

# OHA NORTHWEST

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*Connection, Education, Support, Exchange*  
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# PRESENTATION PREVIEW—NICK LEFORCE

## The Power of Metaphor

For a while, the U.S. Navy was conducting sonar testing under the sea. The tests were found to antagonize marine life, often in dramatic ways. Sonar disturbs whales to the point that blood would flow out of their eyes and some of these poor creatures beached themselves, the ultimate act of suicide for a whale. But the real cost of whale suffering from sonar was not just the physical effect on their body. Sonar disrupts the song circuitry in the whale's brain confusing and creating turmoil so that the whale loses its song. A whale without a song is a whale without a soul. What is left to do, then, but beach themselves. I offer this story not just as a plea to stop sonar testing because it affects whales negatively, but as a warning. Songs for whales are like stories for human beings.

Storytelling is the second oldest profession. Before the written word, storytelling was the common way to transmit culture, teach children, share values, make friends and appease enemies. All of our customs and traditions are each a story-in-action and they became customs and traditions through stories. Stories *are* the soul of humanity. They remind us of who we are and what we love. They teach us how to live. They raise us above our lot in life, help us to find the beauty in both love and tragedy and give us strength to find our way in a fantastic and sometimes frightening world. Metaphor penetrates the heart, makes sense of what is seemingly incomprehensible, and settles into the other-than-conscious mind in a way logic can never achieve.

Story and metaphor are the tickets to the magical realm within, the source of resources, and the place where true transformation occurs. That is why stories and metaphors are such powerful tools for hypnotherapy. Stories are *invitational*, provocative, and ambiguous enough to offer plenty of room for the listener's imagination. Activating imagination is naturally trance producing. Simply say the words, "once upon a time..." and something inside starts to loosen and open up to possibilities.

Here's the good news: everyone is a storyteller. The vast majority of everyday conversation is a form of storytelling: sharing personal experiences, describing events, retelling news heard from others or media, etc. However, most stories are told in a haphazard fashion, with little conscious intention for the purpose of the story or the impact it might have on others. Using metaphor intentionally is what differentiates a "storyteller" from a good conversationalist even though almost all good conversationalists are also good story tellers.

Below is an excerpt from my latest book, *The Undiscovered Country: How To Live In Your Own Heartland*. It is both a workbook for "walking the landscape of the soul" and a book of poetry. And poetry is, itself, a highly meta-

phoric language.

### An Invitation: For Your Eyes Only

Imagine you found, tucked into your pocket, a folded note, dated today, the words "for your eyes only" on the outer fold, written by your own hand in the uncanny ink of *deja vu*, and you felt, in that moment, snaking up your spine, a hair-raising shiver of deep knowing that you have lived this all before. Would your heart race with dread and anticipation at the message you crafted for yourself, wondering: Is it a warning? An invitation? A grief? A gift? Would your mind wander back to those days when you felt anxious at the letterbox, hesitant at the ring, because you lived your life waiting for the other shoe to drop?

Or would you feel swept up into a realm of wonder, like the child you once were, bursting with unimaginable joy and the can't-wait eagerness to rip open a wrapped gift or walk through the Disney gates into a magical adventure. And this little note, held in your hands, holds the keys to the moment, opens a portal to the dream gate you have always wished to find, offers you a ticket to a secret destination. Like all good wish crafters, deep down, you know, it lives within you. You know what you will get rises from your own depths. So, take all the time you need to set your house in order, to list the things you love, knowing there is no allowance for baggage because you can only take what you can carry on in your heart.

This is your ticket to the undiscovered country: to the wonderland within you, where you enter the secret chamber of your desire, look into the window on the magic land of your becoming, step through the doorway onto the ground of your belonging. You are about to immerse yourself in the poetry of life, flooded with new memories as if you have always lived free. Looking back, you see all your joys and sorrows, all your suffering and celebrating as chords in a song of haunting allure and mystic dazzle, your life set to music, your body indulging in every nuanced sensation with rapture. You hold all of this and more in your hands, tucked in the folds of a note tagged "for your eyes only" because you know that what you see is what you get and every story you tell expresses the heart in the telling. Now, you can begin to apprentice yourself to the telling, and the untelling, of the deep stories that you live by.

The ticket is in your hands. You choose whether or not to enter. And, if you want a guide, come to the Oregon Hypnotherapy Association online event on June 27, 2020 to discover what is possible.

# PRESIDENT'S MESSAGE

## Hypnosis Sessions Online - Tips and Tricks

By OHA Board of Directors

New possibilities have presented themselves with the physical distancing we've all had to adapt to. Taking our sessions online opens up - literally - the world to us. With this article I would like to help you feel more comfortable using online platforms for your hypnosis sessions.

My preference is Zoom (<https://zoom.com>) as it appears to be the most stable and it's free. Of course, there's a paid version also if you want to have more than 3 people participating in a group session and you expect the session to last longer than 40 minutes.

### HOW TO LOOK GOOD

1. *Lighting:* Sometimes natural lighting is not your friend - it can be too bright and cause you to look washed out. Soft diffused lighting from the front generally works well; this can often be achieved simply by closing the curtains and facing the window of your office. Getting diffused lighting by shining a lamp on the ceiling in front of you also works.

2. *Background:* Check your background! Do you have a plant growing out of your head? Is that a discarded coat on the table behind you? Is your cat helping at the computer? A friend of mine has a very odd gorilla picture on the wall behind her so she angles her computer to show off the singing bowls that are on a bookshelf leaving the picture out of the frame.

3. *Sound:* It's often advantageous for both of you to use headsets. When the client's voice gets quiet you can still hear it and if they're wearing a headset it's like your voice is inside their head (this can be useful in the office setting also.) Of course, if the client is uncomfortable with a headset it shouldn't be used. Your use of a headset or mic also gives your voice a better quality instead of using the microphone on the computer. Also be aware of background noises - your dog (or theirs) may need to go to another room.

4. *Camera Angle:* It's ideal to have the camera just above eye height - I put my computer on a box to elevate it. When the camera is lower it gives the unconscious impression that you're looking down on the client. If it's really low they end up looking up your nose - nobody wants to see that.

### HYPNOSIS CONSIDERATIONS

1. *Abreactions:* Emotions are common and true abreactions fairly uncommon. Use techniques that would lessen their



Joni Brewer, CHt  
President

likelihood. If a client does have a problem, use the "Eyes open. Look up. Feel the chair beneath you. Notice your breathing, etc."

2. *Watch your client:* All those things that we look for in the office - eye movement, breathing, flushing, hand movements, etc., can be seen on the camera.

3. *Listen to your client:* Listen to their breathing. What is their voice telling you?

4. *Client positioning:* It's ideal if the client can be somewhere comfortable and using a hands-free camera. For example, some clients have propped up the phone on a pillow while sitting up in bed; others have propped the phone against a cup while sitting in a chair; another a phone in a holder while sitting in the car, a desktop computer in any position, a laptop on a desk or in a lap, etc. It's nice to be able to see the client, though not essential; hypnosis can be done just by phone.

### HOW TO USE ZOOM EFFECTIVELY

1. *Links:* Send the link within 24 hours of the client booking their appointment. Send it again within 24

## STORIES THAT CHANGE LIVES

by Larry Dillenbeck  
OHA Board Member, ACHE Designated Examiner

I am very excited for our exploration of Therapeutic Metaphors in our June online meeting! My friend and colleague, Nick LeForce, will be sharing his skill and insight in using metaphors for transformation.

I have come to deeply appreciate the power, flexibility, elegance, and artistry metaphors offer us as facilitators of change.

In the realms of psychology, philosophy, religion and mythology, stories have demonstrated the power to enchant, transform, teach, and connect in a systematic way, the seemingly unrelated elements of a complex and confusing world. They are a way of not just learning information, but of gaining wisdom.

The art of storytelling lends itself well as a powerful tool of therapeutic transformation. It is an effective vehicle to deliver messages to the subconscious mind where the "aha's" of metaphor take place.

It is our ability to make metaphorical connections that allows us to learn anything at all. The essence of metaphor is understanding and experiencing one thing in terms of another.

When something new is like something we've done before, we take what we know from the first situation and transfer our knowledge to the new situation. We can take resources from a prior context and transfer them to the new context thus, taking us from our present or problem state into our desired state.

Metaphor is pervasive in everyday life, not just in language but in thought and action. Our ordinary conceptual system, in terms of which we both think and act, is fundamentally metaphorical in nature.

The concepts that govern our thought are not just matters of the intellect. They also govern our everyday functioning, down to the most mundane details. Our concepts structure what we perceive, how we get around in the world, and how we relate to other people.

Our conceptual system thus plays a central role in defining our everyday realities. Since our conceptual system is largely metaphorical, then the way we think, what we experience, and what we do every day is very much a matter of metaphor.

Many counselors, therapist and other change-workers are seeking new and creative ways to help shift their

clients' way of thinking from limiting and disempowering to resourceful and strengthening.

Therapeutically structured stories are a powerful tool for dramatically increasing a person's receptivity to new ideas, facilitating change at unconscious levels, and helping them to make non-linear leaps in understanding and problem solving.

Nick will offer us some ideas and techniques to be able to create powerful, inspirational stories that subconsciously affect and transform people's lives. In the mere hearing of a well-formed story, a person has the potential to gain the "aha" that allows them to view their life and circumstance in a way that opens their perception to more options. This then, allows them to be more "at choice" regarding their thoughts, feelings, behaviors, and the results they create in the world.



*Owner of the Lighthouse Center for Consciousness Studies, Larry Dillenbeck holds a Bachelors Degree in Psychology from the University of Utah. He is a Certified Clinical Hypnotherapist, Hypnotherapy Instructor and Hypnotherapy Examiner with the American Council of Hypnotist Examiners. He is a Master Practitioner, Health Practitioner and Trainer of Neurolinguistic Programming (NLP). Larry is a Coach University graduate and practicing Life Coach since 2004. Learn more about Larry's practice at [www.lightstudies.org](http://www.lightstudies.org).*

## HYPNO CHALLENGE 2020—STAY HOME ISOLATION

By Tish Paquette

Well 2020 came in with a bang and just as we were rolling up our sleeves to prepare for it, circumstances changed the game plan and not only changed the plan but didn't include a manual for us to maneuver...or perhaps it did. Instead of giving us a manual we forgot we already had one. We just forgot that we put it on a shelf.

The world came to a halt, a pandemic standstill...Attack came down not just on us but the world...and it wasn't an enemy we could fight eye to eye...it was subtle and subversive and attacked our most vulnerable. We isolated hoping to wait it out and come out on top.

Well, that ended up looking different too. Going on longer than expected, people lost loved ones, jobs and their livelihood. Vision, confidence, inspiration, hope, and dreams diminished, and fear crept in doing its work while the world watched in horror, transfixed in its machinations.

However, while this was being experienced and publicized, something else was also happening behind the scenes. The human spirit could no longer stay shackled. It began to gain momentum, to rise-up and be heard and soon community was being felt in ways that hadn't happened before. People said enough...Love was being felt around the world and in local communities and neighborhoods...We were finding ways to work and teach and encourage without leaving our homes.

Businesses were learning to adapt, schools were adapting curriculum, families learning to teach, ideas and inventions were coming to the forefront and here we are today...Using programs and computers and platforms to stay alive and move forward.

New terms have become household names like Zoom, WhatsApp, Go to Meeting, Nextiva, and Skype to name a few. These have proven to be our lifeline moving forward. We as Hypnotherapists have been able to tap into this tool and make it a win/win for us and the public.

We are now being asked to hone our skills and address the needs of our clients. Calls for help dealing with increased anxiety, crippling fear, overwhelmed financially, isolation/loneliness, grief/loss, fear of death, loss of confidence/vision you can add to this list.

We have taken the challenge to meet the needs of the people by using these various platforms. In so doing it has allowed us the opportunity to become better Hypnotherapists by adapting and modifying our skills and tech-

niques. True, we haven't been able to use convincers in quite the same way but we certainly tapped into our NLP and effectively maneuvered through any perceived obstacles. We did have a manual after all.

The beautiful thing about all of this is that it increased our sensitivity, our intuition. We became acutely aware of our client more so than ever before. Noticing all the nuances, the flicker of a finger, the swallow their breath. We entrained and were totally in sync, connected to what was taking place. Our past procedures and scripting slipped away and we entered the flow of the moment directing us and them to their positive outcomes at a higher level than before. We saw them, not just their issue but the whole of them.

Has it been a struggle, yes, has it been painful, indeed, has it been scary and uncomfortable, absolutely. Yet here we are...still standing still moving forward with more certainty and confidence that this skill is truly a gift and we are on the frontlines being called to use it. The world has become smaller, and we can reach every corner, step up and step in...we are needed, and we've got this.



*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.*

[emergencereadingsandreiki.com](http://emergencereadingsandreiki.com)

## FEATURED PRACTITIONER

Scott Duvall is the owner and operator of PDX HYPNOSIS since 2006 located in the Hawthorne District of Southeast Portland. He also serves on the Oregon Hypnotherapy Association Board of Directors, Co-founder of The Institute for Conscious Expansion and operates the Portland Meditation Group.

He is well-known in the Northwest Hypnotherapy community. Having grown up in the area, he attended Richmond Elementary School and Franklin High School. His roots are planted deep in the community.

Though we know him as an accomplished Hypnotherapist and NLP Practitioner, with a great sense of humor and caring heart, he has other accomplished interests and abilities that make him a “Man for all Seasons.” During middle school his interest in music, song, and lyrics sent him on a journey to develop and fine-tune his craft. As an adult, he has become a singer/songwriter sharing his music locally and abroad. Acoustic guitar and voice are his primary means of musical expression.

Scott is also a well-known professional photographer. It was this particular career, that unknown at the time gave him the interest, drive for understanding the human psyche, and clarity that would launch him into a successful Hypnotherapy career.

He is not new to the idea of work and discipline. Having a paper route at a tender age and getting up before the birds to make sure the deliveries were made, to becoming an assistant manager at McDonalds his Junior and Senior years of high school, he learned people management. At around 14 years of age he took up Martial Arts where he met his Sensei at the time, Bruce Terrill. From this association, he developed patience, discipline, and mindfulness practices. He attended Portland Community College, and Portland State University, studying Psychology. He worked as a Banker with Bank of California for 5 years.

His greatest challenge was balancing the responsibility and needs of the working world with the flight and fancy and inspiration of the art world. In 1976 he stumbled upon a winning combination. He became an apprentice for two and half years working with the leading photography studio in Oregon, Memory Master, then Heirloom Portrait Interiors, starting with portraits and fashion boudoir photography, which led him to Longview and Seattle, Washington, Hawaii and then back home to Portland. It was at that time he met his wife of 36 years, Linda. They have two beautiful grown daughters, Sachie and Jovan.

He continued with his thriving photography business

called “Fotografata da Duvall” until the middle 1970’s where challenges were on the horizon. Digital Photography came on the scene, which changed everything. Knowing he needed to get ahead of the game, his friend, Bruce, mentioned Hypnotherapy. Something resonated with Scott. Hypnotherapy was a bridge, a link to all of his interests in the human mind, behavior, beliefs, and influence. He sought a school and found Geoffery Knight of Knightsbridge Institute.

It was in this timeframe he married and was able to apply all his learnings and teachings. It was here, where he could directly influence the transformation of people on a deeper, more personal level - besides through a camera lens. Where one could remove visions of the



photo by Tish Paquette)

## PRESIDENT'S MESSAGE

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hours of their appointment. Zoom adds a lot of extra information at the bottom of the link - feel free to get rid of it as nobody uses it and it looks much less daunting to just have the link, meeting ID, and password.

2. *Privacy:* You may have heard about people "crashing the party" and causing a lot of trouble. Zoom now defaults to people having to wait in the waiting room for you to let them in.

- If you're running a group meeting and someone starts causing trouble, you can remove them. If there are multiple people causing trouble, you may have to shut down the meeting and start again with a new meeting ID.

3. *Recording:* If you like to record your sessions, you can record - either directly to your computer or to the cloud.

4. *Stability:* I'll often turn off my video after my client closes their eyes this allows for more stability in the connection. Let your client know that you may turn off your video, so if they happen to open their eyes, they won't be surprised at not seeing you there. I encourage you to use a photo that appears when you're not actively on video.

5. *Dropped Connection:* Let your client know ahead of

time what to do if the connection drops. This is usually as simple as saying, "If the connection drops, you'll simply open your eyes as soon as you realize that it's happened. Just reconnect with me and we'll pick up right where we left off. It's kind of like hitting the snooze button on the alarm - when you go back in, you can go even more deeply." When they reconnect, tell them to take a couple of deep breaths and go right back to where you were.

6. *Sound:* If you're working with a group, make sure that everyone is muted unless they're talking. Each person can hold down the space bar to unmute while they speak.

### ZOOM ETIQUETTE - One-to-One With clients

- Act the same as you would in your office.
- Wear your usual clothing, all the way down to your shoes - this unconsciously reminds you that you're working
- Have whatever you need at hand - water, pen, paper, etc.
- Don't eat
- It's fine to have both parties unmuted so you can have a conversation

### ZOOM ETIQUETTE - Groups

- Unmute only when you're talking (use the spacebar)
- Don't eat (turn your video off if you want to eat)
- Dress as you want to be seen - things happen and you may stand up unexpectedly
- Exercise patience with the technology - understand it well enough to stay in charge of the group if you're the host

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## FEATURED PRESENTERS

Nick LeForce

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## FEATURED PRACTITIONER

(Continued from page 6)

past and give visions of a bright, pleasing future. It was the lens however, that allowed him to see beyond the person and he knew he wanted to encourage and inspire others to “see” love and embrace their true being, their higher self.

Scott said he learned more about the human mind and how it works through the marketing teaching of Hypnotist Marshall Silver. Building rapport, listening, repeating back, visualizations, hypnotic trance, using symbols, heritage, root connection - while learning how to market within a 20-minute window.

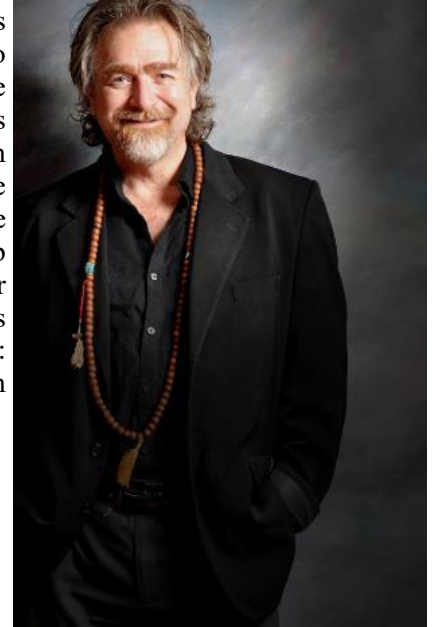
Scott’s practice is centered and dedicated to helping others change their preconceived ideas and beliefs and directing them to what they can be and what they do want. He describes his practice as a mind-management practice utilizing NLP, Hypnosis, Self-Hypnosis, Visualization, and Meditation to change counter-productive conditioned patterns to empowering patterns.

All who know him know he is totally committed and dedicated to his craft and his investment in humanity. He

loves serving on the Board of Directors of OHA because it is a place where he can benefit his community. And with his like-minded peers, he can promote a quality educational platform for improving professional practices, maintaining standards and ethics, and supporting clients and fellow Hypnotherapists in achieving their highest potential.

Scott encourages others and advises others to continue to study, be open to what others have to offer, trust in themselves to be able to help others. He believes in freeing up people to be at their most resourceful. His most famous quote: “Start with the end in mind.”

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Fan Group: [facebook.com/groups/ohanw](https://facebook.com/groups/ohanw)

## Event Info

**Saturday, June 27, 2020**

11:30 - 12:00 - Registration  
12:00 - 1:00 - Catered Lunch  
12:00 - 5:00 - General Meeting (5 CEUs)

Cost: \$0

Donations accepted

**You MUST register to attend**

Register online at [OHANW.org](http://OHANW.org)

## 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!**