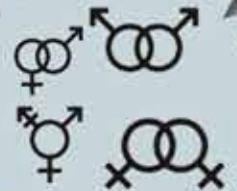


OHA Northwest

Oregon Hypnotherapy Association

Identity...

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Romance
Intimacy
Pleasure



not everything is black and white.

Official Publication of the
Oregon Hypnotherapy Association
Connection, Education, Support, Exchange
Volume 30, Issue 3 - Fall 2023

Greetings!

By Joni Brewer, President
Joni@BrewerHypnosis.com
BrewerHypnosis.com



"Did you evacuate? Are you ready to go?"

That was the message that I received from my daughter when a wildfire broke out just a mile from our home.

Thankfully the wind was moving the fire away from us. At last report no houses have been lost. A friend that lives in the mandatory evacuation area had already left.

After living in this house for 37 years, we've now been in the get-ready-to-go zone twice in the last 2 years and I'm reminded just how flexible we've all had to become. We're fortunate that, as hypnotists, we have the tools to stay adaptable and the colleagues to help us when we need it.

I don't know if it's the years that we've recently lived through or the years that I've lived through myself, but things seem to be more on a continuum now. Less black and white - much more color. Less absolute right or wrong - much more maybe, perhaps, yes and...

Science shows that learning new things, debating new ideas, leaning in to change, helps our minds stay clear and active throughout our years. We've been given lots of opportunities for that.

Oregon Hypnotherapy Association has changed too. Going from in-person meetings, to Zoom and now to hybrid. This has opened doors for presenters from around the world. It also allows us to have members from around the world. And still, we get to meet in person - to have that personal connection if we want.

We can bring in new ideas - like brain plasticity and the quantum field of infinite possibilities, how to work with people that have dementia, and how to grow our businesses with social media, email and videos.

We have the opportunity to see a new perspective on an old problem as Drake Eastburn brings his knowledge and background to obesity this month.

Sex. How it looks and what the experience is for people. This is something that's been around for as long as there have been people - the difference is that we're talking about it now. Dr. Amy Marsh will help broaden our understanding of this complex subject.

So what else would you like to see from your OHA? How else can we change? Adapt? Grow our numbers?

I would love to hear your ideas. Please drop me a line at Joni@BrewerHypnosis.com.

I hope that you have a calm, pleasant, and fun - however that looks to you - rest of your summer and I'll see you at our September 23rd meeting.

Science shows that learning new things, debating new ideas, leaning in to change, helps our minds stay clear and active throughout our years.

Path to an Obese Nation and How to Combat the Obesity Virus



By Drake Eastburn, BCH, CI

Drake@hypnodenver.com

HypnoDenver.com

One hundred million dieters spend \$20 billion on weight loss (ABC News May 8/12). Surely spending this kind of money must be reducing the waistlines of Americans considerably, right? Of course, we know this is not the case and the data would show that the more we have spent on weight loss the heavier we are.

It's no secret; we all know what is causing the obesity epidemic in this country and the major contributors are the amounts of foods we eat which have a high fat, high calorie content, are high in refined carbohydrates such as sugars, etc., and our preference for a more sedentary lifestyle. One more potato chip, one more pizza, one more cookie won't matter (we hypothesize), and I will walk the dog as soon as the weather gets nicer and all will be well, or so we tell ourselves.

What to do, what to do? If we have learned anything about weight loss it is that diets don't work or at least the way we have related to diets doesn't work. Part of this failure of diets falls on the diet industry and part of it falls on the dieter. Companies who make their living from weight loss programs have to have a steady flow of customers so that they can continue to remain profitable and to do that the programs make promises (whether directly or indirectly) that you will be able to continue to eat the foods that you enjoy and lose weight. To my knowledge no successful diet company has campaigned for what honestly needs to happen to get rid of the extra pounds and remain healthy.

Nobody wants to hear that because people want to continue in their old habits where they are comfortable and be at their ideal weight at the

same time. While I said that diets don't work, that is only partially true, because we know that if we follow these plans the way that they were meant to be used, then we will lose weight. The problem is that people rarely follow the plans since most people have become slaves to their momentary urges and give in to temptation so that the diet program they just paid hard earned money for will never have the results they paid for. Sure, a few people do follow these plans faithfully and do lose weight and a few of those actually keep it off, but the overall statistics for diets (or how participants approach that diet) is pretty dismal.

Part of this failure of diets falls on the diet industry and part of it falls on the dieter.

I am excited to present my research and expertise regarding this epidemic and share some of my techniques with you and the power of Hypnosis.

The use of Hypnosis just shows there are no limits to what we can do with the subconscious mind. You don't have to look that far for tools; the subconscious is in every cell of the body and we can affect that and if we affect the subconscious, we can affect the physical body, the emotional, we can affect everything. We seem to always be looking somewhere else. Look what we can do, after all, only 5% of disease is hereditary, the rest is some form of stress and neuroticism."

Join me and the Oregon Hypnotherapy Association on Saturday, September 23rd, at the Best Western in Wilsonville at 1:00 o'clock to learn what can be done, and what we can do worldwide to combat obesity.

See page 6 to read **About Drake**

Confessions of A Sexological Hypnotist



By Dr. Amy Marsh Ed., DHS, CH, CI
dr.amymarshsexologist@gmail.com
intimate-hypnosis-training.com

Human sexuality is integral to the human experience, and without it, we wouldn't be here. Yet even now the topic is something that some people feel nervous to discuss. Fortunately, decades of extensive research has given us access to much more accurate information about sexuality and gender, and makes it possible to discuss these topics more openly and with less stigma.

Having grown up in California during the Counter-Culture/Sexual Revolution, Dr. Marsh was exposed to many philosophies and ideas, particularly while working as a pregnancy counselor in a feminist free clinic during her teen years. This sparked a lifelong interest to explore and research human sexuality.

After raising her children and receiving two degrees in human sexuality, plus hypnosis certification, Dr. Marsh opened her private practice in 2008 as a clinical sexologist in the San Francisco Bay Area. Marsh also pursued and gained sexuality counselor certification through the American Association of Sexuality Educators, Counselors, and Therapists (AASECT) in 2012.

Aware of the delicate nature of this topic, Dr. Marsh uses sensitivity, patience, and respect, and sex- and pleasure-positivity as the foundation of her work. As sexual and gender issues can be influenced by culture, upbringing, trauma, relationships, and medical aspects, the tools used in her practice are eclectic, and include interventions based on the PLISSIT model, permission, limited information, specific suggestions and intensive therapy.

While still in graduate school, Marsh focused on the uses of hypnosis for sexual concerns. Through

a comprehensive literature search, she found that it is indeed an evidence-based tool. Decades of research attest to its usefulness for many non-medical sexual concerns. Hypnosis has always been a major component of Marsh's clinical practice.

As a Hypnosis instructor, Dr. Marsh is careful to include training for Hypnotists on how to handle these kinds of topics, including simple steps one can take to be a welcoming provider for also LGBTQIA+ community.

Join Dr. Marsh and the Oregon Hypnotherapy Association Saturday September 23rd at Best Western in Wilsonville, for her presentation regarding human sexuality, and learn how we can be better equipped to intelligently handle this in our practices.

About

Dr. Amy Marsh, Ed.D. is a clinical sexologist, an AASECT-certified sexuality counselor, and a certified hypnotist and hypnosis instructor. Marsh has worked in the San Francisco Bay Area, Hawai'i Island, and Lake County, CA, before settling in Eugene/Springfield.

She is the author of *Sexological Hypnosis: Overview, History, & Techniques* (2022), *Entrancing: Hypnotizing Your Way to More Pleasure, Romance, and Sex* (2023), and *How to Make Love to a Chatbot - The Thinking Human's Guide to AI Erotic Roleplay* (2023).

Marsh is also a published fantasy author currently working on the fourth book in her *queer Guild of Ornamental Hermits* fantasy series.

Changes of States: Shifting Out of Comfort and Complacency



By Tish Paquette
triunehealing@hotmail.com

It occurred to me how often we are bombarded with stressful situations. What's interesting about that is that most of these things are not only out of our control but many are attacking us unconsciously and the major stress culprit is uncertainty, and uncertainty breeds fear. It still lingers in our subconscious since our lockdown and continues to run the show whether picking political leaders or dealing with a medical issue. We are living under a perception of powerlessness. Here are steps we can take when regaining our empowerment.

Look at the chart below, you have a world of possibilities. Let's assume number one, you want to learn to swim, and number two you understand the concept of shifting gears, and number three you know changes of states in science.

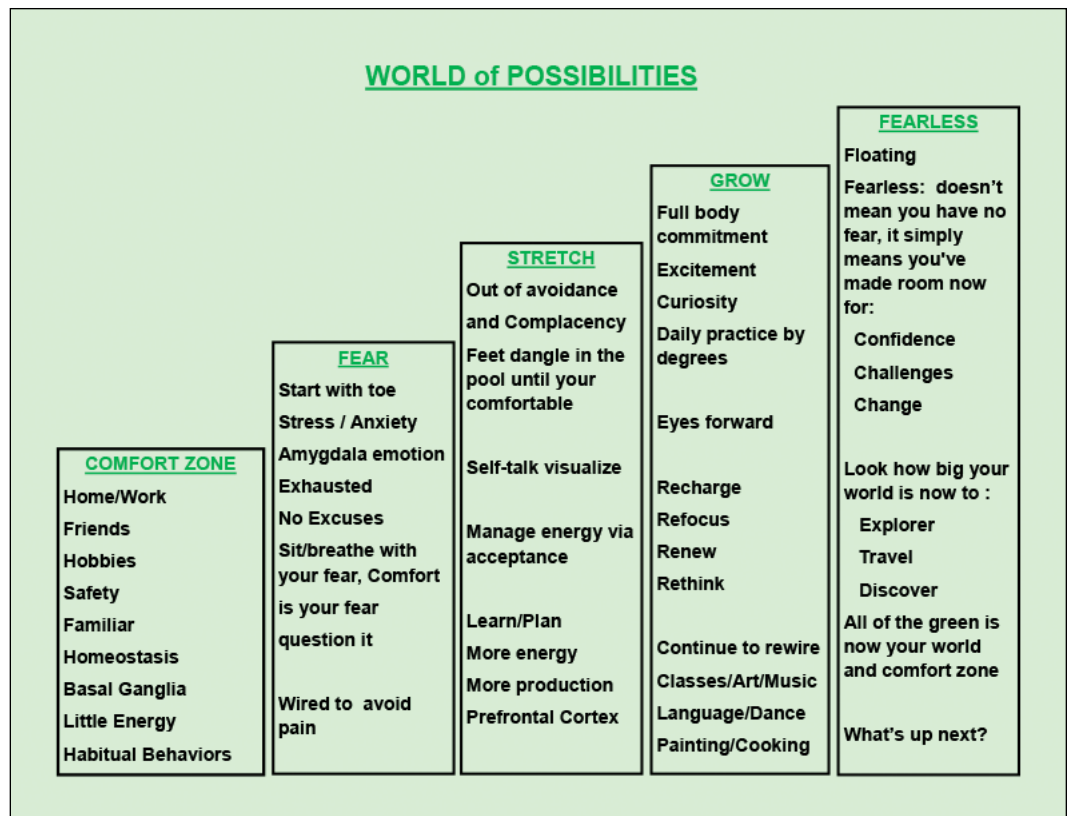
State one says our Basal Ganglia is active and we just want to stay home where we feel safe and it's familiar and comfortable. Same thing day in and day out, this is your solid state not willing to move. We all understand that, but you decided you want to swim. You are making a choice to shift into second gear and expand your safety territory.

State two is shifting or pushing your boundary. Now melting the immovable solid to water. Moving your zone and acquiring more territory

starts the flow. You just put your toe in the water and found out you were ok. Eventually the temperature becomes comfortable, and you relax out of your emotional Amygdala.

State three is shifting into third gear where you move out of emotional energy into active energy. You are now planning on putting both ankles in the water. You sit with it until you are comfortable and there you are slipping to your knees. Your self-talk is more empowering and you are no longer uncomfortable. You are flowing freely and have found your equilibrium. You have entered the energy of possibilities and your Prefrontal Cortex is active.

Continued on page 6 under **Possibilities**



About Drake



Drake Eastburn is a well-known author of *Activate Your Muse*, and nine other books as well as a noted speaker for NGH and other organizations over his 30 plus years as a Hypnotist and teacher.

Drake suffered from ADD before it was clearly understood back in the day as well as depression and school was a huge struggle so much so, he never graduated from high school. That could appear to be a lifelong setback but not for this middle child. At some point he realized he didn't have to settle and be stuck. That attitude is what propelled him into his future work.

In the early 70's he was doing some personal growth and heard about the Silva Mind Control Method by Jose Silva. "Change your mind, change your life," was their slogan. It was learning and using hypnosis, but Jose thought that term was a little taboo so he changed it to "mind control." Not sure that was any better.

In the process of continuing his learning he suffered from migraines. He decided to put into practice what he had been taught and voila, no more migraines. That was over 40 years ago. He continued to learn and take classes everywhere to expand his knowledge and skills. Seeking out teachers when at some point he realized he knew what they were teaching. The light came on and he decided he could make a living at this. So, he did. He hung out a shingle, used up his shoe leather to advertise and promote in his community and before you knew it, he had a successful hypnosis business.

Some of his friends kept complaining about how hard it was to find advanced classes and eventually he and his wife Linsi started the Eastburn Institute of Hypnosis. They have taught all over the world in Europe, Australian, Asia, Canada the Caribbean to name a few. His wife is also a Hypnotist and specialized in fertility issues. He also teaches classes at their local college.

Possibilities | continued from Page 5

Once you begin to recognize the distance between feeling uncomfortable to comfortable, you have shifted into the **4th State**. (Gaseous less structure) You are in full body now to your neck. Committed, comfortable, growing, expanding, gaining more territory and you are doing it with eyes wide open. Excitement at your achievement and future growth. Your progress is becoming contagious. You know what you can do now. Shifting, changing habits incrementally, refocusing, rethinking, renewing, and recharging your lifestyle. You are ready to enter the realm of overdrive.

State 5 (ethers) is known as the full throttle state. You have done your work now. You are floating comfortably in the water. You can swim and hold

your own. You can swim underwater, you can even tread water. You've got this. Not only have you created change in your life, but you are changed. Look at you, a land baron. Look at all the real estate you now own. You are more confident and assured. Whatever challenges arise you now have the tools, the process to plan and figure out one step at a time. You have reestablished your own power from fearful and powerless to fearless and empowered. You get to manifest your outcomes. Great job! Well Done!

One thing to remember, you didn't leave your comfort zone behind. You still have it, you get to park and rest there. While you are there look around and see if it is working for you or is it keeping you stuck. If stuck, then a few minor

Continued on page 8 under **Comfort Zone**

Word Search

Sexuality and Comfort Lifestyles

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COMFORT
DEBATING
HABITS
LIMITEDINFORMATION
PERMISSION
SEDENTARY
SUGAR

CONFESSIONS
EPIDEMIC
INTENSIVETHERAPY
MEDICAL
PIZZA
SEXOLOGY
SYLVANMETHOD

COOKIES
EVACUATE
LEARNING
OBESITY
PROMISES
SEXUALREVOLUTION
THERAPY

COUNTERCULTURE
GENDERIDENTITY
LIFESTYLES
PATTERNS
RELATIONSHIPS
SPECIFICSUGGESTIONS
TRAUMA

Comfort Zone | continued from Page 6

adjustments may be necessary. Make it a launch pad for your growth. A place where you can refocus, rethink, renew and recharge your next step. Then step out, start your engine, and move forward.

Lastly, if the choice you made to shift into something you wish to achieve creates excess stress and anxiety, then you've taken too wide a step into State 2. Back up and take a smaller step, but always push forward.

So, what's your next destination? What land are you looking at next?

This process is so useful when working with our clients. Whether the issue is weight, gender identity, or fear itself, it is valuable to examine one's comfort zones.



Join the Book Club

The Book Club is back after summer break!!!

Join us **Monday, September 25th**, 7-8 p.m. The book is "Generative Trance", by Stephen Gilligan. The author emphasizes that reality and identity are constructed by ourselves, and explains how generative trance is crucial in creating new realities and possibilities for clients.

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OHA Events

2024 Dates

Spring Hybrid Conference: March 23

Summer Hybrid Conference: June 22

Fall Hybrid Conference: September 28

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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