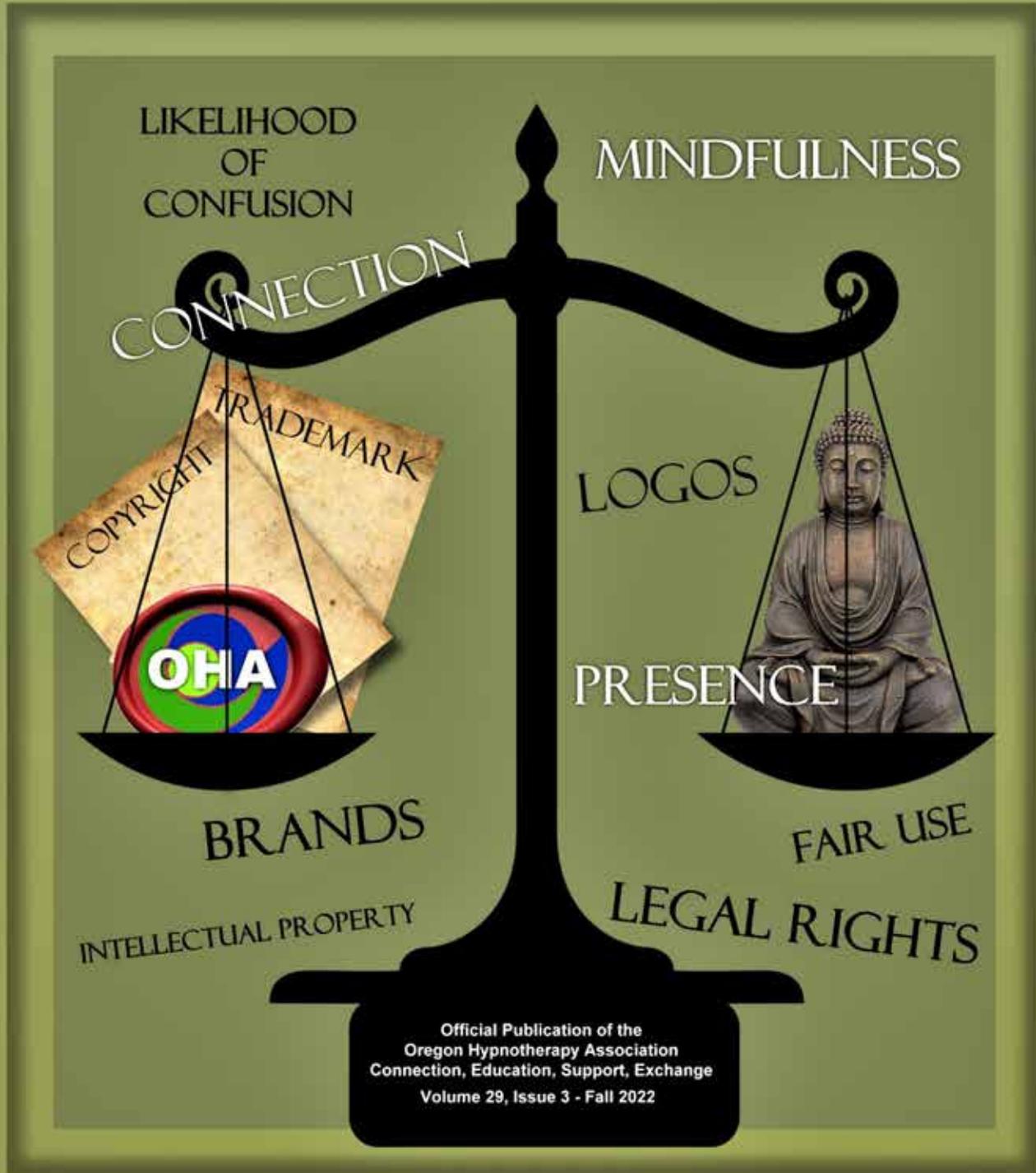


OHA Northwest

On a Journey

Framework



Conscious Unconscious

of Learning

Greetings!

By Joni Brewer, President
BrewerHypnosis.com



Hello friends,

As I write this there are some scary things going on in the world.

- monkeypox is upon us
- COVID is still a part of our lives as it ebbs and flows
- there are wars going on in other countries
- here in the US radicals are making themselves known

It can all seem a bit much, so here is one thing you can do to bring your moments into balance. I encourage you to take 3 breaths and then become very mindful 4 or 5 times a day for just 1 minute. You're worth 5 minutes a day.

- Bring your attention to your breath.
- Really look at one thing that you can see.
- What sounds do you hear?
- Notice how you feel afterward.
- This is also something that's easy to teach our clients that can have a big impact in every area of their lives.

Richard Nongard has a technique that he calls 3-2-1, so try this one:

- Take 3 breaths.
- Put your 2 hands on opposite shoulders. You can leave your hands still, pat or rub your shoulders, whatever feels good to you.
- Notice your breathing for 1 minute.
- Bring your mind back to your breath as often as necessary.

Again, just 1 minute 4 - 5 times a day is all it takes to make change happen.

Another area where change can happen is your self-talk. Recently I've heard people saying that they can't start a business now because of COVID, or they don't know enough about business, or they haven't had enough hypnosis practice.

If you notice that you're having those thoughts stop for a moment and do the 3-2-1 exercise. Then think about these words from James Clear, author of *Atomic Habits*...

"In the beginning, your skills are raw, your knowledge is sparse, and you lack experience. At best, you will be able to produce work that is "just okay." And even then, you'll only manage to reach "just okay" by giving your best effort.

Nobody wants to produce something that is "just okay." You'll feel like it's beneath your standards. You'll worry about what others think of you. You'll wonder whether you would be better off taking a different path. But it is impossible to reach that stage unless you are willing to work through your current stage.

And so, one of the main obstacles between who you are and who you could be is courage. The courage to keep trying even if you're not yet as good as you hope. The courage to keep trying despite your fears of what others may think. The courage to keep trying without knowing how the future will unfold.

Continued on Page 4 under **Breathe**

Speaker Spotlight

Brett Harris

VirgoLawSeattle.com



Welcome Brett Harris and Virgo Law, LLC. from Seattle, Washington. Virgo Law is dedicated to excellence and enthusiastically agreed to share with the Oregon Hypnotherapy Association the ins and outs, do's, and don'ts when starting your business and the safeguards needed to protect you and others from possible litigation due to trademark and or copyright infringements.

Brett will also explain the different types of business categories and licensing that would help you decide to be an LLC, Sole-Proprietor, or Corporation. His firm actually has a complete checklist for those starting out in business to make sure all your I's are dotted and T's crossed. Such as:

- Business plans
- Entity formation
- Obtaining a federal ID number
- Licensing
- Permits
- Contract drafting
- Contract review
- Budget management
- Cataloging and managing assets
- Reporting methods
- Dispute resolution
- Copyright and trademark law
- Managing growth
- State and federal regulation compliance
- Networking with tax accountants

Virgo Law specializes in LLCs, Business and Commercial, Trademarks and Copyrights, and Gaming Law.

Brett will share in more detail information for business owners that will address the following:

Not All Trademarks Qualify for Federal Trademark Protection

The United States Patent and Trademark Office (USPTO) regulates trademark protections under the U.S. Department of Commerce. The USPTO processes applications for trademarks, records ownership, and grants registration of trademarks and service marks for products and services.

Before applying for trademark protection online, a thorough search of the USPTO's database of pending and registered trademarks will help you avoid a costly denial of your application.

The USPTO does not provide trademark protection for:

- A person's surname
- An individual's name
- A single book title or movie title
- A purely ornamental mark
- A geographic origin description of goods or services
- A foreign term that translates into a generic or descriptive term
- A duplicate or similar trademark already in use

Continued on Page 4 under **Law**

Your great work is on the other side of your early work. The only way to be exceptional later on is to have the courage to be “just okay” right now. This is how it is for everyone.”

Remember the confidence that you built from the summer event? Think of the improv lessons that you learned. Get a checklist of what needs to be done and get started.

You’ve got this.

Speaking of exceptional, we will be losing an exceptional person at the end of this year. Joseph Bennette has been with OHA since the beginning. After many decades of dedicated service, he’s decided that he’s ready to move on and put his energy into other passions. We will greatly miss his humor, organizational skills, leadership abilities, historic knowledge of OHA, ideas, and talents in so many areas. Most of what he’s done to help keep the organization running has been behind the scenes so you may not be aware of how much he has contributed over the years - website, journal, CEU certificates, member renewals and certificates, tracking who’s attending meetings, keeping true to the OHA vision, and a myriad of other things.

Joseph, your work has helped guide OHA to where it is today - a thriving community dedicated to continually learning about, and promoting Hypnosis, for the betterment of all involved.

Applicants who receive trademark protection must file A Declaration of Use to renew their exclusive use of their trademark. Renewals are due after five years of use then between the ninth and tenth year of use, and every 10 years afterward.

Protecting Your Intellectual Property Through a Copyright

The USPTO also processes applications for copyrights. A copyright can protect your right to monetize original written or spoken literary works, audiovisual and myriad artistic creations, music, lyrics, screenplays, software programs, computer screen displays, and video games. Federal copyright laws do not protect the computer’s functional aspects, such as algorithms, functions, logic, or a computer system design.

Computer programs are considered automatically copyrighted upon creation. But registering for a copyright with the USPTO can be beneficial if a lawsuit is filed. If you file a lawsuit for copyright infringement, you could recover attorney’s fees and statutory damages of up to \$30,000 for non-willful infringement and up to \$150,000 for willful infringement.

Come join us and let Brett and Virgo Law help jumpstart your business.

Continued on Page 15 under **Bio**

*Your great work is on the other side
of your early work.*

~ Joni Brewer, OHA President

A Teacher's Journey with NLP

By Jean Cassidy

jeancass4u@gmail.com



At our September OHA meeting, I'll be sharing examples from my journey as a teacher – examples of behaviors, beliefs, identity, context, and meta-outcomes – including both before and after I started studying Neuro-Linguistic Programming (NLP).

In this article, I'm giving you a sense of who I am, my background about how I became a teacher, my challenges, and my journey to teach artfully. I hope this will be a useful backstory for my presentation in September.

I love learning – I always have. I kept changing my major in college, and I was running out of money. Interestingly, I had taken math every single semester, so that's how I accidentally got a math degree. I was hired to run the math tutoring lab at Triton College, a community college in the Chicago suburbs. That's where I found I have a knack for helping students, and I discovered my passion for teaching. So back to college I went, and three years later, I got hired to teach at Aurora University, a small, private school 70 miles west of Chicago.

I had been very successful as a tutor, so I was confident in my ability to be a good teacher. I knew what to do – which was to do what all my math teachers had done. So, I made my lesson plans and syllabi and prepared detailed lecture notes. When the semester started, and we were finally in class, I started to realize something was wrong ... many "somethings." Some students looked bored, others looked confused, the football players in the back of the class were chatting every time I started writing

I have a knack for helping students, and I discovered my passion for teaching

on the chalkboard, and one person was reading a novel. When I collected the first homework assignments, it looked like some of the students were serious about learning. I asked if anyone had started a study group, and nobody had. After grading the first chapter test, I was devastated.

How could I have been so successful as a tutor, and now be abysmal as a teacher? I wasn't willing to accept having 20% of my students fail, and 50% only barely passing. What was the difference between the classroom and the tutoring contexts? Obviously, there are many differences, but which differences are the ones that contribute to success or failure? I talked with other teachers, and they thought my experience was typical.

I started experimenting with icebreakers, journaling, projects, and study groups – and I got mixed results, which was an improvement. I observed that many of my students had limiting beliefs, such as "mistakes are bad," "I'm not a math person," or "the teacher is in charge of my learning." When a student would express a limiting belief in class, we'd talk about it. Sometimes I'd tell students a metaphorical story related to the limiting belief.

Continued on Page 6 under **Journey**

Still not satisfied with the outcomes I was getting, I started directly asking for student input, saying things such as, “I need your help. Clearly, for most of you, this class is not on your top 20 of what you’d like to be doing. What would make this more fun, interesting, or easier to learn?” The students were eager to share suggestions, so we would create options to try. As I asked for and valued student input, active participation and interest grew. We all together learned the power of collaboration and dialogue.

We changed the context of the math classroom from “the teacher has the knowledge and delivers it to the students” to one of “we are on a journey of learning, in a conversation together.” The context of mutual respect and valuing each other was a container within which the content of math class was enacted.

In the late 1990s, I started reading books on Neuro-Linguistic Programming (NLP) and Hypnosis. I completed NLP Practitioner training in 2003. NLP provided a framework and resources that I immediately started integrating (consciously and subconsciously) into my teaching. In 2009, I completed NLP Master Practitioner training, and in 2015 became a Consulting Hypnotist – both of which have continued to enhance my ability to use language patterns, metaphors, reframing, and to achieve meta-outcomes in the classroom. Math class became incredibly fun, a source of opportunity and reward, and a true collaboration.

Now, revisiting notes from Larry Dillenbeck’s Fall 2017 presentation on Neurological Levels of Change (NLA), I can see how both my experiments “pre-NLP” and integrations “post-NLP” align with the NLA map. Thank you, Larry, for your presentation!

At our September OHA meeting, I’ll share specific examples of how NLP has helped to empower my teaching, and student learning experience, as well as nurture meta-outcomes. We’ll also do some exercises where we will work on limiting beliefs and transforming them.

About Jean

As a math teacher, Jean wanted to expand her abilities and resources to help people, so she studied NLP and became a Hypnotist. Her background is broad, with over 5000 students in over 40 years of teaching and tutoring math. Though most of her work has been with adults, she has also worked with teens and children, both individually and as a volunteer in public schools. She has worked with folks who have alter-abilities and uncommon learning styles, recent immigrants, and veterans who are reintegrating into civilian life. Currently, Jean runs Artful Living, where she offers hypnosis, personal coaching, and individualized tutoring services.



Spotlight: Joseph Bennette

By Tish Paquette

triunehealing@hotmail.com



Joseph Bennette, author and blogger - thank you from all of us. For some of you who attend OHA you might not know the man behind the curtain or sitting at the table so we would like to introduce him to you... I had the privilege of interviewing Joseph and in a moment, (not just yet), I think I will just let him tell his story in interview format. However just a little more background. Joseph had a private practice at Self, former Electronic T/E at Oregon National Guard working with radio and navigation systems, and worked with agencies in communication interfaces used in drug interdiction, border patrol, and other missions.

He studied HTML, CSS, JavaScript, Microprocessors, Psychology, Hypnotherapy, and Rapid Eye Technology. No wonder he was so accomplished at the many tasks he performed.

Enjoy getting to know Joseph, you will appreciate him as much as we do.

Interview with Tish Paquette:

Where were you born?

I was born in Portland, Oregon, and apart from 6½ years in the USAF, I've spent my whole life in the Willamette Valley – my favorite place.

What was your family dynamic growing up... parents, siblings, birth order, etc.?

I was the oldest of four brothers. My father was a car salesman, real estate agent, and small business owner. My mother put herself through college in the 1960s and is a world-renowned

physicist. She got me started in computers and fanned my interest in science.

I recall in 1967, my mother let me accompany her to a physics conference in Mexico City. At these conferences, presenters would begin their talks with, "Mrs. Bennette and Gentlemen..." as my mother was often the only woman in attendance in a room full of hundreds of physicists. I learned later that her first employer paid her half wage because she was a married woman – married men, however, were paid a full wage. No wonder so many women scientists pushed for the Equal Rights Amendment.

In 1999, my dad died of a heart attack just three days before his 70th birthday. I was in session with a client when I received the call. Canceling the rest of my scheduled appointments, I drove to be with my dad who died in my arms later that night. I was always close to my dad and his death hit me hard – I cried for days.

I feel fortunate that I grew up with kindly and caring grandparents, aunts, uncles, and cousins. My children and some of my grandchildren have fond memories of my grandparents, the last of whom died in 2007, the year I retired from active practice.

When, how, and why did you get interested in Hypnosis?

In 1974, I attended hypnosis sessions as part of a sales motivation improvement program offered by a business partner. I'd not experienced hypnosis before and was skeptical.

Continued on Page 10 under **Joseph**



OHA has given me useful information, techniques, and ideas that I was able to immediately put into practice as a working hypnotherapist.

Although deeply religious at the time, because the seminars and sessions were conducted by church members, I felt safe to explore.

I joined the OHA soon after qualifying for membership by completing hypnotherapy training with the American Institute of Hypnotherapy and American Pacific University.

A couple of years later, I volunteered to handle many of the computer-intensive jobs that Dr. Skolnik did – to lessen the load on him as he worked with the Oregon Legislature, set up events, and promoted the OHA. Due to my training and experience with computers, databases, word processing, and web development, Dr. Skolnik asked me to assist him to automate much of OHA's administrative processes and set up its first website. I've been involved with OHA in this area of concern since that time.

OHA has given me useful information, techniques, and ideas that I was able to immediately put into practice as a working hypnotherapist. I learned such useful techniques as rapid and silent inductions, conversational hypnosis, and how to walk on broken glass.

In your 25+ years of involvement have you noticed trends... positive, and negative... regarding Hypnosis?

One trend I've noticed is that of increasing interest in the field. As more empirical studies show the effectiveness of hypnosis in a growing number of medical and

psychological applications, and as creative practitioners develop better and more refined methodologies, I think we'll see that trend grow.

I have seen a lot of misrepresentations of hypnosis in popular media – thanks, Doug Meacham for a lighthearted historical (and hysterical) look at some of them at a couple of recent OHA events. Especially when furthered by hypnotherapists, these have led some in the State government to seek regulation of our field.

Do you have any advice for the newbie or even the oldies?

For those new to the field of Hypnotherapy, get as much related education as you can. OHA events offer a great resource. Learn from qualified hypnotherapy trainers listed on our website at <https://ohanw.org/directory/learn-hypnosis>. Most regionally accredited colleges and universities offer courses in business, psychology, nursing, and mental health – education useful to the hypnotherapist.

To the established hypnotherapist members and friends of the OHA, I recommend involvement in the organization. Attend events as often as you can to connect with fellow hypnotherapists, learn new skills, share ideas, and feel the support of your peers. Maybe you'd like to make a presentation at an OHA event to share your expertise and experience with your peers – it's fun, reassuring, and offers the presenter a means to support their professional peers.

Memories with Joseph

Joseph, you have been a guide, mentor, and example of service to many of us! Thank you Joseph for your deep kindness and selfless service to the board and to the membership.

~ Hope Lagom

Joseph, I understand you are stepping down from the board in December. I just wanted to say that though I don't know you very well you have always been warm, friendly, and generous. I wish you the very best. ~ Bela Friedman

I've been a member of OHA since 2007. Over that time, we have had 45 conferences and hosted around 125 presenters from all around the world. In that time, I have seen members and board members come and go, and the many dedicated practitioners who have greatly contributed to the ever-changing profession of Hypnotherapy. In our OHA family, we have opened our arms to many new Hypnotherapists just starting their journeys; we have seen some who retired, or moved away, and sadly some that have passed away.

Since 1995 the OHA has been dedicated to preserving professionalism in the field of Hypnotherapy and always in the background, like the wizard behind the curtain, Joseph Bennette has been there, doing all the things that many take for granted, or are completely unaware of; all the fine details that make our Association flow smoothly. From greeting each member personally when signing into our conferences to the newsletter and certificates, website design and maintenance, communication, and data management. You have been the backbone of our Association since its beginning and have always brought just the

right blend of professionalism and humor to every meeting.

It is with great honor I get to say that I have had the pleasure and opportunity to work with you and as you begin your new journey into retirement, I know that you are held in the highest regard by all those who have benefited from your efforts to guide and preserve our profession and The Oregon Hypnotherapy Association. Blessings to you Joseph, and thank you for your service and friendship.

~ Scott Duvall

Joseph is modest, responsible, knowledgeable, and had the answers to most questions. Plus, he occupies a "cool space" near Sean Connery and Vincent Price. ~ Glen Bledsoe

Oh, Joseph what shall we do without you! The thought of the OHA without you is somewhat unsettling! Enjoy your retirement, my friend! It is well deserved. ~ Genviev St. Clair

Joseph, in the five years I have known you, you have been a bottomless pit of knowledge and history for OHA. Your work to keep it organized and functioning have been amazing. You are also one of the most friendly and personable people I have ever met and the generosity of your time and expertise has been invaluable. Wishing you the very best. ~ Dr. Stephen Ruiz Bettencourt

Joseph, thank you for sharing your many talents with us for so many years. Your quick smile, kindness, and welcoming spirit make everyone feel comfortable. When we would get off track

Continued on next page

Memories with Joseph

Continued from Page 11

you would gently remind us of the mission of OHA. Your organizational skills and attention to detail are amazing. There wasn't a question asked about the history of the organization that you didn't have an answer for. I truly appreciate your service and dedication to OHA for these many years.

*Most of all, I'll miss your wisdom, sense of humor, and laughter. Best wishes my friend as you find new adventures to spark your interest.
~ Joni Brewer*

It was my first OHA meeting, walking into the hotel feeling a bit uncertain, and there you were Joseph at the registration table, a smile on your face, chatting, checking folks in and giving them their name tags, and offering a copy of the OHA Journal, then standing up for hugs, radiating joy being with each person.

Thank you for, ALL of your service for OHA... for the organization, the members, and the ripples that have gone out into the world. I will miss working with you, your quick humor, your resourcefulness, and your experience in so many ways. I wish you contentment and joy on your path! ~ Jean Cassidy

Joseph my friend, I am deeply grateful for all you have done for OHA over the years. I am super impressed with your technical skills and stewardship of our records, website, and correspondence. You are a model of efficiency and responsiveness! As you have been training those of us who will be taking on the Secretary duties, I really appreciate your patience, attention to detail, and willingness to support us through the transition.

We have some big shoes to fill there my friend and I aspire to live up to your standards of excellence! Thank you again for your excellent service to OHA and for being an all-around magnificent human being! ~ Larry Dillenbeck

Oh Joseph, though I understand your reasons for stepping down after 20-plus years it doesn't make missing you any less. I have always looked forward to seeing you at our board meetings and our presentations because it felt "like all was right with the world," when you were there. Just always knew there wasn't anything under the sun being talked about that you hadn't previously experienced. I particularly felt that our Association was in good hands with you and the other board members in attendance when our profession was under government scrutiny. I have always been in awe of your knowledge and wisdom while keeping your mild manner behind the scenes presence. I just know there was a Superman shirt buried under your clothing. I am happy for you, knowing you will continue your dedication and attention in your private life, and just wanted you to know you can breathe easy because you have cultivated us to carry on in your absence. Blessings my friend, and big hugs... ~ Tish Paquette

*Joe Bennette has been a compass and a beating heart at OHA. This heart is opening now to another future wondrous adventure.
~ Rich Aanrich*

Word Search

Trademarks and Copyrights

C	O	L	O	R	R	E	D	I	L	J	V	X	P	R	U	L	B	I	R	H	G	A	G	T	D	Y	D	ARCHITECTURE
M	P	P	T	O	F	R	Z	E	Q	U	A	L	R	I	G	H	T	S	Q	K	F	J	C	S	H	X	Z	AUTHORSHIP
T	F	P	N	C	Z	H	L	A	N	I	G	I	R	O	V	M	F	V	C	G	R	I	Q	I	L	D	E	BRANDS
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C	T	V	I	I	E	E	L	T	M	Q	X	O	C	O	R	P	O	R	A	T	I	O	N	E	W	Q	R	MUTUALRESPECT
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R	P	M	H	S	R	Z	Y	U	A	H	P	D	K	L	Q	A	R	W	L	U	X	R	E	K	L	R	S	PARTNERS
A	R	C	H	I	T	E	C	T	U	R	E	G	P	Y	D	D	F	P	H	E	N	O	M	E	N	O	N	PERMISSION
P	A	M	M	C	F	O	M	H	E	Q	W	L	J	N	O	I	S	S	I	M	R	E	P	R	Z	M	G	PHENOMENON

What are you waiting for?

By Tish Paquette
triunehealing@hotmail.com



What are you waiting for?

I can guarantee that is a question we have asked ourselves over and over again. Sometimes we can answer it immediately, other times we shake our heads and can't seem to find a satisfactory reason.

We dream, we plan, we wish, we hope, and still...slow as molasses. It stupefies us...we are willing...but...

That's ok, it's going to be ok. There is a reason for that, and it lies in our Reptilian Brain, (yeah that old thing) and it is what we call our "Negative Bias." It does its job by warning us of danger and threat...but we have gotten so used to it, (after all it is hardwired in us), that we are unconsciously letting it run the ship. Since we have such a strong emotional response to negativity, helped along by the Amygdala of our Limbic System, it is the first go-to trigger we experience. That is why we remember the Negative First. You can have a great day but let one comment or incident occur and bam, that is all you think about. Negative information increases the activity in the critical information processing area triggering memory and our emotions which then influences our behavior and attitudes because it is the more powerful emotional influencer. Think about that for a moment. We are shaping ourselves more from a negative aspect rather than a positive one.

Wait a moment though, we have a wonderful ally coming to our rescue. Like Mighty Mouse, in walks our Prefrontal Cortex whose job is to help us lessen and manage our fear/negative response. It is constantly asking you, what is

this perceived threat? Is this the end-all-be-all, or can we just step back a moment, take a breath, and reason through this? Fortunately, our human development has shown us we CAN walk through this to the positive side.

Another thing to consider is when we get triggered it obviously increases our stress levels and all those hormones and cortisol. The moment you perceive something to be difficult or frustrating or fearful then it attacks our, that's right folks, our MOTIVATION. Once that is activated by the negative bias, we are now assessing our risk perception regarding the level of difficulty for a task (goal) which then assesses our reward for the task (goal). If our dopamine levels are low due to the stress trigger, then we sink deeper into frustration and boredom, and inactivity, and our goal loses ground. We have suddenly decided it is just too hard, or too many obstacles, or will take too long. However, if you are willing to play the long game for the outcome you're seeking, then slowly you build the reward bank thereby increasing your dopamine levels into ACTION.

Testing has proven that "go-getters," have high levels of dopamine because they have instituted tools and mechanisms along the way to insure some level of success. One way they do that is by offsetting the negative influences around them, their self-talk, and other influences even from their past primal brain by talking to them and reminding them of all the things they have accomplished. It takes 6 good thoughts to offset 1 negative thought. Get your shovel and start building your pile. Also,

Bio | continued from Page 4

About Brett

Virgo Law, 119 1st Ave S. Suite 310, Seattle, Wa 98104

Brett was born in North Carolina and attended schools in Missouri and Ohio. Coming from the Midwest he says that things were somewhat laid back and quiet. When he decided to go to Law School he ventured West and decided on Seattle Law School for its quality teaching and the possibility of a little more lights, buzz, and activity. He wasn't disappointed.

Brett hails from deep roots and was taught the value of hard work and ethics. His mother and father having been born into homes that weren't known for their wealth, pushed them to pursue careers that would be sustainable and help others. His father became a surgeon and his mother a personal injury attorney and his younger sister entered med school.

This set the ball in motion for Brett because he loves helping small businesses get started and goes above and beyond to ensure their success. He was an attorney for Boeing in contract management, licensing, compliance matters, etc., and also assists small businesses through a nonprofit called Communities Rise.

His focus and drive are wrapped in his code of helping the underdog. The Midwest is known as the "backbone of America," but many times they feel no one has their back. Brett steps in and assures them he does and will fight for them. He is especially invested in helping creative entrepreneurs safeguard their proprietary work from being hijacked and pirated. Definitely, the right person to have to advocate for you.

just as a side note...did you know that just one outburst of anger can stay in your cells for six hours? Wow, but it doesn't have to, that is the beauty of all of this. Just by acknowledging it (negative bias) and talking with your Prefrontal Cortex to take a different route, or perhaps stepping away, apologizing, or even going as far as to tell your body, "thank you for that red flag and alerting me, you've done your job." Now my higher self can take over and handle this. We have everything we need to have homeostasis in our body, emotions, and spirit to build up our positive reserves.

So, what is it that you want? What is keeping you from achieving success in your task? What is it that keeps you derailed? Look at it squarely and roll up your sleeves. Stop the self-defeating self-talk. Look at what you are able to do and capitalize on that.

Remember one step at a time. If you bite off too much you will stall out and before you know months or even years have gone by. Find that success, that reward with one thing first... then the next, and the next.

Some of the discussion in our Hypnotherapy Community has centered around starting your own practice. There are tons of resources available online and on YouTube that have been very helpful. Many book resources with step-by-step instructions are also available. Within those resources, there is common advice that keeps being repeated. Besides the usual ones, such as registering your business name, getting a Tax ID number, permits/licenses, business cards, website/internet, location, insurance, client Bill of Rights, etc. Here are a few that

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really stood out. Do what you love and don't let anyone or anything distract you. Find your niche, you can't do it all, become an expert in that niche, don't be shy tell a friend, spend time with someone who does that occupation, and find a mentor and network.

There is no straight line to what you want. Your journey is your journey. We all have had to start at square one...we learned, we stumbled, we got back up, we practiced, and we learned how to do things differently. Just don't let fear keep you from doing what you love. Your Board is a wonderful resource with so many varied backgrounds and experiences. They are here to assist, just ask them. Asking helps build those positive reserves to turn your fear around. Stop sitting in your negative bias and instead, embrace:

F-Freedom...from worry, accept there's a learning curve

E-Eager...and excited to begin...you are both student and master

A-Alive...with all possibilities...stay open and flexible just keep moving

R- Ready...to fulfill your heart's desire, your time is now, your past and present have brought you here...

The choice is yours.

OHA Updates

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2023 Event Dates

Spring Conference: March 25

Summer Conference: June 24

Fall Conference: September 23

Earn 5 CE credits for each event you attend!

See you there!

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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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