

OHA Northwest

Improv



Confidence



Utilization



Playful

Coaching

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Connection, Education, Support, Exchange
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Greetings!

By Joni Brewer, President
BrewerHypnosis.com



Wow! What great speakers we have lined up for our June event!

Most people feel that having more confidence would be a good thing. Rick Green is amazing at increasing confidence in people.

My husband and I were privileged to take Rick's class at HTLive a few years ago. To this day, there are times when I think to myself "Wow, I never would have done that before." In fact, it was just 2 weeks ago that Mike and I commented at the same time about having the confidence to do something that we would have felt very uncomfortable doing before the class.

Rick's style is very engaging and not to be missed.

Whether you use no scripts, sometimes use a script, or always use scripts we all need to improvise to work with the person in front of us during a session – some clients more than others. This isn't something that we get much training on nor do we very often practice it.

Scott Duvall experienced Kelli von Heydekampf's presentation on hypnosis and improv at a past HTLive event. He was very impressed and thought that OHA members would benefit from Kelli's knowledge, skill, and presentation abilities. We're very fortunate to have her speak with us.

If the COVID numbers stay down, we'll be moving to a hybrid meeting in September. It will be wonderful to meet in person again! Having a hybrid meeting will allow folks from all over the state (and country) to attend the meeting and

it allows us to record it for the people that have signed up but are unable to attend for whatever reason or that would like to experience the meeting again.

The costs associated with running OHA – paying our speakers, putting out this journal, website costs, etc. - continue so we will continue to have a nominal fee for all meetings whether they're attended in person or online.

Besides, where else can you get 5 CEUs for so little money?

Tish Paquette has been facilitating a monthly book club meeting. These meetings have been very interesting and have led to great discussions. If you're interested in joining, please contact Tish at triunehealing@hotmail.com.

Your Board members work very hard at bringing you timely and interesting educational opportunities as well as encouraging the exchange of ideas. If you have a topic that you would like to see addressed, please let any one of the Board members know.

Keep up the valuable work that you're doing, and we'll see each other soon.

“The most beautiful thing you can wear is confidence.”

- Blake Lively

Confidence Hypno-Coach

By Rick Green

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“We do not give ourselves permission to be confident when we start out.” Rick Green

Rick Green offers a program/workshop to assist Hypnotherapists and others to excel at not only what they do, but to inspire others to do the same and achieve a higher level of excellence.

His approach is through the vehicle of coaching. He trains and motivates people to connect to their passion in their specified field, ignite and become CONFIDENT in their belief and process to achieve their desired outcomes.

He specifically addresses and targets the ability to remove the “regret” syndrome. The regret of missed opportunities, missed relationships, missed career goals, and everything in between. He says the reason these things occur is due to a lack of confidence. He is the first to remind us that we, Hypnotherapist’s are the answer to our client’s needs.

His experiential training, centers on building skills that instill in you, the Hypnotist the attributes your clients seek, i.e., confidence. His purpose is to enable us to become coaches as well. To be able to offer these workshops confidently, commanding the room and the crowds and help you and them set the course and sail into success.

His training includes “the next level hypnosis methods,” a how-to manual for the workshops which includes scripts, low-cost marketing, strategies, locations, how to follow up, etc., and materials for your class that helps convert attendees into paying customers in other issues.

We look forward to his presentation and learning what the next-level hypnosis methods are. He will be presenting this program in August at Hypno-Thoughts Live 2022. In June of 2021, he presented at the Dave Elman Hypnosis Conference as one of the instructors teaching how Hypnotherapists can work with Police Officers and First Responders. His tools were stress reduction and managing anxiety. He states that trauma release is huge for those suffering from PTSD. He includes the prevalent issue of Chronic Stress Disorders and how Hypnotherapists can help reduce these issues in people’s lives.

About

Rick Green CHT had 38 years under his belt as a law officer. Due to the nature of his job, he was exposed to multiple types of traumatic events including officer-involved shootings, homicides, police suicides, and suicide by police as well as undercover work and reaching the rank of Captain.

He has taught stress management and resiliency in police academies. He has been doing hypnosis in one form or another since the eighties specializing in trauma resolution and confidence skills. He is the Founder of Changes Ahead Hypnosis and Hypnosis for Heroes located in Kalamazoo, Michigan.

His journey into Hypnoland was not a straight line. As a high schooler and into sports he sustained an injury that had the potential of ending his sports activity and his future, but instead gave him an experience that brewed in the recesses until it percolated 40 plus years later.

He had studied Judo as a young man and had a wonderful Sensei who mentored him. When Rick was injured, the doctors told him he would never have full use and range of motion in his arm. Having informed his Sensei the mentor simply said, “We shall see,” and set him on

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Improv: Something from Nothing

By Kelli von Heydekampf

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“We are only stopped by our own limitations and we create our lives through our thoughts and emotions and actions.” - Kelli von Heydekampf

Hi, I’m Kelli von Heydekampf from Minneapolis, Minnesota. I was excited to be asked to do a presentation on Improv at your Oregon Hypnotherapy Association. I am delighted to share this with you. I took an Improv class back in 2015 and it changed and enhanced not only my practice but in everything I do.

Improv has helped me gain a trust in myself and in life that corresponds perfectly with my spiritual beliefs and the knowledge I have learned about human potential, and it’s so much fun!!!!

There are statistics that report a 30% skill improvement when you approach things playfully. I believe playing Improv regularly has allowed me to hone my skills in ways that regular coursework could never have done.

We will be discussing fundamentals like “Yes and,” and how negation affects the ability to play together, declarative statements, as well as the more nuanced ideas of holding space and the skills needed to be a reliable player. Some of this information is meant for you to integrate into your own being and other aspects are meant for you to see how your client may be viewing their world.

Lastly, and most importantly, we will be diving into the NUMBER ONE rule of Improv, which I am not going to tell what that is here, so I hope you are intrigued enough to join the OHA gathering on June 25th to learn what that is.

About

Kelli has been studying the power of the mind in different aspects for decades. She has applied it to all areas of her life, and it is what lead her to Hypnosis. She completed her Advanced Hypnosis Training through an accredited school, and she eagerly seeks out continuing educational opportunities because she believes there is no end to what we are capable of learning.

Kelli works with clients of all ages and a variety of issues at her business West Metro Hypnosis. In addition to her Hypnosis certification, she is certified in Integrative Addiction Solutions, Emotional Intelligence Coaching, Neuro-linguistic Programming, and the Bulimia Breakthrough Method.

Kelli was interviewed by Latreena Felegy in 2016 for their Edina Magazine where Latreena laid out Kelli’s step-by-step process of what is involved during a session. Upon completion of the format, Kelli summed up her work by stating, “My job is really to awaken people to the inner resources that each and every one of us already has.” Whether you are seeking a spiritual experience or need help letting go of a bad habit, hypnosis could unlock the sources for change that are already within you.

She spent 13 years living in Europe where she gained insight into other cultures and ways of livings as well as became bi-lingual in German. Kelli has a passion for learning, traveling, and Improv. She has been married for 25 years and has 3 daughters, 2 dogs, 1 cat, and many other foster animals.

Sticks and Magic

By Tish Paquette

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Utilization: “the action of making practical and effective use of something.”

“Imagine, Think About, Pretend...”

It is said that on average we go in and out of a trance (disassociated) state at least 4 times in an hour from a focused task to a daydream. That would roughly be about every 15 minutes, as a child probably more.

What I do remember is that daydreaming, night dreaming, or moment-to-moment dreaming was “magical.” Playing outside most of the day on the ranch I was either a cowboy on the sawhorse dad used for cutting planks, or Tarzan swinging from the rope in the barn falling into bales of hay, or a Hawk flying about flapping my arms as fast as I could...and of course the infamous yardstick that became the sword of Zorro and the broom that became my ride on Halloween night. Imagination was awesome as a kid...you could make anything into anything...creativity abounded.

I liked it when my big brother Bill would grab the mop and pretend it was a microphone and sing the latest song from our 45’s playing on the record player. Everything was possible...no judgment, no professionally made prop... just spontaneous pure joy.

When we finally got a Black and White T.V. it was magic too. Although most of the time it was mostly snow with faint figures on the screen, nonetheless that box held my attention. While in some ways it expanded my experience it also limited my creativity. Suddenly my broom or stick or sawhorse didn’t look like the one displayed on T.V. and subtly “not-as-good-as” crept into my awareness and it allowed my pictures to dim in the light of T.V. reality.

However, remember when I said it could also expand your world... well that same instrument that prompted feelings of lack and envy, also restored my faith in imagination, joy, and fun laughter and brought clear focused color back into my life.

I remember the moment clearly; I came in from playing and my mom was on the sofa taking a respite from chores when the music prompted “Everything’s Coming Up Roses.” Can anyone guess whose talk show a theme belonged to? Yep, that’s right, Jack Parr. My mother loved Jack Parr later to be followed by Mike Douglas, Merv Griffin, and then later night show with Johnny Carson. It was an opportunity to learn about the lives of movie stars, singers upcoming new acts, etc. Most importantly it was an opportunity to daydream and be distracted from that mundane moment to a new moment.

I lay on the bare oak floor wondering what my mother was so wrapped in and then I knew. My childhood had suddenly been restored. Out walked a man, nothing extraordinary about him, he was like anyone I might encounter on the sidewalk...He walked to center stage where a steamer trunk was. He then opened it and looked at the audience. Silence.... then like magic, he pulled out a stick, and then unfolding before my eyes, pirates, teachers, and soldiers emerged all from a stick. Then a hat, a scarf, a ball anything and everything he turned those objects into real

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moments of expression and experience. He was amazing. I was once again happy with what I had, validated for my creativity and imagination making it transform into whatever I wanted. The MAGIC was back.

Jonathan Winters restored my faith. What an amazing man, comedic, character and voice impersonator and greatest artist of his time and beyond, truly a legend. That was the moment I was introduced to what IMPROV and UTILIZATION were. He truly was a Master... I was transported every time I watched him, such a gift and influencer of his time and beyond. So much so that the comedians would emulate his style. One of the most successful is Robin Williams.

I loved revisiting those moments and was once again reminded that we too are Magicians, Alchemists, Improvers, Comedians, Utilizers, Light-givers, and Joy Enhancers. We have the ability and our own steamer trunk of items, to influence our clients and improvise and tailor-make a process for their highest outcome.

One recommendation is for us to let loose of form, the protocol should be like, sound like, and pick up a plain old stick or ball or hat...think... imagine...pretend and let the magic happen. Find a colleague, friend, or stranger (they won't remain that way for long) and have fun, laugh, improvise, and be silly. I wonder what you will discover to add to your trunk...enjoy the process...the Cosmos is the limit.



Book Club

The next Book Club is Monday, June 16th.

The book suggestion is, "Laws of Spirit" by Dan Millman.

Due to the success of the "Open Book Night," we have decided to make our club a Hybrid. That means you have a choice to read the suggested book or come up with one you have already read and would like to share why you liked it and share your insights. It was a wonderful experience having everyone share a book/topic they were passionate about. At the close of the hour, it was as if you had just read six books.

The books brought up for discussion were:

Things That Matter

by Joshua Becker

A YouTube presentation helping to decide what really matters and how to declutter your life.

Maybe You Should Talk To Someone

by Lori Gottlieb

Psychotherapist focuses on Compassion

Meta Pattern

by Sarah/Shawn Carson

Great reviews, ultimate structure of influence.

Dreaming The Soul Back Home

by Robert Moss

Integrating and healing the parts back to wholeness.

Tales of Enchantment

by Carol & Stephen Lankton

Goal-oriented metaphors and use of story.

Assignment Rescue

by Varian Fry

An autobiography Secret agent rescuing prominent people from the Nazis.

MindHacking

by Sir John Hargrave,

How to reprogram your mind from a computer expert.

Word Search

Utilization

C	Z	X	V	E	A	S	B	T	E	P	N	K	A	S	T	R	A	T	E	G	Y	X	D	H	T
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AWAKENED AWARENESS
 BUSINESS
 BYPASS
 CAREER
 COACHING
 CONFIDENCE
 CRITICAL FACTOR
 ENHANCE
 EXCEL
 EXPERIENCES
 GOALS
 HOLDING SPACE
 HYPNOSIS
 IMPROV
 INNER RESOURCE
 LAUGHTER
 LAW OFFICER
 LECTURER ROOM
 MANAGEMENT
 NEGATION
 NEXT LEVEL
 NOTHING WASTED
 PLAYFUL
 RELATIONSHIPS
 RESILIENCY
 RESOLUTION
 SOMETHING FROM NOTHING
 STRATEGY
 TRAUMA
 TREASURE RETROVE
 UTILIZATION
 WHISTLE
 YES AND

Further Reading

Watch the stick:

YouTube: jackparr / Google: jonathan winters

Top 10 Tips from Improv

<https://www.humorthatworks.com>

Improv and Hypnosis:

<https://www.improv.com>

Utilization/Eriksonian:

<http://www.ericksonian.com>

Trance Utilization:

<https://www.athensnlp.gr/trance-utilization>

Using Utilization in Hypnosis: Youtube

About Rick | continued from Page 3

a course of guided meditation, visualization, focused thought, body connection, and rehearsal in your mind. It took two years, but he regained full use of his arm and went on to become a Police Officer.

That experience taught him so much about the power of the mind and thought...it set his course towards Hypnosis, trance, NLP, and other modalities. Convinced of the power these skills offered he transitioned into those offerings upon his retirement. Noticing how many times he used some of these techniques in his work it was a beautiful segue. Rick is a strong proponent of using every career and experience to meld into any current situation. Nothing is ever wasted.

OHA Updates

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Speakers

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2022 Event Dates

Spring Video Conference: March 26

Summer Video Conference: June 25

Fall Hybrid Conference: September 24

Earn 5 CE credits for each event you attend!

See you there!

Event Procedures & Protocols

Microphone off except when speaking.

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

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

Oregon Hypnotherapy Association

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