

OHA Northwest Times

Discovered

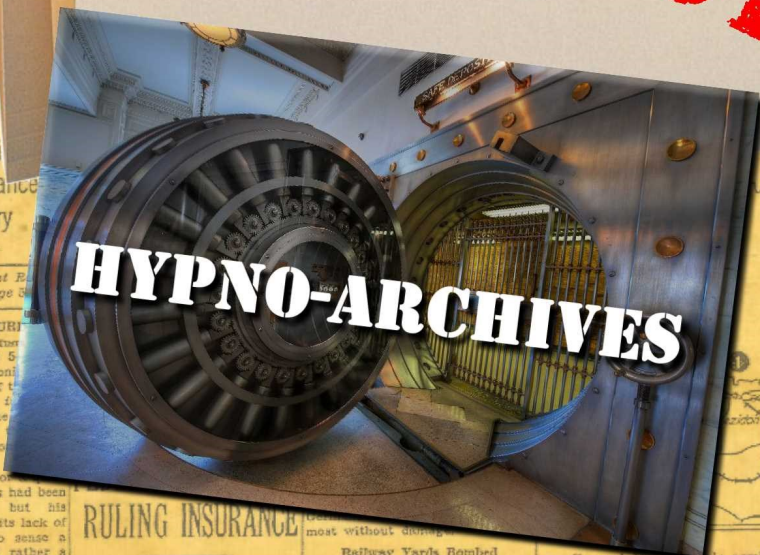
Gestalt
Dream

Hypnosis
Conversational

#2-92520-21

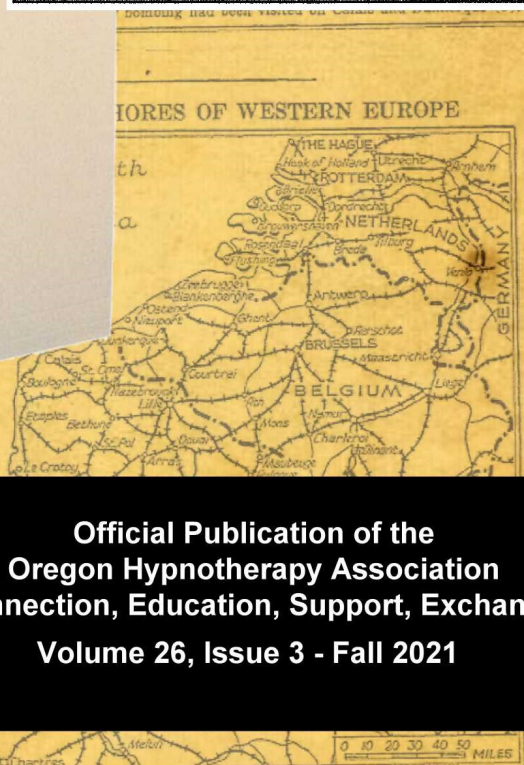
Margarite Brenman-Gibson

**REVEALED
ACTIVIST**



HYPNO-ARCHIVES

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Volume 26, Issue 3 - Fall 2021



Greetings!

By Joni Brewer, President



Hello everyone!

I hope that this letter finds you enjoying your end of summer/beginning of autumn.

Our summer meeting was a real hit, if you missed it or want to review what was said, you can go to OHANW.org and find a link on the home page to the video that we made. For many years your board has been talking about making our meetings available by video and now we're actually doing it-one of the good things that has come from the COVID adventure.

Even after we're able to get together in-person again the plan is to continue to offer a Zoom option for members to attend meetings so we can better serve our members away from the Portland metro area. We also plan on having video replays available. We're not sure how that's going to work cost-wise and would love your input.

Continuing to have presenters coming to us via Zoom is also in the plan. That's easier and less expensive for everyone involved. If you have someone that you would like to see as a presenter, please let one of the board members know.

All of the technical advice that Jon Nhan presented for Zoom sessions was certainly helpful. It's nice to be able to work by Zoom, both for safety regarding COVID and also to be able to have a global practice.

I've also found the tidbits that James gave us to be useful in my own practice even though I'm not seeing people with dementia. James also was a wonderful resource when I was contacted by a gentleman that wanted help for his elderly mother that was suffering from nightmares. How fabulous that we have such a wide variety of talents that we can pull from and refer to in our own community.

Speaking of our own community – the presenters for our fall meeting are both OHA members.

Larry Dillenbeck will be talking about Conversational Hypnosis. Hypnosis starts the minute that we get someone on the phone or Zoom call for a consultation. Of course they don't know that, but we do.

What language are we using? How can we phrase things so that our prospective clients understand the value of what we're offering and how we can help them? What can we say so they start the change even before they come to our office? Once they get to our office how is our pre-talk setting them up for an amazing experience?

By the time someone gets to the formal hypnosis part they've probably been in and out of hypnosis a number of times already. Larry will teach us how to do it more intentionally and effectively.

Steven Ruiz-Bettencourt is another member of our community and will be teaching us about Gestalt Dream Therapy. Dreams are a very interesting and seemingly complex subject.

I'll be honest here and state that I have no understanding of Gestalt Dream Therapy though it appears that it goes along with letting the client find the meaning of the dream as opposed to putting a meaning on it from the practitioner.

Letting the client find their own meaning of what happens during a session and finding their own metaphors is a large part of my work, so I'm fascinated to hear what Steven has to teach us about this subject.

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Hypnosis Vault Revealed



FILE: #2-92520-21

By Tish Paquette

I love research, the discovery, the revealing, the unearthing little-known facts about inventions, progressive thoughts, ideas, beliefs and people. Our last edition we uncovered the life and times of Anton Mesmer and in our March edition I referenced a body of work titled "The Use of Hypnosis with Cancer Patients," by Byron Butler physicians and surgeons at Colombia University. He shared many examples and quotes how hypnosis was used. I mentioned three men, Brenman, Gill and Wolfe who stated that "if Psychotherapy was ever to reach the masses it would be through a more rapid method than Psychoanalyses and that is Hypnosis." They later coined the phrase "Hypnoanalysis."

Curious about the three I decided to research them and must confess I didn't get any further than Brenman, who to my surprise isn't a man but a woman known as Margaret Brenman-Gibson

Margaret Brenman born in 1918 and grew-up in the east was very much influenced by life and society through the 30's and the 40's. Though no information has been given about her immediate family it is believed that her background given her last name was of German/Jewish decent.

She began her studies and met her future husband, would-be playwright William Gibson when she was 17 and they married much to her family's objection in her early 20's. She stated that she was considered a rebel and a trailblazer although it wasn't her intention, until it was.

She was the first Psychoanalyst and nonphysician from any discipline to receive full clinical and research psychoanalytic training in America. She received her Doctorate in Psychology from the University of Kansas and later worked with Merton Gill at the Menninger

Clinic where they studied altered states of consciousness and co-authored (1961) Hypnosis and Related States dealing with regression. She researched and pioneered the value and importance of Hypnosis and Hypnotherapy. She had been trained in hypnosis at Syracuse by Dr. Wells who had been trained by Morton Prince and William James.

In fact, so impassioned by this topic she was brave enough when Robert Knight Chief-of-Staff at the Menninger Clinic asked that she give a presentation to the all-male staff, her first lecture was about hypnosis. Upon leaving the lecture hall Karl Menninger shouts to Robert Knight not to let her leave, they need her at the main campus. She had been working off campus at the children's division at the time. Later, Robert Knight wrote her a note saying not to hide her light under a bushel there (children's division) but needed to shine her light at the main campus where she received her research fellow. Karl Menninger knew they needed her expertise and passion for what was coming down the pike.

Margarite was so moved by the soldiers returning from WWII and the war neurosis trauma they sustained, that in 1944 she wrote "Hypnotherapy" to teach and assist psychiatrists and psychologists in the use of hypnosis with their patients.

Her recognition and accolades listed besides her Doctorate-of-Psychology in Kansas, she was among the first to use hypnosis in the treatment of neurosis resulting from war and related areas. In 1982 received a Harvard professorship, earned a Masters in

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Conversational Hypotherapy



By Larry Dillenbeck, Director

Lighthouse Center for Consciousness Studies

I remember back when I was first learning hypnotherapy in the late 80's how excited I was to be able to help people make positive changes in their lives. Like many of us in this field, I started practicing with family members, friends and anyone who was willing. Around the same time, I was working in a maximum-security Youth Corrections facility in Salt Lake City. These residents were violent offenders and many of them had anywhere from 50 to 150 criminal convictions each. So as you can imagine, they were a difficult population to work with. They were generally suspicious of and resistant to authority figures. I found that the communication skills I learned as a hypnotherapist were very effective with this population to reduce their resistance and be open to the counseling we offered.

I often like to think of hypnosis as simply powerful communication. Hypnosis primarily works with two phenomenon – the state of trance and the power of suggestion. We engage the state of trance to increase the likelihood a person will accept a set of ideas or suggestions to think, feel or do something. We invite them to become more open and receptive to our suggestions. If we add the term “therapy” after hypnosis, we could say that hypnotherapy is communicating in a way that increases the likelihood a person will accept a set of ideas or suggestions to help them think, feel or act BETTER in some way.

Powerful communication is often a balance or blend of both credibility and approachability. There are specific verbal and non-verbal patterns that increase your credibility or believability. One of those I often teach is to treat your word as law. When you speak as if what you say is true and you're definitive in your expressions, you're sending the message, “I really believe in what I'm saying and I'm inviting you to join me.” There are also specific verbal and non-verbal

patterns that increase approachability. These help a person feel relaxed and safe in your presence – how “likeable” you are. When you can artfully blend credibility AND approachability, then you have charisma. You speak in such a way that people love to listen to you, and you listen in such a way that people love to speak with you.

Some strategies I have found to be very effective in conversational hypnotherapy are as follows:

1. **Have a definite outcome**
2. **Establish and maintain rapport**
3. **Verbal pacing and leading.**
4. **Use Advanced Language Patterns.**
5. **Working with emotional states.**
6. **Matching Values and Criteria.**
7. **Matching Process and Strategy.**

In our September OHA meeting, I will share with you more specifics about conversational hypnotherapy strategies and invite you to have a “little chat” with each other to experience how fun and effective everyday conversations can be with a real live hypnotist!

Continued on Page 6 under **Hypotherapy**

Further Reading

Conversational Hypnosis article, primedmind.com

Conversational Hypnosis Techniques, mikemandellhypnosis.com

Gestalt Dream Therapy



By Dr. Steven Ruiz-Bettencourt, Psy.D
Peaceful Warrior Wellness Services

I first became interested in Gestalt Dream therapy in 1982, when I took an all day seminar at Lutheran Family Services in Portland, Oregon. It has been a great tool for those clients that have been plagued by recurring dreams or themes. I was an adjunct Psychology professor for 10 years, and I would demonstrate this method in front of a class of 120. The subjects were carefully selected and proved to be a powerful experience for both the subject and the observing class.

Gestalt therapists believe that dreams are existential messages we send to ourselves. These messages are actively explored to bring dream content into a person's actual life. ... The person is then asked to act out each "part" of the dream, creating a dialogue between the parts, in an effort to integrate all of the fragmented parts. "Every dream or every story contains all the material we need. The difficulty is to understand the idea of fragmentation. All the different parts are distributed all over the place". (Pearls, from Gestalt Therapy Verbatim.

All the elements of a dream are viewed as parts of a person's persona. The I = who you identify with in the dream, and how you project other aspects of yourself that you may not fully own onto other elements (people or things) in the dream.

To assist the client in understanding his or her dream, the therapist asks the client to tell the dream in the present tense as if it is happening now (not in the past).

Dreams are often wish fulfillments; they can be rehearsals in your mind for when you are anxious about something. For example, a recent client of mine had repressed for years the sexual abuse by her older brother. She had never told her mother or confronted her brother. We had been discussing the way this repression has formed her conflict avoidant tendencies. In the dream, she not only screamed at her brother all the pain, anger and humiliation she felt, but her mother was also in the room. Her mother had never believed that the abuse ever happened. She appears to be gaining the strength to be able to confront her past and to actually expose the truth of

her abuse by practicing in her dreams.

The non-interpretation by the therapist is an important distinction in Gestalt Therapy, where the client is asked to play component parts of the dream. They may even play the dream itself. For example, the client says "I am my dream, and I am vague, and I am not there for you to remember me..." or "I am my dream, but I am incomplete."

"I am the water, or the chair, or the picture, or the fire..."

Working with dreams is a tool, but not an end to itself and the focus lies always on the here-and-now. The unfolding of a dream or theme is occurring in the present and can be seen more clearly by being fully present.

"In Gestalt therapy the method of working dreams is to enable the client to produce a drama with the client playing all the parts, writing the script and dialogue, and then acting out the drama".

I look forward to sharing the dream process with you Saturday the 21st and sharing the three important pivotal rules needed for their success.

Continued on Page 6 under **Gestalt**

Further Reading

Books and websites to research for further study...

Gestalt Therapy, Frederick (Fritz) Perls

National Hypnotherapy Archives on Gestalt Therapy and Hypnosis

Dream Analysis, goodtherapy.org

Working On Your Own Dreams, gestaltdreaming.com

Vault | continued from Page 3

Anthropology from Columbia University, was the only female Therapist/Psychotherapist at the Austen Riggs Center and received Guggenheim Fellowship for Social Sciences in both the United States and Canada.

Her later years she became interested in the connection between trance i.e. altered state and creativity. "It is the opportunity to allow ourselves to be open to ourselves without holding on to some analytical outer reality." Because of the dramatic times she lived from the depression through the war and civil unrest she wrote a labor of love book, "Clifford Odets: An American Playwright" and the creative spark and his expansive thinking and observations of humanity at the time which certainly we can apply today. She quoted him as saying, "we must make a world where this creative human potential will have its best chance to flower and grow and enrich all of human life."

Hypotherapy | continued from Page 4

About

Larry has a 30-year background in training, consulting and organizational development and has offered training, coaching, consulting and presentations for 70+ organizations in the United States, Japan and Mexico. He has a Bachelor Degree in Psychology and holds numerous certifications including Master Practitioner, Health Practitioner and Trainer of Neurolinguistic Programming (NLP), Clinical Hypnotherapist, Hypnotherapy Instructor and Examiner with the American Council of Hypnotist Examiners. He also serves on the Board of Directors for the Oregon Hypnotherapy Association. Larry is also a graduate of Coach University and has served as a Life Coach since 2004.

Larry also has extensive study, practice and teaches multiple energy work modalities including Reiki, Shinkiko, Twei Na and Andean Shamanism. He blends these various modalities in a customized way to support clients in their healing, empowerment and transformational outcomes.

Margarite cared so deeply about the planet and the people as-a-whole that she was very much affected by its potential demise between the nuclear race between us and Russia. She participated in a peaceful nuclear disarmament rally in New York where she and 21 other protesters were arrested. When asked why, would this accredited professor, now labeled an activist do such a thing she said, she believed the world was caught up in the idea of destructively getting what they want rather than creatively allowing everyone in the world not only to eat but to live their most...and to realize their own potential." That we have the means to do this and save our planet and the people in it.

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About

Steven Ruiz-Bettencourt, Psy.D, is trained as a psychologist and is a licensed psychotherapist in private practice in Milwaukie, Or. Recently, Steven was Program Director for Lifeworks Northwest, a Behavioral Health organization in the tri-county area. He was first exposed to hypnosis in 1985, when he attended an 8-hour training in Spokane, WA with Dr. Stephen Gilligan, Ph.D., a student of Milton Erickson.

His further training and supervision was provided by Dr. Elizabeth Egan, MD, Chief Psychiatrist, Neurologist and Medical Director of a Community Mental Health Center. A fun fact is that Dr. Egan's father was the architect and builder of the Empire State building. Steven has worked in the mental health field as a psychotherapist, psychology professor, hypnotherapist, clinical supervisor and program director since 1983. He has also spent the last 51 years as a martial artist, tournament competitor, teacher, author, school owner and is currently an 8th Degree Black Belt. Steven has been a member of the OHA since 2015 and been a board member since 2016. He can be reached at www.peacefulwarriorcounseling.com. and works under the umbrella of Peaceful Warrior Wellness Services, LLC, for both his private counseling practice and his martial arts schools.

ConversationalGestalt Brenman Hypno

A	G	R	E	E	M	E	N	T	P	B	T	C	A	Y	G	E	T	A	R	T	S	W	F	V
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I	P	X	H	M	D	F	Z	U	P	F	O	R	M	L	F	K	S	N	A	C	G	C	S	H

ACT

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BRENNMAN

CONVERSATIONAL
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FRITZ
HYPNOSIS
MESSAGES
PROCESS
ROLEPLAY

COMMON

CREATIVE
EXISTENTIAL
GEOHE
IMAGINATION
OUT
REENACT
SHAPE

As I write this at the end of August 2021, the COVID cases are rising and we're having to mask up, distance, and think about our "pods" again. I want to thank all of you for the work that you do. It's so important, maybe more so now than ever, that we continue to help people decrease their anxiety, reframe what's going on in their lives, and find hope.

Thank You. Joni

Her husband William Gibson became a successful playwright and his first Broadway play became a movie where Anne Bancroft and Patty Duke starred in *The Miracle Worker* (1957). He wrote many other plays where the life of his wife and her work influenced "The Cobweb," and many more plays with brilliant Hollywood stars. Margarite died in 2004 and he followed in 2008. They were married 64 years and survived by two sons.

Both of them using the stages they were in to promote the miracle and beauty of the human spirit and the preservation of our planet.

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2021 Event Dates

Spring: March 20

Summer: June 26

Fall: September 25

Earn 5 CE credits for each event you attend!

See you then!

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