

# Entrancing News

**FEBRUARY 2013 Edition**

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

## Upcoming Events

### 2 day Clinical Hypnosis Training Workshop

February 23 & 24, 2013 -  
CANCELLED  
2014 dates - February 8 & 9

### Power of Visualization Dr. Lee Pulos

Saturday, May 4<sup>th</sup>, Canadian  
Memorial Church, 1825 West  
16<sup>th</sup> Ave., Vancouver

### Introduction to the Basic Skills of Hypnosis

Saturday, June 1st,  
1055 W Broadway, 2nd floor  
Led by CSCH Faculty Members

### Monthly Meetings

Wednesday, March 20th –  
Expanded to DEMO and  
Practice in lieu of the February  
workshop. Come one and all to  
the meeting.

Wednesday, April 17<sup>th</sup> -  
Dr. Janice Stuart, Subject to be  
advised.

Visit [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca) for  
details.

### Executive Council Members: Charter Members

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

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

**PROFESSIONAL ADVISORY COMMITTEE**  
Marlene Hunter, MD  
Don Louie, MD, FRCP(C)  
Frank Spellacy, PHD

Dear Membership:

### Cancellation of February 23rd & 24th Training Workshop

Unfortunately we had to cancel the workshop as Dr. Lee Pulos underwent emergency knee surgery.

He is recovering very well and will be back on his feet in a couple of weeks.

We apologize for the inconvenience this may have caused and thank you for everyone's compassion and understanding.

Sincerely,

CSCH Executive Council

### IMPORTANT MEMBERSHIP NOTICE FOR MAY/JUNE

Instead of regular Wednesday Evening Meetings in May and June, exciting opportunities are being provided in the form of enhanced, all-day, Saturday Workshop Meetings:

**Sat. May 4<sup>th</sup>**

#### **The Power of Visualization,**

Take Home Techniques for Health, Healing and Goal Setting  
Dr. Lee Pulos

**Sat. June 1<sup>st</sup>**

**Introduction to the Basic Skills of Hypnosis,**  
Led by CSCH Faculty Members

Essential details to follow via e-mail.

## A Case Study

### A Variation of Counting Down to Deepen Trance

Mavis Lloyd, PhD, RCC

Recently I had a new client with multiple problems, but who wished to explore hypnosis to stop her 30-year relationship with cigarettes. No other addictions were present but she also had severe pain from injuries and she also had several anxiety issues.

Having worked through the preparatory history taking and achieved a high level of trust, plus an understanding of the hypnotic process, we began her first hypnotic experience. She was an excellent subject, and we chose the goal of "regaining my natural, non-smoking, healthy self".

Because of her physical pain we chose to begin with the slower induction of progressive relaxation. (She had no experience any type of mind/body work such as meditation or yoga.)

She reached a fairly light trance state with relative ease, but I believed that a deepening technique would be helpful. I began counting down, beginning with an image of being on a beautiful flat plane, ready to explore a new beginning and approaching attractive steps down to an enticing, easier valley of comfort. She would leave disease over in the black forest at the back, moving to release the blocked emotions, rocks and hidden dangers and end any negativity needing to be released, while feeling a heightened sense of safety and security spreading throughout her relaxed body.

I then followed with, what spontaneously began to be a set of rhyming statements to go with each number, and at each step, I also repeated the healthy phrase quoted above that she had crafted for herself on each step.

10. Bend forwards, anticipating successful beginnings of regaining your natural, non-smoking, etc
9. Fine feelings with sense of progress and joy by regaining.....
8. Straight towards your goal of.... ....generate new ways of enjoying your restored self.....
7. Heaven is here as your confidence increases and new opportunities are obvious as you regain.....
6. Fix your goal with all your senses vibrant and involved, (examples given) as you regain.....
5. Alive - fully - with all senses, especially smell and taste, there for your heightened enjoyment as you regain.....
4. More tranquil, confident, optimistic, adventurous as you regain.....
3. FREE to proudly and healthily regain.....
2. New possibilities of direction with increasing positive energy you enjoy regaining.....
1. I've WON the right to respect myself, won the recognition that I deserve all that life can offer as I regain.....

It was an absolute joy for me to hear the confirmation that it had been a great experience and that she knew she would succeed. For her second session we'll work on EFT (Emotional Freedom Techniques) in case she gets cravings, then hopefully we can progress to her other issues with smoking behind her. She's very determined, which makes all the difference.

**N.B. Members:** If you wish to share your experiences, case studies, with the rest of our membership, please send them in to Marsha ([admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca)) or Mavis ([mavisjl32@gmail.com](mailto:mavisjl32@gmail.com)). I check all material before we send out Enchanting News, and will gladly share with you any changes I might consider useful before your contribution is published.

## January Workshop Review – January 16, 2013

### BODY/MIND INTERACTIONS

Led by Dr. Saul Pilar  
Reported by Mavis Lloyd, PhD.

Dr. Pilar gave us very useful updates in three different areas of research that affect our body/mind interactions, namely: Advances in Sleep Disorder Management, Potassium/Salt as a Nutritional issue and Releasing Exercises for Trauma and Tension.

Saul began by suggesting that there are ways of making our brains function better, particularly with regard to aging successfully. The knowledge of how to improve brain health is increasing exponentially. He likened this growth to that in computer technology. Saul paid \$10,000 for his first computer of 10 megabites, which he bought in 1984, and compared it with that of his present i-phone. This tiny device is able to accomplish far more than all the computers in the world in 1984, and now these advances in knowledge are available to all of us.

Saul's most recent updates on sleep disturbance were fascinating. He showed us a two-inch disc with a cord, the electrodes of which could be attached to give readings of 24 hours of body movement, sleep, etc. for diagnostic purposes. It produces extremely accurate and helpful graphs that aid diagnosis, especially when determining sleep patterns. Besides using his electronic tool when Saul is concerned about a patient's lack of sleep, he asks the following three questions:

1. Can you normally fall asleep easily?
2. If you wake up during the night, can you return to sleeping easily?
3. When you wake up in the morning do you feel rested?

Because approximately one third of our life should be spent asleep, when the answers to these questions suggest sleep difficulties, further diagnosis and treatment in this area needs to be determined as sleep loss is often at the root of other many mental health issues. These include depression and anxiety. Achieving successful restful sleep helps everything else fall into place.

Good nutrition was the second topic that Saul explored, especially with regard to potassium/salt intake. Patients often need to be made aware of the excessive amounts of salt they consume, especially if they eat regularly at restaurants or buy prepared foods. In ancient times salt was a prized possession and could be compared with precious metals. Soldiers were paid in salt. This payment was known as a salary, a noun that is derived from salt. Our human development came from ocean creatures, who live in salt, but have no salt in their bodies. Animals don't consume salt and neither do plants, most of which actually die in brackish water. Salt was the first drug used on the planet. It stimulates the adrenal glands. As part of treatment Saul determines the level of salt in a patient's body by testing a 24-hour collected sample of urine to determine the level of both salt and potassium. Salt is usually higher than it should be with potassium lower than is healthy. 90% of hypertension can be linked to excessive salt. Specialized diets, such as DASH and Alkaline diets can help change this imbalance. Research on these topics, such as "Dietary Electrolytes as Related to Mood" are readily available on Google."

Saul's final update topic was the work of David Bercei's Trauma and Tension Releasing Exercises. They compliment the work of Peter Levine and other predecessors. Over the past 15 years it has been established that when animals are stressed or traumatized, they go into an altered state and shake themselves for as long as they need to do so to recover. Films are available that show animals experiencing surviving trauma. One notable example is that of a Polar Bear who was running across the ice, attempting to get away from a helicopter whose scientists shot him with a tranquilizer dart. Needless to say, the bear did not succeed in this race, so the team of specialists were able to determine the bear's state of health. When the bear revived, he got up on his wobbly legs and shook continuously, rather like a dog who has just been swimming, then he ambled off with ever increasing speed, glancing back continuously at the helicopter which was still following him to take more photographs.

Our attending members were led through a series of simple posture exercises to in order to experience their value in reducing body/mind stress and tension. We then discussed our findings and conclusions for ourselves. The major finding is that these exercises can be used for patients with reasonable safety and success, even for locked-in traumas that may not be consciously recognized.

Footnote from Mavis: Four years ago I used some of these exercises with a client from ICBC. He had been sitting in his car at a traffic light, when a vehicle slammed into his driver's side, injuring him so that he could not work for several months. He was a carpet layer, who needed his income and who could speak limited English. In the office, I used Emotional Freedom Techniques and attended to his other counselling needs. I made up a small binder of some of Bercei's exercises and he took them home to practice. They made a significant difference for him. I believe that was partly because he felt more in control of his healing process, but also because the exercises themselves helped his arm and shoulder to repair more rapidly. I now believe that using these exercises in a more general way for the amount of stress that most of my clients have, can provide a useful addition to their counselling process.

Thank you Saul, for a significantly useful evening update.

N.B. If members wish to comment, or add to this discussion, you are more than welcome.

References:

sleepimage.com

British Journal of Nutrition (2008), 100, 1038–1045 Dietary electrolytes are related to mood Susan J. Torres<sup>1\*</sup>, Caryl A. Nowson<sup>1</sup> and Anthony Worsley

<http://www.youtube.com/watch?v=bPFbXdSGSkc>  
David Bercei PhD, developed the Trauma Release Exercises

**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**

Check your online listing by:

1. On our website [www.hypnosis.bc.ca](http://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 15<sup>th</sup> Avenue, Vancouver, BC 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 NOW IN OUR SPRING WORKSHOPS  
AND IN 2014 FEBRUARY 2-DAY SEMINAR - FEB. 8 & 9**

**THE NEXT MONTHLY MEETING WILL BE MARCH 20<sup>th</sup>, 2013**

Please feel free to bring a Professional Colleague to the March 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: Expanded to DEMO and Practice in lieu of the February workshop.  
Come one and all to the meeting.**

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.

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Led by CSCH Faculty Members**

**Essential Details to follow via e-mail**

**Welcome!**

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

**OLGA BLUSHTEIN  
BRANKA DJUKIC  
TABASOM EBLAGHIE  
JANE KATZ**