

OHA NORTHWEST



**Official Publication of the
Oregon Hypnotherapy Association
Connection, Education, Support, Exchange
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Greetings!



By Joni Brewer, President

As I write this the days are starting to get warmer, flowers are blooming, vegetables are growing, fruit is starting to be harvested and babies abound. Once again the seasons are going around reminding us that the only constant is change and that rebirth will happen.

As Oregon starts to lift the COVID-19 restrictions we have the opportunity to really consider where we want our practices to go. What changes do we want to make? Have you found Zoom to be useful? Perhaps you're now seeing clients from around the world. Perhaps you've found that it's helpful for clients to be in the setting that their problems occur so they can test the changes that they've made right then – that's great feedback for both you and the client.

If your practice has been a bit slower have you taken that time to learn a new skill or revisit one that you learned long ago and sort of forgot about? How will you incorporate that into your practice now?

We often think about spring-cleaning our houses, what about spring-cleaning your website? Do you have a Facebook page? Does it need a little cleaning?

Of course there's also spring-cleaning your mind. What thoughts, ideas, beliefs are you holding onto that aren't serving you anymore? Are you ready for a change? I know some great hypnotists that can help you with that.

It has long been the desire of your Board to bring the meetings to all of the hypnotists in Oregon no matter where they live. Driving to Portland just isn't possible for everyone. To that end we're working on recording the meetings and then have them available. We don't have all of the details worked out yet – cost, how to get them to people, releases, etc. - but we're working on it. Which brings us to one of our presenters this month.

I know that some people in our group are wanting to make videos to sell. How to do that? I think that this is

one of those places where I don't even know enough to know what questions to ask.

Jonathan Nhan will be joining us from Toronto, Ontario (thank you Zoom!) to help us with that. He's a real techy guy (as well as a hypnotist and pharmacist) and will be able to answer our questions – even the ones that we don't know that we have yet.

This should get us many steps closer to getting our meetings out to more hypnotists in Oregon (and maybe other states too!)

James Harrison will also be presenting this meeting. He's going to bring us along on his adventure of working with the confused elderly. This is really a niche market and so very necessary. After spending 15 years working as a nurse in the nursing home setting I know first hand how important this work is. Assisting the confused elderly can be a joy and a frustration. James will bring us creative solutions that we can use with our own families and friends as well as share with others through our work.

As for the legislation that's been happening – the bill that was put forward is dead for this term. It will probably be revised and brought up again next term.

It was great to see so much support against this bill and I'm sure that the legislators will take that into account next time around. Hopefully they will ask a few members of various communities that will be impacted to be part of the work group.

Cat Wilson is part of a separate group that is working to get a "Safe Harbor" bill passed so practitioners of all sorts will be safe from undue and unnecessary restrictions. If you have a relationship with a state representative or senator please let her know as that

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Zoom Calls Are Awesome



By Jonathan Nhan

As hypnotists, we know the power of mindset and belief. We also know how these can be fluid and subject to change, especially with the information and guidance. I'd like to ask you to consider your own beliefs and mindset around 1) virtual hypnosis sessions and 2) technology in general.

These are two potential pain points for many people as the pandemic has shifted and dictated how we can interact with one another. Online and virtual hypnosis sessions were much less prevalent before 2020. When March 2020 rolled around, the world changed significantly. Many may consider this change to be net negative, and to be sure, there were many difficult things about this time, but from a hypnotic change work perspective, the upside is huge.

In this presentation, you'll gain a new perspective on technology and virtual sessions. I will give you the overview you need to start running successful Zoom sessions with clients easily and confidently. Starting with mindset, I'll share my approach to the virtual sessions and what makes these my favourite types of sessions. Then I'll share my approach to the technology needed to run virtual sessions, ranging from basic to advanced equipment for any budget. In addition, I'll go over how to prioritize where you spend your money with respect to the equipment. Finally, I'll share with you some of my favorite inductions and techniques for working online and common troubleshooting tips for issues that may arise.

This presentation is for you if you want to start working with clients online, but are overwhelmed by the technology required. If you have any doubts or worries about looking and sounding good on Zoom, or wrangling the technology, I'll give you the basics to set you on your way. For those who are already doing Zoom sessions, you'll learn some easy ways you can take your virtual consultations to the next level.

We live in an age where there is real magic where we can speak with anyone, anywhere, at any time. As people who are passionate to help and heal, gaining comfort in using these technologies to reach more people will only expand the amount of good that we can do.

Move past Zoom fatigue and discover the Zoom master within!

About

A pharmacist by profession and hypnotist by passion, Jon is a skeptical believer, optimistic mentor, and open-minded integrator. He is passionate about health and healing, looking for new ways to help and serve others. In his younger years, he spent much of his time learning about photography, videography, and sleight of hand magic. Others might consider him an "early adopter" of many new technologies, always excited to try something new. He found his passion for hypnosis in 2019, when he trained with Mike Mandel at the June session of Architecture of Hypnosis. Since then, he has helped numerous people in-person and online with hypnosis for various previously unexplainable or unsolvable problems, such as insomnia, teeth grinding, and snoring. He loves helping people find connections and find explanations in the unexplainable. Jon is an owner of a community pharmacy in Toronto, Ontario, and co-founder of Curate and Upgrade.

Website: www.curateandupgrade.ca

Bingo All The Time



By James Harrison

Bingo All The Time- Sympathetic Trance States and the Meta Pattern Wherever You Go. Effectively working with elders with dementia.

If you want to learn more about how the middle aged brain works, spend some time with elders. Since the start of the Covid lockdown, I've been working in an elder care facility as a Life Enrichment Coordinator. I'd like to share with OHA membership some insights I've gained, and to hear your feedback and ideas. Dementia creates a space where the present moment is beautiful, and moving people from confusion and into joy is a daily blessing.

This presentation will be conducted 'Oracle Deck' style.

Topics will include:

- The Archetype of Elderhood. Walking the Wisdom Spiral.
- What is Dementia, and how does that matter for the average hypnotist?
- Models of Cognition: The SLUMS Scale, The ACS, Mini Ace, etc.
- Understanding the Default Mode Network- where the self resides in the brain.
- Mirror Neuron Cueing and Loop Breaking - aka 'Redirection'
- Staying Hip to HIPAA: All my clients are named Josephine.
- The Wizard in 212
- The Oracle in 214
- VP of Operations for Josephine's Imagination
- Why You Must Never Buy Josephine Honey Nut Cheerios
- Covert Exercise Strategies, or, What You Won't Do For Dopamine.

-Klingon Musicals for \$100

-Prefrontal Cortex My Ass

-Imaginary Jackpots: Mapping Across Game Show Space

-Love Shack Proprioception Parkinson's Potion

-The Disco Ball Induction

-Hypno Bingo Soul Retrieval

Please join me as a fellow colleague and let's see how our skills and experiences can be adapted as caregivers for the aging mind. You'll never look at middle age the same. Thanks and blessings, and see you on the 26th at 2:30 p.m.

About

My early career was focused in the arts. I went to school for architecture and ended up becoming a commission based sculptor, designing and building large scale artworks. I didn't know at the time that I was really learning how to channel between the material and energetic realms. When I reached midlife and realized I couldn't outrun my childhood traumas, I was led to shadow work. With the safety of group work, I was able to psychodynamically explore the parts of myself that were in hiding. Integration led me to the wounded healer archetype. By the time I turned 50 I declared victory in my art career and blessed that part of my identity and set it free. I certified with the National Guild Of Hypnotists in 2017 and have since gained reciprocity with the

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Father of Modern Hypnosis



By Tish Paquette

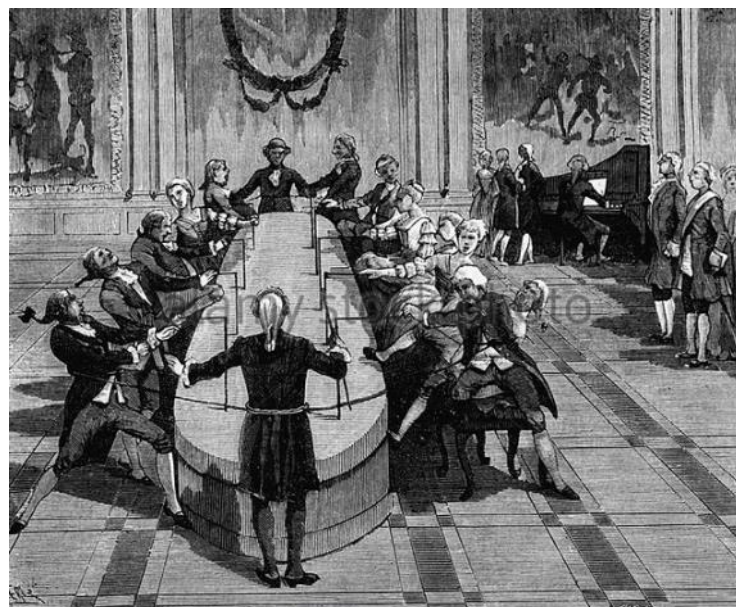
Austrian Physician Franz Anton Mesmer (1734-1815) has been identified by scholars as the Father of Modern Hypnosis. Due to his interest and understanding of energy, he was able to observe a force or fluid (fluidum) that runs throughout the body. He believed this to be a natural force and described it as “Animal Magnetism,” which was not limited to the body but also flowed between the client and hypnoterapist (magnetizer) and throughout the universe. Another belief he had inspired his thesis regarding the effect planets, moon and sun had on this fluid energy and how it influenced human behavior. He also understood the power of frequencies and their healing value and made a point to play the glass harmonica either during or after his sessions.

Mesmer believed strongly in his idea of animal magnetism and its influence in the body so he focused much of his work regarding this flow and once determined where the fluidum was blocked or not flowing he could then assist the client to open the channels to allow it to flow once more whereby eliminating their illness. He knew he had to get his client into an abreaction trauma state allowing the client to break through their resistance and remove those blockages. Today, we understand this as Chi and the Chakra System and the thousands of channels throughout our body identified when having Acupuncture. He was invested and committed in the idea of health restoration.

At this time Europe was being stretched between ideologies of religion and spirituality and science. Proof and logic were becoming the forefront of acceptance in all walks of life. Mesmer ran into this issue. Leaving Vienna as a physician and moving to France he continued his practice gaining grand audiences and notoriety while pushing those boundaries of acceptable science. Using techniques from staring into the eyes, walking around waving his hand, touching knee to knee,

holding the rib cage, using breath or instructing guests to sit around a vat full of chemical ingredients and hold on to joined rods or hands while he would wander around and assess their energy, their animal magnetism and see who needed assistance. He believed with the use of magnets it would determine and interact with the level of iron in one’s body for health or illness. His animal magnetism and charisma could not be disputed.

Eventually he was investigated by an appointed board from the King of France to wit Benjamin Franklin was a member of the board. They really wanted to see if there was such a thing as this fluid Mesmer proclaimed existed



www.alamy.com - CR8141

and how he used his famous magnet techniques to show its influence. They could not find any reasonable proof and therefore debunked his ideas and theories. He was ruined and shunned and moved into the shadows while quietly still continuing his work until his death in Switzerland in 1815.

Continued on Page 6 under **Hypnosis**

In an attempt to narrow down the beginnings of hypnosis some researchers believe that we owe a great debt to the eccentric controversial dramatic Franz Mesmer, labelled as “one of the cornerstones to developing psychoanalysis through hypnosis.” It was also documented that he was the first to use “self-hypnosis” to treat an ailment that dealt with blockages in the lower part of his body.

Whether you align yourself with Mesmer’s ideas, his influence is unmistakable. Though discredited, touted a charlatan, unknowingly, he still influenced many physicians, philosophers, musicians such as Mozart and priests and other religious healers.

Twenty years after his death the former decision that ruined his life was, overturned. They did find merit in his work and the cloud surrounding his practice was open to possibilities and the fear of losing one’s medical license was no longer an issue.

Word spread throughout Europe about his theories and techniques. From this acceptance sprang other renowned professionals to use Mesmerism and modify those ideas and concepts that have influenced hypnosis to this day. Some of these well-known people were James Braid, where he actually labelled the work

hypnosis, Dr. Esdaile his focus was deep hypnotic sleep, Hippolyte Bernheim M.D, and a Neurologist focused on suggestibility and Sigmund Freud which he altered and called free association, bringing us to 20th Century, Orman McGill stage hypnotist, Dave Elman making it an acceptable treatment to the medical world and Milton Erickson also making it acceptable to the Psychiatric community.

Who knew how the seeds that were planted by Mesmer in the 18th Century would bear fruit in so many ways from sleep, various trance levels, somnambulism to anesthesia, pain reduction, and assisting mental instabilities the list goes on.

What an inspiration, encouragement and vindicated legacy Mesmer left us. Take time to read his story it will be worth it and make you proud to be among these colleagues. Abbe Faria, an Indo-Portuguese monk and follower of Mesmerism stated that “nothing comes from the magnetizer; everything comes from the subject and takes place in his imagination, (subconscious).”

Perhaps even in his death he is still sending his magnetic vibes to all who wish to enter the world of imagination, a place of trance and hypnosis.

Join Us!

Saturday, June 26, 2021

OHANW Online Zoom Conference with Special Presenters

Location: Online (Zoom.com)

12:30 pm - Setup and Greet | 1:00 - 4:00 - General Meeting (5 CEUs)

Cost: \$0, Donations accepted

You MUST register to attend | Register online at OHANW.org

Earn 5 CE credits for each event you attend!

Schedule

12:30 -1:00 visiting

1:00 - 2:20 Jonathan

2:30 - 3:50 James

4:00 - 4:30 legislation Joni/ethics Scott

4:30 - 5:00 promoting your product etc.

Procedures & Protocols for Speakers & Attendees

Microphone off except when speaking
Mindful conversation not a platform for:
Politics, religion, dispensing medical advice etc.
Time is given at the end of session to promote your products, two minutes allowed

Everything Hypno

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ABBEFARIA
 ABREACTION
 ANCHORS
 BREATHE
 BRAID
 CATALEPTIC
 CONSCIOUS
 COVERT
 DEEPENER
 DOUBLEBIND
 ELMAN

EMOTIONS
 ESDAILE
 ETHICS
 ERICKSONIAN
 FREUD
 HALLUCINATION
 HYPNOTHERAPIST
 IMAGINE
 INFLUENCE
 JUNG
 LOOPING

MESMER
 MILTONMODEL
 MIRRORING
 NLP
 NOTICE
 OHA
 PACE
 RELAX
 RAPPORT
 SECONDARYGAIN
 SUBCONSCIOUS

SUGGESTABILITY
 SLEEP
 SOMNAMBULISM
 TRANCE
 UNCONSCIOUS
 VISUALIZE
 VOICE

group is looking for a champion to sponsor the “Safe Harbor” bill.

I'll leave you with this quote from my friend Angela from Silverstone Apothecary. It came in the spring box from her:

“I am **Planting, Nuturing and Pruning** to reach my full potential.”

Book Nook

By Tish Paquette

Check out these top platforms to sell your video

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All teachable/learning videos

Udemy, Vimeo, Uscreen, SkillShare, Thinkific, Learn Worlds, Teachable and Videohive, Amazon Video Direct and Amazon CreateSpace DVD on Demand.

The 9 Most Profitable Digital Products

<https://securacart.com>

E-books, E-learning, videos, courses, audio and music, professional services, photos, document templates and graphic art/design.

Must Read Articles

Hypnosis shown to reduce symptoms of Dementia and improve quality of life by increasing concentration, memory, relaxation, motivation and socialization. Course now offered to clinicians.

This was a study done via Liverpool University Liverpool England at <https://www.sciencedaily.com>

VR (virtual Reality) now shown to improve recall of past memories, increase positive interactions and reduce aggression. Kent University, Canterbury, Kent, testing at St. Andrew's Healthcare Northampton. Such positive results they can now specialize videos and personalize them to the individual's location, family and experiences. Check it out. <https://www.sciencedaily.com>

International Certification Board of Clinical Hypnotherapists. Clinically I enjoy depth work with folks. My early hypnosis career was focused on long-form trance sessions, including past life regression, soul retrieval, and ancestral work. Now it seems to be focused on fast form work in sympathetic states. I tend to focus on proprioception and interoception as a practitioner, less so on the language and NLP side, but it's all useful. Whether it's removing a cat allergy or helping someone finally get a good night's sleep, it's a blast to get a win for a client! I look forward to the continual growth, learning, and camaraderie that the field of hypnosis offers.

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Learn more about the Oregon Hypnotherapy Association at

OHANW.ORG

Find us on Facebook at

Official Page: facebook.com/ohanw.org

Fan Group: facebook.com/groups/ohanw

2021 Event Dates

Spring: March 20

Summer: June 26

Fall: September 25

Earn 5 CE credits for each event you attend!

See you then!

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