



ENTRANCING NEWS

A publication of the Canadian Society of Clinical Hypnosis (BC Div.)
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SPRING/SUMMER 09

Upcoming Events

Mar 18/09
Monthly Meeting
Topic: Workshop Follow-up &
Case Studies

Apr 15/09
Monthly Meeting
Topic: The Brenner Chart

May 20/09
Monthly Meeting
Topic: The Satir Growth Model:
Mind-Body Connections

Jun 17/09
Monthly Meeting
Topic: Voice Dialogue

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Hypnosis Seminar Weekend

By Chasidy Karpiuk, MA, RCC, CCC, CAP

Rise and shine on an early Saturday morning. It's time to learn to induce my clients (and myself apparently) into a hypnotic trance. I waited for this weekend workshop for quite a while and although I was a bit sceptical, I was nonetheless excited about learning what I thought was a mystical technique..

Straight away, Dr. Lee Pulos led us into a group induction. I was surprised at how easily and effortlessly we, as a group, were able to get to a more relaxed state. I was pleasantly surprised that I too was able to get into a more relaxed state. This set in motion my thinking about how much I may actually be able to use hypnosis in my practice.

With this, the beginner's group (which I was a part of) heard more about the history and types of trance. I enjoyed knowing this type of hypnosis we were going to learn was not of the type performer's use. We were going to learn to allow people to get into a more relaxed state so that we could make suggestions relating to what they wanted from the experience. I was reassured to know that we couldn't get stuck in a trance and that we were not going to be forced to do anything that we didn't want to do since, even in trance, we would be still in control and would not do anything that we don't want to do. I was also pleased that Dr. Pulos covered talking about safety, contraindications, and gave us tips on choosing good candidates for hypnosis. With this information, I felt that I am able to use this tool more competently and comfortably.

Dr. Leora Kuttner and Dr. Saul Pilar then gave us beginner's demonstrations of hypnotic inductions. We were shown how to induce people using the Magnetic Hands Process

and the Eye Roll Induction. I must say that I was amazed to actually see the volunteers physically change to a more quiet relaxed state right in front of the group. I could see the breathing rate get slower, and the person's face becoming more relaxed, and the person's body could actually be seen to be 'letting go' of the tension. What I also enjoyed was the language being used. It was gentle passive suggestions rather than direct direction. The person, when they were ready, could "go deeper" or just go to a level they "were comfortable at". When they were finished demonstrating, we all had a chance to practise. This was a little daunting as I didn't feel I had the whole process "perfect" but we went ahead anyway. I was surprised to begin to feel that experience of going into a calmer place and also to be able already to guide my partner into that calm place. While I didn't go "really deep", I was able to sense what it felt like to put my brain more at ease. At this time, I wasn't entirely sure that I could get "deeper", like the people I saw in the demonstration earlier. I still had a bit of the skeptic in me but I knew that even in a light trance, I felt better.

To begin the afternoon, we were led into another group induction by Dr. Marlene Hunter. It was wonderful to see how there was such a wide range of styles presented to us. I also enjoyed that Dr. Hunter used imagery in her induction as this is

something that I already have some knowledge about. I was thinking to myself, "I can use this hypnosis with what I already know. Great. This doesn't seem so tricky anymore".

To learn more about trance scripting, the language of hypnosis, and the use of imagery and metaphors, Dr. Mavis Lloyd spoke to the beginners group. She gave us tips on building rapport with our clients. Some of the tips that were particularly helpful was that Dr. Lloyd normalized hypnosis-even calling it an "inducing a calming effect" rather than its' formal name. She gave us guidance on dispelling myths and directed us to explain to the client that they are always in control. Then Dr. Lloyd continued to teach more about the logistic of the language use and cautioned us to leave enough time in session (longer than the standard 50 minute session) to thoroughly complete this process with the client. I was also pleased to learn that most of the work done in hypnosis is done in a low to medium trance state. I didn't have to learn to induce someone very deep to have success with their goals. I am sure that my clients will also be pleased to learn this as it makes the whole process less scary.

Dr. Pulos and Dr. Janet Stuart further explored trance showing us ideomotor exploration of the subconscious. I really enjoyed learning about how a client could communicate with their body, their

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yes's, no's, and "I don't want to answer" to us without coming out of their relaxed state. As this process of learning was unfolding for me, I loved that as the day progressed, we kept building on what we already could do. I enjoyed the set up of the material so that it felt like small manageable learning steps were being taken and received. I also enjoyed that I was able to get to an unquestionably deeper state myself while working with a partner. This was truly an exciting experience for me and quieted my internal sceptical voice. I could certainly explain to my clients now that I had my initial scepticism but ultimately overcame that to use it with great success.

At the end of the first day, after having the faculty be present to answer questions and answers, we had the opportunity to view the film "No Fears, No Tears", in which Dr. Leora Kuttner showed her work using hypnosis on children in 1985 and it's effects 13 years later through follow up interviews. This film was beyond moving but also gave me, the clinician, confidence that what I would be teaching my clients, will be a tool they themselves can use for the rest of their lives. I left the first day feeling even more inspired to help my clients help themselves.

The second day began with me being even more energized about the day than the first. I came into the first day a bit of a sceptic but the pessimistic voice in my head had become quieter. I was determined to learn even more and to gain a greater feeling of competency in using this hypnosis.

Dr Lee Pulos led us in yet another group induction. This process in itself is truly amazing. The whole room fell quieter and quieter as his words direct the audience's consciousness to their unconsciousness. The audience is able to learn directly through their own experience how profoundly powerful hypnosis is. We complete this induction and come out the other side feeling refreshed and renewed and ready to continue our learning.

Dr. Pulos continued right into "How

to Set and Achieve Treatment Goals using Hypnosis" and "Guided Affective Imagery and Hypnotically Induced Waking Dreams". While discussing goal setting, he emphasized the importance of truly knowing that "the future creates the present". This is contrary to how many people live their lives. He further emphasized the importance of clarifying goals and in doing that to be as specific as possible. While leading the audience through an exercise, he demonstrated how to empower the client to pick their goals and their method of attaining them. He also led us through a muscle testing technique that we could use to check if our clients felt they could achieve their goals and to check if they felt that they deserved attaining the goal. I enjoyed when Dr. Pulos integrated various techniques and therapeutic modalities into hypnosis because it modeled how using hypnosis can fit so easily into the work we are already doing. Dr. Pulos furthered our learning by the demonstration. This was really powerful as I came to the true understanding that hypnosis can be still extremely effective in either a light, medium or deep hypnotic trance. Additionally, it was reassuring to know that hypnosis can be explained to clients as learning how to get themselves into a more relaxed state.

On Sunday afternoon we were led into yet another group induction, this time led by Dr. Saul Pilar, to begin this afternoon in a tone of experiential learning. It truly is intriguing and inspiring to be able to experience the various methods and ease of which each of these "masters of hypnosis" do hypnosis. When we were returned feeling refreshed I chose to attend Dr. Mavis Lloyds "Age Regression, Progression and Time Distortion Basics". I was pleased to watch Dr. Lloyd's integration of aspects of Alderian Psychology with this hypnosis technique. I found that the transition to using hypnosis in my practise was to be an easier one as it flows nicely into what I use a great deal: Early Childhood Recollections. Watching this demonstration reinforced the integration of various therapeutic modalities and how well

they can be complemented by adding hypnosis.

The final seminar that I attended was with Dr. Mavis Lloyd and Dr. Harry Stefanakis on the topic of "Integrating Hypnosis into your Therapy Practise". I very much enjoyed the informal nature/structure of this time in which we were asked to introduce ourselves and ask any questions we had with the integration process. It was amazing how many questions were answered in my mind before I even had to ask them. It was also so rich to hear the many different backgrounds of which people were coming from. I found this seminar particularly enriching as it tied up any loose ends and unresolved questions for integrating clinical hypnosis into our practices.

After a short question and answer period with the faculty present, Dr. Leora Kuttner urged us to use hyp-

nosis first thing on Monday morning with our clients. She quieted any doubt that we may be having that we now have the experience and training to begin helping our clients with hypnosis. I left this weekend with a renewed energy for guiding the people that come to me for help. There was a certain freshness in the air as we left this weekend, not unlike the freshness I felt each and every time I was induced this weekend. Maybe the whole weekend I was in a trance, who knows, but the entire process left me with more energy than when I began on Saturday morning which I believe was the point.

Chasidy Karpiuk, MA, RCC, CCC, CAP is in private practise in North Vancouver, BC. To contact her please go to www.chasidykarpiuk.com

ANNUAL TWO-DAY TRAINING WORKSHOP

February 14 & 15, 2009

Reported by Mavis Lloyd, PhD

Successful 09 Training Workshop

Thank you to the 24 participants of 54 who took some of their precious time to respond to our requests for feedback.

23 of those responses, out of the 24 requests agreed that the seminar either met (9) or exceeded (14) their expectations and that they were able to take new learning and skills from their chosen sessions. The one comment that fell below expectations was in the Advanced group, the main problem being that there was not enough practice time. Improvement in this area will be discussed at the next Executive meeting. It was encouraging to note the positive gains experienced by participants and the enjoyment and support they received from the faculty. General remarks such as "I think the workshop is a good mix of theory and application"; "Outstanding"; "Packed with knowledge, demos and practice – a good balance" reflect the content of most responses.

Suggestions for improvement included a request that latecomers at lunch and breaks should wait outside until the induction session ended and that all cell phones and pagers be turned off. A request for the seminar to be held in March or April is definitely being considered. Due to the impact of the Olympics on the availability of our excellent site, it is likely to be moved to those months. Please watch for the dates of our 2010 seminar in upcoming newsletters.

Two-Day Hypnosis Training Workshop

February 14 & 15, 2009

Seminar Feedback Questionnaire

1. Which Program did you participate in:

- 14 Introductory
- 10 Intermed./Advanced

2. Did the Seminar:

- a) meet 9 or,
 - b) exceed 14 your expectations?
- Of the 9 who said "meet"
 - 4 were in the Introductory Program, and
 - 5 were in the Intermed/Advanced Program
- Of the 14 who said "exceed",
 - 10 were in the Introductory Program, and 4
 - were in the Intermed/Advanced Program
- 1 person (Intermed/Advanced) said that the seminar fell below their expectations – see below for explanation

Why or Why not?

a) meet:

- book of handouts very useful
- First day felt rushed with time problems
- Would like more practice
- I expected professional, high caliber & I got it!
- got sense of basic hypnosis
- would have liked an overview to explain the different approaches and how the training is put together – a little confusing the first day

b) exceed:

- I always learn new techniques
- Great faculty, well-organized, excellent content
- It was more fun & exciting than I expected – not a dry, clinical workshop at all!
- Excellent faculty – especially learned so much from Lee Pulos
- Through the morning inductions and group work, I actually achieved goals and solved issues
- Very applied, skilled stuff & useable
- I actually experienced hypnosis and am able to do it!
- reassurance of techniques used in practice
- good practice
- c) fell below:
 - not enough practice in Advanced level – repetitious & similar to last year's seminar (i.e.: examples, speakers and exercises)

3. Were the presentations pitched at an appropriate level for the audience?

Yes: 19 No response: 1

Other responses:

- Good – could have been a little more informative of different hypno-suggestions for intro group
- They were for me. Excellent energy in the groups.
- Yes – although Mavis' section on hypno-language was quite a bit confusing / unclear compared to intro section by Leora and Saul
- Not Mavis' intro – very confusing – not enough context given

4. What did you enjoy the most about this seminar?

In general: Inductions (5) Demos (6) practice (7) presenters (3)

Specifically:

- Demonstrations & wisdom of the faculty
- Dynamic & interactive with instructors
- Mix of theory, demos and practice (3)
- Learning different techniques and practicing them
- Re-learning, new learning (2)
- Practical learning (2)
- Workshops that were well-prepared (i.e.: Mavis Lloyd's)
- Everything: time to talk, practical applications, long lunch, excellent handouts, practical and useful suggestions
- networking
- Being immersed in clinical hypnosis, practical applications, experiential
- Dr Pulos' goal-oriented lecture & hypnosis
- Lee Pulos
- Leora's dvd
- Hypnosis for sick kids and teens

5. What did you enjoy the least about this seminar?

In general: no general themes emerged

Specifically:

- A lot of theory & talking in advanced – I wanted more hands-on
- Some things were a repeat (but I was glad I did it for the practice)
- Too short a time
- Sometimes rushed (2)
- Leora Kuttner's "Hypnosis in Your Practice" not helpful – I expected the seminar at this level (intermediate/advanced) to be better orga-

nized; additionally if the focus of a presentation is going to be what we have experienced in our own practice using hypnosis and our questions, please put that in the outline, so participants can identify issues they want addressed beforehand

- Found there was some disjointedness between presenters (e.g.: Saul & Leora's presentation was excellent & the shift to Mavis who made assumptions around understanding the process of doing hypnosis & wasn't willing to demonstrate – I found this to be very challenging to integrate, given my introductory knowledge – for introductory group, it might be more useful to present one method of doing this practice before introducing other ways of doing it)
- Session on trance scripting was confusing
- Sometimes the topic went more toward counseling and not so much about hypnosis
- Volume being low in the workshop
- People coming in late & creating noise / disturbance during group inductions

6. What topics would you like to see addressed in future training workshops?

Lucid Dreaming 14 Rituals for the Reduction of Grief and Trauma 17
Affect-Somatic Bridging 11 Using Hypnosis for children with learning issues 5 Hypnosis & Sex Therapy 10 Vibrational Medicine 10 Sports Psychology 4

Other (please list) _____

- Pain management (2)
- Reduction of depression & anxiety (2)
- Hypnosis for emotional healing
- Work with aboriginal populations
- Using case studies or real client examples to develop scripts for clients
- Recent applications of hypnosis
- Hypnosis in a dental setting
- Using hypnosis for substance dependence – workaholism; harm reduction of substance use
- Medical application geared towards MDs; i.e.: separate workshop for MD's interests
- Use of hypnotic language when doing Healing Touch or Reiki
- More on energy / biology at intro level
- Cancer management
- More in-depth training in hypnosis & EFT
- Group inductions

Survey results continued....

7. Please comment on any improvements you would like to see in the accommodations, scheduling, facilities, etc.

- Keep having caffeine-free English Breakfast Tea!
- Add "English Breakfast" to the teas
- Coffee in afternoon
- When providing handouts / booklets, always copy more than enough
- Don't have it in Feb 2010 – maybe March or April
- Would like to see workshop outside of large city – very tense travel
- Ferries – Vancouver Island is an issue at end of weekend
- UBC Robson venue is awesome – lots of hotels and easy to find for us country hicks! No driving required.
- The rooms were a bit warm – is it possible to lower the temperature?
- My preference is to have more time in demonstrating how these techniques integrate with psychotherapy

8. How did you find out about this workshop?

- 9 Brochure in mail, BCASW Website, BCPA Newsletter, BCMA Website
- 1 BCPA Website
- 3 CCA Website, BCASW Newsletter, Dental Society Mailing, BCMFT Newsletter, CRNBC Newsletter, Vancouver 24 Paper, BCMJ or BCMJ Website
- 2 CCACC Email Broadcast
- 1 Counselling BC Website
- 2 BCACC Insights
- 2 Friend, BCACC Email b'cast
- 2 Other (CSCH-BC Div email)
- 1 Other (Colleague recommended)
- 1 Other (CSCH Website)
- 1 Other (Hans email newsletter)
- 1 Other (I was meditating and asking questions. I saw myself looking on the Internet re: Level 2. I did and signed up!)

9. General Comments:

- Wonderful to see M. Hunter!
- I think that the workshop is a good mix of theory and practical application. I appreciate the expertise and knowledge of all the presenters. It would be helpful to have more case studies
- Please ask that participants turn off cell phones, pagers and anything else that makes noise during the sessions
- Please ask that if people are returning late from lunch or breaks and an induction is in progress that they wait outside the room until the induction is finished
- I was last here in 2006 and really enjoyed com-

ing again

- Liked having muffins and fruit at breaks
- Really liked working on my goals and issues – very helpful
- Presenters are fabulous – full of resources and support for us who are trying to integrate hypnosis in our practice
- An outstanding workshop – thank you!
- This was packed with knowledge, demos and practice. I loved this balance.
- Lee Pulos is a treasure!
- It was excellent!
- Nice size of group
- Most of workshops were clearly set out with balance of theory and practice
- Would really like more workshops to deepen practice
- This is the most useful conference I've attended
- I'm interested in research and writing about applications in psychotherapy – can you provide a bibliography (key journal articles and key books)?

- For Basic Training, maybe have 1 – 2 main presenters to ensure continuity of students' learning so metaphors and progression of skills / models presented for working are consistent / less confusing for new students
- I liked knowing that hypnosis could be integrated into what we already do in practice. I also enjoyed the message of however you do hypnosis is right for you – the message that there doesn't need to be a set script – I don't need to do it perfectly.
- I liked the integration with Adlerian therapy
- I loved the permissive, indirect language
- I would have liked a demo or more on self-hypnosis as this was in the outline but we did not cover it. I know it's in the package, but I would have liked more – I was in the beginner stream.
- Both times I've come, it's been a wonderful experience. Thank you!
- I thought the certificate would say Level 2, but I think it is identical to the first one – is it?

NEWS & NOTES

WELCOME NEWBIES!

The Canadian Society of Clinical Hypnosis wishes a warm welcome to its newest members: Judi Jardine, Michael Koo, Marelize Swart

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)

DATE	PRESENTER	TOPIC
Mar 18/09	Faculty	Workshop Follow-up & Case Studies
Apr 15/09	Dr. Mavis Lloyd & Dr. Heather Fay	The Brenner Chart
May 20/09	Dr. John Banmen, PhD, AAMFT	The Satir Growth Model: Mind-Body Connections
Jun 17/09	David Waugh	Voice Dialogue