

# Entrancing News

October 2010 Edition

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

## Upcoming Events

### ✓ Monthly Meeting

October 20, 2010

**Presenters:** Les Moncrieff

**Topic:** Instant and Rapid  
Induction

### ✓ 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

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## Notes from the September 15, 2010 Monthly Meeting

On September 15, 2010 a Faculty demonstration session was held led by Dr. Lee Pulos and Dr. Leora Kuttner. Below are some suggestions and notes provided by Dr. Pulos

Following are some suggestions that I frequently utilize in my hypnosis sessions with clients. Feel free to change or adapt the suggestions to meet your needs. All of the following suggestions are incorporated and utilized after the client has been taken into a hypnotic state...

Be sure to establish yes-no-I don't want to answer fingers for ideodynamic questioning.

- Begin feeling...and connecting with...your inner strength...your inner strong self...more and more open to suggestions...for your best interests...reconnecting with your inner strengths...courage...wisdom...that is a part of you...strength and courage to achieve your goal of \_\_\_\_\_ moving to that place...in your mind...in between your ears...where are you centered...secure...in control...going even deeper...in your desire to (goal). Perhaps...a special word...or phrase...will come to you...now-w-w...that will anchor your desire to (goal).
- Hypnosis is becoming easier...with each practice...you will enter hypnosis quicker...deeper each time...a more complete experience of hypnosis...
- Your job...is to make each suggestion...as real as you can.
- You will easily integrate...the helpful suggestions...into your internal dialogue...or self-talk...on a routine basis...throughout the day.
- And...you can choose to go twice as deep...with each breath...with each number.
- With each breath...becoming more deeply entranced...so deep...you will be able to accomplish...whatever you need to...in hypnosis...today.
- Would it be alright...with your subconscious if 10% of your life force...your life energy during certain quiet periods of the day...and during certain dream cycles...at night...will be continually involved with...the inner healing process...(wait for a finger response).

**CONTINUED**

**Notes provided by Dr. Pulos at September 15, 2010 monthly meeting**

- And your subconscious...can make available...just one or two thoughts...that we need to understand...so that we can further facilitate healing...what needs to be healed most...next time...let those thoughts emerge...now-w-w.
- Tuning in...to the parts of your body...that are most comfortable...enjoy it...and allow your comfort...to deepen...and spread throughout your body...all by itself...with each breath...that you take...
- And...as you go deeper...it will help you move closer...and closer...to achieving your goal...
- Your cue word for self-hypnosis... "Hypnosis Now"...will work only when you say the words...while sitting or lying down...or when I say them...in session...
- Write down...clear...specific suggestions...on how you would like to think...feel...act...in specific situations...and consistent with your goals...

For orienting to the root cause or 'set-up' for the current problem

- Does the inner part of your mind know of some past event...that is the cause...or set-up for your \_\_\_\_\_ problem?

After orienting the client to before the problem began...

- Come forward in time...to the first moment your symptoms began (wait for an ideo-motor response – yes finger)
- Moving forward in time again...to when that (problem – symptom – issue) was reinforced – asking the yes finger to lift and the memory to float to the surface.

Ask to move forward to when the symptom was reinforced again (yes finger)...and so forth.

- What is the strongest emotion related to your issue? – yes finger – Let a thought come to your outer self.
- Your symptom is actually your friend...a signal that a creative change...is needed in your life.
- Have you learned anything today...that I might be able to help someone else with a similar problem?
- Does your subconscious mind feel that your (whatever the issue is)...can be improved (ideo-motor response)?
- And if your subconscious is willing to let your comfort deepen...even more so...so that you can work on your issue...from a different perspective...while you go into a different...and deeper level of awareness...you will find those eyes closing...as if they had a mind of their own...
- As you stay gently focused...in the space in between your ears... wondering... pondering...being curious (allow 30 – 40 seconds of silence).

Research has established that direct suggestions such as...“You will feel more comfortable, relaxed and in control while flying under all conditions” etc. work approximately 70% of the time.

However – more effective than direct suggestions is when in the special psychological state of trance – providing statements where the patient can re-associate and re-organize their inner psychological complexities and utilize their own capacities in accord with their own history and experiential life.

For example: “As you go deeper, privately reviewing inner...even secret memories...related to the issue you wish to resolve...and be open to receiving anything new...surprising...interesting...or unexpected that will provide you with a plausible...worthwhile solution from a new...and perhaps unforeseen resource...within you...allow that thought or new perspective to emerge as you wonder and ponder...”.

I hope these suggestions will be helpful in utilizing hypnosis to identify root causes or issues...and then using selective suggestions to re-educate and reprogram the subconscious for more empowering and desirable outcomes!

Enjoy!

## **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 October 20th, 2010**

### **Instant and Rapid Induction Training Seminar Presented by Les Moncrieff**

Les Moncrieff is a licensed acupuncturist 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 would like to share his experience and understanding of these types of inductions, achieving deep trance states in seconds or less than a minute.

Les will review the essential elements of these inductions, provide demonstrations and practice opportunities.

***Learning rapid and instant inductions will trance-form your practice***

# 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  
Leora Kuttner, Ph.D.  
Mavis Lloyd, Ph.D.  
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

\$30.00 (includes S&H within Canada)  
Please contact our office at 604-688-1714 or  
Email: [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca) to order your copy!

## **Welcome!**

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

**James Stabler**  
**Sharla Schofield**  
**Andrew Taylor**  
**Peter Davies**  
**Sandra Wong**