

# HYPNOSIS OREGON



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## OHA Is Moving Forward

We extend our deepest thanks and farewells to Horace Simmons, our outgoing president. A skilled hypnotherapist and deep thinker, Horace brought stability and a sense of wonder to the organization. Although Horace has moved out of state, he has retained his membership. We hope he'll stay in touch.

During the interim between outgoing and the installation of a new president, our vice-president, Debbie Vaughn, has stepped up and played a critical role in the transition. She and the Board of Directors are actively working for the membership as we greet a new year.

Some of you have noticed that you received a new certificate this year when you renewed your membership - rather than receiving a sticker. Other important changes are in the mill to make your membership even better for you and your clients.

Our March 2009 meeting will be an historic one as we will be presenting you a new president, vice-president, and board of directors. We hope you will attend and give us your feedback and ideas. And, of course, you are encouraged to assist the organization with your active participation.

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More at [www.hypnosis-oregon.com](http://www.hypnosis-oregon.com)

## Credentials and Oregon Law

Some years ago I enrolled in and completed courses in hypnotherapy through American Institute of Hypnotherapy (AIH). I then went on to complete courses from American Pacific University (APU) earning a Doctor of Clinical Hypnotherapy (DCH) and PhD from these schools respectively. I was so proud of my degrees and posted them on my office wall along with my certificates from the various schools I attended and organizations to which I belonged, including OHA.

I added my educational credentials to all my marketing materials and in my office directory. My web site, too, included my credentials earned from AIH and APU. Unfortunately, the degrees are not recognized in Oregon. In fact, they are unlawful to present to a client. Representing yourself as having a PhD from an unapproved school in Oregon can cost you your livelihood, some cash, and in extreme circumstances, perhaps your freedom. (bold and italic below added by me)

The applicable law is online at [http://arcweb.sos.state.or.us/rules/OARS\\_500/OAR\\_583/583\\_050.html](http://arcweb.sos.state.or.us/rules/OARS_500/OAR_583/583_050.html)

**Concerning credentials**, Oregon Revised Statutes (ORS) 348.594 to 348.615 and 348.992 insofar as each section therein relates to ORS 348.609:

(2) **In order to be valid in Oregon** as a public credential usable for general academic or professional purposes, under ORS 348.609 **a claimed degree must have been awarded by a school that:**

- (a) **Has accreditation** recognized by the U.S. Department of Education or has the foreign equivalent of such accreditation; **or**
- (b) **Has been approved** through the Office of Degree Authorization (ODA) to offer and confer degrees in Oregon; **or**
- (c) Is located in the United States and **has been found** by the commission acting through the Office of Degree Authorization **to meet standards of academic quality comparable to those of an institution** located in the United States **that has accreditation**, recognized by the U.S. Department of Education, to offer degrees of the type and level claimed by the person; **or**
- (d) Is an Oregon school that **has achieved exemption** from state oversight **on religious grounds**; **or**
- (e) **If unaccredited, has the legal authority** from a U.S. state or

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## Credentials and the Law (Cont.)

foreign country **to issue degrees** usable as educational credentials **in the jurisdiction of issue**.

Further, degrees and terms are defined, and in those relating to unaccredited schools issuing degrees:

(11) **“Diploma mill”** or **“degree mill”** means an entity that meets any one of the following conditions as defined in ORS 348.594:

(a) **A school against which a court or public body**, as defined in ORS 174.109, **has issued a ruling or finding**, after due process procedures, that the school has engaged in dishonest, fraudulent or deceptive practices related to the award of degrees, academic standards or student learning requirements; or

(b) **Is an entity without legal authority as a school to issue degrees valid as credentials in the jurisdiction that authorizes issuance of degrees**.

Degrees from “Diploma mills” are specifically targeted:

### Unaccredited Degrees

(1) Users of unaccredited degrees may use the degrees in the following ways.

(a) Unaccredited degrees that have achieved ODA approval under ORS 348.609(d) can be used without a disclaimer.

(b) Unaccredited degrees that have not achieved ODA approval under ORS 348.609(d) can only be used with a disclaimer.

(c) **Degrees issued by degree mills are invalid for use, with or without a disclaimer.**

The state of Oregon will take the following enforcement steps in regard to unlawful degrees:

Invalidation of a Degree, Warning, Enforcement

(1) **A person** who may not have known that his or her claimed degree is invalid or

nonstandard **is given the benefit of the doubt as to intent**, so as to reflect consideration for the possibility that **the person was misled by the purported school or unaware of Oregon degree requirements**.

(2) Failure to provide when requested a transcript or other information needed for validation of a degree is prima facie evidence under statute that the claim to such degree is invalid.

(3) **Failure or inability to produce conclusive evidence of a valid degree** results in a warning from the Office that the claimant **must thereafter cease and desist from making the invalidated claim**.

(4) Subsequent to such warning and in **violation** thereof, any renewed claim of an invalid degree **exposes the violator to penalties** as set forth in statute and under OAR 583-050-0026(5).

(5) Any violation of ORS 348.603 or 348.609 may result in **any or all** of the following **sanctions**:

*The National Guild of Hypnotists has some appropriate material at [www.ngh.net](http://www.ngh.net).*

(a) Prosecution for a **Class B misdemeanor** under ORS 348.992;

(b) Injunction against further use of the claimed degree;

(c) Civil suit for violation of the Unlawful Trade Practices Act, if applicable;

(d) A civil penalty not to exceed **\$1,000 per violation**.

Basically, you’ll receive a “cease and desist” order followed by imposition of a penalty for non-compliance. And this could get expensive as each “violation” can carry with it a financial penalty:

In assessing civil penalties, the Commission desires to be both consistent and equitable and to consider and evaluate each

case on an individual basis. The actual civil penalty which the Commission imposes shall be based on the Commission’s consideration of the factors in OAR 583-050-0027. **The Commission shall impose a penalty per incident** based on only one of the degree use activities listed below, i.e. a single incident cannot result in a penalty from more than one category. Civil penalties shall be imposed according to the following schedule for use after warning by ODA of a violation:

(1) When such use is related to a position in any employment sector, paid or unpaid, involving public health or safety for which a degree of the type found invalid is required for employment or licensure: **\$1000 per incident**.

Oregon currently has no law regulating the practice of hypnotherapy as long as it does not encroach upon the practice of any licensed therapy model. The National Guild of Hypnotists has some very appropriate material for use at [www.ngh.net](http://www.ngh.net). I recommend that you take the time to investigate their excellent papers on legal use of Hypnotherapy in various US states—including appropriate language and scope of practice.

I’m passing along this information to assist you in practicing your hypnotherapy business within the law. We as hypnotherapists rely upon the authority and trust our clients give us. Credentialing can help build authority and trust. However, that trust is fragile. The credential “CHt” means “Clinical Hypnotherapist” and should be adequate for our purposes.

The Oregon Hypnotherapy Association provides a unique service to Oregonians by screening practitioners for education and experience levels. We should all proudly proclaim our membership in OHA as it alerts the public to our mutual level of competency - and signals that we are worthy of their trust by our membership in the organization.

*Joseph Bennette, MRET, CHt*

## Business Building with Professional Referrals

I believe building a professional referral base is a never-ending part of having a healthy business. Having medical doctors, psychiatrists, psychologists and counselors that will send you clients is a wonderful thing.

- It automatically builds rapport before the client even meets you, the hypnotist
- It will lead to other professionals referring to you, further building your business and reputation
- It builds the reputation of hypnosis as a respected profession
- It is a vote of confidence and trust from your community

Getting, and keeping, a professional referral base takes patience, persistence and hard work. It is a business skill that needs more than a single article to cover thoroughly. But, in this single article I will discuss one element of this skill with an example.

Jim came to my office with the goal of remembering the names of some people he knew while in Vietnam in the late 70's. Jim had also been going to the Salem Vet Center for many years because of Post Traumatic Stress Disorder. One of the names he wanted to remember was a friend whom he saw die. This event was the main source of Jim's PTSD. He did not share this fact with me in our pre-talk. When we came upon this event he, of course, had an abreaction. This is ok because my training includes rapidly working through the cause of his "behavioral stress" which we do. Thank you, Howard Hamilton.

At the next session, Jim tells me he has felt happier, more at peace and more alive than he has for over 30 years. This is coming from a man who has brain lesions and cancer in most of his body; a man who is receiving chemotherapy treatments and is in constant pain. A man doctors have 'given' six months to live. His family notices the difference in him, and so does his VA counselor.

Sadly, Jim dies only a couple months after this. Jim's wife, after inviting me to the funeral, tells me I should

I could not have planned this whole mess if I'd wanted to. But I was able to make use of it.

call his VA counselor, because there are a lot of people with problems similar to Jim's that I could help. I think "yes I should do that but they won't talk to me, a 'lay hypnotist'."

Several weeks later, at Howard Hamilton's National Guild of Hypnotists chapter meeting, we are discussing working with PTSD. Linda Hamilton, tells me I should contact someone and offer free help to veterans. I'm thinking "I'm already listed in Joseph Bennette's honor-a-veteran.org, what else can I do?"

I like to think of myself as a smart guy. But, sometimes I'm dumb as a stump. I have two pieces of a puzzle sitting in front of me.... A window of opportunity. The window will not stay open forever. In fact, when I call the VA to

talk with Jim's old counselor, he tells me he is an intern and will be leaving in a few weeks. He tells me he will send a note to the team leader recommending he talk with me, based on Jim's results.

After some phone-tag a time was set up at the Salem Vet Center for me to meet the counselors

and the office manager. Well, I expected it to just be a meet and greet. It was actually an interview, and not a very comfortable one. It did not seem the counselors were very receptive to a 'lay hypnotist' working with their people. There were very pointed questions, examples and scenarios given to me. I wasn't sure I would meet their criteria... In fact, I was fairly sure they came to the meeting expecting to quickly send me packing. But, they didn't. I was able to answer their questions. I knew the meaning of their terminology. And I had a good reputation preceding me. In fact, coincidentally and unknowingly, my morning quit smoking client went with her husband to his late morning VA appointment. They talked with their VA counselor about me right before my afternoon VA meeting.

I could not have planned this whole mess if I'd wanted to. But I was able to make use of it. Eh, not really like I "made use of it", more like I fell into it. I offered the Salem Vets Center two free sessions per month for their vets which they plan to make use of. It's good for the center, the vets, and my business.

*Patrick Glancy, BCH (NGH)*

*Salem, OR*

## Problems with “Ah ha!”

By Joseph Bennette, MRET, CHt

Have you ever suddenly “got it” and said to yourself, “Ah ha!”? Maybe you felt you suddenly came to some realization that would solve your current or life problems. Many new therapists believe that if a client comes to a “realization” or “ah ha” then all is well and the client will come away from the session with resolution. This presupposes the insanely incorrect misconception that if we just know enough about our problem we can solve it and that resolution means solution.

“Ah ha’s” are fine and often make you feel you are progressing toward your goals. And sometimes that feeling is right on and correct. However, just as often or more, the “ah ha!” is merely the mind’s way of keeping you stuck or in the status quo - no progress toward substantial change.

When I was doing Rapid Eye trainings I’d often see students light up with “ah ha! I get it now!” and then return to doing exactly what they were doing before my feedback/correction. Their mind formed an image or “lock-on” - and with the lock-on they would lock out whatever else seemed different from their image. It’s called a scotoma and it feels very good - releasing endorphins in the brain. It is NOT resolution, though it often feels like it.

A scotoma is merely the result of the mind fixating on ONE solution or ideal - which feels like resolution - and excluding all other possibilities. In other words, being RIGHT.

Rightness (the condition of being right) is not all it’s cracked up to be. Being right when you’re wrong is just being VERY wrong - along with all the attending defenses to sustain the wrong as right - that wonderful feeling of “I’m superior” and somehow better than. It is the height of foolishness to believe we KNOW anything. We merely hold notions as beliefs and then apply rightness to those notions we like - seeking or sustaining pleasure while seeking to escape pain (as we suppose). Therefore, rightness actually comes down to “that which makes me feel good or safe about...[some thing or concept]” while wrongness is “that which I feel might threaten or cause me pain.”

“Ah ha!” can sometimes lead us down the path of rightness - along with its associated narrowing of choices. Once we “get it” in a great “ah ha!” we tend to close down to alternatives and be satisfied with our “resolution” - which is really a justification that makes sense to us because it fits into our image of what SHOULD be. Since we are satisfied, we tend to plateau rather than seek real resolution and what is beyond. And at the end of the day, we are left with neither resolution nor satisfaction.

### When “Why” is the wrong question

Sometimes the word can serve us - as in times when we are seeking a philosophical answer to a philosophical question, like, “Why is space so vast?” etc.

However, usually we confuse “why” with useful words like “what” and “how”.





## Problems with “Ah ha!” (Cont.)

“What” tends to elicit a noun - some thing.

“How” tends to elicit a behavior or action - something we do.

“Why” tends to elicit a justification or reason - our philosophy.

“What is for dinner?” elicits nouns like “carrots and peas” and “fish” and is quite a different question from “Why isn’t dinner on the table yet?” - which tends to elicit a justification.

“How can we work out our differences?” elicits an action with some kind of end result in mind - and is far different from, “Why can’t we work out our differences?” - which focuses attention on “why we can’t”. It may be nice to know why you can’t work out your differences - but don’t you really just want to DO something about it rather than just know why?

Particularly when applied to ourselves, “why” can be the incorrect question.

“Why do I always push away those I love most?” Although this question may elicit some interesting information - what I call “Gee Whiz” information - which in this case would probably include some kind of “ah ha” like “So THAT’S why I do that!” - does it really get me any closer to a real resolution or, better, a solution? More likely, what I will elicit with my “ah ha” will be some kind of justification for “WHY” I have done what I have done - which tends to keep me safely in my current behavior pattern. If what I’m really wanting is a solution, then perhaps I would do well with a “how” question instead - eliciting a STRATEGY for successful change.

A more useful question might be, “How can I behave to attract and keep others interested in me?” Or, “In what ways can I change my behavior so others feel safe around me?”

“Why” can be useful if it puts you onto a path toward the kind of substantial and real change you seek. When your “why” question leads you to an “ah ha” moment, don’t let it fool you into believing you’ve come to a resolution or transformation.

Transformation can only be measured in behavioral change over time. “Ah ha!” is simply gee whiz information if it doesn’t lead to substantial behavioral change over time.

Don’t let your “Why’s” beat your “What’s” and “How’s” into submission.

### **Here’s one way you can take charge of your “why’s”.**

Since “why” is a mind game, we’ll play a mind game to control it. Somehow that sounds reasonable to me...

Whenever you hear yourself speak the word “why” in your mind make a “what” or “how” question of it instead. For example, “Why did you do that?” becomes “What did you do?” or “How did you do that?” or “What can I do to help you stop/keep doing that?” or “How can we stop/encourage more of this behavior?” etc. Get creative - by getting creative you open the parts of your mind that might conceal the answers you seek but have been beaten into submission by your misuse of “why” questions.

It’s just a matter of asking the “right” questions...

“Ah ha!” can sometimes lead us down the path of rightness - along with its associated narrowing of choices.

## Hypnosis Can Induce ‘Synesthetic’ Experiences - Where 1 Sense Triggers The Involuntary Use Of Another - Within An Average Brain

Hypnosis can induce “synesthetic” experiences - where one sense triggers the involuntary use of another - within an average brain, according to a new study in the journal *Psychological Science*, the premiere publication of the Association for Psychological Society.

The findings suggests that people with synesthesia, contrary to popular belief, do not necessarily have extra connections in their brain; rather, their brains may simply do more ‘cross talking’ which can be induced by changing inhibitory processes in the average brain.

The research, “Induced cross-modal synesthetic experience without abnormal neuronal connections,” was conducted by an international group that includes Cohen Kadosh, previously a doctoral student at Ben-Gurion University of the Negev under the supervision of Prof. Avishai Henik from BGU’s Department of Psychology and now at the University College London (UCL); Andres Catena from the University of Granada, Spain; Vincent Walsh from the UCL; and Luis J. Fuentes from University of Murcia, Spain.

People living with synesthesia (known as synesthetes) experience abnormal interactions between the senses. Digit-color synesthesia, for instance, will experience certain numbers in specific colors (for example, they might experience the number seven as red). A possible reason put forward for this phenome-

non is the existence of extra connections between brain areas in synesthesia, but this new study suggests otherwise.

To explore the alternative theory of more cross talk (disinhibition) between brain areas in synesthetes, Cohen Kadosh and colleagues used posthypnotic suggestion to show that people who are not synesthetes can be induced to have synesthetic experiences.

After inducing digit-color synesthesia, the volunteers reported similar experiences to those undergone by real synesthetes in their everyday life. For example, one participant described her experience while under posthypnotic suggestion as “When I’m walking on the street, the car registration numbers, if those numbers are on the registration, I see them in those colors.” Moreover, hypnotized participants failed a catch test which was also failed by real synesthetes: when subjects were hypnotized to experience seven as red (for example) they could not detect the number when a black seven was presented on a red background.

Cohen Kadosh explains: “Our study shows that hypnosis can induce synesthetic experiences in people, suggesting that extra brain connections are not needed to experience cross-sensory interactions and that it is a change in inhibitory processes - more cross talk within the brain - that causes these experiences. This takes us one step closer to understanding the causes of synesthesia and abnormal cross-brain interactions.”

The research project was funded by a Marie Curie Intra-European Fellowship; the Royal Society; Israel Science Foundation; Junta de Andalucía and the Spanish Ministry of Education and Science, and the Spanish Ministry of Science and Innovation and Fundación Séneca.

*Article adapted by Medical News Today from original press release online at <http://www.aabgu.org>. Used here by permission of Medical News Today.*



Gregory’s hypnotherapist could not anticipate how his stop smoking script would impact Gregory’s subconscious mind.

# Meeting Advance Registration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)  
Members \$45, Non-Members \$55, Students \$35  
(Add \$10 if paid at the door)

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Tel: \_\_\_\_\_

Numbers I wish to register: \_\_\_\_\_ Members, and/or \_\_\_\_\_ Non-Members, and/or \_\_\_\_\_ Students

I am enclosing my check for total amount due: \$ \_\_\_\_\_  
Please make checks payable to Oregon Hypnotherapy Association

## **Send this registration and fees to:**

Oregon Hypnotherapy Association  
16869 SW 65th Ave. PMB 357  
Lake Oswego, OR 97035

## **OREGON HYPNOTHERAPY ASSOCIATION**

*Preserving Professionalism in Hypnotherapy*

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Nancy Wheeler, MPH, CHt  
Joseph Bennette, MRET, CHt  
Patrick Glancy, CHt

## **Scheduled Presenters**

March 28, 2009

### ***Patrick Glancy—Formulating your session plan***

*Combining age regression, gestalt, and parts with suggestion can greatly increase a client's chance of long term success. Finding how to blend and merge these processes to best fit your personality is important. Having the flexibility to apply these processes in a manner to fit each unique client is even more important. Using both video and transcripts of real sessions, Patrick will demonstrate client intake, organizing/grouping presented issues and creating a flexible session plan when using advanced hypnosis techniques.*

### ***Barbara Poppy Olson, CHt—Lucid Dream Camp***

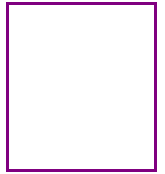
*The Dream Vacation...Lucid Dream Camp in Hawaii, different states of awareness. Barbara Poppy Olson, CHt relates her experience.*

### ***Roundhouse Discussion—The BEST OHA Ever!***

*Conducted by Carole Ockert. Bring your questions, ideas, and suggestions for making OHA better for all of us.*



Oregon Hypnotherapy Association  
PMB 357  
16869 SW 65th Ave.



ADDRESS CORRECTION REQUESTED

## **Next Meeting**

**Saturday, March 28, 2009**

Fairfield Inn, 6100 SW Meadows Rd, Lake  
Oswego, Oregon

10:30-11:30 - Board Meeting

11:30 - 12:00 - Registration

12:00 - 1:00 - Catered Lunch

12:00 - 5:00 - General Meeting (5 CEUs)

5:00 - 5:30 - Membership Discussion

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

*Add \$10 if paid at the door*

**See registration form on page 5**