

# Entrancing News

**JANUARY 2012** 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**

**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](http://www.hypnosis.bc.ca) for details

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Harry Stefanakis, PhD

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## Letter From The President

Dear Colleagues,

This month's "letter" will be a variation of my latest blog titled Epigenesis: The New Biology. The last paragraph will elucidate and connect the importance and impact of hypnosis upon epigenesis.

Charles Darwin's monumental work – The Origin of Species in 1859, with its emphasis upon natural selection – which preserves minor advantageous genetic mutations, the struggle for survival where the inferior members of the same species would gradually die out, thereby leading to the theory of survival of the fittest. Darwin's theory essentially is that we live in a claw and dagger universe. In addition, whether you are a bird, fish, banana or human being, we have all descended from a common ancestor – which 4.5 billion years ago was a microscopic unicellular portion of the primordial ooze or sludge. However, there are missing links in Darwin's theory that cannot account for the irreducible complexity of, say – our eyes or heart.

However, there is a new kid on the block. The new biology, epigenesis, states that inheritable changes in gene function can occur without a change in the DNA sequence inside the nucleus of a cell. It describes how changes in our biology occur due to what is experienced outside the cell – our environment.

Cell biologist Dr. Bruce Lipton has pointed out that our basic genetic programming such as our racial features, body morphology, eye color, handedness and predisposition for certain illnesses are all programmed or laid out in our first eight weeks in utero. After the eight weeks of our biological determinism, what happens outside the cell, namely environmental influences, determine our genetic activity and what genes will be expressed. This is a radical reversal of the older view of genetic determinism where we are "prisoners" of our DNA.

In the new biology, consciousness and intention play a primary role as to which genes will be expressed whether under favorable or unfavorable conditions.

In other words, what you are thinking, feeling and believing is changing the genetic expression and chemical make-up of your body on a moment-to-moment basis. Many ordinary states and aspects of everyday life such as waking, dreaming, work, play, stress, positive or negative emotions and especially motherhood are also associated with uniquely individual patterns of gene expression.

Neurogenesis, which involves increasing the number and density of brain cells (for example neurons and glial cells), by experiencing novelty or unusualness, looking at situations or challenges from a fresh perspective, stimulating our minds by exploring different corridors of consciousness and physical exercise all modulate the expression of genes that can actually change the physical structure of the brain.

For example, when histology was done on Einstein's brain, it revealed that he had 72% more glial cells than the average person. Visual artists have a greater density of neurons in the visual cortex at the back of the brain, while someone who spends most of the day typing on a computer has a more dense area in the motor cortex. Thus, neurogenesis cannot occur without the expression of a panel of genes specific to the area of the brain that is being stimulated or activated.

A research example of epigenetic change influenced by the environment was conducted by a University of California anatomist, Dr. Marion Diamond. She selected a species of white rats that had been specifically bred to be of above average intelligence. They were randomly separated into two groups. Group A was raised in cages that had activity wheels, lots of toys which were replaced with new toys every four days (read novelty) and lots of attention from the graduate students who were caretakers of the cages.

Group B were raised in environmentally barren cages – nothing but food pellets and water (read – boring!). They got little or no attention from the grad students overseeing the project.

The pups or offspring of Group A were then raised in regular cages without any notable environmental stimulation or toys. However, the rat pups turned out to be smarter than their parents and their offspring even smarter. The increase in intelligence (for solving tricky mazes) went on for at least three generations.

The offspring of the group B rats were less intelligent than their parents and their offspring even less intelligent for solving the same maze as Group A. Again, the “dumbing down” went on for at least three generations.

Remember, all the rats were from the same gene pool or species. The important consideration here is that genetic cascades are turned on or off by our experiences and our perception of our environment.

I have used this example before but it is very relevant to the concept of epigenesis. Approximately five percent of the population is born with an oncogene (a gene for the potential of developing cancer). Let us say that both Robert and George have the oncogene. Robert was raised in a loving, supportive, encouraging and sympathetic environment. His view of the world is love and growth.

George, however, was raised in a very physically and emotionally abusive environment with lots of negativity and degrading put-downs. His view or perception of the world is fear.

According to Dr. Lipton, genes cannot turn themselves on or off. It is only one's perception and/or experience of the environment that will cause a gene to express itself. Thus, in this case, George's fear and anger would quite likely cause his oncogene to be turned on while Robert's feeling of safety and love will most likely keep his oncogene from being expressed.

There are several kinds of genes. Immediate early genes act very quickly – can respond in seconds. Early activated genes reach peak expression in about one hour. Intermediate genes take about two hours to be released and late genes peak in about eight hours but their effects could last for hours or years.

Even in romance! It must be love because when female fruit flies hear male courtship songs, they turn on immune system genes apparently getting ready for potential infections.

And African butterflies, when the weather is cool (dry season), will release an epigenetic signal to cause their wings to turn brown, so they can blend with the dried up plants. During wet weather, another series of genes is expressed and their wings take on a color so they can blend with the bright foliage.

However, very few if any processes are turned on by a single gene. Many genes are implicated in different conditions in different ways. For example, in patients with heart disease, 600 genes are expressed. In addition, of the 600 genes, different genes are involved in different time periods, minute by minute, day by day.

In view of the above, one might think that we have been barking up the wrong biological tree. This does not negate Darwinism or the idea that one of the primary functions of genes was the transmission of information across generations.

Epigenetics repositions and redefines the importance of consciousness, attitudes and beliefs in the here and now. “Happy” genes are in everybody’s body and brain as are “unhappy” ones. In other words, it is not too late to give yourself a psychospiritual and epigenetic makeover by placing new, healing and empowering genetic markers on your chess board of life.

Dr. Ernest Rossi, in his latest book Creating Consciousness, due for release by MHE press at the end of the month cites a number of research articles on how hypnosis significantly impacts epigenesis.

For example, in one study, a DNA micro array of white blood cells of three human subjects was performed immediately before, one hour after, and 24 hours after hypnosis. Rossi documented changes in the expression of 15 early response genes within one hour that apparently initiated a further cascade of 77 genes 24 hours later. This could provide the mind/molecular genome connection of new therapeutic models for optimizing human consciousness, health utilizing therapeutic hypnosis and/or other therapeutic models.

(DNA micro arrays or gene chips consist of wafers of glass 1.5cm square (similar to computer chips). Each is lined with thousands of microscopic grooves on which are attached short bits of DNA that can bind with any matching genes in a biological sample of DNA. As many as 10,000 genes can be matched in a simple experiment).

I will expand this letter with more information on epigenetics next month.

Respectfully,

Lee Pulos, Ph.D., ABPP  
President

### References

Church, Dawson (2009). The Genie In Your Genes. Santa Rosa, CA, Energy Psychology Press.

Rossi, Ernest (2002). The Psychobiology of Gene Expression. New York, W.W. Norton & Co.

**November Workshop Review – November 23, 2011**

**Spirituality, Psychology and Change: Incorporating the non-rational  
Into transformative experiences with Hypnosis**

Presented and reported by Harry Stefanakis, PhD

Source : American Journal of Clinical Hypnosis Copyright 2006 by the American Society of Clinical Hypnosis; 48:4, April 2006 **The Neuroscience of Observing Consciousness & Mirror Neurons in Therapeutic Hypnosis**1; Ernest L. Rossi, Kathryn L. Rossi Los Osos, CA

Harry began by discussing two complementary but somewhat paradoxical dimensions of life. They can be described as spirit/energy and body/matter. Life occurs at the intersection of these phenomena. The dimension of the body focuses on the real human need for individuation and survival and highlights our experience of separation (protection closed system). The dimension of spirit reflects the equally real human experience of interconnectedness and desire for transcendence and growth (open system). Historically two distinct forms of understanding were created to help us navigate these two dimensions of life. Classically they were known as Mythos (spirituality) and Logos (rationality/science). Logos helps us gain knowledge regarding how to live effectively in the world. Logos is essential to human survival but it cannot assuage our grief or find ultimate meaning in life's struggles. Mythos helps us create meaning and transcend the mundane in order to inhabit our humanity more fully. This spiritual engagement facilitates experiences of novelty that take us beyond the ordinary mind and according to Rossi initiate activity dependant gene expression and brain plasticity.

It was argued that we need to re-incorporate the non-rational dimension of mythos into our practices in order to facilitate growth, healing and change. The beauty of trance is that it can help us get past the rational critic so that we can work more directly with the non-rational. Hypnosis can show through experience that we have natural healing and transformative processes by connecting to aspects of our functioning we are not aware of and creating in the moment experiences of novelty and change.

The use of body language and metaphorical language to co-create novelty and openness was explored to help people notice talents that they may not presently be aware of. For example, with the magnetic hands induction Harry often uses the following language pattern to help people notice that they have multiple forms of knowledge that they may not ordinarily be aware of: e.g., "As your hands come together you appreciate that there are things that you know that you may not know how you know them but know that you know them... just like you know how to heal a cut on your hand without having to tell your body what to do...you know that you can do this and so it's good to know that there are things that you know that you may not know you know or know how you know them but you know that you know them. And you can become curious about what else you may know that you can now become more aware of ..."

Several case examples were presented regarding how trance was used to incorporate novelty and a shift in the relationship the client had to their presenting issues. In one example a doctor who experienced trauma from a car accident was asked while reviewing the trauma to imagine his vehicle was not there and he noticed that the woman who hit was not paying attention so that she would likely have been killed. We identified that he saved her life by being there. That shifted his relationship to the accident and he began the transformative process of healing. In another example it was discussed how the hand mirroring technique (see attached handout by Rossi) can be used to stimulate novelty and a shift in experience.

An additional transformational technique is that of breaking the issue into parts. For example, “The destructive part is but one piece of all of you. You also have a creative part, the part of you that wants safety and the part that wants risk and seeks novelty.” General internal searching via both metaphors and reality from the issue is stimulated. They lead to new flashes of insight that produce a changed relationship to the issue - and the client has apparently found his way there himself – guided and prompted by the therapist who is also entranced within the interconnected relationship. Mutual energy is flowing through the searching experience which produces healthier possibilities from the spiritual axes of both client and therapist.

Thank you Harry, for providing us with an enchanting evening. The Executive

**Please note our monthly meeting location!**

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

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

**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.

## **LAST CHANCE 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.

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.

**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:

BARB ROGERS  
BARBARA PATTISON  
NETA HOWARD

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.