



Entrancing news winter 2021

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From the President

Hello friends and colleagues,

We are now one year into a pandemic that has no doubt changed all of our lives in dramatic ways. Our work too has been transformed with most of us doing much of our work via telehealth. We have learned, adapted, and persevered. I want to acknowledge the heroic work each of you are doing in helping people through this challenging time. Thank you for your work. Thank you for your support of this association.

I would also like to acknowledge the board of directors of the CSCH. Many thanks for the diligent work you have put in to keep the society going. Although we needed to cancel our Fall workshop, our Wednesday night monthly rounds have been successfully conducted on Zoom now for nine months and attendance has never been better. We are currently exploring new formats for the Spring Training and by the time this letter is published you will likely have received an update.

There has also been some very sad news to report. We lost two icons of the hypnosis world in 2020. The loss of Ernest Rossi is felt throughout the hypnosis world. He was a revolutionary thinker. We in BC are also mourning the loss of Dr. Heather Fay a long-time board and faculty member whose contributions to the furtherment of clinical hypnosis in BC is profound. If you have taken training in BC through the CSCH over the last few

(Continued on page 2)



Dr. Fay

(President's letter cont'd)

decades, then at one time or another you have been taught by Dr. Fay. To Heather and Ernest as you move on:

May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
and rains fall soft upon your fields.
And until we meet again...

The year ended with some good news as well. There is light at the end of the COVID tunnel. There are currently two vaccines that have been approved in Canada and by the Fall of 2021 we will likely have turned the corner on the pandemic. This still requires many more months of perseverance, adaptation, and uncertainty. We also know that the effects of the pandemic and the virus itself will likely linger for much longer. *Please take care of yourselves and each other.*



Erickson and Rossi

In my Wednesday night talk on poetry and hypnosis (see page 5 below), I shared an exercise I created using the poetic form of the couplet. I offer a version of it below in hopes that it is helpful to you. Before beginning, take a moment to center yourself in your heart and identify one desire for 2021.

Wishing you and your families health and safety.

Warm regards,
Harry Stefanakis, Ph.D. R. Psych. CSCH (BC) President

Monthly Meetings Reviews:

Sounds, Music, Hypnosis: Non verbal trance and combination of verbal and non-verbal

Presented and reported by: Dr. Saul Pilar

- **Objective:** Sounds and Music can enhance or undermine Hypnotic Trance Experience. with examples for clinical use and learning a simple setup
- **Conflict of Interest:** None
- **Sources and Reference:** Generally accepted knowledge. Compiled by Dr. S. Pilar, personal experiences, observations and conclusions

Sounds:

Nature vs. human made

- Audio Rorschach test . Projecting our own meaning on sound, image, touch,
- Perception of sound: vocal, non-verbal,
 - Development: Fetal, infant, child, adult
- Fetal hearing 3rd/3 What sounds? Stethoscope sounds. Same as an adult diver or having a head immersed in a pool or a bathtub. Placental circulation of hormones- sounds and maternal emotion connection The infant will recognize maternal voice after being primed in utero. Lullaby.
- Music is processed globally in the brain, increasing oxytocin, dopamine, stimulates memory and state dependent memory,
- Nature Sound sample: thunder, wind, crickets, bird songs, surf
- List of sound apps, (for iOS, iPhone, Android):
 - Zensong, Calm, Mind Shift, Meditopia, Pure Nature 3D, Audiojoy, RelaxMelodies
- Safe sounds vs. dangerous sounds Gaming sounds, music: fast and crashing hi frequency speed and tone, or scary slow and low frequency tones
- Music:
 - *Muzak* (since 1930's) — now renamed *Mood*. Vivek Abhishek score composer. Brian Eno Ambient music.
 - *Score, a film music documentary*, 2016. highly recommended educational and entertaining

- Natural rhythms (mimic the regular physical activity, walk, march, repetitive action, rowing, heart beat)
- Beat (Safety = Steady beat, repetition vs. irregularity and surprise)
- 3 per measure- 3/4 psychological effect (not a primary physical activity), magic of waltz
- American US (rhythm simplicity) Fearless Love-Bonnie Rait, Sacred Love-Sting,
- vs. Latino (rhythm complexity) Carito-Carlos Vives, Arrimate paca-Eliades Ochoa,
- Music can be culturally specific, for example a wedding march, graduation march funeral music Avinu malkeinu, Col nidre
 - but for those not familiar with the connection it may sound like artistic piece only.
- New age and electronic music. Cheeper to make. Very variable quality and effect
- Canadian Association of Musical Therapists, CAMC, certified, Capilano University Bachelor degree

Music therapy individual or group: listening, playing music (tactile vibration connection, (Dame Evelyn Glennie) warming up, repetition several times, singing, movement/dancing (automatic)

Examples:

-Shamanic Dream-Anugama, The Longing-Constance Denby, Moonlight Sonata-Beethoven, Canon in D-Pachabel, Kyrie Fons Bonitatis

-Time to say good bye-Brightman and Bocelli, Hello-Adele

Monday Morning Stuff

Presented by: Dr. Gabor Filo

Reported by: Dr. Lance Rucker

Monday Morning Stuff was presented by Dr. Gabor Filo, a practicing dentist in Hamilton, Ontario. The presentation focused on professional practice management considerations for incorporating hypnosis successfully into clinical work. While the presentation was intended for all clinicians , many of the issues addressed by Dr. Filo focused on practical matters related to integration of clinical hypnosis into dental private office clinical routines.

The session was presented via ZOOM from Ontario, and 18 CSCH (BC) professional society members attended, including seven dentists.

While our B.C. Society has done much to enhance understanding of the value and integration of indirect hypnotic techniques (which we often group as indirect, oblique, and continuum inductions), the economic and ethical issues Gabor raised in his presentation were especially on target

to stimulate the B.C. CSCH group with discussions extending beyond our usual zones of hypnotic technique and applications with practice sessions. Gabor directly addressed a variety of rapid induction techniques, and a lively discussion followed.

Poetry and Hypnosis: Language in the Fractures of Life

Presented and reported by: Dr. Harry Stefanakis

Poetry is a form of communication that uses language to go beyond language. Poetry is metaphorical in such a way that it marks the before apprehended relation of things and experiences (Shelley cited in Bien, 1974). In this way, it targets not only the brain but the heart; not only the conscious, but also the subconscious. For many, poetry is an attempt to say the unsayable and some poems “are able to speak to something universal yet personal and distinct at the same time; to create a door through which others can walk into what previously seemed unobtainable” (Whyte, 2019). This helps heal the fragmentation people feel within themselves and between themselves and others. This type of healing is a kind of kintsugi. Kintsugi is a Japanese technique for repairing pottery such that breaks are made visible through a gold-infused enamel used to connect the broken pieces. Poems are words that live in and mend the fractures of people’s lives. Thus, the wholeness invited and facilitated is not flawless but, rather, poems include our suffering even as they invite us to transcend our fragmented experiences. This is identical to how we attempt to use language and what we attempt to accomplish in clinical hypnosis.

The use of poetry can activate memory, insight, and emotions in the reader/listener (O’Sullivan et al., 2015) and, indeed, emotional activation is seen as one of the most important functions of poetry (Nims & Mason, 2004). Many individuals, even those not accustomed to reading or listening to poetry, respond to the emotional impact of poems (Wassiliwizky, et al 2017). The deep emotional resonance of poetry allows people to feel interconnected (Hirschfield, 2018; Raab, 2019) and thereby impacting physical and psychological functioning. A recent research study has demonstrated that reading and listening to poetry can decrease pain and depression while increasing hope (Arruda, Garcia, & Garcia, 2016). Another study linked poetry with improvements in quality of life for cancer patients (Gozashti et al., 2017).

Poetry, therefore, can be incorporated into clinical conversations, both in hypnotic communication and as hypnotic communication. The importance of language and nonverbal expression in poetry, with special emphasis on metaphor, surprise, repetition, tone, resonance, and both direct and indirect communication, overlaps with clinical hypnosis. The metaphors, images, and sounds of communication in both poetry and clinical hypnosis activate both passion (energy) and compassion (connection). Thus, our

participation in a shared whole is not only made visible but is also somatically felt, thereby opening the mind-body state. In such open mind-body states, clients are more receptive to suggestions that invite resources and life-affirming action.

When using poetry in clinical interventions, my goal is to activate openness and emotion within the window of tolerance of the client. Like stories, the indirect nature of poetry reduces experiences of threat and resistance. The repetition of words or rhythmic sounds captures the listener's attention and allows the suggestions made in poems (or after poems are read) to be processed with less mental effort.

Take, for example, the new poetic form of the duplex by Pulitzer Prize winner Jericho Brown (2020). The duplex uses couplets of two distinct lines. The second line is represented in the next couplet and a new line is added. This is repeated until there are seven couplets, typically of nine to eleven syllables. This style creates repetition and musicality that is highly engaging. When incorporating this form into induction or treatment suggestions, I do not feel compelled to be exact in the use of the number of couplets or syllables. Notice how the following portion of an induction can still be compelling through the rhythm created by the duplex couplets, regardless of the number of syllables in each line.

When you are ready to begin
You can close your eyes

closing your eyes
notice yourself relaxing

Relaxing in mind and body
With each breath you take

With each breath you take
Choosing to go further and deeper

Further and deeper relaxing into
an optimal state of consciousness

Optimal consciousness for right now
Feeling safe, secure and open

Feeling Secure and Open to experiences
That are for your own well-being
Your own well-being in focus
Ready to take a healing journey

Your healing journey today
Takes you to a beautiful beach

Approaching this beautiful beach
You step on to the white sand

the white sand is warm and soft
and you feel these sensations in your feet

enjoying these warm and soft sensations
you listen to the sounds of ocean

the sound of the ocean guides your feet
as you feel the warm sun on your skin

with the sun warming your skin
you can feel a light refreshing breeze

through the refreshing ocean breeze
you notice the smell of the salty sea air

the salty air guides your eyes
to the sand now moist and firm beneath your feet

the sand now firm beneath your feet
on the shoreline where sand and ocean meet

where the sand and ocean meet
you can see the waves come and go

as the waves come and go
you notice treasures on the sandy floor

the sand floor filled with shells and wood
and some driftwood catches your eye

the driftwood now in hand
you use it to write on the sand

writing your desire on the sand
as the waves play upon your feet

the waves coming in and out
take your desire out to sea

drawn to the vastness of the sea
to the horizon where sky and ocean meet

watching the infinite horizon here and now
feeling that spaciousness inside yourself

feeling spaciousness in yourself
you absorb the following truths

Right now, you sense that you are without beginning or end

Right now, you are free from all concerns

Right now, you can just breathe

Right now, you are loved.

Right now, you are safe.

It is not possible, in this article, to share the poems that I use in clinical work or all the poems that may be powerful in interventions. I encourage you to explore poetry, in life and in clinical work. Lines that inspire you may be effectively placed inside trance pieces or clinical dialogue. After all, many of these poems have demonstrated clear resonance to people and have stood the test of time.

I will end with one of my favourite poems by Greek poet Yiannis Ritsos (1909–1990) that, I believe, poetically summarizes the key themes of my presentation. It is entitled “The Meaning of Simplicity”:

Behind simple things I hide, so you'll find me
If you don't find me, you'll find the things
Your hands will hold what mine have held
they will blend, the traces of our hands

The August moon shines in the kitchen
like a tin-plated pot
(it becomes like this because of what I'm telling you)

It lights up the empty house with its kneeling silence
the silence remains, always kneeling
Every word is a pathway
to an encounter, one routinely missed
and that is when a word is true,
when it compels the encounter

REFERENCES

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Bien, P. (1974). Introduction. In Ritsos, Y., Yannis Ritsos: Selected poems (N. Stangos, Trans.). Penguin Books.

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Hirschfield, J. (2018). Poetry, Permeability, and Healing. *American Poets* (Spring-Summer Issue). <https://poets.org/american-poets-magazine/table-contents-spring-summer-2018>.

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The duplex poem style visualization: https://www.youtube.com/watch?v=zvU7Z8w_OL4

Announcement

Membership Renewals for 2021

If you haven't done so, it's that time of year again for you to renew your membership to take advantage of monthly events, discounts to workshops and seminars, and to have your profile listed on our website.

Please visit our website to renew your CSCH membership for 2021.

2021 Clinical Skills for Health Professionals Workshops

Fundamentals, Level 1: May1 & 2, 2021

Fundamentals, Level 2: April 10, 11 & 17, 2021

(See below for more details)

Canadian Society of Clinical Hypnosis (BC Division)

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

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CLINICAL HYPNOSIS SKILLS FOR HEALTH PROFESSIONALS

FUNDAMENTALS, LEVEL 1

May 1 & 2, 2021
Vancouver, BC

This practical and experiential workshop will provide practical training in the fundamental components of clinical hypnosis for clinicians new to hypnosis as well as those wishing a refresher. Demonstrations and practice sessions will provide sufficient training for those who wish to integrate hypnosis into their therapeutic skills.

With expert instruction and supervised practice, you will master several hypnotic induction techniques and learn how to skilfully use language, dissociation, multisensory imagery and suggestion to foster rapport and engage your patients or clients in achieving their goals.

By the end of this workshop, you will have gained a solid understanding of the fundamentals of clinical hypnosis and be able to use hypnosis to enhance your clinical work.

The format for this LEVEL 1 workshop is ZOOM access to:

Part 1 (mandatory): Pre-recorded videos sent to registered participants to be viewed prior to the first day of instruction;

Part 2 (mandatory): Saturday May 1 from 9am to 1pm

Part 3 (mandatory): Sunday May 2 from 9am to 1pm

Part 4 (recommended): A follow-up evening session tbd

Eligibility: Open to members (and full-time students) of regulated health professions including physicians, nurses, naturopaths, dentists, psychologists, marriage & family therapists, registered clinical counsellors, social workers, chiropractors, massage therapists, and physiotherapists.

Fees:

CSCH Member	\$230 (Early-Bird)	\$265 (after April 1st)
Non-Member	\$295 (Early-Bird)	\$330 (after April 1st)
Full-Time Student	\$165 (Early-Bird)	\$165 (after April 1st)

PAYMENT:

By e-transfer or credit card.

FACULTY:

Davidicus Wong, MD, Family Physician

Derek Chang, MD

Harry Stefanakis, PhD, Psychologist

James Stabler, MSW, RCC, Cognitive Behavioural Therapist

Lance Rucker, DDS, Professor Emeritus, UBC Dentistry

Bianca Rucker, RN, PhD, Marriage & Family Therapist

Saul Pilar, MD, General Practitioner

Leora Kuttner, Ph.D. Clinical Psychologist & Clinical Professor of Pediatrics UBC & BC Children's Hospital

Kouros Edalati, MD, FRCPC, Psychiatrist, Director of the Elumind Centre for Brain Excellence

David Bowler, MBChB, CCFP, CAFCI, PgCPain, Family Physician with Focused Practice in Pain Management and Clinical Hypnosis

REGISTRATION:

Opening soon

CLINICAL HYPNOSIS SKILLS FOR HEALTH PROFESSIONALS

FUNDAMENTALS, LEVEL 2

April 10, 11 & 17, 2021
Vancouver, BC

This workshop will provide more experienced professionals with training and practice in advanced techniques and in the application of hypnosis to specific areas of practice.

Throughout the training we will deepen the following clinical hypnosis skills: building rapport and cultivating resonance with patients' rhythms; utilizing novelty and evoking emotions; disrupting patterns and perceptions that are stuck or maladaptive; and re-arranging resources to support adaptive changes. Specialized topics will include the influence and application of Ernest Rossi's work on clinical hypnosis and working with teenagers.

Demonstrations and practice sessions will provide sufficient training for those who wish to integrate hypnosis into their therapeutic skills.

The format for this LEVEL 2 workshop is ZOOM access to:

Part 1 (mandatory): Pre-recorded videos sent to registered participants to be viewed prior to the first day of instruction;

Part 2 (mandatory): Saturday April 10 from 9am to 1pm

Part 3 (mandatory): Sunday April 11 from 9am to 1pm

Part 4 (mandatory): Saturday April 17 from 9am to 1pm

Part 5 (recommended): A follow-up evening session tbd

Eligibility: Open to members (and full-time students) of regulated health professions including physicians, nurses, naturopaths, dentists, psychologists, marriage & family therapists, registered clinical counsellors, social workers, chiropractors, massage therapists, and physiotherapists.

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REGISTRATION:

(coming soon)