



Canadian
Society of Clinical
BC Division

2036 West 15th Avenue
Vancouver, BC
V6J 2L5

Tel: (604) 688-1714
Fax: (604) 683-6979

ENTRANCING NEWS

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

Email: admin@hypnosis.bc.ca • Website: www.hypnosis.bc.ca

WINTER 06-07

Upcoming Events

Jan 17, 2007
Monthly Mtg.
"Energy Medicine in China"
Heather Fay, MD

Feb 21, 2007
Monthly Mtg.
TBA

Feb 24 & 25, 2007
Two Day Hypnosis Training
Seminar

Mar 21, 2007
Monthly Mtg.
"Review & Practice from
Hypnosis Training Workshop"

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Hypnosis with Children

Presented by Leora Kuttner PhD, Reported by Heather Fay MD

Leora is a pediatric clinical psychologist and professor of pediatrics, UBC at Children's Hospital. Her career prior to clinical psychology was in film making. By combining her expertise in both fields Leora has produced very moving and educational documentaries – 'No Fears No tears' and '13 Years Later' as shown on national television and many short videos of therapy sessions which are excellent teaching tools.

This evening she discussed how working with children, especially pre-schoolers, one must constantly be aware of how they live in present time, have very active imaginations and move easily from fantasy to reality. Their thought processes are fluid, not always rational and can be magical as they create in the moment.

We were shown clips of videos of children with various issues being dealt with, starting with her own son Daniel, age 3, who had decided he no longer wanted to wear diapers at night. This objective was achieved immediately by him having a conversation with his brain – 'the boss' so that it instructed the bladder to hold on 'tight, tight, tight all night, night, night', or, if he really had to go then 'the boss' would awaken him.

Madeline was receiving painful treatments and with setting up the context, acknowledging the 'scary feelings', blending metaphors, using naturalistic hypnosis with short inductions she became so entranced with blowing away the scary feelings with soap bubbles, which she aimed at the doctor, that she hardly noticed the procedure and she agreed that when she blew her whole body felt better.

Benjamin was diagnosed with diabetes soon after his baby brother was born. When in hospital his mother had to leave to feed the baby. Benjamin rejected the mother on her return and through understanding his fear of abandonment, sibling rivalry, his ups and downs with sugar and ketones, Leora and his parents were able to re-establish the bond between Benjamin and his mother. This was done with play, hypnotic fantasy, direct suggestions and reframing the situation where he came to accept that his mother had returned with something he needed so she was actually thinking about him and helping him.

Crystal had recurrent abdominal pain that had been thoroughly checked on a physical level. Leora helped her to initially increase the pain, showing her

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- Cognitive Distortions
- CBT Chart
- Conference Report

how much control she had then helped her to decrease it, being now more able to connect with her body. With hypnotic work she came to realize that the pain was her way of 'being heard' and she gradually realized 'I am a person too and if something is bothering me I can talk about it' thus not needing the pain to be present.

Other cases showed us how being engaged with children is so important: being active, directive, not hesitating to be puzzled, systematic, empowering the child by sometimes giving the patient a 'job' in order to be more involved and therefore focused. If it falls flat then to let it go, do not overwork it.

This was a most educational evening with many gems to be remembered, having been beautifully demonstrated by Leora

These videos are now available from the Society's library.

Monthly Meeting Review - October 18, 2006

The Hypnotic Language Of Ego State Therapy And Cognitive Behavioral Therapy

Presented by James Stabler, MSW, RSW, RCC

Reported by Mavis Lloyd, PhD

In April 2004, James produced an excellent workshop on Ego State Therapy. (As a review of this less complex article, please see the version on our website.) His recent workshop expanded on this theme, emphasizing both hypnotic language and the integration of Cognitive Behavioural Therapy. Because James also produced excellent handouts for participants, these follow so that readers may enjoy much more than my usual synopsis of our meetings.

The Hypnotic Language Of Ego State Therapy and Cognitive Behavioral Therapy

Hypnosis is

1. goal specific
2. suggestion(s)
3. to achieve an altered state of consciousness
4. to bypass the critical brain
5. allowing the subconscious mind to bring about the conditions to achieve the goal requested by the conscious mind.

Ego State Therapy

1. Identify the problem/issue
2. Get agreement that there is an emotional component that is maintaining the problem or issue at an unacceptable level (e.g. allergies, lack of confidence or assertiveness and so forth).
3. Describe the EGS metaphor. You are like a big mirror which represents the adult you that is able to deal with your life effectively.
4. However, we all experience events in our childhood that were hurtful or traumatic. These events are like rocks thrown at our mirror some of which cause a crack, separating part of our selves from the larger mirror. For example, say at 5 your father was in a bad mood and took it out on you and this experience was quite frightening for you. What this may mean for you, as an adult is that occasionally you get

triggered and jump out of the big mirror of you and jump into the 5 year old mirror separated from you by the crack. Naturally, while in the state of the 5 year old your ability to handle the situation at hand is greatly compromised. After the situation has come to an end you jump back into the adult big mirror of you and wonder what just happened.

5. Have you had this experience when you have switched between you adult self and your younger self in certain situations?
6. Ensure acceptance and understanding of the metaphor and ask, "Would you like to remove/reduce the emotional component that maintains your problem/issue"?
7. Obtain yes response and then clearly identify the goal.
8. Proceed with describing ideomotor questioning, yes, no, none of your business fingers. Explain to the client that most of the talking will be done with his/her fingers except for describing the special place that he/she will go in their imagination. Also explain that about 50% of the time the subconscious wants to talk out loud and verbalizing is the same process. It just wants to be heard and as the therapist I respond to requests from your (Client's) unconscious.
9. At this point repeat the goal to ensure commitment and agreement as to the wording so it is congruent for the client.

10. Have the client sit back and relax and take a few deep breaths. That's it, just let go and relax your body and take another deep breath. Is your subconscious, that deep inner mind, that knows all, ready and willing to help you remove/reduce the emotional component that is maintaining the problem/issue and let me know with your yes or no finger.
11. If No finger, ask what (client's) your subconscious or deep inner mind might be willing to do. Open conversation at this point is usually effectively in removing the resistance.
12. Go (client) to special place in your imagination and see the sights, smell the smells, feel the feelings and taste the tastes and hear the sounds. When you are fully there let me know with your yes finger.
13. Yes-have client describe special place and what he/she is feeling. Repeat description and ask the client to let you know with the yes finger when the feeling (e.g. relaxed, content, happy...) is twice as deep as right now.
14. Yes. Question: ask your subconscious mind, the deep inner mind is there a part of you-a younger part or self that may be missing from the special place with you and let me know with your yes or no finger.

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ENTRANCING NEWS

Winter 2006/2007 Issue

Cognitive Distortions

James Stabler, MSW, RSW, RCC - PSYCHOTHERAPIST

3433 Granville Street – Vancouver, B.C., V6H 3K4
Phone 604-742-1923 – Fax 604-731-8022
Email jimstabler@hotmail.com

1. All or nothing thinking: You look at things in absolute, black and white categories.
2. Over Generalization: You view a negative event as a never-ending pattern of defeat.
3. Mental Filter: You dwell on the negatives.
4. Discounting the positives: You insist that your accomplishments or positive qualities don't count.
5. Jumping to conclusions:
 - (A) Mind Reading: you assume that people are reacting negatively to you when there is no definite evidence;
 - (B) Fortune Telling: you arbitrarily predict that things will turn out badly.
6. Magnification of minimization: You blow things way out of proportion or you shrink their importance.
7. Emotional reasoning: You reason from how you feel: I feel like an idiot, so I must really be one.
8. "Should statements": You criticize yourself (or other people) with "should", "oughts", "musts" and "have tos".
9. Labelling: Instead of saying "I made a mistake," you tell yourself, "I'm a jerk," or "a fool," or "a loser".
10. Personalization and blame: You blame your self for something you weren't entirely responsible for, or you blame other people and deny your role in the problem.

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SITUATION → **THOUGHTS** → **EMOTIONS**

Automatic Thoughts (Negative / Self Critical)	Distortions	Rational Responses (Positive Self Defense)



News and Notes

Sunday November 19/06

Dr. Pulos will be speaking on The Biology of Empowerment, for UBC Continuing Education as part of a 1-day workshop.

Where does he find his energy?

On Friday November 24/06, Dr. Pulos will be speaking at yet another 1-day workshop. The topic is Energy Psychology, for the Alberta Psychological Association.

The Hypnotic Language Of Ego State Therapy and Cognitive Behavioral Therapy

...continued from inside cover

15. If no finger (direct client) to go back in time to a memory, an experience that is unlike-the particular feeling in the special place-and when you are there let me know with your yes finger.
16. If yes finger- direct client to go back to that experience that you experienced at the age you experienced it and when you have joined your younger self experiencing the experience let me know with your yes finger.
17. Now help your younger self finish off that experience the way it should have been finished if you were there at the time to help him/her to deal with the experience the way it should have been dealt with at the time. Help your younger self turn the experience into history so it is no longer baggage and when you have done this let me know with your yes finger.
18. Yes-is that younger self younger than five yes or no. No. Is the younger self younger than ten? No. Is she/he ten? Yes. Can that 10 year old join you in your special place? Let me know with your yes or no finger.
19. Yes-when the 10 year old is with you in your special place and is just as-whatever the feeling-as you let me know with your yes finger.
20. Yes. Ask your subconscious mind, the deep inner mind, if there is any other part of you or younger self that may be missing with you and the 10 in that special place right now.
21. If yes repeat steps 16, 17, 18, 19 and 20 until you get a no response.
22. If no finger, proceed to Progression. When you (client) are ready and that 10 year old etc. are ready I want you to go forward in time with the 10 year old etc. a year, a 100 years or maybe a 1000 years. As you go forward in time I want

the two of you to experience similar experiences that you experienced when you were 10 etc. but this time when you experience the experiences they will be like water of a ducks back, easy to deal with and not bother you. When you have finished this future trip let know with your yes finger.

23. Yes. Now return with your 10 year old etc. to your special place and when you are there let me know with your yes finger.
24. Yes. When you are ready and your 10 year old etc. is ready integrate him/her into you, right now, in this time and space (say the actual date 18 Oct 2006). You can put him/her in your heart, abdomen or in every cell of your body, whatever works for the both of you. And as you integrate that 10 year old etc. into you, let him/her know that love him/her and that from now on your around and available for him/her anytime that he/she needs you. When you have done this simply take a deep breath and open your eyes. I will be quiet now, so take your time.

Cognitive Behavioral Therapy Cognitive Restructuring:

1. Begin with education about CBT. Basic premise is that the situation does not cause your negative feelings but rather your interpretation/beliefs about the situation.
2. After this comes the hypnotic suggestive and metaphorical language. You (client) are like that computer. You get up in the morning, your screen lights up and various files pop up with information that tells you, mostly unconsciously, what to do.
3. Depending on the trigger or stimulus certain files pop up on your screen and depending on the information (beliefs) you respond

to the situation effectively or not. The problem with files is that some of the information or instructions that tell you what to do are effective and some are out of date and ineffective. So the trick is for you to upgrade or reprogram your files so that the information, instructions or beliefs enable to respond to effectively to the situation at hand.

4. At this point have the client get pen and paper and do the cognitive restructuring exercises. That is identify the situation, feelings, automatic thoughts, distortions and rational responses.

Behavioral Restructuring or Thinking without Thinking:

1. Changing how you think or you upgrading your file information or beliefs can help you to feel much more positive and to respond effectively. Likewise you can change you ineffective thinking or information without thinking or having to write it out.
2. The body and mind are one but we talk about them as if operate independently. For example, suppose you are walking and a twig is about to hit you in the eye. The Body/Mind automatically closes your eye and only then does your conscious mind become aware of the danger. Similarly have you ever been in a situation where you find yourself getting stressed; you feel hot, heart racing, somewhat edgy and perhaps have a need to go to the washroom more than usual. Finally, you ask yourself what is wrong and you realize there is nothing to fear and you say to yourself calm down, everything is ok. Almost immediately you find your body settling down and you go about your business easily.
3. So you see that there are always thoughts or information being processed all the time with our mind/body. If we had to consciously process all our thoughts or bits of

- information we would be worn out. Fortunately, we can process a great deal of our thoughts/information via the body/mind without being conscious of them.
5. This is particularly true when it comes to dealing with stressful situations. Stress is defined as any change we must adapt to. And since we are adapting to changes all the time we are constantly dealing with the stress of life all the time. The traffic jam, the car that breaks down, falling in love, the day-to-day stuff of life.
 6. There are two ways we can respond to stress, either with stress or relaxation. If we respond with stress we usually make things worse. If we respond with relaxation we usually handle the situation effectively. Our response to stress can be conscious by initiating a coping strategy while faced with the stressful situation. Or our response to stress can be unconscious as the body/mind responds without our awareness. In other words, we can think without thinking.
 7. Learning how to consciously utilize coping strategies to induce the Relaxation Response is a very beneficial skill. However, simply having a coping strategy maintains a state of anticipatory stress/anxiety about the many possible stressful situations. Learning how to unconsciously induce the Relaxation Response removes the anticipatory stress/anxiety and allows you to think or interpret the stressful situation without thinking or interpreting. The body/mind does it for you.
 8. The how of inducing the relaxation response unconsciously is as follows:
 - Do abdominal breathing daily
 - Breathe in for about 4 seconds (do not count)
 - Breathe out for about 4 seconds
 - On the out breath say RELAAAAAX
 - Do this X times a day
 - Do this with neutral events (do not pair it with stressful situations because it will become a conscious coping strategy)
 9. Remember that the relaxation response is two things:
 - Focused awareness
 - Passively accepting your thoughts
 10. NOTE: each time you say relaaax out loud on the out breath you are using hypnosis. The more you do this consciously in neutral situations the more your body/mind will do it for you unconsciously in stressful or anxiety producing situations.
 11. There are many ways to induce the relaxation response. The hypnotic key is to say the word relaaax out loud every time you consciously induce the relaxation response. Gradually, the relaxation response by your body/mind will GENERALIZE to the point that you will become aware that you are employing little if any coping strategies in situations that used to consistently require you to cope.
 12. Other ways to induce the relaxation response with hypnosis are:
 - Progressive Muscle Relaxation-active and passive
 - PMR muscle isolation or whole body
 - Say the word relaaax out loud each time you do PMR
 - Combine PMR with Abdominal Breathing-relaaax
 - Autogenic Relaxation-warm/heavy-learn to do this in neutral situations

Prepared by
James Stabler MSW, RSW, RCC
Cognitive Behavioral Therapist
Stress and Anxiety Management
Tel: 604-742-1923
Cell: 604-671-7867
Email: james.stabler@telus.net
www.anxietyandstresshelp.com

REMINDER TO ALL MEMBERS

Please be reminded to send in your membership renewal forms along with your annual membership dues.

Monthly Meeting Review – November 15, 2006

Peak Performance for Sports & Other Applications

Presented by: Lee Pulos, PhD, ABPP

Due to the severe rainstorm which prevented Mavis attending the meeting, a full report on Lee's presentation is unavailable. During the evening Lee crafted the theories of his topic into a dynamic 'peak performance' presentation. By using case studies from his practice as examples of the successful use of his methods, his audience was able to experience ways of helping clients achieve peak performance in their own and their clients' lives.

N.B. The Executive, especially Mavis, would be very appreciative of anyone who will volunteer to write monthly meeting reports for Entrancing News.

Integrating Hypnosis With Psychotherapy & Behavioural Medicine

Presented by: Dr. Cory Hammond, PhD, ABPH • Reported by Mavis Lloyd, PhD

During Dr. Hammond's day long seminar on October 28 we experienced not only excellent reviews of material we may have utilized less regularly than they were beneficial, but it also gave us new approaches to many aspects of clinical practice. Major topics of focus included providing an eclectic framework for hypnotherapy, ideomotor exploration, plus hypnotic techniques for pain and headache management, the treatment of insomnia, irritable bowel syndrome and PTSD.

Particularly intriguing were Dr. Hammond's demonstrations. For example a new machine for reducing pain was demonstrated and discussed. Bale's Phototonic stimulator uses

infra-red light which, when held on painful areas of the body, diminishes pain in a brief time period. What was also encouraging was the evidence that even after the hand-held 'black box' containing infra-red light beams was removed, improved comfort levels continued to rise over the coming hours.

Other hypnotic demonstrations provided convincing and enjoyable experiences. The efficacy of Deep, Meditative Trance and Prolonged Hypnosis Induction was first discussed, then experienced by all participants at the end of the afternoon. We left, carrying many useful handouts, in a relaxed and refreshed fashion to enjoy our evening.

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: Adler Centre
Suite 230 - 1818 West Broadway,
Vancouver, BC
(Metered Street Parking)

Date	Presenter	Topic
Jan. 17/07	Heather Fay, MD	Energy Medicine In China
Feb. 21/07	TBA	TBA
Mar. 21/07	Faculty	Review & Practice from Hypnosis Training Workshop



Two-day Hypnosis Training Seminar

Many Exciting Topics Including:

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

Date

Saturday & Sunday
February 24 & 25, 2007

Location

UBC Robson Square
800 Robson Street, Vancouver, BC
(HSBC Hall – Room C680)

How To Get There

The Training Workshop will be held at UBC Robson Square, which is located at 800 Robson Street, Vancouver. Drive south on Howe Street (one-way street) and enter Robson Square's underground parkade at Howe at the corner of Nelson Street.