

Entrancing News

September, 2013

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

Upcoming Events

Integrating Hypnosis and Attachment Disorders

led by Dr Dan Brown, PhD,
Harvard Psychologist

Sat. , December 7th -

Paetzold Health Education
Centre, VGH. Brochure and
registration , see
www.hypnosis.bc.ca

Sat. & Sun., Feb. 8 & 9 -

Two-Day Clinical Hypnosis
Training Workshop.

Monthly Meetings

Wed., September 18th -

Integration of Hypnosis with
EMDR led by Dr. Marshall
Wilensky.

Wed ,October 16th -

The understanding of Parallel
Realities, Law of Attraction
and Distant Healing and how
they fit together. Led by Dr.
Harreson Caldwell.

Wed, November 20th -

Dr. Saul Pilar.
Details to follow

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Saul Pilar, MD, *Vice-President Treasurer*
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Svengali and Trilby

Letter from the President

Dear Colleagues,

We have all dealt with the many misunderstandings of hypnosis from our clients, friends and critics such as ..."will I lose control ...you won't make me do something to make me forget...or embarrass myself?", etc. While many of the misperceptions of loss of ego control - which is simply not true - in almost all instances - but there are exceptions which may come from TV, movies or watching the entertainment trances of stage hypnotists, the original false impression came from a novel, Trilby by English author George du Maurier published in 1894.

du Maurier got the idea for his tale of Svengali's cruel domination of his hapless hypnotic subject from observing a demonstration of a subject's complete amnesic dissociation in a hypnotist's office. In the late 19th century, both natural and split personalities and artificial personality splitting (by suggested amnesia under hypnosis) were the hottest new items in psychological research.

Following his observation or the apparent loss of will and control under hypnosis, du Maurier published his novel Svengali and Trilby in 1894 and it introduced the basic, sordid facts of hypnotic exploitation to a mass readership and the novel went on to become the first "best seller".

In the novel, Svengali trained Trilby by a disguised induction, and then hypno-trained her into a split personality and the suggestion she was a brilliant singer. Thereafter, he became her puppet master, Svengali living in luxury, supported by her concert performances. She always sang in an amnesic trance.

In the novel, as with real life subjects, Trilby did not understand how a seemingly harmless first submission to hypnosis can develop into a terrible long term mind slavery. Svengali gradually transformed her from a proud independent person into an obedient "hypnotic slave". Now she lived in a cruel, secret life in addition to the "real" life that she consciously lived.

At the story's end, the "foul" Svengali, dies. Trilby dies a few hours later (du Maurier's presumption that a mind-controlled victim cannot survive without the puppet master is, of course, false).

Trilby is now back in print (Everyman, 1994), an old fable that refuses to be forgotten. Svengali, the name that du Maurier gave to Trilby's evil hypnotist, is the author's best know character. The mere word is resonant with sinister implications. A Svengali is "one who attempts, usually with evil intentions, to persuade or force another to do his bidding" (Webster's Ninth New Collegiate Dictionary).

The publication of du Maurier's novel wound up a century of European hypno-abuse of highly susceptible hypnotic subjects, especially young women. Trilby, spotlighted the specific problem of hypnotic exploitation of women (and men) in the theatre world.

The use of hypnotized women on stage for entertainment led to scientific researchers regarding their hypnotic subjects as means to an end, as useful objects whom they manipulated like laboratory rats to prove or disprove their competing hypnosis theories. Medical hypnotists who were followers of Charcot viewed their patients being treated by hypnosis as disgusting neurotics. Unethical hypnotists viewed their subjects as possessions doomed by inborn genetic susceptibility to be ruled by the power of any master who made the effort to acquire and manipulate them. Paradoxically, most hypnotists scorned their subjects for the very quality they worked hardest to develop in them: mindless obedience, "Voodoo Death" on Stage.

In 1894 another hypnotist, Franz Neukomm also made European news. He treated Ella for a "nervous ailment". She turned out to be a deep somnambulist hypnotic subject and he convinced her to travel with him doing entertainment hypnosis for the public as his "hypnotic medium".

During each show, Neukomm invited an ailing volunteer from the audience up on stage. Then he would hypnotize Ella and give her a suggestion to place herself in the mind of the patient and provide information about his or state of health. The night that Ella died, Neukomm, to increase the audience's sense of drama, had changed his hypnotic instructions in a small, but significant way. He told Ella, "Your soul will leave your body in order to enter that of the patient". Ella showed an uncharacteristic, strong resistance to that hypnotic suggestion. She tried to deny it.

In his overbearing authoritarian manner, Neukomm deepened her trance and firmly repeated the "leave the body" command. Once more, she resisted. He further deepened the trance and repeated the command again in a more forceful manner.

Ella Salamon died. The post mortem stated that heart failure caused by Neukomm's hypnotic suggestion was the probable cause of her death. Neukomm was charged with manslaughter and found guilty. Ella's death was similar to what anthropologists call "voodoo" death, death by suggestion.

There are a number of other examples of unethical and abusive hypnosis, in the literature. In the late 1800's, the subject of hypnosis dominated in French non-fiction publishing. Some years, in that era, every book published in France was about hypnosis. Alexander Dumas, author of *The Three Musketeers*, wrote six novels which involved mesmerism. In the "Marie Antoinette Series" de Maupassant's last short story "Lettoria" featured a man who realizes he is a victim of predatory hypnosis. Thomas Mann's 1931 story, "Mario and the Magician" sees hypnotism as an overthrowing of a person's normal duality and balance of surrender and control tendencies.

Some victims of hypnotic abuse have learned to fight back. Psychologist, Dr. George Estabrooks has written several books on hypnosis and shared the story of his arriving late for a demonstration of stage hypnosis. He was horrified to see a respectable acquaintance stripped to his underwear with broom handle for a flute gamboling around the stage under the delusion he as a Greek faun. Dr. Estabrooks was highly gratified to see his friend, the "faun" knock the hypnotist flat on his face the moment the trance was removed. Hooray for the good guys!

Respectfully,

Lee Pulos, Ph.D., APPP
President

Thank you Lee for giving us all so many excellent ideas from your continued writing of "Letters from the President."..... The Executive.

A message from Dr. Harry Stefanakis

Perhaps something to share with the membership.

<http://commonhealth.wbur.org/2012/09/doctor-says-it-wont-hurt>

A report from Dr. Mavis Lloyd:

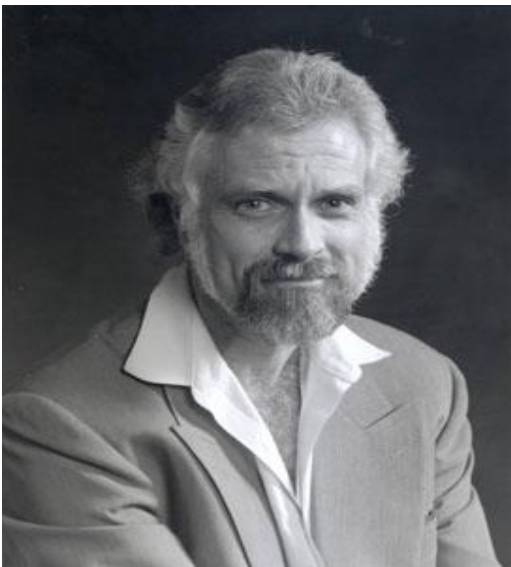
I have viewed and thoroughly appreciated this excellent presentation, which includes a letter of explanation and photographs from a grateful mother, watching her child experience a painless procedure on her injured forehead. It also includes a video from Dr. Kraus. It is a site well worth tuning into.

Daniel Brown, PhD

Integrating Hypnosis and Attachment Disorders

Saturday, December 7th, 2013 - 9am – 5 pm

Doors open at 8:30am at the Paetzold Education Centre,
Vancouver General Hospital, Vancouver, BC



Dr. Brown is Director, Center for Integrative Psychotherapy, Newton MA, Associate Clinical Proctology, Harvard Medical School; taught hypnotherapy for 41 years.

His 14 books include 3 books on hypnosis style. He spent 40 years studying Buddhist meditation and contributed to 2 books of East-West dialogues in psychology with H.H. The Dali Lam. His current research is on the contribution of early attachment to complex trauma.

Sophisticated assessment tools are available to identify attachment pathology in adults. Less attention, however, has been paid to the development of effective treatment protocols. This workshop is specifically about state-of-the-art, effective ways to treat insecure attachment pathology, primarily in personality and dissociative disorder patients. Teaching format: lecture, demonstration, and case presentation. Hypnosis training recommended but not required.

To download registration form visit <http://www.hypnosis.bc.ca>

Members - Early Bird \$125, after Nov. 8th \$150

Non-Members - Early Bird \$150, after Nov. 8th \$175

Students - \$75

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HYPNOTIC ESSENTIALS - EXPERIENCE & PRACTICE

June 1st , 2013

with

Dr. Leora Kuttner, Dr. Mavis Lloyd, Dr. Harry Stefanakis

Reported by Judith Dale, MA, RCC

I recently attended the one day workshop introducing hypnotherapy for clinical professionals offered by the BC branch of the Canadian Society of Clinical Hypnosis. The three workshop leaders - Drs. Leora Kuttner, Mavis Lloyd and Harry Stefanakis, led the 30 plus attendees through the key features of the principles of clinical hypnotherapy, including:

- establishing rapport with the client,
- creating positive expectancy,
- understanding appropriate use of the techniques,
 - inducing trances,
 - using client-generated metaphors,
 - developing session scripts
- formulating hypnotic, and posthypnotic suggestions, and
- providing techniques for ending sessions

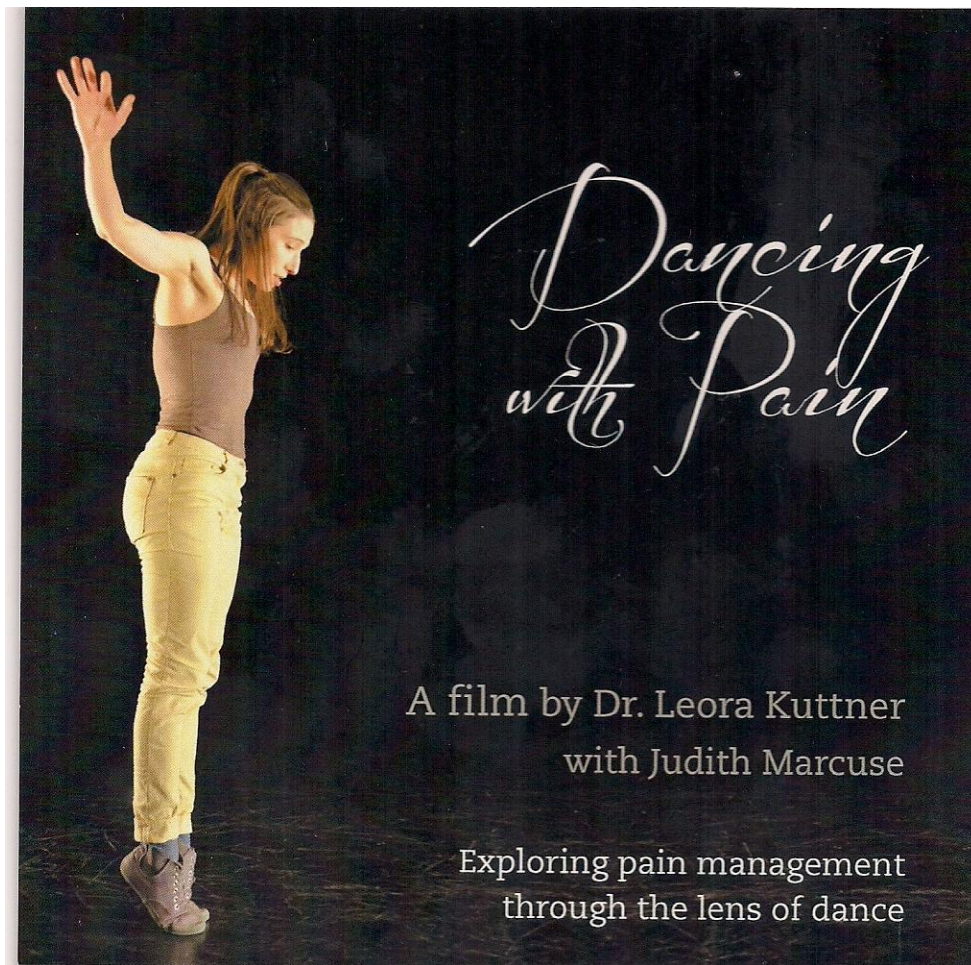
Workshop presenters provided a theoretical background for the practice, introduced a variety of techniques, offered examples of successful hypnotherapy from their own practices and provided opportunities for participants to experience and experiment with a variety of aspects of the practice during the day.

I left the workshop with a clear understanding of how I could integrate this methodology into my current practice and enough confidence to begin using the techniques right away.

Thanks to the presenters for providing this unique opportunity to add an intriguing and useful treatment method for the therapeutic and health care community.

judithdaletherapy@gmail.com

Thank you Judith, for this excellent summary. Watch Enchanting News for our 2-day seminar held on February 8 & 9, 2014 that covers the above topics, plus many other fascinating uses for hypnosis.
The Executive



Premier Screening of **DANCING with PAIN**, by Dr Leora Kuttner with choreographer Judith Marcus, edited by Mo Simpson with original music score by Hal Foxtan Beckett.

Reported by Mavis Lloyd, PhD, RCC

The topic of exploring pain management through the lens of dance is Leora's latest unique contribution to our understanding of managing pain. Leora's previous award-winning documentaries on pediatric pain management, "*No Fears, No Tears*", "*No Fears No Tears – 13 Years Later*", and on pediatric palliative care "*When Every Moment Counts*" with the National Film Board of Canada are previous invaluable resources.

"Dancing with Pain" has the same goal as her previous films, namely to inform and support both professionals who treat patients and families who experience pain in their lives. This time, with the aid of a team of dedicated experts, she explored the life and treatment of four teenagers, two from Toronto and two from Vancouver, each with different origins for their chronic pain, each coming to grips with its impact on their inner selves, and on their social and their career lives. Medical science, with its many types of treatments, had been unsuccessful in resolving their pain. They all had emotional issues based on their predicaments which had not been previously addressed. Leora's clinical interviews with them revealed a vital need for each of them to feel understood and then to explore new avenues for pain reduction. Counselling included teaching pain reduction techniques with mind and body relaxation via breathing, visualizations, hypnosis, etc.

The film unfolds in a fascinating way with a sequential pattern of a theoretical statement, followed by the animation of the brain's central role, then its embodiment through dance. Every sequence concludes with the teenagers telling their experiences from initial connections, listening to their stories unfold, then being led into new and different stages of their healing with their chronic pain team.

After the film screening, the discussion between the audience and members of the production team gave us a fascinating glimpse into the intricacies of producing the finished film. Leora described the process from the conception of the initial seminal idea to the creation of the team of specialists needed for the film's production. This made all of us aware of the incredible support provided by the team members to produce this 20-minute masterpiece. A mother in the audience of one of the teens, told us all how thankful she was that her daughter was able to get over her pain. The teens in the film concluded that they had changed through their pain and that, though they were initially reluctant to attend psychological counselling, once they were helped, they were all very grateful.

"Dancing with Pain" which will be released in July is an invaluable addition to the libraries of any professional collection in the health/healing/ education fields, and is especially useful for anyone who works with the adolescent chronic pain population and their families.

Running time 20 minutes (therefore ideal for classroom or group presentation/discussion)

Purchase: www.bookstore.cw.bc.ca

For information, contact Dr. Leora Kuttner at kuttner@sfu.ca

THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, SEPTEMBER 18TH

Please feel free to bring a professional colleague to the Fall 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) Vancouver, BC V6H1E2
Second Floor Meeting Room - See Signs for directions.
FREE parking, 1001 Broadway, entrance off Oak**

Topic: Integration of Hypnosis with EMDR led by Dr. Marshall Wilensky

Marshall Wilensky, Ph.D., R. Psych. has been an Instructor in Counselling Psychology and Clinical Psychology for Simon Fraser University and the University of British Columbia. He has been in Private Practice in Vancouver since 1980 and consulted for Canada Employment, various hospitals, the National Parole Board and Forensic Services. He specializes in the treatment of trauma.

Dr. Wilensky was a member of the American Society for Clinical Hypnosis for 10 years and published in that journal. Since 1993, he only does EMDR. He is an EMDR International Association Approved Consultant and Trainer with over 15,000 hours of experience with EMDR. He has trained over 1000 therapists in Western Canada.

Wed., October 18th -

Parallel Realities, Law of Attraction and Distant Healing and understanding how they all fit together. Led by Dr. Harreson Caldwell.

Wed., November 20th -

Dr. Saul Pilar - details to follow

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.

We are pleased to welcome the following New Members:

**Judith Dale
and
Kyla Yaskowich**