

Entrancing News

June, 2013 Edition

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

Upcoming Events

Hypnotic Essentials -- Experience & Practice

SPACE AVAILABLE!

Saturday, June 1st -
1055 W Broadway, 2nd floor
led by Dr. Leora Kuttner, Dr.
Harry Stefanakis and Dr.
Mavis Lloyd. Designed to
introduce you to, or review
for you, the key features that
make clinical hypnosis
effective. For details and
registration -
www.hypnosis.bc.ca

Dan Brown, PhD, Harvard Psychologist

Saturday, December 7th -
Paetzold Centre, VGH
Details to follow on the
website.
www.hypnosis.bc.ca

Monthly Meetings

Wed., September 18th -
Integration of Hypnosis with
EMDR led by Dr. Marshall
Wilensky.

Wed ,October 16th -
Details to follow on the
website.

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

The Power of Visualization

Presenter: Lee Pulos, PhD, ABPP

Reporter: Mavis Lloyd, PhD, RCC

On May 4, instead of our usual monthly meeting, Lee gave an excellent seminar on the above topic.

After a brief introduction, which included basic knowledge of the brain's structure and psychological functioning, Lee presented a "Surprise Intrapsychic/interpersonal Intuition Exercise" using six sentence stems for us to complete individually, namely: Early Life, Health, Work, Family, Relationships and Self Esteem. Each sentence chosen should reflect a statement of a belief. He then explained how the completed sentences produce highly beneficial insights into clients' language use. These insights include identifying their dominant sensory mode and their dominant language patterns, such as choices of metaphors. They also give clues to possible self-sabotage patterns that could produce roadblocks to the success of therapeutic growth. The identified negative responses are reframed for positive growth.

Lee's next topic was Goal Setting, using his VAK (Visual/Auditory/Kinesthetic) model, which we all completed before further discussions on its use were presented. Topics discussed around this exercise included addressing the essential exploration of fears and of false erroneous beliefs, for example, "Success doesn't last." "I must be perfect to be successful." "Brain cells are finite in number." etc. Lee stressed that client awareness of roadblocks and self-sabotage that have kept the client stuck, leads to the process of becoming ready to CHOOSE a better path towards achievable goals in life. Lee then gave us a guided visualization for goal setting which included concepts of the right brain as an Ambassador and Guide or Inner Adviser. This search for symbolic representations helps the brain to enjoy the novelty that it needs in order to help it grow new, positive brain cells, while allowing worn out negative ones to die. See VAK to The Future document following this report.

Visualization capacity can be increased with specific techniques, such as making a collage, and using a multi-focused approach. The latter is helped via visualizing the brain/mind/gut cells all collaborating. This multi-focusing can be very beneficial, especially when exploring areas of physical illness. Lee reminded us that physical symptoms were the messages from the sub-conscious creating a lesson we need to learn. He used his recent knee surgery to give us a concrete example from his own style of life. The learned message was "Slow Down You Fool!"

At the end of his guided visualizations, Lee added suggestions given to his subconscious to use dreaming time beneficially via pre-sleep preparation. He also suggested asking for a waking dream to reinforce new beliefs and to program them to achieve an optimal future.

Belief systems were thoroughly examined and muscle testing for both self and clients was taught so that there is a physical check possible, especially when results were deemed to be untrue. They were especially related to Lee's final topic, namely Self Esteem, of which he made an excellent blog in January 2010. It is called, "Self-Esteem: The Immune System of the Mind" It can still be enjoyed and used today. Visit our website for the full transcript? or Lee's blog site. <http://drpulos.com/category/blog/>

Thank you Lee for a fascinating and very useful skill that complements all our hypnotic work, both for our own self-hypnosis and for our clients.

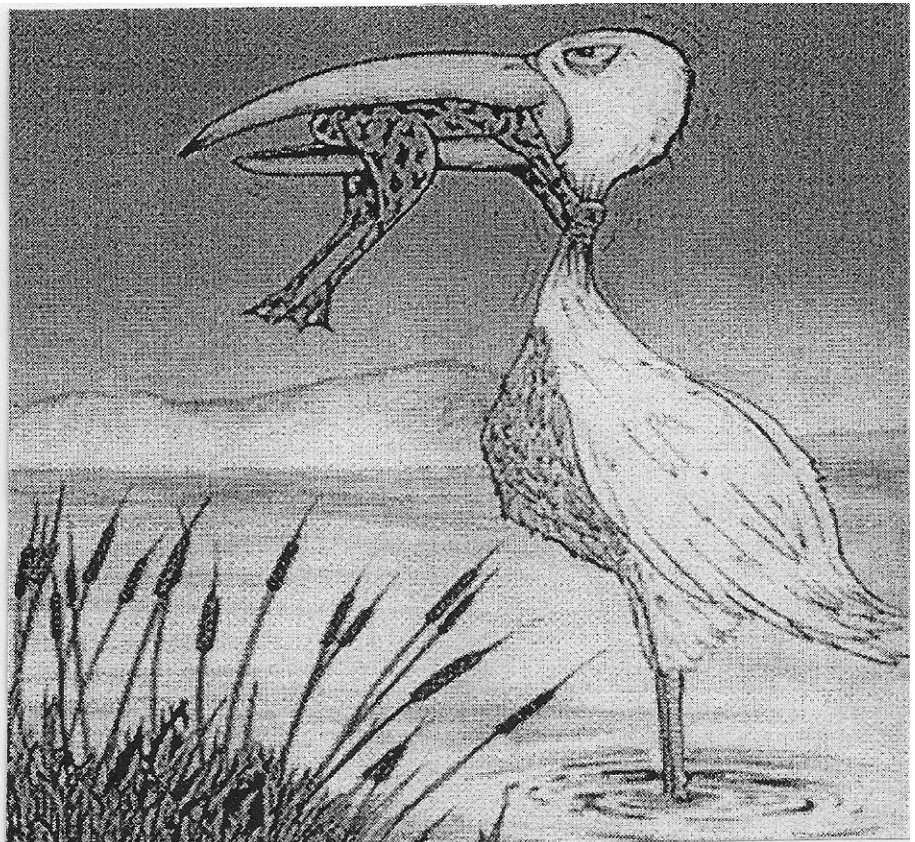
never

never

never

give up

Winston Churchill



VAK TO THE FUTURE

DATE

VISUAL

What will I see in my life that will let me know I've achieved a goal?

- 1.
- 2.
- 3.

AUDITORY

What will I hear people saying about me? What will I be saying about myself?

- 1.
- 2.
- 3.

KINESTHETIC

How will I feel? Where in my body will I feel it?

- 1.
- 2.
- 3.

BELIEF STATEMENT

Make belief a first person, present tense statement of what will be true, **NOT** what won't be true.

ECOLOGY CHECK

How will the goal affect other parts of my life and other people in my life? Is that OK with me?

HYPNOTIC ESSENTIALS - EXPERIENCE & PRACTICE

June 1st, 2013

with

Dr. Leora Kuttner, Dr. Mavis Lloyd, Dr. Harry Stefanakis

This one-day workshop is designed to introduce you to, or review for you, the key features that make clinical hypnosis effective.

Through demonstrations, group and individual practice experiences you'll gain and refine your abilities to apply this broad-based clinical approach.

You'll leave the training with confidence and supportive handouts to immediately incorporate these skills into your clinical practice.

TIME & LOCATION

Saturday, June 1st, 2013

9 am to 4:30 pm

2nd Floor Meeting Room
1055 West Broadway, Vancouver
(FREE parking, 1001 Broadway, entrance off Oak)

SEMINAR INFORMATION

**Space is limited to 40 participants
So Book Early!!!**

To download registration form visit www.hypnosis.bc.ca

Members \$125, Non-Members \$150, Students \$95

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Phone: 604-688-1714 Fax: 604-683-6979

www.hypnosis.bc.ca Email: admin@hypnosis.bc.ca

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

THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, SEPTEMBER 18TH

Please feel free to bring a professional colleague to the September 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.
FREE parking, 1001 Broadway, entrance off Oak

Topic: Integration of Hypnosis with EMDR led by Dr. Marshall Wilensky

Marshall Wilensky, Ph.D., R. Psych. has been an Instructor in Counselling Psychology and Clinical Psychology for Simon Fraser University and the University of British Columbia. He has been in Private Practice in Vancouver since 1980 and consulted for Canada Employment, various hospitals, the National Parole Board and Forensic Services. He specializes in the treatment of trauma.

Dr. Wilensky was a member of the American Society for Clinical Hypnosis for 10 years and published in that journal. Since 1993, he only does EMDR. He is an EMDR International Association Approved Consultant and Trainer with over 15,000 hours of experience with EMDR. He has trained over 1000 therapists in Western Canada.

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.

IMPORTANT MEMBERSHIP NOTICE FOR JUNE

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

- Sat., June 1st - Hypnotic Essentials - Experience and Practice designed to introduce you to, or review for you, the key features that make clinical hypnosis effective

MARK YOUR CALENDARS!!

Daniel Brown, PhD - Dec. 7th, 2013
Two-Day Clinical Hypnosis Training Workshop - February 8th & 9th, 2014