners. Then get on with the work that you do so well.

Some hypnotists are finding that working in the environment that the person is going to be in actually works better than when we future pace in our office. You can have the client go to the kitchen, see the cookies and notice how they feel. Or go to the backyard where they usually smoke and notice what the difference is. The seeing, hearing, smelling, feeling, and, if you want, tasting, are all right there. Getting up and moving around is just another form of fractionation. Having the kinesthetic of movement adds another layer to what you're already doing.

Now build on that.

Cat Wilson will be presenting how to do hypnosis online for our September meeting this year. Cat has moved clients and classes online so she knows what she's talking about and she's always a very interesting presenter.

For more information on how to do hypnosis online, I would suggest Jason Linett's podcasts. He did a 5-week series of



Joni Brewer, CHt
President

podcasts and videos on this very topic with a number of different presenters. Here's a link to the beginning of what he offered, which includes a video on how to do the Elman induction online. at

<https://worksmarthypnosis.com/nowonline>

Christina Larson will be joining us to speak about past life regression. This can be a very valuable and powerful tool in your toolbox.

For this event, the Zoom meeting room will open at 12:30 pm on September 26th so we'll have time to visit before our first presentation. Cat will present first at 1 pm, a little break, then Christina around 2:15 pm. After another break we'll have a discussion about what's happening in the legislature and any other subject you want to bring up. Our meeting will probably end around 4:00 pm.

You must register at our web site to attend this event.

Joni Brewer, CHT, LMT
President
president@ohanw.org

QUANTUM HYPNOSIS—PAST-LIFE REGRESSIONS

By Christina Larson

As hypnotists, we are in a constant battle against the negative stigmas associated with our craft. Ask anyone, “what comes to mind when you think of hypnosis?” and most will give you a varied version of some comedic stage performance they saw at the county fair. Of course, what we know to be true is that hypnosis is a far more powerful tool than the impression that average Joe holds of it. When properly applied in a therapeutic environment, hypnosis can aid individuals in powerful transformations.

Using proper techniques, we can induce a trance like state of focused attention with an expanded capacity to respond to suggestions that are in alignment with healthy and positive personal outcomes. There are many different types of techniques for inducing a hypnotic state, just as there are many different reasons a person would seek hypnotherapy.

In science, quantum is defined as the smallest unit of energy. Photons, the basic unit of all light energy, are thought to be carriers of the electromagnetic field. The aura is the electromagnetic field created by the human body that extends about 4-6 feet out around the body in a healthy person. This field allows us to sense the vibrations and frequencies of the energies we encounter in life. Nikola Tesla once said, “If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

A client may not be seeking the secrets of the universe but they are always seeking help or healing of some kind. Quantum Hypnosis has a way of incorporating multiple perspectives regarding these vibrations and frequencies in an insightful and informative manner while at the same time establishing a connection to successful life navigation.



In sessions, we almost always receive some form of wisdom or advice essential for a client's own personal growth. This wisdom is especially beneficial because it comes directly from the mouth of the client themselves. As an accompaniment, all sessions are fully recorded so that the client may continuously review the suggestions they made to themselves while in trace. This acts as reinforcement for post hypnotic suggestion resulting in ongoing benefit with lasting results.

Today we are seeing much discussion of our ancestors and of healing our traumas so that we don't repeat the same mistakes of their past. We are seeing humanity demanding change on collective scale. As ancestral wounds surface for healing, we are forced to face emotions that have been buried for many years – sometimes generations. The media is helping us face our repressed issues by inducing triggers with change campaigns such as the #MeToo Movement and #BlackLivesMatter. Now more than ever, positive hypnotic logic is a crucial tool for hypnotists.

Quantum Hypnosis is for individuals who are seeking to gain understanding and direction in life. It is a powerful tool for targeting and reframing traumas in a safe and effective manner. The intention of every session is to find our own answers for healing and growth on every level (physically, mentally, emotionally, and spiritually) through creative exploration of various lifetime scenarios. Sessions are designed specifically to help a person to connect on a deeper level to themselves. Through this connection, they can more easily find the answers to difficult life-related questions resulting in effective navigation of future situations.



HYPNO-ZOOM!

How to Use Modern Technology to Conduct Online Distanced Sessions

By Rich Aanrich

Cat Wilson has spent two decades in polishing her craft. She's incredibly creative and has worked with thousands of clients and trained hundreds of students and is highly regarded in the community.

Cat has been teaching how to work online effectively with other people for years. She wanted her students to get the online experience, so they could enhance their practices. So she moved part of our 90-minute Hypnosis/NLP classes and Coaching training programs, to Wednesday webinars. The rest of the class was experiential and held on site at Apositiva in Portland. People loved the combination.

I've been watching this lady for a couple decades create good sessions. What she knows is that whether it's in person or online certain rules apply. I'm going to share some of the things I've noticed about her working style. Listen closely.

Good technical abilities and personality can make a difference. I call her my "Techie Guru" although she would argue she is not really a techie. (She is.)

Clients and students and associates find Cat's abilities and personality to be very affective working online. So she can present from experience a good model.

Cat knows that a session online is very much like sessions in-person in that

you have to make it all about the client. This means you need to have your environment set up to really represent you in a friendly professional way.

Are you dressed for a good presentation? How the room looks stands out. Even what books you have behind you represent who you are and make it palatable for others to enjoy being present with you online. Cat actually rearranges backgrounds for different clients and classes.

having things in the room that would distract a client from their session. And remember people will see you up close and personal. The idea is to facilitate having an effective session.

Cat has worked with people both in the United States and internationally. Currently, she is working with two women in the army over in Kosovo who felt like they needed a compassionate listener. And she is... very compassionate ... and in both cases

she was able to help them reach goals such as quitting smoking and releasing weight. They were pleased and impressed.

Some of these aspects will be covered in the talk that Cat will be giving. How do you set up your background? What do you need to look professional? What tools are needed such as lighting, understanding of online platform, and where are you looking? These are



You need to be prepared. You need to have the environment set up in a friendly and professional manner. You need to know what can make or break the experience. When you set up in the friendly professional manner that represents both you as a friendly caring therapist and also as a professional who can help in solving the problem in space people will refer you to their friends and colleagues around the world.

The environment itself needs to look clean and organized. Cat will talk to you about removing clutter and not

just a few things that would be covered in the talk.

You will not want to miss this presentation. Step into the future with OHA and Cat and meet your destination as an online hypnotherapist. Tell Cat that Rich sent you and remember the KISS PRINCIPLE. Keep it simple and smile.

Learn more at Apositiva Hypnotherapy, Coaching and Training Center.
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FEATURED PRACTITIONER—JEAN CASSIDY

Jean Cassidy, from Artful Living Hypnosis & Personal Coaching, wants to say, “thank you” to OHA and its members for their fellowship and presenting quality continuing education for fellow hypnotists. She and her biologist husband of 21 years, Todd, live in Coos Bay, and have been attending OHA events for the past four years.

Jean hung out her shingle in 2016 and is always invested in becoming her highest and best offering, not only to her clients, but to everyone she meets in her community and beyond. Believing that everyone who crosses her path is an opportunity for connection, she offers a listening ear and a compassionate heart embodying the quote that, “strangers are just friends you haven’t met yet.”

Jean is the youngest of 3 children. Her father and stepmother espoused military structure and organization. Her mother preferred free-thinking, defense of social justice and minority rights, and advocating for the poor. Due to this mix of structure and freedom, it wasn’t a big leap for Jean to follow her pursuits throughout her life.



At a very tender age, Jean had an affinity for numbers and reading, even before she entered school. School definitely offered social lessons regarding the human condition. Growing up in a peaceful home with more of a universal ideology, unity and equality were always at the forefront – learning that we are all equal in God’s eyes. Thus, to always seek to do the right thing for all people comes natural to Jean.

For example, Jean was punched in the nose for her defense of a fellow classmate who was verbally abused because of the color of their skin. Racism and prejudice were ripe in her community – not for Jean.

As a child, her mother had no car and limited funds. At age 5, Jean raked leaves and shoveled snow. At 8 she babysat, 12 a Candy Striper, 13 a gift shop clerk, 14 a poodle groomer, 16 a food server in an elderly home. Then at 18, she worked in a chemical lab plant.

Combining her love for math and her passion for environment, she went to college to be a chemist. Her goal was to bring enlightenment for a better quality of life

for mankind. Thus, keeping alive the idea that we are all connected as parts of the cycle of life.

From there, she gained a deep fascination for the physical sciences to understand the way the Universe works. She continues to seek an answer to the question, how does matter, matter? Eventually, with a math degree under her belt and tutoring at a community college, she realized she had a unique gift to help people learn math, dissolve math anxiety, and to believe in themselves.

Having that intuitive connection with math and right-brain – left-brain workings, Jean was able to understand the individual and their motivations more clearly. The

philosophy she taught was that math was magic and she could teach it to anyone. She realized she could work with the power of words and suggestions to shift their self-concept, remove their fear, and focus on their success. This made her quite successful and in demand at Lane Community College, where she influenced over 5000 students.

Reflecting on her life and the influences that brought her to her current career, she gave credit to a boyfriend from

England when she was 22. He was involved in dentistry and shared how they used hypnosis with their patients. That opened the door. He taught her self-hypnosis and breathing techniques, which was familiar to her given her Yoga background. Everything seamlessly fit like a glove.

So, her world continued to expand, and she couldn’t get enough learning about the mind. It was a hop, skip, and a jump from learning Ericksonian techniques, to NLP, and embracing the magic of the process.

Time would wind down from teaching as family needs increased, which aligned with her retirement from teaching – though she didn’t let go of her love for helping people believe in their own abilities.

Launching into her new career of hypnosis and coaching, she experienced a setback in 2017. A mild stroke diverted her time and attention. She labeled it her opportunity for grace. While altering her lifestyle, and at the same time knowing her need to exercise both sides of her brain, she started taking drum lessons and became a drummer in a

(Continued on page 8)

OBSERVATIONS FROM A FELLOW HYPNOTIST

It has been so rewarding writing the Featured Business Section of our newsletter and being allowed a glimpse into people's lives. It is an honor to vicariously experience their history. That set me to thinking about the familiarities, similarities and perceived coincidences in the various narratives. I began to take stock of my life, and many other hypnotists that I call friends and I could see the same thread woven through this beautiful tapestry of community.

What I found was a glowing collection of qualities, beliefs and convictions that make us a unique group of professionals. We come from various backgrounds, housewife, husband, educator, therapist/counselor/psychologist, massage therapist, nurses, musicians, photographers, lawyers, realtors, metaphysicians, life coaches, and the list goes on. We are working towards a common good, cooperatively representing multiple cultures and spiritual beliefs from all countries.

Included in this blend are character qualities of compassion, sympathy, empathy, understanding, patience, caring, listener, confident, professional, passionate, genuine/real, articulate communicator, responsible, charismatic, visionary, educated, desire to learn and grow and be humble.

The sum total of our life experiences allows us the understanding of the human condition and the wisdom to know our perseverance is based on the fires we were formed from.

It is truly a privilege to be counted among you.

- Tish



Tish Paquette, CHT

Editor, OHA Northwest

Member, Board of Directors

Oregon Hypnotherapy
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FEATURED PRESENTERS

Cat Wilson

– *Zoom Hypnosis Sessions*

Christina Larson

– *Past Life Regression*

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Featured Practitioner

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band. Moving forward with a dauntless attitude, she believes limitless opportunities are at every hand.

With that outlook, her business is a safe haven where her clients are accepted and welcomed no matter their history. That strong sense of compassion is a lure, while awareness of her work spreads by word-of-mouth.

Her primary focus is on the success of her clients – helping them awaken to their own empowerment. She assists them to see and feel their success - whether in overcoming resistance to math, fear of public speaking, limiting beliefs, hurtful memories, or in preparing for surgery.

Jean continues her learning. She is always researching her next thing. Next on her horizon is learning Eye Movement Integration (EMI), a gentler offshoot of EMDR.

When asked what advice she could give to newbies and fellow Hypnotists, she says to really focus on hypnosis - practice on everyone just for fun. If you don't have a partner to practice with, find a colleague. Help them light up with enthusiasm and possibilities where hypnosis takes them. She says she is blessed because Todd partners with her - the co-experience together is priceless and bonding.

Jean sees clients in her Coos Bay office and by Zoom. You can reach her at 541-521-4249 or jeancass4u@gmail.com. Artful Living Hypnosis & Personal Coaching is located at 1442 Butler Road, Coos Bay, Oregon.

Notice For Members of the Oregon Hypnotherapy Association

A work group is preparing a bill to present to the 2021 Oregon legislature that would require alternative practitioners to register with the State. What "alternative practitioners" means is a little vague, though certainly hypnotists and coaches will be in that category. It also appears that those who practice EFT, Reiki, and shamanism will be required to register.

Various groups have come together to gather and share information – seeking answers to questions like what groups/people are involved in this legislation, what are our options, and a timeline for those options. Local unions are aware. Although participation in a union is voluntary, it is an effective way to make an impact on legislation.

OHA is a 503(c)3 non-partisan educational organization that provides connection, education, support, and exchange of ideas. Many of our members will be involved as they feel is right for them individually and for the profession as a whole. We'll do our best to keep you informed—check our Facebook pages and join us at our events. — Joni Brewer

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the Oregon Hypnotherapy Association at

OHANW.ORG

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

Event Info

Saturday, September 26, 2020
Location: Online (Zoom.com)

12:30 pm - Setup and Greet
1:00 - 4:00 - General Meeting (5 CEUs)

2021 Event Dates

Put these event dates on your calendar:

Spring: **March 20**
Summer: **June 26**
Fall: **September 25**

Earn 5 CE credits for each event you attend!

See you then!

Cost: \$0

Donations accepted

You MUST register to attend

Register online at OHANW.org

Join our online Zoom Conference