

# Entrancing News

October, 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](http://www.hypnosis.bc.ca)

**Sat. & Sun., Feb. 8 & 9 -**  
Two-Day Clinical Hypnosis  
Training Workshop.

### Monthly Meetings

**Wed., October 16th -**  
The understanding of Parallel  
Realities, Law of Attraction  
and Distant Healing and how  
they fit together. Led by Dr.  
Harreson Caldwell.

**Wed., November 20th -**  
Dr. Saul Pilar.

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Letter from the President

### Direct Versus Indirect Suggestions

Dear Colleagues:

One of the ongoing conundrums in clinical hypnosis is the differing theoretical strategies on utilizing direct versus indirect suggestions during hypnosis. Cory Hammond has written on several occasions that direct suggestions work only 70% of the time. Oops! What do we do for the 30% that don't respond to "traditional" hypnosis.

Milton Erickson and Ernest Rossi, on the other hand have stated repeatedly that direct suggestion is not the major mechanism of hypnotherapy. Rather, by indirect suggestions, the power of hypnosis shifts from the "miraculous power of the therapist" to "an inner re-synthesis of the patient's behavior achieved by the patient himself". In other words, when a therapist provides a process where patients can re-associate and reorganize their own experiential life, that stimulates a cure-- not by the therapists' belief that his or her direct suggestions will create the desired outcome.

In other words, the focus of control shifts from the therapist to the client. Another reason for utilizing indirect hypnotic processes, according to psychologist Hans Eysenck is that..."there is no unitary trait of suggestibility, no one uniform type or reaction to different kinds of suggestion in human subjects. There are several or possibly many different suggestibilities which have no relationship to each other".

Oops again! How does one know if you are providing the "right...best, most effective suggestion" - you don't. This is why indirect suggesting - inoculating the client's subconscious to provide the best suggestions, imagery and belief statements are considered to be most effective.

In most of my hypnotic work I use the magnetic hands plus the two twenty-story skyscrapers (one to reduce negative beliefs - the other skyscraper to replace the negative belief with more empowering outcomes. (I have demonstrated this induction on several Wednesday night presentations).

Following are several of the indirect suggestions which I will interpose where indicated:

- As you go deeper - you will be able to sense your own inner intelligence - that part of you that knows - without knowing that it knows.
- And as you go deeper - let your inner creative self - begin to send to your awareness - any images, memories, people, symbols, colors that will put you into a deeper connection with your goal today...just notice how your inner self can help you do that.
- And..as you will be discovering..trance is allowing a deeper intelligence to join the conscious mind.
- Allow these suggestions to simmer in your subconscious...no need to feel you must work at understanding them.
- Your conscious mind will hear this one way...and your deeper mind will hear it in a different way.
- Tune in to the parts of your body that are most comfortable...when you locate the comfort - simply enjoy it - and allow it to deepen - and spread through all of your body - all by itself.
- And as you continue focusing inwards - you can experience yourself more deeply - each trance is different - a free period where different parts of you can come through - as needed.
- Now - the important achievement for you to realize..is that people do not know their true abilities - and you will be surprised to discover your own abilities - in whatever slow way —that you wish to use.
- No need to go anywhere - no need to do anything - just as if time stood still.
- Now - there are many different ways - in which the mind can function - in which the subconscious mind can become the ally – partner of the conscious – without the conscious mind knowing - it has just received a gift.
- Allowing your subconscious - to take you in whatever direction - to review all thoughts - memories and feelings - as your deeper mind - continues to review and selects--the best means of --(achieving-- "goal of the patient").

- And now - allow yourself to have brief waking dream - that will bring forth--the most important--helpful and healing information - insight - intuition - that you need to hear - or feel at this time---
- Upon alerting - your subconscious will continue to feed you the right information--in the right way--at the right time--so you can always do the right thing--confidently--effortlessly--for the right reason--to serve your best interests--in the most loving way possible. And I sometimes add.."Whenever you see the color green in your environment--consciously or subconsciously..allow that to be the stimulus...to inoculate and keep your subconscious --focused and determined to help you achieve your goal."

I will vary and convary different inductions from time to time; i.e. the eye roll - numbers on the board to deepen the trance, magnetic hands plus the buildings and a 20-minute indirect induction (some of the suggestions are provided above). Almost every one of my patients prefers the indirect induction/suggestions and feels that they are the most effective.

In reviewing the letter so far, somewhere in the caverns of my mind I feel I have presented a similar letter and content in the past. However, I could not find the letter so please forgive me if you find it repetitious.

Respectfully,

Lee Pulos, PhD, ABPP  
President

#### *MEMBERSHIP NEWS:*

*Hello Everybody.*

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

*Thank you.*

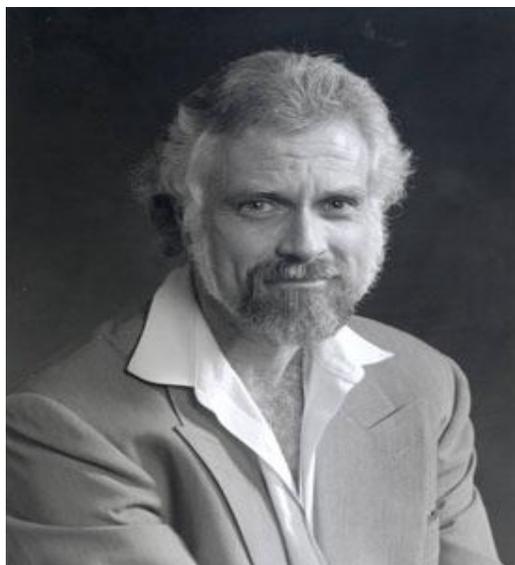
*The Executive*

## Daniel Brown, PhD

### Integrating Hypnosis and Attachment Disorders

Saturday, December 7<sup>th</sup>, 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 Wednesday, September 18, 2013**

### **INTEGRATION OF HYPNOSIS & EMDR - EYE MOVEMENT DESENSITIZATION & REPROCESSING**

Presented by **Marshall Wilensky, Ph.D., R.Psych**

Reported by **Mavis Lloyd, Ph.D. RCC**

A delightful evening was spent with Marshall, who began by telling us of his useful earlier hypnotic experiences and training as a member of our Society. He began his session by determining that, amongst the members present, the large majority had already received Eye Movement Desensitization & Reprocessing training. This audience factor helped him to decide what content he needed to emphasize. He then recounted his professional journey from an accomplished clinical practitioner of hypnosis and his initial doubting-Thomas view of EMDR to that of a clinician who continuously integrates the two methodologies with curiosity and enthusiasm; the results of which he finds are both superior in content and which also produce more rapid solutions for his clients than either process could achieve alone.

With the additional support of handouts, Marshall then led us through a process of understanding of how the two processes differ, how they are similar and how they complement each other when they are integrated in the therapeutic process by skilled clinicians. He began by giving his definitions of the two processes, an abbreviated content of which is quoted below.

"Hypnosis is a medium that can be used with all types of psychotherapy. One of its major uses is to deliberately begin by inducing in the patient an altered state of mental relaxation. EMDR is both an evolving theory about how information is perceived, stored and retrieved in the human brain and a specific treatment method based on this theory. (Shapiro, 1995, 2001) In fact, EMDR is a unique treatment method, which like other types of treatment/methods/ techniques (e.g. psychoanalytic/psychodynamic therapy, behavior, cognitive-behavioral therapy, ego-state therapy) can also be incorporated with Hypnosis. (Hammond, 1990) In contrast with Hypnosis, EMDR deliberately attempts to actually make connections connect with an anxious (i.e. emotionally disturbing material as opposed to relaxed) mental state". To heal from trauma, it's necessary to open up to it.

Marshall discussed specific case studies, using a combination of hypnosis and EMDR. Most of them have dealt with PTSD (Post Traumatic Stress Disorder). Marshall's discussion of this condition included brain-wave differences from non-traumatized clients who can distinguish graduations of crisis severity to those with trauma. Unfortunately, PTSD appears to create abnormal brain waves, with the client experiencing hypervigilant behavior where everything is perceived as dangerous. Brain scans taken after using the EMDR protocol showed that brain waves had returned to normal. During the session he also demonstrated his key points with group member volunteers.

Marshall's personal experience and research have convinced him that Hypnosis is very useful in several ways during integrated treatments. A primary example is in the choice of permissive, gentle, language used during treatment, for example 'allow the danger/issue to float into a container for later exploration if and when it's useful'. Self-soothing and safety knowledge are more effectively taught and accomplished in a hypnotic state. They should always come before trauma exploration. If a client is able to voluntarily change states in hypnosis, it is a clue that further direct exploration of the trauma can be more actively pursued. Hypnosis is also a powerful method for facilitating the retrieval of very early, or even past-life experiences that may be significant in finding the original root cause(s) of present trauma that has not yet healed so that EMDR can then work more efficiently towards the cessation of conditioned traumatic responses.

One further similarity between Hypnosis and EMDR is their ability to strengthen the resource base of the client. They both also ensure that both mind and body sensations are monitored and explored. Butterfly hugs, i.e. those where the client crosses his arms, making them into the shape of a butterfly, are favourite mind/body soothers. The fingers then tap reassuringly at the chest/armpit level. Marshall also suggests using the knees for the butterfly hug, so that a person needing safety, security and reassurance in a public place can help themselves underneath the table if they don't want to be observed.

Marshall suggested the use of Google to tap into the Francine Shapiro Library should we wish to explore the many facets and uses of EMDR. If there are members who would like to take EMDR training, it is also possible to connect with him at the British Columbia School of Professional Psychology via: [www.emdrtraining.com](http://www.emdrtraining.com).

Thank you Marshall, for the excellent integration overview, especially for the demonstrations you did during our session. They really helped us to hear the use of hypnotic language vividly, while using the brief eye passes for exploring issues.

**THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, OCTOBER, 16TH**

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.  
FREE parking, 1001 Broadway, entrance off Oak**

Topic:

The understanding of Parallel Realities, Law of Attraction and Distant Healing and how they fit together

Led by Dr. Harreson Caldwell

Dr. Caldwell has been Doctor of Traditional Chinese Medicine for almost 24 years. He takes the great healing art of TCM very seriously, and practices extensively in all of its modalities: Acupuncture, Herbology, Tuina, and Qi Gong. For many years now, he has been focused on Shen Qi - Qi Gong which is a Taoist thoughtless awareness meditation healing philosophy.

Teaching the western mind how to clearly understand TCM has not been the easiest task especially this transformational therapy part of it. But when it unveils the deeper secrets that our emotional or physical "pain" is trying to tell us, great shifts can take place and there can be an end to suffering. Harreson's presentation will focus on Parallel Realities, Law of Attraction and Distant Healing and understanding how they all fit together.

Wed., November 20th -  
Dr. Saul Pilar - details to follow

Feb 8 & 9, 2014 -  
Two Day Clinical Hypnosis Training Workshop - Mark your calendars, details to follow.

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.