

Entrancing News

January 2011 Edition

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

Upcoming Events

✓ **2 day Clinical Hypnosis
Training Workshop**

February 12 & 13th 2011

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, stress, chronic pain and women's common health conditions.

✓ **Hypnosis for Children =&
Teens: Fascination and
Empowerment**

April 16th 2011

This one-day intensive is for clinicians working with children or teens who have anxiety, habit disorders, fears, pain, or who are living with medical conditions. This workshop is for pediatric professionals or graduate students who have some understanding of hypnosis at the introductory or intermediate level.

Event details on
www.hypnosis.bc.ca

Executive Council

Members: Charter Members

Lee Pulos, PhD., ABPP *President*

Saul Pilar, MD, Administrative *Vice-President*

Leora Kuttner, PhD, Education *Vice-President*

Heather Fay, MD, *Secretary Treasurer*

MEMBERS AT LARGE

Mavis Lloyd, PhD
Bianca Rucker, RN, PhD
Lance Rucker, DDS
Harry Stefanakis, PhD

PROFESSIONAL ADVISORY COMMITTEE

Marlene Hunter, MD
Don Louie, MD, FRCP(C)
Frank Spellacy, PHD

2011

NEW YEAR



AND A NEW WEBSITE!!

January 31st is the target date for our new website to be live.

In order to ensure that you appear on the membership pages on our SOON TO BE LAUNCHED website, and continue to receive information about upcoming Society events, be sure to

RENEW YOUR MEMBERSHIP FOR 2011

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

On November 27, 2010 Dr. Mark Weisberg conducted a workshop: Integrative Applications of Hypnosis for Brain-body Healing & Pain Management: Psychoneuroimmunology, Neurobiology & the Power of the Healer's Belief.

It was a great success thanks to Dr. Weisberg and the number of participants representing a spectrum of professions and students. The Faculty wishes to thank those participants who took the time to fill out the questionnaires and was pleased to see the number of positive statements written on the feedback survey forms.

Thank you Dr. Leora Kuttner for your review (below) of this exceptional workshop.

What do you believe is possible? What do you think you're able to do? What do you bring into the room with a patient? These questions were posed at the beginning of Dr. Mark Weisberg's excellent presentation. The further exploration of them included whether these beliefs were realistic, overly hopeful or creating unrealistic limits. He suggested provocative examples to help clinicians appreciate how beliefs about what is possible affect the course of treatment.

Dr Weisberg discussed the term 'integrative' which denotes treatments that activate the patient's internal resources. The term avoids the split between brain and body by calling on and integrating all viable treatments to engender the helping process. This includes surgery - when needed and acupuncture as well as the so-called complementary and alternative treatments. It also requires integrated teams of professionals who work together, for the patient's best outcome. He spoke of the importance of encouraging greater patient hopefulness, 'trying differently' (rather than harder) to become more of a catalyst for our patients' transformation.

Presence and Silence catalyze these self-healing capacities. Mark spoke cogently about three key messages: Firstly, Presence being "I'm here with you paying very close attention". Secondly, the value of conveying the meta-message: "Do you know that there are aspects of your functioning that you weren't aware of?" Finally, "Change *is* possible." He addressed how the Body is one of the most reliable messengers of information that has often been out of awareness. Symptoms are cut-off aspects of awareness. Experience, rather than talk creates the most profound change. Healing change is best created through a Hypnotic trance - the experience of accepting something exactly the way it is, allows change to occur - a paradoxical law of change.

Dr. Weisberg then gave a wonderful demonstration of hypnosis for physical pain. His accompanying discussion covered hypnotic projective techniques and hypnotic techniques to deal with resistance, for example, "*It's important that you don't change too quickly before you're able to stand on your own two feet*" ...and this was just the start. Further discussion included using hypnosis for IBS, Chronic and Acute Pain.

Hypnosis is a vital part of the integrative process that changes, as your Kubler-Ross quote stated, "the marinade of our reality" into healthier ways of living.

Thank you Mark, for the excellent handout of your slides. They made our own note-taking so much more relevant and memorable.

2-day Clinical Hypnosis Training Workshop
February 12 & 13th 2011

Exciting Topics Include:

EFT and The Biology of Belief; Learning Disabilities in Children & Adolescents; Building Confidence & Self-Esteem; Different Imagery for Different Types of Pain; Better Sex Through Hypnosis; Mind-Immune Interaction in Chronic Medical Conditions; Women's Health Common Conditions and Hypnotic Treatments; Ideomotor Exploration of the Subconscious & Trance Training; Integrating Hypnosis Into Your Dental/Medical Practice

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, chronic pain, and 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.

The training workshop will be held at UBC Robson Square, located at 800 Robson Street in Vancouver.

FURTHER DETAILS & REGISTRATION FORM Available on our website www.hypnosis.bc.ca

Hypnosis for Children & Teens: Fascination and Empowerment
With Dr. Leora Kuttner
Saturday April 16, 2011

This one-day intensive is for clinicians working with children or teens who have anxiety, habit disorders, fears, pain, or who are living with medical conditions. Through watching DVD demonstrations, you will have an opportunity to see the use of different forms of hypnosis with children of different ages for a variety of problems. These problems will include: enuresis, OCD, asthma, thumb sucking, headaches, abdominal pain, insomnia, nightmares, sleep terrors, and needle phobia.

This workshop is for pediatric professionals or graduate students who have already have some understanding of hypnosis at the introductory or intermediate level.

This will be held at Vancouver General Hospital, Paetzold Health Ed. Centre,
Jimmy Pattison Pavillion-1st Floor, 899 West 12th Ave.
in Vancouver.

Register before March 30th for the Early Bird rate

FURTHER DETAILS & REGISTRATION FORM Available on our website www.hypnosis.bc.ca
