

OHA NORTHWEST

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OHA Membership

Have you been thinking there is something a little different going on behind the scenes of the Oregon Hypnotherapy Association - even more energy, even more excitement, a new sense of growth and direction? Well, you are correct! As a member of the Board of Directors of the OHA, I have the pleasure of working with a talented panel of dedicated professional hypnotherapists passionate about helping you, and our profession, reach the pinnacle of excellence and credibility.

The mission of the Oregon Hypnotherapy Association is to provide information and education about the uses of hypnotism, and to present a directory of qualified professional hypnotherapists in the Northwest.

As an Association we are engaged in promoting hypnosis as a separate and distinct profession that is a valid professional complement to licensed medical and psychological agencies. We are striving to preserve and protect the professional implementation of hypnotherapy. We offer our members continuing education, support, and ethical standards, while providing a platform for business promotion, networking, and social opportunities

with each other.

I invite you as a new hypnotherapist, a seasoned veteran or established teacher to join or renew your OHA membership and attend our meetings. Receive the benefits of creating connections; be inspired by sharing and learning through continuing education; receive and give support that builds our profession; and of course, enjoy the exchange of friendships and pro-



The Oregon Hypnotherapy Association provides its members opportunities for Continuing Education, connections with like-minded professionals, exchange of ideas and techniques, and peer support.

fessional relationships that arise as we do what we love to do!

Should you have any questions about membership and/or benefits of being a member of the OHA please feel free to contact me, Scott Duvall, CHt, at pdxhypnotherapy@yahoo.com or ask any of your OHA board members. I'm looking forward to seeing you at the next meeting because it's going to be great.

Learn more about the OHA online at our web site, www.ohanw.org.

Scott E. Duvall CHt. NLP
Member, Board of Directors

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More at www.ohanw.org

Forensic Hypnosis Files - Marion County Aggravated Assault

by Genviè Martin-Bernard

In helping crime victims and witnesses recover both their emotional balance and memories, forensic hypnosis provides law enforcement with vital information and leads allowing them to bring resolution to their unsolved cases.

In Marion County, Oregon, in an aggravated assault case, the victim came to see us for severe anxiety and PTSD following the attack. Bleeding from the nose and mouth, her jaw fractured, the victim had no recollection of the attack, who had assaulted her, or even wandering her neighborhood streets in a state of shock until she was found by a neighbor. Her memory of being brought to the hospital itself was vague and foggy.

Our primary goal was to stabilize the victim's emotional state. The secondary goal was to retrieve her memories of the attack to assist law enforcement with their ongoing investigation.

In a state of hypnosis, the victim was able to remember the time of the attack, the details of the room where the assault took place and seeing her husband's car in the driveway during the timeframe of the attack. The information collected enabled law enforcement to pursue this specific lead and the husband, who already had a history of physical abuse in the marriage, was later found guilty of the assault.

The victim had blocked the memory of her assailant out of her mind, in part due to the traumatic nature of the

assault and also because of a fear of what would happen to her if her husband was found guilty and sent to jail.

Stress, fear and trauma can affect the normal functioning of our memory in a number of ways. In some cases, the traumatic event in itself can be repressed partially or entirely from the conscious memory. In other cases, while memories of the traumatic event remain intact, post-traumatic stress disorder can lead to subsequent troubles in the person's capacity to focus, process, comprehend and retain information following the trauma.

When not addressed, memories of the traumatic event can start replaying in the mind in the form of intrusive and uncontrollable thoughts. The feeling, commonly referred to as broken record, is common in post-traumatic stress disorder, obsessive-compulsive disorder and depression.

In addition to helping crime victims and witnesses recover the missing pieces of their memories, hypnosis enables us to address the secondary effects left behind by trauma and empower survivors to recover their emotional balance, strength and peace of mind.

© GMB ~ Headquartered in Portland and Salem, Oregon, Forensic and Clinical Hypnotherapists Genviè Martin-Bernard and Patrick Glancy consult locally, nationally and internationally. They are professional members of the National Guild of Hypnotists and on the Board of Directors of the Oregon Hypnotherapy Association.



Side Effect: Death?

Read the label carefully. They're regulated because they can kill you! Oh, and make lots of money for the "industry!!"

How many times have you heard or seen on TV the glowing reports of some miracle drug that is supposed to cure what ails you? And, along with the report/advertisement is a long list of side effects and possible conflicts with other meds or conditions.

"Side effects include... [long list of sometimes life-threatening side effects]..." An example of serious side effects are those found with usage of anticonvulsant medications that may be associated with increased risk of suicide*.

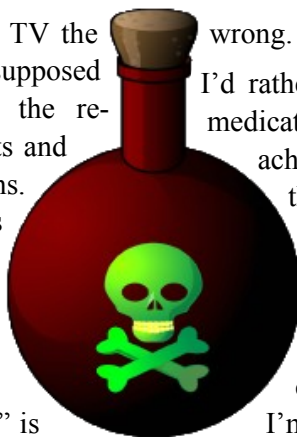
The reason we can't just "make a pill for that" is because we don't yet understand enough about the physical body to interact with it in unnatural ways – like medication – without disturbing a functioning system (even when that system is mal-functioning).

I am SO grateful that we have medications for so many things that used to kill folks young (well, younger than me, anyway!). Without "miracle" drugs, those with a ruptured appendix would have died instead of recovered. The flu would have killed millions each year. Smallpox, polio, dengue and other deadly diseases would run rampant and decimate humanity. We owe much to the pharmaceutical industry.

On the "flip side" we have holistic medicine that for the most part has no side effects at all. Of course, in some cases, it offers little real benefit, too. Unfortunately, those of us with little education into holistic practices are at the mercy of marketing – just as we are with pharmaceuticals. The difference is that in the West, big pharma markets its products through a network of trusted providers – the medical establishment. We in the West don't view holistic practitioners as trusted resources like we do our medical physicians.

When I go to the hospital for an operation, I don't want a fellow waving a willow branch over me pronouncing me "cured". I want results in the way I have come to believe – according to my cultural training. Never mind the effectiveness of the willow branch waving. I'm unlikely to even give it a go if my medical doctor says it's hokum.

Basically, I'd rather die being right than live being



wrong.

I'd rather kill myself with side effects and hope my medication does what I expect it to (man, that headache went right away when I took aspirin for it) – than to try out voodoo or mysticism or a Wicca spell or, God forbid, HYPNOSIS or some other form of alternative [to drug] therapy my doctor (who works for the "industry") says is not worthwhile. Although I know my physician is biased by the system s/he works for – I'm okay with that... apparently.

Years ago, I worked with a rather unorthodox physician who referred some of his patients to me for hypnosis and Rapid Eye Technology. He almost lost his license to practice medicine because of his interest in offering his patients alternatives to pharmaceuticals. Instead of losing his license, however, he was given the option to take "classes" in remedial note taking – along with the installation of a computerized medical record-keeping program monitored by the State. He was brought "in line" with State regulations... and I received fewer referrals from him.

Next time you visit your pharmacy for one of those "miracle" drugs, you may find it useful to look over the contraindications and warnings – you'll need a microscope as the small print has to fit onto one LONG label on a very small bottle. Feel grateful that science has given you such amazing products - the miracle of modern science. Then consider also looking into non-pharmaceutical alternatives – like hypnosis - that might work as well as or even better than the "miracle" drug but without the nasty side-effects - like death!

*Journal of the American Medical Association (JAMA)



Joseph Bennette writes the PowerStates Blog at www.powerstates.com

Report - March 2012 Meeting

Report by Joseph Bennette, Editor

Two featured presenters, Larry Elman and Howard Hamilton, offered historical perspective and current day uses for Dave Elman's rapid inductions. Larry, son of Dave Elman, was first to present and along with some amazing recordings of his father in action, he shared his own unique views and experiences with those techniques. A three-time graduate of his father's course, Mr. Elman shared with us his own clinical experiences together with important and useful hints and tips for the practicing hypnotherapist.

Howard Hamilton, as usual delighted and entertained while demonstrating the very induction techniques presented by Mr. Elman and his father, Dave Elman. Hearing Dave Elman's voice earlier in Larry's presentation made Howard's all that much more interesting and added visual and tactile context to Mr. Elman's presentation.

The two world-class presentations were remarkably complementary, leaving me awed and educationally impacted as a result. I was impressed by the fluidity of both presentations and that both presenters offered ample time and opportunity for questions and comments along the way - a truly interactive experience that I found delightful.

The overall meeting was handled differently this time - for the first time, we had an MC duo made up of two members of our OHA Board of Directors, Genvièv Martin-Bernard and Scott Duvall. I liked the smooth transitions and interesting introductions they made. It helped move the meeting along and added some energy to the proceedings.

Along with the presenters, I enjoyed visiting and reconnecting with friends and colleagues, some I had not seen in some time. I also met some new practitioners who shared with me some of the techniques and ideas that work for them. I just love that kind of free collaboration that has always attracted me to the OHA. Next meeting, I think I shall find a different table with new people to meet (which may be considered a warning by some...)

My thanks goes to Carole Ockert for another appetizing luncheon menu, this time provided by Subway Sandwich shop.

I do hope that you'll feel inclined to join me for the next OHA meeting on Jun 23, 2012, at the Fairfield Inn in Lake Oswego.





I helped host a GREAT presentation by Larry Elman Saturday for the OHA. Larry talked about his dad, Dave Elman, as well as the famous Elman Induction.



Dave Elman has a fascinating history and offers an amazing contribution to the profession of hypnosis. Not surprisingly, Larry knows some stuff too :)

Larry did a great job of giving a subjective, as well as objective, explanation of Dave's history and techniques.

From Patrick Glancy's Blog at www.glancyhypnosis.com

Shorties

Simple Awareness

I was just standing there with coffee cup in hand staring out the window at the back yard – a behavior I’ve practiced thousands of times over many years. Suddenly and without warning, my mind focused on the amazing feat I was performing. I was aware that I was paying attention to life as it was occurring.

In all the universe, as far as I know, there is only one consciousness that I can identify as ME, experiencing what I am experiencing.

For a VERY short number of years, my life will have flashed upon the stage and gone. In geological time scales, I hardly exist at all – micro-time in comparison. Yet in that relative instant of time, everything that ever was or ever will be exists for me.

During my instant of time, I enjoy relationships with so many wonderful people I care about so deeply; I breathe, see, feel, move, emote, and so much more; I feel so grateful to be alive, to have experiences, to relate to others, and to enjoy some awareness now and then. It may be only a tiny instant in time, but it is everything – 100% of all time – to me.

For just a moment, sipping on a cuppa staring out the window, I noticed!

Imagination Can Create Reality

“Imagine yourself passing the exam or scoring a goal and it will happen.” You may think it’s a bunch of newage bunk, yet in a study in *Psychological Science*, a journal of the Association for Psychological Science, psychologists Christopher Davoli and Richard Abrams from Washington University conclude that the imagination may be more effective than we think in helping us reach our goals.

Through a series of ingenious experiments, the authors showed that simply imagining a posture may have effects that are similar to actually assuming the pose. Previous research has shown that we spend more time looking at items close to our hands (items close to us are usually more important than those further away), but this is the first study suggesting that merely imagining something

Reach for the Sun, Partner!

Researchers at the Max Planck Institute have discovered that when you are involved in movements in an upward direction you are more likely to have positive emotions and thoughts; and conversely, working in a downward direction tends to elicit more negative emotions and thoughts – metaphoric movements that match our language, feeling “up” or feeling “down.”



“These [study] data suggest that spatial metaphors for emotion aren’t just in language,” researcher Daniel Casasanto says, “linguistic metaphors correspond to mental metaphors, and activating the mental metaphor ‘good is up’ can cause us to think happier thoughts.”

I’m reminded of the Yogic Sun Salutation exercise in which one stretches one’s arms upward toward the sun as far as he/she can reach in a gesture of acknowledgement of the sun. The movement is also used to elevate mood and elicit more positive emotions during times of depression.

Perhaps one way to beat depression is to simply salute the heavens by reaching up as far as you can often during the day – while simultaneously elevating the thoughts and emotions. It’s certainly worth a trial run, I figure.

Study Source: Daniel Casasanto, Ton Dijkstra, Max-Planck-Gesellschaft

close to our hands will cause us to pay more attention to it.

The researchers conclude that their findings indicate that our “peripersonal space” (the space around our body) can be extended into a space where an imagined posture would take us. They note there may be advantages to having this ability, such as determining if an action is realistic (e.g., “Can I reach the top shelf?”) and helping us to avoid collisions.

The authors conclude that the present study confirms “an idea that has long been espoused by motivational speakers, sports psychologists, and John Lennon alike: The imagination has the extraordinary capacity to shape reality.”

Article “Reaching Out With the Imagination” by Barbara Isanski, Association for Psychological Science

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.ohanw.org/news#register

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June 23, 2012 Meeting

Theme—Hypnosis Essentials

Featured Presenters

Genvièv Martin-Bernard

Scott Duvall

Dan Hedrick

Howard Hamilton



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

Meeting Info

Saturday, June 23, 2012

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**