



ENTRANCING NEWS

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

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

WINTER 07/08

Upcoming Events

Jan 16/08
Monthly Meeting
Presenter: Denise Hall

Feb 9 -10/08
2 Day Clinical
Hypnosis Workshop at
UBC Robson Square

Mar 19/08
Monthly Meeting
Presenter: Bea Donald

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ANNUAL FALL SEMINAR:

Advanced Hypnotherapy: Treatment of Health-Related Issues

Presented by Daniel Brown, PhD Reported by Mavis Lloyd, PhD

Dr. Brown certainly lived up to his reputation as an excellent teacher on Saturday, November 16. His brilliant presentation of theories involved in wellness, illness and healing was followed by videos and demonstrations that enriched the abilities of those who attended.

After exploring the basic principles of mind body treatment, Dan informed us of specific treatments for many diverse medical issues including chronic pain, asthma, gastro-intestinal, chronic fatigue syndrome, cancer and immune disorders. He also examined stress factors and those stemming from personality types and their attendant emotional components. Because we were provided with an extensive spiral-bound set of handouts, we were able to follow along with Dan as he discussed each topic in detail.

Dan's ability to answer questions that arose during presentations further enhanced his seminar. Many of us are hoping that he will return to give further seminars in the future.

Should anyone who reads this brief review wish to write about their learning experiences in more detail, they will be very welcome and will be included in Enchanting News for others to share. Just e-mail them to lloyd@dccnet.com and I will review them and enter them for publication.



Monthly Meeting Review – September 19, 2007

Stephen Gilligan's DVD, Fundamentals of Ericksonian Hypnosis

Led by Lee Pulos, PhD Reported by Mavis Lloyd, PhD

Stephen's richly mesmerizing voice and gentle manner immediately captured our group as he began to discuss the concept of Deep Trance Identification, namely that of taking on the valued qualities of someone else.

Stephen views hypnosis as a poetic tradition – one of reaching beyond words to achieve a potent mind/body connection through the creativity of the unconscious. Rather than seeking correct language patterns he, himself entered a state of trance, as a means of connecting with his client, describing it as a state of fluidity or stirring soup in space. A flexible flow develops between the therapist and the client as they tune into each other.

Stephen then led us in a progressive relaxation pattern of induction, using the breath while tensing and relaxing the body as the method. He

chose the theme of exploring and connecting with memories throughout life which reflect feelings of well-being, finally ending with the concept of choosing to remember what we want to remember as we re-oriented to the room.

Our following discussions compared the styles of Gilligan and Rossi which led to the desire for another similar evening exploring another recent tape of Rossi that Lee has in his personal collection. Thank you Lee for providing us with another enjoyable and informative meeting.

Inside this issue:

- Feb 2008 2-Day Clinical Hypnosis Seminar
- Fundamentals of Ericksonian Hypnosis
- Monthly Meeting Review
- Monthly Meeting Feedback
- Exploration of Lucid Dreaming
- The Energy Body & It's Functions

Monthly Meeting Review – October 17, 2007

A Further Exploration of Lucid Dreaming

Presented by Harry Stefanakis, PhD

Reported by Mavis Lloyd, PhD

After a review of the basics of lucid dreaming which were presented on April 18 this year (see Fall Newsletter), Harry explored how we all can develop lucid dreaming facility. Harry stressed that dreaming is not only a fundamental part of human experience, but that it is important to help us cope and adapt to changes in our lives. It can be particularly helpful in working with various types of trauma. The metaphoric language of dreams shows evidence of being stuck in traumatic memories can be explored and utilized. For example, Harry discussed a case where a client had a recurring dream of being unable to climb a mountain after his accident. Encouraging finding new routes up the mountain in the hypnotic pro-lucid dream exercise translated into successful movement in the dream state. Additionally, dream reports provide therapists with a thermostat of the clients' emotional states and progress. As the dream contents change, the client's waking reality changes too. As Havelock Ellis once said, "Dreams are real while they last; can we say more of life."

Harry described several techniques to learn to lucid dream and noted how patience with the process is essential. Harry includes

hypnotic inductions and trances as part of his clients' training in the programming and use of lucid dreaming. Harry described several signs that would indicate you are in a dream state. For example, some signs that help a person know that they are in a dream state can include feelings of flying or floating, instability of time as measured by clocks and the instability of light switches. Additionally he noted how some night terrors are associated with momentary body paralysis, because the Reticular Activating System of the brain is slow to switch off during partial alertness, and that awareness of this can allow a person to shift into a lucid dream rather than a night terror.

Harry stressed the importance of mindfulness meditation and teaches it to all his clients. Meditators tend to have more lucid dreams than most non-meditating people. Harry ended his evening with a group lucid dreaming preparation trance induction. Thank you for a highly satisfying evening, Harry. I personally believe I have had a shift in an unpleasant recurring dream with your concept of picking up a resource as you enter the dream state. Only time will tell!

The Energy Body and Its Functions, Immune Functioning, Longevity and Regeneration

Presented by Dan Brown, PhD

Reported by Katharine Ingham, MA



As part of his trip to Vancouver to present the workshop "Advanced Hypnotherapy: Treatment of Health Related Issues," Dr. Dan Brown kindly offered to give a Friday night public lecture on the above topic. The Energy Body, in short, is the system through which electro-magnetic current runs through our bodies. Dr. Brown addressed present Western medical thought with an overview of the immune system and how some of its components work together to combat illness. He then showed how the body is also made up of channels that conduct electrical current, quoting studies that proved that animals' bodies (including human) react to the electro-magnetic fields of chemicals, even when those molecules are not in the same environment. Dr. Brown went on to integrate Eastern traditions dating back 1600 years to Bodhidharma regarding

energy flow throughout the body. Bringing Eastern and Western thought together, Dr. Brown showed how the layers of the energy body store energy, how it can be released, and how our bodies can sense changes in energy fields, relaying that information to the immune system for healing. Dr. Brown finished his lecture by addressing the function of stem cells in the body, how they respond to chemical messages initiated by the energy body to replace damaged cells. It was a fascinating, but all too short, lecture that showed how the gap between Western medical thought and Eastern traditions may not be as big as we thought.

ENTRANCING NEWS

Winter 07/08 Issue

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)

Jan. 16/08 Presenter: Denise Hall
Topic: Reiki: A Great Healing Tool for
Therapeutic & Personal Use

* **Feb. 20/08** ***THIS MEETING IS SUPERIMPOSED BY
THE TWO-DAY CLINICAL HYPNOSIS
WORKSHOP HELD SATURDAY & SUNDAY
FEBRUARY 9TH & 10TH AT UBC ROBSON
SQUARE. SEE YOU THERE!!**

Mar. 19/08 Presenters: Bea Donald, Dr. Heesoon Bai,
Dr. Avraham Cohen
Topic: The How & Why of Being a
Mindful Therapist

Monthly Meeting Feedback Required

Someone once said that the only person who likes change is a wet baby. Over the past decade we have seen the number of members who attend our monthly meetings decline drastically, to the point where it is common for less than ten people out of nearly 200 members to come and share the topics presented. The Executive is concerned about this change, and would appreciate feedback from you as to why you, individually, no longer come to meetings. We all lead very busy lives, both professionally and personally and the choices of how we use our time become increasingly challenging.

Daniel Goleman in his recent book, "Social Intelligence, The New Science of Human Relationships": Bantam, 2006 discusses creeping disconnection in society which is caused by increased time spent by people in "one-person shells". These are created by the amount of time spent absorbed in various electronic pursuits such as the Internet, cell phones, TVs etc. In comparison to the 1970's, when two thirds of Americans belonged to organizations with regular attendance at meetings, by the 1990's, this number had dropped to one third, (pages 6 – 8). Is our Society experiencing the demise of the need to meet together to share a common interest?

Please e-mail or fax the Executive with your wishes. Should we meet less often? Do we need a change of topics, choice of evening and/or location? It would be very encouraging for us to hear your views as we feel truly disconnected from the opinions and needs of majority of you when we have little or no direct contact.

Mavis Lloyd, PhD

News and Notes

True to his promise, our President, **Dr. Lee Pulos** has published his DVD which teaches how and when to use Emotional Freedom Techniques, **EFT**. It is a highly useful tool for both practitioners and clients because it clearly gives the theory behind the technique and reinforces any work done during sessions. It can be obtained for the extremely reasonable cost of \$24.95 at www.drpulos.com and at Banyen Books.

A retired member, **Dr. Barbara Mallory**, has just added to the treasure trove of EFT tools. She has created "**Peace Points, EFT Exercises for Kids**". The 16-page FREE booklet, presented with colour illustrations and poems

will be a wonderful help for parents, teachers and kids. Hopefully it will be on her website, www.feelingfree.net in the near future. In the meantime, if you need a copy, Mavis can e-mail you one. Her address is lloyd@dccnet.com. Please send your request directly to her.

Dr. Harry Stefanakis has published an excellent disc which contains Guided Exercises in Relaxation and Pain. Entitled "Letting Go", it gives clear theoretical constructs and also includes imagery exercises designed to help strengthen the mind, body and spirit, as well as managing experiences of stress, tension and pain. It can be purchased by calling 604-434-1122 or faxing 604-434-5972.





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TWO-DAY CLINICAL HYPNOSIS TRAINING WORKSHOP

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

The Training Workshop will be held at UBC Robson Square, which 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.

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FORM IN YOUR MAIL!**