

Email:
admin@hypnosis.bc.ca

Website:
www.hypnosis.bc.ca

ENTRANCING NEWS

A publication of the **Canadian Society of Clinical Hypnosis (BC Div.)**

2nd Floor, 1260 Hornby St.
Vancouver, BC
V6Z 1W2

Tel: 604-688-1714
Fax: 604-683-6979

Spring 2003

UPCOMING EVENTS

Apr. 16 Monthly Mtg. –
“Altered States of
Consciousness Induced
by Music & Breathing
Technique”

May 21 Monthly Mtg. –
“Therapeutic
Storytelling with
Children & Adults”

Jun. 18 Monthly Mtg. –
“Addressing
Depression: Beyond
Medication”

Executive Council Members

CHARTER MEMBERS

F.W. Hanley, M.D.
R. Yorsh, D.D.S.

EXECUTIVE COUNCIL

Lee Pulos, Ph.D.
President

Saul Pilar, M.D.
*Administrative
Vice-President*

Leora Kuttner, Ph.D.
*Education
Vice-President*

Heather Fay, M.D.
Secretary-Treasurer

MEMBERS AT LARGE

Mavis Lloyd, Ph.D.
Bianca Rucker, R.N., Ph.D.
Lance Rucker, D.D.S.

PROFESSIONAL ADVISORY COMMITTEE

Gordon Cochrane, Ed.D.
Marlene Hunter, M.D.
Don Louie, M.D., FRCP(C)
Frank Spellacy, Ph.D.

THOUGHT FIELD THERAPY & EMOTIONAL FREEDOM TECHNIQUES (TFT & EFT)

coming September 20, 2003

presented by Lee Pulos, Ph.D. & Heather Fay, M.D.

ENERGY PSYCHOLOGY, PSYCHOTHERAPY AND SELF-HEALING

Be sure to mark your calendars now for our exciting Fall Seminar!

Based upon a 5000 year old healing tradition, Thought Field Therapy is one of the new “power therapies” and a breakthrough technology that already has had an enormous influence on how we treat psychological problems. The energy or electrical circulatory system of the body is believed to subsume all other mind/body systems. The circulatory energy or Qi is rooted in the quantum domain and permeates the cognitive, endocrine, circulatory, lymphatic and muscular systems.

Also implicit in the Energy Psychotherapies is that active information is contained in information fields that can influence physical forms. When negative emotions or thoughts are triggered in the thought field, they influence and correlate with specific energy meridians and clusters of acupressure points in the body. These energy disruptions in the electrical system of the body can be treated and re-stabilized by tapping an established code and sequence along precise energy points on the meridians. Energy psychotherapy is being utilized to successfully treat a number of mind/body and clinical conditions including simple and complex phobias, anxiety disorders, post-traumatic stress, sleep dysfunction, obsessive conditions, physical pain, anger, addictions and guilt, among others.

This seminar will be 80% experiential or “hands on” and 20% will provide history, theory and background to the energy psychology therapies.

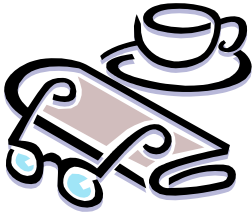
There will also be an emphasis upon how to identify (and correct) subconscious blockages to successful treatment and the unresourceful beliefs that contributed to failure in the past.

*We will be sending out a Registration brochure in August, however if you require further information, please call or email the Society.
Also, please tell your friends and colleagues about this Seminar!*

Please be sure to tuck your **2003 Membership Directory Addendum** (included with this mailing) into your **2002 Membership Directory** for additional reference.

The Executive has decided to alternate printing the Directory and an Addendum every second year to save on printing costs.

News & Notes



This section covers events in the lives of our Members. The Executive welcomes additions to this column - please mail, email or fax your news and notes. We are also happy to hear about books you have read which you would recommend or workshops and/or presenters that have been beneficial. If there is someone you would like us to approach for presentation at a regular monthly meeting, or for a longer workshop, that information is also appreciated. We need presenters for our meetings, so when you have a topic you can share with members, please volunteer.

We were saddened by the news of the passing of Penny Hicks, a longstanding Member of the Society, however we were delighted that she thought to request that several of her books on hypnosis be donated to our Society. We are in the process of adding the books to our library and

the updated Library List will be made available on our website at www.hypnosis.bc.ca very soon. Alternatively, you could call the office and request that an updated list be sent to you via mail or fax.

Annual Two-Day Training Seminar, held February 1 & 2, 2003

The seminar, which included topics suitable for participants at all levels of hypnotic skills from introductory to advanced, was attended by 69 people. There were 38 at the Introductory level and 31 at the Intermediate/Advanced level.

Thank you to the 39 participants who took the time to complete the evaluation forms, which generally gave very positive feedback. Comments were received such as “dynamic, knowledgeable instructors”, “helpful resource for gathering new tools and ideas” and “refresher professionally and personally”. Due to a scheduling conflict beyond our control, the seminar was once again held at the Masonic Hall rather than the Plaza 500 Hotel where it was held last year. Unfortunately, many of the negative comments received pertained to the building’s “male energy”, however the building remains a reasonable cost-effective option in a central location with free parking. Once again we did not increase the registration fee, however due to an increase in the cost of catering and a lower than expected attendance, the Society lost money on the seminar this year. On the brighter side, 11 participants were happy enough with their experiences to become new members, which is always positive!

Another thank you to Bianca & Lance Rucker for collating the information from the Feedback Questionnaires, which the Faculty and Executive can now use to evaluate the participants’ needs for future Training Workshops.

It was a pleasure to greet 2 new Members from the Training Seminar at our February 19 Monthly Meeting and hear their enthusiastic responses to the Seminar. It gave the faculty extra satisfaction to have additional questions that had percolated since the Seminar answered at the follow-up session. As always, the Executive would appreciate seeing more of our members at the monthly meetings, which are usually held from 6:30 – 8:30 p.m. on the third Wednesday of each month from September to June. Please see the schedule for the remainder of the year on the back page of this Newsletter.

Welcome New Members!

Full Members

Elizabeth Baerg Hall
Fay Ferris
Douglas Norman
Sarah Topham
Linda Stull
Deirdre O’Sullivan
Anthony Strelzow
Lee-Ann Strelzow

Student Members

Jacqueline Wrightson
James Giesbrecht

Special Affiliate Member

Edmond Wheatley

Using Energy Diagnostic & Treatment Methods (EdxTM) For Dissociative Disorders

Presented by Eroca Shaler, R. Psych., Reported by Mavis Lloyd, Ph.D.

At our January meeting, members enjoyed a presentation and demonstration, which gave us new insights on combined methods of energy therapies as they relate to dissociative disorders.

Besides 22 years' experience with hypnosis, Eroca has trained extensively in all the energy psychologies, including EMDR, (Eye Movement Desensitization and Reprocessing) TFT, (Thought Field Therapy) EFT (Emotional Freedom Technique) and TAT (Tapas Acupressure Technique). While all these techniques are rapid and some are good for client self help, she finds EdxTM, which is a further refinement of TFT, becoming more and more a cornerstone of her approach. This has been formulated by Fred Gallo and is fully described in his book, Energy Diagnostic and Treatment Methods, (2000) New York: Norton.

To give a detailed explanation of the process, and of the demonstration witnessed by our members is beyond the scope of this report. However, Eroca's discussion about working with DID (Dissociative Identity Disorders), and also with the less severe Ego State Disorders, can be reported.

Although she prefers, once rapport has been established, to obtain a schema of the client's system, Eroca finds that is usually not practical. Thus, she finds more often that, beyond being able to identify a small number of alters she can work with, the majority of the parts are just asked to co-operate in groups. Eroca works to create containment within the system, in order to help the client function better in everyday life and to reduce internal chaos. A general rule she follows is that the slower you

go, the faster you go. She expects that most clients with this disorder will need long-term therapy because of the quantity of trauma. EdxTM may be applied in reducing affect to help in creating containment early in the process and for trauma resolution at all stages of therapy.

Eroca asks many respectful questions when working with the dissociative client. For example, "Are all parts willing to work on this issue of anxiety?" "Is it OK for 'Jim' to talk for all of you?" "Do you and all relevant parts want to be free of this problem?" If there is not agreement, Eroca works with correcting the disagreement via the use of the psychological reversal techniques within the EdxTM protocol. Eroca has anecdotally observed that DID clients tend to have more psychological reversals than other clients.

Eroca 'mixes and matches' all the various energy psychology methods, with hypnosis and EMDR as the need arises, often using several techniques in one session.

Eroca favours EdxTM techniques because it is particularly rapid and also because, through the use of Manual Muscle Testing, as a form of ideomotor response, it is possible to do a considerable amount of work below the level of conscious awareness. This unconscious work has special utility, both for clients who cannot re-access affect that has been troublesome between sessions and also for pre-verbal trauma. More information about EdxTM is not only available in Gallo's book, mentioned above, but also on the website, www.energypsych.com for those who would like to study this technique further.

Thank you for sharing your expertise with us Eroca.

Monthly Meeting Schedule

The following is a listing of the dates and topics of upcoming meetings. Topics may change at the last minute due to circumstances beyond our control. If you wish to confirm the topic being presented, please feel free to contact the office.

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 at one of the meetings, please contact the Society President, Dr. Lee Pulos at 604-669-6979.

Meeting Date & Time: Third Wednesday of each month at 6:30 p.m.

Meeting Place: Bianca Rucker's Office, #400 - 601 West Broadway, Vancouver, BC

DATE

Apr. 16

PRESENTER

Saul Pilar, M.D.

TOPIC

Altered States of Consciousness Induced by Music & Breathing Technique (Experiential Workshop)
Therapeutic Storytelling with Children & Adults
Addressing Depression: Beyond Medication

May 21

Sue Cohene, M.S.W.

Jun. 18

Lisa Polinsky, N.D.

Monthly Meeting Schedule

The following is a listing of the dates and topics of upcoming meetings. Topics may change at the last minute due to circumstances beyond our control. If you wish to confirm the topic being presented, please feel free to contact the office.

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.

Meeting Date: Third Wednesday of each month
Meeting Time: 6:30 p.m.
Meeting Place: Bianca Rucker's Office
#400 - 601 West Broadway, Vancouver, BC

<u>DATE</u>	<u>PRESENTER</u>	<u>TOPIC</u>
Apr. 16	Saul Pilar, M.D.	Altered States of Consciousness Induced by Music & Breathing Technique (Experiential Workshop)
May 21	Sue Cohene, M.S.W.	Therapeutic Storytelling with Children & Adults
Jun. 18	Lisa Polinsky, N.D.	Addressing Depression: Beyond Medication