

OHA Northwest



Oregon Hypnotherapy Association

Neuroplasticity and Beyond

The body, mind, and spirit connection

Official Publication of the
Oregon Hypnotherapy Association
Connection, Education, Support, Exchange
Volume 30, Issue 2 - Summer 2023

Greetings!

By Joni Brewer, President
BrewerHypnosis.com



While preparing for our upcoming Board meeting, I read our Mission Statement and thought that we might look at it a little closer this month. After all, this is what OHA is all about - when our focus is on our mission statement, we know we're going in the right direction.

Provide a forum for free exchange of ideas, techniques, and occupational discussions concerning hypnotherapy. This is such a powerful area for us. Whenever we get together as a group and share ideas and techniques it quickly becomes obvious the breadth and depth of knowledge that's in our organization. There has never been a meeting where I haven't learned something - not just from the presenters but also from our members.

The diversity of the training and the pushing-of-the-boundaries sometimes, without fear of censorship, is what makes this a great organization; the willingness to entertain and explore new ideas, perhaps tweak what we already do, is what keeps us sharp and allows us to help our clients more effectively and efficiently.

Provide a referral resource for securing quality training in hypnotherapy in the Pacific Northwest. There are talented trainers in our area and it's great that we're able to confidently send people interested in learning hypnosis to those trainers.

Offer educational resources pertinent to the professional exercise of hypnotherapy. OHA has a Standards and Best Practices page on the website.

Recognize hypnotherapy as a separate and distinct profession. It appears that hypnosis is gaining traction with the general public as a distinct profession and a viable solution for many issues.

Provide quality continuing education resources for members and the communities in which members offer their services. When you attend an event that OHA holds, you receive 5 CEU's. If you register for the event but then can't attend, you can watch the replay and get the CEU's that way.

Books are a great educational resource and Tish Paquette leads a book club that meets every month to share what people have learned from the chosen book. And yes, you can get CEU's from reading the books to apply to your required 15 CEU's per year.

If you have a specific question, you can ask it on the Facebook page and receive an answer from one of your colleagues.

Offer referral services for Hypnotherapist members. All members can have their information on the OHA website if they desire.

Offer the public a source of accurate information about hypnotherapy. The FAQ page has lots of great information.

Acknowledge and promote Hypnotherapy as a valid professional complement to licensed medical and psychological services. Making sure that we get referrals and have ongoing contact with the other professionals that our client is working with, we can promote hypnosis as an effective method of helping their patients achieve positive outcomes. There are many hypnotists that have most of their practice based on referrals from other licensed practitioners.

Is there something that you have to offer that supports our Mission Statement? I'd love to hear from you.

Do not look back on happiness, or dream of it in the future.

You are only sure of today, do not let yourself be cheated out of it. - Henry Ward Beecher

Neuroplasticity and Beyond: Body, Mind and Spirit Connection

Hello everyone and thank you for being a part of the Oregon Hypnotherapy Community (OHA).

The format of this issue will be slightly different from the previous ones because we are presenting only one topic and doing a deep dive covering different aspects of Neuroplasticity. This has been such a buzz word and of great interest to so many in the past decade, we felt it was important to address and inform our colleagues, with the current trends and latest research.

Three of our Board Members, Joni Brewer, Scott Duvall and Tish Paquette have combined their interests, talents, and expertise, discussing how this is such a perfect fit with our profession. All three will present their specific focus and unique teaching style from the linear, to the practical to the philosophical and show how we can enhance our hypnosis techniques and greatly improve the quality of life for our clients.

1

Rewiring our brain happens all the time...

Joni offers a direct approach to Neuroplasticity that you can comprehend and appreciate. Her desire to offer practical solutions, insights and information on this subject was of primary interest to her, she said, "My intention for this talk is to give the listeners an opportunity to see how we already rewire our brains naturally, what we can do with this knowledge now as Hypnotists and investigate what may be the future uses of hypnosis and neurology."

Neuroplasticity topics continued on next page

Get to know ...

Joni Brewer of Brewer Hypnosis is a Certified Hypnotist, and President of the Oregon Hypnotherapy Association and has been a member for 14 years as well running a successful practice in Salem, Oregon.

Her practice encompasses many of the issues that most "hypno" practices cover, regarding tobacco, weight, stress, fears, self-esteem, etc. and regards her profession as a viable component assisting people to achieve their vision.

One of the most exciting things she loves and enjoys about her work and finds so rewarding is her client interaction and following the client where they lead...it is a beautiful process to be privileged as a participant and observer in the unfolding of their story. She also is a strong supporter of using Mike Mandel's technique "Mindscaping" as well as incorporating her many years of EFT Tapping techniques for interested clients.

It is always interesting to see how one's private interest overlaps into their professional realm. Whether working as secretary in the Llama Community in Salem and at the State Fair or using her skills as a former nurse and Licensed Massage Therapist and instructor at the Oregon School of Massage her attention to service and care hallmarks all she does.

Even as an avid outdoor lover, she is always mindful of the environment and aware of

Continued on page 8 under **Joni**

2

Integrating consciousness, spirit and energy is intended spiritual neuroplasticity

Scott will be presenting the “beyond” portion of neuroplasticity and explain “intended spiritual” neuroplasticity and how we can use this to enhance our spiritual growth and well-being. He says, “By intentionally rewiring our brains and aligning our consciousness, spirit, and energy, we open ourselves up to the infinite possibilities of the quantum field. Through intentional neuroplasticity, we can create a deep sense of integration and connection with the universe, unlocking our full potential and transforming our lives in ways we never thought possible. By accessing this field of infinite possibility, we are able to bring our intentions into matter. This means that we can manifest our desires into reality by aligning our thoughts, emotions, and actions with our higher-self perspective. This process involves letting go of limiting beliefs and trusting in the universe to bring us what we need.”

He can’t emphasize enough the value of hypnosis to enable individuals to live with intention that is a loving, sustainable, interdependent, equitable way of life, and Neuroplasticity is a way to achieve this.

*“Learn from yesterday,
live for today,
hope for tomorrow.”*

- Albert Einstein



Scott Duvall

pdxhypnotherapy@yahoo.com

Get to know ...

Scott Duvall of PDX Hypnosis is a Consulting Hypnotist, NLP Practitioner, Vice-President and Fellow of the Oregon Hypnotherapy Association, Reiki Master and Co-Founder of The Institute for Conscious Expansion. He has been in private practice for 17 years in S.E. Portland, Oregon.

His interest in the power of the mind began at an early age when he was involved in Taoist-based martial arts and grew while he was studying Psychology in college. He was intrigued with the ability of the mind and how it can affect one’s physical and emotional well-being. After college, he pursued training in Hypnotherapy and eventually started his practice.

When he is not occupied with hypnosis you can be sure he is either involved in an on-going art/photography” project or playing and composing music. He also leads and instructs meditation for The Portland Meditation Group. He teaches classes at his institute on energy and conscious expansion and is currently working on a book and producing various audio downloads through his business.

3

Our brain is not finished, and we are not limited by our DNA

Given her love for everything brain related, Tish is very excited to present a fundamental, linear approach and explanation of the workings of the brain during the “Neuroplastic” process. What parts of the brain get activated during neuroplasticity and hypnosis and, what steps you can take to improve your neuronal connection. You will learn amazing facts and miracles about the innerworkings of this fascinating three-pound organ most of us take for granted.



Get to know ...

Tish Paquette
triunehealing@hotmail.com

*“Until you are willing to be confused
about what you already know,
what you know will never grow
bigger, better, or more useful.”*

- Milton Erickson

Tish Paquette of Emergence Readings and Reiki has been in business for the past 18 years and incorporated and practice Hypnosis in the last 10 years. She is located in Gresham, Oregon.

Tish is a retired Educator, Hypnotist, NLP Practitioner, Licensed Massage Therapist, Reiki Master, Theta Practitioner, Energy Worker, Intuitive, and Paranormal Consultant. She is Co-Founder of The Institute for Conscious Expansion and teaches classes pertaining to spiritual growth, Reiki, Chakras, Transcending the 3D Grind, Meditation techniques and discovering and enhancing one’s intuitive giftings and skills.

Believing that people don’t change, they “become” who they have always been but lost sight of on their journey, she strives to use modalities from all cultures and walks of life, gathered from the four corners to bring back into balance, the mind, body and spirit.

In her Hypnosis practice, she offers guidance and assistance to clients working through fear, worry, lack of vision, motivation, physical and emotional pain, self-esteem issues and more.

Some of her favorite work and experiences, is seeing that light go on for the client and the breath of freedom that follows. She also enjoys doing regression work, past life regression and experiential hypnosis.

When not spending time with kids and Grandkids she is working on a book, doing research or taking classes to add to her toolbox in various arenas such as self-improvement, Reflexology and Cupping, Neurobiology & Brain Firing, and Deep Trance.

Book Club Reads

By Tish Paquette

triunehealing@hotmail.com

We had a very successful book club for 2022.

If you are interested in attending in 2023 feel free to email me, Tish Paquette at triunehealing@hotmail.com, and I will make sure you get an invite.

We meet the last Monday of the month from 7 p.m. to 8 p.m. It is full of laughter, thoughts and ideas and shared experiences.

One of the things we like best about the group is number one, it is open to everyone, Hypnotist, would-be Hypnotists, Doctors, Teachers, Psychologists, Therapists, Counselors, Business Owners, Homemakers, Meditators, Massage Therapists and the list goes on. Everyone is welcomed.

The other thing we like about the group is that you don't have to read the recommended book. You are free to sit-in and join in the discussions and learn about the reading material.

We are also flexible about the reading material. As you can see from the list below, we have covered multiple topics and interests. Please come and join us, you will enjoy it. Further Reading:

In 2022, the books read and discussed were:

- Laws of Spirit by Dan Millman
- Empath's Survival Guide by Judith Orloff
- Into The Magic Shop by James Doty
- Just So Ya Know by Dr. Glenn Doyle
- Body Keeps the Score part 1 by Bessel Van Der Kolk
- Buddha's Brain by Dan Siegel, Discussion
- Perception Show, Discussion
- The Brain by David Eagleman, Discussion
- Live Wired, by David Eagleman, Discussion
- Many Lives, Many Master, by Brian Weiss

Books in 2023

January

The Body Keeps the Score
by Bessel Van Der Kolk

February

Atomic Habits by James Clear

March

101 Things I Wish I'd Known When I Started
Using Hypnosis by Dabney M. Ewin M.D.

April/May

Frequency by Penney Pierce

June

Generative Trance, by Stephen Gilligan



Join the Book Club

Last Monday of the month, 7 - 8 p.m.

Email Tish Paquette

triunehealing@hotmail.com

Word Search

NEUROPLASTICITY AND BEYOND

S	O	N	F	G	U	R	E	T	I	R	D	N	E	D	V	P	N	E	D	B	E	H	N	T	T	S	A
E	S	H	T	Z	M	E	T	S	N	I	A	R	B	A	V	I	K	L	X	K	G	S	K	L	G	Y	R
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P	O	X	C	I	B	M	I	L	B	E	R	K	M	N	M	T	X	K	I	N	T	E	N	T	I	O	N
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E	D	Q	A	L	F	S	K	E	N	I	L	O	H	C	L	Y	T	E	C	A	Y	W	Q	V	Y	L	Y
W	V	P	I	C	F	O	A	G	D	R	B	O	I	L	O	B	E	S	T	C	W	H	A	E	W	F	G
I	L	D	L	B	I	T	M	R	B	Y	N	S	F	A	L	A	O	I	R	G	X	M	O	U	W	S	D
R	Y	N	L	L	R	R	I	A	A	D	E	N	W	E	A	Y	F	T	G	N	I	N	R	A	E	L	A
E	T	V	I	B	M	A	N	T	R	P	Q	P	M	F	N	X	I	N	H	I	B	I	T	O	R	Y	L
M	I	I	T	T	A	N	O	I	Y	R	B	F	J	M	O	F	H	I	O	R	U	S	M	A	N	D	A
A	S	K	P	H	T	S	A	T	Q	U	N	S	E	N	I	M	A	O	N	O	M	V	Z	N	I	V	D
R	O	Z	E	O	I	M	C	U	M	N	S	D	J	I	T	P	M	U	L	L	E	B	E	R	E	C	Q
F	I	G	R	U	O	I	I	D	J	N	M	U	S	I	C	Z	E	Q	D	I	A	U	D	R	T	Q	P
E	R	N	G	G	N	T	D	E	R	I	Z	W	B	G	N	D	B	M	B	U	R	D	P	K	S	D	S
R	U	Q	R	H	A	T	P	D	T	N	B	R	S	L	U	V	B	J	J	O	C	M	O	S	N	T	C
H	C	G	W	T	G	E	A	U	A	G	Q	O	I	I	F	E	D	O	N	S	Q	H	F	X	I	M	U
C	N	P	N	D	S	R	E	T	T	I	M	S	N	A	R	T	O	R	U	E	N	X	G	P	E	W	I
N	O	I	S	S	A	P	N	R	D	W	V	K	D	L	S	D	D	O	M	E	G	A	G	C	E	Y	Y
S	E	M	A	G	W	O	C	E	R	E	B	R	U	M	L	C	E	C	N	E	I	R	E	P	X	E	H

ACETYLCHOLINE
ATP
CEREBELLUM
DENDRITE
EXPERIENCE
GLIAL
LEARNING
MONOAMINES
OMEGA
PHYSICAL
REFRAME
SKILLS

AFFIRMATION
AXON
CEREBRUM
EINSTEIN
FUNCTIONAL
GRATITUDE
LIMBIC
MUSIC
PASSION
PRUNING
REPITITION
SPIRITUAL

AMINOACID
BRAINSTEM
CONNECTIONS
EXCITATORY
GAMES
INHIBITORY
LOBES
NEURON
PATHWAYS
PURINES
REPTILLIAN
THOUGHT

AMYGDALA
CELLBODY
CURIOSITY
EXERCISE
GASOTRANSMITTER
INTENTION
MITOCHONDRIA
NEUROTRANSMITTERS
PEPTIDES
RECEPTORS
REWIRE

Joni | continued from Page 3

the delicate balance between man's dance with the natural process of the land, plants and animals on her property and surroundings. She is keenly aware of this partnership and sees her responsibility as both protector and caretaker. It is this quality of her core belief that shows up in everything she does, privately and professionally. She has laughingly confessed, that even though she loves plants and trees and has planted several species on her property including fruit trees and berry bushes such as mulberry and thornless blackberry, she is not too fond of weeding. I'm sure she is not alone.

Further Reading

Aware, Daniel Siegel M.D

The science and practice of presence.

The Buddha's Brain, Rick Hanson

Neuro Dharma, Rick, Hanson

The Brain, David Eagleman

Live-wired, David Eagleman

Neurotransmitters

<https://my.clevelandclinic.org>

Brain Basics: The Life and Death of a Neuron

<https://www.ninds.nih.gov>

Officers and Board

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Speakers

OHA Events

2023 Dates

Spring Hybrid Conference: March 25

Summer Hybrid Conference: June 24

Fall Hybrid Conference: September 23

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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Editor: Tish Paquette, Layout: Sue Harris

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