

Entrancing News

September 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

September 21, 2011

Presenters & Topic: Come join Doug Hilton for an evening of exploration of Chi Kung. The workshop will address the overlap between hypnosis and Chi Kung and how to incorporate principles of Chi Kung into your inductions. **Event details on www.hypnosis.bc.ca**

- ✓ 2 day Clinical Hypnosis Training Workshop

February 18 & 19th 2012

Details will be posted this fall at www.hypnosis.bc.ca

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CSCH Newsletter

Letter from the President

Greetings colleagues,

It has been some time since writing for this column. For the past ten months in addition to a full time private practice I have been busy writing a 202 page script, for an eight hour audio seminar on EFT requested by my publisher, Nightingale Conant, in Chicago. It was recently released and is doing well. My cats now feel much happier and more secure.

I recently finished reading Ernest Rossi's magnificent book – The Psychobiology of Gene Expression. He referred to several studies concerning psychophysiological correlates of hypnosis. Many studies have established a link between EEG Alpha and hypnotizability while several other studies failed to find an alpha – hypnotizability relationship. Similar contradictory results have appeared with EEG and theta hypnotizability, the hypnotizability theta connection appears to be the stronger.

Cory Hammond, in a review of the literature reported that some highly hypnotizable subjects are not necessarily good responders to post-hypnotic suggestions while in some cases, low hypnotizable subjects are excellent responders to suggestions.

Hypnosis still remains a mystery but hopefully, is becoming a more comfortable mystery despite the occasional conflicting reports and results which in some cases are counter intuitive. What has always intrigued me however, are the changes (during hypnosis) of the electronic matrix or energetic anatomy of our body during hypnosis.

In a fascinating series of studies at Yale University, psychiatrist Len Ravitz attached electrodes to both the frontal and occipital parts of the head. The resting millivolt DC potential generally reads at minus ten millivolts. As the subject is taken into hypnosis, there is a dramatic shift in the electrometric potential from a minus DC potential to a positive DC millivoltage potential going as high as twenty to twenty-five millivolts. There is a similar shift in the electrometric potential when we fall into a deep sleep, under general anesthesia or when a suggestion is made for a hypnotically induced local analgesia regardless of the location in the body. In other words, the change electrometrically is restricted to the part or location of the body that is hypnotically targeted for the reduction of pain.

While hypnotic depth can be defined electrometrically – with a shift of DC potential as much as thirty to forty millivolts - again as with EEG correlates, this has nothing to do with one's ability to develop complex hypnotic phenomena. However, I believe it is important to deepen the trance as much as possible.

The reason being that in a deeper octave of consciousness, the client will sense that something is shifting; thus ratifying the feeling that "I actually am going into a hypnotic state" – which in turn can ignite the belief about positive changes being possible in hypnosis. The suggestion I usually make is... "Take yourself as deep as you need to go in order to achieve your goal for this hypnotic experience. Once you have achieved an optimal depth for you...your yes finger will rise as if it has a mind of its own".

Therefore, it would appear that therapeutic hypnosis can range or occur whether we are in a high or low arousal state. It would also appear that the best measurement of 'depth' of hypnosis – whatever that really means, comes from the electrometric changes and shifts of millivolts in the energetic anatomy of our body.

Also, it would appear that there is no unitary state of suggestion. To quote Ernest Hilgard – "there are many kinds of suggestibilities" as evidenced by the contrast between a permissive Ericksonian approach and the very authoritative direct approach utilized by stage hypnotists – both work!

To compound the issue, chronobiologically, the best times for hypnosis are the major peaks between noon and one p.m. and a secondary plateau between five p.m. and six p.m. So much for lunch and dinner breaks!

I wonder if part of the reason for feeling as though we are in a cognitive quicksand is that perhaps the word 'subconscious' is meaningless. I suspect there are not only many harmonics of consciousness, but that there are endless octaves of the subconscious. Perhaps the work of psychiatrist Stan Grof and his research with holotropic breathing has contributed more to expanding our mental shorelines and understanding the imaginative dramatizations of our subconscious than any other approach.

Also, by acknowledging a much broader spectrum of the subconscious, we can begin to refine our vocabulary so that we can gain easier access to the proper corridor of the subconscious so we can much easier potentiate the outcome that will lead to greater service for our clients.

Respectfully,
Lee Pulos, Ph.D., ABPP
President

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
September 21st, 2011 Mark your calendars for the upcoming fall monthly meeting
March 16th, 2011**

Come and join us for an evening of exploration of Chi Kung. Doug Hilton is a Chi Kung instructor and practitioner, trained by Grandmaster Mantak Chia. The workshop will address the overlap between hypnosis and Chi Kung and how to incorporate principles of Chi Kung into your inductions.

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: admin@hypnosis.bc.ca
Phone: (604) 688-1714

Register before October 1st for the Early Bird rate