
ON MEETING BRICE LEMAIRE

By Monica Geers Dahl



Monica Geers Dahl is an IMDHA educator who started teaching hypnosis certification courses in 1994. She opened a private practice of hypnosis in 1985, and earned a doctorate in counseling psychology in 2010, with a focus on neurofeedback aka EEG Biofeedback for PTSD symptom reduction. Her theoretical orientation is an eclectic, client-centered, approach with the Gestalt of Fritz Perls, depth psychology of Freud and Jung, family systems based on Bowen and Satir, and Elman's rapid inductions and deepening as her foundation for hypnotherapy. She was blessed to study with Jerry Kein, Gil Boyne, Irene Hickman, Ormond McGill, Charles Tebbetts, Anne Spencer, Sol Lewis, William Baldwin, Father Marty Patton, and the Tad James Co. In 2019, IMDHA awarded Monica with a life membership. In 2020, Monica moved from Key West after 41 years living in paradise to the paradise of Inverness, Florida.

In 2022, I came to the Hypno Expo annual conference in Orlando to see my colleagues. My last time teaching for the Association was in 2016 due to health issues. I got to see familiar faces (delightful), and new faces (curiosity). I was razzingly welcomed to join Peter Blum and Dan Cleary at a table; I love those men, they are remarkable humans. We shared stories of those who had passed and the blessings we received from knowing them and discussing the "new" methods of hypnosis. Peter's pithy comment was, "The old is new, and the new is old again."

Maybe you have that sense, you can feel someone looking at you, and you turn to look directly into their eyes. I felt someone looking at me; turned and saw a lovely young man sitting with Cheryl and Larry Elman, looking at me like he wanted something. A new face, I didn't know him, yet. Linda Otto contacted me after the conference to say Brice Lemaire wanted my number. Yes. I learned he wanted to translate my training manuals into French. Excellent. What an honor that my compilation of "what works in hypnosis" was going to circle back to the cultural foundations of Anton Mesmer in France. This pleases me.

Dr. Brice Lemaire is a Dental Surgeon with twenty years of experience using hypnosis in various settings. He practices medical hypnosis every day at his office. He teaches it to dental surgery students at the Dental University Nice, in a Postgraduate training of dental hypnosis he created ten years ago. He educated me that the French field of hypnosis is presently saturated with Ericksonian-style education. Dr. Lemaire has already mastered the Elman Method; he's a trainer for the Dave Elman Hypnosis Institute in France. He has translated Roy Hunter's work; he is creating progress in the field of hypnosis. The translated materials he has selected are being used for teaching in his post-doctoral hypnosis classes.

If you didn't attend any of Dr. Lemaire's classes during the 2023 conference in Orlando, you missed a treat. During one of his classes, there were films of hypnosis being done for dental procedures, including one in which a colleague of Dr. Brice Lemaire is doing the work on Dr. Lemaire. Dr. Lemaire said his colleague was nervous during the procedure which relied only on hypnotic anesthesia. Dr. Lemaire uses his hands differently from how I use it in dental applications. He uses an arm drop; starting with his arm outstretched, palm facing down. As his arm and hand descend, it deepens his anesthesia. When his hand is resting, he is ready for the procedure. I use the green finger, transfer the numbness, and tell the dentist, "Go. I'm ready." My hand rests on the arm of the chair or my leg, and my cue to the dentist to give me a

break is to raise my hand.

Dr. Lemaire's first class of the conference was a history of hypnosis; he is a fine storyteller with a vibrant, engaging delivery. We learned that Emile Coué is well known in the United States but rarely mentioned in France. We got to practice two primitive, non-verbal inductions. This man is brilliant. The brief chapter on history in my Basic Hypnosis (HYP100) course is dry. I'm hoping Dr. Lemaire translates his History of Hypnosis book into English; it will be recommended reading for my students.

In addition to being a dental surgeon, Dr. Lemaire is educated in theology. He went to a conservatory to become a classically trained musician; then he fell in love with Jazz. What a Renaissance Man; theology, medicine, and music. In the era of Mesmer, the Renaissance man was educated in law, theology, and medicine. In French, Le Maire means "mayor". I think I have a new title for Dr. Brice Lemaire: Mayor of Hypnosis.

Dr. Lemaire is a surprise package full of fun. I was surprised to learn that the "young man" was fifty, and a father of four. He showed us another aspect of his broad-ranging interests; he does street hypnosis. Elegant, refined, quick, amazing. He demonstrated several wonderful exercises of eye fixation, hand movement, and catalepsy for induction and deepening. He is also a magician, whose card tricks after dinner had my mouth hanging open with my eyes like saucers in awe. I could not follow his sleight of hand; he is so quick and smooth. What a delightful human being.

How fabulous to mingle with the hypnosis minds from around the world that are attracted to the Hypno Expo (IMDHA and IACT) conference. Thank You to Robert and Linda for sustaining an incubator for hypnosis minds for cross-fertilizing ideas and practices of hypnosis from different cultures and eras. We refresh each other with such remarkable skills of the members and participants who share generously their accumulated knowledge.

