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ENTRANCING NEWS

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

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Spring 2006

UPCOMING EVENTS

Apr. 19 Monthly Mtg. –
“Techniques for
Treating Addictions”

May 17 Monthly Mtg. –
“Video Presentation –
Ideomotor Techniques
– David Cheek, M.D.”

June 21 Monthly Mtg. –
“Practice Session &
Case Studies”

Executive Council Members

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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.

Special Advance Notice of Fall Seminar:



The Canadian Society of Clinical Hypnosis (BC Div.) is proud to present **D. Cory Hammond, Ph.D., ABPH**, Past President of the American Society of Clinical Hypnosis, for a one day seminar in Vancouver on **Saturday, October 28, 2006** “**New Hypnotic Strategies & Techniques for Treatment**”

More information to follow this Summer!

ANNUAL TWO-DAY TRAINING SEMINAR - February 4 & 5, 2006

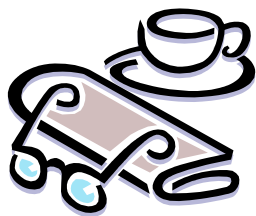
Reported by Mavis J. Lloyd, Ph.D.

We had 62 participants at our seminar this year, 16 of whom were already members of our Society. Based on the 40 questionnaires that were completed at the seminar, most participants were very satisfied with the content of the workshops, which included hypnotic skill development at the introductory, intermediate and advanced levels. For example, one participant, who had attended previous workshops, remarked that she came for review and learned a whole lot more. We also happily accept 19 new members into our association, as a result of our seminar.

The Executive appreciates the time taken to fill in the questionnaires, and particularly the suggestions given for improvement, many of which we incorporate for the following year. For example, this year, despite an approximately one third increase in costs to the Society, we changed the location of our seminar to UBC Robson Square from the Masonic Hall. Actual figures are: \$2,900 for the site and morning coffee as opposed to \$1,862 for the Masonic Hall. (The latter site also included muffins and scones in the morning and cookies in the afternoon, plus free parking.) There was overwhelming approval for this location move, so we are likely to return next year, unless members suggest otherwise.

Please mark your calendar for February 3rd and 4th, 2007 for the next Training Seminar weekend and encourage your friends, colleagues or any other contacts to join us so that we ensure an excellent attendance in what is definitely a more costly site. We need a larger turn-out of members if we are to keep our attendance fee at a reasonable level and have the number of faculty available for both workshops and ongoing consultations. Watch the upcoming newsletters for further details.

News & Notes



This section covers events in the lives of our Members. The Executive welcomes additions to this column. Please email or fax your news and notes. We are also happy to hear about books you have read which you would recommend to members, plus workshops and/or presenters that have been beneficial. If there is someone you would like us to approach for presentation at a 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.

Dr. Heather Fay, Member of the Executive Council of our Society, has almost completed training in Edmonton in Medical Acupuncture with Steven Aung,

M.D.(recent Order of Canada recipient for his contribution to helping integrate Eastern and Western medicine). Good luck, Heather!

MONTHLY MEETING REVIEW – January 18, 2006

THERAPEUTIC RITUALS: PASSAGES INTO NEW IDENTITIES

Presented and Reported by **Mavis Lloyd, Ph.D.**

I have been creating and using rituals within my private practice for the last twenty years. Rituals combine very well with hypnosis, especially when clients are facing a need for an identity shift. This uncomfortable situation is experienced when transitions occur that involve changed relationship roles. These transitions include obvious ones such as births, marriages and deaths. While these well known transitions have some established cultural rituals available to help individuals cope with the need to change how they see themselves and their role in life, other transitions do not. Established rituals are culturally based and, because of the rapidity and complexity of modern life changes, our culture has not yet produced established ways of helping a person move through identity crises involved in transitions such as divorce, separation, reconnecting after an affair, and gay marriages, to name a few.

A profitable and enjoyable evening was spent, both with the material presented, and amongst members, who explored rituals from their own therapeutic experiences.

The following outline and bibliography will allow members who were unable to attend the meeting in January to determine whether they would like to explore the topic further. A possible option for providing this opportunity would be at our next weekend seminar in February of 2007. The Executive always appreciates feedback from members about possible presentations.

RITUALS - PROCESS OVERVIEW

THERAPEUTIC RITUALS Takes four to six weeks to prepare for. (Gilligan, p. 177 – 199)

Intense, experiential, structured experiences to recreate or transform identity.

Involve predetermined behavioural sequences so that decision making is unnecessary.

Therapist witnesses and guides; provides possible structures once format is established.

Client produces symbols and actions – therapist guides hypnotic trance states when helpful.

Significant rituals are those that fulfill our sacred need to reinfuse a family or community with greater harmony and love, interconnectedness with natural cycles, etc.

FOUR TYPES - all are bridges from one developmental stage of life to another.

1. Transitional (weddings, funerals)
2. Continuity (anniversaries)
3. Healing (recovery from trauma)
4. Atonement (apology; redress damage)

GUIDELINES FOR DESIGNING RITUALS (True Work of Dying, p. 163)

1. Listen to people's stories.
2. Know their needs and heritage, culture.
3. Consider your role in the dialogue.
4. Pay attention to the space and appropriate symbols.
5. Consider the wisdom of the ages.
6. Design a shared witness, i.e. a ceremony that includes everyone.

STEPS

1. Frame symptom in ritual terms and suggest a new ritual as a possible solution.
2. Identify repetitive symptoms: emotional trauma, developmental challenge underlying trauma, chronic body symptom, low cognitive insight, irrational expression, etc.
3. Reframe symptom positively as an incomplete attempt at developmental change and part of the healing process.
4. Elicit full experiential co-operation and motivation to design and perform the ritual.

PLANNING RITUAL

1. Client generates or selects elaborate physical symbol of old self-identity (photos, etc.)
2. Client generates and selects symbols of new identity (include living thing).
3. Identify basic ritual behaviour (burning, burying, declarations, etc.)
4. Plan actual ritual – with whom, where, etc. – specifically.
5. Client prepares emotionally, spiritually via prayer, meditation, fasting, writing, etc.

N.B. Each step must be generated by client's deepest inner self – rather than just with intellect.

Externalize through writing, painting, etc. and plan a 'once and for all' letting go of the old and welcoming the new you with own voices, images and feelings.

ENACTING THE RITUAL – timing, pacing essential for success

1. Pre-ritual induction – achieving focus on the coming ritual - hypnosis
2. The ritual itself – includes identified objects to be destroyed plus replacements
3. Post ritual process: relaxation, celebration, etc.

REINCORPORATING SELF INTO COMMUNITY – Structure any needs for expressing the remnants of the old identity and for expressions of the new one.

Brief Bibliography for Rituals: (Material used in preparation for discussion)

Stephen Gilligan. Courage to Love, Principles & Practices of Self-Relations Therapy. 1997: W.W Norton. pp.177 – 199. (Focus mainly – non-death therapeutic issues)

David Feinstein & Peg Elliott Mayo. Rituals for Living & Dying, How We Can Turn Loss & the Fear of Death into an Affirmation of Life. 1990. Harper San Fransisco. (Facing and coping with terminal illness and bereavement.)

J.S. Bernard & Miriam Schneider. The True Work of Dying. 1996: Avon

Marianne Williamson. Illuminata: A Return to Prayer. 1994: Riverhead Books, New York (Includes a rituals for puberty, divorce, memorial services, etc.)

MONTHLY MEETING REVIEW – March 22, 2006

Regression Therapy

Presented by Gordon Cochrane, M.Ed. and Saul Pilar, M.D. and Reported by Gordon Cochrane, M.Ed.

Gordon Cochrane and Saul Pilar gave a presentation on March 22 on PTSD and extreme allergy reactions. Gordon summarized the basic aspects of PTSD including some outcome data on effective treatments and recovery patterns. Saul tied this information to the high anxiety experienced by people who suffer from acute allergy reactions. Saul outlined the physiology of allergy responses and he very effectively pointed out that it is rare indeed for

sufferers to receive assistance with the anxiety that accompanies these events. The fear of death is a key aspect of PTSD and for many who experience a severe allergic reaction, death also seems imminent. The basic message to health care providers is to check for possible PTSD reactions in allergy victims in the same way we do with assault and MVA victims.

Welcome New Members!

Full Members

Serge Agafontsev
Tomina de Jong
Ian Macnaughton
Marion McCristall
Janice Stuart

Special Affiliate Members

Harreson Caldwell
Judi Jardine
Pat Legere
Jane Mauchan
Michael Montbriand
Beverley Peacock
Karen Kristianson (formerly Trace)

Student Member

Maria Iaquinta

Associate Member

Omar Kassam

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: 6:45 p.m.
Meeting Place: Unitarian Church of Vancouver – in Hewitt Building
949 W. 49th Ave., Vancouver, BC (northeast corner of Oak & 49th)

<u>DATE</u>	<u>PRESENTER</u>	<u>TOPIC</u>
April 19	Les Moncrieff, R.Ac.	Techniques for Treating Addictions
May 17	Lee Pulos, Ph.D., ABPP	Video Presentation: Ideomotor Techniques – David Cheek, M.D.
June 21	Faculty	Practice Session & Case Studies