

Entrancing News

MARCH 2012 Edition

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

Upcoming Events

✓ **Emotional Freedom
Technique (EFT) with Dr. Lee
Pulos & Dr. Heather Fay**
Saturday May 5, 2012

EFT is one of the most powerful and effective therapeutic tools in the world for personal change and growth. Learn how to control stress, anxiety, panic attacks, addictions, and sleep dysfunction. General Public & Professionals welcome.

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

✓ **Monthly Meeting**
**March 21, 2012 Presenters
& Topic: Fundamentals of
Hypnosis Demonstration and
Practice** presented by members of the Faculty. This meeting will begin with faculty demonstrations of different hypnotic inductions and utilization of hypnosis followed by practice! practice! practice!

Visit www.hypnosis.bc.ca for details

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February 18th & 19th 2012 - 2 Day Workshop Review

Reported by Barbara Pattison, MA, RCC

After hearing about the annual hypnosis conference, which is held every year in February, I was looking forward to being able to attend for the first time this year. I had completed the introductory training in hypnosis the previous year and was intrigued by the options offered in the advanced sessions. There were many options to choose from and although they all sounded interesting and useful, I was able to make my choice and settle in for some deeper learning and understanding of hypnosis.

I entered the weekend with an open mind, a hope and desire to expand my knowledge of hypnosis and to really confirm the usefulness of this technique as a therapist. I was pleasantly surprised as to what I got out of it, as it exceeded any expectations I had. The instructors were knowledgeable and focused, their teaching natural and relaxed, as they shared their experience and expertise in the successful use of hypnosis. Each instructor brought forth their passion for hypnosis, facilitating a positive learning environment. Let me share a little bit about the uniqueness of each teaching I chose to attend.

We started the morning as a group with an induction led by Lee Pulos with his "magical garden" technique. I was intrigued that even in a large group I was able to relax and be led through my own garden experience detached from any distraction around me. It was a perfectly pleasant way to start a weekend. As we broke up into groups I decided to join Leora Kuttner and her discussion on metaphors. What was significant about this teaching was remembering to listen to and learn the language of the client. Paying attention to the language the client uses provides important information as to what will connect with them and what will make sense to them in a way they can understand. The use of metaphors is more than simply selecting a metaphor for your client that you would like to use, but rather using a metaphor that creates rapport and attunement to your client. Learning to select and support the language of the client reinforced the uniqueness of each client and their own ability to use what they already have. Expanding on the use of metaphors is seeding the conversation, using language to assist the client in moving forward. There was comfort in hearing language such as "you are ready to leave behind your problems", creating the positive expectancy, hope and belief in your client that they have the ability to get well. There is a feeling of genuine belief in client's strengths that is motivational for change. I felt that understanding the use of metaphors, seeding the conversation, and use of language, would all be significantly beneficial in using hypnosis successfully with clients.

As I left this presentation I felt refreshed in the use of language and metaphors to encourage clients about their own readiness for change. I continued on towards the next demonstration option I chose, Accessing Root Causes. For some clients knowing the cause of their current struggles doesn't necessarily give them comfort or relief, but for many others it gives the much needed insight into their lives allowing them to make sense of their problems. I was intrigued to learn how this was going to work in hypnosis. As Lee began he reminded me of a very important piece, does your client want to get well? Just because someone is sitting in my office attending a counselling session that they requested doesn't mean they want change. However, if a client is ready to move towards change, the ability to access the root cause of their symptoms could certainly be the catalyst for change.

Being a therapist I wanted to learn more about how to safely access root causes, and Lee gave a wonderful demonstration allowing us to observe before practicing. I was fascinated by watching the subtle changes that occurred in these individuals as they focused on their own symptoms. The slight changes in body position, the facial changes as emotions rose and fell, and the connections made as they allowed their subconscious to identify the underlying cause of their symptoms. It is not the therapist providing suggestions about what the root cause is but rather it's allowing the client to understand what it is for them. Taking it one step further, once a client has accessed the cause of their symptoms they can now allow for creative solutions to develop in their dream states. This to me confirmed that the client has the ability to develop solutions that fit for them.

Moving into the afternoon I decided to learn about using hypnosis to build self-esteem. With self-esteem issues being prominent in counselling, I knew this was a technique vital to learn. I was amazed to learn how many thoughts per minute an individual has and how we are "drugging our minds" with either negative or positive self-talk. We set our own limitations, we believe these limitations and then we further interact with ourselves and others, operating in the world according to these limitations. These beliefs can be changed and I wanted to learn how to do this. Lee Pulos led us through an induction, using the imagery of two towers. It was exhilarating to experience the release of old beliefs and to begin putting energy into new ones. There was a sense of freedom and confidence in focusing energy on new qualities. I actually felt different and I knew my clients could too with this technique.

Feeling refreshed I entered the last segment of the day, Treating Anger and Aggression with hypnosis. Everyone experiences anger, and to experience anger is a signal to us that there is a felt injustice. To experience anger is OK, but what we do with anger is a choice. Thus the discussion centered on aggression, with the antidote being compassion. Teaching clients that their anger serves a purpose creates the ability to observe their own behavior, and that acting on anger in an aggressive manner creates distance, intent to harm, or the desire to control someone. To build on a person's ability to control their aggression is to focus on the use of compassion, which evokes a desire to do something to relieve the pain of another. Approaching people with compassion further encourages connection with each other, lessening the intent to harm another. As I listened to the speaker as he took us through an induction I was able to experience what compassion looked like to my subconscious and how I could use imagery to mentally take a step back and choose to respond to a situation with compassion rather than aggression. I knew this was going to be a valuable tool to use with clients who experience anger issues.

As we rolled into the second day I felt refreshed and focused and excited to learn more. I chose to learn about women's health and common conditions that could be worked with using hypnosis. Heather Fay offered very valuable information on health and the body. I was impressed to learn that every cell in our body changes every seven years. Additionally the connection between mental health and physical symptoms was astonishing. Being a therapist I was well aware of psychosomatic symptoms, but having knowledge as to specific symptoms and what those symptoms are related to gives clarity to health related issues. Creating the mind/body connection for clients would allow their own understanding to develop and when we understand something we can work towards a solution. I knew this kind of connection would be very powerful for clients and allow for an opportunity for change.

My final area of curiosity and learning was about ritual formation for challenging life transitions. Previously I hadn't thought too much about the use of rituals or how common they are in everyday life until it was brought to my attention. We all use rituals throughout life without being fully aware of how powerful they can be. Rituals

vary by culture and religion, some we are more aware we are participating in, such as Christmas or Birthdays, while others are much more subtle such as the way we prepare ourselves for work, or unwind after a long day. There are no limitations around rituals; they are creative, purposeful and create an opportunity for openness with oneself and others. It brings out honesty along with the feeling of being able to do something about it. By framing the issue an individual can understand the issues and do something about it. An aspect that I thought was important was to never impose a ritual on a client, but to allow them to be creative in coming up with their own. As I spent more time thinking about rituals I realized how many I use in my own life and how healing they can be. I am looking forward to having the right opportunity to utilize ritual formation with clients.

With the weekend coming to a close I had a few moments to reflect on the things I had learned over the past few days. An important observation was that of the use of the client's strengths and abilities, their use of language and imagery and how the therapist would attune to the client and their ability to heal. What became apparent is the creativity involved in hypnosis. The language, metaphors, images, and stories that are developed by both client and therapist and the integration of these aspects allows for a healing process. In the final induction I was acutely aware of the hypnotic experience and key pieces such as beliefs, positive expectancy, the use of all our senses, our own self-talk, rituals, stories, metaphors, goal setting and our own strengths. As I left I felt more positive, recognizing how our beliefs really do shape our lives and that we have the ability to change them, to do something about it. I felt more in control of my life and believed that I could teach and share this with clients, giving them a sense of hope for their own future. Not only did I now have the ability to identify roadblocks and work with them in my own life, I could utilize these techniques and the others I learned to create movement with clients. Hypnosis and its various inductions is an invaluable tool to have and to be able to use with my clients for a vast number of symptoms and issues. I now had a better understanding of the use and depth of hypnosis, how I could integrate it into my life and introduce it into the lives of my clients.

I wish to thank all the presenters for their shared knowledge and insight; I look forward to future years of practicing and learning hypnosis.

Thank you Barbara for your excellent review, The Faculty

Please note our monthly meeting location!

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

THE NEXT MEETING IS SCHEDULED FOR WEDNESDAY MARCH 21st, 2012

Meeting Time: 6:45pm

Topic: **Fundamentals of Hypnosis: Demonstration and Practice** - This meeting will begin with faculty demonstrations of different hypnotic inductions and utilization of hypnosis followed by practice! practice! practice!

There will also be ample time for questions.

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.

**Emotional Freedom Technique (EFT) Workshop
The New Technology for
Immediate Healing and Vitality**

Featuring

DR. LEE PULOS, PhD, ABPP

&

DR. HEATHER FAY, MD

Saturday May 5th, 2012

Registration 8:30 am

9:00-5:00 pm

**Centre for Peace at the
Canadian Memorial Church
1825 West 16th Ave., Vancouver, BC**

EFT is one of the most powerful and effective therapeutic tools in the world for creating remarkable and impressive personal change and growth. It can be utilized for a broad spectrum of personal issues including eliminating phobias and fears, healing trauma, panic attacks, stress and anxiety, addictions, sleep dysfunctions, belief change, etc., and is one of several approaches of Energy Psychology.

Don't miss this Extraordinary Opportunity.

Open to HEALTHCARE PROFESSIONALS & to the PUBLIC

Advance Registration is Encouraged Take advantage of Early Bird Rates

	BEFORE	AFTER
	April 15/12	April 15/12
Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
Non-Members	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175

- Registration fee includes a \$50 non-refundable deposit