

Entrancing News

January, 2014

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

Upcoming Events

Two-Day Clinical Hypnosis Training Workshop.

Sat. & Sun., Feb. 8 & 9

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 <http://www.hypnosis.bc.ca>
for Details and registration form

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*

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 Colleagues,

Another good year for the society and hopefully a very successful year for all of you. I would like to take this opportunity to wish each and every one of you a very happy and festive season and that this new year will be even more fulfilling and joyous for you.

Respectfully,

*Lee Pulos, Ph.D. ABPP
President*

Integrating Hypnosis and Attachment Disorders

Presenter: **Daniel Brown, PhD**

Reporter: **Judith Dale, MA, RCC**

Christmas came early for nearly 50 members and friends of CSCH when they treated themselves to a one day intensive workshop with Dr. Daniel Brown on the topic of Treating Attachment Pathology using clinical hypnosis techniques on December 7th.

In this information-rich highly condensed workshop, normally given over three days, Dr. Brown began with a very thorough overview of the history and development of attachment research and theory, and reminded the audience that the 'working models', or 'representational maps', of relationships that we develop as infants stay with us and that later, within relational adult situations, we re-enact the dynamics that we experienced with primary caregivers - particularly from very early infancy through to eighteen months. He suggested that by taking a core concept relational history (CCRT) with a client, practitioners could establish where the client was situated with the four main attachment types – secure, avoidant, anxious-ambivalent or the mixed variant - disoriented/disorganized and thus develop treatment protocols to help clients develop new, more viable behaviours within personal relationships through using clinical hypnosis.

Dr. Brown went on to summarize the various treatment approaches that have been developed from early psychodynamic through much more recent metacognitive approaches and discussed the benefits and shortcomings of each these protocols. He suggested that the hypnotic approaches, wherein over a number of sessions, new more effective internal working models of ideal childhood situations replaced faulty lived situations, along with developing a mentalizing stance toward experience in the here and now had been shown to be most very effective in treatment. This course of treatment enables successful recipients to move towards the establishment of "earned secure" status in their adult lives.

Later in the day, Dr. Brown led attendees through a very old but effective basic hypnotic technique, developed by Charcot, which allows the subject both the pleasure of using their imaginations but also enhances their feeling of safety within the trance experience by controlling imaginal proximity to the practitioner. The day ended with an examination of several taped treatment sessions which highlighted client movement within sessions toward healthier states.

While there is not a lot of current literature available on this treatment protocol, Dr. Brown did assure the audience that he is preparing a book on the subject and recommended Robert Karen's thorough examination of the subject in his book *On Becoming Attached*. Members can find out more about Daniel Brown's psychological work through his website danielbrownphd.com and can also discover his other passion, Buddhist meditation, through the website pointingoutway.com

Thank you Dan, for an inspiring day, and to you, Judith for your excellent report on it. The Executive.

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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.

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 the 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.**

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's central role 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.

CSCH is looking for a few good members!

CSCH can only be as strong as its membership base. We need your help to build a vibrant and active membership. Members like you are the most effective way to recruit new members.

How can you help? Tell your colleagues what a useful tool hypnosis can be, and how it enhances your practice. Encourage a colleague to join by sharing information on CSCH's workshops, resources and certification programs.

Why should you help? With more members, CSCH can produce stronger, more dynamic programs, enhance its member benefits, and provide better service to you, our members.

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.