



ENTRANCING NEWS

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

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SUMMER 08

Upcoming Events

September 17/08
Monthly Meeting
Topic: Reprogramming Beliefs
using Early Recollections
Presenter: Mavis Lloyd

October 15/08
NO MEETING SCHEDULED
IN OCTOBER

June 18/08
Topic: TBA

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SPRING SEMINAR: Emotional Freedom Technique (EFT)

Presented by: Dr. Lee Pulos, Ph.D, ABPP & Dr. Heather Fay, MD - Reported by Katharine Ingham, M.A.

Over the Spring of 2007, I had been to see a counsellor in North Vancouver who specialised in Emotional Freedom Technique, so I thought I knew what I would be learning when I registered for the EFT workshop facilitated by Dr Lee Pulos and Dr Heather Fay on Saturday May 3 2008 at the Canadian Centre for Peace.

I felt I had to learn this technique because in my experiences in therapy as a client, nothing had opened me up so quickly, allowing me to go deep into my emotions very easily. As a relatively new counsellor, I struggle with clients who are reluctant to explore their emotions. Many of my clients have been far more comfortable staying on the surface. My learning was not the same as my experience – Lee and Heather did not advocate using EFT to force people to explore their emotions. Rather they presented EFT as a method of lowering distressing emotions while remaining aware of the situation, allowing the client to function from a position of greater strength.

The venue was breathtakingly beautiful. The room we were in was light and airy, with beautiful French doors that opened out into a small, verdant garden. The workshop was open to the general public, as well as to therapists, and the room was overflowing with people eager to learn about EFT from Lee and Heather. The workshop was approximately 20% lecture, 20% demonstration and 60% practice. Lecture provided a background to EFT and an overview of Western and Eastern perspectives of the body-mind and its systems. Demonstrations and experiential learning built on each other and what had gone before – from Life Energy Testing to

Psychological Reversals to the full EFT Treatment Protocol. With each practice session, participants were encouraged to change practice groups, allowing us to slowly gain familiarity with the protocol while working with a variety of different people and different reactions to treatment. Participants left the workshop with the exhortation to practise and use EFT in order to cement it into memory.

Since the EFT workshop, I have had the opportunity to work with two clients using EFT. One client has been struggling with communications patterns within a relationship; believing that he is a poor communicator; that he does not deserve to have a happy, passionate, successful marriage; and that love can be easy. The other client has been experiencing profound, debilitating anxiety because her much older husband, upon whom she is very dependent, is extremely ill with a number of physical ailments, and she believes that when he dies, she will be abandoned.

I had been working with my first client on and off for roughly 18 months. In our first EFT session, we identified via the Psychological Reversal process some beliefs that were preventing the client from moving beyond his communication patterns, despite the groundwork we had laid previously. One of the most powerful

concepts behind EFT is that the client can learn the protocol and do the tapping along the meridian points on his or her own, thereby managing one's own emotional reactions. As my client used the treatment protocol and we worked together with EFT, he learned that he has the ability to communicate well, but that he feared doing so because clearer communication would bring him closer to his wife and into a more truly intimate relationship with her. He feared that additional closeness would render him more vulnerable: as a child, he had been victimized by people close to him because he had been seen as weak. In essence, his "inability" to communicate could be seen as adaptive. Once we had pinpointed his fear of vulnerability, we could use EFT to lower this emotion from an 8 to a 2. Without the fear, the client found himself more likely to engage fully with his wife and focus less negatively on his interactions with her. Since taking on the EFT himself, the client has asked a couple of times for some coaching, but has discovered on his own more effective ways to talk to and live with his wife.

The second client and I worked with EFT to reduce her anxiety, only to learn that her anxiety has a purpose – if her vigilance is relaxed, she might not see when her husband was in distress and need immediate help. When he dies, she will be alone – she has no

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MONTHLY MEETING REVIEW – May 21, 2008

The Body in Psychotherapy

Presented by Janice Stuart, PhD • Reported by Mavis Lloyd, PhD

Janice began her presentation by asking us to relax and listen to a story. It contained a plethora of descriptions, each of which aroused differing emotions as we listened. We followed with discussing our body's reactions to each of them. This experience was then linked with the research emerging out of the neurosciences. Janice reported that many of the recent somatic therapies such as Somatic Experiencing, Self-Regulation Therapy and Sensorimotor Therapy are attempting to translate neuroscience theories into therapeutic practice. While there is presently little outcome literature on Somatic Psychotherapy validity, changes such as those in evidence as clients move through their issues successfully confirms the usefulness of body exploration techniques for Janice. While some somatic psychotherapies incorporate body touching, Janice focuses on methods that don't require that.

Discovering how a client's nervous system is regulated, or more importantly dysregulated, is a part of Janice's approach to psychotherapy. Differing arousal patterns create differing somatic disturbances in the body. Clients who have been primarily focused in their heads, with little body awareness benefit greatly from therapy directing them to the rest of their bodies. They are encouraged to notice their body reverberations, pay attention to the way these change, and also to notice patterns that have developed in conjunction with various beliefs and behaviours. Janice discussed the influence of different attachment styles and their impact on an infant's nervous system regulation. For example, clients presenting with



Borderline Personality Disorder, which usually has a consistent childhood pattern of family dysregulation, appear to be greatly helped by working through the less cognitive areas of the mind and re-regulating their experiences through the body.

Once clients are able to notice sensations in their bodies, tracking somatic disturbance becomes part of therapy. The goal is to achieve a discharge of too much stored energy by completing essential body movements. During the process the therapeutic alliance is extremely important because the well-regulated energy patterns present in the therapist can replicate the client's unmet need for a good parent.

The process of sessions includes frequent checking in with observed body tensions with statements such as "What are you noticing now? Take your time. Your body is going to take a little longer than your brain." "Let's get quiet a minute. If that part of your body could talk, what would it say?" One important goal is to get in touch with available sooth-

ing systems via the use of sensation and the language of imagery, which are more effective than cognitive approaches in helping the system regulate.

Hypnosis, with its soothing effects and many effective language patterns, is often very useful in helping clients to enter into helpful imaginary states. Emotional Freedom Techniques (EFT) for titrating hyper-arousal and Eye Movement Desensitization and Reprocessing (EMDR) are also effective tools to integrate with Somatic Psychotherapy. Together they enable clients move through past traumas and to mentally rehearse more desirable responses to present stressors. Together they help clients change habitual negative responses and provide for the development of new positive response patterns.

Thank you Janice for both the invaluable insights and for your readiness to answer our many questions. Further information on this fascinating topic is readily available, courtesy of Google.

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family in Canada and no social connections. However, her anxiety has prevented her from making those connections that might become a support network for her. Using EFT, we have managed to reduce her anxiety so that she can function more fully – she has restarted hobbies that she had dropped because of anxiety. She is not yet to the point where she will pursue social activities without her husband, but with less medication she is more able to support her husband when he attends daily medical appointments.

Thank you, Lee and Heather for a magnificent workshop and for helping me with skills that will be invaluable as I continue my practice. Should Lee and Heather offer this workshop again, I will be there. I highly recommend members to attend it for both personal and professional development.

Indirect Induction - Dr. Lee Pulos, PhD, ABPP

LET US BEGIN - BY IMAGINING THAT YOU ARE INHALING RELAXATION – EXHALING TENSION – INHALING RELAXATION – EXHALING TENSION ...DO THAT TWO OR THREE TIMES ON YOUR OWN. ...WITH EVERY BREATH YOU TAKE IN... HOLD AND RELEASE... EXPERIENCING YOURSELF MORE CALMLY... MORE COMFORTABLY...

AS YOU CONTINUE TO FOCUS INWARDS – YOU CAN BEGIN TO EXPERIENCE YOURSELF MORE DEEPLY...EACH TRANCE IS DIFFERENT... A FREE PERIOD... WHERE DIFFERENT PARTS OF YOU... CAN COME THROUGH – AS THEY ARE NEEDED...

AND... AS YOUR BODY BECOMES MORE RELAXED...LET IT NOW QUIET THE MIND... AND AS THE MIND BECOMES EVEN QUIETER...NOW SPREADING BACK... TO THE BODY...SEE-SAWING... BACK AND FORTH... BACK AND FORTH...

AND ... YOU CAN ALLOW THESE FEELINGS OF COMFORT TO INCREASE EVEN MORESO... WITH EACH BREATH... THAT YOU TAKE...

AS YOUR COMFORT DEEPENS... YOUR CONSCIOUS MIND CAN RELAX... ALLOWING YOUR DEEPER MIND... TO HELP YOU DEVELOP NEW SKILLS... AND LEARNING... AND TO UTILIZE THE SKILLS... YOU ALREADY HAVE... BEGINNING TO AWAKEN YOUR INNER WISDOM... OPENING UP... TO YOUR INNER CONFIDENCE... WITH GREATER CONTROL... OF YOUR MIND AND FOCUS... AS YOUR DEEPER MIND... PREPARES YOUR OUTER MIND... FOR MOBILIZING YOUR INNER STRENGTHS... AND BELIEVING IN YOURSELF...

AND... I AM NOT SURE... JUST HOW... YOUR RELAXATION WILL SPREAD... THROUGH YOUR BODY... WHETHER... IT WILL BE IN A SYSTEMATIC WAY... OR VERY UNIQUE... AND SPECIAL... TO YOUR WAY OF LEARNING... AND DOING...

YOU CAN CONTINUE TO ALLOW YOURSELF TO DRIFT... JUST AS DEEP AS YOU LIKE...USING EVERY SOUND...MY VOICE... YOUR THOUGHTS... EVERY BREATH YOU TAKE... TO DEEPEN YOUR COMFORT...

NOW... THE IMPORTANT ACHIEVEMENT FOR YOU TO REALIZE... IS THAT EVERYBODY... DOES NOT KNOW THEIR TRUE ABILITIES... AND YOU WILL BE SURPRISED... TO DISCOVER THESE ABILITIES... IN WHATEVER SLOW WAY...THAT YOU WISH...

NO NEED TO GO ANYWHERE... NO NEED TO DO ANYTHING... JUST AS IF... TIME STOOD STILL...

BRINGING TOGETHER...ALL YOUR PAST LEARNING... ALL KNOWLEDGE AND WISDOM... OF YOUR EXPERIENCES... SO YOUR SUBCONSCIOUS... CAN SELECT... THE BEST CHOICE... THE BEST PATH OF ACTION... SO THAT YOU CAN... *(insert the suggestions or belief statements here)*.

NOW... THERE ARE MANY DIFFERENT WAYS... IN WHICH THE MIND CAN FUNCTION... IN WHICH THE SUBSONSCIOUS... CAN BECOME THE ALLY... PARTNER OF THE CONSCIOIUS... WITHOUT THE CONSCIOUS MIND KNOWING... IT HAS JUST RECEIVED A GIFT...

AND MANY TIMES... IT DOESN'T REALLY MATTER... WHAT YOUR CONSCIOUS MIND DOES... BECAUSE YOUR DEEPER MIND... WILL DO... WHATEVER IT NEEDS... IN ORDER FOR YOU TO... *(insert the suggestions or new beliefs here)*.

WITH RESPECT TO YOUR GOAL... AND DESIRE FOR THIS HYPNOTIC EXPERIENCE... THERE IS SOMETHING... YOU ALREADY KNOW (about achieving the goal) BUT DIDN'T KNOW... THAT YOU KNOW IT... AND WHEN YOU ARE READY... TO DISCOVER... WHAT YOU ALREADY KNOW... BUT PERHAPS YOU HAVE FORGOTTEN... THAT YOU KNOW IT... THEN YOUR PARTNER... YOUR SUBCONSCIOUS... WILL FEED YOU THE RIGHT INFORMATION... THAT PERMITS YOU TO DO THE RIGHT THING... FOR THE RIGHT REASONS... AT THE RIGHT TIME.

YOU DON'T HAVE TO REMEMBER... THE IMPORTANT THING IS THAT CERTAIN IMPORTANT EXPERIENCES... AND LEARNING... ARE ALREADY RECORDED... IN YOUR DEEPER MIND... AND... AS YOU GO EVEN DEEPER... EVEN FURTHER... EVEN DEEPER... EVEN FURTHER... DRIFTING... WONDERING... PONDERING... WONDERING... ALLOWING YOUR SUBCONSCIOUS... TO ELABORATE... WHATEVER THOUGHTS... FEELINGS... SENSATIONS... IN WHATEVER DIRECTION... TO PROVIDE THE FEELING... OF GREATEST DEPTH... SO YOU CAN LISTEN TO THE WHISPERS... OF YOUR DEEPER MIND... WHICH WILL BRING FORTH... THE SECRETS... YOU DESIRE.

YOU MAY LISTEN... WITHOUT HEARING... OR... YOU MAY BE HEARING... WITHOUT LISTENING... BUT TRUSTING... AND HAVING FAITH... THAT THE MOST TRUSTED PART OF YOUR SUBCONSCIOUS... WILL DO EVERYTHING... WITH ITS VAST POWER TO... *(insert new beliefs or suggestions)*.

FEEL FREE... TO CONTINUE DEEPENING YOUR EXPERIENCE... DEEPENING YOUR AWARENESS... FEEL FREE TO FOLLOW YOUR OWN THOUGHTS... OR... IF I DON'T SAY SOMETHING YOU NEED TO HEAR... IMAGINE I SAID IT... IF I SAY SOMETHING... YOU DON'T NEED TO HEAR... CHANGE IT TO WHAT YOU WOULD HAVE LIKED TO HEAR... SO THAT YOU CAN CONTINUE TO REPROGRAM... AND REEDUCATE YOUR SUBCONSCIOUS... SO YOU CAN EFFORTLESSLY ACHIEVE *(insert new beliefs or suggestions)*.

AND YOU KNOW... DO YOU NOT... THAT EVERY PERSON... HAS MANY ABILITIES... NOT KNOWN... TO THE SELF... ABILITIES... THAT ARE SOMETIMES DISCREDITED BY THE SELF... BUT AS WE AWAKEN... OUR SLUMBERING GIANT... OUR SUBCONSCIOUS... IT CAN MAKE AVAILABLE... TO THE OUTER MIND... THE NECESSARY LEARNING... AND SKILLS... THAT HAVE BEEN FORGOTTEN... SO THAT YOU CAN... EFFORTLESSLY... *(insert new beliefs or suggestions)*.

GIVING UP YOUR NORMAL EFFORTS TO QUESTION... GIVING UP... YOUR NORMAL EFFORTS... TO FIGURE THINGS OUT... SIMPLY ALLOWING... YOUR SUBCONSCIOUS... TO DO YOUR THINKING FOR YOU... TRUSTING... EXPECTING ONLY THE BEST... HAVING FAITH IN YOURSELF... AND... RELEASING ALL JUDGEMENT... OF SELF... AND OTHERS...

ALLOWING YOUR SUBCONSCIOUS... TO TAKE YOU IN WHATEVER DIRECTION... TO REVIEW ALL THOUGHTS... MEMORIES... AND FEELINGS... AS YOUR DEEPER MIND... CONTINUES TO

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CANADIAN SOCIETY OF CLINICAL HYPNOSIS (BC Division)

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REVIEW... AND SELECTS THE BEST MEANS OF ACHIEVING... THE FOLLOWING GOALS... WHICH I WILL REPEAT... SEVERAL TIMES... (*repeat each suggestion three times*).

AND... AS YOU KNOW... OUR NIGHT DREAMS... ARE AN OPPORTUNITY... FOR NEW INSIGHTS... DRAWING UPON... AND INTEGRATING... FROM DIFFERENT OCTAVES... OF CONSCIOUSNESS... AND MANY VALUABLE INSIGHTS MAY COME TO YOU... IN A DREAM... OR... WHILE YOU ARE DAYDREAMING... WONDERING... PONDERING... AND YOUR WILLINGNESS... TO ALLOW YOUR SUBCONSCIOUS... TO DISCOVER... AND RELEASE EVEN BETTER WAYS OF UNDERSTANDING AND ACHIEVING (*insert suggestions*)... AN ALL SENSE OF KNOWING... AND KNOWING ALL... RE-DISCOVERING THE PLEASURE... OF YOUR OWN INNER BEING... DEVELOPING... YOUR OWN INNER MEANINGS...

I WILL STOP TALKING FOR A FEW MOMENTS... TO ALLOW YOU TO SOAK UP... AND MAINTAIN FEELINGS OF CALM... AND CONTENTMENT... AND TO RECEIVE WHAT YOU NEED TO RECEIVE... ALLOWING EACH BREATH TO BOTH INSPIRE... AND EXPAND... YOUR AWARENESS... AND TO ALLOW YOUR SUBCONSCIOUS TO ABSORB... STORE... AND RETAIN ALL THE HELPFUL SUGGESTIONS... UP TO NOW... (*allow 30 seconds or so of silence*).

AND ... AS YOUR DEEPER MIND... PREPARES YOUR OUTER MIND FOR SUCCESS... BELIEVING IN YOURSELF... AND YOUR ABILITIES... AND AWAKENING AND MOBILIZING THE STRENGTHS... OF YOUR INNER STRONG SELF... AND LEARNING TO DEVELOP AND STRENGTHEN... WHATEVER EXPERIENCES ARE IMPORTANT... YOU CAN LEARN TO TAP INTO... YOUR INNER STRENGTHS... YOUR INNER STRONG SELF... AND UTILIZE BOTH OLD AND NEW LEARNING... AWAKENING TO YOUR POTENTIAL... WHERE YOUR INNER STRONG SELF... CAN CHANGE DESIRES... INTO REALITY... AND IN THESE DEEPER MOMENTS OF RELAXATION... YOU CAN LEARN TO DISCOVER... AND APPRECIATE... THE REALLY IMPORTANT THINGS ABOUT YOURSELF... AN OPPORTUNITY... FOR YOUR CONSCIOUS AND SUBCONSCIOUS MINDS... TO WORK AS PARTNERS... ON YOUR BEHALF...

AND... AS YOU ARE DISCOVERING... TRANCE IS A LEARNING EXPERIENCE... THAT THERE ARE SO MANY HELPFUL RESOURCES... IN YOUR SUBCONSCIOUS... THAT WILL COME THROUGH... AS NEEDED... TO HELP YOU DEVELOP NEW UNDERSTANDINGS... NEW STRENGTHS... TO THE CURRENT NEEDS... OF YOUR ENTIRE SELF...

IN A FEW MOMENTS... WHEN YOU BEGIN ALERTING... YOUR SUBCONSCIOUS... CAN REMAIN IN TRANCE... AND CONTINUE WORKING... AND LEARNING... WITH ITS PARTNER... YOUR CONSCIOUS MIND... DRAWING FROM THE PAST... THE PRESENT... AND YOUR MOST OPTIMAL FUTURE... WHATEVER WILL BE MOST HELPFUL... IN ORDER FOR YOU TO ATTAIN (*the goals of the client*)... AND THEN AGAIN... FEED YOU THE RIGHT INFORMATION... IN THE RIGHT WAY... AT THE RIGHT TIME... SO YOU CAN DO... THE RIGHT THING... CONFIDENTLY... EFFORTLESSLY... FOR THE RIGHT REASON... TO SERVE YOUR BEST INTEREST... IN THE MOST LOVING WAY POSSIBLE...

I WOULD ALSO LIKE TO SUGGEST... THAT WHENEVER YOU SEE THE COLOUR GREEN IN YOUR ENVIRONMENT CONSCIOUSLY OR SUBCONSCIOUSLY... ALLOW THE COLOUR TO STIMULATE AND INNOCULATE YOUR SUBCONSCIOUS TO KEEP YOU

FOCUSSED... AND EXPECTING TO ACHIEVE YOUR GOAL... FOR THIS EXPERIENCE...

IN ADDITION, I WOULD LIKE YOUR SUBCONSCIOUS... TO SELECT ONE OF YOUR DREAMS... EACH NIGHT... TO BECOME A HEALING DREAM... HEALING WHAT NEEDS TO BE HEALED SPIRITUALLY... MENTALLY... EMOTIONALLY... AND PHYSICALLY... SO YOU CAN ACHIEVE YOUR GOAL... EASILY... EFFORTLESSLY...

AND FINALLY... WHEN YOUR CONSCIOUS AND SUBCONSCIOUS MINDS... METAPHORICALLY... SHAKE HANDS... AND AGREE... TO DO EVERYTHING... IN THEIR COMBINED POWER... TO HELP YOU ACHIEVE YOUR (goal)... ONCE THAT AGREEMENT HAS BEEN MADE... WILL THOSE EYES OPEN... AS IF THEY HAVE A MIND... OF THEIR OWN...

February 14 & 15, 2009

2-Day Workshop

9 am – 5 pm

(Registration Begins 8:30 am on February 14th)

Annual Two-Day
Clinical Hypnosis Training Workshop
presented by the Canadian Society of
Clinical Hypnosis

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

This workshop will simultaneously provide basic skills and intermediate/advanced skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills.

Many Exciting Topics Include: Age Regression, Progression & Time Distortion Relationships & Hypnosis; Mind-Body Approach to Sex Therapy; Therapeutic Rituals for the Reduction of Grief & Trauma; Integrating Hypnosis Into Your Practice; Peak Performance & Sports Psychology; Energy Psychology; Managing Chronic Pain; Rapid Induction Techniques for Emergency Medicine and Dentistry; Biology of Beliefs & Hypnosis; and much more.

Watch for a detailed brochure to be mailed in early December!

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.

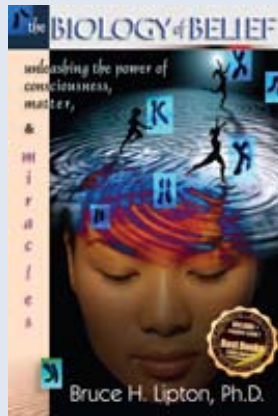
The purpose of these monthly meetings is to provide useful information to our members and a place for members to meet and discuss hypnosis in a positive learning environment. If there is a topic you would like to see presented or you have a topic you would like to present at one of the meetings, please 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
Sept /1708	Mavis Lloyd	Reprogramming Beliefs using Early Recollections
Oct 15/08	*NO MEETING SCHEDULED IN OCTOBER*	
Nov 19/08	TBA	

Don't miss our 2 day workshop Feb 14-15

See page 3 for details



Fall Seminar 2008

The Biology of Belief: The Science of How We Create Our Lives

With Dr. Bruce Lipton

Presented by: The Canadian Society of Clinical Hypnosis (BC Div)



The path toward self-empowerment is now offered by leading edge science. A renaissance in cellular biology has now described the nature of the communication channels linking the mind and the body. This new science reveals how our thoughts, attitudes and beliefs control our abilities and create the experiences of our lives.

Based upon his bestselling book, The Biology of Belief, Bruce reveals why and how we unconsciously sabotage our deepest desires for health, happiness and prosperity. This information will inspire your spirit, engage your mind and challenge your creativity, as you comprehend the enormous potential for applying this science in your life and in your profession.

DATE: October 18, 2008
TIME: 8:30 am Registration. Seminar: 9 am – 5 pm
PLACE: Vancouver General Hospital
 Paetzold Education Centre (Jim Pattison Pavillion)
 855 West 12th Ave., Vancouver, BC

For a detailed **BROCHURE** and **REGISTRATION FORM** go to: www.hypnosis.bc.ca

Seminar is open to the general public.