

OHA Northwest

Oregon Hypnotherapy Association

Mini-Workshop Model

Grow Your Hypnosis Practice With A Repeatable Model

Pre-Talk

Convincers

Inductions

Yes Sets

Parts Integration

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Greetings!



Welcome to another year of being part of the Oregon Hypnotherapy Association, we are glad that you have joined us.

In the last survey that was sent out, (thank you to those that took the time to fill it out) we asked what you wanted more of and there was a resounding desire for practical hints and hands-on practice during the conferences. We have let our presenters for 2024 know that and look forward to what they have to offer us to expand our skills.

Taking that into consideration, rather than having a second speaker we will be utilizing that time at our spring conference on March 23rd as an opportunity to share short tools and techniques that can incorporate in your practice. We would love to have everyone participate in this. Even if you feel like a tool that you use is something that everyone already knows, I can guarantee that nobody does it just like you. That is one of the wonderful things about hypnosis - we all put our own spin on techniques that have been around for years. With that said, we would like you to consider where you might be able to add to any of the following ideas:

- Parts
- An idea for a party
- Convincers
- Yes Sets
- Inductions
- Pre-talks
- Timelines

Think about one or even two things that you would like to share and bring them to the meeting. We are keeping these short, think 3 minutes or less, so we have enough time for

sharing and maybe even some practice time.

OHA tries to keep abreast of what is happening business-wise. There is a new requirement that is being overseen by the Financial Crimes Enforcement Network department of the US Treasury. This is to stop money laundering in the US which has become a serious problem. The information they are asking for is the same information that you have already provided to the state. They just want to have it in one database.

Here is the website where you can take care of it: <https://fincen.gov/boi>

Filling out the form only takes about 10 minutes. For your ID it is preferable to use a PDF copy as that seems to work the best. The easiest ID is your driver's license or passport.

If you started your company before 2024 you have until the end of the year to complete this, but it is a \$500/day up to \$10,000 fine... so... just do it NOW and save yourself anxiety, stress, and a \$10,000 fine.

As the season changes again to spring, the flowers bloom, the trees bud, and new life is all around.

What are you excited about growing in your business this year? What about in your non-business life? How can OHA support you in fulfilling your new vision. Send me an email at Joni@BrewerHypnosis.com and let me know what you are ready to grow.

I look forward to connecting with you at our March conference. Joni

Master The Mini Workshop Model

Erika Flint

info@CascadeHypnosisCenter.com

ABOUT



Grow your practice and help more people with the issues they are facing right now with this flexible and powerful workshop model. Transform your practice with this workshop model that takes the work out of workshop so you can play and have fun with your clients and help reach the outcomes they desire.

You can start incorporating the Mini-Workshop Model into your practice today and build a thriving practice accomplishing what you set out to do, helping more people than ever before.

You will learn:

How to determine the most effective topics to get people interested, sharing, and attending your workshop.

What are the three most effective strategies to get and keep your audience engaged during the workshop?

What to include and what to leave out of your workshop for maximum transformation.

How to get your audience to market your workshop for you.

How to amplify and automate elements of your workshop for maximum reach.

How to develop engaging workshop template and handouts for participants.

Come and join the Oregon Hypnotherapy Association March 23rd and learn the process Erika Flint uses and has taught to countless others.

Erika Flint lives in Bellingham, Washington with her family including a rescue dog named Harlund who loves to play soccer and go on bike rides. She is a Board-Certified Hypnotist and Accredited Certified Professional Hypnotherapy Instructor and popular speaker and contributor to the NGH, **National Guild of Hypnotists.**

Her Hypnosis business is Cascade Hypnosis Center For Training and Services.

One of the noticeable qualities about Erika is her level of passion in everything she does. She has always been guided by a deep desire to help others. Before becoming a hypnotist, she designed software for a high-tech industry. Fortunately for her she had been interested in and worked with computers since the fifth grade, so it was an easy adjustment for her. She stayed in that field for about a decade until she realized she was deeply curious by an even greater computer, the mind. This began her journey into hypnosis. She has been able to combine her analytical expertise along with streamlined hypnosis techniques to train the best minds in the world with a powerful system of modern hypnosis specifically designed for people with open hearts.

After her training she believed there was more she needed to learn and knowledge to acquire, that she sought out those who could assist her hunger which led her to training with Cal Banyan in the 5-PATH method and later the 7-PATH method. This is a process she uses quite extensively in her practice and instructing others.

Fireside Chat and Demonstrations

Pre-Talk:

The purpose of a pre-talk is to educate your client about hypnosis, reduce any worries or fears, talk through inaccurate ideas about hypnosis and help them understand and experience hypnosis in a safe and powerful way. It is a beautiful and necessary time to also create rapport with your client.

During the process make sure you observe their level of communicating and adjust your level of communication to match, while noticing their learning style, where story examples may be more beneficial than just explanation and consider the use of a handout that the two of you can review. Some ideas in your pretalk might include the following.

Explain that hypnosis is a way of getting them in touch with their resources and to align their conscious and unconscious to work together for the outcomes they wish as you explain the hypnotic process and while it can be different for each person, it is a state of increased awareness and they will feel awake and able to hear everything that is said, they are not asleep though at times they may drift.

Hypnosis taps the power of the unconscious mind. You do not have a weak or gullible mind nor are you unconscious.

During hypnosis, we temporarily relax the conscious mind and gain access to the unconscious. In this relaxed state, we can more easily get positive ideas across and create new habits.

Share that the reasons that alignment of the conscious and unconscious may be difficult

may be due to the influence of T.V./movies books etc. and uniformed people's opinions.

Let them know that the client stays in control and cannot be made to do something that goes against their beliefs, their morals, and that their ethics are not compromised, nor can it make you tell secrets you keep hidden.

Yes-Sets:

The Hypnotherapist uses this technique so the client will come into a state of acceptance or compliance. By asking questions or making statements with which the person is extremely likely to agree, reduces or eliminates resistance on a conscious/subconscious level. Once the client agrees to statements of fact, those that are undeniably true, you increase your chances of them responding to suggestions that you present later during the hypnotic process. This is also another way in which the therapist creates rapport with the client. It correctly gives the impression that you are in agreement and a team, both invested in helping your client obtain a favorable solution.

When you use yes-sets or compliance sets this is called heteroaction. This means that any suggestion or direction that is performed increases the likelihood of continuing to comply with further instruction.

The best way to begin building a yes set is to pace the subjects ongoing experiences. You can use physical statements like, as you are sitting there, listening to the sound of my voice you notice your breathing is beginning to slow down, the more comfortable you become, your body seems heavier on the cushion and the room temperature is just

right, now. Once you notice they are agreeable then you can introduce gentle commands such as place your hands flat on your thighs, sit back in the chair, take a breath, close your eyes.

Other yes-set possibilities are, close your eyes and take a deep breath...imagine you are at the beach...or you are descending a curved staircase...you can hear me...see me ok...today is Thursday, right? So, let me understand, you want to...? You want to improve the quality of your life...? wonderful, go ahead and sit back, take a deep breath...

Salespeople are well versed in this. They will simply start by saying, is this your name, is this your address, is this your phone number? You get the idea, now play with it.

Convincers:

A convincer is a technique that helps the client to think differently during the hypnotic process.

This reinforces to the client that indeed something is happening, and it allows them the opportunity to believe in, and accept the therapeutic process. It also confirms that a trust state is being established between you and the client. It is time for you to reinforce that they are also participants in the process, they are not just laying there, but they are a collaborator towards their success. Convincers are also a gauge, much like the yes-set to measure the suggestibility of a person.

There are a number of convincers hypnotherapists use such as:

The Lemon Slice, Book and Balloon, Hand Clasp, Steel Arm, Eye Catalepsy, Arm Catalepsy, Amnesia.

When your client experiences any of these convincers again it places trust in you as a therapist, and trust in them as a participant, and trust in the process, and hope for a change.

Inductions:

Hypnotic inductions are any method or technique used by hypnotherapists to create a state of trance in the client. It shows them the power of the unconscious mind and how thoughts and words can create physical responses. If you share this information in your pre-talk then you can also link it to the messages they are telling themselves, positively or negatively, that is influencing their health. It is also a continued process to allow your client to be open at a deeper level to suggestion and bypass the critical factor by focusing their attention and imagination where it then feels real.

There are three types of inductions categorized as Rapid-Progressive Inductions. They are:

Shock, where you ask the client to do something or distract them and then shock them by saying sleep. You are addressing and slipping into the gap. **Pattern-interrupt** is one I use when the client is hyper-focused or perseverating on something and I completely interrupt by saying something like sorry I just wanted to tell you I like your shoes, or hair or sweater or something to break up the original flow. **Confusion/overload** is where you simply overload the client with instructions such as, count backwards from 1000, move your right hand left to right and left hand up and down. Whatever it is it exhausts them, and they are more likely to want to close their eyes, sigh, and sleep because they are no longer able to focus. **Rapid-progressive** is a

quick induction. Most popular one is the quick handshake induction.

One of the most common inductions used is the **Progressive Relaxation Induction** where you have the client sit or lay down comfortably. Have them close their eyes, take their breaths, and then you begin to talk to them giving them suggestions to relax and imagine going deeper and deeper into the state of relaxation. You can have them focus on the sound of your voice, or on their breath. You can have them slow it down, it's possible that their eyes might open and that's OK just utilize it, go with it, that's right now close your eyes and go deeper allow the closure each time to go even deeper and deeper and notice now how comfortable you feel, notice the weight of your body, notice how you're slipping deeper and deeper into relaxation.

This process does not take long and then you can move into a deepener.

Other types of inductions can include Gaze Fixation Induction, Conversational Induction, and Imagery Induction.

Parts Integration:

There is a part of you that is holding you back and a part of you that wants to move forward, a part that wants to change something and a part that hangs on. This is what we call split energy, otherwise known as an internal conflict. Our goal is to help you find whole integration and the technique we use is NLP Parts Integration.

Integrated parts therapy uses the direct communication with your subconscious mind approach. The therapist will assist you in recognizing both parts that are in conflict and integrate a new resolution bringing them together and building upon what they both

have to offer to create a new stronger model to operate with.

Here is a simple explanation of the process provided by International NLP Association:

Step 1 Clearly identify the parts that are conflicting with each other.

Step 2 Communicate with the parts.

Step 3 Disassociate from the parts and the conflict (step back and see from a different perspective)

Step 4 Talk through the parts (opportunity for both parts to be heard)

Step 5 Seek the positive intention of each part (no judgement, honor both sides)

Step 6 Integrate the parts (strong desire to succeed so hands willingly come together)



Tish Paquette: Journal Editor
EmergenceReadingsandReiki.com

“The measure of intelligence is the ability to change.”

Albert Einstein

Workshops and Demonstrations

T H F N O I T A X A L E R E L C S U M M
 B A C O N D Y G R E N E T I L P S S Z A
 A C T S U G G E S T I B I L T Y C C T I
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 B P R B N R G N A T U R A L S T A T E Q
 O M I N O I T C U D N I K C O H S J S S
 V V V A E G B S S R E C N I V N O C H P
 S C I P O T V M C L E C N A I L P M O C

ALLAYFEARS

BOOKANDBALLOON

CONFUSION

FIVEPATH

INDUCTION

MAINSTREAM

NATURALSTATE

PHASES

SMART

SUGGESTIBILITY

WORKSHOPMODEL

BACON

CATALYST

CONVINCERS

FORGIVENESS

INNERRESOURCES

MARKET

PARTS

PRETALK

SPLITENERGY

SYSTEM

YESSETS

COMPLIANCE

EYEFIXATION

HETEROACTION

LEMON

MUSCLERELAXATION

PATTERNINTERRUPT

SHOCKINDUCTION

STRATEGIES

TOPICS

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OHA Events

Spring Hybrid Conference: March 23, 2024
Speaker: Erika Flint, Mini Workshop Model
Speaker: OHA Board and Members
Fireside Chat and Demonstrations

Summer Hybrid Conference: June 22, 2024
Speaker: Renee Mioreanu, Psilocybin
Therapy
Speaker: Randi Light, Fast Fears and
Phobia

Fall Hybrid Conference: September 28, 2024
Speaker: Nick La Force, TBA
Speaker: TBA

Event Procedures & Protocols

Microphone off except when speaking.

Mindful conversation, not a platform for:
politics, religion, or dispensing of medical
advice.

Time is allowed at the end of the session to
promote your products (two minutes).

Earn 5 CE credits for each event you attend!

See you there!

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*“What gets in our way is
history, and culture and religion
and economic conditions. It is
part of the hypnosis of our
social conditioning.”*

Deepak Chopra

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