

Entrancing News

December 2010 Edition

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

Upcoming Events

✓ **Monthly Meeting**

January 19th 2011

Presenters &Topic: TBA

✓ **Two-day Clinical Hypnosis
Training Workshop**

February 12 &13th 2011

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, stress, chronic pain and women's common health conditions.

For details visit

www.hypnosis.bc.ca

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Notes from the November 17, 2010 Monthly Meeting

Dr. Paul Swingle presented on psychoneurophysiology and neurotherapy. He described psychoneurophysiology as a natural and holistic approach to the treatment of many conditions in which treatment involves normalizing and optimizing brain functioning using various neurotherapeutic techniques. Specifically treatment methods include brainwave biofeedback, brain stimulation and self-regulation to optimize brain functioning and correct inefficiencies in brain activity.

Dr. Swingle pointed out that neurotherapy is a complement to traditional psychological interventions and not a replacement for those interventions. He noted that when normalizing brain functions abreactions can occur that require therapists to use psychological methods to help clients process and integrate changes.

Finally, with the help of a volunteer brain (Dr. Harry Stefanakis) and Dr. Lee Pulos we engaged in a demonstration process whereby we explored the utility of hypnosis in facilitating a change in brain activity. Specifically, hypnosis was successfully used to create a hemispheric balance.

**THANK YOU Dr. SWINGLE, FOR A WONDERFUL
EVENING**

The Executive

On November 27, 2010 Dr. Mark Weisberg conducted a workshop: Integrative Applications of Hypnosis for Brain-body Healing & Pain Management: Psychoneuroimmunology, Neurobiology & the Power of the Healer's Belief.

It was a great success thanks to Dr. Weisberg and the number of participants representing a spectrum of professions and students. The Faculty wishes to thank those participants who took the time to fill out the questionnaires and was pleased to see the number of positive statements written on the feedback survey forms.

Thank you Dr. Leora Kuttner for your review (below) of this exceptional workshop.

What do you believe is possible? What do you think you're able to do? What do you bring into the room with a patient? These questions were posed at the beginning of Dr. Mark Weisberg's excellent presentation. The further exploration of them included whether these beliefs were realistic, overly hopeful or creating unrealistic limits. He suggested provocative examples to help clinicians appreciate how beliefs about what is possible affect the course of treatment.

Dr Weisberg discussed the term 'integrative' which denotes treatments that activate the patient's internal resources. The term avoids the split between brain and body by calling on and integrating all viable treatments to engender the helping process. This includes surgery - when needed and acupuncture as well as the so-called complementary and alternative treatments. It also requires integrated teams of professionals who work together, for the patient's best outcome. He spoke of the importance of encouraging greater patient hopefulness, 'trying differently' (rather than harder) to become more of a catalyst for our patients' transformation.

Presence and Silence catalyze these self-healing capacities. Mark spoke cogently about three key messages: Firstly, Presence being "I'm here with you paying very close attention". Secondly, the value of conveying the meta-message: "Do you know that there are aspects of your functioning that you weren't aware of?" Finally, "Change *is* possible." He addressed how the Body is one of the most reliable messengers of information that has often been out of awareness. Symptoms are cut-off aspects of awareness. Experience, rather than talk creates the most profound change. Healing change is best created through a Hypnotic trance - the experience of accepting something exactly the way it is, allows change to occur - a paradoxical law of change.

Dr. Weisberg then gave a wonderful demonstration of hypnosis for physical pain. His accompanying discussion covered hypnotic projective techniques and hypnotic techniques to deal with resistance, for example, "*It's important that you don't change too quickly before you're able to stand on your own two feet*" ...and this was just the start. Further discussion included using hypnosis for IBS, Chronic and Acute Pain.

Hypnosis is a vital part of the integrative process that changes, as your Kubler-Ross quote stated, "the marinade of our reality" into healthier ways of living.

Thank you Mark, for the excellent handout of your slides. They made our own note-taking so much more relevant and memorable.

**Mark your calendars for the upcoming fall monthly meeting
January 19th, 2011**

Details will be provided soon! Please check our website for Training opportunities and seminar details.

We look forward to seeing you there!

CSCH CLINICAL HYPNOSIS DVD Is available for purchase!

Inductions, Deepening and Strategies for Psychological, Medical and Dental Applications.
Clinical Hypnosis Demonstrations
By The Faculty of the Canadian Society of Clinical Hypnosis (B.C. Division)

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Welcome!

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

Daria Shewchuk

Kerry Chutter

Don't miss our 2-day Clinical Hypnosis Training Workshop February 12 & 13th 2011

Exciting Topics Include:

EFT and The Biology of Belief; Learning Disabilities in Children & Adolescents; Building Confidence & Self-Esteem; Different Imagery for Different Types of Pain; Better Sex Through Hypnosis; Mind-Immune Interaction in Chronic Medical Conditions; Women's Health Common Conditions and Hypnotic Treatments; Ideomotor Exploration of the Subconscious & Trance Training; Integrating Hypnosis Into Your Dental/Medical Practice

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, chronic 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.

A Certificate of Attendance evidencing 14 hours of participation will be issued to each participant at the Workshop.

**This training workshop will be held at UBC Robson Square,
located at 800 Robson Street in Vancouver.**

**FURTHER DETAILS & REGISTRATION FORM
Are posted on our website www.hypnosis.bc.ca**

***Early-Bird Rate will be offered until January 21, 2011**