

Entrancing News

October 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 Adults

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

October 19, 2011

Presenters & Topic:

Presentation by Dr. Lee Pulos and Dr. Janice Stuart of an exceptional case of a Dissociative Fugue State accompanied by extraordinary paranormal phenomena. Treatment with the Cave of Brahma – a powerful intrapsychic technique is described. Demonstration if time allows.

Visit: www.hypnosis.bc.ca

✓ 2 day Clinical Hypnosis Training Workshop

February 18 & 19th 2012

Details later this fall!

Executive Council Members: Charter Members

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Letter from the President

Cross-Cultural Trance States

While describing cross-cultural healing, practices, many authors have referred to this work as “hypnotic” or that they practice “hypnosis”. Since Hypnosis is a social construct or term from the 19th century, their usage of the term is incorrect. It makes more sense to utilize the word “trance” or “hypnotic-like” procedures.

Anthropologist G. Agogine states that this history of hypnotism maybe as old as the practice of shamanism when over 20,000 years ago, shamans would drum, dance and shake to expand their consciousness into more transpersonal realms. Hypnotic-like procedures were used in the court of the pharaoh Khufu 5,800 years ago. Temple priests and priestesses induced their clients into “Temple sleep” followed by healing suggestions.

The great sanctuary at Delphi on Mt. Parnassus was home to the Delphic Oracle, or Pythia, a priestess of Apollo. She sat on a giant bronze tripod above a crevice in the rocks from which the vapors of methylene were emerging. By gently inhaling the vapors, she would experience an expansion of consciousness (trance?) and then go on to make astonishingly accurate prophecies.

The ancient druids chanted over their clients until a “deep sleep” was attained then offered helpful directions or opinions. Consciousness enhancing herbs were used to intensify verbal suggestions by native healers in pre-Columbian Central and South America.

As part of the training to become a shaman, they are introduced to hypnotic-like experiences during their initiation so that they can dissociated from themselves and reality and “journey” to another source of information - frequently symbolic or metaphorical in order to serve or heal their sick or ill person.

North American Indians once sought (and still seek) alternative states of consciousness with spiritual components such as psychoactive plants, fasting, thirsting, self-mutilation, animal secretions, exposure to the elements, sweat lodge, continual dancing, chanting, bleeding, drumming or almost any rhythmic activity that will break up and scatter the tight focus of our everyday consciousness. The purpose of which is to listen to the whispers within the realms of nature, spirit entities, plant energies, concerned

ancestors, or if you will, our higher self which is always whispering to us for guidance but which we cannot hear because of the infernal din and clamor of civilization and our lives.

The Eskimos of eastern Greenland would induce trance with the continuous and monotonous rubbing of stones against each other – thus erasing mundane thoughts and again – “listening for the whispers”. The Navajo Indians would chant to facilitate suggestibility and shifts in attention through repetitive singing, and then perform purification rites through sand paintings – but destroyed once the healing session is over.

Anthropologist Bradford Keeney in his stunning and superb book Shamans of the World described various cultures where participants would prepare for a “spiritual journey” by fasting, going to a “prayer house” and then, as they are “touched by the spirit” would be subject to spontaneous jerks, shivering, trembling and letting out unexpected shouts, sobs, hisses or unintelligible sounds.

The Afro-Brazilian procedures which I am most familiar with include the diverse ceremonies of the various Afro-Brazilian groups (eg. Candomble, Umbanda, Quimbanda, Xango and Macumba) which are affiliated with the Espiritistas – a Christian group that believe in and develop practices for communicating with departed spirits – frequently through automatic writing and other forms of incorporation of “energies”.

As part of my research and spiritual development during my 18 visits to Brazil, I trained as a medium through the Umbanda Espiritista group – but that can perhaps be a topic in a future communication.

The point of comparing “trance” to hypnosis is that western practitioners of hypnosis utilize different rituals to awaken latent human capacities than those used by native practitioners in their hypnotic-like procedures. These include igniting imaginative suggestibility, the ability to shift attention, absorption and focus, the potential for intention and motivation and awakening our ability for self-healing.

All the above notwithstanding – are we really talking about “old wine in new wineskins?” What do you think?

Respectfully,
Lee Pulos, PhD ABPP

Welcome!

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

MARY JOAN COULTAS

MONTHLY MEETING TOPIC SHARING - September 21, 2011

Presenter: Doug Hilton, RCC, Psychotherapist, Chi Kung Healer
Reporter: Mavis Lloyd, PhD, RCC

Last night a totally fascinated group of members explored some basic theoretical and practical knowledge about a particular form of Chi Kung. Among countless forms of Chi Kung that have been developed over 5000 years, this brief introduction focused on the Universal Healing Tao System. We learned and personally experienced some very simple techniques of how people can help themselves, and came away wanting much more from this wonderful healer.

Doug explained that the healing system works through body postures and exercises to help the complete energy system move towards healing itself. Like other mind, brain-wave practices such as meditation, hypnosis is continuously linked while producing states of body mind awareness and therapeutic change. In fact Doug mentioned that trance is viewed as a state that should be somewhat maintained all day long.

The experience was far too short for all of us, and we are hoping that Doug will return for further explorations. Thank you for sharing aspects of your "Full Circle Healing" that you regularly use in your practice Doug. Two excellent handouts added below provide firstly an overview of important aspects of universal healing, and secondly the initial practice exercise we began with, namely Three Minds into One Mind.

Doug's contact information is: Doug Hilton, Certified Universal Healing Tao Chi Kung Instructor, 778-988-2540, www.fullcirclehealing.ca

To learn more about the process please visit www.universal-tao.com

Defining Aspects of Universal Healing Tao Chi Kung

- It focuses on the internal organs and views them as the source of health and illness on all levels
- It focuses on the body to get to the emotions rather than the other way around
- It is based on a spiritual set of beliefs (Taoism, the Tao Te Ching). Taoism does not tell people what the source(s) of their faith should be.
- The same set of beliefs that inform Universal Healing Tao Chi Kung also inform Chinese medicine of all kinds, Chinese astrology, feng shui, and the I Ching.
- The parts of the body, mind and spirit that we focus on are considered to be actual and do not need to be symbolically enhanced.
- Trance is viewed as a state that should be somewhat maintained all day long.
- The practices are continually changing.
- This system does not consider itself better than any other. We try to learn from and work in harmony with other systems.
- Different practices in the system are performed while sitting, standing up, laying down, or moving. There are different and complementary energy healing practices that do and do not involve touch.
- There are different practices for parts of the body that are not normally emphasized in other systems, such as the bones, tendons, and saliva.

Doug Hilton
Certified Universal Healing Tao Instructor
www.fullcirclehealing.ca
www.universal-tao.com

Three Minds Into One Mind

Pick a comfortable and quiet place to sit. Put your feet flat on the floor. Breathe gently but fully in your lower abdomen. Smile so that you look like The Mona Lisa. Lift up the corners of your mouth and eyes.

Lightly touch your fingertips to the middle of your forehead (not in-between your eyebrows). Smile, breathe and focus where your fingers are. Allow the feeling to grow, expand or focus. Your fingers are touching the First Mind, your Centre of Happiness. Then slowly draw your fingers down the middle of your face and follow your fingers with your mind. This brings some of the energy from your First Mind with your fingers. Move them over your nose, lips and chin. Move them down your neck and then over to the left and down to your heart. Keep your fingertips there for a moment while you smile and breathe and focus on your heart. This mixes the energy from the First Mind with the energy in the Second Mind. Feel your heart warm and go soft. We call this "melting the ice". The sac around your heart is your Second Mind, The Centre of Peace.

Now move your fingers from your heart toward the midline of your body. Then start moving your fingers slowly down your body and again follow your fingers with your mind. Keep smiling and breathing as you go. Stop when your fingers are about one-and-a half inches below your navel. That is your Third Mind, The Centre of Control. You are now mixing the energy from the first two minds with The Third Mind. Put your hands, one palm on top of the other, on top of your Third Mind. Smile, breathe and think about where your hands are. Allow the feeling to expand. Notice that your hands become warm quickly.

If you feel comfortable enough you can close your eyes. Then let your mind go inside your body behind where your hands are. Your internal organs are arranged like planets in a solar system. The hot spot where your hands are is the sun. Smile, breathe and explore your internal universe.

When you are ready to bring yourself back to the room you are in, make sure you come back slowly. Keep your hands on your abdomen. Keep the little smile on your face and keep breathing in your lower abdomen. See how long you can hold onto that feeling.

Doug Hilton
Certified Universal Healing Tao Chi Kung Instructor
www.fullcirclehealing.ca
www.universal-tao.com

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 October 19th, 2011

Come and join us for an evening with Dr. Lee Pulos and Dr. Janice Stuart as they present an exceptional case of a Dissociative Fugue State accompanied by extraordinary paranormal phenomena. Treatment with the Cave of Brahma – a powerful intrapsychic technique will be described. Demonstration if time allows.

We look forward to seeing you there!

Hypnosis and Trauma: Integrating Hypnosis into the Treatment Of Traumatized Children and Adults 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 & adults
- 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:
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Phone: (604) 688-1714