



OHA NORTHWEST



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Oregon Hypnotherapy Association
Connection, Education, Support, Exchange
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Featured Presenters

CAT WILSON



Cat Wilson is the owner of Apositiva and published author of Lessons From a Fall.

She uses Hypnotherapy, Coaching, Image Work, NLP, EFT, Mind-mapping, and many other processes to help adults, children, and businesses to find a new way to reach their highest and best potential.

In elementary schools, she has taught Art Literature to kids from Kindergarten to Sixth grade for four years in Portland. For 12 years in Beaverton, Oregon, she presented a free program to help kids overcome the fear of speaking in elementary schools.

In 2012, Cat wrote a program in *Pediatric Hypnotherapy* that she will offer this coming June, as well as a program with her colleague Rebecca Hufford called *Pediatric Magic!*, a coaching program for working with children.

For her work with kids, Cat was presented with a World Award for Educational Contribution in Montreal, Canada. This was only awarded to four people.

Cat Wilson and Rich Aanrich have the longest running Hypnotherapy and NLP training program in the Portland area.

Instead of listing all the initials behind her name (BA, MI.NLP, CHt, CHI, APMC, BCC, EFT-Adv and a certificate in trauma therapy) she simply calls herself a **Life Artist**.

LARRY DILLENBECK



Larry Dillenbeck is the Director of Lighthouse Center for Consciousness Studies.

Larry has a 30-year background in training, consulting and organizational development and has offered training, coaching, consulting and presentations for 70+ organizations in the United States, Japan and Mexico.

He has a Bachelor Degree in Psychology and holds numerous certifications including Master Practitioner, Health Practitioner and Trainer of Neurolinguistic Programming (NLP), Clinical Hypnotherapist, Hypnotherapy Instructor and Examiner with the American Council of Hypnotist Examiners.

Larry is a graduate of Coach University and has served as a Life Coach since 2004.

Larry has done extensive study, practicing and teaching multiple energy work modalities including Reiki, Shinkiko, Twei Na, and Andean Shamanism. He blends these various modalities in a customized way to support clients in their healing, empowerment and transformational outcomes.

He also serves on the Board of Directors for the Oregon Hypnotherapy Association.

Online at LIGHTSTUDIES.ORG

Contact Larry by phone at 503-884-2007

You may find Larry at his office in Salem:
275 20th Street NE
Salem, OR 97301

PRESIDENT'S MESSAGE

By Joni Brewer, President

Wow. It's been quite a year hasn't it?

As I was preparing to write this letter I looked back to what I had written a year ago. Excited about our presenters and what the year ahead looked like. One month later I had to write an email that canceled our spring meeting. Life has certainly been interesting since then.

I think that one of the advantages that we have as hypnotists is that we're used to re-framing things. We do this all the time for our clients and now we've been able to practice this for ourselves.

Fewer clients? What have you been wanting to learn that you now have time for? Or perhaps its more along the lines of what did you not care about learning but now you're really good at it?

Uncomfortable meeting in person in your office? Did you move to Zoom and find it just as effective? Perhaps you're wearing masks, using a room purifier, keeping the distance, and cleaning thoroughly between clients.

Decreased income? What audios or videos can you or did you produce?

Missing connections? Come to the OHA meetings!

This March Cat will be teaching us about pediatric hypnosis. For those of you that have been to any of Cat's presentations you know that it will be informative, practical, and entertaining. About once a month I have someone contact me about working with their child. I have to admit that that's outside my comfort zone so I usually refer them elsewhere. Sometimes these are my clients that want help for their child and are very disappointed that I won't work with them.

I'm excited to learn some techniques from Cat so I can feel more comfortable and perhaps work with more kids. Children seem to be a population that is under served and from the little that I know seem to be easy to work with. Without years of habituation and wonderfully creative minds it seems that change could be fairly straight forward.

Our other presenter will be Larry Dillenbeck talking about shamanistic practices in hypnosis. Shamanism often revolves around metaphors, language, experiences that involve the imagination, and re-framing the world that we live in. Sound familiar? Larry's presentations are always very interesting and I come away with something that I can use in my practice.

As a sneak peak for the rest of the year:

June 26th Scott Duvall will be presenting on Best Practices.



Joni Brewer, CHT
President

As we're coming under more scrutiny this will be an important topic. Also presenting will be Jonathan Nhan on how to make and monetize your own audios and videos.

September 25th Larry Dillenbeck will be giving us some tools for conversational inductions and Steven Ruiz Betencourt will be teaching us about Gestalt Dream Therapy.

On the legislative front, the bill that was of great concern seems to have been tabled for now. The Oregon Health Freedom Action Coalition (OHFAC) is watching it carefully to make sure it doesn't pop up unexpectedly and will let us know if we need to take action to get it defeated.

OHFAC has also been working with legislators to get a new bill introduced that is being informally referred to as the Safe Harbor law. This would allow all types of practitioners to keep doing the work that they do so well within some very specific and reasonable boundaries. If the practitioner goes outside those boundaries then current laws can be used to remediate the problem.

The first item of business in getting a Safe Harbor law is to get a Legislative Concept written. That has been done and is LC3591. Now it needs someone in the house to sponsor it to become a bill. If you have a relationship with someone in the House that you think would be interested in this type of bill please contact me at Joni@BrewerHypnosis.com or 503.910.7186. To be clear, I'm on the steering committee of OHFAC which is separate from my role in OHA. OHA is for education, support, and exchange – not politics.

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SHAMANISM AND HYPNOTHERAPY

by Larry Dillenbeck, Director

Over the years, I've been fortunate to study and train in numerous therapeutic and healing modalities. Hypnotherapy was the first and continues to be my foundational approach in working with clients. I think there is great value in working with people holistically and systemically. The mind, body, spirit, energy system is one big integrated system such that changes in one part of the system tend to affect all the other parts of the system in varying degrees.

That is why I think it is valuable to have multiple therapeutic and healing modalities in our tool kit. This way we can more effectively work with the whole system of a person. We have processes that can help people physically, emotionally, mentally, and Spiritually. It allows us to work with a wider variety of people, issues, and outcomes effectively.

In the late 90's, I was teaching NLP and Hypnotherapy for Anchor Point Institute in Salt Lake City, Utah. At the time, Anchor Point decided to create a modeling project to model various healers. These included people who do "energy work" with methods like Reiki, Shinkiko, Twei Na and Shamanism. One of the healers they modeled was a Peruvian Shaman named Americo Yabar. At the time, Americo was an associate of Dr. Alberto Villoldo of the Four Winds Society. As part of this project, a number of us instructors were given the opportunity to study with Alberto through his Healing the Light Body program. His program is primarily

based on the healing and empowerment practices of the Q'ero tribe in the high Andes of Peru. He also blends teachings from other Native traditions as well as Eastern disciplines of Yoga, meditation, etc.

As I learned more about indigenous cultures and their healing and empowerment practices, I noticed many parallels between hypnotherapy and Shamanistic principles and practices. As with many models, often there will



be similar concepts, practices and processes but use different language to describe the same things. In this article, I would like to highlight some of those similarities.

In hypnotherapy, we map out the basic structures and functions of the mind such as the conscious mind, subconscious mind, and the critical faculty. A basic metaphor is that the conscious mind is like a rider on a horse – the horse being the subconscious mind and the physical body. The rider decides what direction to go and how

fast and then gives the instructions to the horse through the reigns and tapping with the legs. The horse has the power to make it happen once it understands and accepts the instructions from the rider. Accepting the instructions or not is the function of the critical faculty.

In Shamanism, there is a similar structural model of the mind and our experience of the outer world. They divide the external world into the Earth below, the Sky above and the surface of the earth where life takes place. They also have a similar model for the experiences of our inner world. The lower world is called the Ujupacha in the Qechua language of the Q'ero People. It is the realm of the past and all that has already manifested. It is also where our unfinished business, imprint experiences and trauma responses live within us. It is effectively our subconscious mind in hypnotherapy terms. This is where we learn from our experiences and find right relationship with our past.

The upper world is called the Hanaqpacha in Qechua. It is the realm of our Spiritual nature and our energetic connection to all of life. It is the realm of creation and unmanifest potential. It is the Quantum Field of all possibilities. The Q'ero believe this is also the realm of our Ancestors and the great teachers, healers and Spiritual masters who have passed on.

In hypnotherapy, we might think of this as the superconscious mind where many people find their intuition, inspiration, and connection to the larger field of consciousness of which

we are all a part. This is where we can access our potential and be in-formed by who we are becoming instead of who we have been. We can be informed by our destiny, rather than our history. We find right relationship with our future.

The middle world is called the Kaypacha in Qechua. It is the realm of the here and now where we engage with life. In our day-to-day activities, we are doing various activities like working, going to school, shopping, playing, and taking care of the practical matters of life. We make ongoing assessments of our situation, making choices and taking actions. We notice the results of our choices and hopefully learn from our experiences so that we can be more effective and efficient in solving our problems and achieving our outcomes. This is the realm of the conscious mind in hypnotherapy terms. It is what we are immediately paying attention to and all the things we do intentionally, consciously, and deliberately.

Another interesting set of practices in both Shamanism and Hypnotherapy is working with altered states of consciousness. Of course, in hypnotherapy we use the term “trance” to describe a relaxed and receptive state of mind where we have more direct access to the subconscious functions of the mind. We have countless induction methods and deepening/awakening techniques to facilitate the experience of trance. We use the power of suggestion to communicate with both the conscious and subconscious minds.

Shamans practice “journeying” which is their equivalent of trance. They journey into the Lower World (subconscious) or Upper World (superconscious) for various purposes. Sometimes to find a resource like a “medicine object” to assist with what they are struggling with or to assist a client. Sometimes the Shaman journeys on behalf of the client and

then offers their insights and interpretation of the experience. Sometimes they will guide the client on the journey and then work with them to derive useful and beneficial meaning.

In Shamanism, the language is often more in the form of prayers, blessings and intentions for healing, transformation, and protection. However, these have strongly suggestive effects as well. The Q’ero have a practice called “Rimay” which means to “speak powerfully.” They encourage people to recognize the power of words and to use them carefully and



intentionally. In the Toltec tradition as taught by Don Miguel Ruiz in his book *The Four Agreements*, one of the agreements is to “Be impeccable with your word.” He encourages people to be mindful not to harm with our use of words – especially against ourselves.

In Hypnotherapy of course, we know well the power of suggestion and it is essential to our craft. We use language and other non-verbal communication very precisely and even artistically to help facilitate change in our clients.

One of our common processes is Age

Regression to journey back to a past, often traumatic experience and assist our client to re-experience that event with new (adult) eyes so that they can re-interpret the experience in more empowering and resourceful ways. We track for the limiting beliefs they may have come away with from that experience and reframe or replace those with ones that serve them in the way they want to be.

The Shamanic equivalent of that process is Soul Retrieval. With Soul Retrieval, a Shaman will guide their client on a symbolic journey into the

Lower World and explore the four chambers of the Soul. The first chamber is the Chamber of Wounds where the person journeying will witness their original wounding experience. The second chamber is the Chamber of Contracts where they will discover the “agreements” they made with life because of their wounding. The third chamber is the Chamber of Grace, where they meet the soul part that split off and retreated into the Lower World. In hypnotherapy, we

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CREATIVE HYPNOSIS WITH CHILDREN

By Cat Wilson

In a place and a time like now, there were a couple children, and they had all kinds of challenges like fears of spiders, needles, and sleeping at a friend's house, embarrassing things like wetting ... you know. The children were frustrated. Now the mommy and the daddy, also called "mom" and "pop", really wanted their children to be happy and so they tried everything they could. They saw the doctor. The doctor said he couldn't do anything. They saw the psychotherapist. The psychotherapist said they had done everything they could. They even went to the Grand Poo Pa who tried every trick he knew, but his tricks didn't work.

One day the mom and pop heard about someone called a Hypnotist. There were people who said hypnosis was weird. And there were some who said they'd heard of miracles. So, the parents decided to try something new. That's the day your phone rang, "Rrrrrringg!"

Pediatric hypnosis is about helping children to break the less resourceful trance. Breaking the trance of fears, habits, and helping their bodies and minds to heal. Much of what happens comes from what we think. So, parents want to help the child in a new way... and this is when they turn to hypnosis.

Think like a child. Remember back to the time that you were a small child. Try to find a time when you were quite young; maybe even before you knew how to read.

Think back to when you are quite young, and you were watching a trail of ants.

Squatting on the sidewalk, your eyes are glued on the little bugs. They have your attention. Your younger self is so focused on the little trail of ants that you don't

even notice that your mother is standing right next to you.

Your natural curiosity invites you to pick up a stick and to try to stop the ants. But you notice the ants continue to walk right over the stick. You find this really interesting. So, you pick up a leaf and in your childlike way you find a rock and put it in the middle of the trail of the ants that just walk over or around the rock.

Five minutes have gone by and your mother has been calling your name, but you are still so interested in what is happening with these little bugs that you don't hear a

word she says. You are hypnotized by something that "fascinates you."

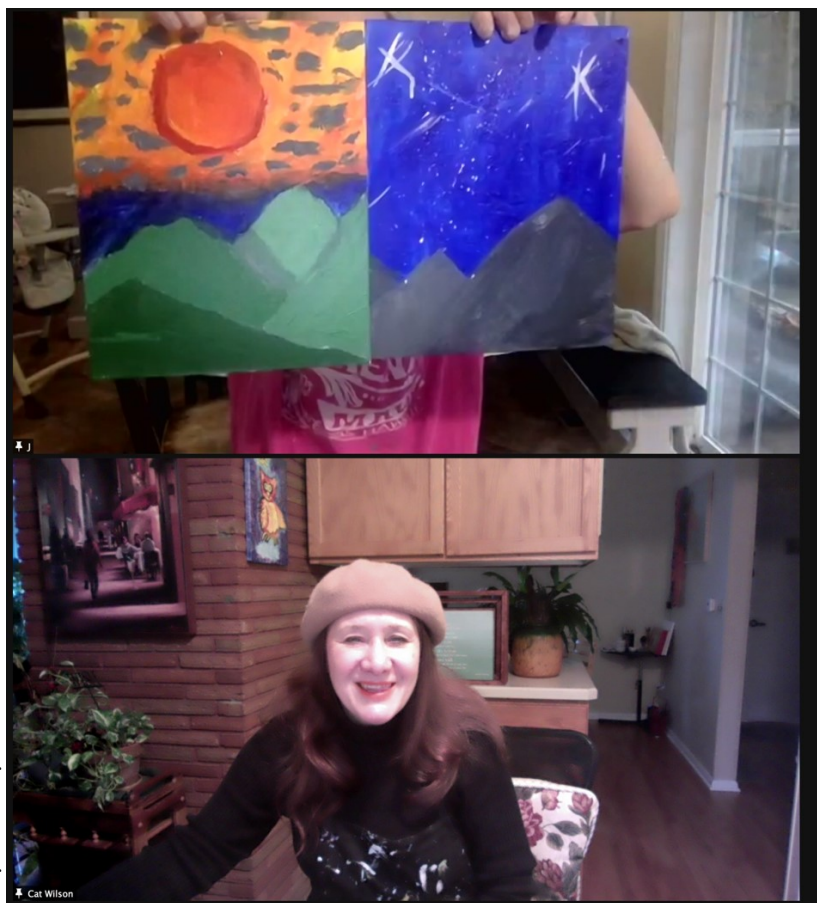
Mommy crouches next to you and puts a flower in front of the ants. (Your mom has entered the game.) The ants crawl over it. She says, "See the ants have some important work to do, and we are putting stuff in their way. We have things to do, too. Could you please tell the ants that we'll be back later because you have some important and fun toys waiting to play with now?"

And, at the thought of toys, suddenly you look up and, thinking of your favorite toy, you take your

mother's hand and go along with her.

Welcome to the world of pediatric hypnosis. Imagine all the ways that you could connect to a child now that you understand the connection. Welcome to their world.

This pediatric hypnosis talk will give you some ideas on how to work with children. My hope is that you will be enticed in a fun perspective to begin working with children. An added benefit to the world is that those children you help will learn self-esteem and confidence to bring their uniqueness to the world as they grow.



SHAMANISM AND HYPNOTHERAPY

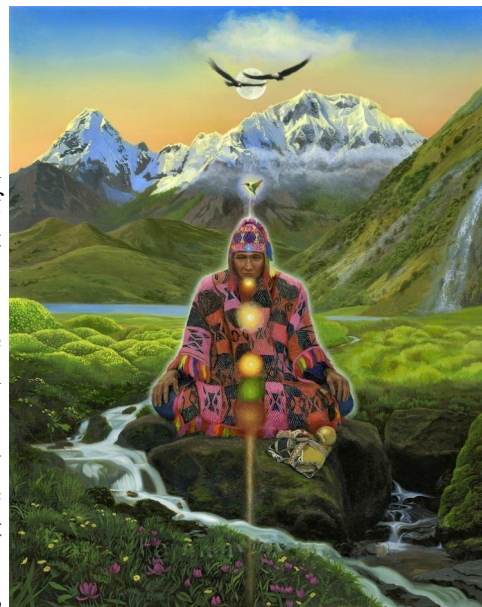
(Continued from page 5)

might refer to this as an “inner child” part that became developmentally arrested because of the wounding experience. The last chamber is the Chamber of Treasures, where they will find a medicine object (resource) that will assist them in integrating their Soul part and expressing it in the world. The goal is to integrate ALL aspects of our being so that all our parts are honored and expressed in the times, places and degrees that would be useful and beneficial. We become whole, healed, unified and complete. We are in right relationship with ourselves.

As you can see, there are many parallel concepts and processes shared by Hypnotherapy and Shamanic traditions. I will often blend elements from the various models I’ve gathered and use the frames and language that would best serve my clients outcomes.

My mission with this work is to help myself and others find “right relationship” with themselves and the world. Right relationship is one that is harmonious, healthy, mutually beneficial and supports optimal functioning. In Andean Shamanism, this is called “Ayni” which means harmony, balance, and Sacred Reciprocity. It is the central concept that drives their healing and empowerment philosophy and spirituality.

In our March OHA training event, I am looking forward to sharing more of these parallels between Shamanism and Hypnotherapy.



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Contact Us

PO Box 3511

Salem, OR 97302

Phone/Text/Msg: (503) 902-1122

www.ohanw.org



FEATURED PRESENTERS

Cat Wilson

Pediatric Hypnosis

Larry Dillenbeck

Shamanistic practices in hypnotherapy

PRESIDENT'S MESSAGE

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March 20th our Zoom meeting room will open at 12:30 so we'll have time to visit before Cat speaks.

Cat will start her presentation at 1:00 and end around 2:00. We'll take a little break and then come back for Larry's presentation. Tentatively 2:15 – 3:15.

After another break we'll have a discussion about what's happening in the legislature and any other subject that you want to bring up.

Our meeting will probably end around 4:00.

You'll need to pre-register for this meeting so we can get your email address and send you the Zoom link.

Be well. Stay safe. Enjoy the spring!

Joni Brewer, CHT
President
Joni@BrewerHypnosis.com



BOOK NOOK: For your Consideration

I came upon a 14-page article in a medical journal, Cancer, January 1954, Volume 7, *The Use of Hypnosis in the Care of the Cancer Patient*, by Byron Butler, MD, published by College of Physicians and Surgeons, Columbia University. It is an amazing work and testament to the power and effectiveness of Hypnosis. It contains many successful case studies and a historical timeline of hypnosis in this medical field.

I was inspired by the well-written article and its support of therapeutic uses of hypnosis. Three men referenced in the article were M. Brenman for his 1942 article in *Psychiatry, Hypnosis and Anti-social/Self-injurious Behavior*; Gill, 1947, an article on Hypnosis; and finally Wolberg, 1947, on *Medical Hypnosis*. The conclusion of the research was a quote which should uplift and remind us to keep up the good work.

“If Psychotherapy was ever to reach the masses, it would be through a more rapid method than Psychoanalysis and that is hypnosis.” Brenman, Gill, and Wolberg combined this process and coined it Hypnoanalysis.

Definitely a must read.— Tish Paquette, CHT, Editor

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Fan Group: [facebook.com/groups/ohanw](https://www.facebook.com/groups/ohanw)

2021 Event Dates

Put these event dates on your calendar:

Spring: **March 20**
Summer: **June 26**
Fall: **September 25**

Earn 5 CE credits for each event you attend!

See you then!

Event Info

Saturday, March 20, 2021

Location: Online (Zoom.com)

12:30 pm - Setup and Greet
1:00 - 4:00 - General Meeting (5 CEUs)

Cost: \$0

Donations accepted

You MUST register to attend

Register online at [OHANW.org](https://www.ohanw.org)

Join our online [Zoom](https://www.zoom.us) Conference