

Entrancing News

November, 2013

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

Upcoming Events

Integrating Hypnosis and Attachment Disorders

led by Dr Dan Brown, PhD,
Harvard Psychologist

Sat. , December 7th -
Paetzold Health Education
Centre, VGH. Brochure and
registration, details
www.hypnosis.bc.ca

Sat. & Sun., Feb. 8 & 9 -
Two-Day Clinical Hypnosis
Training Workshop. Brochure
and registration details
<http://www.hypnosis.bc.ca>

Monthly Meetings

Wed., Nov., 20th - Korean
Hand Basic Correspondence
Therapy led by Les Moncrieff

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

Letter from the President

Dear Colleagues,

In my last letter – Svengali and Trilby, I documented several examples of the misuse of hypnosis and hypnotic exploitation by certain unethical individuals.

As a follow-up, I would like to report on a book, I recently re-read for the third time – The Control of Candy Jones by Donald Bain. The reason for reviewing this book is to respond to a belief that many of us have been exposed to since the beginning of our training in hypnosis – that a person cannot be made to do anything against their will while in a hypnotic trance. Perhaps it is time to revisit that shibboleth – myth and put it into proper perspective.

Candy Jones was Americas leading model in the 1950's and in one month she was on the cover of eleven magazines and was the lead actress in a very successful Broadway play. She then fell on hard times and in 1960 she was financially receptive to a CIA approach that she act as a courier. She served the agency for twelve years. Her story was recreated from a series of tapes while she was in under deep hypnosis.

In 1972, she married New York's most successful talk-show host - Long John Nebel (he was 6 foot 7 inches tall). Nebel distressed by his wife's sudden shifts in mood and personality – and worsening insomnia, helped her relax by inducing a hypnotic trance, the first in a long series of therapeutic sessions. It was while under hypnosis that Candy revealed she was being used as a human guinea pig in a CIA mind-control program. Her chilling and terrifying story was drawn from over 200 hours recorded during Candy's trances.

Under hypnosis, Candy related how a CIA physician hypnotically created a secondary personality – Arlene, who was tough, aggressive and controlling compared to Candy’s very sweet – almost innocent-like nature. “Arlene” wore a black wig when she travelled (Candy had blonde hair) and carried her own passport.

“Arlene” made many trips as a courier for the CIA and on two trips to Taiwan she was physically tortured to see if she could withstand giving away secrets that she was trusted with. She was also “put on display” for other agents at CIA headquarters and the CIA physician – Dr. Gill Jensen demonstrated for these colleagues how he had complete control of “Arlene’s” (Candy’s) mind and that they should continue developing more couriers with his hypnotic procedures.

When “Arlene” returned to her Candy personality, Candy denied she had ever been hypnotized even after listening to the cassette recordings of herself as Arlene. This type of denial is classic of exceptionally gifted hypnotic subjects.

Nebel, concerned about what was happening to his wife consulted psychiatrist, Dr. Herbert Spiegel, the developer of the Hypnotic Induction Profile – which is one of the better measures available for assessing a subject’s capacity for entering trance.

Candy obtained a perfect score on the HIP (with a perfect five on the eye roll portion) and her HIP profile is published in the Appendix. She went through the entire HIP testing procedure four times with other psychiatrists. Dr. Spiegel was a friend and fan of Nebel and wanted to make certain of the objectivity of the assessment of Candy’s capacity as a hypnotic subject.

Nebel, realizing the mind control nature of his wife’s work with the CIA, took matters into his own hands. He began doing trance work with Candy several times a week in an effort to dehypnotize her and to completely do away with the secondary personality, Arlene. Dr. Spiegel served as a consultant and “coach” for Nebel and also worked with Candy to help her overcome her mind-shattering ordeal.

After many months, Nebel succeeded and finally, the CIA’s hypnotically created secondary personality ceased to exist. The CIA’s other nefarious and mind control practises came to the attention of Congress and were summarized in the Report to the President by the Commission on CIA Activities Within the United States stating that they had not only been using hypnosis but also LSD on unsuspecting subjects between 1953 and 1963.

Reprimands were issued and two CIA operatives were criminally charged. They gave one subject LSD which led to his jumping out of the tenth story of a building.

A similar scandal surfaced at McGill University in the 1960’s where LSD was being utilized in their mind control research.

Locally, your Executive is reviewing two complaints by two women who were hypnotized by a lay hypnotist and were sexually taken advantage of while in a trance state. We reported it to the police but nothing could be done as the women did not want any publicity by filing a formal complaint.

As you know, I am probably one of the most enthusiastic advocates and supporter of hypnosis. However, on occasion we must look into the “dark corners” of our profession so that we can be more cognizant of how hypnosis can be misused and take the necessary action to educate and protect the public.

Respectfully,

Lee Pulos, PhD, ABPP

MEMBERSHIP NEWS:

Hello Everybody.

If you have news you'd like to share, we have space in our newsletter to include items.

Thank you.

The Executive

Daniel Brown, PhD

Integrating Hypnosis and Attachment Disorders

Saturday, December 7th, 2013 - 9am – 5 pm

Doors open at 8:30am at the Paetzold Education Centre,
Vancouver General Hospital, Vancouver, BC



Dr. Brown is Director, Center for Integrative Psychotherapy, Newton MA, Associate Clinical Professor, Harvard Medical School; taught hypnotherapy for 41 years.

His 14 books include 3 books on hypnosis style. He spent 40 years studying Buddhist meditation and contributed to 2 books of East-West dialogues in psychology with H.H. The Dalai Lama. His current research is on the contribution of early attachment to complex trauma.

Sophisticated assessment tools are available to identify attachment pathology in adults. Less attention, however, has been paid to the development of effective treatment protocols. This workshop is specifically about state-of-the-art, effective ways to treat insecure attachment pathology, primarily in personality and dissociative disorder patients. Teaching format: lecture, demonstration, and case presentation. Hypnosis training recommended but not required.

Registration: <http://www.hypnosis.bc.ca> **New - We are now accepting credit cards.**

Members - Early Bird \$125, after Nov. 8th \$150

Non-Members - Early Bird \$150, after Nov. 8th \$175

Students - \$75

Canadian Society of Clinical Hypnosis (BC Division)

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MONTHLY MEETING REVIEW - October 16, 2013

Former Personalities And Reincarnational Memories

Presented by: Lee Pulos, PhD, ABPP

Reported by Mavis Lloyd, PhD, RCC

Our attending members were treated to an excellent presentation on the history and cultural differences, plus extensive research data on reincarnation that is available.

Lee began by telling us that in many and varied cultures, reincarnation has been a firm belief throughout most cultures for over 3000 years. Even amongst those cultures who are less convinced, there are about 30% of that population who do believe in this process. While there are slight variations among the major religions, the central message remains constant, namely that life continues after death. Because time is viewed in a non-linear pattern, some discussion ensued around the concept of being able to visit other life-times throughout time at any time, should a person wish to explore that option. Lee posited that perhaps we are living all of our lives simultaneously but that we only focus on this specific lifetime experience.

Evidence of reincarnation comes in many forms. It includes birth marks that take the shape of past-life injuries and also behavior and emotions involving a victim's anger displayed towards the killer. Phobias and other emotional issues of many types can also be displayed. Those souls who had been the opposite gender sometimes experience gender identity problems in this lifetime.

Lee's voluminous reading in this area includes many authors who have the common focus on the experiences of people in this lifetime, either through 'break-through' information arriving, or more often through hypnotically induced trance states that encourage it. Numerous authors were mentioned. These included Dr. Ian G. Stevenson former Professor and Head of the Department of Psychiatry, University of Virginia medical school who investigated over 2500 children, world-wide between the ages of two and five or six who claimed to remember their past lives. The University of Virginia medical school press published four volumes on children with reincarnational memories. Google; Brian Weiss, who has written several books, including "Same Soul, Many Bodies", which Lee is enjoying right now. A favourite author of Lee's is Jane Roberts, who wrote 'Seth' books, one of which is "Seth Speaks, the Eternal Validity of the Soul". General thinking that Lee has accumulated in his readings are that we may all have had 3 - 4 thousand life times. The journey through these lives forms a soul history of moving higher in the spiritual domain.

Lee then told us of different trance inductions that can be used specifically for clients seeking knowledge of their past lives, including the concept of using a photograph album to journey backwards through life. The one he chose for our group experience included his Magic Garden induction, then tracing our lives back to before our births.

After our group experience, Lee asked us if we had past life experience during meditation and how that felt to us. Six people reported having past life experiences during the meditation and others reported that they've had an image of themselves or part of their selves from the past. He mentioned paying attention to emotions as in some cases those arise along with the experience or image. He also mentioned that past life experiences could emerge in the form of dream and that our dream world is much more real. What comes up at the moment when we have a past life experience provides a learning for us in this life. That could provide direction for change. He also suggested that when clients believe they can't connect with their past lives they can be encouraged to make one up. The information achieved will be relevant. Lee ended his session with an invitation: "If enough participants are interested a "Come As You Were" party can be planned for the future."

Thank you Lee, for giving us an excellent experience, and for being prepared to share your voluminous knowledge one month earlier than we expected.

We all send Harreson Caldwell our best wishes, and hope that we will be able to enjoy his planned session at a later meeting.

Footnote: While Lee's research and experience have mainly addressed clients' experiences with their particular regression understandings and needs, my research into this topic has explored what happens between lives. The best author that I know of is Michael Newton, PhD. As well as holding a doctorate in counselling, he is a state-certified Master Hypnotherapist. The three books that I have already read, and continue to refer to are:

"Journey of Souls: Case Studies of Life Between Lives"

"Destiny of Souls", new case studies of life between lives (which is largely based on questions raised by readers of the first book).

"Life Between Lives, Hypnotherapy for Spiritual Regression" In this book he shares details of the actual hypnotic methods he uses with clients.

I have found these books to be both fascinating and encouraging. Mavis Lloyd

Two-Day Clinical Hypnosis Training Workshop 2014

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, 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, NOVEMBER 20TH, 2013

Please feel free to bring a professional colleague to the Fall 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: Korean Hand Basic Correspondence Therapy

Les Moncrieff is a registered acupuncturist employed by the Vancouver Coastal Health Authority for the past 30 years. Les provides a wide range of (CAM) complementary and alternative therapies for clients with mental health and addition issues. His clients are routinely affected by severe pain problems, trauma, phobias, etc. The treatment of pain is an important aspect of the services. Les has been a member of CSCH and has used hypnosis in his practice for many years.

Les would like to share with the society members one of his personal favorite treatment technique for pain. It is a micro-system called **Korean Hand Basic Correspondence Therapy**. This is a highly effective and easily learned method of treating physical pain problems of all kinds. It is a very simple, safe and results are immediate and consistently reliable. Korean hand therapy is one of the most effective energetic treatments available. Les has been teaching Korean Hand Therapy to individual clients and in class group sessions for a number of years. Anyone can learn this therapy and there is no special equipment or license required. By attending this session attendees should be able to easily treat many common physical pain issues seen in your practice. Although this therapy is not directly related to hypnosis or trance work, it is a very useful treatment technique for any therapeutic setting.

Les provides his services to all Mental Health and Addiction Services clients for free at Vancouver Coastal Health Authority Community Centers. He also has a modest private practice for those seeking private sessions.

Wed., January 15th - Dr. Leora Kuttner will be presenting her film "**Dancing with Pain**"....exploring pain management through the lens of dance.

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.

Welcome!

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

**Ellie Bolgar
Joshua Paulton**