



Entrancing News

Summer 2020

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From the President

Hello friends and colleagues,

I am writing to you in unprecedented times. The March training was completed one week before major events were effectively cancelled around the World. The training received overwhelmingly positive feedback and I would like to welcome the new members to our community of practice.

The COVID 19 pandemic is having wide ranging physical, economic and psychological effects on everyone. I suspect that mental health issues will rise significantly over time as the impact of the pandemic continues to unfold. Each of us are being called upon to use our skills and expertise to help others and we are also learning to do this in new ways. Telehealth is now the central means by which most of us are communicating and serving our patients. The good news is that telehealth is an effective intervention alternative (see systematic review by Backhaus et al., 2012).

The board of CSCH is also exploring video conferencing options for improving our connection to our members. We have moved to Zoom to improve the video interface and are considering webinars and other avenues of maintaining connection and learning with you. Stay tuned for more.

As health professionals you are being called upon to support your communities, however, please also remember to take care of yourselves. Health professionals are not immune to the physical, emotional and financial implications of this pandemic. Indeed, health professionals are at risk for compassion fatigue and burnout in times when they are expected to address the

(Letter from the President cont'd)

physical and emotional needs of so many others. Moreover, social isolation and physical distance are difficult for everyone and go against the human need for connection in times of crisis. **Please take care of yourselves.** Please also feel free to virtually connect with us and each other. In times of physical distancing we need community more than ever.

Below are resources you may find helpful:

Stanford University developed several videos providing information on using imagination to address a number of issues including “I want to feel ok even though I don’t know what will happen next.” Please see the link below.

<http://imagination.stanford.edu/>

Public information on incoming Novel Coronavirus (COVID-19)

- [Up-to-date info from the CDC on the Coronavirus](#)
- [Coronavirus: Safety and Readiness Tips for You](#)
- [Coronavirus disease \(COVID-19\) advice for the public](#)

Self Care during the Coronavirus

- [APA's tips to help you manage your anxiety, put news reports in perspective and maintain a positive outlook.](#)
- [7 science-based strategies to cope with coronavirus anxiety](#)
- [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- [Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)
- [Coping with Stress During Infectious Disease Outbreaks](#)

Resources for how to speak to children about Coronavirus.

- [Child Mind Institute](#)
- [NPR script](#)
- [Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreak](#)
- [How to talk to Children About Difficult News](#)
- [Parent/Caregiver Guide to Helping Families with the Coronavirus](#)
<https://neufeldinstitute.org/taking-care-of-children-in-alarming-times/>

Wishing you and your families health and safety.

Warm regards,

Harry Stefanakis

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

Monthly Members' Meeting Reviews

FOR OUR MEMBERS OUTSIDE OF VANCOUVER, you can now participate in our invaluable monthly meetings by Zoom. Please watch your email for sign-in instructions.

January 2020 CSCH Monthly Meeting Presentation:

Dr. Michael Yapko's *Case of Vicki*

Presented by: Dr. Leora Kuttner

Reported by: Dr. Leora Kuttner

The pioneering hypnosis researcher, writer and educator Dr. Milton Erickson was psychodynamically trained, however during 1960s/70s he was impressed and deeply influence by the principles of the Existential/Humanistic movement. Dr. Michael Yapko was one of his students.

Placing the DVD of Dr Yapko's very powerful therapeutic intervention of **The Case of Vicki** within this therapeutic milieu, Dr Leora Kuttner drew attention to some of their key principles:

People have within them the resources knowledge and capacity to heal; the focus is on the “here and now” experience; and a warm empathic and genuine therapeutic (non-authoritarian) relationship is a necessary component for therapeutic change.

All these qualities were on displayed in Dr Yapko's gentle yet profound one-time 2-hour session with Vicki, a woman experiencing pain from metastatic lung cancer. She wanted help from hypnosis as she desired a clear head in the remaining time she had left, and not to rely on pain medication. We explored and examined how Dr Yapko opened the doors of possibilities for her, set the stage for a respectful, healing hypnotic experience, and how he used multiple forms of dissociation (spatial, auditory, time shifts) to disrupt her pain experience, inviting in “the luxury of comfort”.

We discussed how he used the words, ‘sensation’ and ‘discomfort’ instead of pain and how he deepened her experience with creative repetitions (different forms of invitation for ‘comfort’), indirect stories and a few confusional techniques. We explored the art and the rationale for his hypnotic suggestions. During her trance she shared what she was experiencing and when she opened her eyes the oesophageal pain she had when starting was gone. She was fascinated by the realization that “Time could go fast or slow” and that she could use her time well.

The group found this a deeply moving, highly informative display of hypnosis therapy in the hands of a master Ericksonian practitioner.

February 2020 CSCH Monthly Meeting Presentation:

Ernest Rossi's Four Accessing Questions

Presented by: James Stabler

Reported by: Dr. Leora Kuttner

James Stabler introduced Rossi's 4 accessing questions used during his Mirroring hand technique. Outlining that with these questions Rossi is shifting from using hypnotic suggestion to hypnotic communication. Rossi utilizes the patient's inner resources through their own mind-body process, communication occurs through a ritual of these questions to facilitate the solving of a problem. James explained Rossi and Erickson's concepts of a time-binding introduction, implied suggestion, and an autonomous hand-signaling behavioral response that indicated mind-body communication has occurred, and the suggestion was fulfilled.

In this client-centered technique Rossi elegantly and efficiently combines, free-association, active imagination and a gestalt process of inner dialogue. On the surface this appears simple, but is in fact complex, subtle work relying entirely on the patient's creative inner capacity, and not the work of the therapist.

James gave us a short demonstration. We were curious, had questions and an interesting discussion. James provided a very helpful handout to enable further study and appreciation of this mind-body, problem-solving hypnotherapeutic technique.

May 2020 CSCH Monthly Meeting Presentation:

Treating Complex Pain and Addictions With Bio-electrode Therapy: An Acupuncture Point Stimulus Method for Relief of Human Suffering

Presented by: Les Moncrieff, R. Ac

Reported by: Les Moncrieff

Les Moncrieff is a Registered Acupuncturist employed by provincial health authorities for the past 35 years. He has developed a new technique called Bio-electrode Therapy. This therapy is a non-pharmacological and safe adjunctive therapy currently being successfully trialed for relieving opioid withdrawal symptoms as well as many types of complex pain. Applying tiny copper and silver ink or metal disc electrodes on specific acupuncture points generates an ionic charge, creating an

electrophysiological response in injured and diseased cells and tissues. This microcurrent provides enhanced healing of cells and tissues resulting in a balancing of positive and negative ions, replenishment of electrolyte levels, removal of toxins, and re-establishment of homeostasis. The resultant effect is a significant and rapid reduction in withdrawal symptoms and pain.

Les spoke about the evolution of the therapy and his personal clinical experiences. Les believes that with minimal training, other health care professionals (and in some cases, the patients themselves) could easily learn and administer this therapy successfully. Research case studies are being conducted through the month of July 2020 to improve on the level of evidence.

See these videos for further information:

<https://preview.tinyurl.com/ybfaebww>

<https://preview.tinyurl.com/ycb7x9af>

June 2020 CSCH Monthly Meeting Presentation:

Zoomnosis - the changing LandSkype of Clinical Hypnosis

Presented by: David Bowler, MD

Reported by: David Bowler

Clinicians who already incorporate hypnosis into their practices and provide virtual care for counselling may be wondering about offering hypnosis online. There is no doubt that some of the niceties and nuances of communication are lost in a virtual environment, but travel restrictions, physical distancing, and mandatory masking in clinical setting have already eliminated some of the distinctive advantages of real-live human contact with clients in our offices.

Incorporating this service 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.

Client comfort and safety come first. Therefore, it is crucial to have another means (cell phone or landline) available to re-establish contact if an online hypnosis session is interrupted. At the outset, advise the client that if contact is lost, the client will come out of hypnosis in his/her own way feeling alert and refreshed. Your client needs a comfortable supportive chair, good lighting, and a private environment free of distractions from family or pets. Disable notifications and close other apps that may interfere, and have the client do likewise. A good internet connection, optimizing audio and video quality with external webcam and ear phones/buds with microphone, adjusting camera to allow good visibility of at least the upper half of the client's body including the hands, if possible, for calibration, and a reassuring pre-talk, reinforced with appropriate suggestions, can all increase the likelihood of success. Use a head-nod for ideomotor signals and a no-touch induction, or re-vivify (and anchor) a real or imagined pleasant/favourite place for a relaxation induction. Deepen. Minimize associated

regression, using content-free and dissociative techniques to reduce potential abreactions. Future-pace positive outcomes. Rehearse a posthypnotic suggestion for instant re-induction, and fractionate the experience. Ensure that the client is fully alert before ending the session.

My preferred portal is the professional version of www.doxy.me, as it is a user-friendly, secure and stable web-based, peer-to-peer environment that does not require downloading an application. It has a waiting room and password option, stores no client data (and so conforms to healthcare privacy regulations), allows for file transfers, and integrates with Stripe for billing. None of the other popular portals -- VSee, Zoom, Facetime, or Skype -- ticks all those boxes. Your electronic record system may have its own integrated virtual care portal. Check your licensing and insurance coverage and obtain appropriate client consent for e-health.

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David is a family physician with a focused practice in pain management and clinical hypnosis.

CSCH Canadian Society of
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Div

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



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