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# ENTRANCING NEWS

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

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## Winter 2005

### UPCOMING EVENTS

**Jan. 19** Monthly Mtg. –  
“**Music & Sound in  
Therapy**”

**Jan. 29 & 30** Clinical  
Hypnosis Training  
Workshop

**Feb. 16** Monthly Mtg. –  
“**Review & Practice  
from Hypnosis  
Training Workshop**”

**Mar. 16** Monthly Mtg. –  
“**Hypnobirthing**”  
(Video)

### **Executive Council Members**

#### **CHARTER MEMBERS**

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

#### **EXECUTIVE COUNCIL**

Lee Pulos, Ph.D.  
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Saul Pilar, M.D.  
*Administrative  
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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.

## *Annual Clinical Hypnosis Training Workshop*

**January 29 & 30, 2005**

**Vancouver, BC**

Remember to sign up early and tell your colleagues  
about our **Annual Clinical Hypnosis Training  
Workshop** – an intense and highly gratifying weekend  
training experience. Please see the **enclosed brochure**.  
We hope to see you there!

**BACK BY  
POPULAR  
DEMAND!**

**BRUCE LIPTON, Ph.D.**

**“The Biology of Belief”  
April 16, 2005 – Vancouver, B.C.**

The *Canadian Society of Clinical Hypnosis (B.C. Division)* is proud to once again present **Dr. Bruce Lipton, Ph.D.**, a cell biologist who has done ground-breaking research at Stanford University Medical School in the molecular nature of consciousness.

In this one-day seminar, Dr. Lipton reveals exciting new information at the cutting edge of science and reveals how our thoughts, attitudes, and the so-called “belief trances” can profoundly influence our health and the creation of a successful future.

More information on this seminar will follow in the New Year.

### **2005 MEMBERSHIP RENEWAL**

Please remember to submit your 2005 Membership  
Renewal forms as soon as possible.



*Wishing you and yours Happy Holidays!*

## MONTHLY MEETING REVIEW

### **Pediatric Palliative Care**

Presented by **Leora Kuttner, Ph.D.**, Reported Mavis Lloyd, Ph.D.

It was with some trepidation that I attended our March membership evening, unsure of my own abilities to handle the topic presented. What myself, and my fellow members, actually experienced was an inspiring and uplifting evening that created deeper awareness and understanding of this challenging topic. I was personally very grateful to have had the opportunity to view the film in this setting.

Leora began by telling us that in general, pediatric palliative care is an avoided subject in our culture, because it is a reversal of our natural expectations surrounding death. Society is therefore ill prepared to deal with the concept of children dying. Leora decided to make a film to help raise awareness in this important area of total care for a dying child and its family. She then gave us a fascinating account of her challenges in actually achieving her goal, particularly in relationship with those organizations which funded the making of the film, namely the National Film Board and the CBC.

What transpired in her journey towards her goal was that Leora visited several major centres in Canada, the U.S. and England, where pediatric palliative care is practiced. To satisfy both her goals and those of her sponsors, two finished videos were made, one for general broadcasting, and one for professionals. The general broadcasting version, **“When Every Moment Counts”** which is currently being shown by CBC at various times, follows the stories of 3 children, their families and their care. The professional one shows more children, including a dying baby, plus more about the medical staff and their opinions and personal reactions.

After these fascinating preliminaries, we were then able to watch the professional version of **“Making Every Moment Count”**. It is a denser, more complex version showing what the family and children have to deal with. Fortunately, both videos will be generally available towards the end of April or early May from the National Film Board. One of the most important gifts from the film was to see and hear the profound wisdom of the dying children as they approach their deaths.

To purchase either of these, Contact the NFB Customer Service in Montreal 1-800-267-7710. U.S. 11-800-542-2164. On line: <http://www.nfb.ca/store>.

Once we had seen the video, discussions continued around the many topics raised by the film and our reactions to it. The mystery of the dying process, the necessary ability to talk about the happenings, the importance of hope, the value of imagery for both the children and families, were just some of the topics we shared.

In addition, Leora kindly forwarded the following excerpt as a specific example of imagery that was invented for a dying boy by Cindy Stutzer, MSN, a gifted Clinical Nurse Specialist in Pediatric Oncology, BC Children’s Hospital.

#### **From Imagery for Children in Pain: Experiencing threat to life and the approach of death.**

CS: Are you afraid, David?

D: (nod)

CS: Are you afraid of dying?

D: (nod)

CS: Do you want to try some things to help you relax; to help make the fear go away?

D: (nod)

CS: I know you have some music you've been listening to. Shall we put that on?

D: (nod; clinician puts on David's soft music)

CS: Close your eyes, David, and listen to the music.

D: (closes eye; facial expressions are difficult to read, since the tumor has invaded most of his face. His brow is furrowed, one side of his mouth is turned down, his eye is closed. David is lying on his side, knees and arms drawn up)

CS: Are you feeling the fear now, David?

D: (nod)

CS: Sometimes when we feel fear, our bodies feel it too. Sometimes our stomachs feel like they're in a knot. Does yours?

D: (nod)

CS: Sometimes our muscles get tight, so tight they almost ache (nod), and our head hurts. Are you experiencing these things David?

D: (nod)

CS: Picture your fear as a big ball in the pit of your stomach, a black one.

D: (frowns)

CS: Is that how you imagine your fear to be?

D: (Shakes his head)

CS: Tell me how the fear looks to you, David.

D: Like a cloud, a dark storm cloud.

CS: So the fear is like a dark storm cloud. Does it fill up your body? (nod) And it makes all the muscles tense and puts knots in your stomach? (nod) Well, David, you know that clouds have no substance; they're not solid at all. They're just wisps of air, really. You are stronger than those wisps, David. And wisps can't hurt you. I want you to close your eyes and picture dark, ugly storm clouds in the sky. Picture a bright blue sky, with the storm clouds coming and coming. You know there are two ways to get rid of storm clouds. One way is for the wind to blow them away-one wisp at a time. You can break up those storm clouds, David. Let the music be carried on the wind. Let it enter your body and blow those wisps away. Let the music surround your body and lift it up and carry your body. Can you feel it enter your body? (nod) Let it enter all the places where the fear is, David, and allow the music to blow the fear clouds away.

(Pause for almost a minute) Can you feel the music enter your body and surround your body? (nod) Are some of the fear clouds gone? (nod) You know there's another way that clouds in the sky disappear. When the sun shines on them, they evaporate. Picture in your mind a soft, bright white light entering your body and evaporating the fear clouds. The light shines on you and in you. It feels warm, and soft, and good. And wisp by wisp, it evaporates the fear clouds while the music blows some more wisps away. Can you feel that? (nod)....

You are stronger than the wisps of clouds, David, and you are stronger than the fear. Fear and clouds cannot run your life. You are stronger than they are. What's happened to the fear now, David?

D: gone

CS: David, you are stronger than the fear. Listen to the music for a while and let it carry you...relax into the music and the light.

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Further information on this topic can be obtained by reading the chapter written by Leora and Cindy in the following book: "Volume Two: Beyond the Innocence of Childhood; Helping Children and Adolescents Cope with Life-Threatening Illness and Dying." Pg 251-265, Baywood Publishing Company Inc. New York, 1995.

The conclusion of this chapter can be of great use to all of us and is included below.

"Imagery is a gentle, yet powerful way of joining with a child or adolescent in the process of managing a life-threatening illness or easing the child's approach to death. It is not as intrusive as direct, continual questions or discussion with a child who is tired, yet wanting some contact with others that are close. If used frequently it becomes a special kind of contact between and with others that are close. If used frequently it becomes a special kind of contact between clinician and child. It can also be a source of play, and provide comfort and nurturance at a time when activities are restricted and the child's energy is diminished.

Imagery is more than pictures in one's mind. It can be elaborated by senses of smell, touch, hearing, and taste into journeys of discovery and delight. Imagery can make the losses or transitions such as hospitalization or using a wheelchair, easier for children who are gravely ill. As a link with the inner process, imagery can release the kind of energy that lifts the spirit even as death awaits."

*Thank you Leora for this inspiring evening, and for your additional contributions to Entrancing News.*

## MONTHLY MEETING REVIEW

### Divining Emotional Health / Divining Self

Presented and Reported by Mavis Lloyd, Ph.D.

Because Marlene Hunter needed to postpone her scheduled presentation, "Hypnosis and Health Care in Cuba – Not What Most People Think", Mavis presented a very brief review and demonstration of "BE SET FREE FAST", (Nims). She also introduced the concept of using a dowsing/divining wand as an alternative to muscle testing when working with clients.

Be Set Free Fast is an acronym for Behavioural and Emotional Symptom Elimination Training for Resolving Excess Emotion, Fear, Anger, Sadness and Trauma. It is a highly useful set of techniques that, when a person has

learned the process, it is possible to effectively continue one's own work.

Over the past four years, Barbara L. Mallory, Ph.D. (one of our own members) has combined her interest in dowsing with her passion for helping her clients psychologically. She has produced a highly effective way of combining the use of a dowsing/divining wand to both diagnose and treat physical and emotional discomforts and illnesses. Mavis has studied with Barbara, and is enthusiastically using these techniques with those of her clients who can benefit from that approach.

For members who are interested in further information, the following alternatives are available:

1. Larry Nim's book, "Be Set Free Fast! A Revolutionary New Way to Eliminate Your Discomforts", is available via his Web site: <http://BeSetFreeFast.com>.

2. Barbara Mallory has produced two manuals on how she has integrated energy psychology techniques and dowsing. Firstly, "Feeling Free! A Guide to the Energetics of Self-Care" and secondly, "Divining Health, A Dowsing Approach to Emotional Freedom". (By the time this newsletter goes to press, Barbara's Website for ordering should be up and running with her new contact address and phone number. She is in the process of moving at the

moment. (November) Her email is: [bmallory@feelingfree.net](mailto:bmallory@feelingfree.net). The Web-site is [www.feelingfree.net](http://www.feelingfree.net).

3. Because the linking of these two topics is both a challenging and fascinating one, a two-day workshop is planned for May 14/15 05. This workshop is being presented by Dorina Medland, M.Ed. R. Psych., and Mavis, who between them have over 75 years of counselling and teaching practice. The workshop will include ample theory and practice time to enable participants to use their newfound skills comfortably. For further information, please phone or e-mail one of them. Mavis: 604-943-3901, [loyd@dcenet.com](mailto:loyd@dcenet.com). Dorina: 250-245-4067, [dorinamedland@shaw.ca](mailto:dorinamedland@shaw.ca).

### ***Welcome New Members!***

Please add the following new Members to your Membership Directory:

<u>Name/Address</u>	<u>Degrees</u>	<u>Member Type</u>	<u>Referrals</u>	<u>Specialty</u>
<b>Milardo-Bennington, Lorraine</b> #400-601 W. Broadway Vancouver, BC V5Z 4C2 604-871-4342 <a href="mailto:transformance@mac.com">transformance@mac.com</a>	M.Ed. (Counseling)	Full	Y	Personal Growth & Wellness, Overcoming Mental/Emotional Problems, Enhancing Sports & Creativity with focus on Regression Therapy
<b>Heavyside, Janet B.</b> 3966 West 31 <sup>st</sup> Ave. Vancouver, BC V6S 1Y5 604-224-1768 <a href="mailto:janet.heavyside@ubc.ca">janet.heavyside@ubc.ca</a>	MD, DOH, CCFP, FRCPC	Full	Y	Pain Management Using Combination Therapy: Clinical Hypnosis, Pain Medications & Acupuncture

## **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>
Jan. 19	Saul Pilar, M.D.	Music & Sound in Therapy
Feb. 16	Faculty	Review & Practice from Hypnosis Training Workshop
Mar. 16	Lee Pulos, Ph.D.	Video Presentation - Hypnobirthing