

Entrancing News

December, 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, details
www.hypnosis.bc.ca

Sat. & Sun., Feb. 8 & 9 -
Two-Day Clinical Hypnosis
Training Workshop. Brochure
and registration details
<http://www.hypnosis.bc.ca>

Monthly Meetings

Wed., Jan 15th -
Dr. Leora Kuttner presents her
film, Dancing with Pain.
Exploring pain management
through the lens of dance.

Executive Council Members: Charter Members

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

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

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Letter from the President

Dear Colleagues,

One of the most carefully documented studies of healing was conducted by Dr. Bernard Grad, a biologist and gerontologist at McGill University. I had occasion to be in Montreal and spent one afternoon with Dr. Grad who I found to be a very open yet cautious and conservative scientist. He graciously reviewed some of his ongoing research projects on healing and provided me with a reprint of one of his most well known studies.

A research assistant, Oskar Estabany had been a colonel in the Hungarian cavalry but escaped following the revolution with Russia. He claimed to have healing powers and Grad invited him to participate in a research projects. Barley seeds were selected as the research variable as they germinate quickly in a shorter period of time. Based on a tradition during the Roman conquest when the Romans would sow fields with salt to ensure a town becoming dependent on the Romans as a source of food and implicitly power, Dr. Grad "wounded" the barley seeds by soaking them in a saline solution. He created a "sick plant" model as salt inhibits plant growth and the barley seeds were then planted in two containers.

This was a double blind experiment whereby two flasks of salt water were prepared. One flask was held and charged by Mr. Estabany with his intention and healing energy for twenty minutes. The other container of salt water was held and exposed to the hands of a control subject with no expressed healing capabilities. A third assistant would retrieve the flasks of salt water from a location in the laboratory, not knowing the purpose of the experiment or who had held and energized which flask. This assistant simply watered each container of barley seeds with the designated flasks.

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The number of seeds planted, height of the plant, chlorophyll content and quality of leaves were all carefully assessed. At the end of the designated time, the barley treated with the water energized by the healer, Mr. Estabany were statistically taller and healthier than the control subject. The experiment was replicated and the results were maintained.

Dr. Grad went in to introduce another variable. Would negative feelings and energy have a negative effect on plant growth? He obtained two volunteers from a nearby psychiatric institute who were diagnosed with a psychotic depression. They followed the same protocol and Grad's hypothesis was upheld. At the end of the allotted time, the growth of the barley seeds was significantly stunted compared to the controls.

In subsequent experiments, Grad, utilizing infrared spectroscopy established that the water treated by the healer had minor molecular shifts and decreased hydrogen bonding between the molecules. Grad went on to use the magnetic spinning rods to charge the water with a magnetic field. The magnetically charged water also accelerated plant growth similar to that of the healer.

In his later work, Grad would excise coin size pieces of tissue from the backs of mice. The healer energized "wounds" healed four times faster than when treated by the control non-healer.

Grad's work with the negative outcomes when utilizing the energy of psychotically depressed psychiatric patients has considerable implications for mental health workers who are in daily contact with very depressed and psychotic patients. Could there be some subtle form of energetic 'bleed through' negatively affecting the therapists exposed and creating an entrainment effect? Could this also be on possible explanation for psychiatrists having the second highest suicide rate followed by dentists who rated highest? Of course, one must also consider what if one is living with a very negative, psychic bleeder – what effect does that have on one's energy and energy field? What effect does that have on a therapist's energy and energy field? And most importantly, what can we do to reduce or avoid the negative energetic impact on our body/mind? Any thoughts?

Respectfully,

Lee Pulos, Ph. D. ABPP

MEMBERSHIP NEWS:

Hello Everybody.

If you have news you'd like to share, we have space in our newsletter to include items.

Thank you.

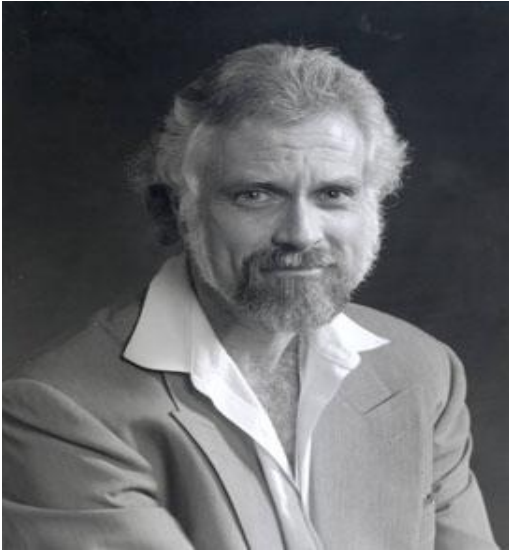
The Executive

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 Professor, 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 Dalai Lama. 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.

Registration: <http://www.hypnosis.bc.ca> **New - We are now accepting credit cards.**

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

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

Students - \$75

Canadian Society of Clinical Hypnosis (BC Division)

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MONTHLY MEETING REVIEW – November 20, 2013

Korean Hand Therapy Pain Relief Workshop: The Human Body as Microsystems, Fractals and Holographs.

Presented by: Les Moncrieff, Reg. Acupuncturist.

Reported by Ellie Bollgar

This was an excellent presentation and experiential exercise on Korean Hand Therapy for the treatment of pain. Korean Hand Therapy, also known as Koryo was accidentally discovered by a Korean acupuncturist, Dr. Tae-Woo Yoo in 1980. He suffered from a severe headache and noticed that when he put pressure on some points on the tip of his middle finger, he was able to reduce and eliminate the pain.

Les explained that the hand is a microsystem for the whole body. In traditional Chinese medicine there exist many microsystems that reflect the fractal nature and holographic characteristics of the human body. Tongue examination is a fundamental assessment method to diagnose problems in the body. Other microsystems include the ear, scalp, nose, teeth and foot, etc.

Les introduced how he used Korean Hand Therapy in his clinical practice. Ailments of the body can be treated by examination and treatment of corresponding points on the hand. The basic essential tools required for treatment are readily available (tin foil, tape, a probe such as a simple wooden match stick and a pen for marking specific points on the skin). As an explanation for the correspondence, Les would draw a picture directly on the clients hand to demonstrate how the body is represented.

Korean Hand Therapy is most effective when pain is acute and localized. Pain problems such as headaches, toothaches, neck and back pain, fractured ribs, joints or extremities, and foot pains such as gout, menstrual pain and prostate problems. Treatment is safe and results are immediate. Self treatment is possible.

This therapy is based on the traditional Chinese medicine theory of energy flowing smoothly and efficiently throughout meridians for the maintenance of health. When the qi or energy is obstructed, for example with tooth pain, we will discover points of tenderness in the corresponding tissues of the hand. By simply applying a tiny piece of silver aluminum foil and securely taping it to the corresponding tender point on the hand, pain relief is achieved.

Thank you, Les for the very informative and practical workshop.

Two-Day Clinical Hypnosis Training Workshop 2014

This workshop will provide the basic skills of clinical hypnosis, including demonstrations and practical sessions for those who wish to add hypnosis to their repertoire of therapeutic skills.

Simultaneously, intermediate/advanced skills hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for trauma experiences, relationships, stress, pain, visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry, a much more.

The faculty has extensive experience in various areas in the field of hypnotherapy and each will present on one or both of the days of the workshop.

DATE:

Saturday & Sunday
February 8 & 9, 2014

LOCATION:

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

FACULTY:

Dr. Lee Pulos, Clinical Psychologist (President)
Dr. Heather Fay, Integrative Medicine
Dr. Leora Kuttner, Pediatric Clinical Psychologist
Dr. Mavis Lloyd, Clinical Counsellor
Dr. Saul Pilar, General Practitioner
Dr. Bianca Rucker, Sexual & Marital Therapist
Dr. Lance Rucker, Dentist
Dr. Harry Stefanakis, Clinical Psychologist

Registration Details: <http://www.hypnosis.bc.ca>

EXCITING TOPICS INCLUDE:

- History & Types of Trance; How to Introduce Hypnosis ; Diagnosis
- Neuroplasticity and the Use of Metaphors
- Rapid Induction Techniques for Health Professionals
- Former Personalities and Reincarnational Memories
- Acute and Chronic Pain Management
- Hypnosis for Traumatic Experiences
- Better Sex Through Hypnosis
- 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

*Topics subject to change

BONUS HYPNOSIS DVD provided to all registrants:

*Clinical Hypnosis
Inductions, Deepening and
Strategies for Psychological,
Medical and Dental
Applications*

Demonstrated by the Faculty of the
Canadian Society of Clinical
Hypnosis (B.C. Division)

THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, JANUARY 15TH, 2014

Please feel free to bring a professional colleague to a 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 - See Signs for directions.**

Topic: "Dancing with Pain"....exploring pain management through the lens of dance.

Wed., January 15th - Dr. Leora Kuttner looks forward to sharing her new film on youth with chronic pain. "Dancing with Pain" explores what it takes to heal from chronic pain through the stories of four teenagers and a dancer, who embodies their process. Pain is a deeply integrated experience of brain and body. Framed by animation of the central role of the brain in processing pain, this short film asks why does chronic pain persist, long after the injury has healed? The animation of body systems graphically depicts how pain persists when pathways established in the brain continue to generate pain.

While the dancer dynamically leads us through their struggles, the four teenagers tell of their process of coming to grips with different types of chronic pain, their difficult path to diagnosis, their treatment therapies, social isolation, familial and school issues, and the roles that pain professionals play in helping them dig themselves out. Their process is not a straight line, but an uneven path – and one that demands a total dedication to healing. "What does it take to recover?" Abbey asks – then spontaneously adds, "Everything!"

Directed and produced by Dr. Leora Kuttner, in collaboration with choreographer Judith Marcuse, edited by Moira Simpson with original music score by Hall Beckett and animations by Kim Palmer, 2013.

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.