



## Entrancing news summer 2021

### In this issue

President's Letter: (pages 1-2)

Monthly Meeting Reviews:

-Upcoming meetings (page 2)

-February 2021 (pages 3)

Dr. Victor Rausch: Hypnosis and aging – Reversing the clock

-March 2021 (pages 4-5)

Dr. Harry Stefanakis: Activating Client Resources: The Art and Science of Transformation

The Ten Rules of Clinical Hypnosis by: Dr. Lance Rucker (page 6)

Announcements (pages 7)

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### From the President

All of us in the healthcare and counselling professions recognize the pandemic's impact on mental health around the world. All of our clients and patients have been affected, and you most certainly have felt the strain of an increased caseload and the need to adapt to new ways of caring for others.

On behalf of the executive, thank you for the wonderful work you do.

I feel blessed to take on the role of president of our society. I follow in the footsteps of our illustrious past presidents, Harry Stefanakis (who ably led us through our first pandemic year), Lance Rucker (who guided us through a revitalization of the society) and Lee Pulos (who founded the society with Ralph Yorsh in 1961).

Since I became a member in 1998, the society has provided the training, mentorship and collegiality to enhance my care of others with clinical hypnosis and maintain my enthusiasm in practice.

It has been a special honour for me to serve on the board with my respected teachers – who have formed the dedicated foundation of our society since my first workshop: Lance and Bianca Rucker, James Stabler, Leora Kuttner and Saul Pilar (along with Lee Pulos and Mavis Lloyd until their retirements and Heather Fay whom we have missed since her passing in November). The society exists and thrives today because of their commitment and caring.

(President's letter cont'd)

Our executive adapted to the pandemic by continuing our monthly members meetings online through the power of Zoom (and James's technical skills), our members newsletters (edited by Derek Chang) and for the first time both Level I and Level II training workshops online.

I'd like to thank every member of the executive (David, Jack, Derek, James, Harry, Lance, Saul, Leora, Kourosh and Bianca) for ensuring the success of our workshops and the continued work of the society through countless volunteer hours.

Thanks as always to Anneke Rees for her administrative support.

Wishing you continued health and happiness,

Davidicus Wong, MD

President

Canadian Society of Clinical Hypnosis (BC Division)

## Upcoming Monthly Meetings

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Date:	Presenter:	Topic:
Sep 15, 2021	Lorraine Milardo Bennington, M.Ed (Counselling) 1979, Reg. Psychologist	Clinical Hypnosis in the Treatment of Anxiety and Depression: Getting to Root Cause
Oct 20, 2021	Kourosh Edalati, MD	Motivational Interviewing and Hypnosis
Nov 17, 2021	Elaine Drysdale, BA (Psychology), MD, FRCPC (Psychiatry)	Using Hypnosis to Create Hope in Terminal Illness and to Help with the Fear of Dying

## Monthly Meetings Reviews

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### *Hypnosis and aging — Reversing the clock*

*Presented by: Dr. Victor Rausch*

*Reported by: Dr. Lance Rucker*

Dr. Rausch is a Fellow of the American Society of Clinical Hypnosis and a Diplomate of the American Society of Clinical Hypnosis in Dentistry. He is a past member of the American Society of Clinical Hypnosis, the International Society of Clinical Hypnosis and the International Society for the Study of Subtle Energies and Energy Medicine. He has taught and lectured nationally and internationally. He spent two hours by ZOOM with our CSCH (BC) group in a fascinating journey highlighting the evolution of his use of hypnosis in his profession of dentistry and personally.

“In 1978 Dr. Victor Rausch entered a hypnotic trance by focusing on Chopin’s Lush Nocturne in E-flat, as it had been played in the movie The Eddy Duchin Story. Rausch visualized scenes from the movie and wrapped his mind in appealing thoughts. Rausch’s blood pressure and pulse rate remained steady for 75 minutes. During this 75 minutes Rausch was undergoing a gallbladder operation. He had refused anesthetic, and during the surgery, he swears he felt no pain – just a little tugging. He even talked and joked with the surgical team during the procedure. After the surgery, he stood up and walked down the hall, riding the elevator to his hospital room.” — The Healing Power of Hypnosis, by Jean Callahan (1997)

Rausch V, (1980, 2011) Cholecystectomy with Self-Hypnosis. American Journal of Clinical Hypnosis, 22:3. 124-129

Dr. Rausch also discussed with our CSCH (BC) Society members a fascinating research experiment with which he was involved, which had implications for slowing or reversing the biological aging process which was performed some years ago at Sir Wilfrid Laurier University in Waterloo. He discussed the implications of that experiment, the hypnotic induction used, and the energetic components of the induction.

Despite the startling subjective outcomes recorded, no measurable objective evidence could be obtained using the equipment available at that time. However, since then, huge technical advances have been made in gene therapy and epigenetics (<https://www.nia.nih.gov/news/epigenetics-aging-what-bodys-hands-time-tell-us>) as it relates to understanding the mechanisms and factors influencing physiological aging. Dr. Rausch discussed evidence that physiological aging can not only be slowed down but actually reversed ([https://www.researchgate.net/publication/326661462\\_Pilot\\_Study\\_on\\_Epigenetic\\_Response\\_to\\_A\\_Mind-Body\\_Treatment](https://www.researchgate.net/publication/326661462_Pilot_Study_on_Epigenetic_Response_to_A_Mind-Body_Treatment))

## *Activating Client Resources: The Art and Science of Transformation*

*Presented and reported by: Dr. Harry Stefanakis*

In this brief seminar I laid out the premise that often our clients/patients do not lack the skills, motivation, or capacity to make the changes they require but rather that they are in the wrong mind-body state for what they wish to accomplish. One of the functions of clinical hypnosis is to help individuals realize that they have resources of which they may not be aware. When client resources are made visible and brought into the problem/challenge context, individuals experience life affirming change and recognize that they are the agents of that change.

We then proceeded to explore simple ways to activate and re-arrange resources to activate a mind-body state of possibility. We began by exploring simple shifts in body facilitated by inviting clients to find their center. Our first practice involved sitting straight on our sit bones and with their eyes closed creating micro-movements forward and back and side to side until we sense we are in the center. From this posture individuals tend to feel more resourced and empowered and can then look at their challenge from a body-mind perspective that allows more access to psychological and neurological resources. It was noted that the focus in on the sit bones and micro movements can be seen as an induction. An induction was defined as an invitation and an enticement to focus as well as an interpersonal communication signalling readiness to proceed with the agreed upon work.

We then engaged in a group exercise focusing on identifying experiences of confidence and strength and then embodying those experiences. When anchored in the body and attention on the resource is activated, the experience naturally expands. It can then be utilized to address the challenges we face. Below is a summary of the exercise

### 1. Focusing invitation

2. Imagine that you are holding 2 feathers one in each hand. Notice the colour and texture of each. Are they the same or different? In a moment as I count backwards from 10-1, you will release one of these feathers, and I don't know which one but you do... and as the feather slowly floats to the ground with each count you will recall an experience of strength and confidence

10 releasing

9 remembering a time, an experience or a period of time when you felt strong and confident

8 details becoming alive inside of you

7 sights, sounds and sensations

6 feeling the strong and confident now

5 Noticing the sensation in your body

4 the physical center of the confidence and strength

3 Awareness of the colour, or shape or texture, sound vibration of the feeling

2 Connected to the feeling's somatic epicentre

1 that lives inside of you always

3. And remembering that you are holding a second feather and as I count backwards again you will release this feather and through breath and attention expand the feeling of strength and confidence in your being

10 releasing

9 breathing into the physical center of your confidence and strength

8 noticing it expand

7 colour spreading, thickening, energy moving,

6 every cell in your body receiving

5 whole being now

4 feeling strong and confident

3 and expanding further

2 through you and beyond you

1 solid and spacious in your confidence and strength

4. Time progression if appropriate: seeing yourself in the challenge with the fullness of your strength and confidence. How are you different? What do you do or say differently?

5. PHS: Knowing that you can connect with this experience anytime you wish simply through breath and attention you take 3-5 breaths and open your eyes.

Dr. Harry Stefanakis has a PhD in psychology and 25 years of clinical experience. He is the past president of the Canadian Society of Clinical Hypnosis (BC Division) and has been on the teaching faculty of the Society for over 10 years.

His books include [CORE Hypnosis: A Compassion Informed Therapy \(2021\)](#), CORE Living: 8 Choices for Living Well (2017), Through Silence and Ash (2018), and Your Psychological CORE: Primer and Reference Guide (2018).

## *Back to Basics: The Ten Rules of Clinical Hypnosis*

*Written and prepared by: Dr. Lance Rucker*

Rule 1: The Prime Rule	Trust your own subconscious. It has been keeping you going (and taking care of you) for longer than you can remember.
Rule 2: The Contract Rule	Trust your client's subconscious, regardless of who your client is, and regardless of how much or how little your client seems to trust his or her own subconscious.
Rule 3: The Power of Positive Thinking Rule	Keep the messages positive whenever possible.
Rule 4: The "Let It Be" Rule	Keep the messages permissive whenever possible.
Rule 5: The Rule of Radiant Energy	Enjoy your Self.
Rule 6: The Wiretap Rule	Respect the privacy of your clients. Because clinical hypnosis provides a venue in which otherwise guarded information might be allowed for disclosure, this issue relates to professional mandate. With respect for the client's privacy, this rule has implications well beyond merely keeping in confidence information which has been appropriately offered by the client.
Rule 7: The "You Get What You Ask For" Rule	An honest request gets an honest response. If you want it, ask for it. If it is important, it will be delivered.
Rule 8: The Insurance Rule	The Inner Mind is very forgiving. This is fortunate. Otherwise, the practice of clinical hypnosis would be even more humbling than it is already.
Rule 9: The "Who is In Charge" Rule	All hypnosis is self-hypnosis.
Rule 10: The "Let Go" Rule	Be prepared to abandon all rules, including these. This rule is a requisite gateway along the passage to mastery in any discipline. It seems especially dramatic when applied to clinical hypnosis.

## Announcement

### Update your BC Hypnosis Professionals Referral Directory

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If your practice or contact information has changed, we invite you to email the updates to the society: [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca).

### Book release

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Our past president, Dr. Harry Stefanakis, just released his new book!

(Please see the press release below)

Canadian Society of Clinical Hypnosis (BC Division)

#400 - 601 West Broadway, Vancouver, BC V5Z 4C2

Phone: (604) 868 5910

[www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)    [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca)



# CORE Hypnosis

*A Compassion Informed Therapy*

Harry Stefanakis, PhD



## CORE Hypnosis

A Compassion Informed Therapy

by [Dr. Harry Stefanakis](#)

CORE Hypnosis introduces a compassion-informed model for clinical hypnosis that is informative for both beginners and seasoned health professionals. The author's accumulated wisdom is integrated with the latest research on the embodied-relational mind creating an innovative exploration of clinical hypnosis. Readers will enjoy and benefit from the many real-life cases that demonstrate the movement of change through the four parts of CORE: centering, opening, releasing, and extending. The book travels through the standard topics of clinical hypnosis, while expanding the typical discourse with compassion-focused ideas. CORE Hypnosis provides a compelling case for the use of compassion-informed clinical hypnosis across a broad range of presenting issues.

[www.drharrystefanakis.com](http://www.drharrystefanakis.com)

*"Written with sensitivity, care, and gentleness, CORE Hypnosis is a creative, compassion informed model for utilizing the skills of clinical hypnosis. This book is a well referenced up to date integration of embodied mind, relational science, and therapeutic principles. It can easily be the foundation for teaching clinical hypnosis, with many examples of how to identify strategies for your adult clients. A great addition to your clinical library."*

—Dr. Julie Linden, Psychologist, Past President: International Society of Hypnosis and American Society of Clinical Hypnosis.



Dr. Harry Stefanakis has a PhD in psychology and 25 years of clinical experience. He is the past president of the Canadian Society of Clinical Hypnosis (BC Division) and has been on the teaching faculty of the Society for over 10 years. As a psychologist in private practice he works with individuals and organizations with varied presenting concerns and provides supervision on the use of clinical hypnosis and compassion-informed interventions. He has been privileged to teach in many different cultures and countries over the past 25 years, while also developing the CORE psychology framework. Dr. Stefanakis lives in Vancouver, BC, with his wife and their young son.

His previous books include CORE Living: 8 Choices for Living Well (2017), Through Silence and Ash (2018), and Your Psychological CORE: Primer and Reference Guide (2018).

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