

# Entrancing News

November 2010 Edition

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

## Upcoming Events

### ✓ Monthly Meeting

November 17, 2010

**Presenters:** Dr. Paul Swingle

**Topic:** QuickQ (EEG) procedure for rapid and efficient diagnosis of many common psychological disorders.

### ✓ Hypnosis for Mind-Body Healing and Pain Management; Psychoneuroimmunology, Neurobiology, and the Power of the Healer's Beliefs

November 27, 2010

**Location:** Vancouver General Hospital - Paetzold Health Ed. Centre, Vancouver

**Registration:** Open NOW

### ✓ Two-day Clinical Hypnosis Training Workshop

February 12 & 13<sup>th</sup> 2011

Check our website for details

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## Notes from the October 20, 2010 Monthly Meeting

On October 20, 2010 Les Moncrieff, lead a training workshop on instant and rapid induction. Thank you, Les for a wonderful evening and for agreeing to include the handouts electronically so that those members who could not be at the meeting, would be able to explore the topic in depth. The Executive.

### Les Moncrieff, Lic.Ac.

Les is a licensed acupuncturist who has been employed by the Vancouver Coastal Health Authority for the past 25 years. He specializes in the treatment of addictions and pain management using a variety of energy based therapies. For the past several years Les has studied and practiced Energy Psychology and Hypnotherapy and uses these therapies extensively with his clients.

Rapid and Instant Inductions are one of the most fascinating and impressive aspects of hypnosis. Les routinely uses these inductions with clients. He not only shared his experience and understanding of these types of inductions, which can achieve deep trance states in seconds or less than a minute, but he also gave us excellent demonstrations and handouts. These experiences were followed by a useful practice session for all who attended.

### Rapid and Instant Hypnotic Inductions, Presented by Les Moncrieff, Lic. Ac.

### Hypnosis explained according to Seth, from "The Nature of Personal Reality":

*"Whenever we have the undivided attention of another, we are acting as a hypnotist."*

*"Hypnosis, again, is merely a state of concentrated attention in which you focus on beliefs. Popular demonstrations lead the public to believe that the subject must fall asleep or be completely relaxed, yet this is not the case. The one prerequisite is an intense concentration upon specific incoming data to the exclusion of everything else. Therefore the orders given are clear-cut, to the point. No confusing information is received, no cross messages."*

*"The shutting out of superfluous data and the narrowing of focus are the two most important ingredients. Relaxation can help, simply because the body messages are also quieted and the mind not concerned with them."*

*Many beliefs were originally accepted as a result of such a situation, without any formal induction, but when the circumstances were right. A period of panic induces immediate accelerated concentration. All the forces of energy are mobilized at once, while little relaxation is usually involved."*

*"In periods of concentrated focus, with all distractions removed, the desired ideas are then implanted." (in formal hypnosis)*

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**Notes provided by Les Moncrieff at the October 20, 2010 monthly meeting**

*"In formal hypnosis, you make an agreement with the hypnotist: For a while you accept his ideas about reality instead of your own. If he tells you there is a pink elephant in front of you, then you will see it and believe it is there, and act accordingly to the suggestions given. If you are a good subject and your hypnotist a good practitioner, then blisters can arise on your skin if he tells you that you have been burned.*

*"You hypnotize your very nerves, and the cells within your body, for they will react as you expect them to react, and the beliefs of your conscious mind are followed in degree by all portions of the self down to the smallest atom and molecule."*

*"You can perform physical feats that you would consider impossible otherwise - all of this because you willingly suspend certain beliefs and allow yourself to accept others for the moment. Unfortunately, because of the pattern considered necessary, it is thought that the conscious mind is lulled and its activity suspended. Quite the contrary. It is focused, intensified, narrowed to a specific area, and all other stimuli are cut out.*

*This intensity of conscious concentration cuts down barriers and allows the messages to go directly to the unconscious, where they are acted upon. **The hypnotist, however, is important in that he acts as a direct representation of authority.**"*

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*From the hypnotist's perspective, rapid and instant inductions require three things. **Confidence, timing and practice.** The confidence and timing element can only be obtained through practice. Often one's timing may not be perfect or you may lose your focus and the induction may not appear successful. Simply continue seamlessly with deepeners and progressive relaxation and no one is the wiser.*

**Three basic inductions techniques:**

- **Dave Elman's Eye Lock Induction.** Fast, consistently effective and gentle. It is a very elegant rapid induction and my personal favorite.
- **Shock Inductions.** (shock, confusion, pattern interrupt) The Calvin Banyen's *"Eight Word Induction."* Infinity or Butterfly Induction, Arm Pull, etc.
- **Post Hypnotic Induction / Re-Inductions.** *"Whenever I shake your hand and say the word... SLEEP, your eyes will close and you will go even deeper..."*

**Pre-talk, consent and safety:**

- **Pre-talk.** Take the time to do a **pre-talk** and explain what is meant by trance and what to expect. What do we mean when we say "SLEEP!" (*Like a light switch, turning off all power, going loose, limp and relaxed*)
- **Get their consent!** Ensure the subject knows what to expect. If they become alarmed or afraid, they could rapidly come out of trance and possibly be confused and upset, losing all trust.
- **Ensure client safety!** Assess whether the subject is appropriate for an instant induction. i.e. have no physical ailments such as arm, shoulder, neck or back trauma or injuries.

**Instant Induction: 4 Step Process:**

- 1) Focus of attention. Their attention is required.
- 2) Disorientation, shock, surprise, confusion or pattern interrupt.
- 3) "SLEEP!"
- 4) Deepeners. Lead seamlessly from induction to deepeners. (*Do not wait to see if your induction worked.*)

**Deepeners serve 3 purposes:**

1. a deepener can act as an induction
2. stabilizes the trance
3. deepens the trance

Develop a wide variety of deepening words, expressions and techniques.

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Notes provided by Les Moncrieff at the October 20, 2010 monthly meeting

**YouTube University of Hypnosis**  
**Hypnosis 101 With The Masters**

Attend this unique educational forum by simply googling... i.e. YouTube hypnosis ... followed by any trance master of your choice. For example, google, *YouTube hypnosis Derren Brown*, and all of his entertaining clips will be available. With access to the cyberspace field of information, particularly with YouTube, a student can simply observe and learn.

Study hypnosis with Trance Masters such as:

- 1) Ormand McGill (stage hypnotist, magician, entertainer)
- 2) Derren Brown (mentalists, hypnotist, magician *and my personal favorite*)
- 3) Jonathan Chase (hypnotist)
- 4) Jamie Smart (hypnotist)
- 5) Tom Silver (hypnotist)
- 6) Milton Erikson (hypnotherapist, psychologist)
- 7) Paul McKenna (hypnotherapist)
- 8) Sean Michael Andrews (rapid or instant inductions hypnotist)
- 9) Calvin Banyan (hypnotherapist.. *8 word induction*)
- 10) Gerald Kein (hypnotherapist)
- 11) Nathan Thomas (hypnotist)
- 12) Keith Barry (hypnotist, magician, entertainer)

Practitioners of hypnosis demonstrate their favorite inductions & actual therapy sessions. One can learn from highly skilled hypnotists such as Jonathan Chase or Derren Brown. **Fortunately all the great hypnotists are also exhibitionists.**

When exploring cyberspace for material on the *"The Art of Suggestion"*, one must sort out the gems from the abundance of information available. This process of sorting is simplified by selecting particular practitioners of your choice. Studying hypnotherapists, magicians & stage entertainers demonstrating their favorite inductions is priceless. It's free! Many YouTube clips are often actual training seminar high-light moments.

From the stage or night club trance masters to the professional clinical hypnotherapist, YouTube allows you to study & analyze techniques at your leisure. YouTube can provide the practical demonstrations that are often not available in traditional training venues. Repetitious observation of these YouTube clips, hearing their explanations & insights & even writing down their scripts will certainly reinforce and solidify techniques. Replay, replay, replay until you can understand and master their techniques.

At the cyberspace library one can download a wealth of articles and e-books such as **Emile Coue's "The Practice of Autosuggestion."** The **"Handbook of Suggestive Therapeutics & Applied Hypnotism Psychic Science" by Henry Munro** is brilliant. **James Braid's "Neurypnology"** is a keeper. The information is endless. Amazon e-book has archived material from out of print & hard to find books.

## **Please Remember:**

# **Fall Workshop: Hypnosis for Mind-Body Healing and Pain Management; Psychoneuroimmunology, Neurobiology, and the Power of the Healer's Beliefs**

**Presented by Dr. Mark Weisberg, Ph.D., ABPP**

Dr. Weisberg has been involved in clinical practice, teaching and consultation in integrative mind-body medicine for the past 20 years. In this workshop, he will conduct numerous experiential exercises and will address how to use hypnosis to treat numerous pain syndromes. Participants will learn how to conceptualize an integrative medicine approach to mind-body healing, and will learn at least 5 new hypnotic strategies. Participants will also gain a clearer understating of how their own beliefs either limit or enhance clinical effectiveness. Please join us for this experiential learning opportunity.

## **Exciting Topics Include:**

- Fundamentals for powerful & effective mind-body interventions
- Psychoneuroimmunology & Hypnosis: How & Why Mind-Body Medicine Works
- Neurobiology: Brain Structure, Mind-Body Interactions and Hypnotic Strategies
- An Integrative Approach to Chronic Pain and Digestive Pain
- Mastering Obstacles to Treatment: Better Results with the "Difficult Patient"
- Integration, bringing these skills into your practice

**Date: November 27, 2010**

**Time: Seminar 9:00 – 5:00 (registration 8:30)**

**Place: Vancouver General Hospital - Paetzold Health Ed. Centre  
Jimmy Pattison Pavillion-1<sup>st</sup> Floor  
899 West 12<sup>th</sup> Ave. Vancouver, B.C.**

**CONTINUING EDUCATION CREDITS** are available to applicable professional disciplines. A Certificate of Attendance evidencing 6 hours of participation will be issued to each participant at the Workshop.

**DETAILS & REGISTRATION FORM IS AVAILABLE NOW!**

**Please visit our website [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)**

**EARLY BIRD PRICING UNTIL NOVEMBER 5TH 2010**

**Please note our monthly meeting location!**

**Meeting Date:** Third Wednesday of each month  
**Meeting Time:** 6:45pm

**Location:** 1055 West Broadway (between Spruce & Oak Street) Vancouver, BC V6H1E2  
Second Floor Meeting Room - Signs will be placed for directions.

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.

**Mark your calendars for the upcoming fall monthly meeting  
November 17th, 2010  
QuickQ (EEG)  
Presented by Dr. Paul Swingle**

Paul Swingle will discuss the QuickQ (EEG) procedure for rapid and efficient diagnosis of many common psychological disorders. With special emphasis on depression, Paul will show how the various disorders are related to specific brainwave patterns and how neurotherapy is used to treat these conditions. Implications for hypnotherapy for these disorders will be discussed.

**We look forward to seeing you there!**

**Date:** November 17, 2010  
**Time:** 6:45pm start (please arrive by 6:30 in lobby to ensure room access)  
**Place:** 1055 West Broadway, 2nd floor, Vancouver

# 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)

Lee Pulos, Ph.D., ABPP - CSCH President  
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Lance Rucker, D.D.S.

Bianca Rucker, R.N., Ph.D.  
Harry Stefanakis, Ph.D.

#### Consultants

Saul Pilar, M.D., B.A.Sc., General Medicine/Private Practice  
Heather Fay, M.D. Integrative Medicine/Private Practice

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