

# Entrancing News

**APRIL 2012** Edition

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

## Upcoming Events

✓ **Emotional Freedom  
Technique (EFT) with Dr. Lee  
Pulos & Dr. Heather Fay**  
**Saturday May 5, 2012**

EFT is one of the most powerful and effective therapeutic tools in the world for personal change and growth. Learn how to control stress, anxiety, panic attacks, addictions, and sleep dysfunction. General Public & Professionals welcome.

Visit [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca) for details and registration form

✓ **Monthly Meeting**  
**April 25, 2012 Presenter**

**&Topic:** Philosophical Foundations of Milton Erickson's Work presented by Dr. Daria Shewchuk. This presentation will focus on how "the therapist's job" is a "catalyst for change"... "the therapist must respect the wisdom of the clients unconscious and help the clients appreciate the same. The best way to accomplish that is through mutual discovery with the client".

Visit [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca) for details

## Executive Council Members: Charter Members

Lee Pulos, PhD., ABPP *President*  
Saul Pilar, MD, *Vice-President Treasurer*  
Heather Fay, MD, *Secretary*

### MEMBERS AT LARGE

Mavis Lloyd, PhD  
Bianca Rucker, RN, PhD  
Lance Rucker, DDS  
Harry Stefanakis, PhD  
Leora Kuttner, PhD

### PROFESSIONAL ADVISORY COMMITTEE

Marlene Hunter, MD  
Don Louie, MD, FRCP(C)  
Frank Spellacy, PHD

## February 18<sup>th</sup> & 19<sup>th</sup> 2012 - 2 Day Workshop Review

Reported by **Barbara Rogers MA, RCC**

Clinical Hypnosis is not an area I was drawn to on my own. In fact, the word "hypnosis" has always conjured up shady "Raveenesque" associations for me. Instead, it was an area I was exposed to through my clinical supervision group, led by Dr. Mavis Lloyd who is a faculty member of the CSCH. During our group discussions and case consultations, clinical hypnosis has been discussed as a viable treatment method, and thus my curiosity was piqued.

On Feb 19/20, 2010, I attended an introductory workshop on Clinical Hypnosis. Though not exactly skeptical, I was still feeling a bit hesitant. As it turned out though, my first impressions were positive, based on the number of attendees and the impressive list of faculty members. Surely all these credible people would not be involved in teaching and promoting something that was unreliable? Add to that the absence of any sketchy looking men in beards and I was really starting to warm up.

By the end of the 90 minute introduction, led by Dr. Lee Pulos, I had already participated in a group induction and learned that hypnosis really isn't all that different from other forms of meditation. I felt comfortable then, to sit back, and be open to whatever was to unfold. The workshop had a strong experiential component which I believe is the best way to learn. I not only participated in several hypnotic inductions, but was given time to practice what I'd learned at the end of each section. This made me feel a bit self-conscious at first, but it was an important and necessary step in building a sense of competence and confidence in using hypnosis in my private practice.

Another important aspect of the workshop was exposure to an array of presenters, each with his/her own unique take on the practice of hypnosis. This was a valuable component, as it exposed me to many different styles and applications, and I was able to see how flexible and adaptive the process can be. It was also encouraging to know that I was free to develop my own methods, based on my individual needs and approaches, without the constant worry that I was doing something "wrong". Further, being presented with such a broad spectrum of uses allowed me to expand my understanding of hypnosis, and helped create greater possibilities for blending what I was learning with the approaches I am already using.

At the end of the two-day workshop, I felt well indoctrinated into the practice of clinical hypnosis. I had been provided with a broad understanding of how and why hypnosis is effective, led through a diverse range of applications, taught how to incorporate hypnosis into my own work with clients, shown specific techniques, offered many demonstrations and given ample opportunity to practice what I was learning. I also found the workshop helpful in reinforcing the value of imagery, focusing on the emotional component of our experience, utilizing multi sensory modalities, engaging both sides of the brain for maximum benefit, and incorporating all of these things into goal setting to prepare the stage for rapid, positive change. I left on Sunday with many different practical applications and enough preparation to immediately begin applying this new information in a meaningful way with my own clients. Oh yes, and contrary to Raveen, maybe it's not the best way to entertain friends and family at your next social gathering!

Barb Rogers, MA, RCC

Thank you Barbara for your excellent review, The Faculty

### March Workshop Review – January 25, 2012

#### Demonstration and Practice

Dr. Pulos presented an induction (see below) and introduced a way of using ideomotor questioning to establish that the client has created the proper imagery for the issue they wish to deal with.

#### Rausch Induction

1. **Mesmeric pass** over arm/hand (to establish **rapport**) – subject says when – if and where- **aware** of **temperature change** or **feeling**
2. Take a **deep breath** – **hold** – **finger above eye** (eye roll) **Hold breath** (until finger touches forehead)
3. At the **same time** as you are **bringing finger down over eyes** and with other hand – **lift subject's arm up**
4. **When finger touches forehead** (“3<sup>rd</sup> eye”) – **release arm** – **catalepsy?** Or – **arm flop** and **ask subject** and **blow air out forcibly** – let **whole body go** – **relaxation**
5. **Touch forehead** – **stroke down face** ( or arm)
6. Breathing will come **automatically** – **comfortably** – with each breath – deeper ....more relaxed
7. (ALTERNATIVE)- Allow eyes to relax – won't work – test to **make sure won't work** – deeper, etc.

THANK YOU DR. PULOS



#### Helpful “FINDS” - Check this out:

Hypnosis Provides Effective Treatment for Irritable Bowel Syndrome, Study Suggests  
<http://www.sciencedaily.com/releases/2012/04/120402124446.htm#.T3pmXhfdGUk.email>

**Please note our monthly meeting location!**

**Meeting Date:** Monthly (except December, February, June, July, and August)

**THE NEXT MEETING IS SCHEDULED FOR WEDNESDAY APRIL 25, 2012**

**Meeting Time:** 6:45pm

**Topic:** Come and join us on April 25<sup>th</sup> for a presentation about the philosophical foundations of Milton Erickson's work followed by demonstrations presented by Dr. Daria Shewchuk, an educator and Psychologist operating a private practice, specializing in trauma treatment.

Dr. Shewchuk is currently teaching at the City University of Seattle and has taught a variety of courses over the last 25 years including Theories of Counselling, Family Violence and Multicultural Counselling at various Canadian and American Universities and Colleges. This presentation will focus on how "the therapist's job" is a "catalyst for change"...."the therapist must respect the wisdom of the clients unconscious and help the clients appreciate the same. The best way to accomplish that is through mutual discovery with the client".

**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.

**Welcome!**

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

- JOY SCHELLENBERG**
- KION TANNAHILL DAVIES**
- GRACE YUEN**
- LAUREN JOHNSON**
- BRENT HEHN**
- ANTONIO GUZMAN**
- NIMA GHAEMI**
- AUBREY C. SHANNON**
- PAUL BECKINGHAM**

**Emotional Freedom Technique (EFT) Workshop  
The New Technology for  
Immediate Healing and Vitality**

*Featuring*

**DR. LEE PULOS, PhD, ABPP**

**&**

**DR. HEATHER FAY, MD**

**Saturday May 5th, 2012**

**Registration 8:30 am**

**9:00-5:00 pm**

**Centre for Peace at the  
Canadian Memorial Church  
1825 West 16<sup>th</sup> Ave., Vancouver, BC**

**EFT is one of the most powerful and effective therapeutic tools in the world for creating remarkable and impressive personal change and growth. It can be utilized for a broad spectrum of personal issues including eliminating phobias and fears, healing trauma, panic attacks, stress and anxiety, addictions, sleep dysfunctions, belief change, etc., and is one of several approaches of Energy Psychology.**

**Don't miss this Extraordinary Opportunity.**

**Open to HEALTHCARE PROFESSIONALS & to the PUBLIC**

**Advance Registration is Encouraged** Take advantage of Early Bird Rates

	<b>BEFORE</b>	<b>AFTER</b>
	<b>April 15/12</b>	<b>April 15/12</b>
Members	<input type="checkbox"/> \$125	<input type="checkbox"/> \$150
Non-Members	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175

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