



# Entrancing News

Spring 2019

## Topics of interest in this issue

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### *Monthly Meeting Reviews:*

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## **Executive Council Members**

Harry Stefanakis, PhD, RPsych, *President*  
Davidicus Wong, MD, *Vice President*  
James Stabler, MSW, RCC, *Treasurer*  
Bianca Rucker, PhD, RN, RMFT, *Secretary*  
Anoosha Avni, PhD, RPsych, *Executive Member and Newsletter Editor*  
Kourosh Edalati, MD, *Executive Member*  
Derek Chang, MD, *Executive Member*  
David Bowler, MD, *Executive Member*  
Leora Kuttner, PhD, RPsych, *Executive Member*  
Lance Rucker, DDS, *Executive Member*  
Lee Pulos, PhD., ABPP *President Emeritus*

## **From the New President**

Dear CSCH members,

It is an honour to take on the mantle of President of this amazing society. I follow the venerable footsteps of Dr. Lee Pulos and Dr. Lance Rucker who left an indelible mark on the society and clinical hypnosis.

I would like to thank Dr. Lance Rucker for his leadership during the challenging years of change and his dedication to rejuvenating the society. I am pleased to announce that Dr. Rucker will continue on the executive board even as he takes on international duties in his profession. Your new CSCH Executive as of the 2019 AGM includes the following members:

### Executive Council

- President: Harry Stefanakis, PhD
- Vice President: Davidicus Wong, MD
- Treasurer: James Stabler, MSW
- Secretary: Bianca Rucker, PhD, RN RMFT

### Council Members-At-Large

- Anoosha Avni, PhD
- Kourosh Edalati, MD
- Derek Chang, MD
- David Bowler, MD
- Leora Kuttner, PhD
- Lance Rucker, DDS

I would also like to acknowledge our administrative assistant, Anneke Rees, whose help has been invaluable in organizing the various events and running the daily operations of the society.

(Letter from the President cont'd)

Among the goals of the society is to continue to offer training that is accessible, practical, and of the highest quality. We are pleased at the feedback and success of the March training as well as the specialized trainings offered at UBC (for applications in dentistry) and Children's Hospital (pediatric focus) and our first foray out of the Lower Mainland with a one-day training in the Fraser Valley. We look forward to the upcoming training by international expert Dr. Julie Linden entitled: [Trance and trauma: Hypnosis skills for adaptive responses, safe relationships, and co-creating resilience](#). More information about this workshop can be found on page nine.

Among the goals over the coming years are to continue to offer trainings outside of the Lower Mainland. With board members in Kelowna and on Vancouver Island, we hope to set up some new opportunities in these geographic locations in the near future. Ideas for other locations are welcome from members.

Our teaching faculty now extends beyond the council of the society and currently includes past board members Drs. Heather Fay, Elaine Drysdale, and Saul Pilar. We are open to other potential faculty with a minimum requirement being a commitment to offer a Wednesday evening training as part of our monthly presentations/rounds by way of demonstration of teaching and group communication skills.

A further goal of our society is to increase membership. To become a stronger society and expand the influence of clinical hypnosis as an empirically validated treatment in BC, we need a larger voice. I encourage all of you to share the value of clinical hypnosis with your colleagues and to encourage them to join our vibrant and evolving society.

Thank you to all of our members for being a part of the clinical hypnosis professional community.

Warm regards,

*Harry Stefanakis*

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

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## Monthly Members' Meeting Reviews

FOR OUR MEMBERS OUTSIDE OF VANCOUVER, you can now participate in our invaluable monthly meetings by Skype. Please contact us in advance.

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April 2019 CSCH Monthly Meeting Presentation:

### **ANCHORING IN CLINICAL HYPNOSIS**

Presented by: Harry Stefanakis, Ph.D., R. Psych

Reported by: Harry Stefanakis, Ph.D., R. Psych

Anchors are simply stimuli that evoke (have become associated with) particular states. Anchors can accidentally be installed, such as in phobic or trauma experiences. Anchors can be conditioned through normal life events. The firing of an anchor can elicit either positive or negative effects on an individual. In clinical hypnosis, anchors can be set to amplify resources, facilitate emotional state management, and support adaptive behavioural changes. In this session, we practiced setting up anchors and collapsing anchors (i.e., neutralizing a negative state with a positive one via anchors).

Criteria for effective anchors:

1. Unique and specific (in order for conditioning to occur)
2. Set during response peak
3. Frequently refreshed

Anchors can be:

- Stacked: similar states anchored to the same trigger to create a composite state (e.g., strong and confident)
- Chained: a series of anchors each of which fires the next
- Collapsed: two dissimilar anchors fired simultaneously with the intention of neutralizing each other or integrating (e.g., think waves in water that can interfere by collapsing or amplifying depending on how the waves interact)

Exercises:

#### *Setting an Anchor*

1. Induction (you can use a variation of the hand polarity technique)
2. Identify a time when you felt (state you want to work with - e.g., strong, confident, safe...)

One hand, and I don't know which one it will be, will feel lighter than the other...and as that hand goes down you recall a time when you felt (state)...and as that hand goes down you re-experience that as fully as possible....seeing what you saw, hearing what you heard, feeling what you felt.

### 3. Physical anchor and intensify

As the other hand goes down, you notice the energy in your body and where you feel that (state) the strongest. Noticing the quality of the energy in the somatic epicentre of this (state)...noticing the colour that is connected with that energy...noticing in which direction it is moving and spinning...noticing how with breath and attention you can intensify it...whatever we focus on expands...through breath and attention the colour gets brighter, thicker...spinning the energy faster and faster.

4. As the feeling peaks, firmly press your thumb and index finger together (dominant hand) noticing that the pressing is connected with the state
5. Re-orient to your breath and then test the anchor....notice how much of the original feeling returns. If necessary, reconnect with somatic center of (state) and reactivate through breath and attention. At peak, press again
6. Re-orient to fully alert state; test both anchors (somatic center and finger press)

### *Collapsing Anchors*

1. Recreate resourced state anchored (from previous exercise)
2. Think of a state you wish to change. As you think about that, connect it with a finger press in your non-dominant hand. Provide an intensity value from 1-10
3. Release that and fire resource anchor. Notice the difference. Provide an intensity value from 1-10
4. Repeat steps 2 and 3 until resource state is as strong or stronger than challenge state
5. Release that and now fire both anchors at the same time. Think of them as 2 waves interacting. The stronger wave will collapse the weaker wave, changing it. The interaction can create confusion
6. Hold the anchors until the confusion subsides
7. Lift the unwanted state anchor first followed by few seconds later by the resource anchor
8. Test by triggering unwanted anchor to see if it has neutralized or even shifted to resource

One can also bring in two states that appear to be opposites but require integration (e.g., being cautious and being courageous). Let the energies meet and see how they integrate. One can do this by anchoring each state into opposite hands and allow the hands to come together (like in the magnetic hand induction).

You can see demonstrations on my YouTube channel:

<https://www.youtube.com/channel/UCUOXlvXdAtRG5ndqijtTBpA>

Look at CORE exercises 1, 2 and 3.

May 2019 CSCH Monthly Meeting Presentation:

## **REBOOT YOUR AUTONOMIC NERVOUS SYSTEM**

(The role of stress hormones on gut, sleep, immune system and more)

Presented by: Bal Pawa, B.Pharm., M.D.

Reported by: Bal Pawa, B.Pharm., M.D.

Our psychology profoundly impacts our biology. The mind-body connection is well known, but we rarely take the time to de-construct the Autonomic Nervous System (ANS). It runs automatically as "gas" or "brakes" to keep our body in equilibrium. The "gas", or fight-flight response, is essential to survival as it allows us to escape external threats. We often forget that our thoughts also turn on the "gas" or stress response. At every instant, our thoughts communicate directly with the ANS to cause both emotional and visceral responses. Excessive exposure to stress hormones disrupts our normal cells and tissues. By thought alone, we produce either hormones of stress or hormones of health. In the past, we underestimated the ability of our mind to regulate the ANS. With education, self-awareness, and practice we can consciously switch on brakes and turn off the gas resulting in a biological upgrade for our body. For example, meditation, mindfulness, visualization, and controlled breathing techniques have been scientifically shown to improve gut health, immune system, and reduce inflammation. Empowering patients with self-help tools to regulate their ANS should be an essential part of the integrative model of care.



**SAVE THE DATE: TWO DAY WORKSHOP IN MARCH 2020!**

Our annual two-day workshop has been scheduled for March 7 and 8, 2020, at Simon Fraser University Downtown Campus. Stay tuned for more details!

You can sign up now for the Julie Linden Workshop on October 5, 2019. See below for more information.

PRESENTS

**Julie H. Linden, PhD**

[julie@drjulielinden.com](mailto:julie@drjulielinden.com)

# Trance and Trauma

Hypnosis skills for adaptive responses, safe relationships, and co-creating resilience

on

Saturday, October 5, 2019

8.30 am – 4:30 pm

at

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

Clinical hypnosis skills and principles provide a flexible and creative framework for assessing and treating the sequelae of trauma, which include anxiety, depression, and relational ruptures. This workshop will provide definitions of trauma, adaptation, hypnosis skills and trance within a psychobiological context. Through demonstration and practice, it will illustrate the use of the therapeutic relationship between care-givers and care-receivers to create a climate for change, evoking and responding to the ingredients that lead to positive outcomes and shape resilience.

**Eligibility:** Open to members of regulated health professions including full time students, registered clinical counsellors, social workers and marriage & family therapists.

To register online: <https://hypnosis.bc.ca/training/upcoming-workshops/trance-and-trauma/>

FEES: Payable by e-transfer or by cheque

	Early-Bird	After September 9, 2019
CSCH Member	\$200	\$275
Non-Member	\$300	\$375
Full-time Student	\$150	\$200

*On behalf of the executive council, we  
wish you and yours a safe and enjoyable  
summer!*



**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)