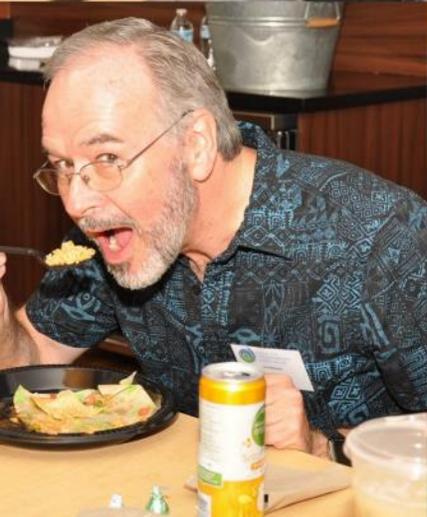




OHA NORTHWEST



Official Publication of the
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Connection, Education, Support, Exchange
Volume 22, Issue 3 - September 2019



Featured Presenters



Douglas Meacham, CHt, TNLP, CI

is a practicing hypnotist of 20 years. He is the owner/operator of Oregon Hypnosis School, Gresham Hypnosis Center and Retro Hypno Comedy Hypnosis. Doug is also the organizer of the Meetup group, East County Hypnosis and Hypnotherapy.

Doug teaches full certification in NLP, hypnosis and hypnotherapy as well as Master Classes in Marketing, Stage hypnosis, parts integration and regression therapy. A graduate of the Attwood Institute and NLP Arizona, he has further certifications in the Ultra Depth Process, hypno anesthesia and hypno birthing.

Doug has been Certified with the American Board of Hypnotherapy since 1996 and has served on the Board of Directors of the Oregon Hypnotherapy Association.

Learn more at
greshamhypnosiscenter.com

Doug Meacham photo courtesy of Josh Kulla and Pamplin Media Group

Robin Galyen , CHt, NLP

Serving the Salem Oregon area at New Day New Way Hypnosis, Robin works with real world people, with real world issues using a combination of hypnosis, and neurolinguistic programming along with a wealth of life experience. Robin is blessed with a generous amount of intuition that is skillfully weaved in with measurable criteria for success for people inside and outside of the office.



Patricia Roller, CHt



Patricia lives with her family in Aumsville Oregon and uses hypnosis as one of many modalities geared towards both healing and discovery. Patricia is compassionate and heart driven in her approach with people and holds space for people to emerge into their best version. She is a role model for self discovery within the community.

PRESIDENT'S MESSAGE

Finally! It's here! When the board put together the speaker agenda last summer I was super excited about this fall's speakers. The only problem was that I had to wait a whole year. Now it's finally time!

Doug Meacham's presentation about hypnosis in pop culture is not to be missed. Doug is always an interesting and informative speaker, this subject is no exception. Last year he gave this presentation at Hypnothoughts Live 2018 and it got rave reviews.

We're all aware of the beginning of hypnosis – Mesmer, Braid, etc., but what about the beginning of hypnosis in pop culture? Where did it start? When? Movies? Books? Comics? Memorabilia? What path did it take and where are we now in this arena? Doug answers all of these questions in a fun and engaging way. His breadth and depth of knowledge in this area is remarkable and he has promised to answer any questions that you might have so make sure to bring them.

Our other presenters, Patricia Roller and Robin Gaylen, have worked with Emily Cahal, doing some very interesting work using headsets and recordings. Imagine that instead of hearing the hypnotist's voice from the nearby chair, you're hearing it in your head. Now imagine that you're hearing the hypnotist's voice in your head with another voice in the background. Move that background voice around – right, left, in front of you, and now it's on your left again.

I've been privileged to experience this work and it's truly amazing. The combinations that she puts together and the way that it's heard is very interesting and engaging. This is a wonderful way to give a client a very unique and powerful experience.

Not only will Patricia and Robin be sharing the techniques that they use, they'll also be getting down to the nitty-gritty of equipment to use and how to make it all work together. Did I mention that this can be a great way to help save your voice? If you tend to use a specific deepener or you find yourself saying some of the same things over and over again this can be a useful tool to give your voice a rest.

Now I'm curious, Scott had us work on our marketing message in June, what have you done with that information? I heard a lot of wonderful ideas and messages from people at that meeting. Have you worked it or have you let it slide to the side forgotten?

If we have time and there's interest we can share what we're doing that's working or not working. For those things that aren't working we can help generate ideas to make it work or be glad that another person has tested that technique and found it wanting so we don't have to waste time/money on it.



Joni Brewer, CHT
President

As always, we would love to have your input on future presenters and/or presentations. There's so much talent here in Oregon and Washington. We just need to know who your favorites are.

We're continuing to look for a new meeting space. It's amazing how difficult it is to find something that meets our space (holds 50 people with tables for eating), location (southern parts of Portland down to Woodburn), and cost (this depends on if we have to use their food or we bring in our own) criteria. Doing a Google search hasn't been much help so we really need your eyes and ears to find a place that may work for us. If you have a lead, please let one of the board members know. Thanks!

Stay cool and well hydrated. I so look forward to seeing you all soon!

Joni Brewer
503-910-7186

BrewerHypnosis.com

DOUG MEACHAM PRESENTS — HYPNO-POP!

Or...Incredibly Strange Hypnosis in Popular Culture

Hypnosis: a trance like state that resembles sleep but is induced by a person whose suggestions are readily accepted by the subject.

Popular culture: the general culture of a society, including ideas, music, books, and the mass media.

Even in 2019, hypnosis is still a mystery. If you asked people, randomly, on the street; “What is hypnosis”, you’d get all sorts of answers. Answers like “its mind control!!” or “That’s the devils work!” or “It makes people do silly things”. You might even get “I don’t believe in hypnosis, it’s not real.”

Movies, magazines and even music have played a huge part in the public’s perception of hypnosis. It’s been woven into our popular culture, even before the 20th century. But most certainly the 20th century is where it blossomed and we can blame that, in part, on Thomas Edison. After all, he did patent the gramophone in 1877 and the Kinescope in 1897. By 1900 both of these inventions allowed music and moving pictures to be accessible to almost anyone. And, just for clarification, Edison didn’t invent the modern printing press. That was Gutenberg.

From silent movies to talkies, gramophones to iTunes, hypnosis has been used as a plot line to weave a story of mystery and the unbelievable. And it’s seldom accurate. In movies the hypnotist is generally really, really, evil. There are a few cinematic excursions which portray the hypnotist as being a good person, but not many. Evil sells tickets and that’s good for the box office. In song, the singer tells of how hypnosis is used as the means to woo the one you desire while artfully backed by a ragtime piano or a rock and roll guitar.

It’s probably no surprise that evil can become incredibly strange quickly and that’s where we’re going, incredibly strange. Take, for example, the 1911 song “Hip-Hip-Hypnotize Me”. It’s the story of a young infatuated girl at a burlesque show who wants the

performing hypnotist to hypnotize her. This is so she won’t remember doing all the things she wants to do with him and consequently, not feel guilty about doing them!

Or, the 1932 Mack Sennett pre-code movie “Hypnotized” where two white men in black face, one of them a cash lottery prize winner, are on a cruise ship bound for England and are tricked by a crooked hypnotist and his attempts to recover the winning ticket

The 1940’s gave us comic books, lots of comic books where amazing and strange hypnosis happens. We were also introduced to Blacaman, Hindu Animal Hypnotist. Between 1956 and 1961 there were no less than 15 major motion pictures with a hypnosis plot and we can thank Morey Bernstein and “The Search for Bridey Murphy” for that.

Movies like “Nightmare”, “The Eyes of the Hypnotist” and “The Undead” were all incredibly strange in their own unique way.

Gil Boyne famously assisted in the production of “The Hypnotic Eye” in 1960. He taught the actor, Jacques Bergerac, hypnosis so the scenes were convincing, and they were. “The Hypnotic Eye” was projected in HYPNOVISION!! This was the first and only time Hypnovision was used.

In the movie there is a disturbing scene where a young and extremely

beautiful girl after being hypnotized set her own hair on fire. Kodak found it appropriate to use that image to sell a new product they were developing. Salespeople would leave a lenticular sales card with prospective customers. The card had two images. Held one way the young girl was beautiful. Tipped just slightly, her hair was aflame! Incredibly strange, right?

The list goes on and on. Hypnosis is woven throughout pop culture like superheroes are. In fact, Wonder Woman was hypnotized, Superman was hypnotized. Batman, however, was prepared. In 1966, Batman had “counter hypnosis bat pellets from the bat pill dispensary” just in case and maybe you should too, just in case you’re approached by an evil hypnotist bent on making you do incredibly strange things.



DUAL HYPNOSIS INDUCTION

By Emily Cahal
Member, OHA Board of Directors

I am very pleased to announce the opportunity to experience a Dual Hypnosis Induction at our September 2019 meeting. I had the pleasure of experiencing this myself at the end of a very long day.

I consider myself too analytical for my own good sometimes, truth be told. Ironically, deep trance comes to me with some difficulty. So, when I heard about a local event where Patricia and Robin (two of my favorite people) would be doing a dual hypnosis presentation, I was both curious and in need of some self care.

I packed up my yoga mat and off I went. I found a nice out-of-the-way spot at the back of the church and made myself comfortable. As the induction began, my mind did what it does... As I listened to the induction I was way in my head, listening rather than hearing, evaluating instead of experiencing. I experienced my usual conscious interference:

“Why is she doing that with her voice?”

“I wonder where she’s standing.”

“Are they moving around, or does it just sound like that?”

“Oh yeah, I should be listening to this and following along.”

And as their voices came closer and closer, and began to overlap, it all began to blend. My stubborn, analytical mind just couldn’t track the soft voices any longer and it simply let go. I mean really let go! I lost time, I don’t recall content (which the hypnotist in me wanted to hear), it was pure bliss. The next thing I knew, I was being counted up, feeling more relaxed and rejuvenated than I have in a long, long time.

The experience inspired me to ask for

this presentation, so I could share it with you.

In my practice, I generally use headphones and mic with my clients and because of my experience of Robin and Patricia, I recorded my own dual induction (both voices are mine) and use it very reliably with clients who have a very difficult time with either relaxation or just getting out of their head enough to go with the process.

Of course, a dual induction will use two voices, or in the case of what I use, a pre-recorded portion so I can “talk with myself.”

Richard Bandler’s Instructions for dual hypnosis are as follows:

One of you will do complex syntax for the left hemisphere. Use lots of negation, and all the words and phrases that have to do with time: before, after, during, while, as you stop yourself from preventing the fact that you’re trying to continue, when. Use all the linkage words -- all of that counts. The only difference is that you increase your tempo to about double that of the other person. That helps overload. Continue to place phrasing on their breathing so that it’s even and smooth. Keep your intonation going down at the end of each sentence. Just double the speed at which you talk.

The person will be talking to the right hemisphere (left ear) about nursery rhymes. “Mary had a little lamb, its fleece was...” But only do part of them so that the subject has to finish them. Then give the person a little space by pausing; then add another one. Tell the subject to see bits and pieces of visual memories from the past that they really, really enjoyed, lots and lots. Use childhood tonalities as much as you can. “Deeper go, trance in, sleep now; deeper sleep and sleep; eyes open, very alert listening to Richard, now.”



As you do this, I want you to start with just the kinesthetic induction, match hands, apart, match hands, apart. Then say, “Close your eyes, let your hands go down at the same rate at which you drop all the way into a deep trance.”

At that point, I want you both to start talking. Once the person looks zoned all the way through the floor, one of you holds up their hand and one of you give the instructions to go back, again, and find a place where the person has heightened awareness.

Use experiences that will amplify hyperesthesia. For example, did you see the movie “on Golden Pond?” How many of you had been outside and the colors were brighter? Time was moving slower? We all have experiences of heightened awareness. The person to go and find the most heightened awareness they ever had... (*Time for a Change*, Richard Bandler, pg 158).

Now in my own dual induction I blend progressive physical relaxation with imaginative mental relaxation. As for Patricia and Robin? I am looking forward to September’s event, perhaps I can stay present long enough to discover the specifics of their verbiage... naw, maybe not, I am ready for a little bliss!

FEATURED PRACTITIONER—SUE FAGIN

By Tish Paquette

Sue Fagin, owner and operator of Journey Massage and Hypnosis in Salem, Oregon, has been involved with hypnosis for over thirty years.

It is always rewarding to learn about our colleagues and see how the many life experiences have led, directed, guided them as an unseen force culminating in specific modalities to fulfill what they have always wanted: to help and be of service in some way. Sue's life is no exception.

Born in Munich, Germany, she and her twin sister were placed in an orphanage where, at age 3 and a half, she and her sister were adopted by an American family stationed there. The family had previously adopted a boy and when he was 3, they decided he needed some sisters and suddenly he had twin sisters and they had a brother.

Stateside they moved from Utah, Washington State, and San Bernardino, California. Sue's desire to help was strong and in high school she volunteered as a candy-striper in the local hospital... yes a real live candy-striper with the pink and white striped apron - Clara Barton move over... here comes Sue!

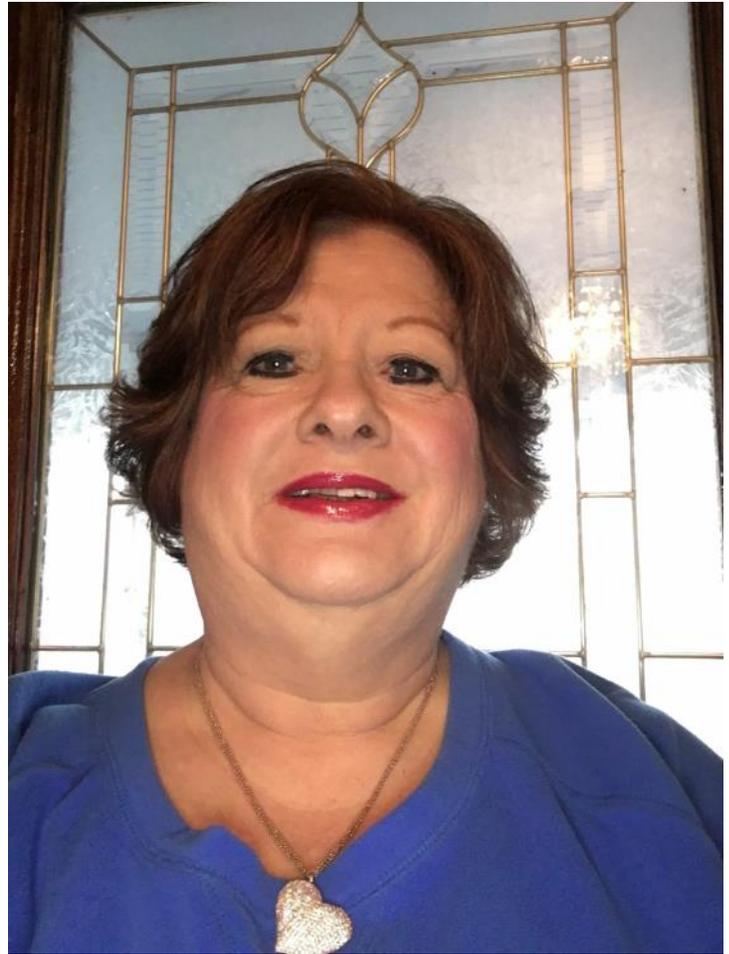
It wasn't long before the hospital scene became home. She became a CNA and continued her pursuits. In her early twenties, she met and married a handsome respiratory therapist named Wayne. They have been married for 47 years with four grown children, 11 grandchildren and one great-great grandchild.

After moving to Oregon, Sue was in an auto accident. Due to the emotional trauma she sustained, she could no longer drive; obviously a difficult situation when you have a family and need to shuttle kids. She needed help and sought out a Hypnotherapist to see if that technique could help her.

Yes, you know how this ends... in two weeks she was back driving. The power of this new experience impacted her enough that she felt the need to learn more, hence her journey into Hypnotherapy. Sue studied under the tutelage of Shirley Kimmell and Stephen Wolinsky.

Her path led her into drug and alcohol counseling and 911 Suicide Prevention among other pursuits. She believes in the integration of body, mind, and spirit of the individual. Sue explored other options, adding Massage Therapist and Reiki Master to her list of skill accomplishments.

Sue continues to use her hypnosis in other areas,



sometimes diverting from the mainstream Western approach. Having clients who wanted to know about Past Lives or life between lives, she took classes from Michael Newton. She continues to grow and holds a Masters Degree in Psychology and Counseling - working on her internship hours.

When I asked where she saw the future of Hypnosis, she replied that she would like it to be more accepted in mainstream psychology and the medical community.

She believes the whole idea of "Quantum" philosophies. Her advice to fellow hypnotists is to work on purpose and intention. "Work through your heart and really sit with your client and hear what they are saying and what their purpose is, what they want in life. Lastly, make sure the therapist has worked on their own issues as well, to better serve the client."

Thank you, Sue that your passion to expand in order to help others is evident in your craft.

Sue can be reached at Journey Massage and Hypnosis, 161 High St. S.E. Suite 223, Salem, OR 97301 503-910-2829.

Event Preregistration Form*

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)
Members \$45, Non-Members \$65, Students \$35

Name _____ Address _____

City _____ State _____ Zip _____ Tel: _____

Numbers I wish to register: _____ Members, and/or _____ Non-Members, and/or _____ Students

(To qualify for student rate you must be currently enrolled in a course that upon graduation will result in qualification for membership in the Oregon Hypnotherapy Assn.)

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

* Notes:

- Your canceled check or online email confirmation of payment is your receipt.
- Please do not mail cash.
- Post at least 4 business days prior to event.
- Add \$10 if payment not received by event date or if paid at the door.
- We accept only cash or check at the door.

**Register ONLINE
with a credit card**

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FEATURED PRESENTERS

Robin Galyen,

Patricia Roller

Double induction

Doug Meacham

Hypno-Pop!

Incredibly Strange Hypnosis in Popular Culture

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THE FUTURE OF HYPNOSIS

By Tish Paquette

Let me entice you with some class offerings that occurred at the August 2019 HypnoThoughts Live Conference in Las Vegas which is always rewarding and never disappointing. Organizers made sure they covered the gamut of ideas and speakers addressing the bread and butter issues of our profession, titles like: Law of Attraction, How to Reset Your Vibe, Trance Channeling, Wedding Hypnotist, Speed Healing, Archetypes, Sensitives, Empaths, and Superconscious, Family Constellations, Hypnosis with Lucid Dreaming and one we are all pulled to willingly or unwillingly: What has Hypnosis to do with Quantum Physics?

So, what is speaker Ina Oostrom presenting in connection with Hypnosis? Once you understand it, it makes perfect sense. Rick East attended the class...here is his overview in a nutshell....

Quantum Physics deals with the smallest items in the universe from the macro level to the micro level. However as humans we are attracted to what we can see and measure. When we allow ourselves to step out of macro and move to micro you come to the conclusion that everything is energy and you would be in company of the great minds Tesla and Einstein. Science now endorses and accepts not only the truth that everything is energy but that we truly do have the power to focus on and manifest what we

want,. Where you put your attention you create...

When you embrace that thought of energy and quantum ability to manifest, let's go one step further. Throw in epigenetics and stir the pot and now you see where Hypnotists come in. Epigenetics states that our children and grandchildren are shaped by the genes they inherit from us. Current research is revealing that experiences of hardship or violence can leave their residue thereby creating behavior we don't necessarily relate to as ours. This is one of the reasons Past Life Regressions have become so popular. See increased interest in this in the future!

The good news is that Hypnosis can address and shift the beliefs of their clients, breaking the chains of DNA influence and passed-down stories and historical pieces. This also means that many illnesses suffered by the client can be addressed and altered. We know this from studies in neuropathway network models. Now you can make the jump and realize that this is a quantum leap with scientific support. Evidence-based is the future of hypnotherapy.

The hypnotist uses techniques to free the past of limiting beliefs and guide the client to better/healthier outcomes. More to come in 2020...In the meantime... pay attention, in this moment you are creating something with your thoughts...so, what are you thinking? You have the power to alter your life.

Join us Saturday, Sept 28, in Lake Oswego. Let's move forward together.

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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!

Event Info

Saturday, September 28, 2019

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 event)

(We accept only cash or checks at event)