



News

This year marks the beginning of a new concept in OHA meetings—themes. Starting with the March 12, 2011 meeting, OHA meetings will follow a theme. That means all presentations for that particular meeting will focus on a theme. The March 2011 meeting will focus on Weight Management, including concepts, procedures, and techniques for maximizing hypnosis to manage weight.

Future meetings will focus on The Art and Science of Hypnotherapy (June 11) and Smoking Cessation (Sep 10). 2012 meeting themes will be announced in the March 2012 edition of this newsletter.

If you would like to present at a future meeting or would like to suggest a theme, please contact a member of the board of directors or use the online contact form at www.hypnosis-oregon.com/contact-oha.

What Do You Think?

Editorial by Patrick Glancy, BCH, CI

Many of us now practicing hypnosis as a profession have had previous careers. One thing some of us notice, when comparing the hypnosis profession to past experiences, is there appears to be much more communication and collaboration in other professional groups.

If you have previous experience in other professional groups, I'm almost certain you could see this, too. With the current state of our profession, it makes some sense as there is no standardized training and education. Hypnosis is a mix of science and art. The art portion is what we take away from our training and mix with our own unique personalities. This generates our individual techniques that become quite special and important to us. Why would we want to share???

Granted, this is just my own perspective and opinion. While my article is the one you are reading right now (and will hopefully finish reading...), you will likely have your own views on this. If so, take a few minutes to write it down and send it to Joseph Bennette. He is always very happy to have on-topic content for the next OHA Journal!

Years ago I managed a business where part of our production consisted of electro-plating metal parts. One portion of this process was a 1,600 gallon open metal tank of steaming, bubbling, acidic, green nickel plating solution with electrified metal bars running across it. This tank would take the prepared metal and apply a solid layer of shiny nickel onto it. Usually. Sometimes it was brown, sometimes bumpy. Sometimes it just wouldn't work right. I could mess with the pH, temperature, agitation, and chemical levels to try to figure it out. If we could form our own techniques for fixing these issues on our own, we'd be more competitive against the other businesses out there.

Once, one of the chemical supply companies held a symposium where we happened to talk with some other businesses

(Continued on page 4)

Meeting Info

Saturday, March 12, 2011

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

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

— OR —

Register ONLINE at
www.hypnosis-oregon.com/news#register

A group rate of \$74.00 per night plus tax (normally offered at \$84.00 per night) has been arranged for you at The Fairfield Inn & Suites by Marriott/Lake Oswego. Rates are based upon availability for a Standard King or Double Queen room and are valid for March 11-13, 2011.

Please contact the hotel directly by February 28, 2011 at (503) 670-7557 and ask for the "Oregon Hypnotherapy Group Rate".

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IN THIS ISSUE

News.....	1
What Do You Think?	1
Elman Instant Induction	2
Hedging Bets	3
Clench for Willpower Boost.....	3
Weight Control Script.....	4
Think to Lose Weight.....	5
Research Extracts	6
Meeting Registration Form.....	7
Scheduled Presenters	7
Meeting Times.....	8

More at www.hypnosis-oregon.com

Elman Instant Induction

(Two-Finger Technique)

Spoken to the subject:

“Rest your arms limply on your thighs, feet flat on floor. I want you to look at my hand. In a moment I’m going to bring my hand up in front of your eyes.” (Demonstrate bringing index and middle finger of right hand, in a pointing V position, to a position just above their eyebrows.) “When I do, I’ll pass my hand down in front of your eyes. Keep your eyes fixed on my fingers. As I pass my hand down, let your eyelids close.” (Bring hand straight down, one finger moving down over each eye.) “Close your eyelids down.”

“Now your eyelids are closed. I want you to relax every tiny muscle and nerve in and around your eyelids. I want you to relax them so much that they wouldn’t work even if you wanted them to.”

“When you know that you’ve relaxed them so much they wouldn’t work even if you wanted them to test them.” (7f they open their eyes, tell them to relax them again, this time more completely and test again. If they don’t open their eyes, pause three seconds and continue.)

“All right, that’s fine. Stop trying and just relax and go deeper. Now I’m going to raise your right hand. I will do it by grasping your thumb in my fingers.” (Grasp thumb between thumb and index finger.) “As I lift your hand, let it hang limply in my fingers, (Slightly rock arm back and forth) then, when I drop it, let it drop like a wet, limp rag. When your hand touches your body, send a wave or relaxation from the top of your head down to the tips of your toes. That will double your present level of relaxation.”

(Lift hand, rocking it) “Let it hang loose and limp. When drop it. Let it drop like a wet, limp rag. And as it touches your body, send a wave of relaxation from the top of your



head to the tip of your toes.” (Drop hand) “Double your current level of relaxation.”

“Now, I’m going to pick up your left hand. As I take your thumb, just let it hang limply.” (Slightly rock arm back and forth) “When I drop it, let it drop like a wet, limp rag. When it touches your body, send another wave of relaxation from the top of your head to the tips of your toes and double your present level of relaxation.” (Drop hand)

“Now, your body is relaxed and I’m going to show you how to relax your mind. The next time I touch your fore-

head, I want you to begin counting backward, slowly, from one hundred. With each number you say, double your mental relaxation. After you have counted just a few numbers your mind becomes so relaxed, you find the rest of them relaxing out of your mind.”

“All right, get ready.” (Tap subject on forehead) “Begin counting.” (As they count down make appropriate comments... “Slowly now” “Wonderful” “Double that relaxation” “Now let them grow dim and distant.” “Let them relax right out of your mind.” When they pause say... “All gone?” not “Are the numbers gone?” this could call the numbers back into focus. If they are still counting but are lethargic say, “Let them all fade completely away.”

(After subject has stopped counting, continue with a deepening technique and test.)

Thanks to Howard Hamilton for this great outline.

© Howard Hamilton

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
Inquiries: (503) 902-1122

Register ONLINE at www.hypnosis-oregon.com/news#register

March 12, 2011 Meeting

Theme—Weight Management

Presentations will focus on various methods and practices for effective weight management using hypnosis.

Presenters

Rich Aanrich
Howard Hamilton
Scott Duvall
Theresa Johnson
Joni Brewer
Patrick Glancy

OREGON HYPNOTHERAPY ASSOCIATION

Preserving Professionalism in Hypnotherapy

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Research Extracts—Hypnosis and Weight Management

from <http://www.glancyhypnosis.com/content/weight-loss>

J Clin Psychol. 1985 Jan;41(1):35-41

Effectiveness of hypnosis as an adjunct to behavioral weight management.

Bolocofsky DN, Spinler D, Coulthard-Morris L.

This study examined the effect of adding hypnosis to a behavioral weight-management program on short- and long-term weight change. One hundred nine subjects, who ranged in age from 17 to 67, completed a behavioral treatment either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. However, at the 8-month and 2-year follow-ups, the hypnosis clients showed significant additional weight loss, while those in the behavioral treatment exhibited little further change. More of the subjects who used hypnosis also achieved and maintained their personal weight goals. The utility of employing hypnosis as an adjunct to a behavioral weight-management program is discussed.

Psychol Rep. 1996 Oct;79(2):659-68

Participation in multicomponent hypnosis treatment programs for women's weight loss with and without overt aversion.

Johnson DL, Karkut RT.

Studies of hypnotic, covert and overt aversive techniques have yielded equivocal results when each has been examined for a singular effect on weight lost. Some have advocated study of effective combinations of techniques before investing in other applications. Two programs of hypnosis, imagery, diet, tape, behavior management and support but differing in the overt use of aversion (electric shock, disgusting tastes smells) were examined. A total of 172 overweight adult women were treated, 86 in a hypnosis only and 86 in an overt aversion and hypnosis

program. Both programs achieved significant weight losses. Although subjects who received overt aversion attained somewhat more desired goals and lost more weight than subjects recovering only hypnosis, the differences were not significant.

Proc Natl Acad Sci U S A. 2005 Sep 27;102(39):13724-31. Epub 2005 Aug 3.

False beliefs about fattening foods can have healthy consequences.

Bernstein DM, Laney C, Morris EK, Loftus EF.

University of Washington and Kwantlen University College, Department of Psychology, Box 351525, Seattle, WA 98195-1525, USA.

We suggested to 228 subjects in two experiments that, as children, they had had negative experiences with a fattening food. An additional 107 subjects received no such suggestion and served as controls. In Experiment 1, a minority of subjects came to believe that they had felt ill after eating strawberry ice cream as children, and these subjects were more likely to indicate not wanting to eat strawberry ice cream now. In contrast, we were unable to obtain these effects when the critical item was a more commonly eaten treat (chocolate chip cookie). In Experiment 2, we replicated and extended the strawberry ice cream results. Two different ways of processing the false suggestion succeeded in planting the false belief and producing avoidance of the food. These findings show that it is possible to convince people that, as children, they experienced a negative event involving a fattening food and that this false belief results in avoidance of that food in adulthood. More broadly, these results indicate that we can, through suggestion, manipulate nutritional selection and possibly even improve health.

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

Hedging Bets

Joni Brewer

Overeating, smoking, and working with other behavioral issues are the bread and butter for clinical hypnotists. We know that hypnosis works well but I always like to stack the deck in my favor; so along with hypnosis I use other techniques like positive reinforcement and aromatherapy.

Positive reinforcement had its beginnings with B. F. Skinner's work which he called "operant conditioning." In the decades since he started experimenting with pigeons people have been using these techniques with everything from dolphins, wolves, dogs, and cats to clams. Yes, you can train a clam to close its shell when cued. Of course the methodology has been tweaked and refined over the years.

My clients and I discuss before hand what will be reinforceable behaviors, how many will be required to receive a reward (very few,) and what the rewards will be (something small that doesn't take much time.) During the session I'll walk them through a typical day and we'll practice rewarding behaviors and thoughts. We also practice getting the reward.

In the animal training community this is often referred to as "clicker training" and consists of 3 parts: the cue, the marker that says "that's right! Here comes your treat." and the reward. Studies have found that endorphin levels go up when the animal gets the treat. Which was expected. The endorphins went up more on hearing the marker. Again, it makes sense when you think about it; the animal is anticipating the reward. However, surprisingly, the endorphin levels went up the most when a known cue was given. It's as if the animal is saying "Yes! I know this!"

It appears to work the same with my clients. After awhile just the sight of the food, cigarette, etc. seems to be reinforcing because they know what to do.

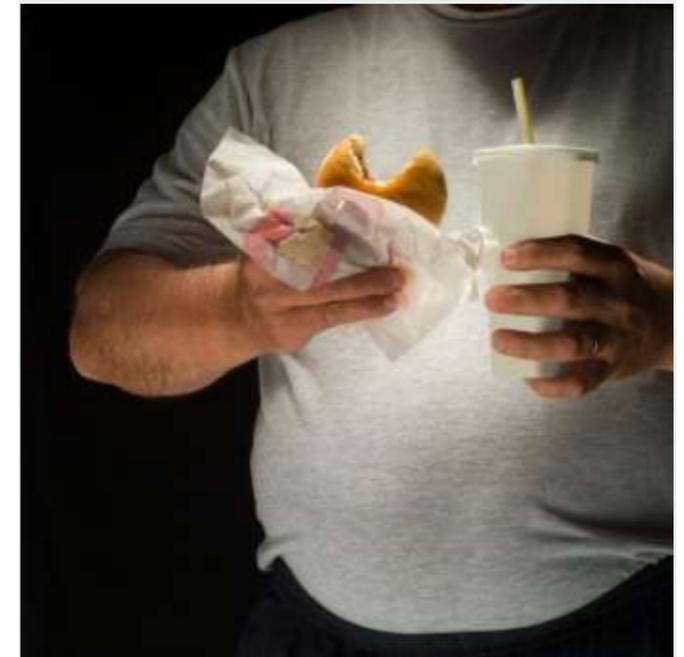
I'll give you more specifics on the use of this and aromatherapy at the March 12 meeting. See you there!

Joni Brewer offers hypnotherapy in Salem, OR.

503-910-7186 / www.BrewerHypnosis.com

Do not look back on happiness, or dream of it in the future. You are only sure of today, do not let yourself be cheated out of it. ~Henry Ward Beecher

Clench for Willpower Boost



A study reported in the Journal of Consumer Research says firming muscles can shore up self-control. Of course, it only works if the choice you are faced with is in alignment with your goals and the muscle clenching is done at the moment of highest self-control dilemma. For example, when faced with the choice to snag a high fat snack when your goal is to lose weight is the perfect time to clench your muscles – adding will-power to your self-control dilemma.

Apparently it doesn't matter which muscles you clench – what matters is the timing. You must clench DURING a crisis of will-power – like when you're staring that cigarette in the face! It doesn't help – in fact it works to your detriment – to clench muscles before the temptation.

So, next time you feel the urge to break your diet, clench your lip muscles shut instead!

Study source: Iris W. Hung and Aparna A. Labroo. "From Firm Muscles to Firm Willpower: Understanding the Role of Embodied Cognition in Self-Regulation." Journal of Consumer Research.

Extracted from www.powerstates.com.

Weight Control Script

By Terrance Watts, CHt

Note: Use this script after induction and deepener (see page 2). There is a certain amount of confusional work in this script - don't attempt to 'clarify' it, because it is absolutely intentional! It allows better communication with the subconscious process, since the conscious mind is kept too busy to introduce counter-suggestion.

Your new found confidence in yourself is going to make it easier and easier for you to lose weight... as you begin to recognize the great truth that taking control of your eating habits is to take control of yourself... and that being in control of yourself allows you to be in control of your life... and being in control of your life makes it easy for you to achieve whatever you want to achieve... it's only necessary to want to do something and know how to do it, in order to be able to do it, and we can all decide to do whatever we want to do... we all have free choice... so that where it has seemed in the past that there were things you could not do, you will begin to recognize that these things were nothing more than things you would not do.... and now you recognize this, you can decide for yourself whether to do those things or not... you can simply decide to do these things, or not to do these things... and as you exercise your right of free choice to decide for yourself the things you want to do and the things you do not want to do, so your sense of self worth, your self-respect grows day by day... day by day becoming stronger and more powerful... day by day allowing you to be as you truly want to be... because you recognize fully now that whatever other people think about you is a product of their own thoughts, their own lives, their attitudes... and sometimes you might be misjudged, as we all are sometimes... but when others misjudge you, it's simply their own error of judgment, their mistake, and whatever that mistake is, whatever they think they see, is based upon their lives, their attitudes, their fears and worries and hopes.... nothing more than their own thoughts... and

you're not responsible for those things... and it doesn't alter the facts, it doesn't alter the real you... because you know your true worth, your true integrity... and you don't mind people making mistakes sometimes... so that as you exercise your determination, your own free will, to do the things that you know will... slowly but steadily help you to lose weight, you find your sense of self worth increasing with every pound of body weight that you lose... because every pound of body weight that disappears is evidence of your ability to take charge of your life, to take charge of yourself... and you're going to find it easy to lose weight at a minimum of 1lb each and every week... most of the time, because your body is efficient and you know exactly how to help it, you'll lose more than that... 3... 4... maybe even 5lbs a week, but always, always, that absolute minimum of one pound each and every week...

And as you slowly but steadily lose weight, so you'll begin to find yourself increasingly delighted with the way you look... beginning to regain that youthful figure and shape... just knowing inside yourself that you deserve to look good, it's OK to look good, OK to be slim in all those places where you really want to be slim, should be slim, deserve to be slim... because you recognize fully now that the way for you to feel really good about yourself is to be in control of your life... in control of your eating habits... in control of yourself... in control... now and well on into the future... so that you can easily achieve your target weight and size... the new eating habits that you're already beginning to establish are going to make it easy for you achieve and maintain that target weight and size... and then your sense of well being and self-worth, your feelings of self-respect, will be equaled only by your feelings of energy, vitality and well-being.

Thanks to Terrance Watts of the UK. To see this and other scripts available on his web site, visit www.hypnosense.com. This script is intended to accompany the instructions on page 2 of this Newsletter..

What Do You Think?

(Continued from page 1)

having similar issues. These were people we had heard of before, but never really talked with. They were the "competition". Why would we want to share information with them?

Sharing out problems, and how we dealt with them, helped all of us. Collaborating with our competition with our unique techniques did not hurt our business; it helped us. It made us all more efficient, more effective, and best of all, it allowed us to provide an even better service to our customers. That last point helped the profession as a whole.

You can see these same principles applied in the different medical fields and helping professions. Hypnosis is maturing and I believe it's getting to a point where we need to collaborate in order to progress. Now there are trainings and classes in-person, online, and via teleconference. But I'm not talking about that. That is not collaboration. I'm talking about two-way communication without a dollar figure attached. This is much rarer.

To me, that is what this year's OHA meeting themes are about. A larger number of shorter presentations, by our own members, on a particular topic, each meeting, I hope will help generate open conversation that will help each of us, as well as help the people we work for.

Weight loss is the most common reason people will look for help in hypnosis. And, I think, weight loss (management, reduction, or whatever word game you want to use.) is the most complex behavior clients come in for. The issues around weight loss have been practiced the longest and are not "quit", like smoking, but moderated. There are so many variables and variations we see with this issue.

I believe collaborating on the weight loss issue alone is something we could spend years on. We all bring to the table our own life experiences, perspective, professional training, and client outcomes.

Patrick Glancy, BCH, CI, has a hypnotherapy practice in Salem, OR. He offers sessions and training. Visit www.glancyhypnosis.com for more information.

Think to Lose Weight



A study by Laura L. Ten Eyck, PhD, Dana P. Gresky, PhD, and Charles G. Lord, PhD, involved 61 college students who did not exercise on a regular basis or exercised inconsistently. Researchers asked students to think about either the reasons why they should increase the performance of a target cardiovascular exercise they had previously selected, such as to be healthier or lose weight or to list actions they could take to increase exercise performance, such a joining a gym or working out with a friend.

Over an eight week period, students who brought to mind a list of actions they could take to increase exercise performance showed an increase in exercise and improved cardiovascular fitness. However, students who repeatedly brought to mind the reasons why they should do the target exercise did not increase time spent exercising.

Conclusion: if you want to lose some weight by increasing your level of exercise – particularly if you are prone to couch potatoing, think about HOW specifically you can increase your level of exercise rather than WHY you should.

Extracted from www.powerstates.com.