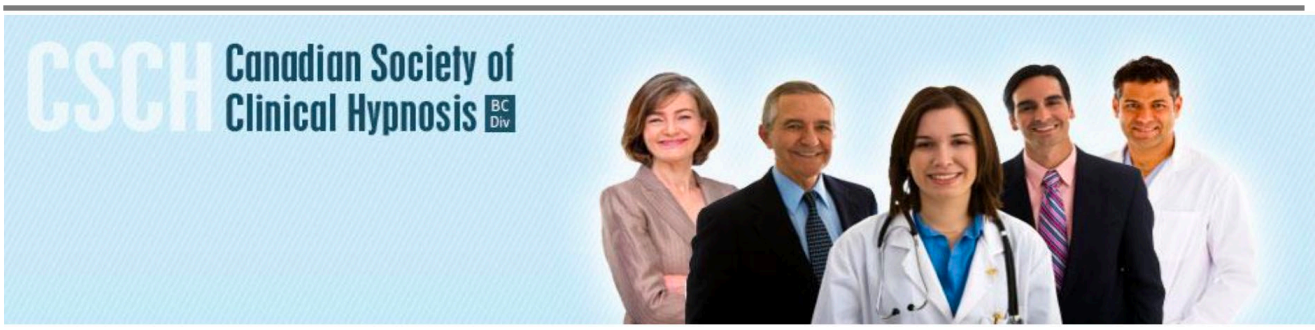

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Executive Council

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Photo credits: Dr. Davidicus Wong

From Your President

A Tribute to a Living Legend of the CSCH (BC): Mavis Lloyd

It gives me great pleasure to dedicate this issue of the Entrancing News to a living legend of our Society - our friend, colleague, teacher, mentor and role model, Mavis Lloyd.

It seems so appropriate to honour her in this way as she is the Editor Emeritus of the Entrancing News - the original print version of the Society's newsletter mailed to each of our members. She set a high standard for our newsletter, and she served as editor for most of her 22 years on our Society's executive board.

As a long-time member, I saw Mavis as a key essential foundation of the Society's identity.

She brought wisdom, compassion and professionalism to our training workshops and our executive meetings. In addition to thousands of hours editing our newsletter, she volunteered so much more in her teaching and leadership.

On the 10th anniversary of Mavis's retirement from clinical practice and the board, I would like to share some of the highlights of Mavis's life of which you may not have been aware.

Mavis was born in Coventry, England. It is clear that Mavis was destined to be a great teacher in spite of her father's opposition to the education of girls. Her mother, also a great teacher, had Mavis teaching Sunday school starting at age 8. Mavis had taught special needs children at Cheylesmore School without any formal qualifications.

In Mavis's own words to me, "My mother's instructions to me were to read this bible story to them, show them these pictures and ask them questions about their understanding and their thoughts. That's the core of pre-school education which I've used throughout my teaching experiences with very young children. It has always stood me in good stead including the teaching awards I earned at McGill."

She met her future husband, John, at a fundraising supper when Mavis was a Girl Guide Ranger and John a Scout Rover. They married in 1953 (the same year as Queen Elizabeth II's coronation) and they moved to Canada.

After their son, Ian was born in 1960, she resumed her education, including her B.Ed., MA in Special Needs Teaching, and MA and Ph.D. in Psychology.

She worked as a teacher for 35 years as a counsellor for over 25 years.

Because of her likeness to the Queen, Tsawwassen chose her as Queen for the day on August 11th, 2012 to celebrate Queen Elizabeth's Diamond Jubilee. The city printed a 5 pound "bank note" bearing Mavi's image to be used during the celebration.

Throughout her career as a clinical psychologist, Mavis was a favourite teacher and mentor. At the Adler School of Professional Psychology in Vancouver, she taught a brief therapy model she had developed and used in her practice.

For over two decades she shared her clinical skills in hypnosis, brief therapy, energy psychology and visualization techniques in her work with adults, children and families in areas including pain management, trauma and goal setting.

I had the privilege of learning from Mavis at our Society's workshops where she so skillfully demonstrated the powerful use of language in clinical hypnosis. It was a special pleasure and honour to work with Mavis as a mentor and colleague when I joined the board of our Society.

Mavis's compassionate heart and wise words are embedded within our own teaching and practice today.

Now in her 90s, Mavis continues to enjoy living in Tsawwassen with her husband, John.

Thank you, Mavis, for your unique and significant contributions to our Society and the field of clinical hypnosis.

Davidicus Wong, MD

President
Canadian Society of Clinical Hypnosis (BC Division)

📅 Stay Connected with CSCH on Facebook and LinkedIn!

We're excited to invite all members of the Canadian Society of Clinical Hypnosis (CSCH) to connect with us on Facebook and LinkedIn! These platforms are a great way to stay informed, share ideas, and engage with fellow professionals in the clinical hypnosis community.

Whether you're looking to stay informed or contribute to the conversation, our Facebook and LinkedIn pages are open and growing - and we'd love to have you there!

👉 **Follow us on Facebook:** CLICK HERE
👉 **Connect with us on LinkedIn:** CLICK HERE

Let's grow our professional community – one post at a time!

Photo credits: Dr. Davidicus Wong
'Teddy & Friend'

Monthly Member Meetings

Our Monthly Member Meetings remain a meaningful space for connection, learning, and ongoing professional growth. Open to all CSCH members, these virtual gatherings offer opportunities to explore relevant topics, share resources, and strengthen clinical hypnosis skills in a supportive community.

Have you a topic you'd like to see featured? We welcome your ideas - reach out to us at admin2@hypnosis.bc.ca.

Our Monthly Member Meetings run every month except July, August and December - stay tuned to the website for updates!

Hypnosis - The Language of Attention: Utilizing Informal Inductions

Presented by James Stabler, MSW, RCC
June 18th, 2025

Synopsis:

Clients generate their own problems by their thinking - Risk Assessment Process. Utilizing informal inductions modifies Assessed Risk at the:

- Symptom Level
- The more complex Schematic Level

Definitions:

- Hypnosis - a state of consciousness involving focused Attention characterized by an enhanced capacity to respond to suggestion.
- Induction - is any process of activating an absorbed state of focused Attention.
- Schemas - are cognitive frameworks that help individuals organize and interpret information.

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(A) Let the Induction Do The Work

- Case Example - Away from Home
  - Woman 32 from Ontario and transferred by her company in Vancouver.
  - Recently married and will not be returning to Ontario which is still emotionally her home.
  - Symptom - one minute she is in gratitude for her new life and next she is total despair that she is not in Ontario with her family and friends.
  - When she is in despair her friends try to rescue her, to no avail and eventually, they comment, "get over it".
  - She ruminates with self-deprecating self-talk.

The Informal Induction

Question (1) You know that you are an IMMIGRANT, don't you?

Question (2) What does it mean to you that you are an Immigrant?

Answer - There is nothing wrong with me. When it happens, I can just be despairing for a while and then get back to my gratitude.

The Informal Induction Achieves Three (3) Things

1. The Induction allows her to quickly manage the symptoms of gratitude and despair.
2. The Induction is really a Hypnotic Polarity exercise that allows her to experience both sides of the issue at the same time.
3. The Induction begins to modify her schematic framework consciously and unconsciously.

(B) Let The Conversation Induction Do The Work

- Case Example - The Curse
  - Client has Bipolar 1 Disorder along with some alcohol and drug abuse. He did attend residential treatment for substance abuse for three months.
  - He sees me for three months and disappears for eight months and begins therapy again. He tells me the story that his psychiatrist decided that he now suffered from borderline personality disorder, and he attended eight months of DBT group therapy.
  - As he is relating his story, I interject with the following Informal Induction.
  - **"If I thought you were borderline I would have told you that a long time ago"**

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The Informal Induction Achieves Three Things

1. Removes the curse of the borderline diagnosis.
2. Allows him to pay Attention to managing his bipolar symptoms.
3. Allows him to begin to modify his schematic framework around the untreated bipolar behaviour that he exhibited for six years.

(C) Let The Dialogue Inductions Do The Work

Standard vs. Dialogue Conversation

Standard conversation involves the receiver listening to the sender's CONTENT of the information sent. The listener at some point interjects with their own counterpoints, opinions, advice or solution for the sender. The sender ends up usually upset and never wants to talk to the sender again.

Dialogue conversation on other hand involves the receiver listening to the MEANING, not the content of what is being said.

The Language of Attention

Focusing on the meaning of what is being said instead of the content is an Informal Induction in action in real time. This is difficult for most people to do because from birth we have learned to focus on the content or the "blah, blah, blah" of what we are hearing.

Reflecting the meaning back to the sender achieves two things:

1. The person is heard and acknowledged.
2. The person receives unconditional love.

Facilitators

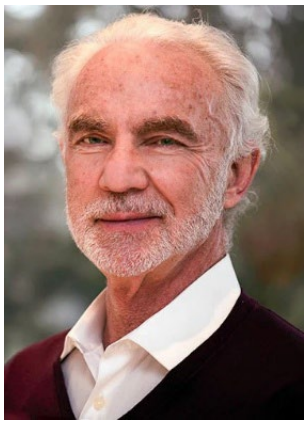
Dialogue allows both parties to become Facilitators for each other rather than the fixer or therapist for the other, which creates a dysfunctional DUAL RELATIONSHIP. As facilitators for each other three things are achieved.

1. Both parties are safe to say what they want without invalidating feedback of some kind.
2. Both parties facilitate each other to manage symptoms in real time.
3. Both parties facilitate each other to modify their schematic framework.

Four Rules of Dialogue

1. Don't look for a solution.
2. Don't get lost in content.
3. Listen for the meaning.
4. Throw the ball back.

Monthly Member Meetings continued



Vagus Nerve Stimulation and Hypnosis: Science Update

Presented by Dr. Saul Pilar (BASc)
October 15th, 2025

Dr. Saul Pilar explored the fascinating role of the vagus nerve - sometimes called the body's "great connector" - and how stimulating it may support physical and emotional well-being. The vagus nerve is a major communication pathway between the brain and many organs, helping regulate heart rate, digestion, immune responses, stress levels, and mood.

The session highlighted emerging research suggesting that vagus nerve stimulation may be helpful in areas such as depression and chronic inflammation, along with growing interest in how the nervous system influences healing more broadly. Dr. Pilar also introduced ideas for Polyvagal Theory, which looks at how feelings of safety, stress, and social connection are reflected in the body's automatic responses.

Participants also learned about everyday ways people may be able to activate calming pathways in the nervous system - such as slow breathing, medication, singing or humming, cold exposure, and relaxation techniques - alongside newer medical approaches that use specialized devices to stimulate the nerve externally or internally.

Overall, the talk offered an engaging look at how supporting the nervous system may play a role in long-term health and resilience and sparked thoughtful discussion about emerging therapies in these rapidly evolving areas of medicine.

Monthly Member Meetings continued

Family Constellations & Hypnosis: How hypnotic practices amplify familial and relational healing in the Family Constellations of Bert Hellinger

Presented by Olivia Fermi, MA, RTC
November 19th, 2025

Hellinger creatively synthesized his studies with Milton Erickson into the formulation of Family Constellations(FC), alongside other modalities, many of which also include hypnotic practices even if not always explicitly recognized. In this presentation we explored the following hypnotic tools:*

- *The idea of a Knowing Field*
- *Ancestral Healing*
- *Creating a safe communal space*
- *Representing someone else's family member*
- *And more…*

Rather than try to summarize my presentation on November 19th, 2025, I will share with you the second induction, which gives a taste of what it's like to represent in a Family Constellation.

Preparation: Please have four small objects or four small pieces of paper.

Choose an **Issue** that you have that relates in some way to your family background.

Write the **Issue** on one piece of paper or choose one object to represent the **Issue.**

Choose one object to represent **Yourself** or write your name on one piece of paper.

Now think of a **Healthy Female Ancestor** of yours - it could be someone specific like a beloved grandmother, or it can simply be a **Healthy Female Ancestor** unnamed. Again, choose an object or write on a piece of paper.

And for the 4th object or piece of paper think of a **Healthy Male Ancestor** of yours - it could be someone specifically named or it can simply be a **Healthy Male Ancestor** unnamed.

Representing: Now I'll lead you through this warm-up constellation exercise. You'll represent each of the four in turn as I guide you. Representing involves holding that object/piece of paper in your hands and considering you're coming from that point of view. When you hold the one for **Yourself**, you're representing you. When you hold the one for the **Issue**, you're representing the **Issue**, etc.

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When you represent you simply notice emotions, sensations, thoughts, and impulses without creating a story or analyzing. As much as you can be with, be in the moment, the more the exercise can unfold to reveal what's meaningful for you at this time.

1. Start by representing the **Issue**. See what you notice as you hold that one. Do you feel heavy? Light? Any emotions or impulses?
2. Now put the **Issue** down and release that representation. Take the one for **Yourself**. Again, see what you notice.
3. When you're ready, put that one down and take a breath. Now represent your **Healthy Male Ancestor**. See what you notice.

   As your **Healthy Male Ancestor**, acknowledge to **Yourself** the role you played in passing down the **Issue**.

   Now send healing and protection to **Yourself**.
4. Now put that one down, take a breath, and represent your **Healthy Female Ancestor**. See what you notice.

   As your **Healthy Female Ancestor**, look at the one for **Yourself**, acknowledge to **Yourself** the role you played in passing down the **Issue**.

   Continuing as the **Ancestor**, send love and wisdom to **Yourself**.
5. Put that one down, releasing the representation.

   Finally, represent **Yourself** once more and looking at the **Issue** with your **Healthy Ancestors** behind you, what do you notice? Same or different than at the beginning of the exercise when you first engaged the **Issue**?
6. As we end this little exercise, put the papers/objects aside. Take some slow breaths, simply noticing, simply sensing where you are now. Perhaps you'd like to acknowledge something helpful or positive about your experience and intend for that to continue to move in you in the most natural, loving and optimal ways possible.

Monthly Member Meetings continued

Clinical Hypnosis for Behavioural Change: Helping Clients Meet Their Goals in 2026

Presented by
Shelley Ugyan, RCC
January 22nd, 2026

In January, clinicians from across BC joined us for this session, and we were especially excited to welcome many new faces to this training. Together, we explored how hypnosis supports goal-directed change by working directly with attention, perception, and meaning. The webinar intentionally uncovered common myths about hypnosis, clarifying that it is neither a stage performance nor a relaxation trick, but a practical, ethical clinical process that fits seamlessly within every day therapeutic work.

Rather than presenting hypnosis as a stand-alone technique, the training framed it as a core clinical process that can be easily and effectively integrated into one's existing practice. Participants explored how shifts in attention allow clients to step back from stuck patterns, access internal resources, and experience new perspectives. Through live demonstrations and experiential exercises, clinicians saw how permissive, invitational language, strategic questioning, and metaphor reduce resistance while preserving client autonomy - and how small shifts can lead to meaningful behavioural change.

The webinar concluded with immediately applicable tools clinicians can use right away, including future noticing micro-shifts, utilization, and linking internal states to next steps. These approaches help clients experience goals as achievable rather than overwhelming, supporting sustained motivation when willpower alone is not enough. The session also served as a preview of Level 1: Clinical Hypnosis Foundations, where clinicians build fluency in integrating hypnosis ethically, confidently, and naturally into their therapeutic models and is a place where skilled clinicians can further deepen their skills as well.

Highlights from the September 2025 In-Person Workshops

Summary of our September 13th & 14th, 2025 Combined In-Person Workshop at SFU Downtown

Thank you to our faculty and executive members for another excellent in-person workshop.

Davidicus Wong, Leora Kuttner, Saul Pilar, James Stabler and Bianca Rucker taught the Level 1 workshop to 28 enthusiastic participants. To our new members, a warm welcome to our supportive organization and a positive turning point in your professional careers using the skills of clinical hypnosis to enrich your daily practice.

For our Level 2 participants, our faculty presented engaging and practical sessions.

David Bowler shared the evidence for the use of clinical hypnosis for irritable bowel syndrome symptoms, provided useful practice sessions and shared his unique approach and some scripts to guide our suggestions.

Bianca Rucker shared her experience with the use of clinical hypnosis for intimate sexual concerns with a focus on female sexual pain disorders. She shared her visualizations to promote healing.

Harry Stefanakis presented a useful and insightful session, Breaking the Trance of Depression employing his unique CORE model – centre, open, release and expand.

Shelley Ugyan and James Stabler presented two practical sessions on informal inductions, including the skillful use of dialogue with multiple case examples.

Elaine Drysdale drew from her extensive clinical experience to share her pearls on using clinical hypnosis to foster hope and comfort at the end of life.

After our Level 1 participants completed their beginners' workshop, we welcomed them to their choice of four great Level 2 topics on Sunday afternoon.

Lance Rucker, Saul Pilar and Reza Nouri team-taught a practical session on rapid access hypnosis in healthcare settings. Leora Kuttner shared her vast experience in using hypnosis to help children and teens. Shelley Ugyan and James Stabler presented another practical session on informal inductions.

Our President, Davidicus Wong shared his unique approach in enhancing mindful states using clinical hypnosis and closed the weekend workshop with an important talk on ethics as it applies to our work with clinical hypnosis.

Feedback was very positive from our enthusiastic participants. We look forward to seeing you at our upcoming online Level 2 workshop in April with all new topics!

Advance your Clinical Skills in 2026

Take your hypnosis training to the next level in 2026 with our Level 1 and Level 2 Clinical Hypnosis programs.

Level 2 (April 18th & 19th) builds on this foundation with advanced clinical applications, deeper case consultation, and expanded therapeutic strategies.

Level 1 (September 2026) delivers a practical, evidence-informed foundation - perfect for first-time learners and clinicians revisiting the training to refine and reinforce core skills.

Whether you're just beginning or ready to deepen your practice, these trainings are designed to support confident, ethical, and effective clinical work. **Watch your inbox for more information!**

Not to be missed!

CLINICAL HYPNOSIS FOR DEVELOPMENTAL TRAUMA

Presented by Dr. Louis Damis

JOIN THIS VIRTUAL TWO-DAY WORKSHOP THIS FALL!

DATE: November 21st and 22nd, 2026 (SAT & SUN)
TIME: 9am to 5:00pm
LOCATION: Online via Zoom

About the Training
Dr. Louis Damis brings exceptional depth and leadership to this work. He is the current President of the American Society of Clinical Hypnosis and has over 25 years of experience teaching and practicing clinical hypnosis as a licensed psychologist, educator, and consultant.

This two-day training will focus on **attachment-based hypnosis and ego state–informed interventions** for working with early relational trauma, disrupted attachment patterns, and developmental injury within a trauma-informed framework.

Member Benefit: Members will receive a **special discounted rate**. Registration details will be shared closer to the date—be sure to save it on your calendar.

Eligibility: Open to members (and full-time students) of regulated health professions who have completed Level 1 training.

Watch your inbox for more details soon!

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Photo Credits: Dr. Davidicus Wong