

Entrancing News

December 2011 Edition

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

Upcoming Events

✓ 2 day Clinical Hypnosis Training Workshop

February 18 & 19th 2012

This workshop will provide the basic skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills. Simultaneously, intermediate/advanced skills in hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for traumatic experiences, relationships, stress, pain, visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry, and much more.

Visit www.hypnosis.bc.ca for details and registration form

✓ Monthly Meeting

January 25, 2012 **Presenters**

& Topic: Fundamentals of Hypnosis Demonstration and Practice presented by members of the Faculty .

The faculty will provide, in a very direct & concrete way, the basics; for example offer instruction & practice on deepening processes & basic induction techniques.

Visit www.hypnosis.bc.ca for details

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October Workshop Review – October 29th & 30th 2011

Hypnosis and Trauma: Integrating Hypnosis into the Treatment of Traumatized Children and Adults

Presented by Dr. Julie Linden

Reported by Lori Newell, MA, RCC

The CSCH-BC Division recently hosted a wonderful workshop by **Dr. Julie Linden**. The topic of discussion was: **Hypnosis and Trauma: Integrating Hypnosis into the Treatment of Traumatized Children and Adults**. Integrating trauma theory, neurobiology, hypnosis, attachment and developmental psychology into a two-day workshop is an ambitious task. This short summary will attempt to highlight some of the main points though will surely not do justice to the amount of learning that took place.

Dr. Linden has over 30 years of experience and the biography of her career is extensive. Her knowledge and skill were apparent as we learned from her lecture material. However, watching Dr. Linden working in the videos presented and in the volunteer demonstrations was where her gifts as a practitioner really shone. Dr. Linden moved volunteers through great change (in what seemed to be in a matter of minutes) during a seamless hypnotic trance where both she and the volunteer were deeply involved.

One of the take-home messages was a reminder of just how important and informative it is when we go back to the sensory experience of the client. As Dr. Linden pointed out, “when you play with a memory in hypnosis by changing the sensory experience you see a shift in client’s feelings and behaviors”.

Another important concept Dr. Linden highlighted was how closely linked play and the hypnotic experience are. “Both can produce a trance state and a narrowed focus of attention, dissociation, absorption and imaginative involvement”. Pairing play with hypnotic suggestion is an effective and powerful way to work therapeutically with children.

Finally, through demonstrating the use of hypnosis with children, plus analyzing the childhood memories of adults, Dr. Linden showed that both corrective repair and positive reframing had occurred during the ideal suggestible and receptive state. Post hypnotic discussions verified that beneficial change in both beliefs and future actions had taken place.

If you are curious about learning more from Dr. Linden, please explore her website, www.dr.julielinden.com.

Thank you Lori for taking the time to report this workshop so speedily. The Executive.

Please note our monthly meeting location!

Meeting Date: Regularly the Third **Wednesday** of each month

PLEASE NOTE THE NEXT MEETING IS SCHEDULED FOR WEDNESDAY JANUARY 25th, 2012

THERE WILL NOT BE A MONTHLY MEETING IN DECEMBER

Meeting Time: 6:45pm

Topic: **Fundamentals of Hypnosis Demonstration and Practice** presented by members of the Faculty. As requested by members, the faculty will provide, in a very direct & concrete way, the basics; for example offer instruction & practice on deepening processes & basic induction techniques.

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

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.

It is that time of year again to RENEW YOUR MEMBERSHIP for 2012

To ensure that your contact information, and links to your website continue to be published for online referrals, please forward your 2012 renewal to our office before December 31, 2011.

On line renewal form available on www.hypnosis.bc.ca

THANK YOU FOR YOUR CONTINUED SUPPORT!

MEMBERSHIP ADVANTAGES

- Education in and experience with current and comprehensive hypnosis techniques.
- Substantially reduced registration fees at most workshops.
- Online Directory Referrals.
- Newsletters to keep you up to date with society events and upcoming workshops.
- Regular Monthly Meetings the third Wednesday of each month. 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.

Looking forward to sharing with you and creating the opportunity to learn from and interact with colleagues from other health and mental health disciplines.



JOIN US AGAIN IN 2012 !

1961-2011 - 50 Years of Hypnosis - Then and Now Best Practices and Innovations

Two-Day Clinical Hypnosis Training Workshop 2012

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

Simultaneously, intermediate/advanced skills in hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for traumatic experiences, relationships, stress, pain, visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry, and much more.

The faculty has extensive experience in various areas in the field of hypnotherapy and each will be present on one or both of the days of the workshop

EXCITING TOPICS INCLUDE:

- History & Types of Trance; How to Introduce Hypnosis ; Diagnosis
- Neuroplasticity and the Use of Metaphors
- Rapid Induction Techniques for Health Professionals
- Cave of Brahma – A Powerful Intrapsychic Treatment Technique
- Acute and Chronic Pain Management
- Treating Anger and Aggression with Hypnosis
- Better Sex Through Hypnosis
- Ritual Formation for Challenging Life Transitions
- Women's Health Common Conditions and Hypnotic Treatments
- Mind – Vagal Interaction in Chronic Medical Conditions: Latest Findings
- Teaching Self-Hypnosis to Clients to Improve the Outcome of Therapy
- Consolidating Hypnosis In Your Professional Practice

CONTINUING EDUCATION CREDITS are available to applicable professional disciplines. A Certificate of Attendance evidencing 14 hours of participation will be issued to each participant at the Workshop.

TIME & LOCATION

Saturday & Sunday February 18th and 19th, 2012
Registration- 8:30 am: Workshop 9 am – 5:00

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

SEMINAR INFORMATION

EARLY BIRD PRICING UNTIL JANUARY 21st 2012

CSCH Member	\$300 (Early Bird)	\$375 (after Jan 21st)
Non-Member	\$400 (Early Bird)	\$475 (after Jan 21st)
Student	\$200 (Early Bird)	\$225 (after Jan 21st)

Cancellation Policy: Registration fee includes a \$50 nonrefundable deposit.

Student Eligibility: Registrants must be a full time student enrolled in a graduate or professional program in active pursuit of a doctorate in Medicine, Dentistry, or Psychology, or a Master's degree in counseling psychology, social work or a diploma or degree in one of the disciplines listed above or in dental hygiene. The program must be held in a university accredited by its appropriate regional accrediting body.