

Entrancing News

DECEMBER 2012 Edition

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

Upcoming Events

✓ 2 day Clinical Hypnosis Training Workshop

February 23 & 24th 2013

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, pain, visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry & more.

Visit www.hypnosis.bc.ca for
Details and registration form

Monthly Meeting:

Wednesday, January 16th - Dr. Saul Pilar will be presenting Body-Mind interactions. Dr. Pilar will present an update on three topics: Advances in sleep disorder management; Trauma & Tension Releasing Exercises; Potassium- this neglected mineral of life.

Executive Council Members: Charter Members

Lee Pulos, PhD., ABPP *President*
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Letter from the President

Dear Colleagues,

As a follow up to my last letter, where I referred to anatomist Dr. Harold Saxton Burr's seminal work on the relationship of magnetic fields around all living organisms, and their relationship to health and healing, I would like to discuss his concepts on how voltage gradients in the body shift during energy healing and especially during different levels of trance and hypnosis.

It would appear that the energetic or electromagnetic anatomy of the body has been largely overlooked despite it being profoundly affected by hypnosis. For example, Yale psychiatrist, Dr. Len Ravitz, in his work with Burr established that the resting DC (direct current) potential in the back of the head is plus ten millivolts. As a person is guided into trance, there is a drop in the DC potential to minus ten millivolts.

There is a similar shift under general anaesthesia in human subjects by a corresponding drop in the DC potential across the brain and a comparable drop in the remainder of the body. It has also been established that anaesthetizing a single area results in a drop of the DC current to zero in that area alone.

Thus, if local anaesthesia and pain relief produced by hypnosis is real, it should be accompanied by a similar drop in the anesthetised area - and it does! This would suggest the conscious mind under hypnosis could control the level of activity of the DC control system - and it does!

In another experiment, subjects were placed into trance, measurements were taken of the DC potential in the back of the brain and separately along the left and right arms. When the suggestions of numbness and cold were given for one arm only, as expected, there was a significant drop of the DC potential along that arm to the back of the brain, but not the other arm. The decline of DC potential in the anaesthetized arm was the same as if given a local anaesthetic. The arm that had been given the suggestion of "cold and numbness" did not respond to a pin prick whereas the other arm did respond.

There is also a very similar drop in DC potential throughout the body during very deep sleep. In other words, the DC potentials across almost all parts of the body are very similar to hypnosis that is, creating electromagnetic, correlates and shifts in the DC potential that are found during healing of the body.

Australian psychiatrist, Dr. Ainslie Meares must have intuitively known about the work of Ravitz and Burr. He did a lot of work with cancer patients and would guide them into deep and prolonged trance states, leaving them in trance for one to two hours. However, every five to ten minutes he would break the silence softly suggesting ---"heal---now! In his book, which I will reference, he reported a significant number of spontaneous remissions of his cancer patients experiencing this unique and original application of hypnosis.

Could it be that the prolonged state of hypnosis (for significant shifts in the DC potentials of the body) into the optimal bioelectric magnetic healing state can potentiate and accelerate the healing or suggestion response?

Not necessarily based on the work of Meares or Burr, but for the past year or so I have extended the average length of a hypnosis session for my clients to twenty or twenty-five minutes. As mentioned in an earlier letter, my clients are taking longer and longer to come out of trance - up to five minutes on many occasions. Could it be that, the wisdom of the body knows what is best, thus prolonging the time spent in the optimal voltage gradients and DC potential for healing? I also seem to be getting better results and outcomes since prolonging the trance states. However, I could be prejudiced.

In a rather interesting, provocative paper by Obstetrician, Dr. Langman, he established that in electro-magnetic observations in 418 women, 75 of the women with known cancer of the female genital tract, 98.7% showed the cervix to be consistently electro-negative to the ventral abdominal wall. Langman speculated that prior to the symptoms (cancer) appearing, there was a shift in the voltage gradient and electro-metric differences of those two areas of the body. He suggested that the electro-metric changes in that part of the body presaged or forewarned that pathology was developing.

A study was done measuring malignancy potential over an eighteen month period, of women admitted to the Gynaecological Service in Bellevue hospital. A negative potential was recorded in all 860 patients with malignancy except five. However, despite the likeliness as a screening procedure, no further work was done.

I suspect, that this procedure was at odds with the medical paradigm of that era (1947) and I unfortunately could not find any further references.

Could it be that utilizing hypnosis for facilitating healing of various mind/body problems that we should be prolonging the hypnotic experience whereas, for re-educating and reprogramming the subconscious for belief change and other issues, a shorter hypnotic experience will suffice. What are your thoughts?

The more I practice and experience hypnosis, the more perplexed and mystified I become in trying to understand this mysterious enigmatic inscrutable and labyrinthine state. I need help.

Respectfully

Lee Pulos, PhD, ABPP
President

References

Burr, Harold Saxton (1972) Blueprint for Immortality, Neville Spearman, London
Meares, Ainsley (1960) A System of Medical Hypnosis, The Julian Press, Inc., New York
Revitz, L.J. (1950). Electro-metric correlates of the hypnotic state. Science, 112: 341-342

Dear Members,

I have the advantage of seeing each Enchanting Newsletter before the publication because I do an editing check of the complete document. This time, because Lee asked for feedback, I decided to respond to him. Please join me in adding your ideas and opinions so that they can be published in the January edition. Thank you.

Mavis Lloyd, PhD, RCC

Dear Lee,

Thank you for your inspiring and helpful President's Letters, which are always thought provoking, and which also provide us with very useful hypnotic tools. For example, in your October letter I was fascinated by your account of working with a person who must have been enjoying her deep trance so much that she gave you a new learning experience in the process. It is encouraging to me that, with all your skill and years of experience, you are still seeking answers for yourself, for your students, and for your clients. In your December letter, you asked for responses that could be helpful to you, as well as to our members. Here, is this student's 2 cents worth.

With my clients I use varying lengths of trance times depending on specific goals, plus observed client response time. Each person has unique experiences and beliefs. For those who have already become confident with their own self-hypnosis skills or who are used to other forms of brain-wave use such as in meditation, yoga, EFT practice, induction time and the hypnotic process can be more easily and confidently accessed. This type of client can often be encouraged to experience their own deepening techniques to reach the desired state, to achieve their hypnotic goal. That person's time of trance may be briefer than in a client for whom deliberate brain state practice of any type has never been experienced consciously. My pre-trance discussions always include questions about these topics. I then share a brief discussion of brain wave state control/use examples. With the experienced client, I ask them to go into their own meditative state that they already know - where the INTENT is different, but the brain waves are in a similar range.

Also in the December letter, there appears to be a wonderful opportunity for further research which combines earlier findings quoted in your letter that could be extrapolated upon. For example, a pilot study combining the concept that perhaps energetic or electromagnetic changes are, in fact an indication that hypnotic changes have already occurred, could be combined with a healing use, or even more for increasingly frequent hypnotic use in surgery. Other research has shown that bleeding is less and healing is faster when hypnosis has been effectively utilized during medical procedures. How can we encourage these advantages to take place? Perhaps some of our members might be able to provide answers to that question.

Thank you Lee.
Mavis Lloyd

The Science of Personal and Global Transformation

November 17, 2012

Presenter: **Dr. Bruce H. Lipton, PhD**

Reporter: **Dorina E. Medland, Registered Psychologist #170**

On November 17th participants were treated to a stimulating experience at Dr. Bruce Lipton's workshop. This ambitious one-day workshop was packed with information and covered a wide base of knowledge, history and research. Throughout the day Dr. Lipton fielded many questions from the audience and during the book signing at the breaks. Dr. Lipton's "**The Biology of Belief: Understanding the Power of Consciousness, Matter and Miracles**" (Hay House, 2005 in book form or a CD) presents a more in-depth explanation of the topics discussed below. As well, Dr. Lipton's book or DVD entitled "**Spontaneous Evolution**" (Hay House, 2005) would be an invaluable resource for health professionals who want to further explore his concepts. This report will be my effort to present a brief summary of most of the topics covered.

Sixth Mass Extinction Imminent

Dr. Lipton began by stating that our planet is deep into its sixth extinction, having experienced five other near mass extinctions. These were due to asteroids and geological upheavals such as volcanoes; however, the sixth one is due to human behaviour. He also stated that "crisis ignites evolution and we are at a moment of crisis". This current period in which we are living may be the end of civilization as we know it and, hopefully we (the human race) may be motivated to enter into a new world of self-empowerment and take responsibility for both ourselves and the planet.

Civilizations through the Ages:

Dr. Lipton then outlined past historical civilizations: Animism, Polytheism, Monotheism, The Reformation, Deism, Scientific Materialism, Genome, and Holism and described how each belief system has led to how we see ourselves on the planet, how we treat it, and how much the beliefs regarding "spirit" and "matter" are given importance to each particular civilization. He further presented three Perennial Questions to ask of each civilization:

1. How did we get here?
2. Why are we here?
3. How do we make the best of it?

He argued that how each civilization answers these questions has a huge impact on how humans will think about themselves and behave towards each other, other species, and the planet as a whole. For instance, 10,000 years ago during the Animistic period, indigenous peoples believed that everything had spirit. Mankind's purpose was to "tend the garden and to be in balance with nature" in contrast to later civilizations that were characterized by a move away from the connection to nature and spirit to a more material world where humans were believed to be the ones ordained to subjugate nature to their bidding and desires.

Science focuses more on the Physical Realm:

From the work of Sir Isaac Newton in Physics which presented the idea of a "mechanical universe" to the work of Rene Descartes, the foundation of the scientific method has been further established. The scientific method led us to a set of beliefs with less emphasis on the spiritual realm and more weight given to the physical world. These beliefs greatly influenced the development of Allopathic medicine where the human body was seen as a machine.

The Influence of Darwin:

Within ten years of the 1859 debut of Charles Darwin's book "On the Origin of the Species: By Means of Natural Selection, Or, the Preservation of Favoured Races in the Struggle for Life" our human belief system moved even further towards "scientific materialism". The answers to the Three Perennial Questions at this stage were:

- 1) we got here by random selection; 2) we are here by accident, there is no reason; 3) we make the best of it by following the laws of the jungle (survival of the fittest).

It should be noted that the "first scientist to establish evolution as a scientific fact was the distinguished French biologist Jean-Baptiste de Lamarck. His theory suggested that evolution was based on an "instructive", cooperative interaction among organisms and their environment that enables life forms to survive and evolve in a dynamic world. His notion was that organisms acquire and pass on adaptations necessary for their survival in a changing environment." Lamarck also suggested that evolutionary changes could take "immense periods of time". Lamarck's theory was an early target of the Church. The idea that humans evolved from lower life forms was denounced as "heresy" and Lamarck's theories faded away.

Advent of Quantum Physics:

The theory of Quantum Physics developed in 1925, postulated that the Universe equals energy and that everything is energy. Energy is in waves that can be measured. The first communication of every organism is vibration. Good vibrations are a place of harmony. Bad vibrations occur when there is no harmony. The field is the matrix of energy in which we live. Einstein said that "the field is the sole governing agency of the particle". This theory no longer viewed the world and humans as being totally mechanical in nature.

Genetic Determinism:

In 1953 the work of Watson and Crick suggested that DNA controls our characteristics and that genes determine an organism's value. Holding this belief, Dr. Lipton argued, we become "victims of our heredity". He further asserted that being a victim "produces irresponsibility because we will need a rescuer". We become dependent on others and on organizations for our health and wellness.

Dr. Lipton then presented the Central Dogma Hypothesis developed by Crick and accepted as a valid biological theory, but which has never been scientifically validated. One of the concepts in the Central Dogma was that of genetic determinism which led to the Human Genome project.

The Human Genome Project:

The Human Genome Project (HGP) was a 13-year project coordinated by the U.S. Department of Energy and the National Institutes of Health. During the early years of the HGP, the Wellcome Trust (U.K.) became a major partner; additional contributions came from Japan, France, Germany, China, and elsewhere.

Originally, scientists expected to find approximately 120,000 genes located within 23 pairs of human chromosomes in the human being due to the complexity of the human species. Instead, only about 25,000 genes were discovered! Even primitive life forms such as the Caenorhabditis worm (with approx. 1100 cells), have approximately 24,000 genes! What a shock!

Dr David Baltimore, one of the world's pre-eminent geneticists and a Nobel Prize winner, stated, "the results of the Human Genome Project force us to consider other ideas about how life is controlled." (2001).

In addition Dr. Baltimore wrote in 2001, "...unless the human genome contains a lot of genes that are opaque to our computers, it is clear that we do not gain our undoubted complexity over worms and plants by using more genes. . . . Understanding what does give us our complexity-our enormous behavioural repertoire, ability to produce conscious action, remarkable physical condition, precisely tuned alterations in response to external variations of the environments, learning, memory, need I go on? --remains a challenge for the future."

DNA & Genes:

DNA is made of simple protein building blocks, yet it contains all of the information necessary to build an organism. Segments of DNA called genes contain specific instructions (like a blueprint) that make each individual unique. However, receptors on the surface of every cell (sometimes up to a 100,000 on one cell) can change the blueprint by transferring messages to the cell's nucleus.

Epigenetics and the Epigenome:

Epigenetics is the science of how environmental signals select, modify, and regulate gene activity. Beginning in the 1970s, this new science, Epigenetics, which literally means 'control above the genes'-has completely upended our conventional understanding of genetic control. Briefly, epigenetics asserts that the environment can alter the way genes are expressed.

In epigenetics, the Genome (DNA and genes) is the hardware while the epigenome is the software. It is the epigenome that decides how things are expressed. The genome does the work but the epigenome tells the genome what to do. The epigenomes change throughout life based on a lot of environmental factors such as what we do, eat, if we smoke and how much stress we have. Moreover, bad epigenetic information is passed from one generation to another due to lifestyle decisions.

This new theory reveals that the activity of our genes is constantly being modified in response to life experiences -which emphasizes that our perceptions of life shape our biology. (p. xv, The Biology of Belief)

Perception and Beliefs:

Dr. Lipton went on to state that Epigenetics demonstrates that it is your mind that controls your genes, so that we are actually the master **not** the victim of our genes. The switch device that controls our biology is our awareness of our environment through physical sensation. Perception, as described in the dictionary, is the awareness of the elements of the environment through physical sensation. Dr. Lipton said that perceptions are beliefs. Change your beliefs and you change your biology. Furthermore, he asserted, it is easier to change your beliefs than to change the genes.

Dr. Lipton went on to say that when we change our perceptions we also change our feelings. Thus, when our mind reads our perceptions, our mind interprets them, and can activate a chemical/hormone release. Our brains produce different hormones depending on our perceptions that lead to our feelings, for example, when we are in a loving mode, Dopamine, Oxytocin, and other hormones are produced. During this state of mind we are producing a chemistry that helps our bodies grow. In contrast, we live in fear, Cortisol, Norepinephrine, Histamine, and other hormones are produced that cause our cells to stop growing. Thus Dr. Lipton asserted we are self-biologists.

The Fight/flight Response:

If we use our energy for fight/flight responses in stress situations the immune system shuts down. Our body's stress response was meant for brief episodes of threat not prolonged chronic distress. Today too many of us have 24/7 stress. The fear response (protection) was meant to be for emergencies only. Currently many people are stuck in the stressful fear response mode. Currently, 75-90 % of physician visits in the U.S.A. are stress-related. We can't be in a growth mode and a protection mode at the same time. The immune system is a tremendous user of energy. Stress hormones shut off the immune system. The result is millions of people in poor health.

Conscious Mind versus Subconscious Mind

Dr. Lipton stated that our stress response may be further exacerbated by our subconscious beliefs. He presented the different functions of the conscious and subconscious minds. The conscious mind is creative, spiritual, the seat of our wishes, desires, and goals. While the subconscious mind has little creativity, the maturity of a 5 year old child, plays back recorded programmes and is habitual and instinctual. The conscious mind operates far more slowly than the subconscious (40 vs 40 million bits). The subconscious mind is the repository of many acquired programmes (beliefs about who you are and what you can do) that were absorbed by the child between the ages of 0-6 years when the child's brain was in Theta (trance-like state). The subconscious mind is full of others' beliefs and goals.

Dr. Lipton posited that subconscious programmes totally control our health. Your life is coming from 95% of your subconscious mind. Anything that is hard for you suggests that there is limiting programme (belief) in your subconscious that is preventing you from achieving your conscious goals. When stressed the conscious mind may be overwhelmed and the subconscious mind takes over (the five year old driving the bus!).

We need to re-programme the subconscious mind and educate the conscious mind. We can do this through hypnosis (Theta state) inductions that give us new programmes for growth. We can also do this by training new habits - things that we want to learn and perform. We can re-write our programmes in the present tense with affirmations: "I am healthy", "I am loveable". Dr. Lipton also stated that Energy Psychology modalities are effective. "Energy healing is 100 times more effective than chemical healing" according to Dr. Lipton. Energy psychologies ask you to look at your life consciously and change the subconscious programming. They engage the whole brain in processing information.

Conclusion:

At the end of the workshop Dr. Lipton shared his journey from non-believer to a believer of the spiritual experience. This was a personal journey. It was not a religious experience that led him to this place but a scientific discovery in his laboratory. It was a very personal and courageous sharing on his part. He concluded his workshop with the concept that we (humankind) need to turn the planet back to the garden. We need to once more live in harmony on the planet with respect for all living creatures. Today we have the technology and the human insight and knowledge and connection to nature to do so before it is too late.

1961-2011 - 50 Years of Hypnosis - Then and Now Best Practices and Innovations

Two-Day Clinical Hypnosis Training Workshop 2013

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, pain, 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

EXCITING TOPICS INCLUDE:

- History & Types of Trance; How to Introduce Hypnosis ; Diagnosis
- Neuroplasticity and the Use of Metaphors
- Rapid Induction Techniques for Health Professionals
- Cave of Brahma – A Powerful Intrapsychic Treatment Technique
- Acute and Chronic Pain Management
- Hypnosis for Traumatic Experiences
- Hypnosis for Accessing Sexual Intimacy
- Age Regression and Progression
- Women's Health - Common Conditions and Hypnotic Treatments
- Mind – Vagal Interaction in Chronic Medical Conditions: Latest Findings
- Teaching Self-Hypnosis to Clients to Improve the Outcome of Therapy
- Consolidating Hypnosis In Your Professional Practice

CONTINUING EDUCATION CREDITS are available to applicable professional disciplines. A Certificate of Attendance evidencing 14 hours of participation will be issued to each participant at the Workshop.

TIME & LOCATION

Saturday & Sunday February 23rd and 24th, 2013
Registration- 8:30 am: Workshop 9 am – 5:00

UBC Robson Square
800 Robson Street, Vancouver, BC
(HSBC Hall – Room C680)

SEMINAR INFORMATION

EARLY BIRD PRICING UNTIL JANUARY 25th, 2013

CSCH Member	\$300 (Early Bird) \$375 (after Jan 25)
Non-Member	\$400 (Early Bird) \$475 (after Jan 25)
Student	\$200 (Early Bird) \$225 (after Jan 25)

Cancellation Policy: Registration fee includes a \$50 nonrefundable deposit.

Student Eligibility: Registrants must be a full time student enrolled in a graduate or professional program in active pursuit of a doctorate in Medicine, Dentistry, or Psychology, or a Master's degree in counseling psychology, social work or a diploma or degree in one of the disciplines listed above or in dental hygiene. The program must be held in a university accredited by its appropriate regional accrediting body.

It is that time of year again to RENEW YOUR MEMBERSHIP for 2013

To ensure that your contact information, and links to your website continue to be published for online referrals, please forward your 2013 renewal to our office before December 31, 2012.

Check your online listing by:

1. On our website www.hypnosis.bc.ca , click on “Members Area”
2. Login - username = “CSCH” password= “hypnosis”
3. Find your name listed and double click. You will see your online profile.
4. If the information is correct, send in a note advising us, along with your cheque for \$110.00
If changes are required, please list those or complete the renewal form found on the website under “Membership Information” and submit it along with your cheque to:

Canadian Society of Clinical Hypnosis, 2036 West 15th Avenue, Van, V6J 2L5

**THANK YOU FOR YOUR CONTINUED SUPPORT and remember -
Come to one workshop and you've paid for your membership!!!**

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.
- 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.

Looking forward to sharing with you and creating the opportunity to learn from and interact with colleagues from other health and mental health disciplines.

JOIN US AGAIN IN 2013 !

THE NEXT MONTHLY MEETING WILL BE JANUARY 16th, 2013

PLEASE NOTE - THERE IS NO MEMBERS' MEETING IN DECEMBER

Please feel free to bring a Professional Colleague to January's meeting. 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 - Signs will be placed for directions.**

Topic: Body-Mind interactions presented by Dr Saul Pilar. Dr. Pilar will present an update on three topics:

- Advances in sleep disorder management; most sleep disorders associated with chronic mental symptoms are unrecognized and untreated;
- Trauma & Tension Releasing Exercises - TRE - David Berceci PhD. Sample of exercises with participation. Bring a yoga mat and gym shoes;
- Potassium, this neglected mineral of life.

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.

Society News update: Please join us in welcoming our new Executive Director, Marsha Taylor. We wish Jan Downing every success in her new endeavors !