



New Officers Installed

During the January 12, 2013 meeting of the OHA Board of Directors, the Board accepted the resignation of the following Board members with gratitude for their selfless and enthusiastic service:

1. Howard Hamilton, President
2. Carole Ockert, Vice President and Treasurer
3. Patrick Glancy, Secretary
4. Robert Reid, Member

At the same meeting, new officers were installed:

1. Scott Duvall, President
2. Genvièv Martin-Bernard, Vice President and Secretary
3. Joni Brewer, Treasurer

Remaining on the Board of Directors:

- Howard Hamilton
- Joseph Bennette
- Dan Hedrick

You may notice that the OHA has a new mailing address as well (see page 7). The phone number and web address remain the same.

The previous Officers and Board worked to make the OHA leadership more responsive and useful to its members. To that end, the officers and Board of Directors have sought out dedicated enthusiastic individuals to serve on the Board of Directors and committees, met more often, and set and achieved broad yet reasonable goals, including:

- Many incremental changes to better define and clarify the role and business of the Officers and Board of Directors.
- A major overhaul of the OHA web site helps members and the public connect, learn, gain support, and exchange information.
- Members may now renew online using a credit card.
- The OHA Certificate of Membership was overhauled with a new look and text.
- The OHA has a new logo, phone service and address.
- Meetings are now themed and scheduled a year in advance.
- The organization is financially solvent and prospering. Tax deductible donations are now accepted online.
- Records are now digitally kept and protected, making administration much more streamlined and efficient.

2013 will continue the trend toward fulfilling the vision and mission of the OHA: that of providing Connection, Education, Support, and Exchange for its members. Legal work started by the previous administration will continue, including professional consultation concerning our bylaws, insurance, and liabilities.

The current Officers and Board of Directors thank the previous administration for their tireless and visionary leadership. The officers and members of the OHA Board of Directors pledge their full support to each and every member of the organization and look forward with enthusiasm to serving you.

Please feel free to contact us about your concerns or just to chat. We're here for you.

In This Issue

New Officers Installed.....	1
Emotional and Psychological Trauma	2
Presenters—Michael and Connie Brannan	3
Report - October 2012 meeting	4
Presenter—Howard Batie	6
Meeting Registration Form.....	7
Scheduled Presenters	7
Meeting Times	8

More at www.ohanw.org

Understanding Emotional and Psychological Trauma

When our sense of security is suddenly shattered and, without warning, we find ourselves helpless and vulnerable, our perception of our own safety and the world around us can undergo a severe shift. Emotional and psychological trauma is a normal response of our nervous system to events or situations that left us feeling overwhelmed, unsafe and alone.

Any event involving a threat to our life, our safety, our physical body or emotional well being can lead to emotional and psychological trauma. Life-altering events such as accidents, physical or psychological attacks and abuse, natural disasters, battling with a life-threatening illness, surgeries, the loss of a loved one, either through death or a breakup, severe injuries, as well as life experiences that left us feeling humiliated or deeply disappointed, can all lead to post-traumatic symptoms. Trauma does not always have to involve physical harm. Any experience that left someone feeling frightened and helpless can lead to post-traumatic sequels. The deeper the sense of fright and vulnerability experienced, the more likely the sequels will be.

Trauma survivors can experience unsettling emotions. While shock, denial and disbelief are often experienced immediately following the trauma, trauma survivors can be left in a state of hyper-vigilance and increased sensitivity, a constant sense of danger, prompting an uncontrollable need to remain on guard and on alert at all times. Depression, fear, anxiety, low self-esteem, sadness, hopelessness, nightmares and sleep disorders, confusion, difficulty focusing, memory impairment and deficiency are all known side-effects of trauma. Other symptoms include feeling numb, disconnected from life, from others and even from the self, trouble maintaining or forming new relationships, difficulty trusting others, anger, irritability and mood swings, guilt, shame and self-blame.

Trauma can also lead to physical symptoms such as fatigue, tiredness, chronic aches and pain, muscle tension, decreased immune system efficiency leading to heightened susceptibility to viruses, illnesses and infections, headaches, nausea and gastro-intestinal problems.

The emotional toll left behind by trauma can create lasting emotional instability and make it seem difficult for survivors to move on and recover their balance. While it is common to feel as if the world were disintegrating under our feet or as if we were losing our mind, it is important to understand post-traumatic symptoms are a normal reaction to abnormal events. The temporary dysfunction of our mental capacities and emotional balance is due to the heightened focus of our mind around what it perceives as potentially threatening circumstances. When our mind is prompted into a survival-based tunnel vision, it requires so much of our attention and capacities, the rest of our normal processing capabilities are tempo-

rarily pushed aside.

Understanding Peritraumatic Dissociation

When we are faced with intense physical harm, fear or terror we are unable to avoid, escape or shield ourselves from, our central nervous system can respond with a self-protective mechanism called peritraumatic dissociation. In a state of dissociation, we find ourselves disconnected from our physical and emotional responses. We are no longer able to feel pain, shed tears, access or express emotions or interact with others.

While dissociation provides a temporarily effective defense mechanism in cases of severe trauma, in the long term however, it is associated with decreased psychological functioning and adjustment and presents a greater risk for chronic post-traumatic stress disorder (PTSD) and post-traumatic symptoms.

To learn more about the nature and side-effects of trauma-related dissociation, refer to our article on peritraumatic dissociation: [Understanding Peritraumatic Dissociation](#).

Addressing Trauma with Hypnotherapy

While most therapeutic methods work at the conscious level of the mind, the power of hypnotherapy lies in its ability to work at the subconscious level, thereby directly targeting the source, or root cause, of unwanted habits, negative behaviors, physical, mental or emotional conditions. Hiding under the surface of our conscious mind, the subconscious represents the most powerful part of our mind.

By allowing us to go back in time to the root cause, hypnotherapy enables us to understand and reframe the initial sensitizing event (ISE). The driving force behind our imbalances, self-sabotaging habits and unwanted behaviors, root causes left unaddressed, and later in life reinforced by other events, produce patterns of behaviors that become extremely resistant to change in the conscious mode.

Reframing the initial sensitizing event with hypnotherapy enables us to work at the subconscious level of the mind to unveil, shift and release trauma wounds of the past, and open the way for a better, more balanced, solid and peaceful tomorrow.

Headquartered in Portland, Oregon, Genvièr Martin-Bernard is a Forensic and Clinical Hypnotherapist who consults locally, nationally and internationally. A published author, she serves as Vice-President of the Oregon Hypnotherapy Association and is a professional member of the National Guild of Hypnotists.



Total Time Transformation

C Michael Brannan

Most hypnotists are familiar with hypnotic regression, and its power to effect powerful and long lasting change in a client. Taking a client on a journey to the past, restructuring or reinterpreting past negative experiences can allow your client to simply leave the negative emotions of past trauma behind.

Can we develop this to something even more powerful? Can we develop this to something that will change a client's **entire life** in one fell swoop rather than deal with individual emotional trauma? The answer is **yes**, and in this presentation we describe and demonstrate a brand new and powerful way to transform a person's life using hypnotic regression and time line re-imprinting (a classic technique of neuro-linguistic programming).

Total Time Transformation helps your client to:

- Instantly release the source of emotional trauma in your life all at once
- Install positive feeling from birth shielding you from the negativity of future emotional trauma
- Install feelings, attitudes and beliefs that propel you forward in your life
- Help you create a magical and amazing life for yourself

Connie and I have been using **Total Time Transformation** in our clinical work, and this is the first public presentation of the technique. It is something you can adopt in your own sessions to effect incredible, powerful and lasting changes for your client and for yourself.

Michael Brannan, CHt., is a certified Clinical Hypnotherapist and Licensed Trainer of Neuro-Linguistic Programming®. Michael is former President of the National Guild of Hypnotists, Washington State Chapter. He has been hypnotizing people since the age of 13 and has carried his interest in hypnosis forward to this day.

Michael graduated from the University of Washington with degrees in Philosophy and Physics, and did his graduate work in Philosophy at Indiana University.

Michael has studied hypnosis and NLP extensively with Richard Bandler, Steve Andreas, and many other notables in the field. Michael is partner in a hypnotherapy practice, [Mindworks Hypnosis](http://www.mindworkshypnosis.net), and also co-trains with his wife, Connie, and offers certifications in Neuro-linguistic Programming and Hypnotherapy through his licensed private vocational school, [Mindworks NLP](http://www.seattlenlptraining.com).



NLP Traumatic Injury Relief Pattern

Connie Brannan

There's a physical component to trauma, and a mental/emotional component as well. When medicine has done its best for healing, this NLP pattern helps further with the mental/emotional component. What is NLP, Neuro-Linguistic Programming? It's a type of conversational hypnosis, which accesses and utilizes healing resources within the unconscious mind faster than traditional hypnotherapy. It's been called "hypnosis on steroids."

In my work, I have found this Traumatic Injury Relief Pattern to be amazingly successful in the realm of pain relief. This is particularly useful for any physical trauma, such as a car accident, a cut, a fall, an assault. I'll be outlining and explaining, step by step, this powerful healing technique so that you may incorporate it into your healing toolkit.

Connie Brannan, a Seattle native, is a CHt., Clinical Hypnotherapist and Licensed Trainer of Neuro-Linguistic Programming®. She blends hypnosis, NLP, timeline work, parts therapy, reiki, Matrix Energetics, & other healing tools to help clients achieve life changes. Connie operates a successful clinical practice, Mindworks Hypnosis, out of Bellevue, Washington.

She is also co-trainer with her husband, Michael, in their state-licensed private vocational school: Mindworks NLP, which offers certifications in hypnotherapy and NLP.

www.mindworkshypnosis.net.

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www.seattlenlptraining.com.

Connie is a published author and creator of several self-help audio hypnosis products.



Report - October 2012 Meeting

Report by Joseph Bennette, Editor

Meeting Theme—Pain Management



Roland Jarka:

Dynamic Public Speaking. Where do I start with Roland's presentation? He is a delight to talk with and he didn't disappoint with his presentation. "It's about the audience -- what do you want them to leave with?" He referred often to the presentation style of Steve Jobs, who said, "Deliver insanely great experiences." Roland outlined a means to do just that.

... Changes the Pain



Patrick Glancy:

Hypnosis for Pain Management. Patrick started on working on causation over symptom relief. "When in doubt - age regress!" He suggested using color to identify SUD levels as some people are better with color than numbers. He also suggested increasing the sensation followed by decreasing as a convincer to build believability. Relaxing muscles has been shown to decrease pain as has basic stress reduction, which often exacerbates pain.



Cat Wilson & Rich Aanrich:

Story Telling for Effective Pain Management. A characteristically lively presentation with lots of graphics and another great example of team presentation. I loved the puppets and enjoyed the fluidity of presentation hand-offs throughout. If ever you want to learn effective teamwork, the Cat-Rich example is one to emulate.



Emily Cahal:

Talking Hypnosis for Pain Management. Emily demonstrated on Scott Duvall her method for managing pain in the moment. Without formal induction or deepening, Emily presented a way to induce hypnosis for chronic or acute pain management. I enjoyed Emily's "soft touch" methodology and her low-key, at-ease style.

Howard Batie on Trauma

Howard Batie was raised in Centralia, WA, and is a graduate of the University of Washington in Seattle, WA, the US Naval Post-graduate School in Monterey, CA, and Delphi University in McCaysville, GA. During and after his 20-year Navy career, he helped design and manage the operations of several Navy satellite communications systems used worldwide.



Now in private practice as a Complementary Medical Hypnotist and Biofield Practitioner, he is the Director of the Evergreen Healing Arts Center in Chehalis, WA. He is Certified to practice Hypnotherapy through the International Medical and Dental Hypnotherapy Association, and also through the National Guild of Hypnotists. He is registered with the Washington State Department of Health in Olympia, WA, and has received a Specialty Certification in Complementary Medical Hypnotism.

He is also a Reiki Master Teacher and Instructor, a trained Healing Touch provider, a Certified Energetic Healing Therapist, and is author of "Healing Body, Mind, & Spirit," (ISBN 0-7387-0398-2), published by Llewellyn Worldwide Publications. His book was honored as the "Best Alternative Healing Book Published in the US" in 2003. He was also honored as the 1998 Distinguished Alumnus for Centralia College in Centralia, WA., and is also an instructor of energy healing and hypnotherapeutic techniques at Centralia College.

The topic he'll be presenting is titled "Hypnotic Applications for Traumatic Situations" and will address Pain Management approaches to Anticipatory Pain (medical & dental procedures), Current Trauma situations (fires, accidents, etc.), Recent Trauma (post-operative), and Chronic Pain (6 months or more and not medically responsive).

About Insurance

I have a client who says her insurance will possibly cover the medical hypnosis she needs. How do I go about this?

Here is how I've done it successfully:

1. Client gets a doctor's referral - which allows you to work with a medically diagnosed issue.
2. The codes needed should come from the insurance carrier (what they need in order for the client to be reimbursed) and the client can coordinate that with the doctor and you.
3. Client gets approval from their insurance carrier for hypnotherapy sessions with you so that they can be billed correctly.
4. Client pays you directly.
5. Client interacts with their insurance carrier (or their physician depending on the carrier's procedures) for reimbursements - safest to keep it between the client, their carrier and their doctor.

- Patrick Glancy, CI, CH, Salem www.glancyhypnosis.com

"Ghost" Trauma

I often worked with clients reporting childhood, teen, or young adult trauma that later turned out to be "ghosts" – imaginings based on a friend's recollection of childhood trauma introduced to the shared sensitivities of an intimate group of friends.

Although false memories, they came with all the power and influence of a real traumatic memory. Typically clients would place responsibility for the trauma on people who didn't earn it (Mom, Dad, themselves), at times making their life unbearable.

My conclusion is to believe a client's report of trauma – and treat it as real – because, in the end, whether or not a person has been traumatized by a real or imagined event doesn't matter. What matters is that they get adequate and effective treatment.

After treatment we would discuss the repercussions on the circle of family and friends to which the psychic results of trauma may have extended. (See "[Compassionate Healing](#)" by Joseph Bennette.)

Excerpted from Powerstates.com with permission.

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 3511
Salem, OR 97302

Meeting Date:

March 23, 2013

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

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March 23, 2013 Meeting

Theme—Trauma

Featured Presenters

Howard F. Batie

Michael Brannan

Connie Brannan

Genvièr Martin-Bernard



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Learn more about
the Oregon Hypnotherapy
Association at
www.ohanw.org

Meeting Info

Saturday, March 23, 2013

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.ohanw.org**