



Entrancing News

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

Summer/Fall 2009 Edition

MONTHLY MEETING REVIEW - January 21, 2009

Upcoming Events

- ✓ **Monthly Meeting**
September 16, 2009
Presenter: David Waugh
Topic: *Voice Dialogue*
- ✓ **Fall 2-Day Workshop**
October 24 & 25, 2009
Presenter: Gary Elkins, Ph.D.,
ABPP, ABPH
Topic: *Advanced Clinical Hypnosis for Anxiety and Symptom Management*
- ✓ **Monthly Meeting**
November 18, 2009
Presenter: Dr. Lee Pulos, Ph.D.,
ABPP
Topic: *The 7 Keys to Idiomotor Questioning*

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Guided Affective Imagery Hypnotically Induced Waking Dreams.

Presented by Lee Pulos, PhD, ABPP
Reported by Denise Hall, MA, CCC, RRP

Dr. Pulos presented the technique and performed a demonstration. I was fortunate enough to be the "guinea pig" as the inductee. We decided on a goal of attaining my doctorate including seeing myself at my graduation and to use a mountain as an image for the task. He guided me to relax and breathe deeply and then close my eyes. He willed me to reopen them but I could not. He guided me to use the relaxation of my eyes to relax my whole body.

Next he guided me through a meadow that I described as half bathed in sunshine. The grass was fairly low and easy to walk through. I visualized the mountain with a zigzag type path smooth and wide with some obstacles along the way. The obstacles I visualized as a spring washout with a small stream running across the path that I had to clamber over the rocks to cross.

I made it at a relaxed pace to the top. At the top there was a wise master that looked like Osho and he gave me a crystal ball that I relaxed inside on pillows. The ball had holes in it. Kwan Yin the bodhisattva goddess of healing was present as well and either the master or Kwan Yin gave me an emerald for my heart chakra and a rose quartz for my sacral chakra.

I was surprised and gratified for the guided experience because it gave me confidence in dealing with the challenges in my life. I was surprised that climbing the mountain was so relaxed and easy. Some of the challenges I have seem very difficult however they were minimized in the visualization. Also shortly afterward I used this technique with one of my clients and she found it very useful. The mountain appeared quite

different and the climbing was challenging however it was in keeping with the client's situation.

References were attributed to Hanscarl Leuner, (1984) and Roberto Assagioli (1965)

Thank you Lee for sharing your expertise and encouragement.

Lee's handout is available so that members may experiment with this process for themselves and for their clients.

Apologies to Lee and Denise for the delayed publication.

Handouts Available Upon Request:

- ✓ **Guided Hypnologic Imagery**
- ✓ **Six Techniques for Guiding and Managing Imagery**

MONTHLY MEETING REVIEW – April 15, 2009

Using the Brenner Chart for Self-Discovery

Presented by Heather Fay, MD and Mavis Lloyd, PhD.

Reported by the presenters

We chose an experiential method for members so that they could validate the approach for themselves before using the Brenner Chart with clients. While the fundamental concepts are identical for both presenters, different approaches were used by us.

Heather began by explaining that we were all born into a family with loving, but untrained parents. Because we are now mature adults, we can look and see that they were human. When each of you were young, parents gave you gifts (positive character attributes) and hurts (those that resulted in the need to develop coping skills). With these characteristics you gradually became a combination of those influences. Heather then gave lists of attributes and coping skills for members to explore to determine which ones fitted for them. The goal was to move towards understanding and loving the cards you were dealt in life, acknowledging the pain, and the resulting coping skills, and then consciously choosing what to keep and what to modify.

Once discussion had been completed with this phase, Mavis added her additional material on what and how to modify the characteristics. Each member was given an opportunity to make a chart for themselves using black, red, blue and green markers. Members were requested to think of a relationship issue that they were struggling with before they began, so that they could focus on what they may wish to change and/or augment. A member volunteered so that we could give a demonstration of the process while they were completing their own charts. This enabled a deeper level of understanding of how to move forward.

The format worked very well and produced plenty of discussion. Each member expressed feelings of satisfaction with their personal growth. Final discussions centered around different ways of using the chart, or parts of it, with their own clients.



Handouts Available Upon Request:

- ✓ Brenner List 1
- ✓ Brenner Chart List 2
- ✓ Brenner List 3
- ✓ Brenner Chart 4
- ✓ Brenner Chart, Clinical

MONTHLY MEETING REVIEW – May 20, 2009

The Satir Growth Model; Mind-Body Connection

Presented by Dr. John Banmen, PhD, AAMFT

Reported by Mavis J. Lloyd, PhD, RCC

Dr. John Banmen is a world-renowned leader in educating both therapists and his clients to become more able to move through essential changes, both in themselves and in their relationships. He is also the Director of Training at the Satir Institute of the Pacific.

He told us that Virginia Satir was a natural hypnotherapist, who had her clients rapidly entranced. However she never used the words ‘hypnosis’ or ‘trance’. She didn’t need the terminology because her warm, caring relationship with her clients was such that, together they entered into an altered state of higher co-operation and consciousness without its use.

John named Satir’s family therapy as “Transformational Systemic Therapy”. It moves people through the essential stages of change via a very deep process. An iceberg is the metaphor that Virginia and her team of therapists, including John, devised to help people work on the essential levels of their dynamics. (see diagram, #1, Achieving Second Level Change Through the Personal Iceberg of the Satir Model.) This form of therapy goes much deeper than working with skills and techniques such as teaching communication aspects. The major therapeutic goal for therapists and clients is to help each person tune in to themselves via working from the deepest levels of self, and yearnings.

John’s analogy for this quest is to enable counsellors and therapists help themselves and their clients to attune deeply, to hear their own natural note, in the same way that the leader of an orchestra enables attunement when the single ‘A’ is given. The therapeutic goal is to recalibrate, retune the self at the deepest spiritual/life energy level. The use of body feelings can help to identify what’s going on inside it that is producing present coping methods. John also seeks answers to how both therapists and clients can be helped to resolve what beliefs and behaviors might be in the way. Asking process questions pertaining to self and relationships helps both improve clarity and the growth process, which occurs through examining differences that are evident within the relationship structure.

Further discussion about four dysfunctional communication patterns which occur under stress helped us to understand specifically where each client might be. Satir used communication models, (see diagrams #2, Satir Communication & #3, Communication Patterns) as illustrations of present impasses in a person’s own relationship both with self, and within other intimate relationships. The diagrams provide an opportunity for an overview of these invaluable guides to helping clients. Having explored those, you may be encouraged to read the following book, which is a beautifully crafted classic. It gives full details of Satir and her team’s work on the transformational, systemic change process of therapy and how to use it. Training sessions are also available in September. www.satirpacific.org will give you the essential details.

“The Satir Model: Family Therapy and Beyond.” (1991). Satir, V., Banmen, J. Gerber, J., and Gomori, M. Science and Behavior Books, Inc., Palo Alto, California.

Thank you John, for sharing your wisdom.

Handouts Available Upon Request:

- ✓ *The Personal Iceberg of the Satir Model*
- ✓ *Communication Patterns (Table 6.1 & 6.2)*
- ✓ *Satir Communication*

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.

Please note our new monthly meeting location!

Meeting Date: Third Wednesday of each month
Meeting Time: 6:45pm
New Location: 1055 West Broadway (between Spruce & Oak Street) Vancouver, BC V6H1E2
Second Floor Meeting Room - Signs will be placed for directions.

DATE

September 16, 2009
October 21, 2009
November 18, 2009

PRESENTER

David Waugh
NO Meeting Scheduled
Dr. Lee Pulos, Ph.D., ABPP

TOPIC

Voice Dialogue
-
The 7 Keys to Idiomotor Questioning

**Don't miss our 2-day Fall Workshop with
Dr. Gary Elkins, Ph.D., ABPP, ABPH - October 24 & 25, 2009**

Advanced Clinical Hypnosis for Anxiety and Symptom Management

This Clinical Hypnosis Workshop will provide professional training in both the theory and application of hypnosis in clinical practice of anxiety and pain management, behavioral health, and symptom management. Attendees will gain applied knowledge and practical skills regarding hypnotic interventions in the areas of pain management, treatment of anxiety, behavioral medicine, symptom management, assessment of hypnotizability in clinical practice, hypnotic techniques and treatment planning. A combined format of lecture, demonstration and supervision will be used to develop clinical hypnosis skills.

TIME: 8.30am Registration. Seminar: 9am – 5pm
PLACE: Vancouver General Hospital – Paetzold Health Education Centre
(Jim Pattison Pavilion) located at 899 West 12th Avenue, Vancouver

Visit our website www.hypnosis.bc.ca for more details & registration form

**Don't miss our
2-day Clinical Hypnosis Training Workshop
March 20 & 21, 2010**

Exciting Topics Include:

Energy Psychology, EFT & The Biology of Belief, Rapid Induction Techniques for Health Professionals, The Body in Psychotherapy, Building Confidence & Self-Esteem, Dream Work & Lucid Dreaming, Age Regression, Progression & Time Distortion, Ideomotor Exploration of the Subconscious & Trance Training, Integrating Hypnosis Into Your Dental/Medical Practice

This workshop will provide the basic skills of clinical hypnosis, including demonstrations and practice sessions for those who wish to add hypnosis to their repertoire of therapeutic skills.

Simultaneously, intermediate/advanced skills in hypnosis utilization will be provided to the experienced hypnotherapist in areas such as hypnosis for weight management, relationships, stress, chronic pain, visualization techniques to enhance hypnosis, rapid induction techniques for emergency medicine and dentistry, and much more!

The faculty has extensive experience in various areas in the field of hypnotherapy and each will be present on one or both of the days of the workshop.

The training workshop will be held at UBC Robson Square, located at 800 Robson Street in Vancouver.

**STAY TUNED!!!
FURTHER DETAILS & REGISTRATION FORM
will be emailed & posted on our website www.hypnosis.bc.ca**

**CANADIAN SOCIETY
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A Message from the President – Lee Pulos, Ph.D., ABPP

It is a great pleasure to introduce **Ellah Jayn** as the **new Executive Director** of the Canadian Society of Clinical Hypnosis (BC Division). Ellah brings a rich and varied background with her which includes event planning, managerial and administrative experience in the Film/TV industries. She recently returned from a two-month spiritual journey in India where she completed her yoga teacher training.

We are most fortunate in having Ellah's extensive skills and organizational abilities in addition to a great sense of humor. She keeps threatening to change my voicemail to... *"This is your doctor. Please hang up for the placebo effect"* 😊

Welcome to the "Consciousness Gang", Ellah!

Welcome Newbies! The Canadian Society of Clinical Hypnosis (BC Division) wishes a warm welcome to its newest members:

**Barbara Partridge, Bonnie Eleanor Richter, Chasidy Karpiuk,
Neil Smith and David Reagan.**