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# ENTRANCING NEWS

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

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## FALL 2006

### UPCOMING EVENTS

**Sept. 20** Monthly Mtg. –  
“Hypnosis with  
Children”

**Oct. 18** Monthly Mtg. –  
“The Hypnotic  
Language of Cognitive  
Behavioral Therapy &  
Ego State Therapy”

**Oct. 28**  
“Integrating Hypnosis  
with Psychotherapy  
and Behavioral  
Medicine” – **Dr. Cory  
Hammond**

**Nov. 15** Monthly Mtg. –  
“Peak Performance for  
Sports & Other  
Applications”

### **Executive Council Members**

**CHARTER MEMBERS**  
F.W. Hanley, MD  
R. Yorsh, DDS

**EXECUTIVE COUNCIL**  
Lee Pulos, Ph.D., ABPP  
*President*  
Saul Pilar, MD  
*Administrative Vice-President*  
Leora Kuttner, Ph.D.  
*Education Vice-President*  
Heather Fay, MD  
*Secretary-Treasurer*

**MEMBERS AT LARGE**  
Mavis Lloyd, PhD  
Bianca Rucker, RN, PhD  
Lance Rucker, DDS

**PROFESSIONAL  
ADVISORY COMMITTEE**  
Marlene Hunter, MD  
Don Louie, MD, FRCP(C)  
Frank Spellacy, Ph.D

## **INTEGRATING HYPNOSIS WITH PSYCHOTHERAPY AND BEHAVIORAL MEDICINE**

*Canadian Society of Clinical Hypnosis (BC Div.)* is proud to present **Cory Hammond, PhD, ABPH**, Past President of the American Society of Clinical Hypnosis, for a one day seminar in Vancouver. Please join us and tell your colleagues!

**Saturday, October 28, 2006 8:30 am – 5:00 pm**  
**Paetzold Education Centre – Vancouver General Hospital**

*See enclosed brochure for more information*

## **PRESIDENT’S REPORT**

It has been quite some time since I have written a column. However, I felt compelled to address one of the most puzzling challenging questions of our specialty – what is hypnosis?

The October 2005/January 2006 issue of the American Journal of Clinical Hypnosis devotes most of the articles to attempting to define hypnosis from differing perspectives of prominent clinicians.

The lead article was the 2003 APA Division 30 (hypnosis) definition – “a hypnotic procedure is used to encourage and evaluate responses to suggestions”. However, this definition completely ignored spontaneous trances and hypnotic phenomena as a frequently experienced part of everyday life.

Spiegel and Spiegel defined hypnosis as – “a form of focal concentration that maximizes involvement of one sensory perception at a time”. Controlled imagination and “some absorption” were added parenthetically to the definition.

Michael Heap focused primarily on the behaviour and intentions of the hypnotist rather than on the response set of the subject.

Daniel Araoz described hypnosis as a “continuum of phenomena” and Cory Hammond offered a multi-factorial definition involving social, cognitive, physiological (dissociation) and a capacity for absorption.

Ernest Rossi’s definition emphasized the cellular changes leading to enhanced gene expression which generates elevated levels of neuronal activity. In the most recent issue of the Journal, Rossi wrote a brilliant article on mirror neurons which reflect empathy and rapport and can help to understand the intention of others. Mirror neurons can be utilized to explain ideomotor, ideosensory and all fundamental processes of therapeutic hypnosis including suggestion, brain plasticity and molecular genomes.

One of my favorite definitions of hypnosis is... “The Physiology of Fascination” ...the title of a paper by physician James Braid 150 years ago.

However, none of the authors commented on what I feel is perhaps the most convincing evidence for hypnosis – the electromagnetic shifts and bioelectric reorganization of the body while in trance.

The work of Burr (2) and Ravitz (3) have demonstrated that in true hypnosis, the DC electrical potential or strength along the central midline of the brain drops significantly and is similar to the electrical DC changes that take place during deep sleep and which also occur during general anaesthesia. The resting potential along the central midline of the brain is usually in the minus 10 millivolt range. This central midline, from back to front corresponds to the governor meridian of acupuncture. Under hypnosis the electrical potential drops to zero and in very good subjects will move to plus 10 millivolts. Thus, a subject with proper suggestions can effectively influence the DC – analog electrical system in order to induce sensations of cold or numbness for pain relief in that part of the body.

As a control, in one study subjects were asked to pretend being in hypnosis in order to please the researcher. Their DC potential either remained the same, or went down slightly, thus establishing that hypnosis is real and has a measurable electrical correlate that represents a significant change in the subjects level of consciousness.

Burr and Ravitz point out that the changes in the DC – analog potential cause the parts of the body that are in need of healing to shift into a “healing” DC potential.

This might partially explain why psychiatrist Ainsley Meares would induce a deep hypnotic state in his cancer patients for up to two hours. There was absolute silence except for when he would quietly whisper and intersperse the suggestion “heal, heal now” every so often. His reports of remarkable healings and recovery from terminal cancer were scattered in the hypnosis literature in the 1970s and 1980s. Hypnosis therefore, seems to induce a shift in the electrical DC potential in different zones of the body that would appear to potentiate and accelerate physical healing.

Back to the more conventional understanding, the primary purpose of hypnosis is to absorb a person in a frame of mind (re-frame) that is consistent with the therapeutic objectives of teaching empowering strategies for change and growth. In other words, to re-educate and reprogram the subconscious with new beliefs.

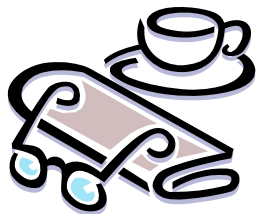
However, one cannot be absorbed without expectation and focus (focusing trances) compared to de-focusing trances (Ericksonian inductions and daydreaming).

Hopefully, by including knowledge and research on the electromagnetic and bioelectric changes in the body during hypnosis, we can expand our understanding of hypnosis and hypnotic “depth” as a multi-dimensional rather than a linear process. Thus, while hypnosis still remains somewhat of a mystery, our theoretical apertures are expanding and it is now becoming a more comfortable mystery.

Respectfully,

Lee Pulos, PhD, ABPP

## News & Notes



This section covers events in the lives of our Members. The Executive welcomes additions to this column. Please email or fax your news and notes. We are also happy to hear about books you have read which you would recommend to members, plus workshops and/or presenters that have been beneficial. If there is someone you would like us to approach for presentation at a 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.

The Society bids a fond farewell to **Gordon Cochrane** as a long time member of our Executive Council. Unfortunately other obligations have beckoned his talents elsewhere. We wish you well in your future endeavours Gordon!

Also, farewell to **Kim Piccolo** after 8 years as the Society’s Administrative Assistant. A

warm welcome is extended to **Marlee Fatur**, who has resumed Kim’s duties.

Congratulations to **Dr. Heather Fay**, Member of the Executive Council of our Society, who has now completed training in Medical Acupuncture with Steven Aung, MD.

## Techniques for Treating Addictions

Presented by **Les Moncrieff, RAc.** Reported by **Mavis Lloyd, PhD**

For the second time this season Les both informed and entertained a large audience with his profound wisdom, knowledge and passion that he also uses to help his clients face their challenges in detox(ification) services. He told us of his own personal journey towards health and shared his considerable contributions to the field of addiction treatment.

Les gave us an encouraging picture of today's government supported programs, which have evolved and progressed enormously since he began his association with the profession 22 years ago. In its earlier stages a rigid and intolerant abstinence based model existed with the professionals acting in a role somewhere between bouncers and correction officers for the policy 'offenders'. Little or no progress or understanding was experienced by the unfortunate recipients. Today a more compassionate and respectful harm reduction approach is used, where clients are treated holistically as worthwhile individuals on a path to recovery which is driven by their own needs and abilities at a pace which is acceptable to them.

The government sponsored, free programs consist of many forms of complementary therapy for every type of substance addiction recovery. These approaches include acupuncture and both group and individual counselling, in which many forms of energy psychology are utilized. Les's description of these various programs was illuminating. For example, in residential detox clients want to be there because they are cared for in ways they have often never experienced. There is almost a hotel atmosphere, where clean sheets, laundered clothes and three square meals, plus snacks are provided, along with the counseling and detoxification activities during the seven days they are resident. They are then directed to further appropriate support systems for continued growth and maintenance.

Les provided us with several beneficial handouts. One of them contained a useful definition to help prospective clients, and professionals to understand detoxification. It is quoted verbatim here. "The process of detoxification is called a *"healing crisis"*. The body is healing itself by eliminating toxins and moving towards a healthier balanced state. The body has an inherent desire for perfect health. "*Drugs*" tend to suppress and prevent the natural process of healing. Medications are often necessary to slow down this healing crisis and ease withdrawal symptoms to ensure safety, such as D.T.s and hypertension, as the body struggles for health. Acupuncture and other complementary therapies which are suggested may be very useful to support this healing process. (**Homeostasis**). *The healthier you are, the healthier choices you tend to make.* (From: "The Body Owner's Maintenance Manual – Complementary Therapies For Addiction Recovery. Booklet written and

compiled by Les Moncrieff. Because of the importance of the topic of addiction, two other handouts follow and are included in their entirety. The first handout gives more details of the treatment process and places that it is available. The second is a letter written by Carl Jung to the founder of Alcoholics Anonymous. Probably the most useful handout of all for us is the card giving the contact telephone numbers for Access Detox Services, (604)658-1250 and toll-free 866-599-1110, which operates seven days a week, from 9.00 a.m. to 9.00 p.m. This information will be repeated in bold lettering at the end of this report, as there are few, if any amongst us who will not benefit from keeping these numbers on file.

Thank you Les, for an inspiring presentation and for the generous handouts.

### **Integration of Acupuncture Into Vancouver Coastal Health Authority - Addiction Treatment**

Acupuncture and other complementary and alternative therapies (CAM) are well established in the Vancouver Coastal Health Authority, primarily the Downtown East Side. Health care directors and management have been very progressive in this integrative process. In 2002 a CAM Task Group was established to create policies and procedures to identify, evaluate and facilitate the integration of current and potential complementary therapies.

Evidence of this transformation only surfaced when the BC government adopted the regionalization of health care in late 90's, hiring new management and directors with vision, courage and willingness to try new approaches.

Werner Heinsberg stated, "*It is probably true, in general the most fertile developments of the history of human thought are born at the intersection of two currents of ideas. These currents may originate in the midst of totally different cultural conditions, in diverse epochs and places. But from the time that they effectively meet and maintain a relationship sufficient for real interaction to take place, one can hope for new and interesting developments to occur.*"

### **Acupuncture & other CAM services are offered at the following Health Units:**

- The Vancouver Detox Center & Daytox Program
- Harbor Light Treatment Center
- Cordova Detox Center
- Richmond Addiction Services
- Three Bridges Health Unit
- Downtown Community Health Center
- North Health Unit on Commercial Drive
- Raven Song Health Center
- Evergreen Health Center
- Doctor Peter's Center for clients with HIV
- Contact Center

The Vancouver Detoxification Center and Daytox Programs are the model programs offering a variety of options for its clients.

Acupuncture is the baseline therapy and is available daily for the treatment of withdrawal, stress and general pain management. Harm Reduction Philosophy combined with a more holistic approach has resulted in a program which is client-centered, respectful and more empowering for our clients. We have created an addiction service that actually works and staff that have a renewed excitement about their participation in providing this service.

**The following CAM services are available at Vancouver Detox and Daytox Programs:**

- Acupuncture
- Detox Herbal Tea
- Bach Remedies
- Energy Psychology treatments
- Aboriginal spiritual healing teaching and practice
- Aromatherapy.
- Yoga and meditation
- Qi Gong

*The National Institute of Health (NIH) in a review of research in their Consensus Statement in 1997, has concluded that "promising results have emerged, for example, efficacy of acupuncture for adult post operative and chemotherapy nausea and vomiting and in post operative dental pain. There are other situations such as addictions, stroke rehabilitation, headaches, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel pain and asthma where acupuncture may be used as an adjunct treatment or an acceptable alternative....."*

The integration of complementary medicine has clearly enhanced the effectiveness of our services by providing a more holistic and multidisciplinary team approach to client care. As health care providers we are more accepting and respectful of clients immediate needs. Our client centered approach is engaging clients without judgment and unrealistic demands while nurturing the healing process at a pace which is more acceptable. The responsibility for their healing is owned by them rather than imposed on them by the system. Our clients will be the first to agree that our services are different and that they like the changes. They are working for them.

Les Moncrieff, Reg. Acupuncturist

Dear Mr. W. (Founder of AA)

Your letter has been very welcome indeed.

I had no news from Rowland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Rowland H. But what I really thought about was the result of many experiences with men of his kind. His craving for alcohol was the

equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.\*

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is that it happens to you in reality and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Rowland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Rowland H., but I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism.

You see, "alcohol" in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum*.

Thanking you again for your kind letter

I remain

Yours sincerely

C. G. Jung\*

"As the hart panteth after the water brooks, so panteth my soul after thee, O God." (Psalms 42:1)

**ACCESS DETOX SERVICES: (604) 6581250; Toll Free, (866) 599-1110; 9.00am – 9.00pm, 7 days a week**

## Video Presentation: Ideomotor Techniques

Presented by **Lee Pulos, PhD, ABPP**, Reported by **Mavis Lloyd, PhD**

After sharing his personal relationship with David Cheek, M.D, Lee presented a video clip of him working with a woman volunteer during a workshop. This video, which was made in 1988, demonstrated Dr. Cheek's extreme gentleness and rapidity of process when working with patients. The topic for investigation was to seek knowledge of information which was not normally available for the conscious mind.

Dr. Cheek, an obstetrician of renown, used his extensive background to work with the patient who was suffering from difficulties with breathing. In a series of carefully paced hypnotic suggestions, he took her back and forth between the between conception and her birth, then to later traumas which reinforced her breathing problems. Dr. Cheek's main method of communication with her subconscious mind was by using ideomotor finger responses to check both content and process.

After watching the video that Lee stopped from time to time for comments and questions, we then worked through a handout he had made. The handout includes Dr. Cheek's

basic pattern of questions and suggestions, plus other suggestions from Lee's own regular practice with the process. This detailed handout also includes the bibliography for two books he highly recommended, and is available upon request by calling our Society's office. Both Lee and one member had used the specifically demonstrated pre-birth regression successfully to resolve issues for their clients and they recounted these experiences to clarify and support the invaluable effects of the process. (The full description of how to work with this specific pre-birth hypnotic process is found in "Hypnosis, The Application of Ideomotor Techniques" listed at the end of the handout).

Members then watched Lee demonstrate the technique. This demonstration was followed by a group experience of the process for all present. The evening concluded by discussion and questions related to our experiences.

Thank you Lee for all the work you put into the preparation and presentation of this excellent evening.

## Monthly Meeting Schedule

### ***PLEASE NOTE: NEW VENUE FOR MONTHLY MEETINGS***

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: Adler Centre  
Suite 230 - 1818 West Broadway, Vancouver, BC  
(Metered Street Parking)

<u>DATE</u>	<u>PRESENTER</u>	<u>TOPIC</u>
Sept. 20	Leora Kuttner, PhD	Hypnosis with Children
Oct. 18	James Stabler, MSW	The Hypnotic Language of Cognitive Behavioral Therapy & Ego State Therapy
Nov. 15	Lee Pulos, PhD, ABPP	Peak Performance for Sports & Other Applications