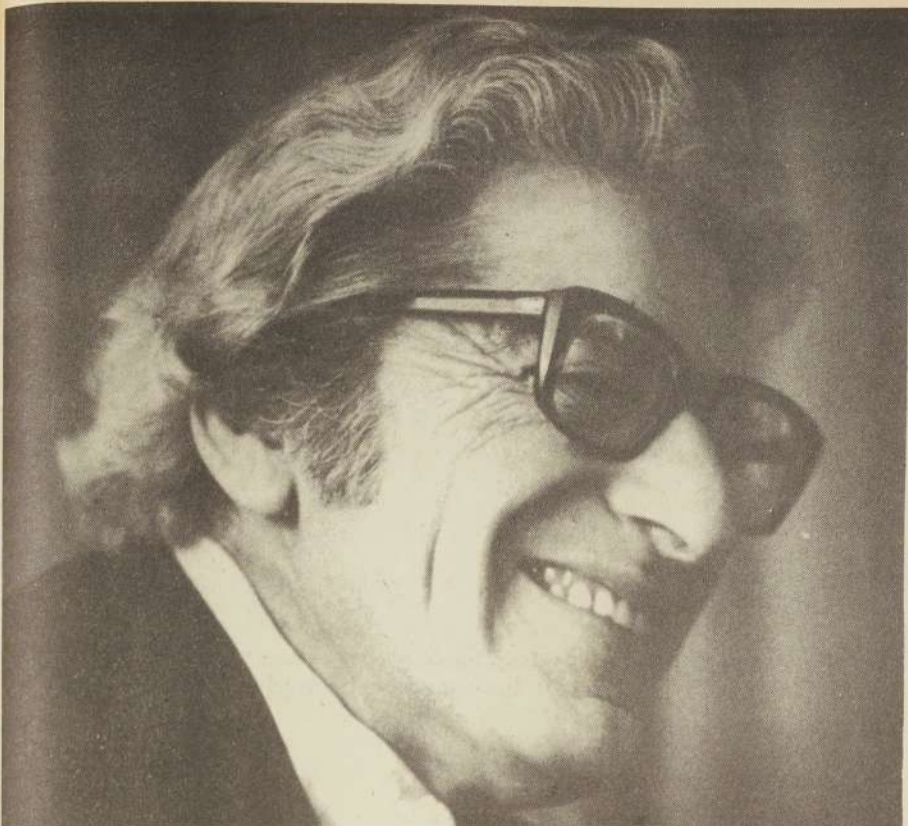


In Milwaukie

Hypnosis service dissolves myths concerning craft



Accredited Hypnotist's director Hal Leonard. Photo by Duffy Coffman.

By Kelly Laughlin
Of The Print

We all have a mental picture of the hypnotist: he enters the room dressed in a dark robe, his head wrapped in a turban. He has large, dilated eyes, and the power to put everyone in the room, including his pet poodle, into a deep trance. The dog begins speaking French, and everyone else barks.

According to Hal Leonard, director of Accredited Hypnotists of the Pacific Northwest, located on McLoughlin Boulevard in Milwaukie, the above is not only a myth, but "it gives our business a bad name," he said.

As the only accredited hypnotherapy service in the state, Accredited Hypnotists does business of its own at the Milwaukie office, and provides referrals to 26 other similar establishments in the Portland-Vancouver area.

Accredited Hypnotists professes to rise above the sometimes obscure, sometimes bizarre state of the art, by describing and practicing the profession in clear and un-mystifying terms. Said Leonard, "Our association was formed so the profession would reach a higher lever of sophistication."

With a 96 to 98 percent success rate in correcting weight problems, insomnia, smoking,

memory problems, speech impediments, fingernail biting, thumb sucking, bed wetting, and a host of other undesirables, Accredited Hypnotists must be doing something right.

The training students of hypnosis receive through Accredited Hypnotists is rigorous. To become a technician, the student must work under an accredited therapist for 100 hours, and log another 500 hours to begin working independently. Students must also be able to demonstrate their ability. Said hypnotherapist Bill Dorrenbacher, "all the study in the world won't do you any good unless you can put someone under."

About 90 percent of Accredited Hypnotists' clients come through word of mouth referral, according to hypnotherapist Glenn Lamaster. "A lot of them come from our competition," he said.

The competition? "They're the game show hypnotists," said a beginning hypnosis student, Darlene Stover. "The ones who put people on stage and make them look stupid." Or, said Lamaster, "they read a 'nice' \$2 book and think they have all the answers."

Unlike their competition, the Accredited Hypnotists said their responsibility is to guide clients over specific problems.

"They feed us the necessary ingredients about their problem, and we help them in getting over it," said Lamark.

The hypnotherapists dispell the fallacies concerning hypnosis in its most sensational form. Ironically, "game show" hypnosis, however ineffective, has existed parallel to trusted or accredited forms of hypnosis, and continues to receive more publicity and public attention than its counterpart. "Someday, we hope it will die completely," said Lamark.

Hypnotherapist Dorrenbacher said it is impossible to hypnotize someone without the person's desire to be put under the power of suggestion. "All hypnosis is self-hypnosis," he said. The client "must be willing—if our suggestions are to be accepted, translated into the subconscious, and acted upon. If he or she rejects it, there will be no reaction."

(This reporter, who sat beside a hypnosis student, gathered from the remark that Lamark made—"Don't look at

her too closely, she's pretty good at it"—that she could have really put me under.)

Of course, the hypnotists do their work only for a price. The hypnotherapists at the Accredited Hypnotists organization contend that their rates are negotiable, depending on the financial status of the prospective client, "but the base rate is \$50 an hour," said Leonard.

The time it takes to correct a problem varies as much as the number of clients, and their eventual remedies.

The five practicing hypnotherapists at the Milwaukie office admit that their word has little prospect for success unless "there is 100 percent motivation from the client," said Lamaster.

Dorrenbacher commented, "We only take clients to the spot where they want to go, and this is because we know what they're in here for."

There's no "stock formula" for treatment. According to the therapists, it all depends on the individual. And sometimes, they said, the client is turned

over to another therapist, if a personality conflict arises. "We are not here for a clash of wills," said Dorrenbacher. "We just want to get the job done."

The hypnotherapists have no far-fetched definition for hypnosis. They consider it merely another form of awareness—relaxation like meditation or yoga, though generally faster in its benefits.

More importantly, said Rita Larkin, who decided to begin studying hypnosis after losing 50 pounds from it, "It helped me find out that hypnosis really exists, that there's more to it than most people are told."

Guest lecturers keep workshop fresh, vital

If guest lecturers help to keep the Carolyn Taylor/Carol Petersen Wellness Workshop fresh and vital, their third annual presentation on Saturday should be another resounding success.

According to Petersen, this year's workshop will feature nutritionist Jane Abbott, biofeedback lecturer Ruth Kirchner, masseuse Virginia Lissitz, and Middle Eastern dance instructors Jeani McLena and Joanna Pratt, in a well-organized program emphasizing the holistic approach to physical and mental well being.

Petersen also credits the audience at prior workshops with "keeping it fresh." Past Wellness Workshops, termed

"special events," have invariably drawn the largest participation of any Focus on Women activity.

"This year we're doing something that we have not done previously," said Petersen. "We're allotting a longer time for each of the topics, but the people are going to have to pick which ones they want to see."

The workshop, which will be held in the College Community Center Mall, will cost \$15 and last from 9 a.m. to 5 p.m., including a "nutritious lunch," served in the cafeteria. Registration begins at 8 a.m.

Attendance at the Wellness Workshop qualifies participants for one unit of College credit.

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