

# Entrancing News

November 2011 Edition

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

## Upcoming Events

### ✓ 2 day Clinical Hypnosis Training Workshop

February 18 & 19<sup>th</sup> 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](http://www.hypnosis.bc.ca) for details and registration form

### ✓ Monthly Meeting

November 23, 2011

#### **Presenters & Topic:**

Presentation by Dr. Harry Stefanakis

Harry will explore why spirituality needs to be re-integrated into psychological change processes. Practices using hypnosis for incorporating the non-rational in transformative experiences will be explored

Visit: [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

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## MONTHLY MEETING TOPIC SHARING – October 19, 2011

### Dissociative Fugue State Accompanied by Extraordinary Paranormal Phenomena

Presented by Dr Lee Pulos and Dr Janice Stuart

Reported by Dr Heather Fay

This evening presentation was very well attended and the group was treated to an amazing case history with events in a lady's life really stretching and challenging the current concepts of reality. The lady had vivid memories from around 3 months of age and her experiences included one of near death, transteleporting, energy healing of others, huge surges of energy with one episode of having been filmed swimming 2 feet above the water with light emanating from the 3<sup>rd</sup> eye and finding herself in strange distant places with no recollection of how she arrived there.

Something she remembers clearly from her years as a child with the Masai tribe in Africa is that when she was 6, the numbers 20122012 were emphasized and it is now considered to have been foretelling significant events on 20<sup>th</sup> December 2012.

Drs Pulos and Stuart worked with her for many hours and helped her to gain control of her condition to the point that she has not experienced a dissociative episode since their work which included fractionation. The technique as described below, using the Cave of Brahma was used with this lady.

Dr Pulos demonstrated the Cave of Brahma technique with a volunteer from the group with great success.

The evening ended by him stating that he has left us with an intellectual Trojan horse, with ideas that will capture our imaginations and expand our apertures of consciousness.

Many thanks for a mind – expanding evening.

### The Cave of Brahma (A Powerful Intrapsychic Healing Technique)

Lee Pulos, Ph.D., ABPP

The very center of the brain is the third ventricle – one of four connected fluid-filled cavities comprising the ventricular system within the brain. It is filled with cerebrospinal fluid, and sits in the center of the brain below the corpus callosum, the bridge of fibres connecting the left and right hemispheres of the brain.

In ancient traditions, the third ventricle is referred to as the

Cave of Brahma or the Crystal Palace and is considered the source of our so-called Third Eye - through which we obtain intuitive insights.

According to Osteopathic surgeon Dr. John Upledger, the founder of Cranial Sacral Therapy, the cerebrospinal system is the seat of all experience in the body. The cerebrospinal fluid is in constant motion through the Cave of Brahma (the third ventricle), the other ventricles and throughout the complete cranio-sacral central nervous system. The fluid is crystalline in nature meaning that ions can move freely within the matrix. Thus, communication or information is moving through the fluid and all information is some form of somatosensory experience.

By becoming aware of this information, we can begin decoding the meaning of symptoms or subconscious blockages to healing.

The third ventricle of the brain is lined with cilia that are constructed just like the light sensitive rods in the eye. According to Dr. Upledger, they literally “see” this information. This adds a new meaning to the term “Look within” and the term “The Third Eye”.

Shamans, mystics, healers and visionaries of many cultures have gone “into” the Cave of Brahma for many healing and transformative experiences. In deep meditation, as one’s eyes look upwards and within, with practice, in the center of the Cave of Brahma one can begin to sense a “scintillating white star” which will become brighter and brighter as one goes into a deeper meditative state – a deeper octave of consciousness.

Of interest, perhaps it that the young very gifted healer Adam (Dreamhealer) prepares for a healing session by going into a fairly deep trance and following a spiral of light that rapidly increases it’s spinning circular motion. He then projects his awareness into his third ventricle, the Cave of Brahma and then proceeds with intention to focus healing energy to his target, or person – regardless of distance since the mind is non-local.

### **Technique**

Once I get my client into a medium level of trance (which is ratified by the yes finger going up on its own) I ask them to gently, without effort “focus on the space in between your ears”.

Having already provided background on the Cave of Brahma, I then ask them to go into the third ventricle (intuitive – not anatomical knowledge is implied) and connect with the “scintillating white star” within. If someone cannot “see” it – I ask them to pretend to see or sense it. (I have rarely had anyone not able to do this).

I then suggest making the inner light brighter and brighter and “out of this brightness will emerge your inner physician (inner wise person, inner guide, inner source, inner healer)” or whatever metaphor seems appropriate for your client. The inner source may take any form – light, animal, person, colour, - or occasionally – a cartoon, playful figure. I add that this inner essence or “innergy” (intelligent energy) “is connected to every cell and system of your body.”

I have also prepared the client by explaining that “symptoms” are a message from our subconscious that

- a) we should be making a change in our life that we are avoiding
- b) that there is a part of us that needs strengthening that is needed in order to heal or –
- c) the symptoms could be a “lesson” that we need to learn at this time of our lives.

In addition to dialoguing the above questions with our inner physician, I will include some of the following statements or questions depending on the issue:

- Ask your inner physician to tell you something very important about yourself that you need to know at this time in your life. (wait for an answer)
- Ask your inner healer – “what is the most important change in my life that I need to make at this time in order to begin the healing process?”
- Is there any form of self-punishment involved in my symptoms?

- Does your inner source know that you can get well?
- What is the most important first step I need to take to begin the healing process?
- Is there a limiting belief that is keeping a part of me trapped in the past? ( If the yes finger goes up....”Let a resourceful thought or answer to that question float to the surface now-w-w”
- Is there another part of you that has a different perspective on your ....issue...symptoms, etc. that would be helpful to consider? (if the yes finger goes up...”let that thought come forward or float up from your deeper mind”
- What do I need to do to begin strengthening my inner confidence in order to overcome my issue?

And of course, you may have additional questions that can be added or interwoven to the above.

### **Healing Dream**

At this point, I will take the client deeper and make the following suggestions:

- “When your deeper, wisest-self is ready to provide you with a brief, waking healing dream – your yes finger will go up to signal the beginning of the healing dream....”
- “Allow the dream to write its own script”
- “When the brief waking healing dream is over....your no finger will go up”

Usually, the waking dream will bring up quite a bit of material and implications for discussion.

### **Alternative Technique**

Once the inner physician or inner source has crystallized into form (person, animal, energy, colour, etc.) I ask that the symptom, problem or issue will also crystallize into some form (again, could be metaphorical or concrete).

Next, I have the inner physician and symbolized “problem” go into the Cave of Brahma and the instructions are: “Allow these two images (healer and issue or problem) to interact...like a psychodrama...let the script write itself and when the interaction has come to the end – or resolution – your yes finger will lift”

For many of the clients I have done this with the internal psychodrama which has become a very powerful, insightful and empowering experience. This will often lead into the opportunity to utilize EMDR, hypnosis, EFT, One Eye Integration or good old fashioned talk therapy.

### **Utilizing Future Orientation**

Another possible approach with selected clients is to take them into a fairly deep trance, then ask them to orient into the optimal future where their issue, symptoms or problem has been resolved (to be signaled by the yes finger lifting)

Ask for an approximate month and year when this has been accomplished (or “picture a calendar on the wall where you can see the month and year”)

Next, suggest that the client look back from the future to see or sense what they did or what worked best for resolving their issue. Then – “Now – give yourself the helpful suggestions – repeat them several times... that will help you deal with or overcome your issue in the best, wisest and safest way possible”

I then orient the client back and on some occasions will take them back in trance and reinforce the same suggestions that the client came up with.

Enjoy!

### **References**

- Adam. Intention Heals. (2008). Dreamhealer. Com. Vancouver, B.C.
- Cheek, David (1994) Hypnosis: The Application of Ideo-motor Techniques. Allyn & Bacon, Needham Heights, Mass.
- Pulos, L. (2011) Visions of the Future Mind: The Story of Adam-Dreamhealer will be published in E-Book.
- Upledger, John. (2003) Cell Talk. North Atlantic Books, Berkeley, CA.

## Please note our monthly meeting location!

**Meeting Date:** Regularly the **Third Wednesday** of each month  
**PLEASE NOTE THAT THIS NOVEMBER MEETING WILL BE ON THE 4<sup>TH</sup> WEDNESDAY**  
**Meeting Time:** 6:45pm

**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.

## Mark your calendars for the upcoming fall monthly meeting Wednesday, November 23rd, 2011

Come and join us for an evening with Dr. Harry Stefanakis. Harry will explore why spirituality needs to be re-integrated into psychological change processes. Practices using hypnosis for incorporating the non-rational in transformative experiences will be explored.

We look forward to seeing you there!

## 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](http://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.

### **Welcome!**

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

**MARY DOHERTY**  
**CATHERINE CUNNINGHAM-DUNLOP**  
**WILLIAM WOOD**

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 18<sup>th</sup> and 19<sup>th</sup>, 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 21<sup>ST</sup> 2012

|                    |                    |                        |
|--------------------|--------------------|------------------------|
| <b>CSCH Member</b> | \$300 (Early Bird) | \$375 (after Jan 21st) |
| <b>Non-Member</b>  | \$400 (Early Bird) | \$475 (after Jan 21st) |
| <b>Student</b>     | \$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.