

# Entrancing News

February 2011 Edition

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

## Upcoming Events

✓ **2 day Clinical Hypnosis Training Workshop**

February 12 & 13<sup>th</sup> 2011

This workshop will provide the basic skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills. Simultaneously, intermediate/advanced skills in hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for traumatic experiences, stress, chronic pain and women's common health conditions.

✓ **Hypnosis for Children =& Teens: Fascination and Empowerment**

April 16th 2011

This one-day intensive is for clinicians working with children or teens who have anxiety, habit disorders, fears, pain, or who are living with medical conditions. This workshop is for pediatric professionals or graduate students who have some understanding of hypnosis at the introductory or intermediate level.

Event details on  
[www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

### Executive Council

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## Notes from the January 19<sup>th</sup>, 2011 Monthly Meeting

Presenter: Harry Stefanakis, Ph.D. R. Psych

Reporter: Shelley Brierley, MEd, CCC, RCC, RTC

### FORGIVENESS & HYPNOTHERAPY

Who amongst us has not dealt with the topic of "Forgiveness", both personally and/or professionally?

Dr. Harry Stefanakis, Registered Psychologist, has a private practice in Vancouver which includes an extensive background of working with both offenders and victims of family violence where issues and experiences of compassion and forgiveness are a significant part of the healing process.

Harry opened with a poem "*Fire in the Earth*" by David White. It was thought provoking and led to an engaging dialogue by participants, which evolved into the topic of forgiveness. The following is a synopsis of Harry's presentation, plus the ongoing group discussion that ensued.

Harry defined forgiveness as "letting go" of past suffering or betrayal to achieve personal healing and self-care. Carrying anger and resentment over past issues consumes a person's current life, detrimentally affecting one's personal health, self-esteem and sense of well-being. Harry suggested forgiveness is a triad, which can involve forgiving others, forgiving the self (for trusting those that betrayed us or for our own choices) and/or for our ability to apologize for our mistakes. Clarify which of the triad is relevant to your client, "Who is it you think you need to forgive?" Harry suggested it is important to ask clients to explore what "forgiveness" means to them: "What are you holding onto? What are you letting go of? What does it mean to let go?" and "What does it mean to not forgive?"

Forgiveness is complicated, a whole experience; it is not simply a cognitive process, not always verbal but a "felt" experience. It involves both the left and right brain; the mind, body and soul. It is not a goal to be reached, but rather an ongoing process of unfolding versus an end product. Grieving is part of this process. As one moves through the process of "forgiveness," it purifies, allowing one to move on, freeing one to love in a different way.

Jack Kornfield states “Forgiveness means giving up hope of a better past.” Harry defined the difference between a wise understanding of forgiveness, “wise forgiving,” which involves developing practices to help us forgive and “unwise forgiving” which is when we try to forget that something happened. Wise forgiveness involves letting go. It involves holding a memory of the learning, but not the pain of the situation. Letting go of past suffering, pain, hatred, sadness, grief, etc. does not mean pushing these feelings away but rather working through them, honoring each of them with courage. It is paramount to focus on the clients’ courage and resourcefulness as they tell their story.

Harry was asked how to encourage compassion when someone has grossly transgressed another, for example; when a husband abuses several of the family children, alienating them from the wife. He suggested we must find our mutual humanity which can be done by using an exercise called “Compassion Practice”. To begin, ask the person to have compassion for themselves, then for another they care about, then another connected to them, then a neutral person, then to the offender and then to the world at large. It is also important to recognize that compassion and forgiveness do not condone but rather focus more on accountability. An intelligent compassionate approach requires responsibility and accountability of offenders; it does not let them off the hook. (See Stefanakis, H. 2008 Caring and Compassion when working with Offenders of Crime and Violence, Violence and Victims, 23 (5), 652-661.)

Steven Gilligan says, it is important to honor the opposite; acknowledge and hold both the wish to destroy the other person and their love for that person at the same time. “I hear that you can see that he had all these great qualities and you can also see he has done horrible things.” “I can hear how much you love him and I can also hear that you resent and hate him for.....” Putting both the positive and the negative attributes or perceptions in the same sentence, allows the client to face their own dissonance, which invites a reassessing of their thoughts and perception of the person and of themselves.

Another group member quoted the Bible “70 x 70 times you must forgive”. Forgiveness truly is a lifelong process. It does not mean forgetting, it does not mean condoning, and it does not mean you need to maintain a relationship! In spite of this, one can still hold compassion for another. Accountability is important. Boundaries are how we enact accountability and are different from forgiveness. Harry used the example: “If someone steals \$40, I may forgive them but would still expect my \$40 back, or at least equivalent compensation.” He added that even though he may forgive, he may not necessarily trust the individual again. As anyone who has had a trust broken will attest, a trust once destroyed, takes time and evidence of change to restore.

It is ok to desire an apology but don’t expect it. Be aware of the difference. An apology is very easy for some and almost impossible for others. When a person commits a transgression and is unwilling to own it, for one’s own sake, one has to decide how one can forgive. When an apology is given, assess how genuine it is. The assessment will make a difference in the ability to forgive. A heartfelt apology or owning ones’ transgression is significant and accomplishes the re-creating of the balance of power in the relationship.

When one is traumatized, emotion is often high and old resentments may be triggered from fear. As the body tightens, many chemical and physical aspects of the body are affected. The use of hypnosis in situations where a transgression has occurred can help to regulate the level of emotion when the client is getting too far away or too close to the emotion. It allows one to calm the nervous system, dissociate or detach from the traumatic grip of the event so the client isn’t overwhelmed by the problem, and is able to work through the emotion, opening to new perspectives and possibilities, connecting heart and body experiences.

Key aspects when using hypnosis include: letting the client know they are in control of the process, while discussing wise forgiveness and intelligent compassion. Hypnosis also includes induction and deepening, acknowledging courage and resourcefulness, bringing in emotions such as resentment, while working within each client's window of tolerance. Suggestions using images, words and somatic processes, plus the repetition of specific forgiveness details are included in the process. Feedback from the client occurs in two places, firstly during trance via ideomotor signals; secondly, when reinforcing new learning with post hypnotic suggestions. Integration and re-orientation to the present situation concludes the process. Take time to go one step at a time. Forgiveness is continuing a life-long journey, rather than a single event.

Harry closed with a hypnotic trance exercise on forgiveness, a "letting go." It provided each person present, the opportunity to experience the "whole body" experience of all we had just discussed at the cognitive level. An empowering experience! I found the session very useful.

Thanks Harry!

### **FORGIVENESS**

**Dr. Harry Stefanakis**

[www.drharry.ca](http://www.drharry.ca) 604 434-1122

**Forgiveness and compassion are not sentimental or weak. They demand courage and integrity. Yet they alone can bring the peace we long for. ~ Jack Kornfield**

**Without forgiveness life would be unbearable; chained to the suffering of the past and repeating them with no release**

**Forgiveness is the ground for any healing**

- 1. We need a WISE understanding of forgiveness**
- 2. We need to develop practices that help us forgive**
  - a. Ourselves**
  - b. Others**
  - c. Apologize to other we have hurt**

### **WISE UNDERSTANDING**

**Forgiveness:**

- 1. Is letting go of past suffering and betrayal**
- 2. Is release of pain and hatred**
- 3. Requires courage**
- 4. See our mutual humanity**
- 5. Does not forget nor condone**
- 6. Does not require a continued relationship with those that have cause harm**
- 7. May not happen quickly**

**Forgiveness means giving up hope for a better past.**

## **2-day Clinical Hypnosis Training Workshop February 12 & 13<sup>th</sup> 2011**

### **Exciting Topics Include:**

EFT and The Biology of Belief; Learning Disabilities in Children & Adolescents; Building Confidence & Self-Esteem; Different Imagery for Different Types of Pain; Better Sex Through Hypnosis; Mind-Immune Interaction in Chronic Medical Conditions; Women's Health Common Conditions and Hypnotic Treatments; Ideomotor Exploration of the Subconscious & Trance Training; Integrating Hypnosis Into Your Dental/Medical Practice

This workshop will provide the basic skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills.

Simultaneously, intermediate/advanced skills in hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for traumatic experiences, relationships, stress, chronic pain, and visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry, and much more!

The faculty has extensive experience in various areas in the field of hypnotherapy and each will be present on one or both of the days of the workshop.

The training workshop will be held at UBC Robson Square, located at 800 Robson Street in Vancouver.

2011 Annual General Meeting will follow on Sunday February 13<sup>th</sup> at 4:30 pm

**FURTHER DETAILS & REGISTRATION FORM Available on our website [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)**

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## **Hypnosis for Children & Teens: Fascination and Empowerment With Dr. Leora Kuttner Saturday April 16, 2011**

This one-day intensive is for clinicians working with children or teens who have anxiety, habit disorders, fears, pain, or who are living with medical conditions. Through watching DVD demonstrations, you will have an opportunity to see the use of different forms of hypnosis with children of different ages for a variety of problems. These problems will include: enuresis, OCD, asthma, thumb sucking, headaches, abdominal pain, insomnia, nightmares, sleep terrors, and needle phobia.

This workshop is for pediatric professionals or graduate students who have already have some understanding of hypnosis at the introductory or intermediate level.

This will be held at Vancouver General Hospital, Paetzold Health Ed. Centre,  
Jimmy Pattison Pavillion-1<sup>st</sup> Floor, 899 West 12<sup>th</sup> Ave.  
in Vancouver.

**Register before March 30<sup>th</sup> for the Early Bird rate**

**FURTHER DETAILS & REGISTRATION FORM Available on our website [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)**

## **PLEASE RENEW YOUR MEMBERSHIP FOR 2011**

We are continuing the updating of our new website in February; including updates to our members contact information. To ensure that your contact information, and links to your website are published for online referrals, please forward your 2011 renewal to our office before the month end.

On line renewal form available on [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

**THANK YOU FOR YOUR CONTINUED SUPPORT!**

### **MEMBERSHIP ADVANTAGES**

- Education in and experience with current and comprehensive hypnosis techniques.
- Substantially reduced registration fees at most workshops.
- Online Directory Referrals.
- Newsletters to keep you up to date with society events and upcoming workshops (ours and others).
- Regular Monthly Meetings the third Wednesday of each month. 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.