



Entrancing News

Winter 2019

Topics of interest in this issue

President's Letter:

Looking Forward to 2019 (Pages 1-3)

Monthly Meeting Presentation/Rounds Review:

- **ETHICAL CHALLENGES OF CLINICAL HYPNOSIS: AN INTERACTIVE PANEL DISCUSSION (Page 4-5)**
- **USING CLINICAL HYPNOSIS FOR PEOPLE LIVING WITH SUBSTANCE USE DISORDERS: A CLINICAL DISCUSSION (Page 6)**

XXI World Congress of Medical & Clinical Hypnosis (Page 6)

March 2019 workshop information (Page 8)

Membership renewals (Page 9)

Executive Council Members

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

From the President... Looking Forward to 2019....

Dear CSCH members,

As we plan for 2019 and champion the CSCH (BC) mission, built on a broadening membership, I am pleased to glance back to organizational notes from the spring of 2017. Less than two years ago, we began our seemingly daunting journey to balance and update BC's professional hypnosis society.

Among the foundation assets of the Society at that time, I recorded that we had an enthusiastic and talented Executive Board and an enthusiastic and talented multidisciplinary teaching faculty.

Among our goals for the renewed organization, we envisioned one-day workshops directed toward individual professional subgroups. These were undertaken with great success for dentists in late 2017, with many of those course participants joining the CSCH and attending the February 2018 two-day annual workshop at SFU. In October 2018, we began a pair of linked one-day workshops directed to those professionals who work with children and adolescents.

(Continued on page 2)

(Letter from the President)

We also wanted, as per the request of the membership, to offer courses outside the Vancouver area. In October 2018, we offered the pilot course in Abbotsford and are considering more to follow during the coming year in the central Interior and/or on Vancouver Island.

During the past year, we wanted to expand our connections with various health professional groups for hypnosis training, specifically those groups which clearly meet our requirements for utilization of hypnosis within an accountable and clinical professional network. Our target groups at that time were registered nurses, registered dental hygienists, registered chiropractors, registered physiotherapists, registered dietitians, etc. Some of the members of these groups might not meet membership criteria in the Society, but are nonetheless fully eligible for training in clinical hypnosis, and we realized that we had not connected with these professional groups to promote or co-promote training and participation towards our mutual professional missions. Fortunately, this process has begun and we have included nurses, a chiropractor, and a physiotherapist among our course registrants during the past year. We have scheduled a one-day workshop (co-sponsored with UBC Continuing Dental Education) in April 2019 for registered dental hygienists. We are looking for professionals within these various health professional subgroups who are willing to develop the expertise and who have enthusiasm to become part of the CSCH faculty.

Another goal of the reorganization of the CSCH was to establish/re-establish our connections with other clinical professional hypnosis societies and organizations around the world. We have been in contact with the CSCH (Ontario), the American Society of Clinical Hypnosis, and the International Society of Hypnosis, among other groups, and have begun promoting (to our members) participation in the conferences and courses presented by these organizations.

The Executive of our BC Society wanted to revitalize our annual two-day training workshops for both levels of training offered to professionals. Organizing and planning for the February 2018 annual CSCH workshop at Simon Fraser in Vancouver was chaired by our Vice President, Dr. Leora Kuttner, and involved extensive planning sessions by our entire teaching faculty in preparation for what was a brand new and very well-attended weekend of training and professional education. The frequent and carefully planned practice sessions throughout the two days clearly led to the outstanding reviews for the new format. It is being further revised and improved for 2019.

(Continued on page 3)

(Letter from the President)

The Northern Interior, Central Interior, and Okanagan members suggested that the potential for their attendance at the spring workshop could be improved by looking for dates later than February, which is still winter in many of these regions of our province. We were able to move the workshop for 2019 from early February into mid-March. We are looking forward to a good attendance at this year's workshop (back at SFU Downtown campus), and have increased our targeted advertising during December and January to get the word out more widely and electronically than in the past.

Our other main goal from 2017 was to revamp and increase our active web presence and eBlast connection to our professional members. In October, 2018, after four months of work and the assistance of some fine web designers, we released the new CSCH (BC) website at the same web address as our previous website. We are currently in the process of expanding the menu to include information and resources for the public and for professionals (both for members and as a public service to non-members). Our referral engine continues to generate appropriate referrals (for our members who wish to receive referrals).

In summary, the past year has been a year of growth and positive changes in our Society. I look forward to an equally fine continuation of our progress in 2019 and beyond.

Thank you to all of our members for being a part of the clinical hypnosis professional community. If you haven't yet renewed your CSCH membership for 2019, you can do so [by clicking here](#). If you're having any trouble with renewals please contact us (via our society Administrative Assistant, Ms. Anneke Rees at admin@hypnosis.bc.ca) who will be happy to help.

Warm regards,

Lance Rucker

Lance Rucker, DDS, FACD
CSCH (BC) President
Canadian Society of Clinical Hypnosis (BC Division)

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.

September 2018 CSCH Monthly Meeting Presentation/Rounds Review:

ETHICAL CHALLENGES OF CLINICAL HYPNOSIS: AN INTERACTIVE PANEL DISCUSSION

Presented by: Lance M. Rucker, AB, BSc, DDS, FACD
James Stabler, MSW, RCC

Reported by: Lance Rucker, AB, BSc, DDS, FACD

At the Society's monthly presentation/rounds on Wednesday, September 19, 2018, James Stabler and Lance Rucker moderated a discussion among eight attendees (two of whom participated via Skype from Vancouver Island and Coquitlam). The objective was to initiate a sentinel discussion regarding key issues which exert profound effect upon client expectations and can also affect certain legal matters for both clinicians and clients.

Ethical Standards are codes of conduct or the "musts" or "must nots". There is general consensus that the use of hypnosis must be restricted to the individual level of competence as determined by education, training and legal scope of practice. Two of the "musts" are informed consent and practitioner competence. The group discussions were built upon a series of questions which pointed at some of the common perceptions and misconceptions of the nature of hypnosis as used in clinical practice:

1. What level of informed consent is appropriate for clinicians to have with their patients/clients when hypnosis is part of the **planned** intervention?
2. What level of informed consent is appropriate for participants taking a hypnosis workshop?
3. What measures should be undertaken to ensure the client is fully alert following a hypnosis session? [Corollary: *What measures should be undertaken to ensure the client is fully alert following a treatment session in which hypnosis has **not** been **intentionally** utilized?*]
4. What level of continuing education should be required for health professionals who practice clinical hypnosis?

Addressing informed consent on a practical level included introduction by the clinician to any formal trance work, which should include clear outlining of the expectations of the hypnosis process, permission for the client to abstain, to self-adjust the level of trance, and simply to say "no" and opt out at any point during the session. There was discussion of more formal informed consent (signed) forms, with samples/examples from various types of practice included. Several discussions during the session suggested a strong consensus that it is crucial to ask the client for feedback at the conclusion of each clinical session. Discussion also addressed the need to ensure full alerting prior to the client exiting the office.

Several cases were presented which opened discussions of ethical content as a required part of basic hypnosis certification tracks so that clinicians might demonstrate understanding of their

ethical responsibilities with respect to use of hypnosis in practice. We also addressed consent for demonstration trance work during clinical hypnosis courses and workshops. Opinions were expressed that it is important that the professional training of the clinicians who plan to use hypnosis must have included an understanding of their responsibility for recognition and appropriate management of behavioural compliance and behavioural abreaactions. We considered related issues of the responsibility of the Society to assure membership and course attendance parameters were consistent with such education.

A publication reference list was generated by the moderators: it will appear in the “Resources” section of the CSCH (BC) website in the coming months.

November 2018 CSCH Monthly Meeting Presentation/Rounds Review:

**USING CLINICAL HYPNOSIS FOR PEOPLE LIVING WITH SUBSTANCE USE DISORDERS: A
CLINICAL DISCUSSION**

Presented by: Derek Chang, MD

Reported by: Derek Chang, MD

In the November monthly membership meeting, Dr. Chang presented on using clinical hypnosis in the context of addiction, sharing some background knowledge and his experiences.

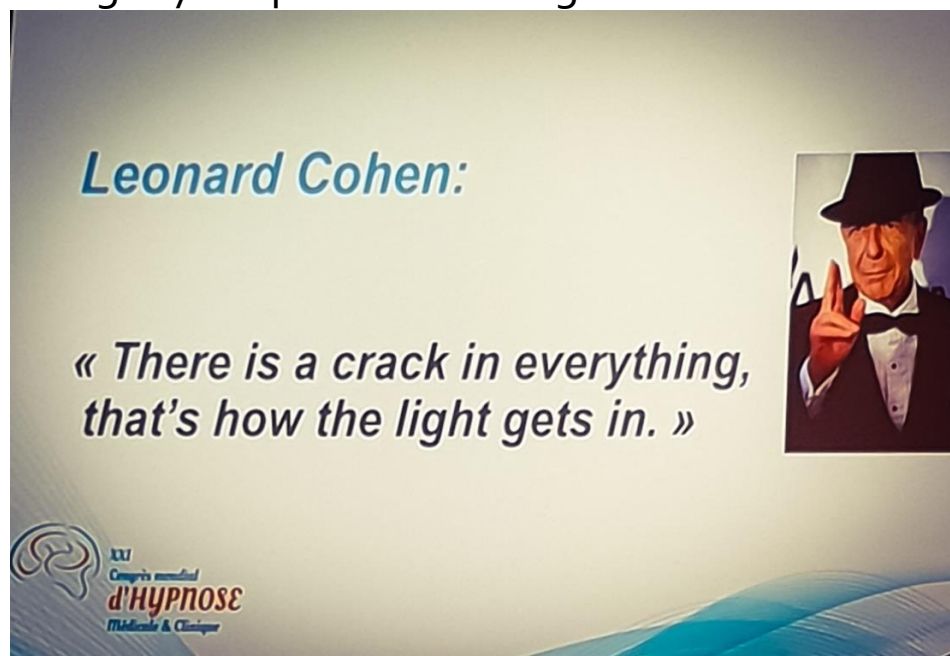
Clinical hypnosis in addiction experienced a lot of debate in the twentieth century. Since the 1990s, the two main uses have been focusing on the integration of cognitive-behaviour therapy and serenity enhancement, which are currently the most widely used methods.

In addition, there are several important considerations while using clinical hypnosis in the context of addiction, such as withdrawal symptoms, psychosis, and dissociation. In order to reduce stigma and promote healing, the awareness of our presence and the language we use is particularly important while working with people living with substance use disorders.

At the end of the meeting, Dr. Chang led a hypnotic exercise, where the members were able to experience how he incorporated some key suggestions to promote serenity enhancement.

Review of the XXI World Congress of Medical and Clinical Hypnosis (Montréal, Québec, Canada):

“Forget your perfect offering.....



Opening with Leonard Cohen cosmopolitan in Montreal this August, more than 900 clinicians and researchers from more than 30 countries including China, Japan, Iran, and Nigeria came to ISH (International Society of Hypnosis) to learn what's new, in the theme, “Hypnosis and Synergy”. There is no other specialty where so many disciplines can come together to share, and where disciplinary boundaries fall away and true collegueship evolve for the benefit of our patients and clients. It's deeply heartening.

Illuminaries included David Speigal (supportive groups prolong the lives of women with terminal breast cancer), Elvira Lang (how to use hypnotic language in words and tone within hospitals without taking extra time), and Michael Yapko (Author of *Trancework* and many more fine books, especially on Depression).

Dr. Mark Jensen (University of Washington) ran a fascinating “cross-fertilizing” 2-day seminar between clinicians and researchers to share their clinical needs with their research findings to close the gap.

I volunteered (first time in my life!) to do a demonstration with Dr. Camillo Loredi. He is a highly skilled, sensitive clinician who works imaginatively with hypnotic metaphor and experience. He is also a leading Italian Psychiatrist who uses hypnosis within family therapy -- and my individual experience was deeply moving.

The next ISH meeting will be in Krakow, Poland, in 2021. For more information, please visit <https://www.ishhypnosis.org/>

CLINICAL HYPNOSIS SKILLS FOR HEALTH PROFESSIONALS

Fundamentals, Levels 1 and 2
Clinical Hypnosis Training Workshop
March 9th and 10th, 2019
9:00 am – 4:30 pm



Simon Fraser University at Harbour Centre
515 W. Hastings Street,
Vancouver BC
Segal Conference Rooms 1410-1430

How can we, as health professionals, facilitate positive change that lasts? The key is clinical hypnosis: the language of change. During this two-day workshop, you will learn from our experienced teaching faculty how to enhance your therapeutic relationship with your clients and prime them for success using the unique skills of clinical hypnosis.

Take this opportunity to expand your psychotherapeutic horizons in enjoyable interactive sessions with your colleagues. Come to this workshop to recognize the subtleties of your own subconscious mind in a safe and collegial learning environment, supported by our experienced teaching faculty.

Clinical hypnosis is a powerful therapeutic communication which is founded on solid evidence-based science. We invite you to bring an open heart and mind to experience just how effective clinical hypnosis can be for your clients.

Training Scope:

This two-day workshop is divided into two separate streams based on your prior experience using clinical hypnosis.

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 program.

Demonstrations and practice sessions will provide sufficient training for those who wish to integrate hypnosis to their therapeutic skills.

Fundamentals Level 2, taught simultaneously, will provide more experienced professionals with training and practice in advanced techniques and in the application of hypnosis to specific areas of practice:

- Pain and anxiety management
- Communication and rapid inductions in emergency medicine and dentistry
- Adolescent and pediatric hypnosis
- Life threatening and chronic illness

Eligibility: This workshop is open to members of regulated health professions including full time students, registered clinical counsellors, and marriage and family therapists.

Teaching Faculty:

Elaine Drysdale, MD, Psychiatrist
Kourosh Edalati, MD, Child and Adolescent Psychiatrist
Leora Kuttner, Ph.D. Pediatric Clinical Psychologist
Harry Stefanakis, PhD, Psychologist
Saul Pilar, MD, General Practitioner

Bianca Rucker, RN, PhD, Marriage & Family Therapist
Lance Rucker, DDS, Professor Emeritus, UBC Dentistry
James Stabler, MSW, RCC, Cognitive Behavioural Therapist
Davidicus Wong, MD, Family Physician

FEES: *Early-Bird deadline is February 15, 2019*

CSCH Member	\$345 (Early-Bird)	\$395 (after February 15th)
Non-Member	\$445 (Early-Bird)	\$495 (after February 15th)
Full-Time Student	\$245 (Early-Bird)	\$245 (after February 15th)

Register:

To register online --- <https://hypnosis.bc.ca/training/upcoming-workshops/clinical-hypnosis-skills-for-health-professionals/>

Membership Renewals for 2019

It's that time of year again when you must renew your membership to take advantage of monthly events, discounts to workshops and seminars, and to have your profile listed on our website.

Please visit our website to renew your CSCH membership for 2019. Please note you can pay for two years in advance or one year at a time. The choice is yours.

[ONLINE MEMBERSHIP RENEWAL](#)

On behalf of the executive council, we wish you and yours a very happy and healthy 2019!

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