



Entrancing News Winter 2022

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From the President

This newsletter comes with sincere wishes from the Executive for a healthy and happy New Year and a thank you for your dedicated work in helping your clients and patients.

2021 was another difficult pandemic year. You have risen to the challenge, adapted your practice and made a positive difference in the lives of others.

Your Society has also thrived, adapting to the everchanging challenges of COVID-19 and succeeded in meeting the needs of our members.

Our now virtual monthly meetings have all been exceptionally well attended – in fact, exceeding the attendance of our pre-pandemic meetings. Part of this is the power of Zoom to eliminate physical barriers. They have also met our need for personal and professional connection in our shared passion for helping those we serve with clinical hypnosis.

We've been very successful in the delivery of our virtual clinical hypnosis training workshops. In 2021, both of our spring Level 1 and Level 2 workshops received outstanding feedback from participants. The use of Zoom breakout rooms allowed an even greater level of faculty supervision for our practice sessions. I thank each of our executive who generously contributed their time and expertise to make this possible.

(President's letter cont'd)

For the first time, we introduced a fall Level 2 workshop with all new content to meet the enthusiasm and needs of those who had recently completed Level 1 as well as our more experienced colleagues.

In 2021, we welcomed 11 new members to the Society:

Aarushi Shory, Erik Bisanz, Jillian Lin, Laura Walzak, Catherine Prendeville, Denise Hall, Mona Maleki, Sebastian di Cesare, Stephen Brown, Tammy Collard and Sheila Clements.

In 2022, we look forward to another exciting year of collegial learning and support. On February 5th and 6th, we will teach Level 1 as a two-day virtual workshop. On April 30th and May 1st, we will teach a new virtual Level 2 workshop with all new topics based on feedback from you - our members.

And on April 9th (with pandemic restrictions allowing), we look forward to an in-person workshop with Dr. Mark Jensen on the use of clinical hypnosis for chronic pain management. His book, *Hypnosis for Chronic Pain 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.

On behalf of our Executive, I thank you again for supporting our organization . . . and your compassionate care of others in need.

With warm regards,
Davidicus Wong, MD
President
Canadian Society of Clinical Hypnosis (BC Division)

Upcoming Monthly Meetings

Date:	Presenter:	Topic:
Jan 19, 2022	Davidicus Wong, MD	Mindfulness and Hypnosis
Feb 16, 2022	David Bowler, MD	Online Inductions

Monthly Meetings Reviews

Clinical Hypnosis in the Treatment of Anxiety and Depression: Getting to Root Cause

Presented by: Dr. Lorraine Milardo Bennington

Reported by: Dr. Bianca Rucker

Lorraine begins with each client by getting the person to tell their story. She asks about their birth experience and their childhood to get the big picture. With clients who present with depression and anxiety, it is often the case that accessing and working with the root cause brings significant improvement in how the client feels. This is best done after a few sessions of therapy. As a therapist, being open to the possibility of a root cause allows the root cause to emerge. The root cause can be a childhood experience, trauma during birth or in utero, or ancestral.

Before beginning trance work, it is important to give the client the ability to lower their anxiety by teaching them to “dial down” the anxiety. This can be important so that when a client starts to experience intense emotion when accessing a past memory, the client can dial down the emotion. Asking the client to “go to the memory that you’re ready and willing to heal today” can be a useful piece before working with the root cause.

Accessing and addressing past events is significantly healing for clients who struggle with transitions, for those who have patterns of sabotaging relationships, for phobias, and for all sorts of anxiety issues. Lorraine’s process of working with clients in trance was explained. In conclusion, Lorraine guided the group through a trance experience to gather three past positive memories. The online presentation was attended by 22 Society members and it was very well-received.

Announcement

Renew your 2022 CSCH membership

All current members should complete the Membership Renewal form in the link below no later than January 15, 2022.

To renew online, click here [RENEW ONLINE](https://hypnosis.bc.ca/member-services/membership-renewal/) or go to <https://hypnosis.bc.ca/member-services/membership-renewal/>

You can pay by e-transfer or credit card.

Full Members who wish to remain in the public directory for referrals should ensure that the online information is accurate and that there are no updates or corrections required. If you need any changes, please email them to admin@hypnosis.bc.ca and Anneke will pass them on to our webmaster. <https://hypnosis.bc.ca/directory>

2022 spring workshops

Fundamentals, Level 1: February 5 & 6, 2022

Hypnosis for Chronic Pain Management by Mark P. Jensen, PhD: April 9, 2022

Fundamentals, Level 2: April 30 & May 1, 2022 (TBA)

(See below for more details)

Canadian Society of Clinical Hypnosis (BC Division)

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

Phone: (604) 868 5910

www.hypnosis.bc.ca admin@hypnosis.bc.ca



CLINICAL HYPNOSIS SKILLS FOR HEALTH PROFESSIONALS

Fundamentals Level 1

Clinical Hypnosis Training Workshop

Delivered by ZOOM on February 5th and 6th, 2022

9:00 am – 1:00 pm

For Detailed Dates, times and registration see:

<https://hypnosis.bc.ca/training/upcoming-workshops/clinical-hypnosis-skills-for-health-professionals-fundamentals-level-1/>

Fundamentals Level 1 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.

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

FEES: Payment by e-transfer or credit card

CSCH Member	\$230 (Early-Bird)	\$265 (after Jan 21st)
Non-Member	\$295 (Early-Bird)	\$330 (after Jan 21st)
Full-Time Student	\$165 (Early-Bird)	\$165 (after Jan 21st)

Faculty:

Experienced CSCH Faculty will guide you through the processes, indications, contraindications, and fluent use of clinical hypnosis in your practice.

REGISTRATION: <https://hypnosis.bc.ca/training/upcoming-workshops/clinical-hypnosis-skills-for-health-professionals-fundamentals-level-1/>

PLEASE NOTE THAT LEVEL 2 WILL BE OFFERED BY ZOOM ON APRIL 30TH AND MAY 1ST, 2022 – Details and registration to be announced shortly.

Hypnosis for Chronic Pain Management

Mark P. Jensen, PhD

Saturday, April 9, 2022

8.30 am – 4:30 pm



Simon Fraser University at Harbour Centre
515 W. Hastings Street, Vancouver, BC

This workshop will provide an overview of hypnotic strategies and suggestions for helping individuals better self-manage chronic pain conditions. While an overview of the neurophysiology of pain will be provided, the emphasis of the workshop will be on applied clinical techniques, demonstrations, brief hypnotic exercises and the opportunity for consultation. After participating in the workshop, participants will have the resources and skills to evaluate a patient with chronic pain for hypnosis treatment and design a treatment intervention that addresses the various problems identified.

Learning Objectives:

1. Design hypnotic suggestions that help clients shift from maladaptive to adaptive cognitive processes and pain management behaviors.
2. Evaluate the psychosocial factors influencing pain/functioning and design a treatment protocol that addresses each factor.
3. Integrate cognitive therapy and motivational interviewing with hypnosis to enhance treatment outcomes.

Mark P. Jensen, PhD, is a Professor and Vice Chair for Research in the Department of Rehabilitation Medicine at the University of Washington in Seattle, USA. He has been studying chronic pain and helping individuals better manage chronic pain for almost 40 years. He has been funded by the National Institutes of Health to study the efficacy and mechanisms of various treatments for chronic pain, including hypnosis. He has published extensively (11 books and over 600 articles and book chapters) on the topics of pain assessment and treatment. His 2011 book, *Hypnosis for Chronic Pain Management: Therapist Guide*, published as a part of Oxford University Press's *Treatments that Work* series, won the 2011 Society of Clinical and Experimental Hypnosis Arthur Shapiro Award for Best Book on Hypnosis.

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

To register online: <https://hypnosis.bc.ca/training/upcoming-workshops/hypnosis-for-chronic-pain-management/>

	Early-Bird	After March 10/22
CSCH Member	\$225	\$300
Non-Member	\$325	\$400
Full-time Student	\$150	\$200