



ENTRANCING NEWS

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

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FALL 2007

Upcoming Events

Sept. 19/07
Stephen Gilligan's DVD
Fundamentals of Ericksonian
Hypnosis

Oct. 17/07
Harry Stefanakis
An Exploration of Lucid
Dreaming

Nov 17/07
Seminar - Advanced
Hypnotherapy: Treatment of
Health Related Issues

Nov 21/07
Monthly Meeting;
Superimposed by Fall Seminar

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Fall 2007 Seminar

Reported by Lee Pulos

November 17, 2007 Workshop

We are pleased and excited to announce a one day Workshop on Saturday November 17, 2007 by Dr. Dan Brown of Harvard Medical School.

Dr. Brown has been acknowledged by several of his peers at the American Society of Clinical Hypnosis to be "the best teacher of hypnosis in ASCH" at this time.

The title and topic for the one day seminar is **Advanced Hypnotherapy: Treatment of Health Related Issues**.

He will also offer an evening presentation on Friday Nov 16, 2007 – **The Energy Body and**

Its Functions, Immune Functioning Longevity and Regeneration, which will be held at the Planetarium and is open to the public. Bring your friends, family and inform your clients about this informative, stimulating and provocative presentation.

Dr. Brown is the author of the now classic book, **Hypnotherapy and Hypnoanalysis** (co-authored with Erika Fromm), in addition to dozens of scientific articles ranging from PTSD and Dissociative Disorders to Cross Cultural Psychology False Memory Syndrome and Peak Performance and Excellence.

MARK THESE DATES IN YOUR CALENDAR!!!!!!

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- Improving Adolescent / Adult Relationships Using Centering Techniques
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Monthly Meeting Review - April 18, 2007

Dreams that Do What They are Told: An Exploration of Lucid Dreaming

Presented by Harry Stefanakis, PhD, Reported by Mavis Lloyd, PhD

Harry's most fascinating statement for me was that you can learn to program the content of dreams, especially in lucid dreaming. Lucid dreams are those which occur most frequently in REM (Rapid Eye Movement) periods of sleep, particularly at the end of the sleep cycle, or during a nap. They are the ones in which the dreamer realizes they are dreaming and that they are still asleep. In this state, there is some volitional control.

As we spend about one third of our lives sleeping, it is useful to be able to explore methods of

making this time more meaningful for us, especially as dreams have a profound impact on our lives, mentally, emotionally and physically after waking.

Harry uses his profound knowledge and experience of this type of dreaming with his clients, not only for solving problems, but for improving performance in athletic, business and professional activities, overcoming nightmares, improving physical health and fostering creativity. We dream more when we are stressed as a way to process our issues. During the sessions, he helps clients to identify the meaning they attach to their dreams and then helps them to change the ones which are problematic, thus helping tocont'd on p2

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activate a powerful healing process.

To conclude the all too brief session, which raised many questions and observations amongst participants, we were treated to an entrancing experience of relaxation and dream preparation.

Because we only scratched the surface of this fascinating topic, Harry has agreed to return for an encore presentation later in the year. Those who were fortunate enough to attend this initial session will certainly be there. Hopefully many more members will take advantage of this opportunity which will definitely achieve both personal and professional growth for participants.

Thank you Harry for providing us with more insight into this very important topic and also for the excellent handouts that we received. They will help us to continue our growth in using dreams, both for ourselves and for our clients.

Improving Adolescent / Adult Relationships Using Centering Techniques, Case Consultation & Practice

Reported & Presented by
Mavis Lloyd, PhD

Since I began counselling in elementary schools twenty-one years ago, a major focus that has always been needed is helping young people who could not cope with the negative emotions of anger and fear when relating to both peers and adults. Neither did these young people have the essential communication skills to correct the problem. Interviewing parents of children in difficulty soon determined that the parents knew few, if any, respectful ways of behaving when in conflict with their children. Naturally they could not teach or model these skills to their offspring, and resorted instead to yelling or hitting in order to maintain power, control and order. At that time I set out to train, not only older students to be mediators to younger children on the playground, but also younger children individually. I chose to work with their parents whenever possible as well.

While I still use the basic communication and conflict resolution skills in virtually unchanged ways today, I have added to them significantly with the use of hypnosis (or deep relaxation and visualization as I call the process in a school setting). When a person is angry it is essential to heighten the awareness of deep breathing as an initial tool to remain calm. I also add the Emotional Freedom Techniques for Anger to give other immediate ways of producing self-control. Centering the 'self' is vital to

using appropriate communication skills successfully. My personal goal, especially when working with individual adolescents is to give them positive, legitimate power and also to have them experience increased empathy for their parents. After all, the parents did not have the benefit of being effectively trained because there were no 'schools for parenting' in existence.

Within my private practice, I have seen many distressed parents who cannot understand why they are having such difficulty raising their offspring to be 'perfectly good' – even when their own behaviour is far below that level of achievement. I usually insist on seeing the parents (parent) alone before working with their children, no matter what the age of their child. Often it is possible to produce enough change by working with them alone, without seeing the younger child or teenager. However, because there are many types of families in existence today, no set pattern is mandatory. Many combinations are possible. For example, I've recently worked successfully with a father and teenaged son, neither of whom could cope with the woman (separated wife/mother) in their lives. Success depends upon the needs of both parents and children to be able to shift their belief systems from right and wrong, fair and unfair, etc. The amount of sessions varies from two to several, depending on the levels of difficulty being experienced and the rate of learning that is available.

Having been a teacher for many years before becoming a counsellor, I use at least half a dozen handouts to give to the families. Thus, the skills taught and role-played can be reviewed and referred to when necessary. The resulting progress raises the Emotional Intelligence Quotient of all participants considerably.

Monthly Meeting Review - June 20, 2007

June Meeting – Practice Session & Case Consultation

On June 20, Dr. Lee Pulos, Dr. Heather Fay and Dr. Mavis Lloyd arrived at the Adler Centre to provide assistance for members who chose to attend to benefit from their collective years of experience and enthusiasm. The purpose of June meetings, before closing for the year, is to give one last chance for members to practice hypnotic techniques, which members may wish to do, to share case studies, and to network generally.

Only the three above named were at the meeting, Mavis having driven in from Tsawwassen through awful traffic. Due to this lack of interest, it has been decided that further June meetings of the Society will not be held.

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

- Sept. 19/07** Presenter: Steve Gilligan's DVD
Topic: Fundamentals of Ericksonian Hypnosis [Lee Pulos will lead this meeting]
- Oct. 17/07** Presenter: Harry Stefanakis
Topic: An Exploration of Lucid Dreaming
- *Nov. 21/07** *This meeting is superimposed by Dr. Dan Brown's lecture on Advanced Hypnotherapy: Treatment Of Health-related Issues held Saturday November 17th at the Paetzold Lecture Theatre. See you there!!



News and Notes

World's First Emotional Freedom Technique DVD

Lee Pulos does it again!! Lee has recently created a powerful and effective DVD on Emotional Freedom Technique (EFT). This is the world's first step-by-step EFT, DVD.

With potent endorsements by Dr. Bruce Lipton and Dr. Fred Gallo, it will be available after September 1/07 for \$24.95

Where to get your copy? Banion Books or visit Lee's website at www.drpulos.com



Meet A Member

From time to time, the Executive will include a brief biography of one of our new members. If you are a recent member and wish to share your biography with others, you may send it to Mavis Lloyd, lloyd@dccnet.com for consideration.

Harry Stefanakis joined our Society in 2005. He recently attended a four-day workshop with Stephen Gilligan and his skills in hypnosis were evident during his excellent workshop on dreams, which is reported elsewhere in this newsletter. He holds a doctorate degree in psychology and is registered with the College of Psychologists of BC. He is an experienced counsellor and educator who communicates effectively with both humour and clarity. Harry sees people from a holistic perspective and attends to the integration of individuals' emotions, mental, physical, spiritual and social dimensions of life. In addition to his private practice, Harry has worked within social services, correctional, educational and occupational rehabilitation settings. He has presented at numerous national and international conferences as well as providing training workshops on topics such as therapeutic dreamwork, addictions, anger, conflict, stress and pain management issues, stopping violence and abuse, and facilitating the change process. He has recently produced an audio CD entitled: "Letting Go: Guided Exercises for Relaxation and Pain Relief". Harry is committed to the highest professional standards of practice and is guided by the following principles: To practice, encourage and cultivate Compassion and Understanding, Peace and Well-Being, Respectful Speech and Deep Listening with a Spirit of Generosity.



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2007 FALL SEMINAR

Get ready! Get Set! Mark your calendars!!

The Canadian Society of Clinical Hypnosis is thrilled to present two opportunities to hear Dr. Dan Brown, PhD, speak:

- 1) Friday November 16 a Public Lecture will be held at the Planetarium.
Topic for the evening is: The Energy Body, Immune Functioning, Longevity & Regeneration.
- 2) Saturday November 17 a full day Seminar (not open to the public) will be held at the Paetzold Lecture Theatre. Topic is: Advanced Hypnotherapy: Treatment of Health-Related Issues.

Date

Friday & Saturday
November 16 & 17, 2007

Location

The Seminar will be held in the Auditorium in the Paetzold Education Centre, located in the Jimmy Pattison Pavillion (the "Tower") at Vancouver General Hospital - 855 West 12th Ave.

Parking and Hotel Details

Parking is available in the big yellow parkade at 12th Ave. and Laurel – use the walkway on the 4th level to enter the building, go straight past the Information Desk and follow the signage to the Paetzold Centre.

Nearby hotels include the Ramada Hotel 898 W. Broadway, Tel 1.800.663.5403 and the Holiday Inn at 711 W. Broadway, Tel 1.800.465.4329