

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

Winter 2006

UPCOMING EVENTS

Jan. 18 Monthly Mtg. –
“Therapeutic Rituals:
Passages into New
Identities.”

Feb. 4 & 5 **Clinical
Hypnosis Training
Workshop**

Feb. 15 Monthly Mtg. –
“Review & Practice
from Hypnosis
Training Workshop”

Mar. 22 Monthly Mtg. –
“PTSD & Anaphylactic
Shock”

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.

Annual Clinical Hypnosis Training Workshop

February 4 & 5, 2006

Attendance Certificates evidencing **14 hours’ Continuing Education**
awarded to participants for applicable credit

We are pleased to present our **Annual Clinical Hypnosis Training Workshop** –
an intense and highly gratifying weekend training experience. Our dynamic
faculty offers a wide variety of sessions for Introductory to Advanced levels.

As usual, each participant will be provided with a booklet filled with valuable
handout materials for future use in their clinical settings.

Many Exciting Topics Including:

- Energy Psychology
- Peak Performance
& Sports Psychology
- Age Regression, Progression
& Time Distortion
- Relationships & Hypnosis
- Biology of Beliefs
& Hypnosis
- Integrating Hypnosis Into
Your Practice

NEW LOCATION:

UBC Robson Square, Vancouver, BC

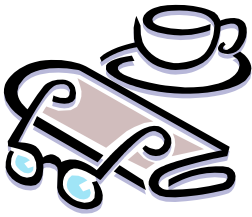
Please see the **enclosed brochure**. Remember to sign up early and tell your
colleagues - we hope to see you there!

2006 ANNUAL GENERAL MEETING

The Society’s Annual General Meeting will be held at approximately 4:30 p.m. on
Sunday, Feb. 4, 2006, directly following the workshop, at UBC Robson Square.
Your new Executive Council for 2006 will be elected at that time. Should you wish
to stand for election or have someone you would like to nominate to stand for
election, please contact the Society President, Lee Pulos, Ph.D. at (604) 688-1714.

Please note that the **Society’s address will be
changing**, effective March 1, 2006 to:
2036 West 15th Avenue, Vancouver, BC V6J 2L5
The telephone number will remain the same.

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. Lee Pulos, President of our Society will be co-presenting a workshop in Burnaby on January 7 and 8, 2006 on “The Biology of Empowerment” with Bruce Lipton on “The Biology of Belief” and with Adam on “The Biology of Healing”. Unfortunately, the 700 tickets are already sold out. Dr. Pulos also recently presented a one day workshop for the

Alberta Psychological Association on Hypnosis & Sports Psychology.

Finally, Dr. Pulos has published, along with Paul G. Swingle and Mari K. Swingle, “Neurophysiological Indicators of EFT Treatment of Post-Traumatic Stress” in the publication *Subtle Energies & Energy Medicine*.

MONTHLY MEETING REVIEW – September 21, 2005

Regression Therapy

Presented by **Lee Pulos, Ph.D, ABPP.**, Reported Mavis Lloyd, Ph.D.

Lee began our September Monthly Meeting by explaining that Regression Therapy is used when there is a question or a problem to be answered such as, “How is it that I’ve developed this issue at this time in my life?” Lee believes that, because clients today are evolving into higher levels of consciousness, therapy does not have to take as long as it did in Freud’s time. Altered states of consciousness are now more readily produced; therefore regression is becoming easier to achieve. The unconscious, or subconscious mind is now becoming conscious and the conscious mind is moving into more transpersonal, spiritual life.

Lee then discussed memory and how all memory is stored in the Field – a vast, unharnessed energy source. Our universe is a quantum sea of light. Einstein postulated that our bodies are crystallized light and that matter is extremely intense. A disturbance or vibration in the Field is the only fundamental reality. It can be related to Qui, Spirit or Prana. The Field is an encoder and carrier of information and memories. It contains all the wave lengths and frequencies. The Field is a memory/record of everything that ever was, is and also of all possible futures. Richard Feynman states that one cubic metre of space contains enough energy to boil all the oceans in the world. Electrons disappear and reappear into the Field, where they refuel.

In 1852 Braid wrote “The Physiology of Fascination”, in which he described focusing on a candle. He discussed training, absorption and depotentiating the conscious brain. Lee then gave examples of profound trances experienced by people such as Einstein, who used to become so totally absorbed that he would make no response when people shook him. He had moved into that wider Field and therefore had more ability to move into new realms of knowledge.

Lee told us that all these theories are explanatory fictions until the next one comes along. However, extrapolating from these theories, two major factors are important when working on producing an altered state of consciousness, namely intention and absorption. The deeper you go into trance, the more absorbed and dissociated you become and you therefore have greater access to a wider band of information in the Field.

With these theories in mind, Lee then demonstrated one variation of Rossi’s magnetic hands. We watched in fascination as one of our members experienced some valuable insights. Our evening ended with practice sessions in small groups aided, not only by watching Lee and his volunteer, but by an excellent handout that could guide us during our learning.

Thank you Lee for another invaluable evening.

N.B. The handout materials from this Monthly Meeting can be obtained by contacting the Society’s office.

Koryo Hand Therapy

Presented by Les Moncrief, R. Ac. and Reported by Mavis Lloyd, Ph.D.

Les is a licensed acupuncturist who has honed his healing skills well beyond his original training. As a result, he has developed complementary health programs that have been especially useful when helping clients with the addiction issues. For the past twenty-one years he has been working at the Vancouver Detox Center and more recently, in the Daytox six week outpatient program there.

The evening began with our usual custom of introducing ourselves. However, Les's presentation topic was delayed by the eager members who hungrily questioned him on the way he works with addictions and with possible referral opportunities for their own clients. Les gave us an encouraging picture of today's government supported programs, which have evolved and progressed enormously since he began his association with the profession. Addiction Services have moved from a rigid and intolerant abstinence based model to a more compassionate and respectful harm reduction approach. Clients are treated holistically as individuals on a path to recovery which is driven by their own needs and abilities. The ultra intolerant "all or nothing" approach to recovery of past addiction services has been replaced with a kinder, gentler approach which accepts clients "where they are at" on their difficult path to health recovery.

With the mid nineties and the systems transformation to the Regional Health Boards came the arrival of women administrators and directors. The fundamental philosophy of recovery changed dramatically and addicted clients were encouraged to participate in a suitable wholistic pattern of caring for themselves. The goal is harm reduction, rather than total abstinence at the beginning of treatment. Les described several different types of programs available from residential to outpatient to home detox options, all of which are FREE for the clients. Of equal importance, many complementary medicine approaches are now being used, with the consequence that the success rate for treating addictions is increasing dramatically. These treatment strategies include acupuncture, many of the energy psychology methods, such as EFT (Emotional Freedom Techniques) and BSFF (Behavioural and Emotional System Elimination Training For Eliminating Excess Emotions, Fear, Anger, Sadness and Trauma). They also include special herbal remedies such as 'detox tea' and the Bach Flower

Remedies. The Bach Flower "Rescue Remedy" is used liberally and recommended for clients along with learning Energy Psychology techniques such as EFT to cope with anxiety, cravings and various emotional and physical pain problems. Les described the Daytox outpatient treatment program as largely a "group therapy and education" setting. Auricular therapy (acupuncture detox) is done with clients sitting comfortably in chairs. Frequently all the chairs are occupied as the program's popularity continues to grow. Limited individual counseling is also available.

These program services are available for clients living within the Vancouver Region.

The residential Vancouver Detox Center and the Daytox out patient programs are located at 377 East 2nd Avenue, Vancouver. The number for enquiry and referral is the resource and referral center called "Access 1" : 604-658-1250.

Les then went on to discuss and demonstrate the removal and healing of pain through KHT, Koryo Hand Basic Correspondence Therapy. This recent development is called a "micro-system" based upon ancient Traditional Chinese Medicine. The principle is that all parts of the body are represented and correspond on the hand. Diseases and other problems can be specifically located on various parts of the hand because each part of the body's memory of itself is within each individual part of it. The hand is the most convenient to use because it's easy and accessible for people to use on themselves. Pain anywhere on the body is reflected on the hand. After pre-sensitizing the correct general area of the hand with a rough-surfaced tool, a gentle probe is used on the hand to search for painful areas or points on the hand. I was coping with inflamed gums, and facing the prospect of gum surgery the following day. It was startling to experience Les press on the appropriate spot on my middle finger and feel an immediate sharp or very tender sensation from a probe that was not of itself sharp. Headaches, tooth aches and all manner of physical pain are a common experience with addicts who are in detox. They are greatly helped with the methods demonstrated.

Imagine each hand representing a four-legged animal. For example, the little finger on the left hand represents the left leg, the ring finger, the left arm, the middle finger, right down to the wrist is the

trunk, including the spine, the index finger is the right arm and the thumb represents the right leg. With the identified acupuncture points and meridians, all of which have points located on the hand, both back and front, diagnosis and treatment is possible. The actual treatment involves the simple application of silver foil accurately placed over the tender or painful points and this foil is taped tightly to the skin. The goal is to produce improved energy flow and balance and therefore more relaxation and freedom from pain.

The materials used for treatment can be made from readily available common sources, such as tinfoil and cue tips. Any silver colored metal has sedating

(therefore pain removing) properties, while any gold or copper colored metal is tonifying. Members present worked on their own painful areas and needs with the use of these simple tools.

Les has a book called, KHT, Health and Well Being Through Koryo Hand Therapy. It is by Daniel C. Lobash, published 1996. He made a handout outlining pain management using acupuncture micro-systems from this book, which was very useful in helping us work through the steps to our own healing.

Thank you Les, for a most stimulating and very helpful evening.

MONTHLY MEETING REVIEW – November 16, 2005

Introduction to Shamanic Journey Work

Presented by Elena Crippen, R.N., R.Ac. and Reported by John Hewitt, M.A.

Shamans were the keepers of “truth” and healing for our ancestors until such strong movements as Christianity and empirical science overtook their importance. Now, in the current climate of Post-modernism, as empiricism retreats, Shamans are asserting their right and truth and can, with justification, dismiss any scientific test or investigation as prejudice.

Years ago when I was at university things seemed much clearer. I was a Monist. I believed we are only flesh and blood and when we die that is the end of it. The only influence we have over other people is through overt action and language. But, then I moved into a more spiritual realm, joined the CSCH and now attend meetings, like the one this evening, at the Unitarian Church of Vancouver 949 W.49th Ave ,where I end up flat on my back in a room with a dozen other folks, all set to embark on a Shamanic Journey.

It seems clear from empirical scientific investigation (quantum physics) we are made from forces that do not obey ‘normal physical laws’. The sub-atomic part of our physical structure can be in two places at once and literally blinks in and out of existence. It is this empirical investigation that, paradoxically, validates Shamanic Journey. Descartes thought that the pineal gland was the seat of the soul, the conduit between flesh and spirit. Clearly it is not, and to my knowledge there is no theory of how Monist flesh communicates with blinking, quantum leaping quarks. Nevertheless, the idea that we can actually shift consciousness out of this world into another timeless existence is exciting and seductive and we were going to do it tonight. Our guide explained that Shamans can access two other worlds apart from this one and while in the other world can foresee events, heal themselves and heal or hurt others.

First we invited the spirits into the room by shaking rattles. Then we were instructed to listen to a drum beat of approximately 180 beats per minute, cover our eyes, lie on the floor and be drawn to a departure point leading into the underworld. Apparently the departure point would resemble some kind of hole. I looked very hard but could not find anything. Fellow travelers all reported success and described a variety of images, featuring forests, caves and rabbit holes. The purpose of the drum beats is to drive the alpha wave in the brain which enhances the ability to enter the other world. Additional methods of entering the world are through psychedelic drugs, fasting for many days, or being in a sweat lodge. Our guide also instructed us to look out for allies in the other world; spirit friends who would help us answer questions. These spirit friends may take the form of animals or trees etc, and should be asked questions directly whereupon they may lead us into a different place, or change shape to offer up an answer.

In the second activity we were to travel to the lower world with intention to explore and orientate ourselves using the hole that we had discovered earlier. Intention seems very important in Shamanic travel, as you are supposed to enter the Underworld with a focused question or issue that you need to be addressed by your allies. So, once again I closed my eyes. Ten minutes of drum beating later all I had seen was blackness. Others in the group reported riding large horses into bright vistas, visiting mountain tops, being thrown off high ledges by old men and walking into towering columns of fire. I felt a little cheated, but the facilitator said that it takes practice to enter the other world and that sometimes those who can not enter right away, later become phenomenal Shamans. The end point for a Shaman, after years of practice, appears to be to stand in two worlds and communicate and pass information between them simultaneously.

If you wish to take a Shamanic journey all you need is a comfortable place to lie down, a rattle to summon the spirits, an eye cover and a drum beat CD which you can get from any good alternative book store. The facilitator was great, seemed to know her subject and had traveled the globe in search of Shamanic truth. The group that turned up for this evening was the largest I have seen in my two years of membership with the CSCH, so clearly there is strong interest in this form of spiritual therapy.

Happy Trails to you all. Many thanks to Elena Crippen R.N.,R.Ac for her Shamanic expertise.

2006 MEMBERSHIP RENEWAL

**Please remember to submit your 2006 Membership
Renewal forms as soon as possible.**

SEMINAR REVIEW – November 19, 2005

**Energy Psychology, Psychotherapy & Self-Healing
Including Emotional Freedom Technique & Tapas Acupressure Technique**

Presented by Lee Pulos, Ph.D., ABPP and Heather Fay, M.D. Reported by Lance Rucker, D.D.S.

An avid and varied group of about 82 therapists, nurses, psychologists, counselors, and other healers, along with a smattering of lay participants, attended the daylong CSCH-sponsored workshop on November 19, 2005, entitled **“Energy Psychology, Psychotherapy, and Self-Healing --- including Emotional Freedom Technique and Tapas Acupressure Technique”**. Presenters Lee Pulos, PhD, ABPP and Heather Fay, MD offered a thorough tag-team presentation which clearly demonstrated a huge base of professional experience with the evolving Energy Therapy field. The day was loaded with frequent hands-on practice of what was being demonstrated, and participants were gratified with ample opportunities to understand first-hand the contexts and variations of the main groups of energy

therapies. Attendees had practice with muscle testing variations (whole arm, finger-and-thumb, etc.) combined with various energy testing procedures and protocols. Psychological reversals were examined both for theory and practical understanding, including techniques for correcting neurological disorganization. The relationship between EFT and acupuncture points was highlighted by an energy balancing exercise led by Dr. Fay. The energy chord concept was explained and practiced prior to the introduction of the TAT technique. The handout materials supported the course very well and one participant summed up the general reaction of the group in simplest terms when she said, “This course was a gift!”

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>Referral</u> |
|--|--------------------------|--------------------|-----------------|
| Hall, Denise #313-3353 Heather St. Vancouver, BC V5Z 3K6 604-437-4588 denehall@shaw.ca | B.A., M.A. Candidate, | Student | No |
| Hu, Bonbon 4994A – 48 th Avenue Delta, BC V4K 1V7 604-946-8555 a smile dental clinic@telus.net | DMD, B.Sc. | Full | No |
| McAdam, Patricia 3141 West 8 th Ave. Vancouver, BC V6K 2C4 604-733-6232 trishkath@shaw.ca | R.N., B.A. | Student | No |
| Reagh, Maggie 204–1565 Barnaby St. Vancouver, BC V6E 1X1 604-505-3390 maggie@yogatherapyvancouver.com | M.A. (Teaching) | Student | No |

*****PLEASE NOTE NEW MEETING LOCATION AND SLIGHT TIME CHANGE*****

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 – Davide Room in Hewitt Building 949 W. 49th Ave., Vancouver, BC (northeast corner of Oak & 49th) |

| <u>DATE</u> | <u>PRESENTER</u> | <u>TOPIC</u> |
|-------------|--|---|
| Jan. 18 | Mavis Lloyd, Ph.D. | Therapeutic Rituals: Passages into New Identities |
| Feb. 15 | Faculty | Review & Practice from Hypnosis Training Workshop |
| Mar. 22 | Gordon Cochrane, Ed.D. & Saul Pilar, M.D. | PTSD & Anaphylactic Shock |