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Hypnosis & Allergies

For well over 100 years, hypnosis has been known to be useful in treating allergies. (Note that our profession's ethics and the NGH Guidelines on them require a medical referral before working on an allergy client.) But why is hypnosis useful for allergies? The hypnotherapist needs to understand that in the vast majority of cases, allergies have two components. The first is a SENSITIVITY to an allergen (an allergy-causing substance). The second is an EMOTIONAL or PSYCHOSOMATIC COMPONENT. Can an allergy appear with only one of these two? Certainly, but that is relatively rare.

A common test for sensitivity was to draw a ball-point pen grid on the patient's back (where the patient could not SEE what was being done), and then pin-prick each square in the grid with a different allergen. Those which swelled, turned red, or otherwise reacted were said to have "lit up" and were deemed to be things the person was allergic to. Every one of the dozens of times that test has been done on me, I have "Christmas treed" – lit up the entire grid. The ONLY square on me that did NOT light up was poison ivy – when attacked by the playground bully who was deathly afraid of that plant, I would run to the patch of it near our school and just stand in the middle until rescued! Allergists would tell my parents I was allergic to EVERYTHING except poison ivy. No – I was SENSITIVE to everything

except poison ivy; only a smaller number of items would actually bring on an allergy attack.

The EMOTIONAL or PSYCHOSOMATIC COMPONENT can and does amplify or diminish the reaction to the particular allergen. Notice that the emotional component to poison ivy – a "friend" to me – totally over-rode whatever natural sensitivity the normal person has to that plant. But also notice that ALL the items that I did experience allergic reactions to were ones to which I exhibited a sensitivity AND to which there was also an EMOTIONAL or PSYCHOSOMATIC COMPONENT. My allergy to fish had an emotional component caused by swallowing a fish bone at pre-school age.

Once a hypnotherapist understands this concept – the need for both components in most cases – he is prepared to assist the physician in allergy treatment. The hypnotic procedure is quite simple – find the ISE through regression. Both Affect Bridge and Pinpoint work quite well here, and both Recall Mode and Revivification Mode can be used, although personally I prefer the latter. Do NOT presume that the emotional trauma has to be in early childhood. A middle-aged man with severe allergies to fish was found under regression to have learned that his fiancé was breaking their engagement while he was out with his fraternity buddies having fried clams and beer! After that he could still imbibe the beer, but all seafood made him deathly ill.

In summary, be sure you have a referral, and remember that as a hypnotherapist you are working only with the emotional component. And keep the allergy doctor fully informed. Good luck!

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More at www.ohanw.org

Col. H. Larry Elman, CH, CI

Featured presenter

OHA meeting, March 2012



Forgiveness Therapy, Not Just for the Client...

Daniel Hedrick, Hypnotist

Recently I received an invitation to my 30th High School reunion... I laughingly said out loud, "NO WAY that's happening!" I never wanted to see "those people" ever again! My newly reacquainted high school classmate Ricky called me, he was very excited. Ricky had also received his invitation and now "The Thirtieth" was going to be the main topic of conversation every time we spoke, for the next several months. He asked if I was going, to which I replied, not before hell freezes over! He told me, "you need to get over it!" I said, "No way! Not those people!"

Well, months of badgering went by. Every time I talked, Ricky would pester me, repeating... "If you don't go, you're going to miss out"

The day of "The Thirtieth" was now here. I was just finishing up in my office when the phone rang. It was Ricky... He was drunk! He asked me for a ride, "Where to," I asked. "The Thirtieth"!

Normally I will always without hesitation give a friend a ride if they've been drinking, but his time I told him to "stay home." He said, "NO!" He said if I didn't come and get him, he would just drive himself! And I know how much you hate drunk driving Dan, so come and pick me up or else you will miss out! Yea miss out, miss out on what?

Here's what I would have missed out on...

It was a hot overcast August evening, no sun all day... Then as I was driving west to pick up Ricky, the sun suddenly came out, straight thru the windshield and directly in my eyes! And in that flash I was hit, hit with a jolt - the realization that I am who I am today because of "those People" - the very same people who teased me because I was eighteen years old and only 4'11" tall weighing in at a whopping 70 pounds, "little and weak" they would say. They teased me because "I had black people in my family." They teased me because "I had homosexuals in my family." The 70's were not a good time for me. But now... because of "those people" teasing me, I realized, I had learned compassion, sympathy and understanding, an understanding that I now share and give to my clients. The understanding that each per-

son is who they are because of everything that has ever happened to them. I realize that the person digging in the trash outside my window for bottles and cans is doing so because of everything that has ever happened to him. I teach my clients that if I were born in his body and gone thru every experience he's had and in the order in which those things occurred, I would be doing exactly as he; and if he were born in my body and had my experience, he would be sitting here looking at me, digging thru the trash. Because every decision we make is based on past experience and that's a fact.

I teach them this so they might learn to forgive... because by forgiving we set ourselves free - free from hate, which holds us back; free from being stuck in the past, hating, dwelling on things that happened long ago...

Then it occurred to me - I, too, was stuck! Stuck on useless feelings from my past. So I went to "The Thirtieth" and I hugged everyone! And as I hugged them, I gave them that feeling of forgiveness - forgiveness from my heart; and just as I teach, it set me free: free to laugh and see the little kid inside of them, the kid from the third grade who was my best friend. Free to now see the kid that once was the bully is now a mild mannered minister who also teaches forgiveness!

Ricky was right: I sure would have missed out... I would have missed out on the chance to thank "Those People" for making me who I am today.

Try a little forgiveness therapy yourself... you might just find yourself with a few hundred "New Friends."

Daniel Hedrick is the owner of The Hypnosis Place in Hillsboro, Oregon.

Find Dan online at thestopsmokingguy.biz.



Hypnotherapy (excerpt)

By Dave Elman

DESPITE the efforts of scientific writers and researchers, hypnosis has been wearing a cloak of mysticism for centuries. The very term hypnosis, *derived* from a Greek root word meaning sleep, is misleading. Hypnosis is related to sleep as night is to day—and is no more like it than night is like day. If you will put aside all preconceived notions and examine hypnosis clinically, you will find that it doesn't look, or "behave," as you thought it would. The way it does behave makes this phenomenon a tremendously valuable medical tool, though misconceptions continually hamper or prevent its use entirely.

The realization of this potential use in healing, and of the damage done by misunderstanding and downright misinformation, prompted me to write this book. I will detail my reasons further in Chapter One, but I wish to emphasize—immediately—the need for hypnotic knowledge and unbiased research if medicine is to take advantage of a great corrective force, the power of the human mind. It is my purpose in this text to impart valuable data to doctors, and also to make an understanding of hypnosis available to the interested laity. This is the only way to remove the mystic cloak. You will therefore find no arcane terminology or esotericisms intruding here.

I have been teaching hypnosis to medical men for years, and have found that many of them seem to think they can become expert hypnotists after a few classroom and practice sessions. Since there is really *no such thing as a hypnotist*, this is obviously impossible. As a practitioner employing this tool, all you can ever do is to show a patient how to go over the hurdle from a normal waking or sleeping state into the peculiar state of mind known as hypnosis. You won't hypnotize him; he will hypnotize himself. This means that those of us using suggestion wield no "power" over any subject. It means that there is nothing I do that you can't learn to do in hypnosis.

Since selectivity prevails in the hypnotic state, and the law of self-preservation will not let a subject accept a harmful suggestion, no one has ever been injured by hypnosis. Numerous hypotheses have been formulated to the effect that a subject might be induced to hurt

himself, knowingly or unknowingly, or might be "fooled" into committing a crime. Yet there is no case on record of any such happening. We have conducted thousands of tests, and in all cases, one of two things happens when an improper suggestion is given: The subject either rejects the suggestion or completely terminates the trance state. I repeat this fact because it is so important to the acceptance of hypnosis as a valuable and safe medical tool.

The three requisites for hypnosis are (1) the consent of the subject; (2) communication between the operator and subject, and (3) freedom from fear, or reluctance on the subject's part to trust the operator. Since these are the only requisites, it is obvious that those authors are wrong who say that any particular technique—fixation, for instance—is the only reliable way to induce trance. Actually, there is no limit to the number of techniques that can be used to trigger the desired response; you might say that there is no way in which you cannot hypnotize a person once you know how to utilize suggestion.

Elman, D., *Hypnotherapy*, pgs ix, xii

The Oregon Hypnotherapy Association Presents:

History and Best Practices of Dave Elman.

The skills that make an ordinary hypnotist into an extraordinary hypnotist!

Presented by Larry Elman

H. Larry Elman boasts of graduating from his father, Dave Elman's course in medical hypnosis three times and of a brief career as a stage hypnotist while in high school and college.

He then went on to an engineering career (MIT, the US Air Force and the Defense Industry) eventually retiring as Colonel, USAF. He is now a lecturer and writer on several subjects and has been a presenter for the National Guild of Hypnotists Convention in 2009, 2010 and 2011, teaching Dave Elman's methods. He has also spoken at the IHF, ACHE, IM-DHA/IATC and the Virginia Conference.

Welcome New Board Members

Scott Duvall is a native Oregonian, married to his wonderful wife, Linda, and the father of two beautiful and talented daughters. Although formally trained in banking, he chose to follow his passion instead, enjoying a twenty-eight year successful career as an award winning international fashion and portrait photographer.

A graduate of the Knightsbridge Institute of Hypnotherapy and NLP, Scott opened his Hypnosis Practice in 2007 and is quickly becoming one of Portland's leading consulting hypnotists and NLP practitioners.

Scott has been a featured presenter for the local Portland chapter of the NGH and the Oregon Hypnotherapy Association, as well as his monthly community workshops given at his hypnosis practice. Scott has enjoyed speaking on subjects such as Manifesting your Intentions, Reaching and Maintaining your Ideal weight, Mission Statements, Meditation, Mindfulness, Stress Reduction, Creativity, and reporting on the latest techniques and classes provided by the National Guild of Hypnotists, Inc. and other organization dealing with neuroscience and mind-body healing and communication.

Scott gratefully acknowledges the many wonderful mentors who have graced his life and helped open up the way to learning about many unconventional subjects, such as Taoism, Buddhism, world religions, meditation, martial arts, music, art, positive thought management, energy healing, chakra health, the power of focused attention and so much more. It is the infusion of all these mentors and modalities of wisdom that gives Scott his unique style of hypnotism and healing.

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Genvièr Martin-Bernard started experiencing with the flexibility of the mind in early childhood. Being called to overcome a series of traumas, she stumbled time and again on the phenomenon called dissociation. Journeying back and forth between the boundaries of the body and mind as a child was enough to spark a lifelong fascination, and by the time she was fifteen, Genvièr was already experimenting with hypnosis on classmates, testing the mind's ability to overcome obstacles and boost human capacities.

Following a formal education, she graduated summa cum laude from the University of La Sorbonne Paris with a Master's Degree and a DESS in Foreign Affairs, Law and International Communications. After studying philosophy and psychology, she graduated from the Silva Institute of Psychorientology, which she attended both in Paris and Los Angeles, and from the Mottin & Johnson Institute of Hypnosis. A member of the National Guild of Hypnotists since the mid-1990s, she joined the Oregon Hypnotherapy Association in 2010 when she relocated to the Pacific NW.

Today, with decades of experience researching, practicing and teaching the concepts and applications of hypnotherapy and personal development in the US and overseas, Genvièr writes and lectures extensively on the science of harnessing the power of the subconscious mind. She was featured in leading French and American television and radio shows, including a Discovery Channel special filmed in Monaco and is the producer of *The Last Frontier* - a series dedicated to exploring the untapped potential of the mind. Throughout her career with leading international corporations, universities and schools, she has taught CEOs, executives, athletes, students and private clients to use the power of their minds to transform their existences.

Genvièr brings to our Board of Directors her reputation as a published author and lecturer, decades of professional experience in public and media relations with the international press and the media at large, and her energy, drive and dedication to the continued expansion, credibility and recognition of our profession nationally and internationally.

Visit Genvièr's forensic and clinical hypnotherapy center at www.genviewhypnosis.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
PO Box 432
Lake Oswego, OR 97034

Register ONLINE at www.ohanw.org/news#register

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March 17, 2012 Meeting

Theme—Best Practices

Presentations will focus on Best Practices in hypnosis and hypnotic processes.

Featured Presenters

H. Larry Elman, CH, CI

Howard Hamilton, BCH, CI

**Note: We expect a full house
so register early to reserve your space.**



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Meeting Info

Saturday, March 17, 2012

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)

Members \$45, Non-Members \$65, Students \$35

NOTICE:

Our web site address has changed! We're now at

www.ohanw.org

Please update your bookmarks and links accordingly.

