



## Entrancing News Summer 2022

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### From the President

We recently celebrated the professional retirements of two of our executive board members: Saul Pillar and Leora Kuttner. Although they have retired from clinical practice, they continue to be active members of the board and are continuing their many years of supporting our society through outstanding leadership and inspiring teaching.

Our virtual monthly meetings continue to be exceptionally well attended. They provide an accessible medium for collegial connection and mutual professional support for our members.

We've been very successful in the delivery of our virtual clinical hypnosis training workshops. On February 5th and 6th, 2022 we again taught Level 1 as a two-day virtual workshop with positive feedback from our participants. On April 30th and May 1st, the faculty presented a new virtual Level 2 workshop with all new topics based on feedback from you - our members. The entire workshop received very positive feedback from participants.

On October 22nd, 2022, we look forward to a special online workshop with Stephen Lankton, an accomplished clinical hypnotist and teacher, who studied with Milton Erickson.

On February 25th, 2023, Dr. Mark Jensen will present a live workshop in Vancouver. He is a world renowned expert on the topic, "Hypnosis for Chronic Pain Management." His book, Hypnosis for Chronic Pain

(President's letter cont'd)

Management: Therapist Guide won the 2011 Society of Clinical and Experimental Hypnosis Arthur Shapiro Award for Best Book on Hypnosis. Having read Dr. Jensen's practical and evidence-based text book, I look forward to this rare opportunity to learn from such an experienced clinician.

Summer is a welcomed opportunity for each of us to relax and reflect. In our recent Level 2 Workshop, I presented a practical session on using hypnosis to enhance mindfulness. In this newsletter, we've included the ocean induction I introduced at the workshop.

On behalf of your board members, I thank you for your active participation in our society and the compassionate care you provide your clients and patients.

Davidicus Wong, MD

President

Canadian Society of Clinical Hypnosis (BC Division)

### **An Ocean Induction by Davidicus Wong, MD**

*For this induction, I'd like to take you to my favourite place – a warm sandy beach in Waikiki (for a quick vacation – This one time, you don't have to do a rapid test before you go).*

*Hawaii is a place my family loves to go – to picnic together, play in the water, swim, read and meditate. Some of my most inspirational ideas arose while sitting on this beach.*

*My family has been in Vancouver for three generations (My grandfather landed in Victoria in 1890) but I feel at home in Hawaii; everyone treats me like I was born there and only speaks English to me – just as Vancouver should be . . . but isn't.*

So . . . make yourself comfortable . . . knowing that you are free to shift and move at any time . . for your own comfort.

I invite you to turn your attention to your breath . . . Take an easy breath in . . . and allow your eyes to close.

And as you naturally breathe in and out, shift your attention to the sensations you feel . . .

And with each breath in . . . breathe in relaxation.

And with each breath out . . . breathe out all tension from your body and mind. Enjoy the soothing waves of relaxation – like the warm, gentle waves on the surface of the ocean – allowing all tension in your body to float away, breath by breath, wave by wave.

Gentle waves of relaxation, from the top of your head and across your face, soothing your neck and shoulders, your back and chest. And as your belly rises and falls like a wave with each breath, every part of your body relaxes down your hips and legs, right down to your toes.

And allow those waves of calm to clear your mind with each breath in and out. That's right.

Clear and focused . . . at ease.

And as I count from 5 to 1, allow yourself to become even more at ease and more absorbed, soaking in those waves of peace.

5 . . . more deeply at ease

4 . . . more focused and clear

3 . . . connecting to the depths within your mind of which you were unaware

2 . . . engaging the power of your imagination

1 . . . ready to begin

I invite you to feel yourself sitting on this tropical beach and allow yourself to bask in the pleasant sensations: the warmth of the sun, the soothing breeze. What other sensations do you enjoy as you rest on this sandy shore?

Attend to the sounds around you. Do you hear the waves washing upon the shore? Rhythmic . . . just like the breath. Do you notice that the sound of these waves washing upon the shore, infinitely overlap? You hear wave over wave over wave. Another arises, even before another ends.

Life is like this ocean. And if the waves of this ocean had a consciousness like ours, I wonder if a single wave approaching the shore would be worried and frightened with at the prospect of its end – not knowing that it is water and that a single wave is just a transient everchanging aspect of the ocean.

We know that life began in the ocean and that 60% of your body is water. That water is not to keep to yourself – it doesn't belong to you. It's just part of the water cycle – that becomes the ocean, clouds, snow and rain.

And your body is everchanging, every atom and every molecule replaced and shared with ever other living thing. And I wonder with your next sip of water or whenever you're caught in the rain, you will remember that you are more than you think you are: you are connected with all life and the whole world.

Sitting along the shore of this peaceful tropical beach, what do you see?

As you gaze across the horizon, you see the vast surface of the ocean. The beautiful colours are in part the reflection of that blue, blue sky above combined with the richness beneath the surface.

And if you remember visiting the aquarium or if you have ever gone snorkeling, you know that there is a whole wondrous world beneath the surface of the ocean. In your mind's eye, can you see the teeming schools of fish? Be delighted by their colour and grace.

The life of the sea is like the thoughts that come and go from the depths of your mind. They enter the field of your awareness.

Some are curious – like the great sea turtle. Some are startling like an eel. But most are just little fish that we can follow for a distance . . . or we can just let them swim away.

I wonder if the next time you are carried away with a certain thought or feeling, you will remember that you are like the ocean and you can let those thoughts just swim or float away.

Time seems to stand still on this beach, and you know that you can return to this oasis whenever you wish using the power of your imagination and the soothing waves of your breath.

And with that next sip of water . . . or drop of rain, you will remember that you are more than you thought you were and you are connected to the whole.

And when you notice that you are carried away by a thought or feeling, you will remember that your mind is like the ocean and you can let them float away.

In a moment, I will count from one to five, as you prepare your return to normal awareness and attention.

1. Feeling yourself in your chair
2. Your feet on the floor
3. Preparing to open your eyes
4. Take a deep easy breath, and
5. Eyes open and fully alert

## Monthly Meetings Reviews

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### *Mindfulness and Hypnosis*

*Presented and reported by: Dr. Davidicus Wong*

In this session, I provided an overview of the value and practice of mindfulness both as a skill to teach our patients and clients and as a daily practice for our personal and professional wellbeing.

I compared and contrasted mindfulness and hypnosis, beginning with their common features: 1. Focused attention and absorption and 2. Dissociation and Association.

We went on to discuss their differences. With respect to attention to the breath, in hypnosis, we provide direction (i.e. slow deep breathing) and suggestions (i.e. feeling more relaxed, going deeper, becoming more absorbed with each breath). With pure mindfulness (Vipassana or insight meditation), we do not control the breath but simply experience the sensations of inspiration and expiration – either fast or slow, shallow or deep – without trying to control it. I noted that in many guided mindfulness meditations (GMV), Tara Brach and others are not following Vipassana practice and actually provide direction on controlling the breath and provide suggestions. They are actually applying hypnotic processes without specifically stating so.

With respect to attention to other physical sensations, feelings (emotions) and thoughts, with mindfulness, we observe and note these experiences without identifying with them and without reacting to them (without aversion or clinging).

With respect to the focused, absorbed state, with clinical hypnosis, we provide specific suggestions to change behaviour, feelings and perspectives. With pure Vipassana practice, the goal is ultimate spiritual awakening: realization of non-self and identification with the unconditioned.

Both mindfulness and clinical hypnosis can transform our experience of life.

Hypnosis can enhance mindfulness by enhancing the focused, absorbed state with the use of metaphors (i.e. mountain and clouds) and suggestions to expand the sense of self. We can use hypnosis to visualize the desirable perspectives of unconditional love, equanimity, compassion and joy or awe. Post-hypnotic suggestions can create daily habits of mindfulness.

*Zoomnosis Revisited – A review of using clinical hypnosis online, including demonstrations of some suitable inductions for online work*

*Presented and reported by: Dr. David Bowler*

More than two years into the pandemic many people have become used to virtual interactions. Clinicians who already incorporate hypnosis into their practices and provide virtual care for counselling may be wondering about offering hypnosis online or may have already done so. There is no doubt some of the niceties and nuances of communication are lost in a virtual environment but travel restrictions, physical distancing, and mandatory masking in clinical settings have already eliminated some of the distinctive advantages of real-live human contact with clients in your office. Some clinicians now offer both in-person and online therapy and others have opted to work exclusively online.

This workshop described the opportunities, advantages, and challenges of providing clinical hypnosis safely and effectively in a Telehealth setting. Several suitable online hypnosis inductions were demonstrated with workshop volunteers.

Incorporating clinical hypnosis via Telehealth increases the flexibility of menu options a provider can offer, reaches a wider potential clientele, and complies with physical distancing restrictions. It is convenient for both parties, with potential cost-savings in terms of travel, parking, and office-overhead. No masks are required allowing for better calibration of facial expressions compared to a masked face, although not as easy as in-person without a mask.

What your client needs to know beforehand

Online hypnosis can be as effective as hypnosis in the office.

You will need a comfortable stable supportive chair.

You need privacy and to avoid having pets and family/friends interrupting.

You need a good internet connection.

You cannot get stuck in hypnosis. If for any reason the Internet connection is lost for more than 2 minutes you will emerge from hypnosis feeling rested and relaxed. We can then easily pick up from where we left off when connection is resumed.

Your computer or tablet needs to be stationary on a stable surface to allow your hands to be free.

An alternative way of communicating is needed (landline or cellphone) that can be called if connection is lost.

Challenges include:

Technical issues with internet connections, audio and video equipment

More difficult calibration if visibility is poor

Reduced choices for ideomotor signals

Potential for emotional distress at a distance – know how to forestall or deal with abreactions

Privacy concerns need to be addressed as part of informed consent

Some inductions, such as those involving touch, cannot be used

Payment processing needs to be set up

Client/patient posture – best sitting supported – avoid recumbent positions (more difficult to calibrate and more likely to fall asleep).

Pre-frame that the patient/client will remain seated safely and avoid shock inductions that might result in them falling. Safety first!

Inductions:

Ericksonian conversational techniques can obviate the need for formal inductions

For repeat sessions previously installed post-hypnotic suggestions can facilitate rapid hypnosis onset

Any progressive relaxation induction can be used

Revivification using favourite place imagery provides an enjoyable entry to hypnosis

Most inductions that do not involve touch can be creatively adapted for online use, provided one can calibrate visually and audibly

A good internet connection, optimizing audio and video, adjusting camera to allow good visibility for calibration, and a reassuring pre-talk, reinforced with appropriate suggestions, can all increase the likelihood of success.

*The Many Forms of “The Magic Glove”*

*Presented and reported by: Dr. Leora Kuttner*

Glove anesthesia, a hypo-analgesic technique has a long tradition with adults used primarily to reduce or suppress pain during medical procedures. Adapted approx. 45 years ago to the paediatric population, it became the child-friendly “The Magic Glove”. Combining repeated strokes on the back of the hand, together with specific hypnotic suggestions for sensory changes, comfort and curiosity, this technique is designed to diminish pain and anxiety —both anticipatory and procedural.

The Magic Glove became widely used during the 1980s for oncology treatments that require many needle procedures. Young cancer patients were trained to use the Magic Glove during IV access, chemotherapy, Port or Hickman Line access. Parents — their child’s best ally,—were empowered to use the Magic Glove with their child, as documented in the pioneering film “No Fears, No Tears: Children with cancer coping with pain”. Recently, with the development of immunizations for the Flu, and then Covid, the Magic Glove was adapted for IM injections.

A number of video demonstrations were shown of how to apply this technique across different ages and across different medical and dental situations. For practice, we focused on 3 forms, IV access on the back of the hand; cubital access for bloodwork; and IM injections on the deltoid muscle and discussed the nuances of the physical and language skills to ensure effective change.

Here is the link for the 10 mins demonstration on using The magic Glove with needle-phobic 9 year old Jazze, who suffers from Juvenile Rheumatoid Arthritis.

The Magic Glove – Public youtube availability

[http://www.youtube.com/watch?v=cyApK8Z\\_SQQ](http://www.youtube.com/watch?v=cyApK8Z_SQQ)



# Announcement

## 2022 fall workshop

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October 22, 2022, 9am to 2pm by Zoom

Four Fundamental Interventions: The Ericksonian Approach to Hypnosis and Therapy

By Stephen Lankton, MSW, DAHB, FASCH

### Description

Milton Erickson wrote extensively about the major aspects of his approach to both hypnotic induction and psychotherapy. He wrote, "Depotentiating the limitation of the individual's usual patterns of awareness thus open up the possibility that new combinations of associations and mental skill may be evolved for creative problem solving within the individual.

This workshop explores, explains, and demonstrates four intervention strategies or techniques that Erickson outlined as hallmarks of his approach. These include speaking the client's language, utilization, conscious/unconscious inductions, and indirect suggestions and binds. Speaking the client's language and utilization help build rapport, while conscious / unconscious inductions, and indirect suggestions and binds facilitate depotentiating the conscious mind and retrieving and re-associating experiential resources. Several methods for creating these interventions will be explained and practiced by participants including 5 forms of suggestions and 3 forms of binds.

### Biography

Stephen Lankton is a licensed Clinical Social Worker in Phoenix, Arizona who studied with Milton H. Erickson in Phoenix from 1976-1979. Since 2005, he has been Editor-in-Chief of the American Journal of Clinical Hypnosis, and is a Fellow and Approved Consultant with the American Society of Clinical Hypnosis.

He has received a number of awards: "Lifetime Achievement Award for outstanding contribution to the field of psychotherapy" (Milton H. Erickson Foundation), "Lifetime Achievement Award for Contributions to The Field of Hypnosis" (American Society of Clinical Hypnosis) and "Irving Selter Award for the Advancement of Clinical Hypnosis."

He began practicing psychotherapy in 1974 and has trained therapists since 1979. He currently holds a Diplomate in Clinical Hypnosis and is President Emeritus of the American Hypnosis Board for Clinical Social Work.

He is the author or editor of 19 clinical books (including the 10-volume Ericksonian Monograph Series) with translations in 6 languages and more than 45 chapters and peer-reviewed articles in professional publications.

Stephen is currently faculty at the Milton Erickson Foundation, Intensive Training Programs.

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