

Entrancing News

June 2011 Edition

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

Upcoming Events

- ✓ Hypnosis and Trauma: Integrating Hypnosis into the Treatment of Traumatized Children and Adolescents

October 29th & 30th 2011

This workshop will provide a conceptual framework for understanding why hypnosis is particularly suited to the prevention, assessment and treatment of trauma. Presented by Dr. Julie Linden, a licensed psychologist with over 30 years of psychotherapy experience treating people of all ages.

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

- ✓ Monthly Meeting

September 21, 2011

Presenters & Topic: To be announced. For event details, please visit www.hypnosis.bc.ca

- ✓ 2 day Clinical Hypnosis Training Workshop

February 18 & 19th 2012

Details will be posted this fall at www.hypnosis.bc.ca

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Notes from May 18th Monthly Meeting

Presented by: Dr. Saul Pilar M.D.

Reporter: Judith Holett

Yehudi Menuhin, the world renowned violinist, has written: "In a state of physical disequilibrium of the nerves or the mind, music can reach our subconscious and put things in place. The ear conveys images that are far deeper, more subtle and more penetrating than the eye. Sound goes directly into our bodies."

Dr. Saul Pilar took us on a journey that led us through the history and place that music has occupied for mankind and how mankind in turn has made use of music in its many diverse forms.

We explored how the first musical sounds were made by the clapping of hands that then evolved into the use of drums and then into instruments to enhance sounds, rhythms and tones. Music became a part of cultures throughout the world, from the shamans of Siberia to the rock stars of today and became incorporated into dance and language.

Sound, with its infinite rhythms and tones, has played many functions in our lives. Warning is given by low frequency rumbling of an imminent earthquake and fear is created at the cinema by low toned, ominous music. Our hearts are stirred by the sounds of a babbling brook or the wind blowing through the grass. A mother instinctively holds her baby on her left side close to the comforting sounds of her heart.

Rhythms also have distinct uses such as the linear, left brain "one-two" beat of a military marching band that enhances cohesion of the troops, or the right brain "three-beat-stop" circular waltz beat that may enhance a more romantic mood. Even the key of a piece of music can be used to create a differing mood: major - optimistic and joyful, or minor - pessimistic and melancholic.

Music was used by the French ENT specialist Dr Tomatis to treat a number of conditions from dyslexia to depression. He also discovered that the cause of physical and emotional illness amongst a group of cloistered monks owed its origin to the reduction in chanting time in their daily routine. When their chanting time was restored, their illnesses disappeared.

For our uses in the enhancement of hypnotic trance work we explored a number of compositions, for example Dan Gibson's "Solitudes", Jonathan Goldman's, "Medicine Buddha" and Halpern Funes' "Divine Intervention". But the most widely used and highly regarded piece of trance music we learned, to no one's surprise, is Pachebel's "Canon in D Major....of course!

Thank you Saul, for an entrancing evening.

Please note our monthly meeting location!

Meeting Date: Third Wednesday of each month
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
September 18th, 2011**

Welcome!

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

Patrick Michael Nesbitt
Hadas Av-Gay

Hypnosis and Trauma: Integrating Hypnosis into the Treatment Of Traumatized Children and Adolescents Workshop

DATE: Saturday & Sunday October 29th & 30th, 2011
TIME: Registration- 8:30 am: Workshop 9 am –4:30
LOCATION: Vancouver General Hospital, Paetzold Health Ed. Centre,
899 West 12th Ave. Vancouver, B.C.

This workshop will provide a conceptual framework for understanding why hypnosis is particularly suited to the prevention, assessment and treatment of trauma. A review of the current understanding of neuroplasticity, attachment, hypnotic rapport and dissociation will provide a foundation for hypnotic work. Attention will be given to how hypnotic language can be modified for prevention and treatment of trauma. There will also be video examples of cases and experiential exercises to facilitate learning. Participants will be able to

- conceptualize a new framework for their hypnotic work with children & adolescents
- perform at least 3 hypnotic techniques for treating traumatic symptoms
- explain the relationship between therapeutic play & hypnosis
- integrate these new techniques into their practices for the benefit of their clients' patients.

Outline of topics:

1. What is trauma- definitions and a conceptual framework
2. From assessment to building resiliency for the future
3. Why think hypnotically? How to use hypnosis.
4. Neurobiology and neuropsychology- attachment and rapport
5. Play, dissociation and hypnosis
6. Developmental considerations
7. The child's response to trauma
8. Systems and families
9. Hypnotic techniques with case examples for each
10. Changing perceptions, shifting senses- integrating mind and body

With: Dr. Julie Linden

Julie H. Linden is a licensed psychologist with over 30 years of psychotherapy experience treating people of all ages. Young children, adolescents, adults, couples and families consult her for a wide range of reasons. Julie's specialties include the treatment of anxiety, depression, and somatic symptoms; medical and psychological trauma, pain management techniques, and hypnotherapy; gender sensitive therapy; play therapy, ADHD and learning differences and Dissociative Disorders. She is the current President-elect of the International Society of Hypnosis, Past President of the American Society of Clinical Hypnosis, and Past President of the Greater Philadelphia Society of Clinical Hypnosis.

To register and for more information visit our website: www.hypnosis.bc.ca Email:
admin@hypnosis.bc.ca
Phone: (604) 688-1714

Register before October 1st for the Early Bird rate