



About Depression, Hypnosis, and the Law

This meeting's theme, Depression, is a classification in the DSM-V. As such, according to Oregon (ORS 675.825) and Washington (Chapter 18.83 RCW) laws, unlicensed practitioners diagnosing and treating it are in violation of the law. Thankfully, the NGH has some practical advice for us:

Under the Code of Ethics of the National Guild of Hypnotists, a hypnotist applies the Reasonable Person Test to determine if he or she can work with a client. If a client's self-report or behavior is such as to cause a reasonable person to doubt the client's mental or physical health, the hypnotist shall refer the client for medical or mental health assessment. Hypnotists work with normal people to help with normal problems in living.

We do not independently work with medical or mental disease and we do not "diagnose," "treat" or "prescribe." Hypnotists may work with issues related to a medical or mental health disorder only on referral from a properly licensed health care professional.

Non-Therapeutic Hypnotism is the independent use of the hypnotic arts and sciences to help clients inculcate positive thinking and the capacity for self-hypnosis. Unless

specifically allowed by state law, Hypnotists do not do Psychotherapy; they Coach, Teach, Guide, Instruct, and Train.

Clients do not have Disorders; they have Problems, Challenges or Issues.

Hypnotists do not Diagnose clients; they help clients do Goal-Setting regarding Problems, Challenges or Issues.

Hypnotists do not Treat clients; they hold Sessions at which they Induct a client into a Self-Hypnotic State.

The Self-Hypnotic State is a state of relaxed concentration which anyone can enter naturally.

Hypnotists provide their clients with instruction in how to enter this natural state more easily and effectively.

Hypnotists do not Prescribe solutions; they Suggest ways for clients to achieve their Goals while the client is in a Self-Hypnotic State.

Suggestion is the artful use of imagination to increase a client's enthusiasm for self-improvement using Self-Help Techniques.

A Hypnotist's clients are not Depressed or Anxious; they seek to regain a Positive Mental Attitude or to Manage Situational Stress.

A Hypnotist's clients do not seek to change their Mood; they seek to become more Optimistic.

"The Code of Ethics of the National Guild of Hypnotists" (Revised January 2012, pgs 14-16) - The Recommended Terminology for Hypnotic Practice of the National Guild of Hypnotists)

OHA members should become aware of and abide by the laws pertaining to their hypnosis practice. Using the NGH guidelines should help. More online at NGH.net.

In This Issue

About Depression, Hypnosis, and the Law.....	1
Using Hypnosis to Treat Depression Symptoms.....	2
Fight/Flight = Anxiety/Depression.....	3
Report - March 2013 meeting.....	4
Presenters Rita Soman and Pavan Somusetty.....	6
Meeting Registration Form.....	7
Scheduled Presenters.....	7
Meeting Times.....	8

More at www.ohanw.org

Using Hypnosis to Treat Depression Symptoms

Debbie A Taylor

Depression – it comes in all shapes and sizes and does not discriminate. It affects men and women, young and old, every race and all socioeconomic levels. The symptoms vary from person to person, and can become overwhelming and disabling. There are a variety of “types” of depression, some more severe than others.

So What Exactly Is Depression?

We all go through periods of sadness at various times in our lives. Feeling sad is a normal reaction to loss, disappointment, or frustration. Some people call this degree of sadness “depression,” but depression is much more than just sadness. If you or someone you know suffers from depression, you may have heard it described as “living in a black hole” or, having an unrelenting sense of doom. For others, there is no sadness, but instead they feel lifeless, empty, worn-out, or apathetic about life. Some people, men in particular, may feel angry, aggressive, and restless, often for no identifiable reason at all. Regardless of the symptoms, depression is clearly very different from normal sadness. It consumes your every waking moment, often robbing you of your ability to work, study, eat, sleep, and enjoy life. Consistently feeling helpless, hopeless, and worthless can become overwhelming and unrelenting.

What Causes Depression?

For the lucky ones, depression can be traced to an event, such as having a dead-end job, having just lost a loved one, or suffering from a painful physical condition. I say lucky ones because it is easier to treat depression symptoms that have a known cause. For those suffering depression symptoms with no known cause, treatment is more difficult because knowing the cause of depression helps determine the appropriate treatment. Understanding the cause of depression symptoms can make it easier to “ride it out,” so to speak, and can motivate you to change the factors causing the symptoms. If you are feeling lonely and sad, for example, you can take steps to get involved in a Meetup, a book club, or additional opportunities to meet others. If you are depressed because you

hate your job, you may choose to go to school or get additional training to further your career in another area. Depression is often the result of loneliness, lack of social support, stressful life experiences, relationship problems, financial strain, substance abuse, trauma and/or abuse, health problems, family history of depression, and more.

My Approach

Just as the symptoms and the causes of depression vary among individuals, so does the course of treatment. At Intuitive Hypnosis in Portland, Oregon, I use a variety of strategies to treat clients that have depression symptoms, or have even been diagnosed with clinical depression. I include a thorough examination of one’s beliefs and values at a conscious level, compared to one’s beliefs and values at a subconscious level. It is common to experience depression symptoms due to an internal conflict created when conscious beliefs and values are out of alignment with subconscious beliefs and values - usually acquired early in life.

About Debbie

Debbie Taylor-Lilly is the owner/operator of Intuitive Hypnosis in Portland, Oregon and the Portland School of Hypnosis. She holds a current teaching certification with the state of Oregon and is both a certified hypnotherapist and certified hypnosis instructor with the National Guild of Hypnotists. She has a Masters degree in Organizational Management and over 20 years experience working with children and families in public and private education, as both a teacher and principal. In her work at Intuitive Hypnosis Debbie has expanded her ability to help others by utilizing hypnosis to assist them in empowering themselves to lose weight; stop smoking and/or quit chewing tobacco; reduce stress and anxiety; improve performance in sports, academics, and much more. As instructor at the Portland School of Hypnosis Debbie combines her two decades of experience as an educator with her passion and skill as a hypnotherapist.



Fight/Flight = Anxiety/Depression

Eric Singer

With the only certain thing in life being “change,” it seems ironic that change can also be the hardest part of being human. Our bodies resist the process of change by homeostasis. That resistance is all the way down to the cellular level. This seems like a need waiting to be filled and perhaps no one is more capable to help fill it than a hypnotist.

To understand and explain to a person how we can assist them through their changes is illustrated in the Theory of Mind. I will illustrate how our mind works and why change can be difficult. I will show examples of how our subconscious mind actually dictates the processing of information and therefore our behavior. I will show how to align a person’s conscious desire with their subconscious motivation by adding “knowns” to the subconscious in the form of positive images.

Hypnosis is the shortest and quickest link to a less stressful change, and the Theory of Mind is the simplest and most comprehensive overview of this process.

We communicate to our minds in the form of images. When we were young, the images were slower. As adults, we speed right through without even thinking. The natural process of hypnosis slows these images down so we can more closely become aware of what we are saying to our mind. We also begin to see and feel when we are becoming stressed even before we reach that overload of a fight/flight response.

Today’s modern day Fight/Flight has become Anxiety/Depression. It is this process of creating awareness within the client that an overload is beginning to occur, thereby giving the client options to defuse the overload, keeping him/her out of fight/flight.

Say, for instance, we become overloaded at a level of 5. With hypnosis we become more aware of both our thoughts and its response in the body, so we can begin to feel the overload at a 2 and then the rise to a 3,

giving us time for pause and a more controlled response. We have assisted the client in avoiding that level 5, which is an overload into the fight/flight or anxiety/depression cycle.

About Eric

Eric began his studies of hypnosis in 1974 at San Diego State University. Using the principles of hypnosis and positive imagery he entered into business, developing skills in outside sales, purchasing, accounting and fund-raising. In 1982 at the age of 26 Eric and his new wife began a vending business in Albuquerque, New Mexico and during the 80s he developed this business into the largest in the state.

Relocating with his family to Portland, Oregon in 1990 Eric continued in the vending business with Sun Snacks until 2010 when he sold his vending business. By this time, Sun Snacks had grown to be the largest honor snack company in the Northwest and the oldest in the country. The company continues to operate with a new owner and the staff that Eric trained.

Eric resumed his career and study of hypnosis. Opening a practice in SE Portland he has found much success helping others to be in control of their thoughts and not be controlled by them. Having expanded his practice to include EFT and other forms of therapy Eric’s long and varied career in business, as a parent, and as a husband for 27 years provides him with the knowledge and experience to offer assistance to his clients in a sensitive and efficient manner.

Besides Eric’s business and professional career, he enjoys sports and has been an avid basketball player most of his life. Becoming a foil fencer Eric peaked in his 40’s earning a State Championship in 1998 and a “C” ranking in that sport. His greatest claim is having lost to Mariel Zagunis in a semi final bout in 1998.

As an avid social dancer, Eric enjoys the improvisational aspects of Zydeco and Blues dancing as well as the structure and social aspects of Contra, Waltz and Israeli Folk dancing. Becoming a PADI diver with his daughter on the Island of Curacao, Eric loves to travel and taking time for long thoughtful walks.

Eric believes in living life in the moment and with enthusiasm.

Report - March 2013 Meeting

Report by Joseph Bennette, Editor

Theme - Trauma

Genviè Martin-Bernard

Introduced the topic of Trauma and Hypnosis. She gave us lots of useful and insightful information about trauma, how it affects the mind and body, and how hypnosis can help. She also spoke about PTSD and trauma addiction, a now-recognized condition. I always enjoy Genviev's presentations as she is so knowledgeable.

Connie Brannan

In a lively, fast-paced, and fun presentation, Connie introduced the NLP Traumatic Injury Relief Pattern, then demonstrated the process on Genviev, focusing on Genviev's headaches that have plagued her since her recent serious ski patrol injury. I loved her enthusiasm and deep knowledge of her subject matter coupled with her great skill in working her demo.





Howard Batie

Howard's soft-spoken yet engaging presentation focused on his 4-part model of trauma pain intervention: anxiety about future pain, current trauma (in the moment), recent trauma (<6 months), and chronic pain (>6 months). He taught us his 2-finger Calming Tool and 2-finger Comforting Tool along with when to use either. He demonstrated and taught us his three-finger energetic healing technique (laser beam healing) and when one might or might not use it. I enjoyed Howard's calm yet energetic approach to presenting - put me right at ease while increasing my desire to learn from him.

Michael Brannan

Michael's energetic presentation went "Beyond Trauma Pain Relief" - looking at how one might use trauma relief techniques to go beyond trauma into personal development and transformation using his "Total Time Transformation" technique. Based on Andreas' Core Transformation model, Michael has developed a method that uses parts conflicts to quickly access and heal core components of the mind. He then treated us to a group imagery session that was most enjoyable. I liked his enthusiastic and confident style of presentation, his attention to his audience, and his clear voice quality.



Rita Soman, MA, CADC III

Author and Psychotherapist Rita Soman, is an expert in helping people heal the 'root cause' of issues related to physical, emotional, and spiritual aspects of their lives, including all types of addictions and mental health related problems, at the subconscious level of the mind. In her practice Ms Soman creatively uses a blend of psychotherapy with some contemporary and other scientifically proven processes, including PSYCH-K® process developed by Robert M. Williams. PSYCH-K® was recommended by Dr. Bruce Lipton in his book, "The Biology of Belief."

The PSYCH K® process is simple, direct, and verifiable. It utilizes the mind/body interface of muscle testing (kinesiology), to access the self-limiting "files" of the subconscious mind. It also makes use of left brain/right brain integration techniques to effect swift and long-lasting changes. In addition, PSYCH-K® integrates Spirit into the change process. Using muscle testing, PSYCH-K® accesses the "superconscious" mind to make sure that the person's stated goals are safe and appropriate. These built-in safeguards allow this system of personal change to be taught to anyone who is interested in taking charge of their lives, moving them out of fear and into love. In short, PSYCH-K® can change long-standing, limiting beliefs in a matter of minutes.

With over 25 years of experience helping people overcome their life challenges, Ms Soman finds her work very effective and life-transforming. Observing the amazing benefits of using PSYCH K® in her own life and practice, she feels compelled to share this process with her peers. As an internationally certified PSYCH-K® instructor she has been teaching 2-day basic PSYCH-K® workshops to healers from various modalities such as psychologists, hypnotherapists, counselors, mental health workers, psychiatrists, naturopathic doctors, nurses and body workers.

Rita has the recommendation of Dr. Bruce Lipton and is well respected among her peers. She has a deep sense of commitment to forwarding the work of PSYCH-K®, which she believes is the most important 'missing piece' to most other healing modalities. She is passionate about her life and work.

She was recently featured in a story on KOIN 6 TV.

Rita Soman, MA, CADC III
 Founder and Director
 Addictions & Family Counseling, P.C.



Dr. Pavan Somusetty

Originally from California, Pavan Somusetty earned his medical degree at Sri Ramachandra Medical College in Chennai, India and trained in general psychiatry residency at Wright State University in Dayton, Ohio.



During training, his areas of interest and research included medical student education, stigma towards the mentally ill, college mental health, forensic psychiatry and psychodynamic therapy.

In addition, he has spent an extended time at the Wright Patterson Air Force Base treating active duty soldiers suffering with Post Traumatic Stress Disorder. He is currently an outpatient psychiatrist at Kaiser Permanente in Clackamas, Oregon.

"My own personal and family experiences in health care delivery have led me down the path of becoming a physician. My goal is to treat my patients with the same respect as I would expect for myself and my family."

About Dr. Somusetty's practice

Dr. Somusetty has worked with patients of all ages, but is licensed to treat anybody aged 18 and older. With Kaiser Permanente, he enjoys the ease of building and maintaining his practice with the vision he had when starting medical school.

He does not view those that seek mental health care as simply lacking the right medication. His philosophy is centered around collaboration, so patients feel confident and comfortable with their personalized treatment options.

"I feed my mind, body, and spirit with a healthy diet of family, movies, golf, and of course great food."

Meeting Advance Registration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)

Members \$45, Non-Members \$65, Students \$35

(Add \$10 [cash or check only] 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: \$ _____

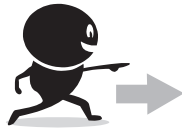
(Please make checks payable to Oregon Hypnotherapy Association)

Mail this registration and fees to:

Oregon Hypnotherapy Association
PO Box 3511
Salem, OR 97302

**Meeting Date:
June 22, 2013**

- OR -



**Register ONLINE at
www.ohanw.org**



Note: Your canceled check or online email confirmation of payment is your receipt. Please do not mail cash. We accept only cash or check at the door.

OREGON HYPNOTHERAPY ASSOCIATION

Connection, Education, Support, Exchange

PO Box 3511

Salem, OR 97302

Phone/Text/Msg: (503) 902-1122

www.ohanw.org

Officers and Board of Directors

President - Scott E. Duvall

Vice President - Genvièv Martin-Bernard

Secretary - Genvièv Martin-Bernard

Treasurer - Joni Brewer

Director - Howard Hamilton

Director - Joseph Bennette

Director - Dan Hedrick

Meeting Theme - Depression

Featured Presenters

Debbie Taylor-Lilly

Eric Singer

Rita Soman

Dr. Pavan Somusetty

President's Annual Report to the membership



Oregon Hypnotherapy Association
P.O. Box 3511
Salem, OR 97302



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. Journal Editor: Joseph Bennette.

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

Meeting Info

Saturday, June 22, 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 (cash or check)

See registration form on reverse side of this page

— OR —

**Register ONLINE at
www.ohanw.org**