

CSCH Canadian Society of
Clinical Hypnosis BC
Div



Entrancing News Summer 2023

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From Your President

Your society has continued its commitment in providing high quality supervised clinical hypnosis training with our Level 1 and 2 weekend training workshops. In addition, we've organized excellent guest presentations by experts in their fields.

Our virtual monthly meetings have continued to be very well attended, promoting lively discussions on masterfully presented topics by our faculty. These regular meetings continue to meet our need for personal and professional connection in our shared passion for helping those we serve with clinical hypnosis.

Your dedicated teaching faculty delivered a well-attended Level 1 workshop on February 4th and 5th, 2023. We received excellent feedback from the participants and a number have joined our society.

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.

In October 2022, renowned speaker and author, Stephen Lankton presented a special online workshop on Four Fundamental Ericksonian Interventions. We had the opportunity to practice these techniques with supervised breakout sessions.

On February 25th, 2023 we welcomed International Society of Clinical Hypnosis president, Mark Jensen who

presented an outstanding live workshop on Clinical Hypnosis for Chronic Pain Management. This was our first in person workshop at SFU Harbourside since the start of the pandemic.

On April 15th and 16th, 2023, your faculty presented a new Level 2 Workshop on the use of hypnosis for enhancing mindfulness and sleep and treating addictions, trauma and irritable bowel syndrome.

On October 14th and 15th, 2023, we are hosting guest speaker, Steve Bierman, an outstanding clinician and author of the book, "Healing Beyond Pills and Potions." This will be another in person workshop at SFU Harbourside.

Our society has continued to thrive largely due to our two greatest strengths.

First, our Board Executive and Clinical Faculty.

They have each generously shared their expertise and passion for our work on a volunteer basis, committing hundreds of hours planning our workshops and monthly meetings. They are paid very minimal honorariums only for their teaching time at our two training workshops, keeping costs for our workshops to a minimum.

I would like to give a special thanks to Dr. Derek Chang, our current Board Member who has passed on the torch of the Entrancing News editor to me. We appreciate all the time and care Derek has generously contributed. I know exactly what's involved now that I'm back in the editor's seat with this issue, shamelessly sharing my favourite places in Whistler!

Our other great strength is you – members of the Society. You are the Society and the future of our Society in the years ahead. I invite you to remain involved – participating in our monthly members meetings, providing feedback and sharing your experiences. If you are interested in teaching or helping in our workshops or a members meeting, speak to one of your Board members.

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

Warmest regards,

Davidicus Wong, MD

President

Canadian Society of Clinical Hypnosis (BC Division)



Monthly Meetings Reviews



The Rewind Technique for Trauma and Phobias

Presented by
Dr David Bowler, MBChB
January 18th, 2023

Originally described by John Grinder and Richard Bandler (1976) as the NLP Fast Phobia Cure or as Visual-Kinesthetic dissociation, this very useful and rapidly effective tool was adapted by Dr. David Muss in 1991 as the "Rewind Technique" and subsequently taught by the Human Givens Institute (www.hgi.org.uk) and others. It is now referred to by Gray et al ⁽¹⁾ as the Reconsolidation of Traumatic Memories Protocol. The technique can be run content-free without disclosure of any potentially re-traumatising or embarrassing details to the therapist.

It is useful for phobias and PTSD, particularly in individuals with healthy personalities and a history of discrete episodes of trauma; less suitable for people with personality disorders or complex trauma (cPTSD) who may be better served by other approaches. It can also be used to address fears of an anticipated future event such as a fear of flying prior to a planned flight.

Often a person who has experienced trauma feels as though it is still happening (associated, as a flashback) whenever they are reminded of it. The Rewind Technique can be used in a single session for traumatic memories of an accident or assault, or for the initial or subsequent sensitizing events that underlie a phobia.

After experiencing the Rewind the person still has the factual memory of the event, but the memory has been reconsolidated in the past instead of being a present experience. The Rewind should not be run on positive memories.

Gray et al ⁽¹⁾ report up to 80% efficacy in resolving PTSD within less than 5 visits. In the Adams ⁽²⁾ pilot study participants were below the clinical cut-off after receiving either one or two treatment sessions and the majority of treatments were completed in only one session.

1. Gray, R.M. & Bourke, F. Remediation of intrusive symptoms of PTSD in fewer than five sessions: a 30 person pre-pilot study of the RTM Protocol *Journal of Military, Veteran and Family Health* <https://jmvfh.utpjournals.press/doi/pdf/10.3138/jmvfh.2996> Accessed 2 January 2023
2. Adams, S. & Allan, S. Muss 'Rewind treatment for trauma and description and multi-site pilot study' *J Ment Health*, 2018; 27(5): 468-474
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The Keys to Positive Change: Using Hypnosis to Achieve Your Greatest Goals

Presented by
Davidicus Wong, MD

CSCH (BC Division) AGM
April 12th, 2023

STEP 1: Choose Wisely: What is your goal . . . and why?

The big picture: Begin with your values

Look at your list of values. Which resonate with you? Which reflect your “true” self?

What is “a better version of (my)self”?

Why aren't you living the best version of yourself?

Societies pressures and values (vs yours)? Busyness and distractions? Perfectionism?
Procrastination? Self-belief?



Your Positive Potential

Your **CALLING** is the intersection of your **PASSIONS** (what you love to do), your **TALENTS** (what you are great at), your **VALUES** and the **NEEDS** of the world.

Look at the major areas of your life – What is your vision and what is your goal for each?

Do you have a personal mission and vision statement?

My Personal Mission Statement: To achieve my positive potential and help others achieve theirs.

The 5 Whys (identifying your true motivation)

Inspired by Toyota's 5 Whys for root cause analysis.

Turn it around to look at your deeper motivations. You may find that your initial goal is not aligned with your best or deepest values but instead more superficial values, borrowed from others or society.

STEP 2: Plan Well: Create a Specific Plan (that can be tailored and adjusted like a series of scientific experiments to test a hypothesis, discover an answer or find a solution - prototyping)

“A goal without a plan is just a wish.”

- I. **Create achievable concrete steps or routines (new habits)** or incremental change towards that goal (Outline a plan – schedule the routines and steps)
 - a. **SMARTEST** goals – Specific, Measurable, Achievable, Relevant, Time-dependent, Evaluate, Stepping forward, Together (Who will you enlist?)
 - b. Write down the details.

SMARTEST Goals

- **Specific:** What will you do? Where? With whom?

- **Measurable:** How much? How long?
- **Achievable:** Realistic and do-able
- **Relevant:** Important to you, your values and your health
- **Time Frame:** When will you start? When will you finish?
- **Evaluate:** How did you do? What did you learn? **Enjoyable:** Make it fun!
- **Stepping Forward:** What will you do next? What will you do differently?
- **Together:** Who will you work with? Who will you share with?

Use post hypnotic suggestions to assure these steps are taken as regularly as required

Create triggers – events, situations or concurrent routines – that will prompt the desired action

2. Transform your goals into new healthy habits

with an understanding of habit formation (from James Clear's *Atomic Habits*):

Understanding the Habit Loop

The 4 components of every habit (from *Atomic Habits* by James Clear):

1. **Cue:** the context or trigger e.g. boredom, TV
2. **Craving:** the desire e.g. junk food, cigarettes, alcohol
3. **Response:** the behaviour e.g. grab a bag of chips
4. **Reward:** the immediate positive feedback e.g. hunger or restlessness satisfied (for the moment)

Creating Good Habits

1. **Cue:** Make it obvious e.g. fruit by the TV
2. **Craving:** Make it attractive e.g. pair an action you want to do with an action you need to do
3. **Response:** Make it easy e.g. keep a glass of water on your desk; keep your fridge stocked with fresh fruit
4. **Reward:** Make it satisfying e.g. reward and record your successes

Use the ABCs from

The Tiny Habits Method (by BJ Fogg)

1. **Start with a "tiny habit":** Just a small easy step towards your bigger goal (i.e. floss one tooth)
2. **Link it to an anchor:** An established routine behaviour (i.e. brushing your teeth at bedtime)
3. **Celebrate immediately:** Create positive emotional feedback (i.e. thumbs up, clapping, "Nailed it!", "Way to go!")

The Tiny Habits recipe for new behaviours:

After I (brush my teeth), I will (floss one tooth) and celebrate by (smiling and saying "Great job!")

A = the anchor behaviour (the cue or trigger for your new behaviour)

B = your new behaviour

C = immediate celebration!

tinyhabits.com

3. Identify the potential obstacles

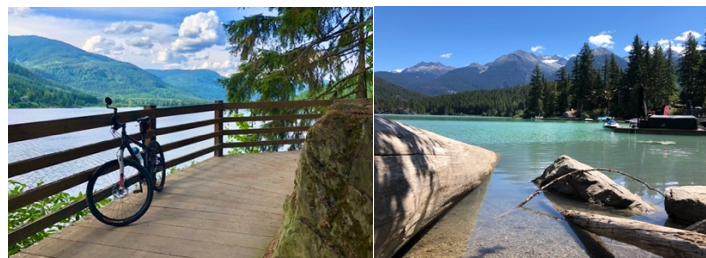
Anticipate how you will manage them

- a. Post-hypnotic suggestions for a Plan B – similar to how we reframe distracting sounds and thoughts during a hypnotic induction or in mindfulness meditation

- b. Use the Antifragile Model: you get stronger, more motivated and adapt with each change and challenge

STEP 3: Clinical Hypnosis Process for Positive Change

1. **Prework** – Choose the “right goal” that is aligned with your deepest personal values; anticipate obstacles; create a specific plan with SMARTEST goals; translate goals into habits with an understanding of habit formation
2. **Hypnotic Induction** – Tailored to the individual (e.g. breath induction, favourite place, your sanctuary)
3. **Deepening with Core Beliefs for Positive Change**
 - a. Creating core beliefs of positive change (neuroplasticity and how we form new habits)
 - b. Using metaphors (e.g. a pebble placed each day will create a mountain over time; the well-worn path in the woods; how water can shape the landscape over time; choosing your own path; how you learned to ride a bike, walk and run)
4. **First scene: See yourself taking the planned action with post-hypnotic suggestions**
 - a. Pre-experience yourself doing the planned action – that first step – your SMARTEST goal – the new routine (using the cue or anchor in daily life as the trigger)
 - b. Pre-experience and energize the positive feelings of celebration and accomplishment – a small victory on the path to your greater goal
5. **Second Scene: See your future self**
 - a. See your future self – on a movie screen, in a reflection on the surface of a pond or in your sanctuary – having achieved your goal
 - b. Bring forth all the sensations, feelings (physical and emotional), sounds, sights, smells and tastes to make it real
 - c. Reflect with deep gratitude to your past self for having given your future self this gift; for taking each necessary step and celebrating every step along the way; adapting to the expected and unexpected challenges; and ultimately perfecting your new routine, arriving at your new way of doing and being
 - d. Ask your future self what message of insight or inspiration will you share with your past self
6. **Suggestions to reinforce daily practice and intention**
 - a. *“Noticing how pleasant and powerful this experience has been, I invite you to practice the habit of daily self-hypnosis”*
 - b. *“You may be astonished how effective it can be to empower you to create incremental positive change”*
7. **Reorientation**
8. **Debrief**





Ego State Therapy: Rapid Resolution of Unconscious Symptoms Producing Conflict

Presented by
James Stabler,
MSW, RCCC
May 17th, 2023

CONCEPT OF EGO STATES

We all have multiple parts to our personality. If our parts are integrated we can simultaneously be a responsible adult and emotionally enjoy the moment with childlike wonder and feelings. However, if we experience a "critical event", especially when young, the event remains an active emotional memory and thus a part of us is not integrated in present time. If this part or emotional memory is triggered, it often takes control of our present thinking and behavior and thus we act out the past as if it were happening in the present.

RESOLUTION FOR INTEGRATION

The purpose of Ego State Therapy is to access emotional memories or parts to resolve the critical event and integrate the parts into the present personality. This is done via hypnotic regression by either revivification, reliving/abreaction of the critical event or hypermnesia, keeping the client in the here and now while working through the critical event.

The key to revivification and hypermnesia is the Affect Bridge developed by Watkins and Watkins. A current feeling is used to bridge the client back to the critical event or initial sensitizing event so that that it can be abreacted and the affect altered.

THE HYPNOTIC PROCEDURE

The revivification procedure was demonstrated by a participant volunteering to experience the Affect Bridge to heal a current emotional problem so they could look after themselves better.

Revivification

1. Determine the Goal: Identify problem/target for resolution.
2. Establish ideomotor signaling.
3. Install a Special or Favorite Place.
4. Establish the Feeling/Affect that is either positive or negative
5. If Negative Affect, ask the client to bridge back (regression) in time to memory/experience that is the same as the affect/feeling.
6. If Positive Affect, have the client bridge back to a feeling that is unlike the affect/feeling.
7. Have the client help the younger self resolve the emotional hurt.
8. Then have the client bring younger self to Special or Favorite Place and let her/him know they are never going back to where they were found.
9. Next, have the client decide who they need to be for their younger selves. Suggest alternatives such as best friend, big brother, protector, new mother/father.
10. Have the client integrate and put the younger selves to sleep so to speak inside their heart, rib cage or abdomen.

- II. Closure-Reorienting: *"When those younger selves are integrated and asleep and when you are ready just take a deep breath, stretch your arms and open up eyes and take your time."*

Debrief

At the end of the regression it is paramount that the process be debriefed to install Post Hypnotic Suggestions and to provide the client with confidence they can do the process on their own in real time. During step 1, establishing the goal, give the following post hypnotic suggestion that from this day forward they will be able to actualize their goal in real time without waiting to come back for another session. Remember by step 1 the client is already in trance and is open to post hypnotic suggestions.

The debrief stage is then another opportunity to install ego strengthening and procedural confidence. Remember at the end of the revivification the client is still in a trance and open to suggestion. Also, it is important to debrief to get the client into the here and now before they leave your office.

Debrief Conversation

Inform the client of the following:

- *"Remember I had you stay in two ego states at the same time, adult and child. As long as you do that you are safe and can resolve the emotional memories and integrate the younger selves. Repeat this several times while holding up one figure to represent the adult who goes back and rescues the younger self by pulling the other finger forward and putting him/her inside the body."*
- Provide stories of how you or others have done the Ego State process in real time, either spontaneously or deliberately, searching for the critical event that has imposed itself on the present.
- Inform the client that the regression can happen spontaneously and either a memory or a feeling will be re-experienced. It is not necessary to "hunt" for actual memories or critical events as resolving and integrating the "feeling memory" works just as well. Have the client promise when they experience the regression they will not operate heavy machinery, fly an airplane or drive their car but rather sit down and be safe.
- Inform the client now that he/she has experienced regression, resolution and integration it can also be done as an Alert Waking Trance experience. Depth of trance is irrelevant as we all experience transient spontaneous alert waking trances. Let the client know that they cannot do it wrong as long as the Adult provides the resolution and integration whether it is of emotional depth or it seems they are making it up.

Bibliography

- Additional Ego State Therapy outlines can be found in the following editions of Entrancing News. Spring/Summer 2000, Fall 2006 and December 2016.
- E. A Barnett: Analytical Hypnotherapy Principles and Practice-Westwood Publishing 1989.
- Gordon Emmerson PhD: Ego State Therapy-Crown House Publishing 2003/2007.
- Dabney Ewin & Bruce N. Eimer: Ideomotor Signals for Rapid Hypnoanalysis-Charles C. Thomas-Publisher 2005.
- Robin Shapiro: Easy Ego State Interventions-W. W. Norton and Company 2016.
- Watkins and Watkins: Ego States Theory and Therapy-W. W. Norton and Company 1997.

Not to be missed!

NOETIC HEALING: A BRIEF COURSE ON MODERN HYPNOTHERAPY

A Two-Day Workshop

Approved by the Canadian Society for Clinical Hypnosis (BC Division)

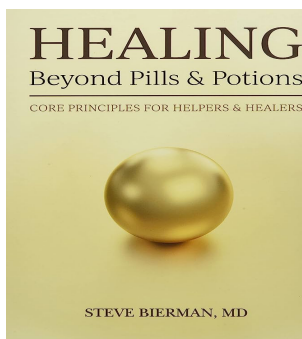
Saturday, October 14th and Sunday, October 15th, 2023

9am to 5pm

SFU Downtown

515 West Hastings Street, Vancouver, BC

Presented by Steve Bierman, MD



Dr. Steve Bierman's work blends humanism, hypnosis and alternative modalities with traditional allopathic medicine.

He has been featured on NBC's Dateline, and recently won the 2020 Best Indie Book award for his ground-breaking book, **HEALING – Beyond Pills & Potions** (Gyro Press, International).

COURSE OUTLINE

Participants in this unique course will learn a new way of thinking about hypnosis. This new understanding will provide novel approaches to eliminating the causes for both physical and mental illnesses.

Participants completing the course will:

- Understand what hypnosis really is and what it is not.
- Understand the nature of symptom formation and the common causal patterns producing illness.
- Learn new methods for effecting cures of both psychological and physical maladies.
- Learn to eliminate worrying and other so-called fixed character traits.
- Extend their curative capacity for all sorts of illnesses and dysfunctions.



Dr. Bierman, a graduate of the Northwestern University School of Medicine, began his career as a double board-certified Emergency and Family Physician. As much as he marveled at the treatments of modern medicine, so too did he despair at the rarity of its cures.

Dr. Bierman continues to see patients in his private practice in Del Mar, California. He also teaches introductory and advanced courses in his techniques around the world.

To register:

<https://hypnosis.bc.ca/training/upcoming-workshops/noetic-healing-a-brief-course-on-modern-hypnotherapy/>



Upcoming Online Members Meetings

As a preview of this special workshop, Dr. Bierman will present our WEDNESDAY, SEPTEMBER 20TH MONTHLY ONLINE MEMBERS MEETING: This meeting will be open to both members and non-members who are counselling or health professionals.

If you know of any non-members who are interested in attending the Noetic Healing Workshop, please have them contact Anneke so that they may attend this special online September meeting.

Dr. Bierman will provide an overview of his upcoming workshop, answer your questions and teach us his Worry Protocol to extinguish the bad habit of worrying permanently and thus free enormous mental energy for more productive enterprises!

On WEDNESDAY, NOVEMBER 15th, Shelley Ugyan, Registered Clinical Counsellor, BCACC and Eating Disorders Specialist will present

Using Trance to Facilitate Healthy Eating Behaviours



Focusing on the four triggers for problematic eaters and their associated hypnotic interventions, participants will learn how to recognize the negative trances activated in their clients or patients and help them get out of them be it small eating issues or full-blown eating disorders.





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