



## Entrancing News Winter 2023

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### From the President

This issue of Entrancing News is dedicated to Dr. Lee Pulos, the founding President of our Society.

Last year, we grieved the loss of a great teacher, mentor and friend. Yet we celebrate the enduring positive impact of his life.

I first heard Lee's voice in my teens and early 20s, listening to his clinical hypnosis tapes borrowed from my local Burnaby Public Library. His words guided me through the challenges of young adulthood and introduced me to self-hypnosis. I learned of the potential of my own mind and the power of imagination and suggestion.

After my medical school graduation and marriage, I learned that Lee was the charismatic boss of my brother-in-law when he worked at the Spaghetti Factory. My wife's cousin shared that Lee had helped him improve his competitive tennis career through hypnosis.

In the early years of my medical practice, I signed up for my first training workshop with the CSCH (BC Division) and finally met Lee in person. I was immediately impressed with his vast experience and mastery of clinical hypnosis and inspired by his open mind, enthusiasm and generosity.

(President's letter cont'd)

Through countless monthly members meetings, I was amazed by the breadth of Lee's experience and depth of his curiosity and openmindedness. The range of topics and frank discussions at our meetings with Lee and other psychologists were so different from the rigid formality of gatherings with my medical colleagues. My mind was open to possibilities I had never considered.

Lee's teaching and example were foundational and remain integral to my clinical practice. Much of what I have learned from Lee continues to benefit my patients today.

You and I are part of an infinite legacy that Lee has imparted to us: a continuum of learning, healing and teaching among caring professionals, clients and patients.

Davidicus Wong, MD

President

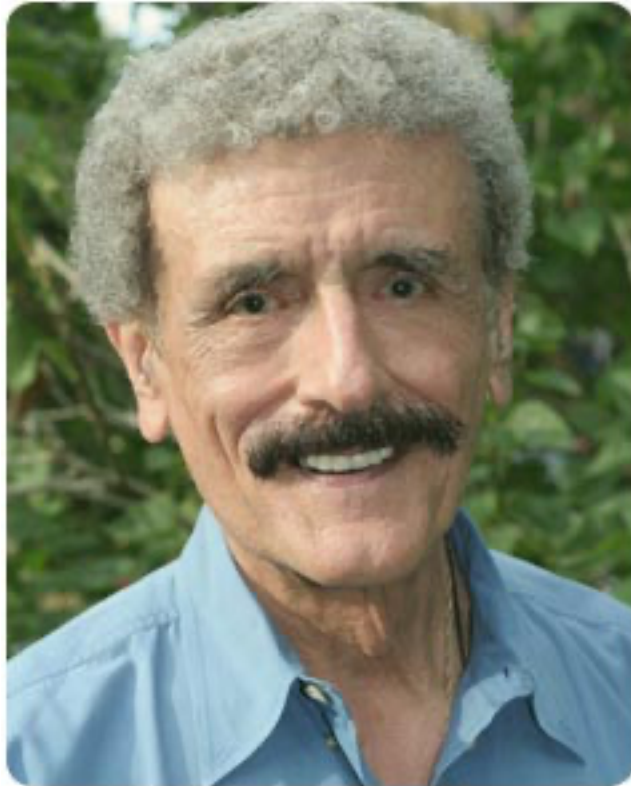
Canadian Society of Clinical Hypnosis (BC Division)

## Monthly Meetings Reviews

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### *Tribute to Dr. Lee Pulos*

“On July 14, 2022, we lost a great champion of clinical hypnosis, Dr. Lee Pulos.



Lee died peacefully, in his 90's (Lee always preferred that his age be kept a secret), at the Louis Brier Home in Vancouver, BC where he had resided for the past few years.

Lee was one of the earliest champions in the 60's and 70's of the then newly formed B.C. Division of the Canadian Society of Clinical Hypnosis, and worked tirelessly to promote and develop the professional programs for the Society for the three decades during which he later served as the Society's President.

During his very diverse career, Dr. Pulos served as sports psychologist for professional sports teams, for Team Canada, and for many individual Olympic athletes.

Profiled on radio and television programs worldwide, he authored two books, *Miracles and Other Realities* and *Beyond Hypnosis*; an extensive audiobook series “The Power of

Visualization”; and countless professional articles. He produced many other commercially successful audiobook series including “Mentally Fit Forever”, “The Biology of Empowerment”, and “The New Technologies for Immediate Healing and Vitality”.

Another passion of Lee's was “psychic naturalism.” He traveled widely, gathering cross-cultural data on paranormal and healing phenomena in Brazil, Mexico, India, Africa, and the Philippines.

Lee had earned his undergraduate degree at UCLA and his Doctorate in Clinical Psychology at the University of Denver. Upon graduation he held a clinical appointment at Indiana University Medical School and was a Postdoctoral Fellow in the Department of Psychiatry at the University of Wisconsin. Lee was awarded a Diplomate in Clinical Psychology by the American Board of Professional Psychology (ABPP). His ongoing teaching in academia led to his recognition as a Clinical Assistant Professor Emeritus in the Department of Psychiatry at The University of British Columbia (UBC).

As a restaurant entrepreneur with his brothers, Lee helped establish the Old Spaghetti Factory restaurant chain, which was eventually sold to the owner of The Keg franchises.

Dr. Pulos had long recognized that success, productivity and performance are directly linked to the power of the individual to visualize and realize the individual's own personal resources. His programs taught participants (both health professionals and interested non-professionals) how to create and activate their most powerful assets -- their minds and their imaginations -- to become the best they could be. His courses were compelling and garnered huge, devoted audiences both regionally and internationally.

In his private clinical practice Dr. Pulos used hypnosis, Emotional Freedom Technique (EFT), Eye Movement Desensitization Reprocessing (EMDR), and Tapas Acupressure Technique (TAT) techniques for clinical issues such as post-traumatic stress, phobias, panic attacks, stress, anxiety, anger, depression, addictions, and for peak performance training and goal setting.

When reflecting on Lee's accomplishments, one naturally moves to the realization of the legacy that he leaves. He influenced and helped many individual clients, colleagues, and students in fundamentally important ways. His teachings form the foundation of much that continues to be practiced and taught in clinical practices in British Columbia today. We can imagine Lee having passed to "the other side" where he continues his energetic and wise leadership. Meanwhile we shall miss him and embrace his legacy in our own ways, as he would have wished. May his memory be a blessing, always."

*- Bianca Rucker and Lance Rucker*

"I recall Lee telling us that someone had called him an encapsulated schizophrenic! I also had years of pain relief from a knee that had been bothering me from his work in a workshop. Lee was enthusiastic and passionate and enjoyed one of his last lectures in his 90's. He is missed and I hope his work is saved to share."

*-Pauline Kesteven*

“Lee was bold and passionate in his commitment to the practice of hypnosis. I was honoured to be invited by him to join the CSCH Executive in early 1990’s . As president he held these meetings in his exotic, elegant apartment on Hornby Street, where there was an impressive large carousel horse, and stacks of journals on side-tables, as he read continually and prodigiously. He introduced us to the delights good Chinese cuisine, ordered in and eaten before he efficiently went through our society agenda, knowing already what the best Course of action would be. He lived with purpose and a clear direction.

Lee was always pushing the limits of what could be achieved with hypnosis. He had a strong interest in the paranormal and pursued this “with gusto”— one of his favourite phrases! He practiced on himself and was an excellent subject, able to go into trance very deeply into a part of consciousness, he informed us was called “Brahmin’s cave”. He was a fascinating man and an inspired teacher. To this day I still use another of his favourite phrase on reorienting someone back to the room “ ...and when you are ready your eyes will open, as if they have a mind of their own”. Lee— May you have peace and find even more answers!”

*-Leora Kuttner*

“Thanks very much for sending this great tribute to Dr. Pulos. It is well written with so many accomplishments mentioned. He sure was a fantastic teacher and author. He taught me lots and I sure appreciate the times spent in his energetic workshops.”

*-Rosemary Moskal*

“In addition to using direct and indirect hypnotic inductions, Lee has taught me some very specialized techniques. These were: deep trance identification (with another person), dual induction (using two voices at the same time), magic garden, cleansing while walking through a metal mesh (in trance).”

*-Saul Pilar*

“I first met Lee in 1990 at a Hypnosis Workshop and was inspired by his energy and his unlimited perspective not only of hypnosis but also of therapy. A short time later, perhaps less than a year I attended an Analytical Hypnosis workshop by Dr. Edgar Barnett. True to Lee's inspirational nature he put me to work to present the Analytical Hypnotherapy at a monthly training workshop. Lee not only had an unlimited perspective of hypnosis and therapy but also of people. It is with deep gratitude for Lee and his trust in me that I learned to have an unlimited perspective of the art of hypnosis and therapy and that 32 years later I am still actively involved in what he created in 1962.”

*-James Stabler*

*Four Fundamental Interventions: the Ericksonian Approach to Hypnosis and Therapy*

*Presented by: Stephen Lankton*

*Reported by: James Stabler*

Stephen gave us a masterful teaching experience. Right from the beginning he emphasized that Hypnosis is not about Interventions but rather more about COMMUNICATION. The quote from Erickson encapsulates this perspective: "What fascinates me is that whatever the language of the patient is, when you talk that language you can effect therapeutic change."

From this communication perspective Stephen incorporated two very interesting techniques that participants were invited to practice in pairs online. These were both fun and very useful for our practice.

Technique #1-Five Varieties of Indirect Suggestions:

1. Presupposition or Implication.
2. Statement or Question Focusing Attention.
3. Open Ended Suggestions.
4. Truism.
5. Stating All Possible Alternatives.

Technique #2-Formulae for Four Therapeutic Binds:

1. Binds of Comparable Alternatives.
2. Conscious/Unconscious Binds.
3. Double Dissociative Binds.
4. Pseudo Non-sequitur Binds.

## *Trances People Live By – A Paradigm Shift*

*Presented and reported by: James Stabler*

Ericksonian Hypnosis induces or facilitates trance so that problem resolution can take place on an unconscious level. In other words, use trance to undo the problematic trance or the Trance Identity that the client/patient has chosen to be in. Trance identities are learned and conditioned and chosen by children as they accept the Post Hypnotic parental suggestions as a means of protection. The trance identities persist into adulthood and are projected on a continuing array of appropriate figures.

Stephen Wolinsky's approach is not to induce trance but to de-hypnotize the individual out of trance. Trance states and their symptomology are not autonomous but are rather self-created. By experiencing or Observing the Deep Trance Phenomena process we go through we take control over them, which enables us to go beyond them. The Deep Trance Phenomena are: 1. Pseudo-orientation in time (The Trance), 2. Post Hypnotic Suggestions, 3. Age Regression, 4. Negative and Positive Hallucinations and 5. Time Distortion.

Every day we experience non-problematic trances such as daydreaming, driving or watching TV.

Problematic trances appear to be autonomous but are self-created as a means of protection. These problematic trances along with the symptoms are kept in place by the individual using Deep Trance Phenomena. It is important to note, that Wolinsky contends the Symptoms are created and kept in place by client/patient use of Deep Trance Phenomena. By experiencing or consciously Observing the Deep Trance Phenomena, the trance and symptoms no longer have power and dissolve.

## Announcement

### Renew your 2023 CSCH membership

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All current members should complete the Membership Renewal form in the link below no later than January 15, 2023.

To renew online, click here [RENEW ONLINE](#) 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 [admin2@hypnosis.bc.ca](mailto:admin2@hypnosis.bc.ca) and Anneke will pass them on to our webmaster. <https://hypnosis.bc.ca/directory>

### 2023 spring workshops

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Fundamentals, Level 1: February 4 & 5, 2023

Hypnosis for Chronic Pain Management by Mark P. Jensen, PhD: February 25, 2023

(See below for more details)

Canadian Society of Clinical Hypnosis (BC Division)

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## CLINICAL HYPNOSIS SKILLS FOR HEALTH PROFESSIONALS

### Fundamentals Level 1

Clinical Hypnosis Training Workshop

Delivered by ZOOM on February 4<sup>th</sup> and 5<sup>th</sup>, 2023

9:00 am – 2:00 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 25th)
Non-Member	\$295 (Early-Bird)	\$330 (after Jan 25th)
Full-Time Student	\$165 (Early-Bird)	\$165 (after Jan 25th)

#### 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 30<sup>TH</sup> AND MAY 1<sup>ST</sup>, 2022 – Details and registration to be announced shortly.**

<https://www.hypnosis.bc.ca/>

PRESENTS

# Hypnosis for Chronic Pain Management

**Mark P. Jensen, PhD**

Saturday, February 25<sup>th</sup>, 2023  
8.30 am – 4:30 pm



In person at  
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:** 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 February 15/23
CSCH Member	\$225	\$300
Non-Member	\$325	\$400
Full-time Student	\$150	\$200