

HYPNOSIS and Other Stories

By M. G. Dahl

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Forward

This collection of articles were written for the International Medical and Dental Hypnotherapy Association (IMDHA). Some appeared in the Unlimited Human magazine, some were in the Subconsciously Speaking newsletter, some are drawn from handouts used during hypnosis conference presentations.

Thirty five years ago I was drawn to the IMDHA by the face of Irene Hickman, D.O., as keynote speaker in the promotions for the conference. The opportunity to meet her was irresistible, and I registered to attend the conference in Michigan. The presenters were fascinating. I was delighted to meet such high quality, knowledge presenters and practitioners, and asked the founder, Anne Spencer if I could take the certification test that weekend. My first certification was in 1985 from the American Council of Hypnotist Examiners (ACHE), founded by Mark Gilboyne. Anne Spencer, founder of the IMDHA, had studied with Gilboyne. She accepted my training time with ACHE educators Jerry Kein and Jack Mason who were then in Ft. Lauderdale, FL, and I passed her essay answer certification test.

It is a pleasure to be part of such an eclectic group of mind power professionals. For 35 years I've studied, sharing meals and ideas with remarkable, enlightening humans through this hypnosis membership. I feel refreshed after attending the annual conference.

Dr. Hickman invited me to study at her place in Kirksville, Missouri; a transformative experience with Dr. William Baldwin and Father Marty Patton. Learning to observe for and notice spiritual phenomenon accelerated the speed with which people I had the great fortune to serve, were able to process change. How inspiring to bear witness to people rapidly reclaiming the power to transform their lives for the better, using their innate and learned skills for coping with or resolving what bothered them.

When the IMDHA was purchased from Anne Spencer by Linda and Robert Otto, they placed it under the umbrella of the organization they founded, the International Alliance of Professional Hypnotists. It joined the International Association of Counselors and

Therapist (IACT), which the Ottos purchased from Jillian LaVelle. These organizations have membership options if you are interested in hypnosis: associates, students, certified members, and educators.

The names of my educators are accurate. The names of people in these articles are made up to protect their identities. They are fascinating humans who decided to sit with me because they were ready to change something in their life. They had a longing to release things that bothered them so that they could live more enjoyable, fulfilling lives.

These teaching tales are intended to remind you that you are powerful, resourceful.

You are remarkable!

We can often change things in our lives, given the right tools to remember, and redecide.

If you are not contented with what is occurring in your life at this time, reading this book, may elicit changes in you. These stories of other people in the process of change, may remind you that change is not only possible, it is occurring with every breath, breathing in, and breathing out.

And the old becomes new again.

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The tools of transformation that we learn in hypnosis training programs are wonderful. We can apply them to our own lives just as easily as we apply them to the lives of our clients. When we are “stuck” in some way in our own lives, it is useful to have someone trained in hypnosis to speak with, as they can remind us of methods we have used in the past, things that work. We can run those patterns internally, creating a more generalized sense of wellbeing and joy in living an authentic life based on personal wants, needs, and values.

Chapter 3 - Color and Hypnotherapy.

There is an ongoing debate in the field of hypnosis about depth and quality of response. Some folks say that depth is needed for good results. Some folks say that a good quality of response can be had without deep trance states. I believe that depth is useful in dealing with surgical applications, and that conversational hypnosis can be used for most everything else. One of the fastest ways to bring about depth in conversational hypnosis is to use colors. According to Husband and Davis' Depth scale (Lecron & Bordeaux, 1947, p. 67), color sensations are experienced at the deep or somnambulistic levels of hypnosis.

When I first got into this field, I, with my arrogance, assumed I could "assign" colors to help a person heal that I had found helpful for me. I quickly learned that it was better to ask what color was linked with a feeling or thought, and ask what color would feel better. Then I learned about the Hindu chakra system, which has a thorough analysis of color and what those colors indicate are at issue in a session (Brennan, 1987). Chakra 1 is between the legs and is red. Chakra 2 is in the pelvis and is orange. Chakra 3 is in the stomach and is yellow. These first three chakras reflect the physical body in the physical world. Chakra 4 is in the chest and is green. This is the astral bridge by which the spirit gains access to and infuses the body with life force. Chakra 5 is in the throat and is light blue. Chakra 6 is in the brain and is dark blue. Chakra six is the crown of the head and is purple.

When I ask about colors now, by the responses, I get an idea of where the person is, where they are going, and how we can intervene? We can do a process of aligning the colors to match the Hindu chakra system. First do an assessment, "What color do you find: between your legs, in your pelvis, in your stomach, in your chest, in your throat, in your head, and at the top of the head?" Then re-arrange the colors to align with the Hindu system. It's amazing how fast people relax and release tension when they imagining their bodies as rainbows.

Color intervention can also be done just after the progressive relaxation is complete (but it is not necessary to induce trance to use color as an intervention), and then ask, "Is there any part of the body that needs to relax still further?" If yes, "Where is it?" The client identifies the part of the body that is still tense." "What color is it?" The client tells me the color. If the client hesitates, or says, "I don't know," I say, "Imagine you have a box of Crayola crayons. What color would you use to draw that feeling?" This generally elicits a color response. Then I ask, "What color would feel better." The client tells me. I asked the client to, "Breathe out the color that is tense, and breathe in the color that would feel better. Is there any other part of the body that needs to relax still more?"

I draw a stick figure to track location and color, and I number them. Once the client has completed a body scan which lets me know where they are holding tension, I have them go back and check the areas out one at a time. Usually just changing the color will reduce or relieve the tension.

Dave Elman (1964) used a method called the Green Finger technique for rapid elimination of pain.

Sometimes we have to get another sense involved in order to gain the relief the client is seeking. "If that color had a voice, what would it say?" This is when we engage in a Great Debate (a la Charles Tebbetts, and that is another article).

respectfully submitted

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"Blessed are those who dream dreams and are willing to pay the price to make those dreams come true" (unknown).

References

Brennan, B. (1993). Hands of light. Westminster, Maryland: Bantam Dell Publishing

Lecron, L. M., & Bordeaux, J. (1947). *Hypnotism today*. No. Hollywood, CA: Wilshire Book Company.

Tebbetts, C. (1964). *Hypnotherapy*. Glendale, CA: Westwood Publishing.

IMDHA Resources

<https://www.hypnosisalliance.com/imdha/>



The International Medical and Dental Hypnotherapy Association can help you find hypnosis practitioners, training in hypnosis, events, a virtual library and an online store.

There are four types of membership providing access to tens of thousands of hypnosis and other articles for human health and well-being: associate, student, certified, and educator.

“The International Medical and Dental Hypnotherapy Association is a Referral Service dedicated to providing the community with excellently trained Certified Hypnotherapists. IMDHA Practitioners work harmoniously with allied healthcare professionals to aid individuals in dealing with specific challenges and procedures.

Our objective is to help create a sense of peace and harmony within the individual so that the current challenge can be met and dealt with in a positive manner, thus making the journey toward wellness and peace of mind less traumatic.

Our goal is to reduce the stress the individual is experiencing as a hospital patient and / or surgical patient, etc. Less stress allows the body to focus attention on its natural course of healing. The method to be used is hypnosis.

In addition to medical challenges, all IMDHA members assist persons in dealing effectively with non-medical problems. Finding solutions to self-sabotaging habits leads to peace of mind and control of unwanted, negative behavior. Self Empowerment is the goal.

The International Medical and Dental Hypnotherapy Association: Dedicated to Healing: Body, Mind and Spirit.”

M.G. Dahl has classes scheduled through 2026

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Her training manuals are available on Amazon.

Hypnotherapy, Vol. 1: Basic Hypnosis.

Hypnotherapy, Vol. 2: Hypnotherapy

Hypnotherapy, Vol. 3: Electives

Her chapters (Chapter 10, 1st ed.; Chapter 13, 2nd ed.) regarding the use of neurofeedback for reducing the adverse impact of PTSD and mTBI are found in *Restoring the Brain*, edited by Hanno Kirk. Both editions are available on Amazon.

She is co-author of an article with Hanno Kirk that is in press, 2022.