

Entrancing News

March 2011 Edition

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

Upcoming Events

✓ **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 and registration on www.hypnosis.bc.ca

✓ **Monthly Meeting**

March 16, 2011

Presenters & Topic: This meeting will begin with faculty demonstrations of different hypnotic inductions and utilization of hypnosis followed by practice! practice! practice! Dr. Pulos will provide a brief reference on exciting new research on how hypnosis can change gene expression and how this can be incorporated into the hypnotic induction.

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

Notes from 2 Day Clinical Hypnosis Training Workshop

February 12 & 13th, 2011

Reporter: Shelley Brierley, M. Ed, CCC, RCC, RTC

Its spring again and with it, came the recent Annual Spring Conference, held the second weekend of February each year. I debated whether or not I would attend this year as it would be my third year in attendance. Reading the bulletins advertising the workshops, it appeared many of the presentations would be the same as in previous years... I questioned the usefulness of the repetition. However, I remembered how invigorating I found last years' sessions and decided to attend.

I learned more this year than any other! In fact, though the speakers were the same and many of their speaking topics were the same, I found the presentations quite different from the same topic offered in previous years. Let me share a glimpse of my experience through my learning window.

If you have ever gone through or taken someone else through a hypnotic experience more than once, you are probably aware that you, as the therapist, didn't use exactly the same words, tones or caliper of speech the second time as you did the first. The same is true from the clients' point of view. The second time they go through, what you consider to be the same or similar guided journey in hypnotic trance, in the debriefing it is common to find they didn't go to exactly the same places or experiences; nor have the same awareness, insights or events as the first time.

Upon hearing a presentation for the second or third time, the learner, myself in this case, notices the differences: the content presented may have changed, the makeup of the group and/or the questions asked of the presenter may take the presentation in a very different direction than in previous years. Also, given the presenters' recent experiences or applications, their focus or examples may point the learners' attention in a new and previously inconspicuous area. Then there are differences observed in myself as the learner. No doubt, as I am looking and listening for aspects I have not heard before. These will be dictated by my experiences over the past year, which in turn will create my wishes and focus of learning. Nothing ever stays exactly the same, nor are we exactly the same since each of us changes from one year to the next.

The first year I attended this conference, I was interested in general information: research, 'how to do its' demonstrations and experiential learning. The second year I attended I was looking and listening for "content" pieces which I had not previously picked up on or which, I was filtering for, to enhance my ability to utilize hypnosis in my practice.

As a learner, I find, the more seasoned I become in utilizing any technique both for myself and with my clients, hypnosis in this case, the more I become interested in the small details and intricacies involved in the application of that technique to the therapeutic counselling experience.

This year was different again. I learned a variety of ways to introduce hypnosis to clients. Upon integrating several of these suggestions into my practice with a number of clients, I find I am more comfortable introducing hypnosis to clients and they have been curious to engage in the experience. In all but one case they have found it a very useful process!

I am sure many of you, like myself as a therapist, have found it helpful to vary the technique or strategies used in the healing process with different clients. We are not cookie cutters and neither are our clients. Their strengths or weaknesses, to some degree, dictate the approach I will choose. Use of the clients' strengths, being one of the key tenets of hypnosis, makes this approach a natural fit for me in my personal approach to counselling and therapy. Another influence on my approach to the strategies or techniques I will use is based on the clients' means of processing information or seeing the world. For these reasons, I am continually looking for new or different techniques to add to my therapeutic toolkit and repertoire as a therapist. Having a variety of different angles from which to approach an issue with different clients, allows me to cater more individually to their needs in order to help them accomplish their hoped for outcomes. Over the years, I have found working with the client's belief systems, finding creative ways to invite people to integrate the various facets of their personality to work together for their own good, has been a cornerstone to successful therapy. I frequently teach clients how to integrate their dreams or do Gestalt "Chair Work" to unite their polarities, accomplishing these same ends. One of the surprises for me this year was to find a number of the speakers focused attention on ways to integrate the clients' dreams within the hypnotic trance. I was delighted. Learning to utilize the clients' dreams within the trance state provides me with yet another way to help them integrate the fragmented parts of their personality to work together, strengthening themselves, inviting them to deal with their life issues by creating their own solutions within their dream state.

Utilizing dreams in this way enhances the number of options available to myself and therefore my clients through the use of hypnosis. It was a delightful bonus I had not expected to add to my therapeutic toolkit.

Yet another difference I noticed this year was an awareness of listening and looking for subtle specific innuendoes: changes in the therapist's speech pattern, the use of key words at designated times in the hypnotic process, as well as myriad of ways to include my own creativity; images, stories and metaphors into the therapeutic experience.

As I listened to the variety of speakers I found myself keeping a mental list of some of the key components of a strong hypnotic experience: a co-operative relationship, positive expectancy, use of the senses (sight, sound, touch or texture and taste), respect, repetition, the use of feelings, "yes" set, the use of a "safe" place for the client to return to while in trance, variation in tone, cadence and pacing, successive approximations, dissociative and associative words, use of the clients' words, choice and options, suggestions and confirmation of acceptability of suggestions, beliefs, metaphors, images, and stories, utilization of the clients' strengths and resources, use of speculation, goal oriented, awareness of and use of triggers, roadblocks, empowerment, broadening and deepening, client centered, focus the use of the left brain and playfulness of the right brain, ongoing supportive comments to encourage the client, post hypnotic suggestion and action steps, to name a few. The law of dominant effect, the recognition that stronger emotions tend to take precedence over weaker ones, is always in process. Of course, relationship and trust are front and center to all therapeutic relationships.

In one of Lee Pulos' sessions, a student in trance experienced what is called a catalepsy, something I had never encountered. A catalepsy is a state where the muscles appear to lock. In this situation the client was in trance with their hands up in front of them when they appeared to lock. The therapist suggested several times to "slowly allow your hands to drop to your knees." No matter what the therapist said, the client did not release them. In the dialogue and debrief to follow, Lee suggested that as with other anomalies in hypnosis, the client knows best, so we were instructed in such cases to go with their stance "Now, while those hands remain there.... let another part of your consciousness release the information like bubbles into the air.... now another part...." and go on as usual. It was an interesting phenomenon I was pleased to have witnessed in a teaching session, knowing that, should it occur in future therapeutic sessions, I will be comfortable dealing with it.

Comfort, calm, balance and relaxation on the part of the therapist are keystones to any successful therapeutic relationship. It communicates this energy pattern to our clients, which invites their comfort with the process, increasing their willingness to relax into the experience, which in turn enhances the therapeutic relationships and their potential gain.

As is the case with hypnosis itself, depth of learning and retention involves repetition. As a learner, intent on learning the subtle nuances of hypnosis, I have come to realize these conferences offer a means from which we as members can fine tune our skills, increase our knowledge and understanding of concepts involved while developing our comfort level with an ever larger repertoire of applications for hypnosis. It can only enhance our abilities and therefore that of our profession.

Thank you to all presenters for your wonderful, insightful and thought provoking presentations! I will see you again next year.

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 March 16th, 2011

This meeting will begin with faculty demonstrations of different hypnotic inductions and utilization of hypnosis followed by practice! practice! practice!
Dr. Pulos will provide a brief reference on exciting new research on how hypnosis can change gene expression and how this can be incorporated into the hypnotic induction.
There will also be ample time for questions.

We look forward to seeing you there!

LAST CHANCE TO RENEW YOUR MEMBERSHIP FOR 2011

We are continuing the updating of our new website; including updates to our members contact information. To ensure that your contact information, and links to your website are published for online referrals, please forward your 2011 renewal to our office before the month end.

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 (ours and others).
- 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.

Hypnosis for Children & Teens Workshop

DATE: Saturday April 16, 2011

LOCATION: Vancouver General Hospital
Paetzold Health Ed. Centre, Jimmy Pattison Pavillion-1st Floor
899 West 12th Ave. Vancouver, B.C.

Hypnosis for Children & Teens: Fascination and Empowerment.

Hypnosis is an effective, satisfying, creative, and versatile therapeutic intervention for children. Most children are receptive and responsive to hypnotic intervention. Many find it easy and become fascinated by being empowered through this experience.

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, including, 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.

With: Dr. Leora Kuttner

Education Vice-President CSCH (BC Div.)

- Clinical Psychologist internationally recognized for her work in pediatric pain management,
- Clinical Professor in the Dept. of Pediatrics, UBC at BC Children's Hospital.
- Pioneered work in pain relief, developed and implemented pain management programs for children and parents; and taught pediatric professionals in Europe, Australia, Canada and US.
- Published professional articles, many on pediatric hypnosis; wrote the recently released book [A Child in Pain. What Health Professionals can do to Help](#) and
- Directed four documentaries including the acclaimed [No Fears, No Tears - 13 Years Later](#) and [Making Every Moment Count](#) with the NFB.
- In 1998 Dr. Kuttner won the award of 'Woman of Distinction' in Vancouver for her work in pediatric pain management & in 2007 The American Pain Society's Jeffrey Lawson Award for Advocacy for Children's Pain Relief

Register before March 30th for the Early Bird rate

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

Welcome!

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

Karen Jackson

Sunette Lessing

Kevin Acton

Barbara Harris

Shawn P. Sabhaney

Alper Caglayan

Joan Campbell

R. Paola Lake

David G. Smyth

Jane Katz

Peter Knopp

Gareth Llewellyn

Judith Hoilett

Maggie Shell

Claudia Dagnino Arroyo

Harjinder Kang

Roy Josephson

Tamara Nesbitt