

To the committee regarding HB2493,

I oppose this bill and hope that you read my testimony to find out why.

As a struggling adult who was likely depressed and unable to open up about my life and the trauma I had experienced I was not willing to go to a therapist or doctor. I was also dealing with the grieving I went through after losing two of the most important people in my life, my Grandparents who passed a couple weeks apart.

I turned to a trusted friend who's Mom happened to do Hypnosis. She not only helped me love myself again, but she was able to clear the cobwebs in my mind and help me see the light again in a very short amount of time. I was in a very dark place in my life, and wasn't comfortable going to a doctor or therapist that I didn't know. My own family didn't know how depressed I was, so I wouldn't have ever talked to a therapist about my issues. By having the ability to choose my provider myself and to allow this friend to do hypnosis on me, it changed my life for the better! I'm no longer feeling depressed, and am **so grateful** for the opportunity to have went to her for hypnosis. I was her client for about two years, but most of the change happened in the first six months. She was never my therapist, but she did give me a life changing experience and helped me see my worth again.

I also have experience with Reiki which also was life changing for me as well. No therapist or doctor could have ever helped me like Reiki helped me, because during this time, what I needed was someone that understood the spiritual side of things with what I was dealing with at the time. I needed something out-of-the-box that *wasn't* regulated. I'm now a Reiki practitioner myself, and though it's a very spiritual experience I **always** recommend they talk to their doctor or a therapist if they are having issues. That was how I was trained. I'm not a doctor or a therapist, so diagnosing or doing talk therapy isn't how we work. However, Reiki is a way for them to relax and calm them and in some cases help them manage their pain while they are also seeking their doctors and therapists out for questions answered. From my experience, Reiki has been absolutely life changing for many of them. If you could only see the amazing work that we are all doing to help others, I think you would all understand how important it is to not pass this bill. Reiki in-and-of-itself is a spiritual energy healing modality. Hypnosis for me was also very spiritual. Why would we regulate that? These types of work should never be regulated in the way this bill is trying to do.

The more rules and regulations we put on this kind of work, the less it will be able to help people like myself. People who need an out-of-the-box approach. Please don't pass this bill. It will be devastating not only to many Oregonians that are struggling and thinking about reaching out for help, but don't want to go to their doctor or therapist. For many of these types of people reiki and hypnosis is a better option. Passing this bill will also be devastating to the many practitioners like myself who are building a business in this difficult season of life.

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