

Entrancing News

FEBRUARY 2012 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**

March 21, 2012 Presenters

& Topic: Fundamentals of Hypnosis Demonstration and Practice presented by members of the Faculty. This meeting will begin with faculty demonstrations of different hypnotic inductions and utilization of hypnosis followed by practice! practice! practice!

Visit www.hypnosis.bc.ca for details

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Letter from the President

Dear Colleagues,

In my previous letter, comparisons were made between the “old” biology- Darwinism, with its emphasis upon the DNA code inside our cells where evolution is the result of the population and sometimes taking centuries to make the evolutionary changes. Epigenetic changes on the other hand, originate outside the cell, i.e. in the environment. These changes occur by individuals influencing their own genetic print out as the result of their consciousness, thoughts, intentions, social networks, diet, toxins, social rituals, predators, sexual cues – all of which can effect gene expression.

Epigenetic changes can happen in a matter of minutes, hours or weeks. These genetic changes can then be passed on to one’s offspring without influencing the “fixed” DNA code within the nucleus of every cell.

The good news is that an unwanted or negative epigenetic change triggered by environmental conditions may be reversed when environmental conditions change again.

Diet and epigenetics appear to be closely related. The most well known example is that of the Agouti mice: they are yellow, fat and are prone to diabetes and cancer. If Agouti females are fed with a cocktail of Vitamin B12, folic acid and cholin directly prior to and during pregnancy, they give birth to mainly brown, slim and healthy offspring. The offspring will also have pups similar to themselves – brown, slim and healthy. These epigenetic changes will carry on for at least three generations.

I have been utilizing and teaching a variety of visualization techniques in workshops, corporate seminars and to clients for years. My publisher, Nightingale Conant – asked me to produce a program they titled The Power of Visualization and it has been one of their top best sellers since it came out.

However, at the time, I did not realize what epigenetic changes were being expressed at a cellular level that caused visualization to be such a powerful and effective process until I

recently read a colleague's (and friend) report on one of his clients, "Mary" who was diagnosed with stage IV uterine cancer. Against her doctor's advice, she rejected medical treatment entirely, stating to my friend – "if I or my body created this condition, then I can uncreate it"

She quit work, spent hours in the bath visualizing tiny stars circulation in her body. Whenever the sharp edge of a star touched a cancer cell, it punctured the cell deflating it like a balloon and the water washed away the dying cancer cell.

In addition, she readjusted her nutritional intake, began to exercise and continued with her baths and the stars. Equally important, after reviewing the research literature on cancer and emotions, she decided to release her anger from the past and was very careful about not being caught up in negativity and blame.

Mary began to feel stronger, her walks became longer and she began visualizing what an optimal, healthy future would look like. She did not make an appointment with her physician until she was convinced that she was cancer free. To the astonishment of her physicians, her cancer was completely gone and many years later she was still in excellent health.

While a DNA microarray was not done for Mary's visualizations, if you recall from my last letter 15 early response genes and 77 additional genes were expressed after one hour of hypnosis. I suspect Mary's visualizations produced a similar expression of genes to reduce anxiety, fear and to facilitate the healing response.

Of interest to most of us, is it possible to raise our intelligence and/or intellectual performance? Stanford University psychologist Dr. Carol Dweck noticed that students had varying beliefs about the nature of intelligence and these beliefs had an effect on their performance. Some students believed that intelligence is a fixed measure like the number of inches in one's height. Others believed that intelligence can grow and develop or blossom like a plant. She then compared the math scores of the two groups over the following two years.

She established that students who believed that intelligence can grow had increasing math scores. The math scores of those who believe that intelligence is fixed – decreased.

Dr. Dweck then wondered – if students were given a "growth" mindset, how to perceive intelligence as growing or expanding with experience, would this benefit their grades? She took one hundred seventh graders who were all performing poorly in math and divided them randomly into two groups. The first group received instructions in study skills. The second group was told our brains grow and form new and denser neural connections when confronted with novelty and challenge. At the end of the semester, those students who had received the mini course in brain development had significantly better grades than the other group. Dr. Dweck reported – "when they worked hard in school they actually visualized how their brains were growing".

Thus, filling one's mind with positive images of intellectual growth can produce not only an epigenetic environment to enhance mental performance but the same "set up" can also change and enhance our health and physical performance.

Harvard psychologist Dr. Judith Rodin, in a 2007 study recruited 84 maids who cleaned hotel rooms. She wanted to examine the differences between physical exertion and physical exertion plus belief. The 84 maids were divided into two groups. One group heard a brief presentation explaining that their work had many benefits and qualified as good exercise. The control group got no information – business as usual.

Over the next thirty days, the changes in the bodies of the women who heard the exercise lecture were significant. The exercise informed women perceived themselves to be getting markedly more exercise than they had indicated before the presentation. They also lost an average of two pounds, lowered their blood pressure by almost 10 percent and displayed drops in body fat percentage, body mass index and waist to hip ratio.

The significant physiological (and epigenetic) changes occurred in just thirty days. What would happen if we were more proactive in changing the background music of our incessant inner dialogue as we perform our daily routines?

With every feeling and thought, in every instant, we are performing genetic engineering in our cells. Would applying this knowledge in a positive direction influence how we age and contribute to a healthy longevity?

With Doctors Dweck and Rodin's expectancy directions in mind, I am now taking more time with many of my clients to inform and educate them on many of the concepts of epigenesis described in this and in my previous letter to you.

What are your thoughts on this issue and is there a way in utilizing this information to accelerate successful outcomes in therapy?

Respectfully,

Lee Pulos, Ph.D ABPP
President

January Workshop Review – January 25, 2012

Demonstration and Practice

Led by. Lee Pulos, PhD, ABPP

Reported by Mavis Lloyd, PhD.

Our attending members thoroughly enjoyed watching Lee demonstrate a new goal-setting hypnotic induction with volunteer Pamela. They then formed pairs and practiced the process with the handout Lee had made. Questions and comments completed our evening

For the benefit of those members who were unable to attend, the trance induction follows:

Trance Induction

Lee Pulos, Ph.D., ABPP

Allow yourself to get comfortable...settling in...and detaching from all the concerns...and “have to’s” in your life...

Take a nice deep...deep breath...as you roll your eyes up...looking at your eyebrows...without straining... hold it...as I count from one to three...one...feel it pressing against your chest...two...and three...as you let it all out...allowing your eyelids to flutter down...and close your eyes...your chest...like a balloon...collapsing...and draining all the tension...out of every fiber...of your body...

Allowing your eyes to relax...jaw unclenched...shoulders droopy...arms limp...and floppy...abdomen soft...each breath you take...imagine you are blowing out stress and tension...into the atmosphere...never to return...with the next deep breath...blow fear out...and replace it with courage...and strength...take another deep breath...and exhale any old anger or resentments out...let it go...and replace it with your love...and warmth...and kindness...take another deep breath and blow away...any possible guilt out...even imagined guilt...and replace it with forgiveness...and innocence...

Feeling calm...safe and precious. It can be easy for us to forget...that deep down...we are worthy...and precious...our feelings do matter...and each breath...helps us connect with our inner strong self...which is strong...very wise...and unafraid...

Now...relax all the muscles...in your eyelids...to the point where they won't work...for now...and once they are relaxed...to the point where the eye muscles...won't work...test them and make sure they don't work...so...the harder you try to open your eyes...the deeper you will go...

Now...relax those eye muscles...and allow that relaxation...to spread to the part...or parts of your body...that need it the most.

Take a moment...and tune into the part...or parts of your body...that are most comfortable...when you locate the comfort...simply enjoy it...and allow it to deepen...and spread throughout all of your body...all by itself...

Within the privacy...of a person's mind...anything is possible...and knowing...that you can review all that privately...the secret hopes...private promises...and possibilities...the sacred promises...to yourself...of what can be...

And now...I would like you to think about a goal...you would like to achieve...for this hypnotic experience...take a few moments to ponder...wonder...and be curious...about the importance...of achieving this goal (allow 20 seconds).

Since the future creates the present – project yourself into an optimal future...where you have easily attained your goal...what will you be seeing...hearing...feeling upon the successful achievement of this goal...that you are not hearing...seeing...feeling now...your job is now to make each sense...seeing...feeling...hearing...as real as you can...go ahead (allow 30 seconds).

Let us repeat that process...once more...for the next 30 seconds...see...hear...feel what you will be experiencing...with gusto...upon creating your personal optimal future...(30 seconds).

And...you will find yourself easily integrating the helpful future sensory images...into your internal dialogue...self-talk or imagination...on a routine basis...

Continuing...with each breath...becoming more deeply entranced...so deep...that you will be able to accomplish...whatever you need to...in hypnosis today. You may be surprised...to realize...that a symptom...or blockage to achieving a goal...is actually your friend...a signal...that a creative change...is needed...in your life...

If it feels right for you...at this time...let yourself feel...what you are feeling strongly...as another part of you...can watch wisely...and keep you safe...so you can understand...what those symptoms or blockages...are trying to tell you (allow 20 seconds)...and trusting...knowing that your subconscious can free you...from your learned limitations...

And...of course...during certain rest...or quiet periods...throughout the day...10% of your life energy...will be involved...and focused on either...an inner healing process...or what needs to be healed...or resolved...so that you can achieve...your goal of today's hypnotic experience...and the 10% of your life energy...will continue...in your dreams...

And...as you focus on your goal...once more...embrace the belief...I want it to happen...I will allow it to happen...and it will happen.

And...in closing...when a deeper part of you knows it can continue to work entirely on its own...toward your goal...at appropriate times...throughout the day...and when your conscious mind...knows...it can cooperate with your deeper mind...to work together...as partners...will you find yourself stretching...opening your eyes...and feeling refreshed...as you orient back...fully alert...and confident.

Welcome!

Please note our monthly meeting location!

Meeting Date: Monthly (except December, February, June, July, and August)

PLEASE NOTE THE NEXT MEETING IS SCHEDULED FOR WEDNESDAY MARCH 21st, 2012

Meeting Time: 6:45pm

Topic: This meeting will begin with faculty demonstrations of different hypnotic inductions and utilization of hypnosis followed by practice! practice! practice!
There will also be ample time for questions.

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.

PLEASE 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.

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.

Welcome!

The Canadian Society of Clinical Hypnosis (BC Division) wishes a warm welcome to its newest members

ROYCE DUECK
GEORGIA BROWN
DENISE MANSELL
MICHAEL GLADMAN
KATHERINE DISKIN

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.