



ENTRANCING NEWS

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

Email: admin@hypnosis.bc.ca • Website: www.hypnosis.bc.ca

SPRING 2007

Upcoming Events

May 16/07
Monthly Mtg.
"Improving Adolescent /
Adult Relationships using
Centering Techniques"

June 21, 2007
Monthly Mtg.
"Case Consultation
& Practice"

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Executive Apologies

Due to unforeseen circumstances the printing of the Spring edition of "Entrancing News" has been delayed. We apologize for this tardiness and are rectifying it as speedily as possible.

Because of this delay, and also a mistaken double-booking at the Adler Centre, at least one member arrived to attend the excellent presentation on Lucid Dreaming given by Dr. Harry Stefanakis, and was turned away at the reception desk.

Again, please accept our apologies to those members who made the effort to get there, and to those who unsuccessfully tried to use the website for information about tonight's topic. Dr. Stefanakis has promised to do an encore presentation for another meeting. After only one exposure, those who were there were left wanting more, and will definitely be happy to accept his offer for a further fascinating evening in the fall. Do join us on that occasion, and we will ensure that you have the information you need to plan your time.

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- Energy Medicine in China
- Review & Practice From Hypnosis Training Workshop



Annual Two-day Training Seminar

Reported by Heather Fay, MD

Feb. 24th-25th 2007

The attendance at this year's workshop was less than recent years at 44. Some attendees appreciated the smaller groups since there was even more individual attention from the faculty. This year the program included the core content plus a selection of the many other related topics that are included each year like 'vibrational medicine' and 'biology of belief and hypnosis'.

25 attendees completed the questionnaire and the comments were mostly very positive, with many saying they learned more than they expected to and they

were able to take something positive from each presentation. People liked the variation of topics, the detailed information, the handouts and the ratio of didactic/demonstrations/practice, and their interactions with the faculty.

The comments for improvement are welcomed and taken seriously. They will be considered for next year's workshop and included the sensible idea of 'stretch breaks' since there is so much sitting and also the balance of range of topics and the time for each with the suggestion that maybe more time should be given with resulting

decrease in topics. Suggestions for topics and speakers for the future included a 'stage hypnotist', there was significant enthusiasm for this idea. The inclusion of acupuncture techniques and body work were also suggested. The request for snacks at the breaks would mean and increase in costs and this will be discussed when the next workshop is being planned.

The new location was well received and we have booked it again for next year so please *mark your calendars for February 9th & 10th, 2008.*

Monthly Meeting Review - January 17, 2007

Energy Medicine in China

Presented by Heather Fay, MD, Reported by Mavis Lloyd, PhD



After intensely studying acupuncture for an academic year with Dr. Stephen Aung in Edmonton, Heather and seven of her colleagues from the class spent a month in Beijing to augment their learning with advanced study in this form of energy medicine.

Heather began with a power-point presentation that covered, not only hospitals where acupuncture was being practiced, but also photographs of their life during the time spent in this fascinatingly different culture. Poverty and wealth were obvious in the people, the buildings and streets of this city, the citizens of which total half the population of Canada.

Huge contrasts between the way that medicine is practiced in China and the West were obvious. For example, what was particularly amazing to Heather was that, despite an almost non-existent use of modern principles of hygiene, patients do not appear to become ill from bacterial activity that must have existed on non-sterile needles. There is no financial coverage for patients who need help, nor is there a family practice system in place to assist with initial diagnoses before specialized help is selected.

Heather then showed us ways of helping ourselves in both mind and body by using our own acupressure points to alleviate discomforts most of us experience. These techniques covered points to help increase concentration and intuition, remove certain types of migraine headaches and insomnia and the effects of jet-lag. It was particularly useful to learn of the body's energy tides, how they effect our general health and well-being and how we could help ourselves use these tides to balance our energies, not only in jet-lag, but also when experiencing specific discomforts at specific times in the day.

Heather's major professional growth from this unique experience is the knowledge of numerous ways of diagnosing conditions inside the body without expensive and extensive diagnostic testing. She is also much more aware of non-invasive non-surgical methods of diagnosis and treatment for countless mental and physical issues that her clients, patients may be challenged with.

Heather's patients are indeed fortunate, as were those members who attended this fascinating and rewarding evening.

Monthly Meeting Review - March 21, 2007

Review & Practice From Hypnosis Training Workshop

Reported by Mavis Lloyd, PhD

Lively discussions occurred between two new members who had attended the workshop and three members of the executive. A small, but powerful group emerged, in which information and experiences were shared.

Lee gave us many suggestions from his limitless supply of techniques for helping clients. These included extended methods of working with goal setting, paying particular attention to both conscious and unconscious blockages that may prevent success. He then demonstrated several approaches with a volunteer. Just listening to his hypnotic language choices was an entrancing experience, even for those who have participated with Lee before. There is always more to learn from a master of hypnosis and empathy.

Because both smoking and insomnia were topics that our new members were happy to receive information about, some approaches to these topics were discussed. Also Heather shared some

of her acupressure techniques, especially one for insomnia.

We all received new concepts from Lance on the topic of hypnosis for pain, especially with regard to dentistry. As few of us particularly welcome visits to the dentist's chair, his concepts were welcomed by all.

The executive members of the group left believing that the evening was very worthwhile. We also wondered what has happened to our much larger group of members who attended meetings in previous years. Please let us know if there is a specific reason for your absence. We welcome suggestions for future meetings. Our downtown location on Broadway is very good, with ample street parking which is free after 6.00 p.m. There is even a place for several cars at the Cloverdale Paint store which is closed before our meeting begins. It is less than 30 seconds' walk away.

News and Notes

Wednesday, May 16/07

Monthly Mtg.
"Improving Adolescent / Adult Relationships using Centering Techniques"

Mark your calendars!

The dates have been set for next year's 2 day Hypnosis Training Seminars. Mark off February 9 and 10, 2008.

Look who's in the hall of fame....

April 23, 2007 marked the day that our very own, Dr. Lee Pulos, along with his brother Pete

Pulos, were inducted into the Restaurant Hall of Fame!

This was indeed the place to be seen as 500 people attended the black tie affair held at the Vancouver Trade and Convention Centre! Guests included all of the Managers that Lee hired in the 1970's – they literally came from across Canada to share this special evening with him! The Premiere of Canada himself wrote a letter to Lee in honour of his achievements as the founder of the chain of Old Spaghetti Factory Restaurants.

Congratulations Lee on your outstanding achievement and contributions to the restaurant industry!





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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
May 16/07	Mavis Lloyd	Improving Adolescent / Adult Relationships using Centering Techniques
June 20/07	Lee Pulos	Case Consultation & Practice



Two-day Hypnosis Training Seminar 08

Many Exciting Topics Including:

- Energy Psychology
- Relationships & Hypnosis
- Peak Performance & Sports Psychology
- Biology of Beliefs & Hypnosis
- Age Regression, Progression & Time Distortion
- Integrating Hypnosis Into Your Practice

Date

Saturday & Sunday
 February 9 & 10, 2008

Location

UBC Robson Square
 800 Robson Street, Vancouver, BC
 (HSBC Hall – Room C680)

How To Get There

UBC Robson Square, is located at 800 Robson Street, Vancouver. Drive south on Howe Street (one-way street) and enter Robson Square's underground parkade at Howe at the corner of Nelson Street.