



OHA News

Joseph Bennette, Editor

Your officers and Board of Directors have been busy during the Fall and Winter months on a number of important projects. Perhaps you've noticed that the Oregon Hypnotherapy Association has a new logo.

One project concerns bylaws adherence. Lifetime members will now notice that they are required to document 15 CEUs per year to remain listed as active. We no longer offer a two year membership option. And trainers who offer at least 150 hours of training and are approved by the Board of Directors may have their member directory listing flagged, making it much easier for those seeking training to find them through the Oregon Hypnotherapy Association.

A new web site is in the works—which will probably be up and running before the March 2010 meeting.

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Stress, Cancer and the Use of Hypnosis

Seth-Deborah Roth

Stress hormones may play a new role in speeding up cancer growth. New research suggests that hormones produced during periods of stress may actually increase the growth rate of a particularly nasty kind of cancer.

A recent study at the Institute for Behavioral Medicine Research at Ohio State University, showed that an increase in norepinephrine, which is a stress hormone, can stimulate tumor cells to produce two compounds. These compounds then go ahead and break down the tissue around the tumor cells and allow the cells to more easily move into the bloodstream. Then, they travel to another site in the body to form additional tumors. This is the process which is called metastasis.

It was shown that the same hormone can also stimulate the tumor cells to release another compound that can aid in the growth of new blood vessels that feed cancer cells, hastening the growth and spread of the disease. This work was reported in the journal Cancer Research.

Research scientists at Ohio State University, then also focused on the role of these compounds. Two of them, both matrix metalloproteinases - MMP-2 and MMP-9 - play a role in breaking down the way that cells attach to in order to maintain their shape. The third compound, vascular endothelial growth factor (VEGF), is important in the growth of new blood vessels into tumor cells.

An interesting earlier work by the University of Texas had shown that the same stress hormones can stimulate ovarian tumor cells to produce these three compounds. The key to that discovery was that the two stress hormones – epinephrine and norepinephrine – would bind to places on the surface of ovarian cancer cells, called adrenergic receptors, and stimulate the release of MMP-2, MMP-9 and VEGF which might then foster cancer

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Next Meeting

Saturday, March 13, 2010

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

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 \$65, Students \$35
 Add \$10 if paid at the door

See registration form on reverse side of this page

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More at www.hypnosis-oregon.com

Some Problems with Intuition

I was put in touch some months ago with a 26 year old San Jose police officer who had participated in a 3-day hypnosis training course in California. When I offered to assist him, his reply was he didn't need anything, he was just going to use his intuition. We have been chatting by e-mail for a few months now. When I asked him how he was coming in moving along toward his goal in hypnosis, he said he had trouble moving forward out of insecurity. Howard Hamilton said the young police officer-turned-hypnotherapist did not know enough to know what he didn't know.

This young man wants to get out of what he is doing now - a police officer in the gangs unit. He wants so much to heal people and help them overcome their blockages. With only a little Reiki and NLP, he thinks he has something important in the world he is supposed to do. Being too young to realize, he has not overcome his own blockages yet.

I have heard people in the Healing Arts say in regard to the need for further training in any given skill, "Well, I just use my intuition; that is all I need."

Our Negative Ego, that part that speaks to our minds which is the self-saboteur, says you are either better than or less than something or someone; among just a few of the tricks it plays to lead us down a proverbial garden path. It allows us to overstate our greatness, when deep in the subconscious, there is the opposite belief. It is that conflict tension that will lead to our downfall. This is the part that tries to tell us that we are to fulfill a special mission of great importance in the world, but yet keeps us stuck in the dreaming stage, or hoping. Hope is a wish without a plan. Perhaps we might not see; we are too lazy to make the effort. Better just to be actively doing some practical work in that direction.

Those people who did create a legacy of greatness did not set out to be at the center of world acclaim, but rather worked consistently, quietly behind the scene just to be better at what they do and loving every minute of it. Like a seed that grows into the tree to bear good fruit, it had just grown by the law of nature to get that way, and then got noticed without any expectation on its part.

Our spiritual guides encourage us to learn and practice everything we can get our hands on because the truth is, Knowledge really is Power. When someone says they don't need anything but intuition, they don't know enough to know what they don't know. Most of us are not that advanced to be able to access the realms where all knowledge prevails. By constant study, practice and learning, the subconscious data base grows. Then our muses, spiritual guides, inner librarian, or whatever it is, that

was able to access and bring forth that intuition when most needed was able to do so by plucking from the garden of knowledge that WE planted, nurtured, and grew. From those ingredients could then be added the special heavenly spices for the hearty stew to feed and heal other's spirits, souls, minds and bodies with. So, is intuition all they need? I don't think so.

Janie Martin, CHt, has a practice in Monmouth. Learn more online at Hypnosis For Healing (www.hypnosisforhealing.net).

Intuition on opening statements is what often gets me the breakthrough and it's a wonderful thing. However, a caveat (or two):

1. With **some** clients, it's not a safe thing to use when they are in deep rapport with you because they will automatically twist their own opening statements so they match the vibrations of **your** problems **and not theirs**. This can happen with children, fellow therapists and certain people who just have both the ability and the requisite life script to be like chameleons and match themselves to any person that comes along and has some congruency of intent.
2. Some clients will deliberately unconsciously mislead you. This can happen with clients who **unconsciously deliberately** run a serial therapist strategy: "You can't help me either and I shall prove this to you!" They are very good at shifting themselves into places where you intuit (the wrong) opening statements just like all the other therapists before you did.
3. There is always the very strong possibility that **your own** unconscious mind thinks, "yay! here's my chance! to give her/him finally some insights and get release for my own problems! Whoo-hoo!"

Now it is not my desire to eradicate anyone's trust in their intuition which is a wonderful thing for a therapist to have (and in fact I wouldn't go to one who wasn't able to produce leaps of faith once in a while; BUT intuition is a fine and double edged thing we have many limiting beliefs about and I think it is a good thing to double check with some clients before saying the words that might lead them into a direction they might not otherwise have taken.

Silvia Hartmann, PhD, is the developer and primary designer of Energy Hypnosis, Project Sanctuary, The Genius Symbols, The Harmony Program, EmoTrance, Events Psychology, researcher, author and international lecturer. Learn more at www.silviahartmann.com

Meeting Advance Registration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)

Members \$45, Non-Members \$65, 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

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Scheduled Presenters

March 13, 2010

Technology for Hypnotists

Panel Discussion and Presentation—A look into current technology hypnotists can use to improve their practice and their marketing efforts. From computers to smartphones to netbooks to light and sound machines to biofeedback, and the amazing software that accompanies such hardware, technology is getting more and more powerful and user-friendly. No longer is it necessary to hire an "expert" - you may be amazed at what you can do yourself.

To get your questions addressed, please forward them and/or suggestions/ideas to Carole Ockert by email at hypnobasic@europa.com or by phone at 503-635-9467. **Panel members: Carole Ockert, Patrick Glancy, and Joseph Bennette.**

Using Hypnosis to Manage/Reduce Pain

Seth-Deborah Roth shares insight into the uses of hypnosis in working with the stresses and pain associated with serious disease. A Certified Instructor by the National Guild of Hypnotists with over 40 years in the medical field and offices in Castro Valley and Pleasanton, California, she has also been featured on the Discovery Channel's "Myth Busters".

Intuition or Decision Bias?

By Joseph Bennette, MRET, CHt

Researchers at Wellcome Trust Centre for Neuroimaging at the University College London have managed to image the brain while it processes subconscious subliminal cues. This is important because it demonstrates for the first time how our brain processes subconscious information. We often think of such information as intuition or inspiration from some external source when instead, it seems we develop these "signals" from within.

Dr. Mathias Pessiglione, lead researcher concludes, "We conclude that, even without conscious processing of contextual cues, our brain can learn their reward value and use them to provide a bias on decision making."

Decision bias?

I think I read that correctly. And just what is a decision bias? It could be thought of as that "still small voice" from your intuition that many think of as their "higher self" or even God. It is that "sense" we get when one choice "feels better" than another although we don't know why.

My thought about this phenomenon is that we learn many life-important lessons BEFORE we develop reasoning circuitry in our brains. That period of development we call infancy is also when we connect reward with context - the basis of decision bias. This could easily explain why some people feel inspired by a piece of music while another person is totally turned off by it. Context cues that trigger to reward - leading to a decision bias.

What happens when infancy is traumatic? What happens when contextual cues that would normally lead to reward (feelings of comfort and security) instead lead to pain and social exclusion? Or how about cues that would normally lead to pain and social exclusion instead lead to pleasure? What happens to later decision biases? I think it is obvious.

If you've been experiencing "twisted intuition" - that is, your sense of things or your "inner voice" or "inner

guidance" seems to be off or too often incorrect - maybe it's time to reprogram. By reprogram, I mean, release the old subliminal programming and install new. If the old programming is left in place, any new programming will be based upon the old decision bias. In other words, the previous bias will affect any new programming - making it nearly impossible to create a new underlying belief if it significantly differs from the previous one. You cannot place a new coat of paint over an old one and expect the new coat to stick to the wood underneath the old paint layer. You must first remove the old paint - and maybe even apply a primer coat to help the new paint coat stick better.

This is one reason I like Rapid Eye Technology (RET). RET works at a subconscious, subliminal level to first RELEASE old programming and then install NEW programming developed by the client - "What do you want instead?" This technique avoids the problems associated with the previous decision bias by releasing it first.

Other similar techniques intended to release subconscious programming by regressing to cause, for example, are perhaps effective because they approach this underlying programming—but ONLY if the regression technique employed RELEASES or DISCHARGES or REPLACES the old programming. Otherwise, the old programming will simply jettison the new based on already installed decision bias.

Read more at www.powerstates.com.

A Call for Articles

As the editor of the OHA journal, Hypnosis Oregon, I extend a call for articles of interest to our readers. Each issue I strive to represent in a written form the heartbeat of our eclectic group. Articles may be long or short and cover any subject pertaining to the field of hypnotherapy. Hypnotherapists traditionally have their minds in some very interesting spaces—treading sacred space—the human psyche. From techniques to client experiences, all make great reading. So, please share. You may contact me my email at ohamemberservices@hypnosis-oregon.com. *Joseph Bennette.*

Anger — My Story

I got control of my anger at a late age and in an unusual way. When I was 40 years old, I walked into a Southern-California emergency room and took a four-year-old girl away from her mother.

My early adult years were dominated by grappling with the fallout from my mother's mental illness and addictions. After years of therapy, I was defiantly proud that I'd mostly avoided becoming the person I was raised to be. But I was confused by one persistent failure: I was still in the grips of the nicotine addiction I'd learned from my mother. After another unsuccessful try at quitting, I finally found myself in a hypnotherapist's office.

The therapist asked me to describe my withdrawal symptoms. "Anger," I'd said. "Uncontrollable, biting, sniping anger." A week or so of nicotine withdrawals would unleash my inner monster, and she'd practically eat my friends for a pack of ultra-light 100s. When he asked about my emotional life and family relations, I resisted. I was done with that, I told him. "Sooooo done. I've dealt with it." A quiet laugh wrinkled his shaved scalp and he scribbled on his note pad.

Finally the therapist talked me down, slowly and methodically, into a hypnotic state, and I felt like I was on a conveyor belt spinning in reverse. I saw myself as a defiant teenager, an awkward middle-schooler, a quietly compliant grade-schooler.

Eventually, I saw myself perched on a steel examining table while my mother told a distracted E.R. doctor that I had a dangerously high fever. She wanted the doctor to admit me to the hospital, Now! The doctor barely concealed a yawn as he pointed out that I was slightly warm, but there was no high fever.

Well, of course, my mother insisted. She had put me in a tub of cold water to reduce my fever. "Isn't that right, sugar-cookie?" she pleaded to me in a sympathetic, baby-talk voice. I saw her face move closer to mine, smelled the stale smoke in her breath, and mutely nodded.

Behind the compliant nod, my four-year-old mind tried

to reconcile my mother's story with what I'd seen and felt that evening since she had placed me in a tub of steaming water. She'd shushed my whining while beads of sweat percolated from my upper lip and my legs and tummy turned red like a sunburn.

I glimpsed my rosy bottom in the bathroom mirror as she plucked me from the water and swaddled me in an itchy wool blanket. I'd cried, hot and constrained, while I struggled to free my arms and legs. Minutes later, she was shouting at the woman behind a glass-and-wire-mesh partition, demanding to see a doctor immediately.

Living through it again, this time from the hypnotist's chair, I felt my body shake from the release of four decades of suppressed anger. That E.R. doctor was just the first of many who could have helped but didn't. My mom would later act out fantasies that I had asthma, fainting spells, bipolar disorder, and even deafness.

Doctors, teachers, school counselors, and piano teachers would all discover that she was lying, but they'd never call her a liar. I cried in the therapist's chair. "Nobody ever told her she couldn't do that to me!"

"Do it now," I heard the therapist say, still with a hint of a smile in his voice. But I didn't understand. "Pick up that little girl," he said, "and get her out of there. You raise her." My throat softened and I fell quiet. I walked to the tiny toe-headed child, and she looked up at me. We didn't say goodbye to anyone; we just walked out.

When I left the therapist's office that day, I was a non-smoker. I've never had another cigarette.

—MB, Oregon

Submitted by Patrick Glancy, BCH, CI
Online at www.GlancyHypnosis.com

2010—And A Look Into The Future

Terry Hartman, FCH, PhD(c)

Whenever a person wants to look into the future, even if only for a year, a number of approaches come to light. What source do we activate to conduct such endeavors? Tea leaves, a crystal ball, tarot cards, throwing bones, psychic readers, remote viewing and clairvoyant numerology are all possibilities that have left humanity with proven results.

Past and present cultures rely on predicting the future. Most noted are indigenous tribes of the Hopi, Maya, Chinese, Hindu, African and Australian Aborigines.

One thing we do know for sure is that ‘we are the sum total of our entire past’. Present futurists such as David Icke, Jim Marrs, and Jesse Ventura glitter the future of conspiracy theories while in the past we have the predictions of Edgar Cayce and Nostradamus. Even the ‘70s popular past life hypnotist Dick Sutphen conducts present weekly interviews on his Sirius Radio show “Dick Sutphen’s Metaphysical World”. (Recently I concluded my fourth one-hour show with him, looking to more.)

Another potential ability lies within exceptional hypnotherapy with clients. The potential to look into the future is what I term Progressive Hypnosis versus past life therapy called Regressive Hypnosis. It seems to work well *after* a number of sessions in the regressive arena that has proven to be liable. For instance I had a mid-20s male subject in Los Angeles years ago that was interested in Regressive Hypnotherapy. This came after a suggestion from his primary care physician in order to help understand the young man’s childhood abusive domestic issues. He was born in Southern California and had not ever traveled out of state.

I just happened to be conducting a seminar locally when the young man approached me for therapy.

One regressive session turned into three and the childhood issues were finally resolved. Then the young man requested another session. He felt an urge to go further into the past to perhaps another lifetime. It was not part of my initial treatment, however he was curious. Since I had already established a trusting relationship with him it was not difficult for me to help him go further into his past.

What transpired was another ‘lifetime’ most previous to this one. He ventured to a small town outside of Philadelphia. He subconsciously believed he was a man by the

name of Christopher Manning who was employed as a postal worker. The man died at age of 42 of **e m p h y s e m a** and was laid to rest in the town’s cemetery.

Then my subject requested to go into the future (a Progression) with detail to find out more of how he could document the case. Within this session the young man went into the future of where to go, how to get there and what to do to find his past. It included the disappearance of the train station, the building of an airport, a new cemetery and lots of imagery until he felt he had the information needed. Almost impossible to prove, the young man and I parted after a total of seven sessions.

Two years went by and one day I received a parcel in the mail. Inside was a photo of the young man standing at his ‘past life gravesite’ in the old cemetery. Below

Inside was a photo of the young man standing at his ‘past life gravesite’ in the old cemetery—he found evidence that going into the future helped him discover his past.

him was a small head stone that read “Christopher J. Manning, 1923 – 1965”. Without ever living or traveling to this location before he found evidence that going into the future helped him discover his past.

Stories like these are rare and complex; however there is a part of all of us that allows us to look into the future. Based on a higher vibrational rate; this can be achieved.

So what’s in store for 2010? In 2009 I worked with a number of individuals who all have traveled into the future. Some of these people are in the U.S., some in the U.K, one in New Zealand and one in Australia. It seems our globe is in for more of what we’ve been experiencing for the past few years with some exceptions.

Here are some of the predictions.

- Global economy will continue to drop with largest losses in Europe and Asian countries
- Earthquakes will sputter on the California/Mexico border
- US unemployment will drop to 8.5%, as outsourcing will come back to the US

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2010—And A Look Into The Future (cont)

- Small meteorites, fearing development by NASA, will hit our moon
- The Catholic Church will begin to crumble with a loss of world followers
- Westerners will increase the use of alternative medicines

These are only a small handful of basic findings. People have the subconscious potential to find their own realities. Because it is said “there is no time in the Universe.”

There is no telling of what can happen if our Present is connected to our Past and the Future. So what about the year 2012? Lots of speculation with some predictions as old as 2,000 years. But then that is another story.

Terry Hartman has a Fellowship in Clinical Hypnotherapy and is completing his PhD of Philosophy in Metaphysics. He can be reached at 503-659-5589, hartman.terry@hotmail.com or under any major search engine at Terry Hartman Hypnosis. Mr Hartman is available for private and group sessions.

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OHA News (continued from page 1)

Thanks to the diligent work of our Secretary, Patrick Glancy, the OHA has a new telephone number that will be either manned or given to voice mail that will be responded to in a much more timely fashion—and save the organization hundreds of dollars per year.

We’re very excited to announce that we have engaged Seth-Deborah Roth, CRNA, CHt, as a presenter at our March meeting. Ms Roth is a nationally recognized and honored presenter and trainer with extensive experience in the field of hypnotherapy and medicine and has even appeared on the Discovery Channel.

The OHA has within its ranks several equally prominent luminaries in the field, some of whom have addressed us at our meetings. Many past presenters, including me, are what you might call the “rank and file” of OHA. We are or have been out there practicing our trade—and making a difference in our communities. We’d like to hear about what you are doing. To sign up as a presenter, please contact a Board member.

Stress, Cancer and the Use of Hypnosis (cont from page 1)

growth.

It was found by the Ohio study group that MMP-2 and MMP-9 contribute to the aggressiveness of tumors. It wasn’t exactly clear as to how they are operating but they may work to facilitate blood vessel growth in new tumors so that they can grow.

It seems to me that using hypnosis as a way to deal with and release stress is a “no-brainer”. Hypnosis is known to work with the autonomic nervous system and shut off sympathetic responses that can leave our body out of balance in the hypothalamus, pituitary adrenal axis response. We can use hypnosis as a way to also help with emotional healing which is a stress reliever within itself. Perhaps, with emotional healing we can shut off the instructions that our body was given to allow the cancer cells to go out of control. Our bodies know how to repair. They are programmed for health.

Seth-Deborah Roth, CRNA, CHT has had many years of experience in the medical field as a Nurse Anesthetist. She has been seen on the Discovery Channel’s “Myth Busters” hypnosis segment. She is a member of the National Board of Certified Clinical Hypnotherapists and is an instructor in medical hypnosis at the Hypnotherapy Center in Oakland, CA. She received masters certifications in NLP and Reiki, and she became a practitioner in Time Line Therapy and Hypno-Birthing. She has also been certified with special training in Pain Control, Cancer Hypnosis, Medical Hypnosis, Pediatric Hypnosis, Habit Control and Weight Loss. Her practice “Hypnotherapy for Health” is located in both Castro Valley and Pleasanton, California where she specializes in Medical Hypnosis. She has been a speaker at conferences and on the radio. She produces hypnosis CDs and specializes in customizing CDs for different medical issues or surgical procedures.

For more information please go to her web site at <http://www.hypnotherapyforhealth.com> or browse her blog at <http://hypnotichealth.blogspot.com>