

Entrancing News

May 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.

Event details and registration will be posted soon on www.hypnosis.bc.ca

- ✓ **Monthly Meeting**

May 18, 2011

Presenters & Topic: Dr. Saul Pilar will share some techniques on using music for hypnotherapy. Dr. Pilar has been at the Canadian forefront of complementary, holistic and alternative medicine for over 20 years.

Event details on www.hypnosis.bc.ca

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Notes from April 20th Monthly Meeting Presented by: Janice Manson RN, MN, CH Reporter: Mavis Lloyd, PhD, RCC

DRAGON SLAYING & OTHER HYPNOSIS TECHNIQUES FOR WEIGHT MANAGEMENT

Janice is a nurse/clinician who specializes in women's issues of every type. Tonight she presented a potent and original way of helping clients challenged with weight issues.

Janice began by reminding us of the many underlying physiological 'tissue issues', plus the mental self-sabotaging patterns that are present when weight loss is the focus of counselling and also the relatively few successful approaches available medically and psychologically.

Throughout her discussion, Janice used powerful images to get her essential points on a balanced, healthy life across. For example, achieving essential food intake within a balanced life, the suggestion Janice made was to "make peace with your plate". The peace sign was drawn with fruit and vegetables taking up the larger top triangles, and with proteins plus grains and nuts in the smaller lower triangles. She also spoke of the importance of educating clients about the glycemic index which can make a huge difference in the lowering of blood sugar levels which in turn has an impact on one's ability to utilize and release "stored energy", which is "waiting to be used".

She then demonstrated how concrete objects can also provide useful metaphors to be worked with kinesthetically, as well as visually, as an aid to moving women towards achieving a healthy weight range, rather than a focusing on a fixed number of units. Whatever metaphors the clients are using in their spoken language can often be solidified and experimented with physically. A sample of inexpensive objects that can be utilized included a tower of small, oblong wooden bricks (could be used to present a wall of the client is talking about being up against a wall), loose coloured blocks, a pearl necklace (pearls slipping through ones' fingers could be used to represent years in regression), a dish of small rocks (could represent the chosen solution) and stones to sift through, a

partly finished puzzle (used to represent the unfinished aspect of one's life which the person can easily finish in the puzzle form), a rubiks cube etc. Manipulating these objects can help to produce changed perceptions of the journey towards healthy weight and a balanced life.

Janice then demonstrated one of the powerful metaphoric processes she uses regularly to produce hypnotic transformation, namely that of 'dragon slaying' - a common metaphorical symbol across cultures. Shelley Brierley volunteered for the demonstration and has also written up her perceptions of the process and her reactions to it.

An Inside Perception of Janice Manson Exploring Hypnosis and Weight Management

By Shelley Brierley, M. Ed. CCC, RCC, RTC

Having had issues regarding my weight for most of my life, I volunteered to be the participant in a demonstration regarding the use of hypnosis in weight management.

Janice first used the one finger drop: asking me to put my hands on my lap and my feet flat on the floor, she then asked me to raise one finger which she touched. As I raised it, she suggested when my finger dropped to come to rest on my leg. It would be a signal to close my eyes. My finger dropped slowly to my lap and my eyes closed. Janice asked when weight first became an issue for me. I answered it was when I was 12 years of age. My body developed quickly and I looked more like 18 than 12. I felt awkward in my body. She asked me to think about my weight problem and imagine it as a metaphor, such as a dragon. She asked me if I could see the dragon. I said "Yes" She asked me where the dragon was. It was right in front of me.... blocking me in, pushing on me, crushing me, taking up all the space! She asked me what it looked like. It was big. She asked me what color it was. I could see it clearly, it was orange. I really dislike orange! She asked me to describe it: "It was fat and had a huge big belly. It was slouching and had a small head with little beady eyes." She asked me what the skin was like... if it had fire breath. "It's like reptile skin and it has wings" (It wasn't breathing fire but I just ignored that and focused on what it did look like as she continued to invite me to talk about its appearance.) I didn't like it as it was hogging all the space. She asked if I could see behind it. I told her "All I can see is a little bit of blue sky." She asked if I would like to go there. I said "yes". She asked me what I would like to do with the Dragon. Did I want to take the dragon with me? That was clear, "No." She asked me "Where is the dragon now?" Suddenly the dragon was beside me! The dragon was getting smaller and smaller. She asked again where it was. I realized I had moved down the path and it was smaller because I had left it behind. It was like an image in the rear view mirror. She asked what I could see in front of me. The dragon was gone from my awareness and I could see the valley with a path running through it. She asked me to describe what else I could see. "I see beautiful blossoms." What kind? "Apple blossoms, so many blossoms, flowers and lots of green, everywhere... a river running through the valley and mountains on the far side." She asked if I liked water. "Yes, I do like water!" I was getting thirsty. I can see the mountains covered with snow on the other side of the valley. Everything is pleasant and peaceful. She suggested I might find I was going to like water more and more.... and as the water melted it was melting away the stored up energy..... Somewhere I could hear her voice, saying "water, water, water, water..." It was like a waterfall tumbling, bubbling, rolling down, down, down, down..... to the stream. She asked what I wanted/needed to do. I know I need to walk! And I am very thirsty..... she asked where the problem was now. It's gone....I can't remember what the problem was! She suggested I would feel refreshed...and I am back! And I am very thirsty!!

Thank you Janice for an inspiring evening, the content of which many of us will add to our tool kits and to Shelley for sharing her experience.

Notes from April 16th Workshop
Hypnosis for Children & Teens Workshop

Presented by: Dr. Leora Kuttner
Education Vice-President CSCH (BC Div.)

Reporter: Judith Hoilett MEd, RCC, Counselling & Consulting

Dr. Leora Kuttner presented “Hypnosis for Children & Teens” April 16 in such an enthusiastic manner that it completely engaged the audience from start to finish.

As well as addressing general principles and language use for children and adolescents that stressed creativity, vivid imagery and playfulness we examined how specific strategies such as bubble blowing, story books, “magic gloves” and pain dials can create fascination and curiosity that serve to refocus attention away from painful procedures and/or ongoing pain.

We also explored how complex psychoneurobiology can be explained in simple diagrams to give children a picture of their inner processes that allows them to acquire greater control of their mind/body workings.

The ongoing theme throughout the workshop, “Creating Fascination & Empowerment” is an important principle. It enables not only vulnerable young patients to achieve a greater control over painful/frightening experiences but just as importantly, it provides both parents and professional caregivers with tools that can relieve their own fear and anxiety while dealing with a vulnerable child.

On a personal note I remember vividly working with children on an Oncology ward at a time when we had no such expertise. I thank Dr. Kuttner for the gift of her innovative and brilliant work.

It was a wonderful workshop, as captured by other participants’ comments cited below:

Excellent and engaging speaker/clinician.

Clearly demonstrates extensive expertise in this area; thank you very much. I appreciated your passion and expert knowledge/experience.

Leora is a wonderful, hypnotic presenter! Dynamite – engaging for the whole day!!

*An excellent, amazingly detailed & comprehensive workshop presented with exceptional skill, warmth, and clarity
A pleasure to learn from you!*

THANK YOU LEORA!

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 monthly meeting
May 18th, 2011**

Dr. Saul Pilar will share some techniques on using music for hypnotherapy.

Dr. Pilar has been at the Canadian forefront of complementary, holistic and alternative medicine for over 20 years. His degree in chemical engineering from the University of Toronto followed by a degree in medicine from the same university enables him to choose the best of conventional and alternative modalities. He is a perennial student and clinician in the field of mind-body medicine.

He has been active as a teacher, researcher, consultant, writer and editor internationally. Currently he is working as a consulting general practitioner in two Vancouver medical clinics.

We look forward to seeing you there!