

THE FAR REACHES OF HYPNOSIS

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With Deborah Faithrose, CH, CI

Deborah Faithrose was a youthful, petite lady sitting in the last row of one of my Thinner Band Hypnosis (2) day workshops at the 2011 National Guild of Hypnotists Annual Convention. When I first heard her name, I mused what a wonderful name that 'Faithrose' was for a hypnosis practitioner. After the 2 days, she chose to become a Thinner Band Licensee and accordingly I was able to learn more about her background. She was a resident of Texas, recently married, and was planning to move to Alaska....brrr!! She felt that there was a need for hypnosis in Alaska and had no fears whatsoever about a practice. From time to time she kept in touch with me to order some Client Workbooks and accompanying materials and I was curious about Alaska as I had never been there. She would email me a few short tales and sent me photos including one of a Moose on her roof one Winter, which is included herein. She would write me tidbits like this *"I arrived at the beginning of the coldest and snowiest winter Anchorage has seen in 60 years! Eleven feet of snow total. The good news is this former, heat loving, Texan survived the winter. Hooray!"* and *"I'm excited about getting the information out to the public here in AK. There are very few hypnotists here in Alaska. Therefore, I really want to educate people about our profession. Also I'm looking forward to teaching certification classes so there will still be a strong hypnotism presence in Alaska when I decide to move back to Texas."* And further photos depicted: *"Alaska has high winds coming off the Bering Sea in the Fall. Tree fell on our house! Mushrooms in all colors growing everywhere. My new office. Snow covering the top of the Chugach Mountains for a month now. Summer is definitely over! (Did it ever start? Smile) Last winter, moose came up to window and surprised my dogs. Moose on roof, really looking hard for winter food. Northern Lights over Anchorage . Midnight sun in July creates an unusual blue hue over sky – taken from my street at midnight. It was still daylight!"* She sent me photos of these scenes and I do not know how much room there is in this Journal issue but I would be happy to share them with you if you request them via email.

We exchanged many emails and it was always good to hear from Deborah. A few months ago she wrote me this: *I've had several more interesting Alaskan clients since we spoke. I think your suggestion of writing an article to share these unique situations here in Alaska is a great idea. I recently had a client to travel all the way from Dutch Harbor in the Aleutian Islands (1,187 miles) just to have two sessions with me. The popular TV series, "Deadliest Catch" (Discovery channel) is filmed there in Dutch Harbor. My client is one of the guys who goes out on the fishing vessels in the Bering Sea for 30 days at a time. He has interesting tales of high risk and life threatening situations at sea. He referred two of his friends to me who also made the long journey to Anchorage. People in this area live an extremely unique and adventurous life. Unfortunately, this adventurous life creates accidents in need of Pain Management sessions.*

Hopefully this is enough of an introduction to give you a vivid 'image' of what it is like living and practicing in Alaska, so now Deborah Faithrose's article follows:

Extreme Situations

Imagine getting a call inquiring about using hypnosis to stop smoking. Sounds like a typical phone call for a hypnotist, right? We had the usual conversation about how hypnosis works, how many sessions, and then the fees. When my potential client made the decision to make an appointment, I realized there is nothing typical about my client's situation. My client, Randy Batten, lives in Dutch Harbor, 812 flight miles from my office in Anchorage, Alaska, and his airline tickets (at a low-cost rate) would be \$1,000. There was no doubt in my mind this man was ready to stop smoking. As I arrived at my office in late March with snow still piled high, I noticed a man walking outside the building. The determination in his walk was evident. I knew it must be my client from Dutch Harbor. It was indeed Mr. Randy Batten. He had taken a taxi from his hotel to arrive at my office early.

As we talked about his goals and his life in Dutch Harbor, it became apparent that Randy, as a Bering Sea fisherman, lives a life that few people are willing to tolerate. This is how Randy described his life out on the Bering Sea:

“Being out at sea for thirty days at a time, working 20 hours a day and sleeping, at the most, 5 hours at a time, seems like one long day. Exhaustion takes a toll on your mind and body. Pain is the only friend you have, and when you have a chance to sleep, trying to find a position to lie that doesn't hurt enough to keep you awake is almost impossible. Dreams are as crazy as the life is. You see and handle so many crabs they no longer seem like living animals any longer. Working the rail as I do, you deal with waves and weather torturing you. And then the matter of landing the crab pot as it is brought over the rail by crane operators, possibly swinging at you, or even coming loose and falling on, or crushing you is always a possibility. They weigh 800 pounds or more, and you can't win a wrestling match with them, as my torn rotator cuff on one arm, and surgery on other shoulder after having my bicep and triceps muscles ripped off my shoulder, can attest too. I've been knocked out on deck and had my head split open, I've lost one out of three of my calf muscles permanently on one leg, and torn so many tendons and muscle, I don't know what holds me together anymore.”

At this point in our conversation, I begin to realize that flying almost a thousand miles to Anchorage to see a hypnotist was a piece of cake compared to Randy's daily life on the Bering Sea. The need for pain management sessions became obvious. The first and most important goal was to get rid of the cigarettes. This is how Randy explained the relationship between him, the sea, and the cigarettes.

“My one solace used to be getting a chance to smoke a cigarette. But I could tell it was taking a toll on my body inside, just like crab fishing was on the outside. Attempts to quit failed, until Deborah cured me through hypnotism. A two pack a day smoker stopped smoking the second he walked out of her building, and at the time of writing this, it has been a month since I've smoked one. I can breathe now,

taste, and smell now. The ocean smells great, the crab not so much. I have more energy, and know that will continue into whatever I do. It was worth the time and effort to fly in from Dutch Harbor to have this done, and has paid off already, I have saved a \$1000 already. I have recommended hypnotism to many of my friends since my experience, I'm sure there are hundreds that could use the benefit of hypnotism for many different things here in Dutch Harbor. Dutch isn't a horrible place to live, but I miss trees, and the opportunity to hike in decent weather, and you do get tired of the same view all the time. I love being on the ocean, and will miss it, even with all the pain and suffering while I'm out there. That happens to nearly all fishermen, I can't explain that, it makes no sense."

Before Randy went home to Dutch Harbor, he became a non-smoker and his pain was lessened through the power of his own subconscious mind guided by skills and techniques of hypnotism. It was humbling and a blessing to know that we, at the Hypnosis Center, were able to help Randy recover a healthier and less painful life. His parting words were:

"No matter what I do in the next months, decide to retire from fishing or whatever, I'll never forget the week that hypnotism saved my life, just as members of my crew have done for me, and I for them, over the years. It will rank up there with the meritorious award that was presented to our crew by a coast guard admiral a few years back, when we aided them in 30 foot plus seas in searching for missing fisherman from a sunken boat, only recovering bodies, the highest award given to a civilian."

Since Randy's visit to Anchorage, he has referred two of his friends who also made the long trip from Dutch Harbor to Anchorage for a healthier life by re-programming and re-educating their subconscious mind. I will always remember Randy and the lesson he taught me. There is no place on earth that's too small, too remote, or too isolated to benefit from our profession of hypnotism. But the famous saying, "Build it and they will come." is not enough. Extreme situations call for extreme marketing. We must let all people everywhere know we are here. There are people in native villages, small towns, and remote islands, who need our help! Deborah Faithrose

NOTE: Deborah emailed me various photos of the whaler client and open sea whaling. I have forwarded them to the NGH and hopefully there will be enough room for some selected photos to be included.

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines