



# Entrancing News

Winter 2018

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## **A LETTER FROM OUR PRESIDENT**

Dear CSCH members,

### **Membership Renewal**

It's hard to believe that 2017 is over! It's time to plan for a fulfilling 2018, and to make sure you have renewed your CSCH membership! Remember to go to your profile and update your contact information. In particular, please review your address and phone number, as well as indicate whether you're accepting referrals (for Full Membership only) or not and to ensure that your information is up-to-date. If your areas of practice or specialization have changed, we ask that you update that as well. Please ensure that your e-mail contact information is current so that you do not miss out on important updates and events.

Whichever category of membership you have...

### **Executive Council Members**

Lance Rucker, DDS, *President*  
Leora Kuttner, PhD, RPsych, *Vice President*  
James Stabler, MSW, RCC, *Treasurer*  
Bianca Rucker, RN, PhD, *Secretary*  
Anoosha Avni, PhD, RPsych, *Newsletter Editor*  
Kourosh Edalati, MD  
Harry Stefanakis PhD, RPsych  
Gina Vanderham, MA, RCC, RMFT  
Davidicus Wong, MD, *Newsletter Editor*  
Lee Pulos, PhD., ABPP *President Emeritus*

- CSCH Full membership - renewal includes CSCH Membership for 2018
- CSCH Associate members - renewal includes CSCH Membership for 2018
- CSCH Affiliate members - renewal includes CSCH Membership for 2018

(Letter from the President)

- Student members - renewal includes CSCH student Membership for 2018

...we'd like to thank you for continuing to be a professional Society member: you are the reason that CSCH exists!

### **Referral Directory**

This year we've received an increasing number of calls from members of the public and from other health professionals looking for clinicians in their area who can utilize clinical hypnosis in their practices. We only refer people via the referral directory on our site, so make sure that you're listed if you wish to receive referrals. There is no additional cost per year and available to all of our Full Members.

### **Member Benefits:**

- **Annual CSCH workshop:**

Attend our annual workshop where we come together to learn and expand our repertoire of techniques and applications. Our 2018 workshop will take place on February 17 and 18, 2018, at the Simon Fraser University Downtown Vancouver campus. This year's workshop is themed: **"Hypnosis: The Language of Communication."**

Our February training workshop has been completely redesigned into an innovative program focused on meeting the needs of professionals wishing to add clinical hypnosis to their skill base of intervention. The training is divided into two levels of essential skills in clinical hypnosis:

**Fundamentals - Refresher Level 1** situates clinical hypnosis within an empirically grounded biopsychosocial model. Within this perspective, we will focus on clinical hypnosis as a set of multimodal communication processes designed to facilitate change and promote mind-body healing. Throughout the two days, the essential elements of clinical hypnosis are described, demonstrated, and practiced. Participants will leave feeling rejuvenated and confident in their capacity to utilize their training to address basic cross disciplinary problems (e.g., patient anxiety).

**Fundamental Level 2** builds upon, and reinforces, Level 1 training with advanced techniques (e.g., rapid induction, ideomotor signaling, etc.) and specialized clinical applications (e.g., insomnia, pain, chronic illness, etc.). The long-term intent is to offer ongoing training and supervision in both fundamentals and specialized clinical applications throughout the year to ensure ongoing confidence and growth opportunities for our members.

Follow-up one-day workshops during the remainder of 2018 will build on the new workshop experience and will focus on specific areas of specialty practice using advanced educational and experiential themes. Look for further information on the CSCH website.

Note: Members receive discounts at CSCH workshops, seminars, and conferences.

- **Monthly presentations/ rounds:**

Please refer to the website for our exciting monthly presentations and rounds planned for 2018 and to revisit the monthly presentations and rounds from the second half of 2017. Many members from the Lower Mainland attended in person while members from Prince George, Kamloops, Vancouver Island, and even Toronto area attended via Skype and FaceTime. The discussions, practice, and consultations were lively and very interesting, indeed. The Executive is preparing a roster of topics and presenters for 2018, with openings planned for rounds-type presentations of challenging and interesting cases by our members.

- **Committees:**

Join a committee of the Society to gain professional experience and skills (stay tuned, as we'll be sending out more information soon)

- **Regional Events:**

We plan to present one-day regional workshops for health professionals outside of the Lower Mainland during 2018. Each region will have the opportunity to organize networking or professional development events. Contact your CSCH Executive or the Administrative Assistant to learn how to get involved locally.

Thanks so much for being a part of the clinical hypnosis professional community. If you have any thoughts, ideas, or would like to participate in a CSCH committee, please reach out to the

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*(Letter from the President ... continued)*

CSCH (BC) Executive via our Administrative Assistant, Anneke Rees, at  
admin@hypnosis.bc.ca.

You can renew your CSCH membership and pay your 2018 dues by [clicking here](#) or by calling 1-604-868-5910. If you don't see your membership type online or you're having trouble with renewals, please contact us and we'll be happy to help.

Warm regards,

*Lance Rucker*

Lance Rucker, DDS, FACD

## Monthly Members' Meeting Reviews

FOR OUR MEMBERS OUTSIDE OF VANCOUVER, you can now participate in our  
invaluable monthly meetings by Skype. Please contact us in advance.

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### Monthly Meeting Review: CORE Living: 8 Choices for Living Well

September 20, 2017

Presented by Dr. Harry Stefanakis, PhD, RPsych

Reported by Harry Stefanakis

In the September presentation, through stories and exercises, Dr. Harry Stefanakis provided an overview of his new book. CORE Living explains eight choices we can make to take charge of our lives and four sets of CORE practices to help us get there. Central to the choices and practices are two key themes that are also fundamental to clinical hypnosis. The first theme involves cultivating attention properly. Attention is important because our brain creates neural networks from the experiences we focus on. In neuroscience, this is called use dependent neuroplasticity. The second theme involved the concept and practice of intelligent compassion and arises out of the reality that human beings are hard wired for connection. Intelligent compassion moves us past narrow views of compassion that often lead to either compassion fatigue or compassion anxiety, and towards skillful engagement.

CORE is an acronym that makes visible the four sets of overlapping practices that support making life affirming choices. These are: Centering, Opening, Releasing and Extending. When we are not physically and psychologically centered we fall easily in the face of life challenges. Centering is essential to moving forward in life and thus practices in centering were explored. Practices in opening focus on expanding our perspective so that we can respond to life within a field of possibilities rather than reacting from a narrow limiting view. Releasing practices recognize that sometimes our focus fixates on aspects of experience that drain our energy and keep us stuck. Practices for letting go and releasing these limiting experiences were explored. Finally, practices in energizing the life we want to extend into were identified.



Dr. Harry Stefanakis is an experienced psychologist and educator in Vancouver, BC, who communicates effectively with humour and clarity. He is on the board and teaching faculty of the Canadian Society of Clinical Hypnosis and has recently published a new book entitled: *CORE Living: Eight Choices for Living Well*. (Available on Amazon)

## Monthly Meeting Review: Energy Psychology – Clinical Applications

October 18, 2017

Presented by James Stabler, MSW, RCC

Reported by James Stabler

The art and science of behaviour change is based upon our paradigms. To date, our psychotherapeutic interventions have been based on the Newtonian Physics Paradigm. Treatment of psychological disturbances is based on the Stimulus/Response model (SR) or the analogy of the billiard ball.

- **BEHAVIOURALLY**, for example, acrophobia or a fear of heights is treated by exposing the phobic patient to gradually or rapidly increasing elevations, imaginary or in vivo without the option of escape.
- **COGNITIVELY**, for example, with our acrophobic patient, attention is to (A) stimulus-heights, (C) response-avoidance and (B) the internal irrational beliefs which causes C.
- **SYSTEMICALLY**, disorders are seen as a function of interactions within relationships and systems. By altering the structures of relationships, symptoms and even one's deeper sense of self can be altered. The whole is greater than the sum of the parts.
- **NEUROLOGICALLY**, distinct brain structures are relevant in various aspects of cognitive and emotional functioning and, therefore, the hardware of our neurology plays a role in the manifestation of our behaviour.
- **BIOCHEMICALLY**, we are chemical beings and our chemistry, neurotransmitters, hormones, and blood levels of oxygen play a significant role in our psychological functioning.

### ENERGY PSYCHOLOGY:

- According to Frank Gallo, the energy paradigm states that psychological problems are a function of energy structures or fields.
- Applying the energy paradigm to Clinical Psychology assumes that psychopathology can be treated by addressing subtle energy systems in the body.
- Psychological problems manifest behaviourally, systemically, cognitively, neurologically, and chemically. At the most fundamental level, there exists a structured or codified energy component that provides the instructions that catalyze the entire process.
- In the realm of quantum physics, the domain of subtle energy, the universe does not operate as neatly as Newton proposed.
- Assuming that thoughts exist in fields and that negative emotions are rooted in energy configurations psychological phenomena are fundamentally quantum mechanical events or processes.
- Thought and psychological problems can be resolved by altering the energy field.

## Monthly Meeting Review: In-and-Out Hypnosis – Real Time vs. Clock Time

November 15, 2017

Presented by Lance M. Rucker, AB, BSc, DDS, FACD

Reported by Lance Rucker

At the November 15<sup>th</sup> meeting, Dr. Lance Rucker discussed the use of hypnosis in clinical situations for which clock time limitations often seem to predicate against the use of many of the more traditional hypnotic inductions. Thirteen members and guests were in attendance; several participants attended via Skype.

Building upon Dr. Rucker's observation that almost all patients in medical and dental clinical presentations usually attend their appointments "preheated", discussion focused on how such patients' altered states may only require the most minimal direction, adjustment and guidance from an attuned clinician. This means that the "pre-heated trance" may only need moments (of clock time) of judicious direct attention, ensuring that the clinician can be minimally distracted from attention to the primary complaint and chief physical treatment concerns of the patient.

The presentation included practice with rapport inductions, rapid inductions, and strobe fractionation by participants and posed many questions for discussion, including the following:

What causes (and what constitutes) "pre-heating" of a patient? How do we recognize these states? What qualities and states of consciousness are presented by patients in a medical practice? (What are *your* thoughts and feelings when you report for an appointment as a patient? Are you concerned? Worried? Apprehensive? What do you expect? What do you hope for from your clinicians?) Is it different for a counselling appointment than for a dental appointment? Is the counselling patient also likely to already be in an altered state? What can we do with these states?

That depends. If there is a need, then adjust and/or use the already-operational hypnotic state to address it. Let the patient know what is needed and why, using multiphasic communication (simultaneously to the various states of consciousness suspected or demonstrated), and help guide them as to how they can control to their advantage this very powerful state.

What inductions might be useful in the medical setting? The ER? The dental clinic? A counselling setting? What inductions might be problematic in these settings and why? What other options are available to achieve what has been established as "the need" for a given patient?

How rapid is a rapid induction, anyway? This led to a discussion of Real time vs. Clock time. When does an induction **end**, and the maintenance and adjustment of the trance state **begin**? What do we mean by "deepening"? Why do we need to deepen hypnosis for our patients? When do we need to do so? What types of deepening do not require physical contact or violation of the asepsis barriers? Why might this be a concern? Who adjusts the hypnotic trance state? Why? When? What does it take to adjust the trance? What is the role of fractionation in medical or dental clinical settings? In counselling settings? Induction or deepening? Intentional or inadvertent? What special applications might there be for in-and-out hypnosis for psychologists and counsellors in their practices?

Dr. Rucker has authored dozens of articles in refereed journals, including the upcoming "Introducing Clinical Hypnosis to Dentists: Special Challenges and Strategies", scheduled for publication in the *American Journal of Clinical Hypnosis* later in 2018. You may obtain more information at the CSCH February 2018 training workshop.

## Monthly Meeting Review:

### **The Use of Hypnosis in the Neurotherapeutic Treatment of Anxiety and Depression**

January 17, 2018

Presented by Paul G. Swingle, Ph.D., F.C.P.A., R. Psych.

Reported by Paul Swingle

At the January 17<sup>th</sup> meeting, Dr. Paul Swingle discussed the use of hypnosis in combination with neurotherapy for the treatment of depression and anxiety. Hypnosis in this context is very specifically targeted at making changes in brain functioning. As such, it is critical that the neurological anomalies associated with these disorders are precisely located in the brain. Depression, for example is associated with the right prefrontal cortex being more active than the left prefrontal cortex. This can occur for several neurophysiological reasons. The right side may be more activated because the left side shows too much slow frequency brainwave amplitude (strength) resulting in the right being the more activated side. It can also occur because the right side shows elevated levels of fast brainwave amplitude. To target the correct side, then, one needs to do a QEEG assessment. Similarly with anxiety, there can be various regions of the brain implicated and the clinician needs to determine just where in the brain the anomalous brainwave activity is situated.

The hypnotic treatments involve having the client visualize the brainwave one is attempting to alter. The client is then instructed to visualize that brainwave changing in the desired direction. This may be to visualize the brainwave shrinking or expanding in size, or becoming fuzzy or fading away, or becoming bold or more vibrant in color.

Dr. Swingle reviewed a number of cases in which these guided imaging techniques resulted in demonstrable changes in brainwave activity. He also pointed out that this area offers some very exciting research opportunities to develop guided imagery and/or hypnotic inductions to treat clients with a wide variety of disorders, including anxiety and depression. For more information, consult Dr. Swingle's books *Adding Neurotherapy to Your Practice* (published by Springer), *Biofeedback for the Brain* (Rutgers University Press) and *When the ADHD Diagnosis is Wrong* (Praeger).

# HYPNOSIS: THE LANGUAGE OF CHANGE

## Clinical Hypnosis Training Workshop

Fundamentals, Levels 1 and 2

February 17 and 18, 2018

9:00 am – 4:30 pm



Simon Fraser University at Harbour Centre

515 W. Hastings Street

Vancouver BC

Segal Conference Rooms 1410-1430

**How can we, as health professionals, facilitate positive change that lasts?** The key is clinical hypnosis: the language of change. During this two-day workshop, you will learn from our experienced teaching faculty how to enhance your therapeutic relationship with your clients and prime them for success using the unique skills of clinical hypnosis.

**Take this opportunity** to expand your psychotherapeutic horizons in enjoyable interactive sessions with your colleagues. Come to this workshop to recognize the subtleties of your own subconscious mind in a safe and collegial learning environment supported by our experienced teaching faculty.

**Clinical hypnosis is a powerful therapeutic communication** which is founded on solid evidence-based science. We invite you to bring an open heart and mind to experience just how effective clinical hypnosis can be for your clients.

### Training Scope:

This two-day workshop is divided into two separate streams based on your prior experience using clinical hypnosis.

**Fundamentals Level 1** will provide practical training in the fundamental components of clinical hypnosis for clinicians new to hypnosis, as well as those wishing a refresher program. Demonstrations and practice sessions will provide sufficient training for those who wish to integrate hypnosis to their therapeutic skills.

**Fundamentals Level 2**, taught simultaneously, will provide more experienced professionals with training and practice in advanced techniques and in the application of hypnosis to specific areas of practice:

- ✓ clinical hypnosis with children
- ✓ working with chronic illness
- ✓ pain management
- ✓ rapid induction techniques for emergency medicine and dentistry

**Eligibility:** This workshop is open to members of regulated health professions including full-time students, psychologists, registered clinical counsellors, and marriage and family therapists.

### Teaching Faculty:

Elaine Drysdale, MD, Psychiatrist

Kourosh Edalati, MD, Child and Adolescent Psychiatrist

Heather Fay, MD, Integrative Medicine

Leora Kuttner, Ph.D. Pediatric Clinical Psychologist

Saul Pilar, MD, General Practitioner

Bianca Rucker, RN, PhD, Marriage & Family Therapist

Lance Rucker, DDS, Professor Emeritus, UBC Dentistry

James Stabler, MSW, RCC, Cognitive Behavioural Therapist

Harry Stefanakis, PhD, Psychologist

Davidicus Wong, MD, Family Physician

### FEES:

CSCH Member	\$345 (Early-Bird)	\$395 (after January 29 <sup>th</sup> )
Non-Member	\$445 (Early-Bird)	\$495 (after January 29 <sup>th</sup> )
Full-Time Student	\$245 (Early-Bird)	\$245 (after January 29 <sup>th</sup> )

**Register:** For more details and fees, and to register online ---

<http://www.hypnosis.bc.ca/training-opportunities/hypnosisisthelanguageofchange/view/form.html>

or contact the CSCH(BC) Administrative Assistant at: [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca)

**XXI World Congress of Medical & Clinical Hypnosis**  
**August 22-25, 2018 - Montreal, Qc, Canada**  
**[www.hypnosis2018.com](http://www.hypnosis2018.com)**

**WHERE WILL YOU BE AUGUST 22-25, 2018?**

**Hopefully in Montreal!**

Please join us and your international colleagues from over 30 clinical and medical hypnosis societies at the XXI World Congress of Medical and Clinical Hypnosis. This is a great opportunity for Canadians in the field to showcase their knowledge, research and experiences to an international audience so close to home. Canada last welcomed the ISH World Congress in 1985 - 33 years ago!

Early-bird registration ends February 15, 2018.

The preliminary program should be out for circulation a few days before the early-bird deadline.

**KEYNOTE SPEAKERS**

**Berhard Trenkle**, Milton Erickson Institute Rottweil, Germany  
**Marie Elisabeth Faymonville**, Centre hospitalier universitaire de Liège, Belgium  
**Irving Kirsch**, Harvard Medical School, USA  
**Leora Kuttner**, University of British Columbia, BC Children's Hospital, Canada  
**Jean-Roch Laurence**, Concordia University, Canada  
**Claude Virost**, International Society of Hypnosis, Institut Emergences, France  
**David Spiegel**, Stanford University School of Medicine, USA  
**Amir Raz**, McGill University, Canada

**PRE-CONGRESS WORKSHOPS – August 21 & 22, 2018**

***Jeffrey Zeig, PhD***

Founder and Director of the Milton H. Erickson Foundation

**Advanced Techniques of Hypnosis and Therapies**

***Michael Yapko, PhD***

Internationally known hypnosis trainer, author of the leading hypnosis textbook *Trancework* (4th edition), and recipient of ISH's Pierre Janet Lifetime Achievement Award

**Bad Decisions Make People's Lives Worse: Using Hypnosis to Address Cognitive Style and Improve Decision Making Processes**

**JOIN THE CONVERSATION**

#hypnosis2018

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## ***Don't Miss Our Upcoming Monthly Members' Meetings***

<i>January 17<sup>th</sup>, 2018</i>	<b><i>The Neurological Patterns associated with Anxiety and Depression</i></b> (Paul Swingle)
<i>March 21<sup>st</sup>, 2018</i>	<b><i>DIRECTED PRACTICE SESSION</i></b> ( <b><i>follow-up for February workshop</i></b> ) (Leora Kuttner)
<i>April 18<sup>th</sup>, 2018</i>	<b><i>CSCH ANNUAL GENERAL MEETING</i></b> Plus <b><i>DIRECTED PRACTICE SESSION</i></b> ( <b><i>follow-up for February workshop</i></b> ) (Leora Kuttner)
<i>May 16<sup>th</sup>, 2018</i>	<b><i>Mindfulness-Based Hypnosis</i></b> (Davidicus Wong)
<i>June 20<sup>th</sup>, 2018</i>	TBA
<b>Summer Break</b>	
<i>September 19<sup>th</sup>, 2018</i>	TBA
<i>October 17<sup>th</sup>, 2018</i>	<b><i>Cognitive-Based Hypnosis</i></b> (Kourosh Edalati)
<i>November 21<sup>st</sup>, 2018</i>	TBA

*Please check our website and your e-mails  
for details and updates*

## **Welcome to Our Newest Members**

Gina Vanderham  
Kerry Chutter  
Melina A. Dayne  
Derek Chang

## Membership Renewals for 2018

It's that time of year again when you must renew your membership to take advantage of monthly events, discounts to workshops and seminars, and to have your profile listed on our website.

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Please visit our website to renew your CSCH membership for 2018.

Please note you can pay for two years in advance or one year at a time. The choice is yours.

[ONLINE MEMBERSHIP RENEWAL](#)

*On behalf of the executive council, we wish you and yours a very happy and healthy New Year!*

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