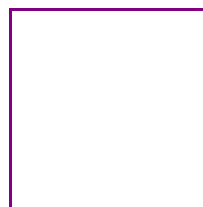




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Volume 12, Issue 2

June 2010

OHA Board Spotlight

Robert Reid, CHt

Robert Reid, CHt, has served on the OHA Board of Directors for over a year.

CEO and Co-Founder of Life Works, a company based in Eugene, OR specializing in Hypnotherapy Certification, Life and Relationship Coaching, Professional Hypnotherapy, and Business Coaching, Robert's unique blend of coaching, scientific and business experience, education, and long term studies in self-development and spirituality allows him to teach and practice with a wide range of clients from diverse backgrounds.

He is a Certified Instructor by The National Guild of Hypnotists, Master Teacher, Certified Quantum Hypnotherapist, Meridian Therapist, and Certified Life and Relationship Coach for singles and couples. Robert has been practicing hypnotherapy since he was a teenager.

Robert has a Degree in Theoretical Physics from the University of Massachusetts [June 1964] and several years of graduate studies in related fields of science and business.

While maintaining his interest in people, business management and hypnotherapy, he also had a 35-year career at the cutting edge of management and strategic planning in the aerospace and electronics technology development industry. He is a recognized expert in business planning and development, acquisition and divestiture and has been a guest speaker on the subject in many forums. He has provided expert testimony and written legislative language on Alternative Energy (Solar) Resources for the US Congress.

Robert has served as a member of several Boards of Directors. He was elected to Who's Who of American Business Leaders in 1991, and was elected as a lifetime member to Who's Who Worldwide in April 1994.

Robert served as President for two years and as Vice President of Finance for Two Years on the Board of Directors of the American Management Association, of a Northern California Chapter. He spent 5 years as CFO/Treasurer for The Gardens, a Corporation with \$85 Million in assets and operating budget. He was successful in leading a team of experts in a significant litigation effort. Robert has served as President of C&R Analytical Services, Inc, a Massachusetts Corporation involved in software development, and for diversity of experience, as Vice President of Operations for Hall-O-Graphics and Art, a Detroit Company producing and selling fine art originals.

Robert coaches businesses on effectively communicating with employees and aligning their personal intents with the corporate mission. Robert occasionally consults in legal disputes for businesses.

We feel so honored and grateful that Robert has agreed to serve on the Board of Directors of the Oregon Hypnotherapy Association. Learn more about Robert Reid and Life Works online at www.lifeworks-or.com.

Next Meeting

Saturday, June 5, 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

— OR —

Register ONLINE at www.hypnosis-oregon.com

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HS Hypnosis Presentation

Catherine G., Canby High School

What is hypnosis? If you ask a stranger, they'll tell you it's a carnival trick; if you ask a hypnotist, they'll give you an essay on the science behind it. In my opinion, hypnosis is an art form. Hypnosis is mysterious to the observer - but that's the thing. Art shouldn't just be observed; art should be experienced. I had the pleasure to experience this beautiful art on May 5th, at the grace of Patrick Glancy. He agreed to come speak to my high school Psychology 2 class at my request, and brought with him a store of knowledge many of us found fascinating.

When a guest speaker comes to a class, it's usually awkward and on a topic you don't much care about. Such was not the case for our class. Everyone was excited to hear we had a hypnotist visiting us, and when he arrived, they were even more excited to hear that he would actually be hypnotizing us as a group.

He informed us of things that are incredibly basic to hypnotists, but were dumbfounding for some of us students. Our class had just finished studying how memory works, but we had never seen that a memory is a physical connection in the brain. We'd also not known that emotions are measurable. For me, Mr. Glancy literally erased the entire flimsy world of feeling; in its stead, he gave a solid foundation where everything had a logical basis, even if the thing itself was illogical.

As surprising as this is, many successful people don't like presenting on their work. It's not the success that makes the topic interesting, though; it's the love behind the job. I feel this is especially true in therapies, where you have to have an affinity for helping others that's more your priority than being successful. Patrick Glancy so obviously loves his work and loves what hypnosis can do that he wanted to share it, and share it he did.

According to classroom feedback, everyone in the room was hypnotized to a degree. Everyone had different reactions; some people wanted a slower, more methodical pace, whereas others wanted different visualizations and a few even created their own.

Mr. Glancy also taught us how to use self-hypnosis (while we were hypnotized, which I think further cemented the

steps in the minds of those few who are planning on using it again) and, just before waking us up, gave us the color red as a convincer. Most of us reported that, without remembering he had said it, the color red was indeed more vibrant and noticeable the rest of the day. (Someone eventually reminded us that he had said we'd notice the color, and we were astonished. To hypnotists this might be amusing, but it was definitely a "Wow!" moment for us students). Many of us also reported a decrease in stress level, which was Mr. Glancy's goal for the group hypnosis.

The point of having Mr. Glancy present to my class was not to impress my peers (though most of them were impressed); my aim was to expose the beauty I had found in hypnosis from a few simple emails between him and me. My discovery was that hypnotherapy is more than counseling, or a meditative state between sleeping and wakefulness, or a stage trick at the fair; hypnosis is a valid, credible source of relief for innumerable conditions ranging from the mundane (nail biting, ADHD) to the life-threatening (post-traumatic stress disorder, pain management). I feel that hypnosis brings peace to the mind - that now, confusing thoughts, feelings, and reactions DO have an answer and CAN be stopped, changed, or driven away.

I believe that this art form is too understudied and pushed into obscurity, and needs to be embraced more fully by those seeking help as well as school systems here in Oregon. You'd think for how liberal our cities are that it'd catch on like wildfire, but as Mr. Glancy has told me, there are currently no accredited schools in Oregon for hypnotherapy. In my opinion, this is a disgrace. Coming from someone who has seen many therapists with no results, it brings me great joy to say that I think I've found an answer to many questions, thanks to a generous and successful hypnotist.

Patrick Glancy owns and operates Glancy Hypnosis in Salem, OR. You can learn more about his practice online at www.glancyhypnosis.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:

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16869 SW 65th Ave. PMB 357
Lake Oswego, OR 97035
Tel: (503) 383-1149

OREGON HYPNOTHERAPY ASSOCIATION

Preserving Professionalism in Hypnotherapy

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www.hypnosis-oregon.com

Board of Directors

Howard Hamilton, CHt

Carole Ockert, BS, CHt

Patrick Glancy, BCH

Joseph Bennette, MRET, CHt

Robert D. Reid, CI, CHt, EFT-CC

Scheduled Presenters

June 5, 2010

Ranae Johnson, MRET—Rapid Eye Technology

Rapid Eye Technology (RET) is a revolutionary breakthrough in the treatment of emotional stress. RET consists of essentially two parts: (1) Identify and release the stress-causing factors on a physical, emotional, mental and spiritual level through the structured movement and blinking of the eyes (the RET process). (2) Learn and apply new skills for life on a physical, emotional, mental and spiritual level to create what we would rather experience in life.

Howard Hamilton—Ultra Height Hypnosis

Howard Hamilton will demonstrate how Ultra-Height hypnosis can be used effectively for almost any mental or physical issue presented by the client. In this state the client is able to discover the cause of his or her particular issue, and exactly what is necessary for the hypnotist to do to completely eliminate it.

My Journey to Rapid Eye Technology (RET)

Mary T. Bowen, MRET, ACB, ALB

I became interested in understanding more about how the mind-body connection worked when my son in 4th grade was diagnosed as learning disabled. The plain and simple truth was we as his parents were told that he was so far behind that he would never be able to read the manual to take the driver's test - meaning he didn't know how to read, not that he didn't want to learn how to read or to drive.

At that time I was also diagnosed with Chronic Fatigue and Fibromyalgia. After sleeping all weekend long, I could go to work for the first days of the week, then as the week went on, I would go to work late, sleep at lunch time or miss work altogether. I averaged 2-3 hours of sleep a night. I hurt all over from the pain and wasn't much use to my children or my husband. I just wanted to sleep. I would make myself do things with my family because I wanted to be with them, I was just so tired it was like a job.

I started reading everything I could find on the mind-body connection. I soon understood that disease in the body has to start somewhere. I met a nutrition consultant and changed the way I and my family ate. It helped a great deal. But I wanted to know more. How could I help my son retain information and how could I get a full night's sleep? I began reading books on the emotional (stress) aspect of disease. I soon found out that our bodies store stress that in time becomes dis-ease.

My son was being bullied in school and I would have lost my job if it wasn't for working for the government and having leave to take when I needed to take it.

I was told about energy healing and to follow a RET practitioner's website that a person I knew followed. This practitioner talked about RET and I thought "what is RET"? I visited the website and when I found out that Dr. Johnson's son was autistic and had benefitted from RET, I wanted to know more. Because there weren't any practitioners in the state of Maryland I decided to learn how to do RET myself as a practitioner.

By the time I finished the training manual and 12 RET sessions on my son, I could see a huge difference in his ability to store information he learned at school. I kept

practicing with him and by the end of the school year he was at grade level when they tested him - mind you, at the beginning of the year he was 3½ grade levels behind. During this time I went to the RET Institute for formal training and focused on my chronic fatigue and fibromyalgia. I received help for that and within a year was sleeping all night long as well.

I found RET because I was seeking ways to help the mind and body naturally let go of stress. The more my son and I stressed over our disease the worse it got. Now we are living life to the fullest because of RET and how it helps let go of stress.

By the way, Edward is in High School studying Culinary Arts, on the High School Varsity Wrestling Team, an Honor Roll student and SOON to have his driver's license.

Mary T. Bowen, MRET, ACB, ALB, is a Life/Business Coach, offering RET since January of 2005. She is also a Reiki master, EFT practitioner and is trained in Brain Gem. Her practice is in Owings, Maryland. Learn more about her practice at www.marytbowen.com.

New OHA Web Site

The Oregon Hypnotherapy Association moved to a new web site and web server January 1, 2010. The new look and feel of the web site is intended to make navigating the site much easier as well as to make the site more visible to web search engines like Google, Bing, and Yahoo Search.

Our next web project is aimed at Facebook and other social media. As more and more people get online with everything from a traditional desktop computer to the iPad, iPhone or Droid, OHA wants to keep up.

When you have a moment, please go take a look at the OHA web site. Feel free to contact us with your ideas for improvement, corrections of errors, even suggestions for additional content.

Our intention with the web site is to make it the online hub for all things hypnotherapy in Oregon and Southwest Washington. Add it to your bookmarks (ctrl-D) when you next visit. www.hypnosis-oregon.com

How I Spent My Summer Vacation

Beth Young, Rapid Eye Technology practitioner

At an Energy Healing workshop, Rapid Eye Technology was demonstrated in front of a large audience and it really resonated with me that this could be the missing link in my own efforts to finally rid myself of the last of my life-long depression.

I'd mostly cleared the depression with other modalities and am an Energy practitioner, so I knew how effective energy work is. I tend to go fast with things and I figured if it was working so quickly and effectively on others, why not get trained, certified and become a practitioner? So I did.

I began training in the summer of 2009 and went through the certification process at the RET Institute in October.

My first sessions as a client were actually at the RET certification, so I was privileged to be working with the best of the best. It was also one of the spiritual highlights of my life! Ranae is truly one of the most spiritually connected people I've ever met and I consider it an honor to be associated with her.

Doing RET has changed my life and my Energy Clearing Therapies practice. RET is a Dustbuster! It's powerfully effective at kicking up our underlying emotional dust and making it go away.

I have NO DOUBT that if I'd used RET when it was first developed, my whole life would look different—decades of depression could have been decades of joy!

In addition, it's wonderfully effective for my clients and has proven to be a lucrative part of my practice. I give thanks to Ranae for helping me personally with this amazing modality, for helping me help clients, and for helping me become financially secure.

Beth Young, Founder of the BETH YOUNG CENTER, has a practice in Bountiful, Utah, offering massage, acupuncture, yoga, essential oils, Emotional Freedom Techniques, and Rapid Eye Technology. Learn more about her practice at www.bethyoungcenter.com.

BUT I DON'T NEED ANYTHING ELSE BUT MY INTUITION, DO I?

By Janie Martin, C.Ht.

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 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.

Eye Movement and Blinking – Evidence Suggests Link to Thought and Emotion

Joseph Bennette, MRET, CHt

According to an article in the August 2007 issue of Scientific American, micromovements of the human eye give us the capacity for vision – and a window into the mind.

Eye movement and blinking can betray your thoughts “As you read this, your eyes are rapidly flicking from left to right in small hops, bringing each word sequentially into focus. When you stare at a person’s face, your eyes will similarly dart here and there, resting momentarily on one eye, the other eye, nose, mouth and other features. With a little introspection, you can detect this frequent flexing of your eye muscles as you scan a page, face or scene.

But these large voluntary eye movements, called saccades, turn out to be just a small part of the daily workout your eye muscles get. Your eyes never stop moving, even when they are apparently settled, say, on a person’s nose or a sailboat bobbing on the horizon. When the eyes fixate on something, as they do for 80 percent of your waking hours, they still jump and jiggle imperceptibly in ways that turn out to be essential for seeing. If you could somehow halt these miniature motions while fixing your gaze, a static scene would simply fade from view.”

(Windows on the Mind; August 2007; Scientific American Magazine; by Susana Martinez-Conde and Stephen L. Macknik)

In addition, “Microsaccades may have significance beyond vision. These little eye movements may also help expose a person’s subliminal thoughts.” (pg 62)

What was that again?!

Your eyes can betray your thoughts?!

It seems that now scientific evidence can demonstrate that there is a connection between how your eyes move and what you are thinking. Those tiny muscles that control the eyes’ movements are controlled in the brain by mechanisms associated with emotions and memory. In particular the Lateral Geniculate Nucleus (LGN), a structure connected to the emotional limbic system.

When you see something, those impulses collected at the eyes must first pass through the LGN on their way to the rear of the brain where they are processed into the cortex or higher brain functions – and an image appears to your awareness. If you have an emotional attachment of some kind associated with what you are viewing, your LGN connects you to your fight or flight mechanisms, which then adds “emotional” data to the data stream, and you may see something else entirely. Maybe a stick will appear as a snake, or your friend as your enemy.

The only eyelid blinking release therapy I know of currently is Rapid Eye Technology (RET), which has been around since the mid 1980s and is just now becoming mainstream therapy for PTSD and a number of other stress disorders including anxiety, phobias, and trauma.

If you could focus your eyes in such a way as to stop the micromovements of your eyes, you’d stop seeing. The cells responsible for processing the subtle differences in light would simply adapt to the overall picture and you’d see nothing. Microsaccades assure you that a non-moving image will continue to be in view – because your eyes are in constant

motion instead of the scene being in motion.

Although not eye movement, blinking is also a necessary process for keeping things in view. Each time you blink, miniature muscles in your eyes must re-adapt to the change in light level in each blink. Rapid blinking creates a flurry of muscular movements as your eyes seek to adapt- a little like a startle response. In addition, the LGN and other limbic structures tend to get fired up in the process – an evolutionary adaptation that protected us from predatory animals like cats that would stalk their prey or wait in ambush without movement – blinking creates a sort of “second look” that might turn up something we may have missed in the savanna – like a lion stalking us. A short blink might alert us to what our eyes had grown accustomed to just seconds before. This could account for why our fear response is so closely associated with our blinking and eye movement patterns.

Nowadays, we use blinking to moisten and clean the eye lenses. But just as microsaccades can indicate a focus of attention and thought process, blinking patterns can indicate our trains of thought. The most notable study of eyelid blinking and thought process was in Nixon’s infa-

mous “I’m not a crook” speech, in which his eyelid blinking was noticeably faster than normal during certain segments, indicating to some that he was lying.

I don’t know if that is true or not – but it is interesting to me that Nixon’s eyelid blinking pattern changed when he felt he was stressed.

When you feel stressed your blinking pattern may change as well. Conversely, by association, rapidly blinking can trigger a stress response in some people. My belief is that this stress-blinking association can be managed – you can take charge of your stress-blink association in such a way as to create a stress-blink-release response rather than the typical stress-blink-fear response. And I think you’d be surprised just how fast you can develop this new skill.

Just as your eye movement can adapt within seconds to the environment and thus fade out the awareness of what you are looking at, so too, your stress-blinking pattern can adapt to a new environment of release rather than initiating a fear response. Further, because your blinking–eye movement controllers are located in the LGN, you have access to your stress response system at its deepest level.

The only eyelid blinking release therapy I know of currently is Rapid Eye Technology (RET), which has been around since the mid 1980s and is just now becoming mainstream therapy for PTSD and a number of other stress disorders including anxiety, phobias, trauma, and the like. The technique is non-invasive, extremely low stress, and fast. Many people experiencing RET remark that it feels too easy to be effective – but then their symptoms are gone and don’t return, so they have to admit it worked for them.

Camille Browning, an RET therapist from Gadsden, Alabama, recently wrote me, “My brother-in-law is a war veteran. I did 15 minutes of RET on a bad memory he had of his war experience. He told me later that the issue was totally clear and that he was able to come off of 3 of his medications after that.”

As research into the brain-eyelid blinking associations

continue, I suspect we will learn more about why Rapid Eye Technology works so well for so many people. It is currently thought of as a complementary and alternative medicine (CAM) therapy, but I suspect it won’t be long before it is thought of as standard treatment for a number of stress-related disorders and conditions.

Article from PowerStates: <http://powerstates.com>

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Researchers Deborah E. Hanula and Charan Ranganath, of the University of California, Davis, Davis, CA, found that, "It is conceivable that eye-tracking could be used to obtain information about past events from participants who are unaware or attempting to withhold information. In other words, there may be circumstances in which eye movements provide a more robust account of past events or experiences than behavioral reports alone."

Simple Trick to Help Your Memory by Moving Your Eyes

Moving your eyes horizontally, from side-to-side, for about 30 seconds may be all it takes to give your memory a boost, according to researchers from Manchester Metropolitan University in England.

After hearing a list of words, the study found that those who moved their eyes side-to-side for 30 seconds correctly remembered more than 10 percent more words, and falsely recognized about 15

percent fewer "lure" words, compared to those who moved their eyes up and down or did nothing.

Why would moving your eyes influence your memory?

The researchers suspect it's because the horizontal eye movements cause the two hemispheres of the brain to interact more, and communication between the left and right brain hemispheres is known to help us remember certain things.

The researchers aren't sure whether the eye movements will help people in their daily lives ... but it's certainly worth a try the next time you've misplaced your keys or forgotten your grocery list at home!

LiveScience.com April 25, 2007

http://www.livescience.com/humanbiology/070425_eyes_memory.html

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