



OHA Board Activity

The new OHA website is only a little over one year old now and seems to be doing the job it was designed to do - providing a more professional “public face” to the web surfing population and funneling visitors (potential clients) to the member directory.

The site is also working as a more modern and efficient means of serving the membership in other ways, too. It allows for simple reference to our OHA meeting schedule and something we are very excited about: online member renewals and seminar sign-ups.

We hoped the web site would be helpful to members as well as to us volunteer OHA Board members. And, it looks like it has. The online process has stream-lined the work Joseph, Carole, and Patrick do in record-keeping and accounting. 68% of members are using the online pay option - much easier than writing checks and licking stamps - and members get far faster service.

Some other improvements that you may have noticed:

1. New phone number: Making use of new technology, OHA is now using the free Google Voice service. This saves the organization over \$1,200 per year!
2. New mailing address: We changed the P.O. box service we are using and save \$170 per year.
3. Different Seminar lunch options: We are now self-catering our lunch, saving around \$700 per year with a varied menu.
4. OHA Journal: We will soon be offering you the option to receive the OHA Journal electronically. This will help the group conserve both costs and trees.
5. OHA branded mugs and other items to promote you and the organization. (More to come in September!)

Because of these changes, the cost of many things in our world continues to increase while the cost of being an OHA member and attending the seminars remains the same.

While we’ve been busy working on these savings, we have also been very focused on providing consistent value to members. Continuing education at a professional level is an integral component of each seminar, as is furthering collaboration and support among ourselves, the membership. The results of these efforts include increases in membership and seminar attendance.

We hope you are making use of the benefits of being an Oregon Hypnotherapy Association member; and we welcome your contributions and input. If you haven't yet, take a moment to visit the OHA web site at www.hypnosis-oregon.com. We believe you'll like what you find there.

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More at www.hypnosis-oregon.com

Science and Hypnosis

Study abstracts provided by GloancyHypnosis.com

Am J Clin Hypn. 2004 Apr;46(4):281-97. Self-hypnosis relapse prevention training with chronic drug/alcohol users: effects on self-esteem, affect, and relapse. Pekala RJ, Maurer R, Kumar VK, Elliott NC, Masten E, Moon E, Salinger M. hBiofeedback Clinic (116B), Coatesville VA Medical Center, Coatesville, PA 19320-2096, USA. Ronald.Pekala@med.va.gov

This study evaluated the effectiveness of a self-hypnosis protocol with chronic drug and alcohol patients in increasing self-esteem, improving affect, and preventing relapse against a control, a trans-theoretical cognitive-behavioral (TCB), and a stress management (attention-placebo) group. Participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs (SARRTPs). Participants were assessed pre and post intervention, and at 7-week follow-up. Relapse rates did not significantly differ across the 4 groups at follow-up; 87% of those contacted reported abstinence. At follow-up, the participants in the 3 treatment conditions were asked how often they practiced the intervention materials provided them. Practicing and minimal-practicing participants were compared against the control group for each of the 3 interventions via MANOVAs/ANOVAs. Results revealed a significant Time by Groups interaction for the hypnosis intervention, with individuals who played the self-hypnosis audiotapes "at least 3 to 5 times a week" at 7-week follow-up reporting the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups. No significant effects were found for the trans-theoretical or stress management interventions. Regression analysis predicted almost two-thirds of the variance of who relapsed and who did not in the hypnosis intervention group. Hypnotic susceptibility predicted who practiced the self-hypnosis audiotapes. The results suggest that hypnosis can be a useful adjunct in helping chronic substance abuse individuals with their reported self-esteem, serenity, and anger/impulsivity.

ASDC J Dent Child. 1994 Jul-Aug;61(4):272-5. Hypnosis as an adjunct to the administration of local anesthetic

in pediatric patients. Gokli MA, Wood AJ, Mourino AP, Farrington FH, Best AM.

Abstract:

This study investigates the acceptance of local anesthetic injection, utilizing hypnosis in twenty-nine children, ages four to thirteen years. Each subject was evaluated twice, once utilizing hypnosis before injection, and once without. A double blind research design was used to avoid effects of expectancy. Subjects in the study were videotaped during the procedure. Their behavior was rated independently by two pediatric dentists, using the North Carolina Behavior Rating Scale (NBRS). Transcutaneous pulse oximetry data were also recorded for each subject. The resulting data were evaluated for statistically significant differences between the two methods and for interrater reliability. Results showed no statistically significant differences in oxygen saturation due to hypnosis condition, order of treatment, sex, race, or age. Statistically significant differences were found in pulse rate and behavior, attributable to hypnosis condition and age, but not to sex, race, or order of treatment. Pulse rate decreased with hypnosis, as did crying. The hypnosis condition seemed to be more successful with younger children (four to six years old).

PMID: 7989631 [PubMed - indexed for MEDLINE]

Int J Clin Exp Hypn. 2010 Oct;58(4):457-75. Comparison of conventional therapies for dentin hypersensitivity versus medical hypnosis. Eitner S, Bittner C, Wichmann M, Nickenig HJ, Sokol B. Department of Prosthodontics, Friedrich-Alexander University, Erlangen Nuremberg, Erlangen, Germany. stephan.eitner@uk-erlangen.de

Abstract:

This study compared the efficacy of conventional treatments for dentin hypersensitivity (DHS) and

Science and Hypnosis

(Continued from page 2)

hypnotherapy. During a 1-month period at an urban practice in a service area of approximately 22,000 inhabitants, all patients were examined. A total of 102 individuals were included in the evaluation. Values of 186 teeth were analyzed. The comparison of the different treatment methods (desensitizer, fluoridation, and hypnotherapy) did not show significant differences in success rates. However, a noticeable difference was observed in terms of onset and duration of effect. For both desensitizer and hypnotherapy treatments, onset of effect was very rapid. Compared to the other methods studied, hypnotherapy effects had the longest duration. In conclusion, hypnotherapy was as effective as other methods in the treatment of DHS.

PMID: 20799124 [PubMed - indexed for MEDLINE]

ASDC J Dent Child. 2000 Jul-Aug;67(4):263-7, 231. The use of imagery suggestions during administration of local anesthetic in pediatric dental patients. Peretz B, Bimstein E. Department of Pediatric Dentistry, Hebrew University, Hadassah School of Dental Medicine, Jerusalem, Israel.

The aim of this study was to evaluate the effects of suggestion before and during the administration of local anesthesia to children. These effects were then observed and correlated with social, behavioral and dentally related variables. Eighty children between the ages of three and sixteen years and who required at least one injection of local anesthesia were monitored. Retrospective examinations of their dental records provided the information regarding the behavior and dental treatment histories of the patients. All other data were provided through observation during the dental treatment phase. During the first treatment session, before the injection, each child was asked to select a favorite, pleasant memory or image. Where children had difficulty in identifying an image, one was proposed by the dentist. After an image had been chosen, the patients were asked to concentrate on the image and to

visualize it during the procedure. The majority of children had chosen their own images, and significantly visualized the same images throughout the injection procedures. Image selection and visualization had no association with gender, age, the parent's assessment of the child's behavior, previous dental experience, behavior (both past and present) or, management techniques (both past and present). We conclude that imaging techniques may be successfully utilized in the administration of local anesthesia to young children (from three years of age) in an effort to mitigate untoward, pain-related stress.

PMID: 17161125 [PubMed - indexed for MEDLINE] MCN Am J Matern Child Nurs. 2002 Nov-Dec;27(6):335-40; quiz 341. Self-hypnosis: alternative anesthesia for childbirth. Ketterhagen D, Vandevusse L, Berner MA. Women's Health Center, Waukesha Memorial Hospital, Waukesha, WI 53188, USA. debra.ketterhagen@phci.org

The purpose of this article is to inform nurses about the use of self-hypnosis in childbirth. Hypnosis is a focused form of concentration. Self-hypnosis is one form of hypnosis in which a certified practitioner or therapist teaches an individual to induce his or her own state of altered consciousness. When used for childbirth pain, the primary aim of self-hypnosis is to help the woman maintain control by managing anxiety and discomfort through inducing a focused state of relaxation. Before the widespread use of pharmaceuticals for pain, hypnosis was one of the few pain relief methods available for labor. However, as new technologies for pain relief emerged, hypnosis received less attention. Most nurses have little experience with hypnosis, and there is limited information available in the literature. However, because nurses are at laboring women's bedsides, it is important that nurses learn about self-hypnosis to be able to inform pregnant women fully about all pain control options and to maximize the benefits for the woman choosing hypnosis.

The Unexpected Hypnotic Approach

By Janie Martin, CHt

After returning home one evening I was told I had a call from a gentleman who wanted me to come to his home to hypnotize him for a problem. I normally would never go to a client's home, let alone a man I do not know. However, I returned the call to find it was an elderly man who could not use his dentures for several months due to a gagging reflex. He also suffered from a heart problem and had to use oxygen support from time to time. He stated he had stomach problems as well. I decided, or rather felt a strong inner leading to arrange to go to his home. That evening I was awakened in the night with guidance for a script I was to write and what it was to say.

The next late afternoon I arrived at his charming little home in a poor part of town and was greeted by his very sweet little wife. Upon entering the home I noted a statue of the Virgin Mary and several religious artifacts around the living room as well as some rosary beads next to the recliner chair where he sat as he removed his oxygen support to stand up and greet me. His wife asked me if I did Past Life hypnosis as I spotted several books stacked up by author and psychic Sylvia Browne. I answered saying that I normally did not but that sometimes things might spontaneously happen in that direction.

The client, an elderly round gentleman of a sweet nature, was most happy that I had come to try to help him. He had no prior experience of hypnosis. I did my normal pre-talk explanation of hypnosis but did not do the Model of the Mind explanation. I did not use a rapid or instant induction choosing instead an Elman induction done slowly. While in trance I explained that if I ever facilitated the state of hypnosis again he would enter this space very easily and suggestions would be accepted more powerfully than before. This was planned so as to take him out and put him back in again and reinforce the suggestions.

I felt confident about my script and told him the reason he probably had problems accepting these new teeth was due to the fact that perhaps some part of his mind believed the statement that they were *false teeth*. I told him that in fact he was to think of them rather as his *true teeth* as his old ones were not very reliable and were gone while these teeth would last much longer and were much better, and as a result of using them his stomach problems should improve as he would be able to better chew his food. So I impressed the fact upon his mind that he was to think of these teeth as his *true teeth* and it would seem as though he had always had them and they would feel comfortable to him, noting that he did not gage when he had food in his

mouth and so it would be the same, feeling very natural. I gave him the suggestion that just prior to putting them in his mouth he was to stoke his throat in a downward stroke a few times first which would relax everything. He automatically did this himself while in hypnosis. I compounded the suggestion. I then emerged him and said, "Well why don't you go get your true teeth and give them a try and notice how wonderful this is going to work for you." He got the teeth, sat in his chair and put the teeth in, but forgot to stroke his throat first. He immediately began gagging. At that point without even thinking about it, I jumped out of my chair, ran over and grabbed hold of his head with both my hands, while shouting a very loud command, "IN THE NAME OF JESUS CHRIST, **ACCEPT THESE TEETH!!!!**," and then I pushed him back in the chair, snapped my fingers and shouted "SLEEP", whereby he fell into a deep trance from that unplanned shock induction. I again repeated the suggestions that he would now accept these teeth and never ever have a problem with them ever again, feeling as though they had always been there for years without any discomfort whatsoever.

I then emerged him and he opened his eyes, grabbed my face and began fiercely kissing both cheeks of my face over and over while saying with the most emotion, "OH THANK YOU, THANK YOU AND GOD BLESS, GOD BLESS YOU.....the Catholics and the Baptist have both been praying for me, but today.....you just healed me." He was so overcome with emotion, and I just could not believe what I had just done, which I thought anyone in our field would think was totally outrageous, including me!!!

He asked me how much I charged, but since I saw their circumstances were modest I decided to charge him only \$60 dollars instead of my regular fee. Whereupon he took a \$100 bill out of his wallet and gave it to me plus sending me off with two homemade labeled jars of jam and honey. As I went out the door and down to the street, he stood at the top of the steps and shouted to me, "God means for you to do this work honey." On the way home I burst out laughing at what a scene this must have been!

About a week later I received a telephone call and a man's voice said on the other end of the line, "Do you know who this is?" I replied that the voice sounded familiar. He said, "Maybe this will help." I heard the clicking of teeth and immediately knew it was my true teeth client. He said he has not had any trouble at all with gagging and that his *true teeth* never felt better and that his stomach problems and heart problem had improved because of the healings I did for him in hypnosis!

So, what strange and wonderful things can transpire when we are open to allowing the Spirit to guide us in our work; because what may have seemed an outrageous thing that I had just done, it was not an outrageous thing at all to the Power from whence it had come.

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.hypnosis-oregon.com

June 11, 2011 Meeting

Theme—Art & Science of Hypnosis

Presentations will focus on the science behind hypnosis and the art of using it effectively.

OREGON HYPNOTHERAPY ASSOCIATION

Preserving Professionalism in Hypnotherapy

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Presenters

Geoffrey Williams, a practicing hypnotherapist from Australia will be our guest speaker. He will be presenting on Parkinson's disease, hypnosis and dopamine.

Carole Ockert, BSc, LLC

Robert Reid, CI, CHt, EFT-CC

Genviév Martin-Bernard, DESS, CHt

Cynthia Hengge, MHR, CHt

Lynn Mystic Healer, CHt

Larry Rogers, ACHt



Oregon Hypnotherapy Association
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Thanks to a donation honoring our past President, Horace Simmons, we are having a raffle of a Powells gift card at each of our meetings in 2011. Rosemarie Eisenberg won the Powells gift card at the March meeting. If you attend the June 11th meeting, your name will be entered in this upcoming raffle.

Make your reservation at the Fairfield Inn by May 31st and get a \$99 rate for a King bed with sofasleeper. Call 503-670-7557 and ask for the Oregon Hypnotherapy group rate. There will be six rooms made available to us at this price.

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Meeting Info

Saturday, June 11, 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)

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**