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# ENTRANCING NEWS

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

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## Summer 2003

### UPCOMING EVENTS

**Sept. 17** Monthly Mtg. –  
“Hypnotic Techniques for  
Getting to Root Causes of  
Problems”

**Sept. 20** Fall Seminar:  
“Thought Field Therapy &  
Emotional Freedom  
Techniques (TFT & EFT)”

**Oct. 15** Monthly Mtg. –  
Video Presentation –  
Ernest Rossi

**Nov. 19** Monthly Mtg. –  
“Learner Centred Therapy  
for Self Worth”

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## Don't forget! Sign up early for our Fall Seminar!

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

*September 20, 2003*

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

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.

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.

*Please see the enclosed brochure for more information.  
Also, please tell your friends and colleagues about this Seminar!*

### MONTHLY MEETING REVIEW

## Altered States of Consciousness Induced by Music and Breathing Technique.

Presented by Saul Pilar, M.D., Reported by Mavis Lloyd, Ph.D.

At our April meeting, attending members enthusiastically participated in an unusual experiential evening. First, Dr. Pilar explained that the breathing work we were going to pursue was based on the work of Dr. Stan Grof, who in turn had based his holotropic breathing on ancient shamanic practice.

A central concept of using this breath work is to have the eyes closed, so that the Alpha brain waves are more readily unblocked, thus increasing the likelihood of an altered state of consciousness. Participants were encouraged to breathe with a deep, rapid, circular movement from below the diaphragm. The inhalation increases feelings of aliveness and rejuvenation with the increasing oxygen; the exhalation removes toxins from the body. During the experience, each individual can become aware of internal changes, enjoying the mental and physical manifestations that ensue.

## MONTHLY MEETING REVIEW (CONT.)

When musical sounds are added to the breathing, rich emotional experiences are often more easily triggered. At all times, individuals have total control of their experience. Dr. Pilar reminded us that we only had to open our eyes to return to our ordinary state of consciousness.

He then guided us in preparatory exercises to ensure the correct breathing pattern, and began to play a CD, which at various intervals, changed in melody, rhythm and pace. While the music was playing, many helpful suggestions were given verbally to enable listeners to increase the richness of their experiences.

The above disc, which is entitled "The Quantum Light Breath, Accelerated Personal Transformation" was made by Jeru Kabbal. It can be purchased via the website: [www.JERUKABBAL.com](http://www.JERUKABBAL.com). It is a worthwhile purchase, both for personal growth, and also for introduction to clients and patients.

The disc gave us about an hour of very varied stimuli. After we had finished listening, we shared our individual experiences, which varied greatly. He suggested that we might also choose to use the CD with movement, as the body wishes to do so, in environments that are conducive to that variation.

Thank you Saul, for giving us another totally fascinating evening, that gave us all much to ponder over.

## 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.

**Dr. Gordon Cochrane** will be resuming his Saturday meetings with his experiential group for ongoing hypnosis training on themes determined by the group, beginning September 13, 2003. Please call his office at 604-263-3312 for more information

**Dr. Lee Pulos** will be presenting a seminar entitled "Biology of Empowerment: Magic of Belief" on October 5, 2003 in Vancouver. Please call his office at 604-669-6979 for more information.

## MONTHLY MEETING REVIEW

### **Therapeutic Storytelling with Children & Adults**

**Presented by Sue Cohene, M.S.W., Reported by Mavis Lloyd, Ph.D.**

Our May meeting was one that stretched us in different creative ways, namely that of producing therapeutic stories spontaneously from various stimuli. Sue reminded us of the non-threatening nature of stories, which engage us all. The story-teller/therapist typically designs stories to encourage change in three major areas: change in affect, change in problematic behavior, or to shift attitudes to a more positive mode. Therapeutic stories can also be offered to reinforce constructive beliefs, feelings, or behaviors of a client. The therapist's stories, which evolve from client information, may be developed using the client's core words and ideas as a starting point. Client drawings, pictures, and toys (for children) are used as stimuli to evoke stories around

which therapeutic communication occurs. **Therapeutic stories can also be developed as responses to the client's stories, without using any tangible aids such as pictures (a la Erickson).**

After treating us to a delightful relaxation story, Sue gave us a simple pattern to follow, with an accompanying handout. This increased our ability to produce a basic therapeutic story based on clients' needs, both within the following practice session and later, when we might choose to do so with clients. She then shared case studies with us, which demonstrated the way that Sue was able to extrapolate positive versions from problematic themes.

## MONTHLY MEETING REVIEW (CONT.)

A handout that Sue has authored, also gave us a pleasant reminder of some of her main points. It is reproduced here:

Our practice session involved choosing two pictures, one that produced a positive reaction in us and one that elicited a negative one. **Although pictures as stimuli are more commonly used with children, this technique can be very useful with adults as well.** The pictorial approach provided a structure around which to develop a story. After listening to the 'client partner' tell about the

story they saw in the picture, the therapist made up her/his own story about the same pictures to share with the client. Important points to support the targeted insight and learning were inserted into the new story to support the therapeutic process and to reframe blockages in the client's thinking.

Faith in our own creativity received a boost after Sue's presentation and the storymaking experiences she involved us in. Thank you for the new insights, Sue.

## MONTHLY MEETING REVIEW

### **Depression – Beyond Medication**

**Presented by Lisa Polinsky, B.A., N.D.** Reported by Mavis Lloyd, Ph.D.

At our June meeting, an excellent presentation combining naturopathic and energy psychology principles was offered by Dr. Lisa Polinsky.

Dr. Polinsky began by reminding us that the usual medical intervention for depression is to use various types of medication. Most of these treatments aim to increase depleted levels of serotonin in the body. There are many things that can naturally reduce serotonin levels. These include stress of every kind, improper diet, nutrient deficiency and low exposure to light. Naturopathic medicine seeks to treat the causes of depression, such as emotional, mental and physical overwhelm. It also aims at determining what may be depleting serotonin, addresses those causes, and in addition, uses adjunct therapy such as counselling and energy work.

Very briefly, this presentation explained that we are systems, that there are underlying causes to depression that need to be explored and individualized. Rather than

being a cure, medication is a palliative. We are electromagnetic beings as well as chemical/biological ones. When we focus treatment on re-establishing balance, removing or addressing the cause, and supporting the system, then we are in the realm of cure

Dr. Polinsky gave us excellent information and handouts and concluded with a practice session using an Emotional Freedom Technique from Gary Craig that had been modified by Betty Moore-Hafter. This series of tappings included the crown chakra point on the top of the head.

Dr. Polinsky's clinic, Sage Clinic, is at 487 Davie Street, Vancouver, telephone 604-697-0397. Should any members wish to learn more about her extensive knowledge and treatment protocols, she will be happy to arrange an appointment.

Thank you Lisa, for your excellent presentation..

## Help Requested!

We are eternally grateful to Dr. Mavis Lloyd, who has prepared all of the Monthly Meeting Reviews for this issue's Newsletter. However, it would be greatly appreciated by Dr. Lloyd and the Society if others who attend the Monthly Meetings would kindly volunteer to prepare a review of one or some of the meetings.

Please contact the Society via telephone or email and let us know if you could possibly assist with this task, for the enjoyment and ongoing education of all Members.

## 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>
Sept. 17	Lee Pulos, Ph.D.	Hypnotic Techniques for Getting to Root Causes of Current Problems
Oct. 15	Faculty	Video Presentation: "Mind-Body Healing" - Dr. Ernest Rossi
Nov. 19	Gordon Cochrane, Ed.D.	Learner Centred Therapy for Self Worth