

Entrancing News

JANUARY 2013 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 for 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. **Bring yoga mat and gym shoes.** Visit 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

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Lance Rucker, DDS
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Leora Kuttner, PhD

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Letter from the President

Dear Colleagues,

The Human Potential Movement, which gave birth to over 400 different therapeutic techniques, or diverse "learning environments", began at the Esalen Institute on the Big Sur coast of California in 1962. It also launched over 300 personal growth centers, modeled after Esalen all over the world - including Vancouver (that is another story for some other time).

Michael Murphy, the co-founder of Esalen, over a four year period, attended each and every one of the 400 plus seminars - both to monitor the quality of the presenters and for his own personal growth and evolution. When Murphy was asked - "Which seminar or weekend workshop had the greatest impact on him - his answer - "Psychosynthesis".

Psychosynthesis (or Dynamic Psychology) was developed by Italian psychiatrist Dr. Roberto Assagioli and is still one of the most frequently utilized therapeutic strategies in Europe. There is a Psychosynthesis Institute in New York but it is not that well known in Canada or the United States.

Psychosynthesis is both a diagnostic and therapeutic "therapy" that utilizes several methods of initiating imageries to begin a hypnotic-like waking dream that is facilitated with a 'light touch' by the therapist. It is an externalization of the client's inner life, depending on which theme is selected to work on, and from there, the waking, hypnotic-like dream writes its own script - more or less - with some "nudging" from the therapist.

Again, the rationale for Psychosynthesis is both diagnostic and therapeutic. For example, a warm-up symbolic visualization is to first relax the client, have them close their eyes and imagine a closed rosebud opening and growing into a full-grown rose. One patient with considerable repressed hostility visualized the rose with sharp, jagged petals. For another more schizoid, withdrawn patient, the rose failed to open. These clues to personality dynamics may be used for interpretation and insight depending on the therapist's theoretical orientation. It is possible however to work with the image, and to have the patient repeat the procedure until he or she is able to produce a beautiful rose and to realize the whole process is a significant symbol of inner growth and development.

Procedure:

The techniques of symbolic visualization fall on a continuum from controlled visualization of specific symbols to spontaneous visualization of an unstructured type such as reverie.

The client sits in a comfortable chair, eyes closed and achieves as relaxed a state as possible. Attention is withdrawn from bodily processes and extraneous thoughts, and focused upon the symbol or symbolic scene which is created in the "mind's eye".

Carl Jung, utilizing what he called 'active imagination' (another form of psychosynthesis) would have his patients visualize symbols of synthesis, and integration such as a sunflower or mandala as a means of strengthening and getting more control over one's inner and outer life.

Symbols of harmonious human relations such as two hands clasping each other, symbols of masculinity (a sword for instance), and of femininity (a receptacle, such as a cup or vase) would be used as the beginning of a waking dream where the client keeps visualizing one image or scene leading to another.

One client visualized his sword covered with rust, broken and he was guided to remove the rust or repair it in his imagination until he created fine blade of shining steel - and then continued with his waking dream.

In one symbolic scene, a sexually inadequate male patient encounters difficulties when he unsuccessfully attempts to play ping-pong with a girl. He is asked to visualize the scene repeatedly, gradually improving his game and reducing his anxiety.

Symbolic visualizations of desired personality characteristics such as undoing a tangled knot with patience, awakening from a deep sleep with a sudden clear perception of what needs to be done differently, or taming and training a wild horse, can also be employed.

A technique I recently utilized with a morbidly obese patient was to have her visualize a door in a high wall with the words "self loathing" (a term she frequently used to describe herself) above the door. Once inside the door a flood of images presented themselves, again, like a waking dream that led to several repressed memories that had triggered her guilt and self-loathing. The waking dream lasted almost forty minutes, but upon alerting, she began to cry with a sense of relief and the remark - "a weight has been lifted from my heart that I carried all these years".

My favourite is the technique of the heart. The patient is asked to visualize a very large heart bigger than himself and enter it through a door and allow the waking dream to write its own script. For example, a married woman, frustrated because of her husband's "coldness - can't express feelings" saw a wooden heart which led to a wasteland of snow and ice. She met a man bundled up in a heavy overcoat which also concealed his face. It was suggested she dig deeper into the ice to discover what is underneath. She was amazed to find green grass. The ice recedes and she found herself in a meadow and then noticed that the man's face was that of her husband. Despite the warm sunshine he was unable to take off his overcoat.

She was encouraged to help him do so and he responded to her reaching out to him. They embraced and decided to build a home on this spot and start a new life. Two sessions later, she reported experiencing warmer feelings toward her husband who surprisingly to her, responded to her reaching out.

There is certainly much more to Psychosynthesis than I have reported in this brief letter. I conduct four to six guided "Affective Imagery" sessions a month with selected clients. Along with hypnosis, the technique has had impact on my personal issues I have worked on over the years.

I taught weekend workshops at Esalen two or three times a year for just over eighteen years and when available, would select a weekend that could be followed by my taking and participating in a Psychosynthesis workshop. The impact and memory of some of the "waking dreams" that I experienced are still quite vivid in my mind.

I have presented on at least two Wednesday evenings several years ago, the technique of the heart and everyone had an opportunity to practice and experience with a partner.

If there is sufficient interest (you must let me or Marsha know), I will be happy to present and demonstrate this very powerful technique again that involves dissociation and very deep absorption (sound familiar?).

Respectfully,

Lee Pulos, PhD, ABPP
President

References

- Assagioli, Roberto (1965) Psychosynthesis, Hobbs, Dorman & Company, New York, Buenos Aires.
Jung, C.G. (1953) Collected Works, Pantheon Books, New York
Van Kaam, A. (1960) The third force in European Psychology - its expression in a theory of Psychotherapy (Psychosynthesis Research Foundation, Greenville, Delaware).

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 future newsletters. 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

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 for 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 January 31, 2013.

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

**NO MEETING IN FEBRUARY DUE TO THE 2 DAY WORKSHOP FEB 23 & 24
LOOKING FORWARD TO SEEING YOU THERE!**

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.

BRING A YOGA MAT AND GYM SHOES

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.