



Entrancing News

JUNE 2016

Topics of interest in this issue...

***Direct and Indirect
Suggestions***

Event Summaries

***Review of the
International
Literature***

***Upcoming Event:
Two-Day Workshop
February 25-26, 2017***

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Letter from the President

Direct and Indirect Suggestions

Greetings Colleagues!

It has been some time since my last letter as we have had some changes in the Society office – everything is back on track once more.

Since I was recently in the hospital for surgery (nothing too serious ☺), I am pressed for time to get caught up and would therefore like to re-visit one of my previous (and favourite) letters: direct versus indirect suggestions.

One of the ongoing conundrums in clinical hypnosis is the differing theoretical strategies on utilizing direct versus indirect suggestions during hypnosis. Cory Hammond has written on several occasions that direct suggestions work only 70% of the time. Oops! What do we do for the 30% that don't respond to "traditional" hypnosis?

Milton Erickson and Ernest Rossi have stated repeatedly that direct suggestion is not the major mechanism of hypnotherapy. Rather, by indirect suggestions, the power of hypnosis shifts from the "miraculous power of the therapist" to "an inner re-synthesis of the patient's behavior achieved by the patient himself". In other words, indirect suggestions provide a process where the client can re-associate and reorganize their own experiential life that results in a cure - not by the therapist's belief that his or her direct suggestions will create the desired outcome.

(Letter from the President ... continued)

In other words, the focus of control shifts from the therapist to the client. Another reason for utilizing indirect hypnotic processes, according to Psychologist Hans Eysenck, is that..."there is no unitary trait of suggestibility, no one uniform type or reaction to different kinds of suggestion in human subjects. There are several or possibly many different suggestibility's which have no relating to each other."

Oops again! How do you know if you are providing the "right...best, most effective suggestion" - you don't. This is why indirect suggesting - inoculating the client's subconscious to provide the best suggestions, imagery and belief statements, is considered to be most effective.

In most of my hypnotic work, I use the magnetic hands and the two twenty story skyscrapers (one to reduce negative beliefs - the other skyscraper to replace the negative belief with more empowering outcomes). I have demonstrated this induction on several Wednesday night presentations.

Following are several of the indirect suggestions which I will interpose where indicated:

- As you go deeper - you will be able to sense your own inner intelligence - that part of you that knows - without knowing that it knows.
- And as you go deeper...let your inner creative self begin to send to your awareness...any images, memories, people, symbols, colors that will put you into a deeper connection with your goal today...just notice how your inner self can help you do that.
- And...as you will be discovering...trance is allowing a deeper intelligence to join the conscious mind.
- Allow these suggestions to simmer in your subconscious...no need to feel you must work at understanding them.
- Your conscious mind will hear this one way...and your deeper mind will hear it in a different way.
- Tune into the parts of your body that are most comfortable...when you locate the comfort, simply enjoy it...and allow it to deepen and spread through all of your body...all by itself.
- And as you continue focussing inwards - you can experience yourself more deeply - each trance is different - a free period where different parts of you can come through - as needed.
- Now - the important achievement for you to realize...is that everybody does not know their true abilities - and you will be surprised to discover these abilities - in whatever slow way-- that you wish.

(Letter from the President ... continued)

- No need to go anywhere - no need to do anything - just as if time stood still.
- Allowing your subconscious - to take you in whatever direction - to review all thoughts - memories and feelings - as your deeper mind - continues to review and select--the best means of --(achieving--"goal of the patient").
- Now - there are many different ways - in which the mind can function - in which the subconscious mind knowing - it has just received a gift.
- And now - allow yourself to have a brief waking dream - that will bring forth--the most important--helpful and healing information - insight - intuition - that you need to hear - or feel at this time.
- Upon alerting - your subconscious will continue to feed you the right information--in the right way--at the right time--so you can always do the right thing--confidently--effortlessly--for the right reason--to serve your best interests--in the most loving way possible.

And I sometimes add, "Whenever you see the color green in your environment--consciously or subconsciously...allow that to be the stimulus...to inoculate and keep your subconscious -- focused and determined to help you achieve your goal."

I will vary and convey different inductions from time to time, such as the eye roll, numbers on the board to deepen the trance, magnetic hands plus the buildings, and a 20 minute indirect induction (some of the suggestions are provided above). Almost every one of my patients prefers the indirect induction/suggestions and feels that it is the most effective. Even though this is a review of a previous letter, I hope it will re-stimulate you to vary and co-vary between direct and indirect suggestions.

Respectfully,

Lee Pulos, PhD, ABPP
President

Events Summary

April 2016 – Hypnosis as a Headache Treatment for Children, Teens and Adults

Presented by: Dr. Leora Kuttner

Reported by: Heather Fay, MD

Dr. Kuttner gave an excellent presentation on headache and how using hypnosis can help. She started by explaining the anatomy and physiology and how pain is experienced, including the Gate Theory that was developed by Dr. Melzack. The objective of hypnotic work is to decrease suffering, increase coping, and decrease the overall experience of pain.

Dr. Kuttner described how the use of language is very important in dealing with pain and headache, in particular. Helping people to know they are safe, being aware that the body knows

how to heal, having the confidence that the headache will pass and knowing that with relaxation the headache is experienced less, all help to decrease the suffering. There are many approaches that can help, including psychological (where the fear in particular needs to be addressed), emotional, behaviour activation, pharmacological, massage, rubbing (which activates the nerves that do not transmit pain), TENS, laughter, sleep, acupuncture, and abdominal breathing.

The imagery involved can help to change the perception of the headache. For example, if the patient describes it as hot then bringing in coolness helps, if the pain is in the front of the head it can be transported to the back. The awareness that headache is like a light switch which can be switched on and off and also dimmed can also help.

It is advised to focus on pleasurable experiences and paint a picture of living free of headache and bring that feeling into present time.

Dr. Kuttner's videos of patients describing how their headaches had been helped and also the interview with Dr. Melzack were very informative. Dr. Kuttner's book, 'A Child in Pain' gives excellent information with advice and strategies for parents.

Thank you for an inspiring presentation.

May 2016 – Using the Diagnostic Trance to Create Change

Presented by: Dr. Anoosha Avni

Reported by: James Stabler, MSW

The Diagnostic Trance is a simple but profound procedure that demonstrates that people have the capacity to tap into their unconscious resources to find solutions to their problems. The Diagnostic Trance incorporates the assumptions of the neo-Ericksonian hypnotherapeutic approach. A key assumption of the Diagnostic Trance is that people have a conscious and unconscious mind. Many people tend to rely on the limited capacities of their conscious mind. The unconscious mind contains more resources and a better sense of reality than the conscious mind. By using the Diagnostic Trance, the clinician can assist the patient to obtain an accurate description of the emotions, thoughts, and memories associated with the presenting issue, thereby gaining additional insight into the source and nature of the problem. By paying close attention to the pain and discomfort underlying the problem, the patient may be able to come up with a solution to his/her problem.

The Diagnostic Trance is a three-step procedure:

1. Focus on the discomfort:
 - Ask the patient to close his/her eyes, relax for some time, and then concentrate on the unpleasant feelings or sensations s/he associates with the presenting complaint.
2. Wait and see:
 - Ask your patient to wait quietly and patiently while s/he observes the unpleasant feelings or sensations and simply report whatever thoughts or images come to mind.
3. Imagine a solution:
 - Ask your patient to think of the discomfort going away, dissolving or vanishing.

This three-step procedure utilizes trance quickly and easily. Once the patient closes his/her eyes, begins to relax and concentrates on the unpleasant sensation or problem, s/he drifts into a light trance turning inward to focus on internal events. The internal focusing continues as s/he observes

the unpleasant sensation or problem and reports back whatever comes to minds. Lastly, the patient is asked to find a thought, image or solution to replace the unpleasant feelings, sensation or problem. This last step continues the internal focus so that the patient can utilize the trance state to allow his/her unconscious to provide a solution to their problem.

Review of the International Literature

Connors, M. (2015). Hypnosis and belief: A review of hypnotic delusions. *Consciousness and Cognition: An International Journal*, 36, 27-43.

The author presents an overview of an experimental paradigm that a number of researchers are employing to investigate abnormal psychopathology. Hypnosis is used in these approaches to temporarily create the similar symptoms and phenomenology that patients with the disorders actually experience. The author discusses the benefit of being able to use hypnosis in this way including the availability to have greater experimental control over the phenomena under investigation. The author evaluates the paradigm as a whole and offers suggestions for future research as well as methodological considerations.

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Lam, T. H., Chung, K. F., Yeung, W. F., Yu, B. Y., Yung, K. P., & Ng, T. H. (2015). Hypnotherapy for insomnia: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*, 23, 719-732.

This article reviews the empirical literature on studies with interventions using hypnosis to help patients with insomnia. The authors were able to find six randomized control trial studies (RCT or quasi-RCT designs) using hypnosis and seven using autogenics, which is a hypnosis-related method of stress management and self-regulation. The authors performed a meta-analysis of both techniques and found that both hypnosis and autogenics reduced the sleep latency time required for patients to attain the onset of sleep. However, the magnitude of the effect was reported to be similar to the effect size for placebo or “sham intervention.” The authors discussed many methodological issues, making their findings difficult to generalize, such as low samples sizes in the studies that were included in the meta-analysis. The authors provide many suggestions to improve future studies utilizing hypnosis to treat insomnia.

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Save the Date: Annual Two-Day Workshop in February 2017

The annual February workshop will be held February 25-26, 2017, at the **Nikkei Japanese Cultural Centre** in Burnaby, BC (not at UBC Robson Square as in previous years). Registration will be available in the fall. Stay tuned for a list of presenters and exciting new topics!

Membership Renewals for 2016

Thank you to those of you who have already renewed your membership.

Your membership offers you access to monthly events, discounts for workshops and seminars and to have your profile listed on our website. **If we have not received your membership renewal by June 30, 2016, your profile on our website will be removed and you will not be eligible to receive discounts for workshops and seminars.**

Please note you have the option of paying for two years in advance at a 20% discount or one year at a time (no discount).

[ONLINE MEMBERSHIP RENEWAL](#)

New Members

The Canadian Society of Clinical Hypnosis (BC Division) would like to extend a warm welcome to its newest members:

David Bowler (Full Member)
Olivia Fermi (Associate Member)
Peter Kennedy (Affiliate Member)
Monica Parker (Full Member)
Mark Ring (Full Member)

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