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ENTRANCING NEWS

A publication of the **Canadian Society of Clinical Hypnosis (BC Div.)**

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Fall 2005

UPCOMING EVENTS

Sept. 21 Monthly Mtg. –
“Regression Therapy”

Oct. 19 Monthly Mtg. –
“Korean Hand
Therapy”

Nov. 16 Monthly Mtg. –
“Introduction to
Shamanic Journey
Work”

Nov. 19 Fall Seminar –
Energy Psychology,
Psychotherapy &
Self-Healing

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ENERGY PSYCHOLOGY, PSYCHOTHERAPY & SELF-HEALING

**Open to the Public~
Tell Your Friends!**

**Including Tapas Acupressure Technique and
Emotional Freedom Techniques (TAT & EFT)**

Presented by

LEE PULOS, Ph.D., ABPP & HEATHER FAY, M.D.

Saturday, November 19, 2005

Thought Field Therapy is one of the new “power therapies” and a breakthrough technology that already has had an enormous influence on how we treat psychological problems. The energy or electrical circulatory system of the body is believed to subsume all other mind/body systems. The circulatory energy or Qi is rooted in the quantum domain and permeates the cognitive, endocrine, circulatory, lymphatic and muscular systems.

Energy psychotherapy is being utilized to successfully treat a number of mind/body and clinical conditions including **simple and complex phobias, anxiety disorders, post-traumatic stress, sleep dysfunction, obsessive conditions, physical pain, anger, addictions and guilt, among others.**

This seminar will be 80% experiential or “hands on” and 20% will provide history, theory and background to the energy psychology therapies.

*Please see the enclosed brochure for more information.
Also, please tell your friends and colleagues about this Seminar!*

IMPORTANT NOTICE RE: MONTHLY MEETINGS

Please note that the Society’s **Monthly Meetings** held on the third Wednesday of each month (except for December, July & August) will now be held at the **Unitarian Church of Vancouver**, on the northeast corner of Oak St. & 49th Avenue. The address is **949 W. 49th Ave., Vancouver** and there is free parking available. If traveling north on Oak St., turn right into the parking lot north of 49th Ave. There is also an additional entrance from Fremlin Street, a sidestreet off of 49th Ave.

The meetings will be held in the **Davide Room in the Hewitt Building**. The new start time is **6:45 pm**. Many thanks go out to Dr. Bianca Rucker for hosting these meetings over the past 10 years at her office and helping us to locate a new site.

Please see the last page of this Newsletter for a listing of Monthly Meeting topics and presenters for September to November. We hope to see more of our Members there!

THE BIOLOGY OF BELIEF (April 16, 2005)

Presenter: **Bruce Lipton, Ph.D.**, Reported by **Mavis Lloyd, Ph.D**

A packed Planetarium Auditorium enthusiastically enjoyed Bruce's day-long presentation. He is the single most dynamic teacher I have ever experienced. His use of Power Point to illustrate his research into the topic of How Beliefs Become Reality was absolutely brilliant.

Initially focusing on how dogma often shapes man's belief system and therefore his behaviour, he then explored how environments play a dynamic part in what each person and society becomes. He paid particular attention to the dogmas in medicine, which have been detrimental, both to our health and to recovery from illness, quoting a book, "Death by Medicine" by Gary Null, Ph.D., et.al. (www.garynull.com)

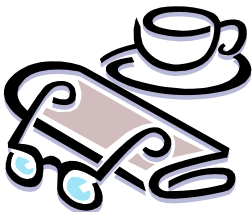
One of Bruce's major goals with this presentation was to help replace the fallacious belief that we are not responsible for whom we are because we are victims of heredity. Our perceptions govern how we view and interact with our world. When perceptions are changed, we can master our world. Perception has critical survival values and protection mechanisms. It is derived from: Nature, Genetics, Nurture, and Consciousness.

Perception used with positive energy can improve our immune system and our chances of growth and survival. However, used negatively, i.e. with fear, we are vulnerable. The two cannot be experienced at the same time. An example he used at the societal level involved political systems that are fear-based in order to control the population. Bruce gave evidence of the stunted growth possibilities in those societies. He also showed a video clip of a fetus in the womb, which was being changed by the angry, fear-producing behaviour of parents. Apparently babies born from that type of environment may produce stronger limbs in preparation for a more aggressive survival stance once they are born.

Bruce ended his presentation by stressing that: "Hypnotherapy is one of the most valuable tools in bypassing our conscious mind and accessing the subconscious. With appropriate intervention, hypnotherapy can reprogram limiting and self-sabotaging behavioral programs that we have acquired through our developmental experiences. As we become more conscious, and rely less on subconscious automated programs, we become masters of our fates rather than the 'victims' of our programs. Conscious awareness can actively transform the character of our lives into ones filled with love, health and prosperity." (Quoted from Bruce's workshop notes.)

For further information, Bruce gave his website, www.bruce-lipton.com. Available from this website are his book: "The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles" and his most recent DVD, "Nature and Nurture and the Power of Love".

News & Notes



This section covers events in the lives of our Members. The Executive welcomes additions to this column - please mail, email or fax your news and notes. We are also happy to hear about books you have read which you would recommend or workshops and/or presenters that have been beneficial. If there is someone you would like us to approach for presentation at a regular monthly meeting, or for a longer workshop, that information is also appreciated. We need presenters for our meetings, so when you have a topic you can share with members, please volunteer.

Lee Pulos, Ph.D., ABPP and President of our component C.S.C.H. (B.C. Div.), has released his latest CD production "The Biology of Empowerment". It is available through Nightingale.com.

Leora Kuttner, Ph.D., has accepted a visiting professorship at Melbourne, Australia's Children's Hospital. She will be working with a pediatric pain management team all through November and December later this year.

Gordon Cochrane made the following submission:

It is not often that articles involving hypnosis appear in the mainstream psychology journals. However this article may be the beginning of a new trend. The April, 2005 edition

of the Journal of Consulting and Clinical Psychology Vol. 73, No. 2, 234-340, includes an article by R. Bryant, M. Moulds, R. Guthrie & R. Nixon titled, The Additive Benefit of Hypnosis and Cognitive-Behavioral Therapy in Treating Acute Stress Disorder.

All of the subjects (87) were civilians who were diagnosed with Acute Stress Disorder (DSM-IV-TR 308.3). One group received CBT, one received CBT-hypnosis and one received Support Counseling. The CBT consisted of the three treatment variables that have received solid research validation (exposure to the recalled specifics of the trauma source, cognitive restructuring of the conclusions and perspectives originally formed as a result of the initial experience and anxiety management). Those in the CBT-hypnosis group were taught how to get into a focused state

and the only suggestion given them was to become fully absorbed in the CBT aspects of the treatment. In the focused state, they received the same CBT treatment as did the CBT group. The support group received basic empathic support.

The results show that CBT-hypnosis resulted in greater symptom reduction at follow-up than did the other two treatments. The conclusion drawn by the authors is, "Hypnosis may have use in facilitating the treatment effects of CBT for PTSD."

MONTHLY MEETING REVIEW

Hypnobirthing (March 16, 2005)

Presented by **Lee Pulos, Ph.D.**, Reported by **John Hewitt, M.A.**

Lee began by showing a video of a C-section birth. This video is available for members to view should they wish to do so. It shows a remarkable demonstration of a painless surgical birth without the use of anesthetics.

Part of Lee's practice is helping women prepare for the birthing experience using hypnosis to assist their labour. He dedicates the work to David Cheek M.D. who was instrumental in teaching Lee and many others in the use of hypnosis with the birthing process. (David Cheek's book, "The Application of Ideomotor Techniques", Allyn & Bacon, 1994, ISBN 0-205-15595-2 discusses this important topic.)

After the video, Lee shared his hypnobirthing protocol. The expectant mother is guided through it with enough repetition to ensure accurate memory. Then Lee leaves the room and instructs the client to go through the protocol alone, giving her enough time for mental rehearsal. When he returns they discuss any questions that may have arisen. Lee makes a tape for home practice and usually sees the client for three spaced sessions, interspersed with the home practice, to refine the learning. This pattern enables the hypnobirthing client to develop the confidence necessary for her birthing experience.

Central to the birthing process is the concept of cooling and numbing those parts of the body that need to remain

It is interesting that the hypnosis suggestions were not for recovery or for any other "treatment" format but were exclusively for absorption in an already validated treatment model.

Again, hypnosis is defined by its use rather than conceptually. As a well-known writer said, "What's in a name? Would not a rose by any other name smell as sweet?" Imagery, absorption, hypnosis – in this case, they are one and the same.

pain free. Lee led our group through this part of the protocol. He used a brief induction and then we were off to the lake. Here, we were invited to slowly wade in up to our waist, all the while experiencing the cooling and numbing of our legs and abdomen. Lee put a clock time duration on the hypnotic cooling sensation of five minutes. Thank goodness! I had ridden motorcycle to the meeting so I was wearing heavy jeans and leather chaps. But, my legs were soon freezing and I was beginning to shiver. Even now as I write, I can feel my legs cooling down.

Memories and demonstrations of several Ericksonian techniques filled the rest of the evening. Lee remarked about the power of arm levitation to deepen the trance state. 75% of clients will respond to a suggestion to raise the arm and deepen the trance. Those that are less skillful initially are helped by gentle guidance. Another Erickson induction was demonstrated by Lee. It involves pulling the subject's attention to the hypnotherapist's hand through an act of surprise. Lee approached me to shake my hand and then placed the back of his hand vertically in front of me. With surprise, I found my eyes following the hand and began flowing into a trance state.

Thank you Lee for your enthusiasm, experience and willingness to share your extensive knowledge with us.

MONTHLY MEETING REVIEW

Hypnosis and Cancer Management (April 20, 2005)

Presented by **Heather Fay, M.D.** and Reported by **John Hewitt, M.A.**

We listen to television, to other people, even to our pets. In this 'forest' of chatter we tend to miss listening to the most important influence in our lives; our own bodies.

Heather Fay has survived cancer twice; she is a Medical Doctor and a specialist in hypnosis and energy psychology. She believes that western medicine has a part

to play in cancer treatment, but also requires of herself and her patients a belief in personal healing.

People do not cause their cancers. They should not feel guilty in case they had some direct hand in their illness. Rather, they allowed the illness to develop. Cancer is an ever present opportunist. Usually it is gobbled up by the immune system, but outside events can alter the balance of

power inside. Lee Pulos, also a cancer survivor, commented that first the body whispers to you, then it starts to shout and finally it screams.

After a cancer diagnosis, almost all patients can point to a toxin in their lives, or to a belief that contributed to the dis-ease onset. Heather related a number of case histories. For example, a woman with metastasised breast cancer discovered, under hypnosis, a belief that she would die at 47, the same age as her mother. Another Case involved a patient with cancer who finally left her husband after identifying the relationship as an influencing factor. Both women survived. The former changed her beliefs and the latter finally re-united with her partner on more healthy terms.

As a cancer patient of Dr Fay, you can expect a full life inventory to be taken and clear instruction on energy and hypnotherapeutic techniques to assist you with the medical treatment (much of which creates discomfort), and to boost your body's natural healing capacity.

The first step is to re-frame the cancer diagnosis from a death sentence to a challenge that can be met. Patients need to be active in the healing and not hand their power over to luck, God, or chemo-therapy. At this time, more than any other, there can be no abdication; no retreating into the 'ivory tower of intellect' in the hope the body will repair itself. Thoughts move through the body talking to every cell and now is the time to get a message of healing out to all of them.

Heather takes a history of the stressors and looks for themes in the patient's life. Once identified these are addressed with hypnosis and/or energy psychology. As mentioned previously, most patients feel guilty for bringing the cancer into their lives. The assembled group at this evening's meeting spent some time discussing the difference between being responsible for the cancer and allowing it into your life. It was agreed that this re-frame should address feelings of guilt and open up interesting avenues of self knowledge such as: what is the lesson you are trying to teach yourself that you have not yet learned?

Heather generally uses Emotional Freedom Techniques (workshop coming up in the fall) to reduce fear, guilt and get the patients out of 'protection mode' so a more complete history may unfold.

She suggested that the type and location of cancer is significant i.e., people with throat cancer may have difficulty speaking their truth. People who feel they 'never have a leg to stand on' get cancer in the lower limbs. Overall, whatever you continuously tell yourself, (usually with unconscious programming) even if it is that you want to die, your body will listen and oblige and eventually bring your wishes to pass.

From an examination of the patient's history, thoughts and beliefs, Heather then moved into describing ideas for creative imagery.

The key here is love for yourself and even love for your cancer. Loving your cancer is much more effective

metaphor than fighting your cancer, although it certainly would not play very well on the 6:00 News. Love is the ultimate metaphor for healing and that is why it is so important to get past guilt and self blame. Patients will naturally have their own useful images, sounds and feelings around love, which can be therapeutically developed under hypnosis. Lee offered an image of loving golden light, coming out from the bone marrow and engulfing all the cells, including the cancer cells. In a handout that Heather had brought called, 'Ideas for Imagery' I liked the suggestion of, 'Powerful giant eagles feeding on kernels of corn' (cancer cells). The cancer serves as food for the healthy cells in the body.

When a patient is facing a trip to the cancer clinic for chemotherapy or radiation, Heather recommends packing a goodie bag with treats, things to read, maybe a snack. She also recommends taking a personal music player of some sort and isolating yourself as much as possible from the other patients. You need to be "positively selfish" and resist the influence of negative comments.

A Chi-gong technique for self protection when in stressful places, involves bending the fourth finger on both hands into the centre of the palm and visualising the whole body being inside a cocoon of white light.

Creative imagery plays a role in assisting the chemotherapy to target all the cancer cells and flow freely through the body. It addresses side effects including nausea and even hair loss. When Heather was undergoing chemo- therapy she imagined an elastic band around her head holding her hair in place. She lost all the hair on all the rest of her body except on her head, which was very acceptable.

Many cancer patients have to face surgery, a daunting prospect. Heather carefully talks her patients through what to expect. She offers common sense advice drawn from her own stays in hospital, such as, take your own pillow because the hospital ones are not very satisfactory. Also take your own socks, a pen and pad. Make the place your own, as comfortable as you can from your own perspective.

Be "positively selfish and self loving". Practice pre-surgery imagery such as isolating the tumour with steel so that nothing can escape, making the lymph nodes stand proud and obvious for the Surgeon's inspection, and even closing your ears to the surgery staff's negative talk during the operation.

Beliefs and perceptions are the 'umbrella' under which everything else falls into place to offer the optimum chance of survival.

Heather emphasizes putting everything on the table, including: family/friends, emotional baggage, work, leisure, diet, exercise, Spiritual beliefs, western and alternative medicine.

Patients need to let go of anything that is sapping their energy, including anger, relationship issues, real or imaginary insults, etc. They should ease off consuming

bad news and minimize, or ideally avoid, watching television news, especially before going to sleep. Deal with the here and now, live today as if it were your last and expect to live forever. Project yourself forward into an event that you really want to attend. See the date and see and feel yourself there, enjoying the moment.

Heather likes her patients to do daily self help routines. These involve using Chi Gong or Yoga exercises, taking

vitamins and antioxidants and practicing self hypnosis, imagery, self talk affirmations and loving kindness. Ultimate healing comes from the heart, so clear up unfinished business and cultivate laughter, joy and gratitude.

Thanks to Dr Heather Fay for sharing her life experiences and great expertise in the treatment of Cancer.

MONTHLY MEETING REVIEW

Mental Toughness (May 18, 2005)

Presented by **Gordon Cochrane, Ed.D.** and Reported by **John Hewitt, M.A.**

Dr Cochrane started to develop his unique theoretical approach to therapy when he was in graduate school. Since then, he has refined and expanded the theory and applied it with great success in such areas as sport psychology, business, weight loss and relationships. To review his books you can check out his web site at www.self-worthseries.com. To learn more about Dr Cochrane you go to cochranepsychology.com and if you are interested in participating in his continuing education program on relationship enhancement, there is an advertisement at ce-forpsychologists.com.

Dr Cochrane is in the business of 'setting people free'. He wants you to do your best, live with the consequences and have fun with the potential of failure. He invites clients to check inside for any impediments to success, so they can remain task focussed in the midst of stress, change and challenge.

A learner, one of the most important concepts in this theory, is a life perception from which a conclusion has been drawn. It operates outside of consciousness like 'eyes in the dark', conditioning responses to similar and related situations. The trouble is that the learner may be getting in the way of a person's declared life goals.

It is like knowing that to advance a career you have to be able to speak in public, but being unable to do so. You consciously try to pull your life in one direction and the learner tries to pull your life in another direction.

Dr Cochrane employs many carefully crafted guided image procedures to help clients meet and recognize their learners.

For example; clients may be asked to imagine a tall building with each floor representing an aspect of their life, finances, relationships etc. They are invited to enter the building, push an elevator button and take the elevator to a floor. When they exit the car there will be a long corridor with many doors, one with a light above. They are to enter the door with curiosity and meet a life lesson from the past - a learner.

At this meeting on May 18, Dr Cochrane illustrated his theory with a case history of a young golfer.

The golfer scored in the mid 70's but needed better. All the family liked golf and all, including the golfer, got extremely agitated when things went wrong. They would break clubs and usually the young golfer could not proceed with sufficient concentration to obtain a good score.

So, in therapy, the goal was to maximize talent and keep everything else at bay. Dr Cochrane made a relaxation tape linking the feelings of frustration and anger to an imaging solution. The client put a number on the level of frustration, at which point he would imagine stepping into a soundproof booth and relaxing before the next shot.

This worked beautifully; the golfer convinced his learner that inadequacy over one bad shot did not have to be hidden in exhibitions of anger. Namely, that he could look after himself, risk failure and embarrassment on the next shots without it destroying his sense of self worth or proficiency.

But, what is therapeutic between the client and his learner is not always obvious. For example, a firefighter had been coming to therapy after witnessing a particularly horrific incident.

One evening on duty he had to crawl through a 3 ft pipe which was slowly filling with water. To remain focused on the task, he remembered an imaging exercise with Dr Cochrane which involved kicking field goals. So he kicked field goals all the way through until he successfully got to the end of the pipe.

At the time, when this imaging took place in the office, it was in no way obvious how, when or if it would be therapeutic.

The task of the therapist, therefore, is to assist the clients in identifying their learners, help them imagine how they are going to therapeutically engage the learner, and help them hit the 51% faith that they **can** engage that learner.

Many thanks to Dr. Gordon Cochrane for making the time to share his great expertise with Society members.

Case Studies and Information Sharing (June 2005)

Reported by **Mavis Lloyd, Ph.D.**

Lively discussion was the order of the day for those members who attended. Most of us had been to conferences and workshops on many varying techniques. These ranged from Korean Handtherapy for pain reduction (see October 19, 2005 Monthly Meeting presentation), to various topics related to combining many different energy psychology techniques with past life regressions in hypnosis. We shared our latest findings and how they were integrated into our present practices. Questions for clarification of future counselling were raised and helpful input given, thus providing a highly useful and enjoyable evening.

Welcome New Members!

Please add the following new Members to your Membership Directory:

<u>Name/Address</u>	<u>Degrees</u>	<u>Member Type</u>	<u>Referrals</u>	<u>Specialty</u>
Davies, Peter 14417 17 th Ave. Surrey, BC V4A 1T6 604-536-4817 daviespeter@shaw.ca	M.A. (Counselling)	Full	Y	Stress, Depression, Anxiety, Pain Management
Dyer, Brenda ("Yaari") 6201 Cecil Green Park Rd. Vancouver, BC V6T 1Z1 604-221-8124	MA Candidate	Student	N	

*****PLEASE NOTE NEW MEETING LOCATION AND SLIGHT TIME CHANGE*****

Monthly Meeting Schedule

The following is a listing of the dates and topics of upcoming meetings. Topics may change at the last minute due to circumstances beyond our control. If you wish to confirm the topic being presented, please feel free to contact the office.

The purpose of these monthly meetings is to provide useful information to our members and a place for members to meet and discuss hypnosis in a positive learning environment. If there is a topic you would like to see presented or you have a topic you would like to present at one of the meetings, please contact the Society President, Dr. Lee Pulos at 604-669-6979.

Meeting Date: Third Wednesday of each month
Meeting Time: 6:45 p.m.
Meeting Place: Unitarian Church of Vancouver – Davide Room in Hewitt Building
949 W. 49th Ave., Vancouver, BC (northeast corner of Oak & 49th)

<u>DATE</u>	<u>PRESENTER</u>	<u>TOPIC</u>
Sep. 21	Lee Pulos, Ph.D., ABPP	Regression Therapy
Oct. 19	Les Moncrief, R.Ac.	Korean Hand Therapy
Nov. 16	Elena Crippen, R.N., R.Ac.	Introduction to Shamanic Journey Work