



OHA Journal

Oregon Hypnotherapy Association—Preserving Professionalism In Hypnotherapy
Vol 26 June 2006

WEB SITE:

www.hypnosis-oregon.com or
www.hypnosis-oregon.org
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Co-Editors:

Julie Sorick, CHt, M.NLP
Nancy Wheeler, MPH, CHt

ADMINISTRATIVE REPORT

Nancy B Wheeler, Administrator

Wishing all of you an enjoyable and prosperous summer. Yes, I am still your acting Administrator until we can find a replacement. We have received several nominations but candidates are either not interested or heavily committed to their own endeavors. We will keep searching and putting the word out. Here are some of the major responsibilities.

1. Oversees the management of the Association
2. Monitors finances including accounting, budgets, tax preparation, working closely with the Treasurer
3. Chairs Board meetings, planning the agenda and bringing issues of concern to the attention of the Board, sees that resolutions of the Board are carried into effect
4. Responds to all telephone inquiries to the Association
5. Oversees all correspondence for membership applications and renewals, maintains records and communicates with the Membership Chairman regularly
6. Develops and delegates, as appropriate,

all aspects of the three yearly workshops, including Journal communication, speaker development, correspondence, registration, facility and catering coordination

7. Facilitates workshops and round table discussions

8. Maintains records and legal documents of the organization

Remember OHA is an organization worth maintaining. You can nominate yourself or anyone you think would be perfect for the job. Write or call OHA.

Thanks to Carole Ockert who has become our new Treasurer, making the job of Administrator so much easier!



Carole began working for a counseling organization in northern California in 1979. Assisting with group relaxation workshops was her

first step toward becoming a hypnotherapist. She is certified by the American Board of Hypnotherapy. Carole has 8 years of experience maintaining the daily financial operation of an attorney's office and she is happy to bring that skill to OHA.

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OHA Board of Directors

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OHA

16869 SW 65th Ave.

PMB 357

Lake Oswego, OR 97035

503 635-1900

Next Meeting of the OHA Saturday, July 22, 2006

Note Time Includes Catered Lunch

Seminar at Fairfield Inn, 6100 SW Meadows Rd., Lake Oswego

Starting 11:30 and ending 4:30 pm. 5 hours of continuing education

Members \$45, Non-Members \$55 Students \$35

Application form enclosed on page 5 or apply to OHA,

Cut, Merge, Cube

FOR CHRONIC PAIN

CUT

1. Imagine golden threads attached to the negative beliefs, pain, and traumas in your cells
2. Imagine those golden threads coming out of every cell in your body and floating to the front
3. Imagine a giant taking all those threads and pulling
4. Imagine pulling those threads as far as they can go, stretching them until they are tinsel tight
5. Let me know when they are as tight as they will go... <wait for answer>
6. Cut them off at skin level! <“Swish!”>
7. Repeat above script for each major and minor chakra:
 - a. Crown (including the energy fields)
 - b. 3rd Eye (including the head and brain)
 - c. Throat (including the neck and spine)
 - d. Heart (including the lungs and chest)
 - e. Solar Plexus (including the vital organs)
 - f. Lower Abdomen (including the sexual organs and bowels)
 - g. Base of the spine (including hips and lower bowels)
 - h. Knees (including the thighs)
 - i. Ankles (including the calves and feet)
 - j. Shoulders (including the upper arms and across the shoulders)
 - k. Elbows (including the lower arms)
 - l. Wrists (including the hands and fingers)

MERGE

1. Imagine you could take all the left-over negative or dark energy from the cells and migrate it all to one side of your body
2. Evenly distribute the dark energy from top to bottom
3. Imagine you could fill the other side with light and positive energy
4. Evenly distribute the light energy from top to bottom
5. Now you have all the dark energy evenly distributed on one side of your body while the other side is filled with light energy
6. Now merge the energies from side to side – mixing the energies completely
7. Notice how when you mix light with darkness, only the light remains (like turning on a light in a dark room)

REPEAT THE MERGING 2 MORE TIMES

CUBE

Imagine all the negative energy we cut off earlier in a big black ball out in front of you

Imagine condensing that energy into the shape and size of a sugar cube

Imagine placing the cube at your perineum (the original 8 cells at the base of your spine – halfway between the genitals and anus)

Stutter breathe 3 times:

The first time to open the perineum

The second time to let the body know there is food coming in

The third time to bring in the energy and feed the body

Repeat the cubing process for any and all body pains, negative beliefs, other negative or hurtful feelings and perceptions

Thanks to Deni Price and Bill Cael

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Milton Erickson—The Father of Hypnosis

During his lifetime, Milton Erickson became famous for his amazing 'miracle cures'. Since his death he has become a legend.

Unorthodox psychiatrist, congenial family doctor, ingenious strategic psychotherapist and master hypnotherapist, Milton Erickson's influence has revolutionized Western psychotherapy. Thanks largely to Erickson the subject of hypnosis has shed its shackles of superstition and is now widely recognized as one of the most powerful tools for change.

Milton Erickson's Life and Background

Within his own life, Milton Erickson had many personal disabilities to contend with, which he often stressed helped him become proficient at practical problem solving for his clients.

His 'problems' began early. Born into a poor farming community in Nevada, Erickson didn't speak until he was four. Later, he was found to have severe dyslexia, to be profoundly tone deaf and color blind. At the age of seventeen, he was paralyzed for a year by a bout of polio so bad that his doctor was convinced he would die.

Despite his handicaps (or perhaps because of), Milton Erickson went on to qualify as a medical doctor and psychiatrist. In the following years he became the World's greatest practitioner of therapeutic hypnosis and one of the most effective psychotherapists ever.

It was perhaps Erickson's farming background which caused him to approach psychotherapy in such a practical way. Anyone who is interested in relieving human misery and developing human potential will benefit greatly from reading about and learning from this remarkable man.

Milton Erickson was a great researcher into the extent and limits of hypnosis as a tool for personal change. 'Hypnotherapy - An Exploratory Casebook' by Milton H Erickson and Ernest L. Rossi is a comprehensive and fascinating compendium of Erickson's cases, transcripts and ideas.

He influenced major thinkers like Gregory Bateson and Margaret Mead, inspired the developers of NLP (Neuro Linguistic Programming) and laid the groundwork for innovators of brief therapy like Paul Watzlovitz, who wrote the influential book Change.

When Erickson was in his fifties he was struck by a second bout of polio that caused him a great deal of physical pain. Even this he was able to turn into a learning opportunity as he became highly effective at treating other people's pain with hypnosis. He details many of his approaches to sensory alteration and pain control in 'Hypnotic alteration of sensory, perceptual and psychological processes' by Milton Erickson. (The collected papers of Milton H Erickson Volume 2).

Despite severe illness in his old age, Milton Erickson continued to teach, demonstrate and practice his remarkable skills as a therapist, even when eventually confined to a wheelchair. He died at the age of seventy nine.

Reading his many case studies in such books as 'Uncommon Therapy' and the subtle metaphorical approaches of his storytelling in 'My voice will go with you' is like entering another dimension.



Dave Elman was an entertainer and radio broadcaster before becoming fully involved with Hypnosis. He was influenced by his father who was a hypnotist and chiefly taught hypnosis to medical doctors and dentists for pain relief and removal of emotional based conditions like allergies, stuttering and obesity. There is very little material available save for a book and some audio recordings of his trainings. Even by today's standards his book *Hypnotherapy* (sometimes called *Findings in Hypnosis*) is a remarkable piece of work.

Here is more to his story.

Dave Elman was born May 6, 1900 in Park River, North Dakota and died on December 5, 1967. His interest in hypnosis was stimulated at an early age by his father who was an accomplished hypnotist. When Dave was 8 years old he began to realize the vast possibilities of hypnosis in the relief of pain. This occurred when his father was dying of cancer and a family friend relieved the intractable pain quite rapidly with hypnosis. This friend was a well-known hypnotist with an enviable fame for performing outstanding feats. Young Dave never forgot how his Dad was afforded relief not available from traditional medical procedures.

In his early teens, Dave started working in show business during his school vacations, usually as a comic. One season he did a hypnosis act, but soon gave it up when he found that parents objected to their daughters dating him. They were actually afraid of the "power" he'd wield over them.

Dave, who was an accomplished musician, specializing in saxophone and violin, loved show business. He wrote all his own material as well as songs. One season he tried New York and worked in night clubs for a while. He didn't enjoy this type of work so he gave it up and got a job working for music publishers. It was at this time that Dave became acquainted with the famous W. C. Handy, with whom he worked for some years, writing quite a few songs together. In fact, years after Dave had given up this phase of his work, Handy sent him a contract for royalties on a couple of songs that they had written, W.C. and other members of the Handy family became Dave's close friends. It was while working with Handy that Dave met the woman who was to share his life, the future Pauline Elman.

During the years 1923-1928, Dave was so anxious to break into radio that he made a living at a daytime job and worked for free on various radio networks in the evenings and on holidays and weekends. In 1928, he got his first paying job with radio station WHN. Soon after, he was hired by Columbia Broadcasting System and worked on every major radio station in the metropolitan New York area, where he became known as an idea man. He wrote, produced, directed and performed in his own shows as well as others.

Dave worked with many of the great names in radio and one season took his Hobby Lobby Show to California to replace the Jack Benny show when that group wanted a vacation. He wrote a number of Kate Smith shows and worked with all the major advertising agencies.

Many show people do charitable work and Dave was no exception. He would often get a group of his friends together to put on a show for some worthy cause. In 1948, he arranged such a benefit and a few days before the show date was informed that the group would not be back in town in time for the performance. Elman was on the spot; it would be impossible to get another group together on such short notice. What could he do? How could he entertain an audience for a couple of hours? He hit on the idea of a hypnosis show, something he hadn't done in years. The performance was a success and afterward he was approached by a group of doctors who asked him to teach them what he knew about hypnosis. Apparently, though they had taken courses, they had all tried it but failed. Dave agreed to teach them and gave a course to a group of twenty physicians. When that course was over, the doctors had another group of twenty waiting for another course, and so it grew.

Dave was then faced with a difficult derision; he loved his work in radio, but he wanted to teach hypnosis. It had to be one or the other. The rest is history. He gave up radio for hypnosis and decided to teach only physicians and dentists in the New York-New Jersey area. Before long, however, he was getting calls from doctors all over the country asking him to come to their town and in many instances they agreed to get groups together. That opened the door to his career in teaching hypnosis all across the country.

At the students' request, Dave put his course on tapes and records and followed up with his now famous book "Findings in Hypnosis." (Upon his death, Pauline continued to handle the book for a while, then turned it over to Nash Publishers who changed the name to "Explorations in Hypnosis." It is now titled "Hypnotherapy" and is published by Westwood Publishers, Los Angeles-) The doctors continued to refer to this material long after finishing the course and they still do. Telephone calls from doctors everywhere seeking advice on hypnosis soon became an everyday occurrence. Many of his students had taken courses from their colleagues but they had not learned enough. As with today, there were doctors in those days who felt that hypnosis should be their own exclusive domain insisting that no "layman" could, or should teach doctors anything- Dave Elman felt the sting of those ill-advised people. Nevertheless, Dave continued to teach and continued to gain respect and admiration.

OHA all day Seminar
Fairfield Inn, 6100 SW Meadows Road, Lake Oswego, Oregon 97035
Hotel Telephone 503-670-7557
Saturday July 22, 2006

Starting 11:30 pm and ending 4:30 pm. 5 hours of continuing education.

9:30 – 11:00 Board Meeting

11:00 – 11:30 Registration

11:30 – 12:30 Catered lunch with networking and roundtable discussion (no additional cost)

12:30 – 4:15 "How to write advertising and marketing that brings you new clients consistently."



There is an simple and easy formula to writing effective ads. During this experiential workshop, you will learn the basic technique of writing an ad for your hypnotherapy practice. You will see before and after samples of several ads. You will receive helpful ad templates, and a list of words/phrases to use and which to avoid. You will learn to create an effective 30 or 60-second commercial (also called "the Blurb" or elevator pitch) you can use when attending networking events. Please bring your current ad, brochure, and other marketing materials. Make a list of all the marketing challenges you've faced, and submit those to me before the class. I will address as many of your specific issues as time allows. Templates for ad writing and Blurb creation will be provided. Please bring writing materials.

About Hannah Martine:

Hannah Martine is a marketing and advertising consultant, specializing in the creation and implementation of strategies and materials that bring more clients into small businesses. She teaches workshops to small business owners who want to grow their businesses through simple yet effective marketing and advertising.

4:15 – 4:30 Future Planning and Adjournment



APPLICATION FORM for OHA Seminar July 22, 2006
Fairfield Inn, Meadows Rd, Lake Oswego

Ticket: Members \$ 45, Non-Members \$55, Students \$ 35, if received by July 8, thereafter add \$10.

Name.....Address.....

City.....State.....Zip.....Tel:E-mail.....

Apply for (#).....Member's, (#)Non-Member's, (#)..... Student's Enclose Check for \$.....

Checks to be made payable to Oregon Hypnotherapy Association.

Send to: Oregon Hypnotherapy Association
16869 SW 65th Ave. PMB 357
Lake Oswego, OR 97035
Inquiries: Tel: 503 635-1900 Fax 503 635-4346

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