



# Entrancing News **March, 2015**

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

## Topics of interest in this issue...

***Acupuncture and  
Meridian Therapy***

***January monthly  
meeting review:  
Les Moncrieff***

***Review of the  
International  
Literature***

***Upcoming workshop:  
The Power of  
Visualization***

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## **Letter from the President**

### **Evidence in Support of Acupuncture and Meridian Therapy**

This letter is intended to complement Dr. Heather Fay's write-up of Les Moncrieff's excellent Wednesday night demonstration of acupuncture.

Acupuncture is a therapeutic modality used in China as early as the Stone Age. Throughout Chinese history, both acupuncture theory and practice has steadily evolved into an increasingly rich and complex system eventually offering treatments for virtually every medical condition. Much of the history of the development of acupuncture therapeutics can be seen in the evolution of the needles themselves, but the meridian system is of primary importance, and the conceptualization of the system has changed very little in the last 2000 years.

Acupuncture has long been considered more important than herbal pharmacology. The earliest classical books on traditional Chinese medicine discuss acupuncture and do not discuss herbal pharmacology. There is a traditional saying: 'first you use the needle (acupuncture), then fire (moxibustion), and then herbs'.

Acupuncture did not enter modern Western consciousness until the 1970's when China ended a period of isolation and resumed foreign political and cultural contacts. In 1972 the respected New York Times columnist James Reston underwent an emergency appendectomy while in China. He later wrote about his success with acupuncture treatment for post-operative pain. This report attracted attention and many American physicians and researchers went to China to observe and learn acupuncture techniques.

Acupuncture research has since become a very broad, active area both in Asia and the West. Research at the Shanghai Institute has demonstrated acupuncture's effects on various biological systems, including the digestive tract, cardiovascular system (helpful in hypotensive states), immune system, and the endocrine system. A recent issue of the bilingual Chinese journal *Acupuncture Research* includes successful studies of acupuncture treatment for hemiparalysis, facial paralysis, cervical spondylosis, herpes zoster, and lumbago. Research continues, but widespread acceptance and integration are still far from realized. The primary reason for the slow acceptance of acupuncture is lingering suspicion that there is no substantial, scientific reality behind it because a demonstrable mechanism of action has yet to be found.

According to traditional Chinese medicine, a form of bodily energy called *chi* is generated in internal organs and systems. This energy combines with breath and circulates throughout the body, forming paths called meridians. The interwoven meridian systems and the possibilities for diagnosis and treatment they offer are called meridian theory. When an organ or system is not balanced, related acupuncture points may become tender or red, allowing for diagnosis. For treatment, a point on the skin is stimulated through pressure, suction, heat or needle insertion, affecting the circulation of *chi*, which in turn affects related internal organs and systems.

A bio-physical or bio-chemical approach to acupuncture robs it of its actual foundation, and because of this, acupuncture research to date has been only partially successful. Fortunately, advances in physics, electromagnetism, quantum mechanics, and bio-energetics have enabled researchers to develop a paradigm that, for the first time, successfully explains the majority of acupuncture related phenomena.

Respectfully,

Lee Pulos, Ph.D, ABPP  
President

## Les Moncrieff

January, 2015 Monthly Meeting Review

**Presented by: Les Moncrieff LAc    Reported by: Heather Fay M.D.**

Les Moncrieff, who is a licensed acupuncturist, gave an excellent presentation which was informative and experiential. We all sat there with needles in our ears and elsewhere. Les described how many Complementary & Alternative Medicine (CAM) modalities are currently being used at the Vancouver Coastal Health clinics where he works. Complementary therapies commonly in use are Aboriginal spiritual healing, Bach flower remedies, yoga, art therapy, mindfulness/meditation, cognitive-behavioral therapy, creative writing, and recreational therapy. Les also utilizes Emotional Freedom Technique and hypnotherapy. The use of such a variety of modalities has greatly increased the satisfaction and success when treating clients with emotional difficulties, addictions, and pain management concerns. Acupuncture was introduced in the addiction programs in the 1990s when a study had demonstrated its efficacy, safety, and low cost. Other modalities were gradually introduced and accepted. Les currently is practicing an ancient form of acupuncture known as Master Tong's acupuncture.

Les asked for a volunteer who had an issue. The volunteer sat on a swivel chair as Les put needles in one ear, turned the volunteer around and did the other ear. He then used specific Tong acupuncture protocols depending on their issue. The ear points for addiction follow the NADA protocol (National Acupuncture Detoxification Association). The subject of distance healing was discussed and how the mind is non-local. An attendee acted as the surrogate for a person who was at a distance and had back pain.

In Traditional Chinese Medicine, the body is a hologram and there are many microsystems. Treating the ears is a very practical method since the patients in the clinics can sit in a group setting for about 45 minutes. The treatment targets cravings, anxiety, insomnia, depression, etc. Acupuncture is available at no cost for people with mental health and addiction issues at various clinics, treatment programs, and detox centers in the Lower Mainland.

Les works at Evergreen Community Health Centre, South Mental Health and Addiction Services, and at Heartwood, an addiction treatment program for women at the Women's Health Centre. He also has a private practice. His website is: [www.lesmoncrieff.ca](http://www.lesmoncrieff.ca)

# REVIEW OF THE INTERNATIONAL LITERATURE

**Chiarucci, R., Madeo, D., Loffredo, M. I., Castellani, E., Santarcangelo, E. L., & Mocenni, C. (2014). Cross-evidence for hypnotic susceptibility through nonlinear measures on EEGs of non-hypnotized subjects. *Scientific Reports, 4*, 5610. Doi: 10.1038/srep05610**

The authors present a study that advances a new method of exploring psychophysiological correlates of hypnotic susceptibility. The authors utilize methods of electroencephalography (EEG) and nonlinear dynamics to study the psychophysiology of subjects not engaged in hypnosis to see if they could predict their level of hypnotic susceptibility based on their EEG data. The study is unique in that it paired two methods of analyzing EEG data using nonlinear dynamics. Recurrence Quantification Analysis and Detrended Fluctuation Analysis were the two nonlinear methods utilized to try and assess hypnotic ability. The participants were eight high hypnotizables and eight low hypnotizables who had previously been identified utilizing the Stranford Form C instrument. The subjects were asked to relax as much as possible while reducing their body movements for 15 minutes but were not given a hypnotic induction during the recording of their EEG. The researchers reported finding success in pairing the two nonlinear methods and being able to identify the highs and

the lows based on their EEG data. The study is interesting in that it may lead to a more reliable way of identifying a subject's level of hypnotic ability without having to induce hypnosis in them.

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**Elkins, G., Marcus, J., Stearns, V., Perfect, M., H., Ruud, C., Palamara, L., & Keith, T. (2008). Randomized trial of hypnosis intervention for treatment of hot flashes among breast cancer survivors. *Journal of Clinical Oncology*, (E-pub early edition).**

The authors present us with a randomized study of how hypnosis can be used to help with hot flashes. The authors had previously deigned an intervention to help breast cancer survivors with this difficult problem. Sixty female breast cancer survivors took place in an investigation where they were randomly assigned to a hypnosis condition or to a no-treatment control condition. The women were all survivors of breast cancer and had no fewer than 14 or more experiences of hot flashes on a weekly basis for at least one month prior to the investigation. Fifty-one of the 60 women completed the study which assessed hot flash frequency, the intensity of hot flash interference on the participants' lives, depression, anxiety, and several other quality of life measures. Hot

flash scores were reported to decrease 68% by the end of the five week intervention in the hypnosis group. The participants in the hypnosis group also showed significantly greater improvements in their quality of life measures of depression, anxiety, interference with daily life, and sleep. Address for reprints: Dr. Gary Elkins, Clinical Psychology Program, Baylor University, One Bear Place-97334, Waco, TX 76798-7334. Email address: Gary\_Elkins@baylor.edu.

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**Ng, B.Y., & Lee, T.S. (2008). Hypnotherapy for sleep disorders. *Annals of the Academy of Medicine: Singapore, 37(8)*, 683-688.**

This article is meant to serve as a review of the previous evidence that hypnosis can be employed in helping patients with sleep disorders. The authors discuss that most of the literature in this field consists of case studies with non-randomized experimental designs. This is an unfortunate state of affairs given that it is well-known that hypnosis appears to offer much promise in the treatment of insomnia. The authors provide some recommendations for further studies using hypnosis to treat sleep disorders like insomnia and parasomnic sleep behavioral disorders. Address for reprints: Dr. Ng, Department of Psychiatry, Singapore General Hospital, Singapore. Email address: ng.beng.yeong@sgh.com.sg

## ***THE POWER OF VISUALIZATION***

**FEATURING**

**Dr. LEE PULOS, PhD, ABPP**

### **Take Home Techniques for Health, Healing and Goal Setting!**

Many psychologists are now recognizing imagery and visualization as among the most powerful tools in cognitive psychology.

The earliest visualization techniques ever recorded are from over 4,000 years ago. This workshop will open the mind's eye to the rich inner world of our imagination, integrating ancient and modern techniques for creating and achieving goals, optimizing health, identifying subconscious road blocks, developing intuition and creating our most optimal healthy and fulfilling future possible.

The seminar will be 80% experiential and 20% lectures. This powerful one-day experience is open to healthcare professionals and to the public.

**May 23<sup>rd</sup>, 2015 9am to 4pm, Registration starts at 8:30**

**LOCATION: Vancouver Masonic Centre**

**1495 West 8<sup>th</sup> Ave., Vancouver, BC**

**Advanced Registration is Encouraged**

Take advantage of Early Bird Rates prior to April 12<sup>th</sup>

To download registration form visit [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

<b>CSCH Member</b>	\$125 (Early Bird)	\$150 (after April 12 <sup>th</sup> )
<b>Non-Member</b>	\$150 (Early Bird)	\$175 (after April 12 <sup>th</sup> )
<b>Students</b>	\$75	

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

**Welcome!**

**The Canadian Society of  
Clinical Hypnosis (BC  
Division) would like to  
extend a warm welcome to  
its newest members:**

*Barbara de Faye*

*John O. Law*

*Mary Doherty*

*Nima Ghaemi*

*Olga Blushtein*

*Pauline Kesteven*

*Paul Roberge*

*Rochelle Sharpe Lohrasbe*

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*Koreena Brady*

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*Jeri-Lyn Munro*

*Nalini Joneja*

## **DON'T MISS THE NEXT MONTHLY MEETING**

**March 18, 2015, at 6:45pm**

(Please ensure that you arrive by 6:30 in order to  
gain access to the room)

**LOCATION: Masonic Hall**

1495 West 8<sup>th</sup> Ave.,

Vancouver, BC

Pay parking is available

*Please feel free to bring a professional colleague  
to the meetings. Let them experience the benefits  
of membership in the Society*

**This is your last chance to have your  
questions from the February 2015,  
workshop answered and to practice  
hypnotic techniques in a safe and  
stimulating environment.**

*Have you renewed your membership?*

Regular price:

Full membership & Associate membership \$110

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Don't miss out on this two-year special!

Two-year membership for only \$176

*\* Memberships run from January 1<sup>st</sup> through December 31<sup>st</sup>.*

*Dues are not prorated*

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