



In this issue -  
**PEDIATRIC HYPNOSIS**  
**PAST LIFE REGRESSION**



# OHA NORTHWEST



Official Publication of the  
Oregon Hypnotherapy Association  
*Connection, Education, Support, Exchange*  
Volume 23, Issue 1 - March 2020





## Featured Presenters

### CAT WILSON



**Cat Wilson** is the owner of Apositiva and published author of [Lessons From a Fall](#).

She uses Hypnotherapy, Coaching, Image Work, NLP, EFT, Mind-mapping, and many other processes to help adults, children, and businesses to find a new way to reach their highest and best potential.

In elementary schools, she has taught Art Literature to kids from Kindergarten to Sixth grade for four years in Portland. For 12 years in Beaverton, Oregon, she presented a free program to help kids overcome the fear of speaking in elementary schools.

In 2012, Cat wrote a program in *Pediatric Hypnotherapy* that she will offer this coming June, as well as a program with her colleague Rebecca Hufford called *Pediatric Magic!*, a coaching program for working with children.

For her work with kids, Cat was presented with a World Award for Educational Contribution in Montreal, Canada. This was only awarded to four people.

Cat Wilson and Rich Aanrich have the longest running Hypnotherapy and NLP training program in the Portland area.

Instead of listing all the initials behind her name (BA, MI.NLP, CHt, CHI, APMC, BCC, EFT-Adv and a certificate in trauma therapy) she simply calls herself a **Life Artist**.

### CHRISTINA LARSON



Xtina came into past life regression by accident. After a traumatic event took place in the fall of 2017 that nearly cost her life, she lost memory of what happened to her and was diagnosed with severe PTSD.

With a burning desire to heal herself and find out what happened, Xtina received a Quantum Healing Hypnosis Therapy (QHHT) session in the Spring of 2018. During that session, she connected with her past lives as well as the infinite part of her soul sometimes referred to as the Oversoul, the Higher Self, or the Subconscious.

This process transformed her life completely when the body scan part of the session detected and revealed to her tumors growing within her body that she needed to immediately surgically remove. Upon recovery of the surgery, Xtina was so blown away that she made the decision to become certified as a QHHT Practitioner herself, so that she could help others heal in the same way these sessions helped her.

In the last 2 years, she has achieved her level 2 certification of Dolores Cannon's Quantum Healing Hypnosis Therapy (QHHT), as well as a certification for Beyond Quantum Healing which allows her to conduct remote sessions online. She has performed over a hundred regressions and has continually invested in furthering her education regarding hypnosis and the healing powers of the mind. Passionate about her service of QHHT, and to promote the modality in the profession, she always offers a 50% discount to fellow healers, hypnotists, and energy workers.

Visit [www.thewelltraveledwoman.com](http://www.thewelltraveledwoman.com) for more information on Xtina including appearances, workshops, speaking events, & how you can schedule your own QHHT session!

## PRESIDENT'S MESSAGE

Hello everyone! The wind is blowing, the clouds are racing overhead, trees are budding, daffodils are blooming, and the grass is growing. It's that time of change and awakening in Oregon. It's like coming out of the winter trance. One of my favorite things about this time of year is that I get to reconnect with all of you again.

We have a wonderful line-up of presenters this year starting with our March 21st meeting where Cat Wilson and Christina Larson will be presenting. In June we'll be talking about metaphors and September we'll close out our year with a round robin focused on different modalities to reduce pain.

I wasn't able to make it to the holiday party but I hear wonderful things about it – laughter, good conversation, great food, and fun games. I'm looking forward to attending this December. It's always great to get together with other hypnotists – as a group we're generally relaxed, care about each other, understand that communication is important, want to help where we can, and most importantly have fun!

This March Cat will be teaching us about pediatric hypnosis. For those of you that have been to any of Cat's presentations you know that it will be informative, practical, and entertaining. About once a month I have someone contact me about working with their child. I have to admit that that's outside my comfort zone so I usually refer them elsewhere. Sometimes these are my clients that want help for their child and are very disappointed that I won't work with them. I'm excited to learn some techniques from Cat so I can feel more comfortable and perhaps work with more kids. Children seem to be a population that is underserved and from the little that I know seem to be easy to work with. Without years of habituation and wonderfully creative minds it seems that change could be fairly straight forward.

Some people believe in past lives and some people feel that it's just a metaphor that the mind is using as a way for the unconscious to give information to the conscious mind. My thought is that if it helps the client to make a change it doesn't matter what I believe. There seems to be a lot of creativity happening when someone goes to a past life experience, whether spontaneously or assisted, and I love creativity in my clients. Christina will be giving us more information about past life regression, how it has impacted her life, and how we can use it to help our clients help themselves. The presentation will be fun and interactive so be sure to bring your curious and playful mind.

As you may know the legislature is meeting for a short session. We don't anticipate anything coming up during this session that we need to watch for but, as always, we're staying alert. A big thank you to Steven Ruiz Bettencourt for



Joni Brewer, CHt  
President

staying vigilant in this regard.

In September Emily Cahal gave a wonderful presentation on how to use audio equipment to enhance the client's experience. Having the client wear headsets and using a recording along with real voice while switching from ear to ear gives the illusion of more than one hypnotist talking at the same time and that the hypnotist is moving around the room. This can be a powerful confusion technique as well as a great way of slipping suggestions in. Not to mention saving your voice for the things that you frequently say (like an induction that you typically use.) Having "voices in your head" also helps you stand out from other hypnotists.

Have you been using recordings? Do you use a headset? What has your experience been?

The presentation on hypnosis in pop culture by Doug Meachum has been surprisingly useful. It's great to be able to drop those little gems "Did you know that the first horror film was about hypnosis?" or "Hypnosis was very fashionable in the salons of Paris." I've been able to use these and other tidbits that Doug gave us in presentations to the public in order to spike the curiosity.

I recently heard something that has stuck with me. You're a business person first, a marketer second and a hypnotist third. What have you used from the presentations last year to make yourself a better business person and marketer as well as becoming a better hypnotist?

Looking forward to seeing you soon to share stories, thoughts and ideas,

Joni

## PAST LIFE REGRESSION

Life can only be understood backwards  
but it must be lived forwards.”

–Danish philosopher Søren Kierkegaard

In past life regression, the client is taken on a journey back through time to their previous lives or incarnations by accessing memories and experiences that are normally hidden from their waking, conscious memory. The idea of reincarnation has existed in various religions and cultures for thousands of years. Some examples include Shamanism, Druidism, Native American lore, and Norse mythology. It is widely believed that each human being possesses a soul that is on a path of acquiring knowledge utilizing various lifetimes of lessons – much like schooling. Within every lifetime a soul experiences, there are underlying themes, messages, lessons, & a purpose. The collection of lifetimes for a soul is like completing a series of classroom grade levels, designed for the purpose of expanding personal growth and soul development.

Reincarnation is also closely linked to the concept of karma – a Sanskrit word surrounding cause and effect. As lifetimes accumulate, the soul becomes burdened with impressions as part of the experience from previous lives. These impressions have a direct effect on the programs that govern our unconscious choices in our everyday reality. The karmic energy of our past lives directly influences our current life patterns, and can manifest or replay out in many ways such as traumatic events, emotional disturbances, and health issues. This can have a profound impact on our everyday life, depending on the severity of the karma.

It is important to be aware of our karmic patterns in order to redirect them. We use our past experiences as a vehicle to understand our present situations more fully so that we can navigate our futures more effectively.

Past Life Regression is a relatively easy technique to perform and is done by regressing the client down to the somnambulistic level of trance. This state is known for being one of the deepest levels of trance which at times results in amnesia but is key in allowing the client to relive any potential traumatic experience from a more compassionate and loving perspective.

The client is guided into a deep peaceful state of relaxation where the noises of everyday life become quiet as the true voice of the soul leads the way. In this way, we have the ability to access memories, skillsets, and experiences of the past in vivid lucidity.

There are many benefits to a past life regression

session. These sessions can help an individual:

- Reconnect with past experiences in a safe, objective way.
- Understand why the same situations continue to play out again & again
- Better understand why they feel a deep sense of connection to certain things or places
- Identify the root cause of physical or emotional ailments, dis-ease, and illness
- Explore unexplainable fears, phobias, and emotions negatively affecting them
- Interpret confusing relationship dynamics - whether personal or professional
- Navigate their future towards success

Each life explored is a journey and an adventure to be curious about!

Some people discover lives they have experienced with people they have a strong relationship with, whether family, friend, mentor, or enemy. You typically cannot choose which past life you go to which makes every session new, fun & exciting! Your subconscious mind makes that decision for you and will always show you the most relevant and necessary time and place where there is important information relating to your current life just waiting to be found. I wonder what is waiting for you?

If you are feeling curious about your own past life experience, join Xtina Larson on Saturday March 21st, 2020 for a fun, interactive group regression during her presentation at the OHA meeting.

This short regression is designed to give you a small taste of what a full QHHT session includes.





## PEDIATRIC HYPNOSIS

By Cat Wilson

In a place and a time like now, there were a couple children with all kinds of challenges - like fears of spiders, needles, and sleeping at a friend's house; embarrassing things like wetting ... you know. The children were frustrated.

Now the mommy and the daddy, also called "mom" and "pop", really wanted their children to be happy and so they tried everything they could.

They saw the doctor who said he couldn't do anything. They saw the psychotherapist who said they had done everything they could. They even went to the Grand Pooba who tried every trick he knew, but his tricks didn't work.

One day, the mom and pop heard about someone called a Hypnotist. There were people who said hypnosis was weird. And there were some who said they'd heard of miracles. So the parents decided to try something new. That's the day your phone rang, "Rrrrrring!"

Pediatric Hypnosis is about helping children to break their less resourceful trance. Breaking the trance of fears, habits, and helping their bodies and minds to heal. Much of what happens comes from what we think. So parents want to help their children

in a new way ... and this is when they turn to hypnosis.

### Think like a child.

Remember back to the time when you were a small child. Try to find a time when you were quite young; maybe even before you knew how to read - back to when you were quite young and you were watching a trail of ants.

Squatting on the sidewalk your eyes are glued on the little bugs. They have your rapt attention. Your younger self is so focused on the little trail of ants



that you don't even notice that your mother is standing right next to you.

Your natural curiosity invites you to pick up a stick and try to stop the ants.

But you notice the ants continue to walk right over the stick. You find this really interesting. So you pick up a leaf and in your child-like way you find a rock and put it in the middle of the trail of the ants that just walk over or around the rock.

Five minutes have gone by and your mother has

been calling your name, but you are still so interested in what is happening with these little bugs that you don't hear a word she says.

You are hypnotized by something that "fascinates you." Mommy crouches next to you, and puts a flower in front of the ants. (Your mom has entered the game.) The ants crawl over it. She says, "See, the ants have some important work to do, and we are putting stuff in their way.

We have things to do, too. Could you please tell the ants that we'll be back later, because you have some important and fun toys waiting to play with now? And, at the thought of toys, suddenly you look up and thinking of your favorite toy, you take your mother's hand and go along with her.

Welcome to the world of pediatric hypnosis. Imagine all the ways that you could connect to a child now that you understand the connection.

My presentation will give you some ideas on how to work with children. I hope you will be enticed in a fun way to begin working with children.

As an added benefit to the world, those children you help will build self-esteem and confidence, bringing their uniqueness to the world as they grow.



## FEATURED PRACTITIONER—REBECCA HUFFORD

By Tish Paquette

Rebecca Hufford has been practicing Hypnotherapy since 2010 and at 63 believes nothing should stop you from achieving what you are meant to do even if you don't know what that is in the moment. Just keep moving forward and go with the flow and the ideas and inspirations will guide you. Rebecca's life is certainly an example of that philosophy.

Rebecca had one of the most unstructured upbringings. Born in Salt Lake City, Utah, she and her two older brothers and parents traveled frequently since her father was a salesman. She was raised in a Unitarian Church where the world offered a plethora of open experiences. Exposed to many beliefs, she never felt hindered. Therefore, she welcomed everyone with open arms. In a time where there may have been judgements and taboos, that wasn't in her wheelhouse. When her older brother "came out," her response was acceptance, love and mater-of-fact. Many of her friends and community were in alternative venues and, so it was not unnatural for her, too. People were just people. Which played such an important role in her future.

At age 6, she moved to Colorado from Texas as the beat movement transformed into the hippie era. Then on to the Bay Area of California at the impressionable age of 13 where she encountered exposure to alternative lifestyles. Growing up there, she attended various educational institutions, graduating Magna Cum Laude from S.F. State during the 1980's. There she expanded her interests in non-boxed theories and attended Berkeley Psychic Institute and studied under Helen Palmer. Her metaphysical yearnings began to take shape from Psychic Teachings, Meditation, Enneagram, and Shamanic Work. This while working in fashion, customs brokerage, and baking to pay her bills.

In 1988, due to the passing of her mother, she decided to continue her education, studying gerontology psychology so she could understand and help others. This led her to a Masters Degree from Portland State University and work in Public Health Administration, Assisted Living. She started a nonprofit to take care of

children who were sick while parents worked. In 1999, at age 43, she returned to school and became a teacher of Business and Health for 15 years at Glencoe High School.

Just when she thought she was on track and headed to retirement life, she did a left turn. In 2002, she was diagnosed with kidney cancer. Then in 2003, bladder cancer followed by stage 3.5 colon cancer. These experiences were the conduit to her current career.

She believes in taking one step at a time, pushing through, and always moving forward rather than falling into victimhood. Her unconquerable spirit and her belief in her higher connection led her to investigate other alternative healing practices. Acupressure presented some success, but it was her exposure to hypnosis that opened the door for her. It became her primary tool to maneuver through her circumstances. In 2014, although diagnosed with breast cancer, Rebecca continues to move forward in her new career in hypnotherapy.

Considering how successful hypnosis has been for her, she continues to educate herself. Her desire to help others who are going through serious life changes is the impetus for her practice. All of these experiences have given her a special understanding when working with her clients through their life changes, illnesses, grief bereavement and end of life challenges.

She loves what she does and is grateful for her many experiences. She promotes hypnotherapy whenever and wherever she can and advises others to, "be patient, find your niche, be prepared for it, take action, and trust yourself."

Rebecca Hufford is owner and operator of:

Art of Change Hypnosis and Coaching  
4004 SW Kelly Ave, Suite 108  
Portland, OR 97239

Phone: 503-560-4774



## Event Preregistration Form\*

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)  
Members \$45, Non-Members \$65, Students \$35

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Tel: \_\_\_\_\_

Numbers I wish to register: \_\_\_\_\_ Members, and/or \_\_\_\_\_ Non-Members, and/or \_\_\_\_\_ Students

*(To qualify for student rate you must be currently enrolled in a course that upon graduation will result in qualification for membership in the Oregon Hypnotherapy Assn.)*

I am enclosing my check for total amount due: \$ \_\_\_\_\_  
*(Please make checks payable to Oregon Hypnotherapy Association)*

**Mail this registration and fees to:**  
Oregon Hypnotherapy Association  
PO Box 3511

### \* Notes:

- Your canceled check or online email confirmation of payment is your receipt.
- Please do not mail cash.
- Post at least 4 business days prior to event.
- Add \$10 if payment not received by event date or if paid at the door.
- We accept only cash or check at the door.

**Register ONLINE  
with a credit card**

[ohanw.org](http://www.ohanw.org)

## OREGON HYPNOTHERAPY ASSOCIATION

*Connection, Education, Support, Exchange*

### Officers and Board of Directors

President — Joni Brewer  
Vice President — Scott Duvall  
Secretary — Joseph Bennette  
Treasurer — Emily Cahal  
Member — Steven Ruiz-Bettencourt  
Member — Tish Paquette  
Member — Larry Dillenbeck



## FEATURED PRESENTERS

**Cat Wilson**

*Pediatric Hypnosis*

**Christina Larson**

*Past Life Regression*

### Contact Us

PO Box 3511  
Salem, OR 97302  
Phone/Text/Msg: (503) 902-1122  
[www.ohanw.org](http://www.ohanw.org)



**HYPNO TOOLBOX: Language and the Power of Words**

As Hypnotists, we understand the weight and responsibility using hypnotic verbiage. We know that words have power. The more expert we become using our words during a session, the greater success we and our clients experience. However, sometimes when we do something over and over again (even though tailor-made for our client), our process may become dull or we may have forgotten to include words and ideas like “future pacing” or where appropriate even “anchors.”

To reacquaint us with the linguistic offerings at our disposal, here are words and phrases you can put in your toolbox; confident they will impact and make more powerful your hypnotic process:

because-as-and	imagine	now
find yourself	pretend	the more
almost everyone	everywhere	every time
which means	realize	think
sooner or later	everyone	when
find yourself	suppose	

**Conscious Mind**—communicates to the outside world and the inner self through speech, pictures, symbols, physical sensations, and thought.

**Subconscious Mind**—A data-bank for everything not in your conscious mind. It stores your beliefs, patterns, previous experiences, memories, and skills. Everything you have seen, done or thought is here. Consider it your guidance system to keep you happy and safe. This is where re-programming takes place.

**Unconscious Mind**—Consists of the processes in the mind that occur automatically and are not available for introspection and include thoughts, memories, interests and motivations.

Today, the terms subconscious and unconscious have been used interchangeably. I have created my process and include both by calling it the “unsub.”



*Tish*

*In addition to serving as associate editor of OHA Northwest, Tish Paquette serves on the Board of Directors of the Oregon Hypnotherapy Association. She has an active practice in Gresham, Oregon.*

*OHA Northwest, the official publication of the Oregon Hypnotherapy Association, is published three times a year. All content is copyrighted by the Oregon Hypnotherapy Association who reserves all rights except where indicated otherwise. Articles and opinions are those of the respective article or comment writers and do not necessarily reflect the official view of the Association or its officers and Board of Directors. OHA Northwest is printed in Oregon for the use of its members. Please direct address corrections to a member of the Board of Directors. Editor: Joseph Bennette.*

Learn more about  
the Oregon Hypnotherapy Association at

**OHANW.ORG**

Find us on Facebook at  
Official Page: [facebook.com/ohanw.org](https://facebook.com/ohanw.org)  
Fan Group: [facebook.com/groups/ohanw](https://facebook.com/groups/ohanw)

**Event Info**

**Saturday, March 21, 2020**

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 event)

(We accept only cash or checks at event)

**2020 Event Dates**

Put these event dates on your calendar:

Spring: **March 21**  
Summer: **June 27**  
Fall: **September 26**

*Earn 5 CE credits for each event you attend!*

**See you then!**