

Entrancing News

APRIL 2013 Edition

A publication of the Canadian Society of Clinical Hypnosis (BC Division)

Upcoming Events

Power of Visualization Dr. Lee Pulos

Saturday, May 4th, Centre for Peace, Canadian Memorial Church, 1825 West 16th Ave., Vancouver. Take Home Techniques For Health, Healing And Goal Setting! For details and registration - www.hypnosis.bc.ca

Hypnotic Essentials -- Experience & Practice

Saturday, June 1st - 1055 W Broadway, 2nd floor led by Dr. Leora Kuttner, Dr. Harry Stefanakis and Dr. Mavis Lloyd. Designed to introduce you to, or review for you, the key features that make clinical hypnosis effective. For details and registration - www.hypnosis.bc.ca

Monthly Meetings

Wednesday, April 17th - Beyond Mindfulness: An Energetic and Spiritual Model of Transformational Healing. Presented by Dr. Janice Stuart. Details - www.hypnosis.bc.ca

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Letter from the President

Dear Colleagues:

I thought this letter might be a good opportunity once more, to extend my collection of naughty irreverence, reflective meanderings, bon mots, cheeky impudence, quotes, mischievous playfulness and speculative anarchy.

- The goal of a psychic or mystic (and hopefully all of us) is to penetrate as deeply as you can into the depths of reality or consciousness.
- Lucid dreaming -- an opportunity to visit parallel universes.
- Myths are an attempt to describe the infinite in finite terms -- myths are the inner reality from which our world springs.
- Dream symbols are a kind of psychic shorthand.
- In deep hypnosis and altered states of consciousness, there are no censoring filters.
- It is not the letting go of the past that hurts -- it is the holding on.
- Stage hypnosis -- force feeding a belief to a highly focused, absorbed and suggestible subject.
- There are no incurable conditions but there are incurable, treatment-resistant individuals.
- There is no such thing as failure -- only results and information.
- Churches as they now exist need a devil as well as a God.
- Science has taken on the mantle of religious orthodoxy and scientific fundamentalism has squelched a large portion of scientific imagination.
- Fear is a common response when one's beliefs are challenged.
- LSD can and does create neurological mayhem.
- Our bodies are wired to believe -- thus the effectiveness of placebo responses.

- You must learn to deal with your beliefs or you will be forced to deal with them in your environment through bad relationships, symptoms/illnesses, financial failures, etc...
- Is there a spiritual barrenness to a controlling patriarchal society?
- Problems are paths leading to the growing or leading edge of ourselves.
- “Shame – you are no good “etc... helps us forget our essential goodness and who we really are.
- You must derange the senses in order to obtain the unknown – Jim Morrison
- The depth of the mystery of life exceeds – is beyond explanation.
- We need to raise the rheostat of consciousness so we can go beyond the tight tethers of our mind.
- Science ignores the affirmations of the human heart.
- Most people and many scientists fear the speculative anarchy of new ideas.
- Don’t strive to make up for a “shaky” past by being perfect.
- Your body is a living book – being produced every minute – what are the chapter headings?
- Western society promotes outward self – improvement (diets, face lifts, etc.) not inward development and spiritual growth.
- Hypnosis is simply an exercise in the alteration of beliefs.
- We “feed” and keep our beliefs alive daily through self-talk – or drugging our minds with good or bad hypnosis (since the subconscious treats every thought like a prayer.)
- If you don’t dream your future – someone else will dream it for you.
- There is irrational dogmatism in both science and religion.
- If you want to see the moon reflected in the ripples in the lake – you must quiet the mind (meditation.)
- Are there better ways of treating certain psychiatric disorders other than ‘neurochemical straightjackets.’?
- Your thoughts are your currency. “Learn to stop spending that currency on thoughts you don't want.” – Wayne Dyer

Hopefully, some of these random thoughts will provide new footholds of consciousness, in different areas of your life.

Respectfully,

Lee Pulos, PhD, ASPP
President

The Power of Visualization

Take Home Techniques for Health, Healing and Goal Setting!

May 4th, 2013

**Featuring
DR. LEE PULOS, PhD, ABPP**

DON'T MISS THIS EXTRAORDINARY OPPORTUNITY!

Many psychologists are now recognizing imagery and visualization as among the most powerful tools in cognitive psychology.

The earliest visualization techniques ever recorded are from over 4,000 years ago. This workshop will open the mind's eye to the rich inner world of our imagination, integrating ancient and modern techniques for creating and achieving goals, optimizing health, identifying subconscious road blocks, developing intuition and creating our most optimal, healthy and fulfilling future possible.

The seminar will be 80% experiential and 20% lectures. This powerful one-day experience is **open to healthcare professionals and to the public.** The Annual General Meeting for the Society will be held following the workshop. All members of the Society are encouraged to attend.

TIME & LOCATION

Saturday, May 4th, 2013

Registration- 8:30 am: Workshop 9 am – 5 pm

Centre for Peace at the Canadian Memorial Church
1825 West 16th Ave., Vancouver, BC

SEMINAR INFORMATION

Advance Registration is Encouraged

Take advantage of Early Bird Rates prior to April 12th
To download registration form visit www.hypnosis.bc.ca

CSCH Member	\$125 (Early Bird)	\$150 (after April 12th)
Non-Member	\$150 (Early Bird)	\$175 (after April 12th)

Canadian Society of Clinical Hypnosis (BC Division)
2036 West 15th Avenue, Vancouver, B.C. V6J 2L5
Phone: 604-688-1714 Fax: 604-683-6979

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

Registration fee includes a \$50 non-refundable deposit

March Workshop Review – March 20, 2013

DEMO and Practice led by Dr. Lee Pulos

Prepared by Dr. Bianca Rucker

Dr. Lee Pulos shared some early history of hypnosis with us. In the 1840's, Dr. James Esdaile, a Scottish physician working in India, decreased the mortality of patients undergoing surgery from 50% to 5% by using mesmerism. Lee has developed a hypnotic technique that incorporates a concept similar to the hand passes used in mesmerism. Once in trance, Lee has the client visualize a "donut of healing magnetic energy" above the client's head that then passes over/around the client's body gradually from head to toe. This is repeated with two subsequent magnetic energy donuts envisioned moving around and down the body.

Lee did a demonstration of this hypnotic technique with a volunteer, having the subject work on a short-term goal using this process. Prior to trance induction, Lee asked the subject to come up with three images that the person would see once the goal was achieved. Then ideomotor finger signals were confirmed followed by trance induction and deepening. The mesmeric visualization was incorporated into the trance experience followed by further deepening and then vividly breathing life into the pre-selected images. The subject reported in the debriefing after the trance experience that she had found the experience very effective and satisfying.

Following the demonstration, the group engaged in some interesting discussions about how holistic modes of treatment can be used to help us manage symptoms, and how change is created in our lives.

HYPNOTIC ESSENTIALS - EXPERIENCE & PRACTICE

June 1st, 2013

with

Dr. Leora Kuttner, Dr. Mavis Lloyd, Dr. Harry Stefanakis

This one-day workshop is designed to introduce you to, or review for you, the key features that make clinical hypnosis effective.

Through demonstrations, group and individual practice experiences you'll gain and refine your abilities to apply this broad-based clinical approach.

You'll leave the training with confidence and supportive handouts to immediately incorporate these skills into your clinical practice.

TIME & LOCATION

Saturday, June 1st, 2013

9 am to 4:30 pm

2nd Floor Meeting Room
1055 West Broadway, Vancouver

SEMINAR INFORMATION

**Space is limited to 40 participants
So Book Early!!!**

To download registration form visit www.hypnosis.bc.ca

Members \$125, Non-Members \$150, Students \$95

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THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, APRIL 17TH

Please feel free to bring a professional colleague to the April meeting. Let them experience the benefits of Membership in the Society.

Meeting Time: 6:45 PM Please ensure you arrive by 6:30 in order to gain access to the room.

**Location: 1055 West Broadway (between Spruce & Oak Street) Vancouver, BC V6H1E2
Second Floor Meeting Room - See Signs for directions.**

**Topic: Beyond Mindfulness: An Energetic and Spiritual Model of Transformational Healing
led by Dr. Janice Stuart**

Dr. Stuart is a Clinical Psychologist with a general practice in downtown Vancouver, as well as a Psychologist at Health and Counselling Services at Simon Fraser University. She works in the area of trauma using EMDR and EFT, and works with many body-centred therapies to aid in mind-body integration. Dr. Stuart's passion is for helping people connect to a sense of spirituality in their lives.

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.

IMPORTANT MEMBERSHIP NOTICE FOR MAY/JUNE

Instead of regular Wednesday Evening Meetings in May and June, exciting opportunities are being provided in the form of enhanced, all-day, Saturday Workshop Meetings:

- Sat. May 4th – The Power of Visualization, Take-Home Techniques for Health, Healing and Goal-Setting
- Sat., June 1st - Hypnotic Essentials - Experience and Practice designed to introduce you to, or review for you, the key features that make clinical hypnosis effective

MARK YOUR CALENDARS FOR 2014!!

Two-Day Clinical Hypnosis Training Workshop - February 8th & 9th