

HYPNOSIS OREGON

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OHA Board Spotlight

Patrick Glancy BCH, CI

I was flattered to be invited onto the OHA Board as secretary. But, I then learned the choice was between me or one of the wild turkeys in Howard Hamilton's yard (Yes there is a flock of wild turkeys that live around Howard's place). I'm still glad I'm here and will do the best I can to assist our organization.

Like most hypnotists, hypnosis was not my first vocation. For a little over 16 years, I was involved in a family business. I learned a range of skills, including: forklift driver, plastic vacuum forming, acrylic fabrication, metal and plastic welding, electro-plating, automated powder coating and even heavy metal hazardous waste treatment. Turning a 1,600 gallon tank of a lethal liquid combination of cyanide into clear water a goldfish can live in is only slightly less complex than dealing with some hypnosis clients. I left the family business

when I finally realized I didn't like working with my family. I usually learn quicker than this.

What I took away from those years was invaluable business experience in aspects such as working with individuals and groups, and how to fiscally run a business. Combining these skills with my hypnosis education, under Howard Hamilton, has been a great combination for me.

I could not be happier in any other job. I thoroughly enjoy helping people through issues for which they would otherwise have no help. I enjoy seeing the surprise on their faces when they 'feel better'. Nothing can beat that.

I see hypnosis as an extremely unique, client centered modality and profession. It is a profession that belongs in the hands of those that know it and use it. The last time I looked, Oregon is one of only 13 states that does not have legislation restricting hypnosis in some way. I believe it is only a matter of time before we are challenged. I believe we need to be prepared to stand-up for our profession. Being prepared takes many forms. These could include keeping our professionalism above reproach, clear communication with other professions, and holding ourselves up to respectable standards.

I'm very happy to be a part of the OHA Board of directors and am looking forward to the next couple of years. Every individual on the board has much personal experience to draw from and has the motivation to use, and share their knowledge. There are many things in the works that will improve how OHA functions. Things such as the ability to renew membership online, clarifying continued education requirements, evaluating how the public views hypnosis, and increasing the educational value of our OHA meetings. These things are a few of the steps being made to help build and stabilize our association, and our profession in Oregon.

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More at www.hypnosis-oregon.com

New Clues on How Hypnosis Works

Researchers Observe Changes in Brain Activity During Hypnosis

University of Geneva researchers say they found in a series of experiments using functional magnetic resonance imaging (fMRI) that brain activity is different under hypnosis. Their study is published in journal *Neuron*.

The study concludes that hypnosis induces a disconnection of motor commands from normal voluntary processes under the influence of brain circuits involved in executive control and self-imagery, Yann Cojan, PhD, of the Neuroscience Center and Medical School at the University of Geneva, tells WebMD in an email.

The researchers used fMRI to scan brains of 12 people who were tested on hand movement before and after hypnosis for left hand paralysis. Despite the paralysis, neurons in the motor cortex region were still firing away in preparation for the task, Cojan tells WebMD. He says his team confirmed "subjective reports of hypnotic phenomenon" and also that "functional connectivity is a very important process in the brain" that hypnosis is capable of modifying.

What was surprising was that the cortex appeared to be ignoring parts of the brain with which it normally communicates in controlling movement, the researchers say. Hypnosis produced changes in areas involved in attention, and also modified connections between the brain's motor cortex and other regions, Cojan tells WebMD.

Besides the 12 who were hypnotized, the researchers also scanned the brains of six people who had not been hypnotized but who had been told to feign hand paralysis for testing. They comprised the comparison group.

"These results suggest that hypnosis may enhance self-monitoring processes to allow internal representations generated by the suggestion to guide behavior but does not act through direct motor inhibition," Cojan says in a news release. "These findings make an important new step toward establishing neurobiological foundations for the striking impact of hypnosis on the brain and behavior."

In the study participants, messages weren't sent through normal brain channels, so when hypnotized subjects

were told to move their left hands, they couldn't, Cojan says. Hypnosis, the researchers found, induces a disconnect in normal voluntary processes involved in planning to move a body part. "Hypnosis is a very old tool in many medical domains but it is still unclear how it works," Cojan says.

By Bill Hendrick, WebMD Health News, Reviewed by Louise Chang, MD, June 26, 2009

*Article submitted by Carol Daly CHT, MRET
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Notice

Horace O. Simmons of Prescott, Ariz., and Vancouver, Wash., passed away on June 11, 2009, at age 63 after a courageous battle with ALS. He was born in Boulder, Colo., attended school in Texas and lived in Alaska, Oregon, California, Washington and Arizona.

As a young man, he lived for several years in the back-country of Alaska, and later worked for many years as a commercial fisherman in Kodiak, Alaska. As the Director of the Kodiak Area Native Housing Authority, he oversaw the construction of dozens of new houses for the local Native American population.

Horace became the principal of a software consulting firm, and later became a clinical hypnotherapist, serving several years as president of the Oregon Hypnotherapy Association.

Horace is survived by his mother, Helen Simmons; his children, Tina, Selina, Anthony and Christine; siblings Ruth Anne and John; and beloved friend Vicki Nier.

The family would like to thank the staff of Granite Gate Senior Living Community and Family Hospice Care for their care and support.

A private celebration of his life by family and friends took place on June 14, 2009.

Why Continuing Education?

Patrick Glancy, BCH, CI

When I finished my CHt certification I thought I would be done learning hypnosis and that Continued Education was just a formality. That belief didn't last very long. Even with a full-time practice I have to make time to continue my learning.

I've found continuing education to be crucial in advancing professional skills, proficiency and effectiveness. And, this is all for the benefit of the client. Expanding my hypnosis 'tool box' allows me to adapt to each individual client and their unique needs. If your client is happy, you will be happy and your business can progress.

OHA meetings, NGH conventions, training courses, distance learning, books, and DVD's are all ways we can continue learning about the art of hypnosis. The amount of new and updated hypnosis information being offered is simply overwhelming. Sorting through all the options is literally impossible. Learning to separate the wheat from the chaff is one more necessary skill.

In the field of hypnosis, what will be wheat and what will be chaff will differ from person to person. We each have our own ideas about what works. What works best for me, what I teach, will be fine for many hypnotists, but not all. Finding what works for you and sticking with it, while keeping an open mind, will keep you on the right path.

Finding quality education can take a little work, but it is well worth the effort. Research your options (reading marketing material is not always "research".) Ask for the opinion of peers and make your choices. Share your opinions with your peers. Whatever you do, keep learning.

Patrick Glancy, BCH, CI, teaches basic through advanced analytical hypnosis from his Salem, Oregon office. Contact him by phone at 503-551-2696 or online at www.glancyhypnosis.com.

NEW TO OHA



Terry Hartman, FCH, PhDc

Hypnotherapy Consultant

Although Terry Hartman has practiced hypnotherapy worldwide, he has always felt the Northwest and Portland as his home. Holding a lifetime Fellowship in Clinical Hypnotherapy and soon to be a PhD of Philosophy in Metaphysics, Terry has succeeded in all types of cases a hypnosis technician could imagine. From basic phobias, personal goals and amnesia to Metaphysical and Paranormal traumatic anomalies.

He has worked with police departments, NASA and Olympians alike. His credentials span over 30 years in the U.S., Canada, England, Ireland, Hong Kong, Australia, New Zealand and Taiwan. Of all specialties, Terry concentrates on Paranormal situations that besiege individuals. With hypnosis as a tool he helps victims of trauma cope with what could be the most important thing in life that has ever happened to them.

Mr Hartman can be reached at 503-659-5589 or

hartmanterry@hotmail.com

Welcome to the Oregon Hypnotherapy Association, Terry!

Administrative Notice (Membership Renewals)

The Oregon Hypnotherapy Association has changed its membership policies. After August 1, 2009, all memberships will be annual memberships. Current lifetime and two-year memberships will be required to renew annually (without additional fees). Two-year memberships will revert to annual memberships after their current term. Lifetime members, although not required to pay a renewal fee, must still meet membership requirements to be listed as a member (including the annual 15 hours of continuing education). Renewal notices will be mailed in advance of current term expiration dates. This policy is intended to bring membership into alignment with the by-laws, goals and mission of the Association.

Journey to Hypnosis Training

Cat Wilson, CHt

Skills, Attitudes, Filling the Gap - these are three reasons for adult training. Whether it is called Hypnotism, Hypnosis, or Hypnotherapy there are specific points that any potential student wants to be checking in to.

Primarily, why are you interested in hypnotherapy training? Many people in this occupation have a desire to help others. Some of the best also have an interest in being alternative healers and work on spiritual levels. Why did I choose hypnotherapy? Actually, I fell back into this career after learning it from my father. I've had several careers in administration, law, design, business, sales, high tech, training, and communications and marketing. Although I hold a BA in Communication, Training and Development, studied law and business, and earned Master Certificates, and am a certified Coach, my natural inclinations were where my true talents really were from the beginning. It's interesting, because I learned it from my father (who was in the dental field) in the 1970's. After all my college education, I came back to something that I knew had great value and where my heart really was happy. My hypnotherapy and NLP training was updated in 2001.

When choosing a training, speak with the instructor to get a sense of how the interpersonal chemistry could work. Ask if the training is all lecture or if it includes

When choosing a training, speak with the instructor to get a sense of how the interpersonal chemistry could work.

actual practice. I've noticed that some trainings include the manual and some require that the student purchase a series of books. Timing of the course could be a straight two weeks or on week-ends, and whether this fits your schedule or not is what you want to figure in when choosing a class. The bottom line in telling the difference between good (useful) training and bad (not useful) training is: can you actually do hypnosis when you complete the course.

A woman called me a short time ago and said she'd just finished training and was certified. She wondered if we offered any classes to teach inductions. In discussing this, she said she felt she learned a lot in her hypnosis study, but still didn't know how to do an induction. This is a sign of a poor training as the induction is a cardinal aspect of hypnosis. The five stages of hypnosis follow the order 1) intake, 2) induction, 3) intervention, 4) post-hypnotic suggestion, and 5) return. If you haven't learned how to perform an induction you don't have hypnosis.

Some trainings are given at a hotel, some at homes, and some at training centers. Investigate the location and sense if this feels comfortable for you. We've been to trainings at many locations and they all vary - you can see whether a location is clean, organized, and safe.

Hypnosis classes are offered as either live or distance learning. People make a decision depending on where they live and how easy it is to get to the training. There is an advantage in live trainings in that you have real instructors to ask questions of and real people to practice upon. Students who come in to our classes include those who have been "certified" by distance programs, and they are seeking real experiential training.

Scams and shams in hypnotherapy training are out there - and so is good, through instruction. To avoid getting caught in a scam or paying good money for poor training, ask for references who



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Journey to Hypnosis Training (Continued)

you can actually talk to and ask lots of questions. You want an instructor who has practiced hypnotherapy for at least five to ten years. A person who went to a month of classes to get their CHt, became a Hypnosis Instructor, and is now offering classes is someone to watch out for, because they really are out there to just make money. Experience should stand out. A good reputable school is not just about a web site and advertising, it is about time and practice - and results!

Really good quality training feels right from meeting and/or speaking with instructors, reviewing the syllabus, seeing the instruction manual, and knowing where you are learning will be a good environment for all considered. Some classes are one-on-one and some have 6-18 students. Smaller classes will give you more attention, larger ones less.

Training is offered in modular, phase-training and all-in-one courses. These can all be done well; however, modular will give the student opportunities to learn and practice skills so they are more honed in brief spurts. Making a choice could depend on how the student can absorb the material and how they want to pay for it. It typically costs about \$3,000 to \$10,000 for a CHt certificate, depending on the school.

Are more expensive courses better? Not necessarily. It depends on what you are looking for. Notice the focus of the school. Can they offer a variety of courses? If you want to specialize in working with healing, children, spirituality, behavioral change, etc. you may go to one school or another. A comprehensive program should cover all the basics, and you can always go back later to get specialized training.

After you are trained, you can expect to charge from \$75.00 to \$500.00 for a session. This could be based on a period of time (typically an hour) or achieving a specific goal - like to quit smoking.

Once you are trained, you will discover other tools. Neuro-linguistic Training (NLP), Emotional Freedom Technique (EFT), Clean Language, Coaching, are some other tools that fit well in a hypnotherapy practice. Real books, talk to other hypnotherapists, attend OHA and NGH and other groups and mix in a friendly, collaborative way to get more ideas and stay up-to-date. It is essential that you learn at least one new skill (if not more) a year.

Once you are trained, you will discover other tools. Neuro-linguistic Training (NLP), Emotional Freedom Technique (EFT), Clean Language, Coaching, are some other tools that fit well in a practice.

It is essential that you learn at least one new skill (if not more) a year.

Financial aid comes from various sources. The Indian Council pays for this training, as well as other groups. At Apositiva we offer scholarships and special discounts for pre-payment. Ask about this when you call about training if this is needed. New York, Florida, and several other states may require that you have a degree in psychotherapy in order to do some forms of hypnosis. You do not need a college degree in Oregon or Washington to enter hypnosis training.

Confidence in working with people is crucial to a successful practice after training. Instructor supervised practice during training helps build confidence!

Week-end certifications will not give you time or enough experience - for that reason alone they are not sufficient to open a practice. We consider these programs that say you can "hang your shingle" after a week-end course to be shams. Avoid them.

Cat Wilson and Rich Anrich are the owners of Apositiva Institute in Portland, Oregon. Students can apply for hypnotherapy, NLP, and Coaching training at Apositiva by visiting their web site, www.apositiva.com, or by sending an e-mail to rich@apositiva.com or cat@apositiva.com, or by calling to arrange a visit. Apositiva Institute has been offering counseling, Hypnosis, coaching and training for over 20 years with focus on collaborative and experiential learning. Apositiva programs use fun and interesting learning processes, including Mindmapping, so students walk out with a wealth of bonded, ingrained learning. Apositiva Institute is located at 037 SW Hamilton Street, Ste. 1, Portland, Oregon 97239 or 503.525.0595.

40 Self-Affirmations for Preventing Constructive Action

Meditating on the following self-affirmations can bring about the stagnation you may want for maximizing misery in your life. Maybe there are some here you haven't tried yet; take heart, there is always time to learn a new skill; unless there isn't...

1. You can't do it.
2. It's impossible.
3. You never could do anything right.
4. You have the worst luck in the world.
5. You don't have a chance, so why try?
6. You're all thumbs.
7. You'd only get hurt.
8. It would never work.
9. It's not in the stars.
10. It's never been done before.
11. It's not who you are, it's who you know.
And you don't know the right people.
12. It's too late now.
13. It's later than you think.
14. You can't take it with you.
15. What good could come of it?
16. The piper must be paid.
17. The wages of sin is death.
18. The paths of glory lead but to the grave.
19. So what's the use?
20. Whatever it is, you'd better forget about it; you just couldn't handle it.
21. You wouldn't know what to do or say.
22. You'd just bungle it and everybody would laugh at you.
23. Perhaps you could tackle it in the future after you've had a chance to prepare a little more; but not now.
24. Better wait; better postpone it; better retreat.
25. Safety First!
26. Who do you think you are anyway? or, Who do they think I am anyway?
27. Somebody else has probably done it better already.
28. Do it when the weather gets better (or people are friendlier, or when it stops raining...).
29. It's better to wait until he/she/it is in a better mood.
30. Somebody will find out who you really are and embarrass you.
31. No good deed goes unpunished.
32. You could never do it as good as [your brother, sister, mom, dad, friend, boss, dog], so why try?
33. It's going to cost you!
34. It's just the way you are...
35. Remember how bad it was the last time you tried to...
36. You have a genetic predisposition, so why fight genetics? It's not your nature.
37. You don't have enough information/strength/support/income/etc...
38. Somebody else will just take the credit.
39. You might do it if you were just a little taller/shorter/stronger/faster/better...
40. Me? Are you crazy?!

Adapted from "How to Make Yourself Miserable, A Vital Training Manual" by Dan Greenburg, Random House, NY, NY, 1966. With additional material from Joseph Bennette, MRET, CHt, who has tested all the above for quality assurance.

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

OREGON HYPNOTHERAPY ASSOCIATION

Preserving Professionalism in Hypnotherapy

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Scheduled Presenters

September 19, 2009

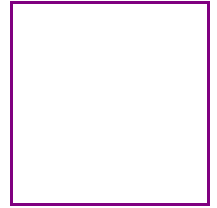
Joanne Ivens, traditional Native American healer, spiritual advisor, Mental Health Coordinator for the American Indian Education Program, and presenter of youth forums for pre-K to 12th graders all along the west coast, with a focus on educating children and adults to use the powers of breath, laughter, imagination, smell, color, and music to heal and change one's energy and to access the power from within, will demonstrate her presentations that are geared for youth in hope that some will take these tools into their communities to help empower our children as well as themselves.

Terry Pennington - Minimize the Pain and Maximize the Gain in Today's Economy - Learn what to do and what not to do when marketing and promoting your hypnotherapy practice in today's marketplace. You will take away strategic thought leadership initiatives to make your sales and marketing efforts more successful. Sharpen and improve your skills to make your promotion do more for less. Don't miss this opportunity to learn from and dialog with a practicing professional with 40 years of experience in developing and directing the marketing efforts of firms of all sizes.

Howard Hamilton — How to Teach a Self Hypnosis Class Using the techniques taught in this class, your students will be able to enter hypnosis in a matter of seconds, using a post hypnotic, and give themselves suggestions for positive change. A good way to advertise and get paid for it at the same time.



Oregon Hypnotherapy Association
PMB 357
16869 SW 65th Ave.
Lake Oswego, OR 97035



ADDRESS CORRECTION REQUESTED

Next Meeting

Saturday, Sept 19, 2009

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