

Entrancing News

APRIL, 2014

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

Upcoming Events

April 16th member
meeting

**Emotional Freedom
Technique (EFT)**

**DON'T MISS THIS
EXTRAORDINARY
OPPORTUNITY!**

Saturday May 10th, 2014

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 dysfunction, belief change, etc., and is one of several approaches of Energy Psychology.

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Letter from the President



[Magic: Toward a Re-enchantment of the World](#)

Dear Colleagues,

I will be leaving on vacation in the next few days and didn't have time to create a "new original" letter. I have selected one of my favourite past letters—hope it helps refresh some ideas and concepts on the importance of magic in our lives.

As many of my friends and colleagues know, I spent over 18 years travelling many times to Brazil, Africa, The Philippines, Mexico and India investigating, filming and writing a book about non-ordinary, "magical" phenomena including psychic surgery, psychokinesis, bilocation and other very extraordinary marvels and curiosities.

There are many other ethnographic reports of shamanic type demonstrations of precognition, materialization of matter, out of body travel and levitation. Rogo (1), in his intensive study of miracles, cites levitation as the most commonly eye-witnessed spectacle among saints. More than two hundred separate cases have been documented. The most authentic evidence corroborated the levitation of St. Theresa of Avila and St. Joseph of Cupertino. St Joseph's levitations usually occurred in full light, outdoors and were seen by hundreds of witnesses.

Anthropologists have been reporting on shamanism and associated magical abilities for almost two hundred years. Their observations have included such feats as fire-walking and fire-immunity, transteleportation, psychokinesis and weather control.

In a recent review of 87 parapsychological studies, it was reported that hypnosis, visualization, induced relaxation and sensory deprivation significantly improved the minds ability to escape its tight tether to the body so that it could expand its parasensory and paranormal abilities.

It has been suggested that one of the basic principles of magic is the law of similarity - The belief that one can produce a desired result by imitating it. That is, visualizing a desired outcome is essential to any magical practice or mental alchemy.

Today, of course, hundreds of courses on visualization have been taught to athletes, corporations, individuals with serious health issues and anyone who wishes to create a more optimal future.

Another important quality of most magical traditions is the importance of expectation and the anticipation of a desired outcome or result. All double blind experiments are predicated on the power of expectation and how to control for its effect.

In order for the effectiveness of visualization and expectation to be maximized they must be amplified with strong emotion and enthusiasm and a deep knowing that the goal being programmed will be manifested.

Of course, the core energy to any successful outcome - be it shamanic, therapeutic or goal directed is the central role of belief. I have written extensively on the importance of beliefs and how every area of our lives is a printout of our beliefs. In addition, there are now over 400 different therapeutic techniques throughout the world and everyone of them emphasizes the importance of belief change for therapeutic success. Passionate belief is the chaotic attractor that lifts chaos into order.

Not that long ago, at least up to the eve of the scientific revolution, the view of nature that dominated thinking was that of an enchanted world. Rocks, trees, rivers and clouds were all seen as wondrous, alive and human beings felt at home in the magical environment. The cosmos, in short was a place of belonging. A member of this world was not an alien observer of it but a direct participant in its drama - a participating consciousness, in contrast to the modern epoch which is one of progressive disenchantment that scientific historians refer to as a "mechanical philosophy".

Yet, it is not that dark, and a new animism is emerging, where consciousness is being re-enchanted with advances in hypnosis, mental imagery, prayer, self-responsibility, meditation and the reintroducing of consciousness into healing once again. Even more exciting, is rediscovering one of the shamanic traditions that mind is non local, where one's consciousness, with intent, can affect the body of another consciousness, at a distance.

But what can we, as individuals, do to begin connecting and helping us re-enchance ourselves and our destiny. Perhaps we must follow what Herman Hesse called "the whispering of our blood" - our intuitions, hunches and best bets.

At the end of my book, Miracles and Other Realities, I wrote that after seeing miracle after miracle in my travels, I became convinced that too often, we substitute shallow and frivolous technologies of consciousness for authentic myth, magic and mystery.

But what can miracles teach us?

- **Miracles will help relieve us of our cerebral chauvinism - our hard hat model of consciousness and help loosen our tight mechanistic grasp of how we view the world.**
- **Miracles will help shift the tectonic plates of consciousness and expand our apertures of consciousness.**
- **Miracles will help do away with the cerebral apartheid of many scientists who consider the right brain to be a second class citizen.**
- **Miracles, of course imply that the mind is non local and can create action at a distance.**

All this implies, that there is an underlying unity, an energy sea of consciousness in which we are imbedded - and thereby interconnected with each other.

Finally, for me, the belief in miracles means that we can attract what we focus on and believe. Miracles represent the opportunity for a personal re-enchancement and can lead us to our roots and nourish a rediscovery of our basic beingness and yes - our spirituality.

Respectfully,

Lee Pulos, PhD, ABPP
President

Reference

1. *Rogo, Scott (1982) Miracles: A Parascientific Inquiry into Wondrous Phenomena*
New York: The Dial Press

EXCITING NEWS...DON'T MISS OUT ON THIS OPPORTUNITY!!!

Please join us for this invaluable workshop and encourage your colleagues, friends and neighbours to join us too! *Emotional Freedom Technique* is personally useful for anyone of almost any age. It is a powerful tool for balancing the self when experiencing challenges involving negative emotions, as well as personal growth opportunities for increasing health and vitality!

EFT (Emotional Freedom Technique)

The New Technology for Immediate Healing and Vitality!

May 10th, 2014

Featuring
DR. LEE PULOS, PhD, ABPP
and
DR. HEATHER FAY, MD

DON'T MISS THIS EXTRAORDINARY OPPORTUNITY!

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 dysfunction, belief change, etc., and is one of several approaches of Energy Psychology.

The seminar will be 80% experiential and 20% lectures. This powerful one-day experience is **open to healthcare professionals and to the public.**

TIME & LOCATION

Saturday, May 10th, 2014

Registration- 8:30 am: Workshop 9 am – 4 pm *Centre for Peace at the Canadian Memorial Church*

SEMINAR INFORMATION

Advance Registration is Encouraged

Take advantage of Early Bird Rates prior to April 15th
To download registration form visit **www.hypnosis.bc.ca**

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|--------------------|--------------------|--------------------------|
| CSCH Member | \$125 (Early Bird) | \$150 (after April 15th) |
| Non-Member | \$150 (Early Bird) | \$175 (after April 15th) |
| Students | \$75 | |

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February's Two-Day Clinical Hypnosis Training Workshop 2014 was a SUCCESS!

CLINICAL HYPNOSIS TRAINING WORKSHOP REPORTS FROM MEMBERS:

First time experience from: Ellie Bolgar D.Psy.(can)RCC

The February 8/9 Training Workshop was excellent! Starting the day on Saturday with Lee's visualization set the ground for me to be fully present and focused my mind to learn. I truly enjoyed the goal setting and visualization. It was a very good learning also as he explained the hypnosis process in detail.

Leora's and Saul's demonstration of hypnotic induction was very clear. I found Leora's ideas of how to use hypnosis with children was both useful and creative and I have already tried some of those ideas with a young client of mine. The useful language patterns for induction by Mavis have taught me how important it is to use the client's own words and the sensory channel and the metaphors used by that client. During the demonstration Mavis paid attention to details, words, sensations and connected with her subject very well. She very elegantly used everything that was available to create a more positive state for the client.

On Saturday afternoon I attended the ideomotor exploration of trance training and self hypnosis by Lee and Heather and had a very positive experience as I was Lee's chosen subject for the demonstration. I told him that my goal was to do well on the doctoral qualifying exam that was scheduled for the following week. Lee's words created an experience that made me look at my goal from a different position. My mind was quite focused and I felt calmer and more confident. I passed my exam 100% a few days later.

Thank you Lee and all of you for the excellent training and wonderful experience! I will be encouraging other colleagues and friends to attend next February's program, and returning myself to attend sessions I am looking forward to learning from.

Intermediate/Advanced experience from: Judith Dale, MA, RCC

I had the great pleasure of attending the recent Hypnosis Training Workshop held at the Robson Square UBC facility and found it to be an extremely informative, very practical experience.

As a returning student, I was able to participate in an intriguing variety of workshops, ranging from establishing and working with client metaphors, working with children and teens, combining hypnosis with other clinical methodologies, to direct applications for women's health issues. The highly qualified faculty had many years of experience in studying and developing hypnotic techniques in both the medical and mental health fields.

The event was tightly organized. Each morning and afternoon session began with an induction for all attendees and then small groups quickly dispersed to break-out rooms for individual instruction and demonstration. Each workshop began with an overview of the particular featured topic and gave participants many opportunities for hands-on practice and interactions with the presenters on developing specific techniques.

These annual hypnosis training seminars are not-to-be missed opportunities for health practitioners who are looking for effective tools when assisting clients on a variety of issues within many practice areas. Thank you both Ellie and Judith, for taking your invaluable time to share your experiences even though you have so many other responsibilities and challenges in your busy professional lives.

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THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, APRIL 16th, 2014

In response to requests from our February 8/9 seminar, this session will provide **CASE CONSULTATION & HANDS ON PRACTICE**. This is your chance to share your needs, have your questions explored and practice hypnotic techniques in a safe and stimulating environment.

Please feel free to bring a professional colleague to the meetings. Let them experience the benefits of Membership in the Society.

Meeting Time: 6:45 PM Please ensure you arrive by 6:30 in order to gain access to the room.

**Location: 1055 West Broadway (between Spruce & Oak Street)
Second Floor Meeting Room - See Signs 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.

CSCH is looking for a few good members!

CSCH can only be as strong as its membership base. We need your help to build a vibrant and active membership. Members like you are the most effective way to recruit new members.

How can you help? Tell your colleagues what a useful tool hypnosis can be, and how it enhances your practice. Encourage a colleague to join by sharing information on CSCH's workshops, resources and certification programs.

Why should you help? With more members, CSCH can produce stronger, more dynamic programs, enhance its member benefits, and provide better service to you, our members.

Welcome!!

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

***Brett Ginter
Roxalyn Boldt Ginter
Pourandokht Rostamian
Rochelle Sharpe Lohrasbe
Frances Picherack
Ernest Chen
& Heather Doidge-Sidhu***

***PLEASE NOTE: Newsletters will be now be published quarterly in APRIL,
AUGUST/SEPTEMBER, NOVEMBER, & JANUARY***

Further FYI's

| | | | | |
|----------------------|----------------|---|-----------------|--|
| building bridges | | of understanding | | |
| INTERNATIONAL | |  | CONGRESS | |
| PARIS 2015 | MUNICH 2000 | 1985 TORONTO | 1970 MAINZ | |
| BREMEN 2012 | SAN DIEGO 1997 | 1982 GLASGOW | 1967 KYOTO | |
| ROME 2009 | MELBOURNE 1994 | 1979 MELBOURNE | 1965 PARIS | |
| ACAPULCO 2006 | JERUSALEM 1992 | 1976 PHILADELPHIA | 1900 PARIS | |
| SINGAPORE 2004 | THE HAGUE 1988 | 1973 UPPSALA | 1889 PARIS | |

New Student Membership

ISH is excited to announce that we are now offering free non-voting membership to master level and above students in Dentistry, Medicine and Psychology for the calendar year 2014. Students must either be members of a constituent society of ISH or submit a recommendation from an ISH member. The year's free membership is offered as an incentive to students to learn about ISH and to be connected to the worldwide hypnosis community, and does not give the right to practice clinical hypnosis.

This free membership will allow students to receive reduced fees for the ISH Paris congress in 2015 as well as other member benefits such as the newsletter, membership directory and video library. For interested students, they may also purchase a one year (for 2014) online access to the International Journal of Clinical and Experimental Hypnosis (IJCEH) at the cost of \$35. Please visit the following link to submit your online application.

<http://www.ishhypnosis.org/index.php/membership/student-free-1-year-membership-form>

Research

We are also excited to share that ISH Board member Katalin Varga has co-written a case report, "Psychological support based on positive suggestions in the treatment of a critically ill ICU patient – a case report", which we have put up on our research page. You can see it here:

<http://www.ishhypnosis.org/index.php/media-menu/research>

As always, if you have any questions, or concerns, please let me know.

Best,

Gail Cunningham

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