

Volume 12 - # 1 - March - 2010

Hypnosis Education Association

# HYPNOTES



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The March 2010, Meeting of the HEA will be held at the: **Holiday Inn Select**, Orlando International Airport  
5750 T.G.Lee Blvd, Orlando, Florida.

**March 12, 13 & 14, 2010**

Room rate for HEA attendees is \$89 plus tax, when you book early.  
**Call the hotel at: 407-816-0323**

## **HYPNOTES**

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conferences.

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### **Officers and Directors:**

President:	Patricia Scott	Ethics:	Ross Hester
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Secretary:	Michelle Beaudry	Education:	Michael Watson
Treasurer:	Susan Mair	Hypnotes:	Dan Cleary
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Programs:	Michael Watson		

## MESSAGE FROM THE PRESIDENT

So far this year has been all about new beginnings. The beginning of a new decade (Can you believe it's 2010?), the beginning of a new business arrangement (Jan Rysdon and Katie Coffin are now working with me at UPHI), and I'm finally beginning to learn about all this Internet STUFF! For the past two weeks I have been attending a series of classes on how to use the Internet for Social Networking (Facebook, Twitter, Blogging, etc.). Understand that these terms were quite foreign to me previously. As a matter of fact, I thought they were things that I would never need nor want to know anything about in THIS lifetime. Well, this year is also turning out to be all about CHANGE!

In spite of the recent overuse of the words "Change" and "Power of Attraction", they certainly apply to life. Change happens whether we DO anything or not and we tend to attract people and events that match up to our expectations and needs. Recently I had come to realize that the technology of the new century was leaving me behind and I was considering taking some classes on Internet networking and marketing. Then, a couple of weeks ago I was asked to speak at the "Tampa Bay Woman Power Hour" luncheon along with Debbie Lane and two other local businesswomen. Before the event began, I found myself meeting and talking with a young man who would be doing a free 3-hour seminar later in the week on "Facebook"! When they began doing drawings for door prizes, Debbie Lane shouted out excitedly "Pick Me, Pick Me" as they announced they were giving away two tickets for an orchestra performance. They picked her. A little later they announced they were giving away a package of Internet classes worth about \$1,600 from the guy I had been speaking with, so I shouted "Pick Me" and rubbed the palms of my hands together (whatever!) and, of course, they drew my name. Two things happened next. People looked at me and Debbie and wanted to know if "hypnosis" could also make them lucky, and I suddenly was propelled into the 21<sup>st</sup> Century (technology-wise).

Now that the universe has immersed me in modern technology, I am feeling the thrill of learning something new while working through the discomfort created by previous ignorance and stagnation in this area. "Change" isn't always easy, but it lets us know we are "ALIVE". When it's "change" we ask for, the discomfort is temporary and necessary in order to arrive on the other side with the knowledge and experience that make the "change" useful and valuable. Our March conference will, as always, have a plethora of presenters and ideas that can help us to help our clients to make the changes they want in their lives. How blessed I feel to be able to spend a weekend hanging out with such positive, fun, caring people while at the same time learning, growing and "Changing"!

See you on Friday, March 12<sup>th</sup>, at the Social Networking (the old-fashioned kind)!

Patti Scott

## **SATURDAY CONFERENCE PROGRAMS**

**10:10 AM - 11:45 AM**

### **CLIENT CENTERED HYPNOSIS**

**Michael Watson**

*Many hypnotherapists have been trained in a "cookie cutter" approach that offers scripts and protocols based on the issues that clients are trying to resolve. These "one size fits all" methods often miss the mark because they don't take into consideration the uniqueness of each individual and of each situation. In this presentation, Michael will show you how to customize your approach as you connect with your clients more naturally and effortlessly – eliciting your intervention from the client as the session progresses. Through demonstration and interactive discussion you will learn how to incorporate this concept into your work for increased effectiveness. The presentation will include a couple of unique inductions and detailed handouts for your use after the program.*

*(See his article for bio and contact information.)*



**12:00 - 1:00 PM**

### **HYPNOSIS**

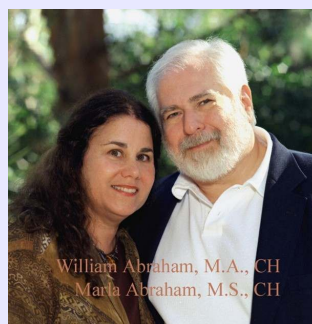
#### **A Pathway to Forgiveness**

**Marla & Bill Abraham**

*Every hypnotist can benefit by being able to offer their clients and themselves the release from pain that is the result of forgiveness. The techniques that will be demonstrated will be a valuable addition to your practice.*

*(See their article for bio and contact information.)*

**LUNCH BREAK - 1:00 - 2:30 PM**





**2:30 - 4:00 PM**

***THE DAY THE EARTH STOOD STILL***  
***Healing Teams to the Rescue***

**Okka Holthuis**

*For most people the world really does seem to come to a crashing halt when they receive a life threatening diagnosis. Whether cancer, some other process or trauma, a patients' life becomes office visits, therapies and surgeries, while riding physical and emotional roller coasters amid the remains of 'normal' daily life. The overwhelm is incredible and Okka Holthuis has transformed her personal journey into programs to assist others.*

*Join Okka and:*

- *Deconstruct the Diagnosis*
- *Meet the Healing Teams*
- *Access Power in Adversity*

***Okka Holthuis*** - Doctor of Natural Medicine and Certified Hypnosis Instructor is founder and director of Rainbow Healing Center for Energy Medicine of West Palm Beach, Florida and the Center for Energy-Medicine out of Norden, Germany. She is one of the founding directors of the Transformation-All-Stars Team and Vice President of the Hypnosis Education Association.

Visit Okka's web site: [www.rainbowhealingcenter.com](http://www.rainbowhealingcenter.com)

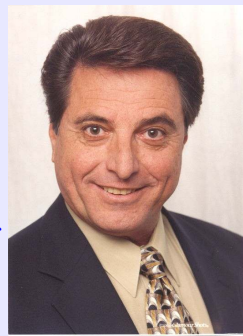
***4:00 PM- Business Meeting***

## **SUNDAY CONFERENCE PROGRAMS**

**10:00 - 11:45 AM**

### **WORKING WITH THOSE “HARD TO REGRESS” CLIENTS**

**Ron De Vasto**



*When working with the therapeutic application of hypnosis, regression is often a wonderful tool to help your client understand the condition that seems to be disrupting their life and how it applies to the present.*

*Often times because of your clients religious orientation it would not be advisable to mention Past-Life Regression, so how does one apply the tool and still help to maintain the clients religious integrity? How does the therapist use the tool for the greatest possible result.*

*Dr. Ronald P.De Vasto is a clinical hypnotist practicing in Winter Park, Florida since 1980 and specializing in regression therapy. He majored in psychology at Seminole Community College and Rollins College, both in central Florida. He then went on to receive extensive training in the field of clinical hypnosis. In February 1995 Ron completed a doctorate in Clinical Hypnotherapy.*

*Dr. De Vasto was elected to the board of directors for “The International Association for Regression Research and Therapies”. He served for eight years on the board and is responsible for IARRT’S presence on the world wide web. And developed the hypnotist training program for IARRT.*

***“We should not feel embarrassed by our difficulties  
Only by our failure to grow anything beautiful from them.”***

***Alain de Botton***

12:00 - 1:00 PM

## **USING SLEEP AUDIOS**

***Binaural and Bilateral Sounds***

***With Your Clients***

***Jim Thornton***



*Our society has created an opportunity for us to be relevant and profitable as hypnotists. Approximately half of Americans have trouble sleeping at least every third night. Hypnosis audios with binaural and bilateral sounds are a cost-effective way for you to help your clients to sleep. In addition to the sleep benefit the positive suggestions that clients receive have a dramatic impact on their lives.*

*Jim will give an overview of how he developed his sleep audios, the impact that they have had on his clients, and the steps for developing your own audios.*

*Jim Thornton holds certifications as a Behaviors Coach (CBC) from CMT Mentors, a hypnotist (CH) from the National Guild of Hypnotists, and as a Master NLP Practitioner from NLP University in Santa Cruz, California.*

**Contact: [jim@catalystclinic.com](mailto:jim@catalystclinic.com) 727-490-2000**

**LUNCH BREAK - 1:00 - 2:30 PM**

**2:30 - 4:00 PM**

## **CROSSING BOUNDARIES**

**Open Forum Discussion**

**Moderator: JoAnn Jones**

*One of the most important issues a hypnotist deals with is "Boundaries". This discussion will explore both the boundaries of the hypnotist and those of the client, and what to do when those boundaries are crossed. Bring your relevant experiences, expertise, opinions and questions to this important discussion and take away some new ideas and perspectives to add to your knowledge base.*

## **RESISTANCE AND RAPPORT**

**Michael Watson**



*A question that often arises in hypnosis trainings and classes or even at some professional associations is how to handle client resistance to hypnosis. And many novice hypnotherapists, as they seek to develop their skill and become confident in their work, are hindered by considerations about clients who refuse to "go under".*

*It's not unusual in casual conversation to hear someone say almost defensively, "I could never be hypnotized". And if you press them for a deeper understanding, you find that they've seen a stage hypnosis show where a subject talked into his shoe or sang like Elvis or spoke Martian (or chicken) or saw leprechauns. Since they're sure that they would never behave that way ... or perhaps concerned that going into hypnosis would MAKE them do such things ... they decided then and there that they would simply not let their guard down so that a hypnotist could hijack their will.*

***Anyone can resist hypnosis.  
And no one can be hypnotized against their will.  
But you already KNEW that, right?***

*So, in hypnotherapy (stage hypnosis being excepted) ... when a person has decided that they want a particular result, and that hypnosis is a safe and effective way to help them get it ... And when they've decided that YOU are qualified and capable and the hypnotist they want to work with ... and they are prepared to give you money for the service .... why on earth should they resist hypnosis?*

*They shouldn't ... at least not consciously. They've come in with the intention of co-operating. I'm sure your client's don't think in those terms at all ... and when hypnotists think that way, the practice runs the risk of turning trance into some kind of mental arm-wrestling ... It's all communication, after all. Conscious and unconscious communication. Notice the conditions I mentioned in the preceding paragraph. If these conditions haven't been fully met ... you need to cover them as a prerequisite of effective session work. If not, you'll get "resistance" ... or more accurately you'll be communicated to.*

*Make sure their goal is clear AND is ecological (good for them and everybody concerned) and something they really want. Make sure that false impressions have been cleared up and that they have no question about the fact that hypnosis is safe and that you can be trusted. Make sure they know what to expect and that they have*

*confidence in the process. Make sure they feel respected by you and use your rapport skills to build a sense of safety and comfort for them. And finally .... you need to EXPECT them to succeed and act accordingly.*

*Remember that at any time in the process, if you aren't getting the of responses you want ... look at the responses you are getting ... seek to understand what they mean ... and let your approach be guided by them. Never ignore or breeze by a client's objection or consideration whether expressed consciously or indirectly as a hindrance to hypnotic responsiveness.*

*There's a real difference in the effectiveness of "putting people under" and giving them instruction about how to enter trance. Why drag your client through a door which she can enter by choice. Tell her how and let her do it. What's to resist?*

**Michael Watson** - An international trainer and consultant, Michael has been practicing hypnotherapy for over 25 years. He is a past president of the Hypnosis Education Association and a certified trainer of hypnosis and NLP. Known for his lighthearted and caring style, his trainings are as enjoyable as they are practical. Michael's developmental work in Generative Hypnosis is "cutting edge" and offers a new skill set to hypnotists in contemporary practice. Michael is a Master Practitioner and Trainer of NLP, a certified Hypnotherapy trainer and an authorized trainer of Core Transformation. He is the IACT "Educator of the Year" for 2009. Visit Michael's website at: [www.phoenix-services.org](http://www.phoenix-services.org).

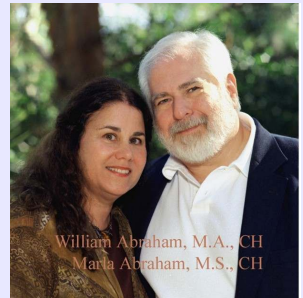
*If you want to heal the body  
You must first heal the mind.*

*Plato*

## **FORGIVNESS**

Bill & Marla Abraham

*Hypnotists have a primary goal of bringing peace to their clients. More often than not when a client presents a problem they are holding themselves or someone else to blame and they may be very reluctant to let go of their grievance. Many times we hear people say, “You don’t know what HE / SHE did to ME!”*



*Regardless of the wrong wrought upon our client, there is a way to regain peace. The essence of this miraculous solution is FORGIVNESS. The nature of this process is that all parties benefit from this, but no one as much as the forgiver, as they will be able to find release from the pain and distress they may have been nurturing for years. They get to reclaim their power.*

*Hypnotically the client can relive the event in question, altering various related factors to lessen the impact. Separating the event by using time to heal and adding distance can be useful too. Promoting self esteem and confidence will facilitate this process. Forgiving releases the client from the past so their present moment and future are free to unfold naturally, unburdened by the negative experience which has been detoxified or forgiven.*

*A valuable technique we have used is to have the client see themselves floating to the top of a high vantage point and look behind them to view these past events and forgive them, release them. Then they can look before them and future pace a positive future free of the burdens that have been binding them.*

*Ultimately the client lets go of their attachment to the feelings of the experience in order to stop re-running their tapes. They can dissociate and cast off the oppression and let go of the emotional connection. This does not mean condoning the action, allowing it to continue or allowing it to happen again.*

*The Native American parable of the wolves can be used to illustrate this concept. A youngster in the tribe approaches the tribal elder and says, "Grandfather, there are two wolves inside me battling for my soul, a good wolf that brings peace and happiness and an evil wolf that brings me pain, anger and fear. Which will triumph?"*

*The elder responds, "The wolf that you feed will flourish."*

*The only way to be free of the negative experience and to gain peace is to let go of the situation. Forgiveness will grant peace to the forgiver and start the healing process.*

*William & Marla Abraham have been married for 44 years, and are the founders of Wellington Hypnosis Center. They have spoken and presented workshops both nationally and internationally for over 36 years on hypnosis, meditation, visualization and deep relaxation and energy techniques to balance and enhance body, mind and spirit. Past life and spiritual journeys are an exciting part of their practice. They have facilitated A Course In Miracles study groups since 1976. They are ordained Interfaith Ministers and Directors of Interfaith Pathways, a non-denominational ministry. They both hold Master Degrees in Education and are certified hypnotists and members of the National Guild of Hypnotists, International Association of Counselors and Therapists, Florida Hypnosis Education Association.*

**Contact them: [www.wellingtonhypnosis.com](http://www.wellingtonhypnosis.com) or (561) 333-8035**

***Most problems can be ignored.  
The more difficult ones,  
can be slept through.***

***By: Anonymous Cat***

## From the Editor

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I don't know how you feel about what is happening in the world, your city, town or just down the street. I am curious to know how we can share what is happening at the most local level: in our personal universe. How can the interactions we encounter be used to improve our own life and the life of the clients who come seeking assistance?

Whether you are new to hypnosis or a veteran of many years, you have something we can all use: EXPERIENCE!

Experience in relating with others: if you were certified last week you still have years of experience communicating and your observations, insights and perceptions can be useful tools for us all.

Send in an article, better yet, make a proposal for a presentation at the conferences! If you are new at this, just ask and we will mentor you through the process.

THAT is a part of what H.E.A. is about. We are an ASSOCIATION. We are here to share with each other so that we all benefit. Teaching and learning are the same: instructors learn from students.

Practitioners entering the profession could present a program on the challenges they face. Our group will be more than happy to participate in a dialogue and usually find that even the 'Old Timers' have forgotten to address simple aspects, and in sharing remind themselves of the powerful benefit we have when we assist each other.

So take a deep breath ... clear your mind ... that's right ... you know how... Take a moment to simply be receptive in your own mind and allow a title, an action, or program to come to mind. When you have it, write it down. Now allow it to develop in clarity and write it up or call a friend to share it with, so that very quickly, an hour or a day or even sooner, you will have gotten the details sorted and sent the program, article, or idea to me or Patti Scott and really feel great about participating in H.E.A. today!

***This is your magazine, put your face in it!***

Dan Cleary

## LOCAL CHAPTER MEETINGS

**Miami, FL:**

Contact: Santiago Aranegui  
(305) 267-0117 or (305) 267-8277

**Palm Harbor, FL:**

Contact: Patricia Scott  
(727) 943-5003

**Jupiter, FL:**

Contact: Sandra Landsman  
(561) 575-0547

**Jacksonville, FL:**

Contact: Susan Watson  
(904) 553-2646 or  
Ben Edmonson (904) 387-4489

*The Transformation-All-Stars Team*

*FREE Teleconferences, second Monday of each month:*

<http://health.groups.yahoo.com/group/Transformationallstars>

## **March 2010 CONFERENCE**

March 12, 13 & 14, 2010

Holiday Inn Select, Orlando International Airport  
866-253-2182.

### **REGISTER ONLINE**

<http://hypnosiseducationassociation.com>

- ( ) Members mailed in \$35 (\$45 @ door)
- ( ) Non-Members mailed-in \$45 (\$55 @ door)

***Pay your 2010 dues!***

Make checks payable to:

Hypnosis Education Association

C/O: Susan Mair  
7900 Dunstable Circle  
Orlando, FL 32817  
Phone: 407-678-0047

## **CONFERENCE AT A GLANCE**

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### **Friday evening:**

6:30 - 10:00 PM Hospitality Suite

### **Saturday**

10:00 Opening - Patti Scott

10:10 - 11:45 - Client Centered Hypnosis

Michael Watson

12 - 1:00 - Forgiveness

Bill & Marla Abraham

1:00 -2:30 PM - Lunch

2:30 - 4:00 PM - The Day the Earth Stood Still

Okka Holthuis

4:00 PM - Business Meeting

### **SUNDAY**

10:00 – 11:45 AM

Working With Those ‘Hard to Regress’ Clients

Ron DeVasto

12:00 – 1:00 PM

Using Sleep Audios

Jim Thornton

1:00 – 2:30 PM: Lunch

2:30 – 4:00 PM

Crossing Boundaries – Open Forum Discussion

Moderator: JoAnn Jones

4:00 PM: Closing Announcements – Patti Scott