

Entrancing News

MARCH 2013 Edition

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

Upcoming Events

Power of Visualization Dr. Lee Pulos

Saturday, May 4th, Canadian Memorial Church, 1825 West 16th Ave., Vancouver
Take Home Techniques For Health, Healing And Goal Setting! For details and registration check - www.hypnosis.bc.ca

Special Event - Introduction to the Basic Skills of Hypnosis

Saturday, June 1st,
1055 W Broadway, 2nd floor
Harry Stefanakis, Mavis Lloyd and Leora Kuttner will be putting on this great opportunity to fine-tune your hypnosis skills. Details to follow.

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 17th – Beyond Mindfulness: An Energetic and Spiritual Model of Transformational Healing. Presented by Dr. Janice Stuart. Details www.hypnosis.bc.ca

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Letter from the President

Greetings!

Prior to being admitted to hospital over six weeks ago for knee surgery, I was preparing to write an article for our Newsletter summarizing some of the key concepts from Dr. Bruce Lipton's exciting one day presentation for the Society and public in October. I am back on my feet and hopefully this will refresh some of your memories from one of the most seminal and visionary theoreticians of our generation.

Every person has approximately 70 to 75 trillion cells. These vary in function and size from the smallest cells in your body - the microglial cells found in the brain - of which you can put 25,000 on the head of a pin - to the much larger motor cells which conduct messages from the brain to your feet.

Every cell in certain respects is like a miniature you - and contains a reproductive system, excretory system, immune system, lymphatic system, a flexible skeletal system, a nucleus - which contains the DNA and genetic code - and of course - the membrane which has over 100,000 receptors or antennae on its surface. There are also approximately 90,000 chemical reactions in every cell - every second. They are busy little factories that never stop - even while you sleep. Of the 100,000 receptors in the cell membrane - only 30,000 or so are active.

For example, the immune system will activate a new receptor that will be sensitive to certain toxins. The brain learns by vibration or resonance to remember that frequency for future use. Thus, every one of the 30,000 active receptors are tuned in to particular frequencies - such as when to trigger pancreatic cells to release insulin - or when to release estrogen or the pineal gland to release melatonin. The receptors are also tuned into attitudes, beliefs and emotions. If you wake up one morning with a negative or stressed outlook on life - the "it's a rotten day" receptors will trigger the release of epinephrine or cortisol - stress hormones which impact our immune system and according to stress expert Dr. Robert Sapolsky - cause our brain cells to go "queasy" - thus affecting memory and concentration. On the other hand, if

you wake up with that glorious feeling of "it's great to be alive" - the "feel good" receptors will trigger the release of "feel good" neurochemicals - beta endorphins, L-dopamine and serotonin. Our beliefs, attitudes and emotions are continually creating weather - sunshine or cloudy - in and around our bodies.

I cannot emphasize enough the importance and impact of stress on our body / mind. In the 25 years that I have been doing cancer counselling as part of my practice, I have found that many of my patients speculate as to how or why they developed cancer. The most recurring theme I hear as a reason for their cancer is not properly dealing with major stressors, such as the death of a spouse - job stress - and other stresses. The second recurring theme is the inability to handle negative emotions, especially anger due to hanging on to old grievances and/or not releasing dysfunctional experiences from the past.

However - I do not subscribe to some of the New Age theories that we create our cancer or other illnesses. I think that is a potentially dangerous and harmful message to convey to anyone who is struggling to overcome an illness. I do feel that if we do not listen to our bodies - our cells - our dreams that are constantly whispering to us about making important life changes - that a part of us - will allow an illness to develop.

Dr. Lipton points out how approximately 5% of the population are born with an oncogene - a gene that has the potential for cancer.

If people with oncogenes are raised in highly stressed - abusive - dysfunctional environments, which make them feel defenceless (remember - the immune system is the defence system of the body) what are their chances of developing weakened immune systems and cancer - compared to others raised in loving - supportive - caring environments, where they are being affirmed instead of constantly negated as people

Any type of major or sustained stress creates a fight or flight response in the body. Blood is shunted away from the center of the body, organs and brain to the extremities so you can run for your life when you see the proverbial sabre toothed tiger - fight or flight. Chronic stress of course results in fatigue, sleep dysfunction, Swiss cheese memory, irritability, a weakened immune system and so on.

Since the energetic blueprint for our development and potential begins in the womb - what happens if the mother is chronically stressed throughout her pregnancy? The mother is in a chronic fight or flight state - remember - blood flows away from the center of the body and brain to the extremities - and since the mother's blood and all her stress hormones are shared by the fetus - the fetus's blood flows to the hindbrain - starving the cells in the forebrains - or frontal cortex which is figuratively - the CEO or quarterback of the brain for higher cognitive functions.

Dr. Thomas Verny in his book - The Secret Life of the Unborn Child, describes how researchers have placed a hysteroscope and fibro optic camera inside the uterus and recorded the expressions on a fetus's face while the mother was exposed to different environmental stimuli - or her own thoughts and feelings. When the mother just thought of having a cigarette - then reached to light up - the little fetus's face screwed up in disgust - it's fists tightened and it displayed a strong aversive response. A similar response was made to heavy metal music but when Mozart was played - the little being relaxed - it's fists loosened and a benign smile seemed to appear on its face.

In a dramatic 50 second clip that appeared on Italian Globo TV - a fetus was filmed during an ultrasound examination of the mother - and was completely at rest. A voice over of the parents screaming at each other was then played and the fetus reacted violently - arching its back - flailing its arms and of course - you can imagine the biochemical assault going on inside its little body.

It is estimated that 52% of a child's intelligence is determined by the environment in utero. The mother experiences during pregnancy - her stress levels and her perception of the environment selects certain genes for the fetus to adapt to the environment that she perceives.

Thus - a cell or organism can be in one of the two states - fear or growth - which can also influence the number of receptors on a cell. When stressed - or in fear - fewer receptors appear on the surface of the membrane as they are inhibited from growing by stress. Stress - as you remember shuts down the frontal cortex of the brain - which deals with reason - logic - foresight - memory - our higher cognitive functions - and activates the amygdala - or the part of the brain that processes emotion.

When love and security are dominant states - more receptors or antennae will appear on the membrane providing it with a much greater repertoire or potential for adapting to a wider range of environmental stimuli - or challenges.

Again - fear or stress create an avalanche of adrenaline, molecule which reduces the blood supply dramatically - except for the heart and muscles. A constant adrenaline high shuts down the growth process and compromises the immune system.

The idea of growth versus fear thus applies to cells - organisms - individuals and on a more global scale to countries and nations. When a country - like a person - is in fear - its growth potential is compromised as the energy of economy goes into defence rather than growth.

One of the more challenging and exciting concepts that is emerging from the new Biology is that the nucleus is not the brain of the cell. One can enucleate or remove the nucleus from the cell and the cell can still live for up to 3 months. Dr. Lipton suggests therefore that the brain of the cell is the membrane - which is likened to a biological processing chip. It is the 30,000 or so active receptors on the cell membrane that perceive the environment and instruct the body / brain to act accordingly. Genes cannot turn themselves on or off. It is the perceptions of the environment - growth versus fear - that determine a gene's response. A gene is a blueprint - which cannot control itself - but can be controlled by our perceptions - which - of course are a reflection of our beliefs.

The old biology states that our genes determine our lot in life - thus making us victims of the genetic coin toss. The new Biology provides evidence that that belief is flawed. It is not the genes that control the body/brain - but rather - our perception and beliefs that can control the genes.

Thus - the main point here - is that our beliefs always precede reality. Again - you always get what you want which may not be what you are asking for.

There was much more to Dr. Lipton's presentation but hopefully, the highlights outlined above will refresh your memories – for those who attended his seminar.

Respectfully,

Lee Pulos, Ph.D, ABPP
President

The Power of Visualization

Take Home Techniques for Health, Healing and Goal Setting!

May 4th, 2013

**Featuring
DR. LEE PULOS, PhD, ABPP**

DON'T MISS THIS EXTRAORDINARY OPPORTUNITY!

Many psychologists are now recognizing imagery and visualization as among the most powerful tools in cognitive psychology.

The earliest visualization techniques ever recorded are from over 4,000 years ago. This workshop will open the mind's eye to the rich inner world of our imagination, integrating ancient and modern techniques for creating and achieving goals, optimizing health, identifying subconscious road blocks, developing intuition and creating our most optimal, healthy and fulfilling future possible.

The seminar will be 80% experiential and 20% lectures. This powerful one-day experience is **open to healthcare professionals and to the public.**

TIME & LOCATION

Saturday, May 4th, 2013

Registration- 8:30 am: Workshop 9 am – 5 pm

Centre for Peace at the Canadian Memorial Church
1825 West 16th Ave., Vancouver, BC

SEMINAR INFORMATION

Advance Registration is Encouraged

Take advantage of Early Bird Rates prior to April 12th

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

CSCH Member \$125 (Early Bird) \$150 (after April 12th)

Non-Member \$150 (Early Bird) \$175 (after April 12th)

Canadian Society of Clinical Hypnosis (BC Division)

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

The Annual General Meeting for the Society will be held following the workshop. All members of the Society are encouraged to attend.

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 , 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, 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.

MARK YOUR CALENDARS FOR 2014!!

Two-Day Clinical Hypnosis Training Workshop - February 8th & 9th

SPECIAL EVENT - HYPNOSIS TRAINING

Saturday, June 1st – Dr. Harry Stefanakis, Dr. Mavis Lloyd and Dr. Leora Kuttner will be presenting a great opportunity to fine-tune your hypnosis skills. Details to follow in the April newsletter.

THE NEXT MONTHLY MEETING WILL BE MARCH 20th, 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.

APRIL 17th, 2013 MEETING

Topic: Beyond Mindfulness: An Energetic and Spiritual Model of Transformational Healing.
Led by Dr. Janice Stuart

Dr. Stuart is a Clinical Psychologist with a general practice in downtown Vancouver, as well as a Psychologist at Health and Counselling Services at Simon Fraser University. She works a lot in the area of trauma using EMDR and EF and works with many body-centre therapies to aid in mind-body integration. Dr. Stuart's passion is for helping people connect to a sense of spirituality in their lives- however that may show up for them

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