



**International
Association of
Counseling
Hypnotherapists**

Spring 2009

www.hypnotherapyassociation.org

the script

**President's Letter
Sheldon Bilsker**



Dear Members

The International Association of Counseling Hypnotherapist's was founded on May 26th, 2004 in Vancouver, BC. This is our 5th year and we are going strong. We now have a stable, viable and professional association with standards which should serve as an example to similar Hypnotherapy associations. This achievement is due in no small part to our old and new members who have supported the IACH and especially those members who have chosen to serve on the executive. Without them there would be no association. At the time of this letter we have approximately 60 current members. Like most professional associations we would like more members and we are doing our best to reach more potential members but this will never be at the expense of lowering our standards.

We now have Liability insurance available to our members thanks to Gabrielle Lightfoot's (Vice-President) negotiations with an insurance broker. We also have re-done our Standards with the intention of making them clearer and more user friendly. Thanks to Joanna Komorowska (Standards Director).

Last but definitely not least it looks like we'll have our biggest turnout ever for our AGM on June 6th, 2009. We have a very geographically diverse membership but 24 people have confirmed they are coming. I've had to get a bigger room. Livingston Finch M.ED will be doing a 3 hour workshop on "The Creativity of the Unconscious" and Jim Browne PH.D will be updating us on the latest

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developments in the potential legislation of Counselors in BC. Elections will also be held. See further details in this newsletter.

One last note: Please help the IACH by paying your dues before May 30th, 2009 (year end). It becomes very time consuming if members need to be followed up on for payment of dues.

I hope to see you at the AGM talk to you in the future. Have a great Spring and Summer!



Editor's Note

Diane Auld

Welcome to spring. Our long winter fits with the theme of this newsletter Shadow and Light. We emerged out of a cold snowy winter in Vancouver like the seeker emerging out of the underground. Our newsletter has two articles this month one by Joe Solanto Ph.D an adjunct to his last months article. Joe's article challenges our preconceived notions of counselling within the First Nations community. An assessment that will help you come face to face with how you approach cultural differences. How do you see the world and are you willing to see the world through the eyes of your client and her community? Joe's experience and passionate ability to be where his clients are and understand the greater communities valuable influence in an individuals healing comes through in the assessment. It gives me food for thought and makes me wonder about the individual culture in all my clients and am I curious about this culture, do I honour it, and where are those places where I may not. You will also find an article and story on shadow. The value of being aware of our clients shadow part, and how this powerful part can be an ally as well as a challenge to the process of change.

I must tell you my shadow made writing this article a challenge, and we had many a discussions about writing and completing. At the end of the article you will find a poem from Amy Sophia Marashinsky's Goddess Oracle Deck. I want to thank her for answering my e-mail and giving me permission to use her poem.

Our association has a diverse membership, If any of you wish to write or submit an article I welcome your contribution. If you are wondering about the applicability of your article e-mail me and we can discuss it. As practitioners we develop our own way of working with clients as well as using techniques borrowed from others changing the approach for each client. If you would like to share some of your techniques let me know. I would also be very pleased to publish some of the stories and metaphors you use with your clients. E-mail me at diane@auld.ca. I hope everyone has a wonderful spring and summer and I wish you all the best. *Diane*



A Peek into the mind & practice of: Chantal Thome B.A., R.H.

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Describe your training, experience and qualifications.

I am starting a master of counseling psychology with the Adler school of professional psychology in September 2009.

I have a bachelor degree in which I studied psychology; human services; theatre and visual arts, a university certificate in substance abuse counseling, I have a certificate of social work, a certificate from the Justice institute of BC in Management for social service settings, a certificate of Satir Brief therapy, and a certificate with the Fraser Valley Mental Health in dual diagnosis;

I also studied Traditional Chinese Medicine at the International College of TCM. I have not completed the doctorate program. I am finishing my Counseling Hypnotherapy Diploma with the Orca Institute.

How would you describe the work that you do?

The work that I do is dedicated to universal well being. I do my small part, in the big network of healing arts. I work as a counseling hypnotherapist in my clinic and will work as a social service program manager for homeless individuals, dual diagnosis addictions and mental illness.

My hypnotherapy training is useful, with any work I become involved with. When working in high stress situations and supporting individuals in crisis, my knowledge of hypnotherapy is a useful tool. I don't use trance other than in my clinic. But I use



my ability to ground, and detach to deal effectively with potentially stressful situations. I can also bring escalated individuals to a calmer state by addressing their issue on more than the conscious level.

An hypnotherapist is trained to read cues, and to connect with someone's energy. In times of crisis this rapport creates a sense of safety for the person in crisis.

I also work as an actor and I paint as an artist.

Describe your work space.

I have an office in Dr. Harreson Caldwell's clinic, located on Burrard Street, in a large medical building in downtown Vancouver. There is a Buddha in the waiting room and the atmosphere is very healing and professional.

My other place of work has a completely different energy. It is a hotel that has been converted into a place of residence for individuals who were formerly homeless. As program manager I supervise the support staff; building maintenance staff; I plan and over see the running of the hotel and program. I liaise with addictions; health professionals; and mental health services and so on. It is a multi-

disciplinary position which involves many different duties. As program manager I am involved in direct contact with individuals residing in the hotel which involves a professional and therapeutic rapport.

Tell us about your greatest challenge as a counseling hypnotherapist.

My greatest challenge as a hypnotherapist is that some of the suggestions I give clients stick to my own subconscious mind. It can be quite powerful and overthrow former habits which were not essentially wrong for me to have. It will come in the form of a strong thought and also my body will have a sensation of rejecting certain things. I work with addictions in particular. A lot of the suggestions I give ask for the subconscious to become aware of the potential effects of certain substances and behaviors, on one's well being.

It may simply be a flash in my conscious mind that reoccurs when I come in the presence of such substances. Then there is some sort of analytical process that takes place. I find this a little invasive at times. Of course hearing the stories and witnessing the struggles of individual's with addictions also assists in this process of questioning and rejecting taking place.

For my part I continue to try, for example, to enjoy an occasional glass of wine with friends. But I have so far not been able to finish a half glass. At times I only dip my lips in the wine. I think that all hypnotherapists react differently to their work.

The worse has been trying to enjoy a half

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glass of beer after gardening. I was never able to drink the whole beer, but would love a cold half glass of beer. Now it has become almost aversive to me. I heard myself utter "this is so bad for my body" it came blurring out in a low whisper to myself. I was kind of shocked and my body felt sick. It was a true Freudian slip. But I will keep working on it and give myself suggestions that say to my subconscious mind that it is okay for me to enjoy one glass, in the company of those I love and as a reward for the work I did in the garden! I am sure I will come to a place where I will trust myself with alcohol despite the devastation I witness and hear about in my practice.

....and your greatest accomplishment.

My greatest accomplishment is to see that hypnotherapy works. I can usually see a positive shift in clients instantly after the trance.

What are your spiritual or religious beliefs? How do they impact upon your work?

My spiritual beliefs are holistic. I can embrace any spiritual belief, since life/God/desse has many faces.

I accept client's beliefs as being symbols of their mind's working, and also where they stand on their spiritual journey. Spiritual concepts are very powerful and healing. If appropriate and with a client's permission we may use their spirituality in a session. Religious beliefs are different, but often good moral values stem from them, which can

be used during trance.

However, religion can also be an addiction, and some spiritual beliefs have an element of magical thinking which is not always based on a healthy sense of self and reality. Each individual is different, and I approach each individual differently. However, even in the most unusual situations, there is therapeutic light and good energy to draw from spirituality, which can assist in the healing process. They go hand in hand.

How have you evolved spiritually and mentally since becoming a counseling hypnotherapist?

Since becoming a counseling hypnotherapist, I have married my mind to my spirituality, and the offspring of this would be my physical wellbeing. They are all one and the same.

What book do you find most helpful in your practice?

I find books very useful. Prior to seeing a particular client, I will read about and research the presenting problem. Even if it is a problem I have worked with numerous times. The information can come from medical, psychological or spiritual sources. I also read scripts from other hypnotherapists to see how they approached a particular situation. For me it is a continuous learning process which includes several books.

If you had to pick a favor-

ite, what counseling hypnotherapy technique would you choose, and why?

There is not one particular technique I prefer. I adapt to the client's attributional style. After talking with them I can sense which technique would be best for them. Also during the process of induction and trance as I read client's cues I may switch technique. I do like to be indirect with addictions and I do a lot of fractionation. I get information along the way and we go deeper with it. Then we come back and I get more information and then we go even deeper.

I also noticed that male and female clients tend to respond to certain induction and trances differently. However I never take this for granted. It is an observation and I do not make the assumption that all clients will react in the same manner.

What would you like to see change in the field of counseling hypnotherapy?

I would like the distinction between psychoanalytic type hypnosis and counseling hypnotherapy clearer. The use of hypnosis along with psychoanalyses is a much more aggressive therapy. Counseling hypnotherapy is less intrusive and much lighter a therapy. In universities studies of hypnosis are restricted to individuals who have a master or doctorate of psychology. This is good for the type of therapy which deals with deep trauma.

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However for Counseling hypnotherapy which is a lighter therapy there is no need for such intense formal education.

Practitioners of Counseling hypnotherapy are trained to treat individuals on a level for which it is safe for them to do so. The counseling hypnotherapist practitioner knows when to refer to a professional. In my practice I stick to my expertise. I am very careful and immediately refer out clients who present issues for which I am not trained to deal with. Once I have my master of counseling psychology my practice will change with the knowledge I have learned.

I would like for people to understand that we are responsible practitioners. We know our limitations and our treatments are beneficial. A person does not need to see a master level counselor for an hypnotherapy session, unless there is a need to. For example, I don't need to see a dentist to have my teeth cleaned, a dental assistant will do. I will however see a dentist if I need a root canal.

If hypnotherapy is restricted to master's and doctors of psychology, so many people will not benefit from such a wonderful therapy. Once I have completed my master of counseling psychology it will change the kind of work I can approach in my practice.

We are responsible practitioners and we understand our limitations.

Who is your hero(ine)/mentor/guru and why?

For spiritual inspiration there are books which I keep close at hand.

Examples amongst many are readings from the Yogi Paramahansa Yogananda, and Milarepa Tibet's great Yogi. There are many others. I have a shrine at home with a Buddha and a Quan Yin where I meditate and to which I pray. I study Kriya Yoga with the Self-Realization Fellowship and do hot yoga with Bikram's yoga College.

I also enjoy reading books on old school psychoanalysis; and diverse psychological theories. Viktor Frankl and Milton Erickson are two of my many favorites.

The concept of angels and Dakinis would be my heroines. The idea that magnificent beings such as angels are out there helping people is a great source of peace to me. I often use the visualization of angels when I work with large groups.

Sheldon Bilsker of is very helpful to talk to after a challenging session. Or to share the details of a great session where I saw something wonderful take place.

How do you unwind/rebalance?

In general I use meditation; prayer; Bikram hot Yoga; Walking; writing; Gardening; Looking at nature and observing animals. I have 3 great dogs which I love and they love me back. I enjoy talking to friends and laughing with life especially laughing at myself in a good way. There is a large stream in my back yard and I sit there with my dogs for long periods of time watching nature, listening to the rush of the water. My dogs appear just as mesmerized by nature as I am.

Prior to a session I will breathe

and ground. I make sure that I am focused and do not let things interfere with my attention to the client.

What did you dream last night and what did it mean to you?

Last night I dreamed about my home being part of the 45 bed hotel for the homeless. I was talking to a women about taking a unit next to mine. I felt good and integrated. Subconsciously I feel as if this hotel existed in my dreams a long time ago. Even before starting to work there. I feel as if the two units were my left and right brain and the other women was my right brain. I the dreamer at that point identified with the left. I offered her the unit for a certain amount of money which I realize maybe was not fair. But talking to her I understood that money was not important. What mattered was the purpose. It felt good and bright, I was at peace with the understanding between us. This tells me that my choice to work there is a subconscious homecoming and I belong there right now. It is work in tune with my true self. It was not so much about money but about exchange and just reward, between my two brains, or conscious and subconscious levels. Also between my spiritual and physical balance.

I have had recurring dreams shift in response to myself having changed and healed. But

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Landscapes and Innerscapes

By Joe Solanto, Ph.D



Over the past year I've be honoured to continue my travels among First Nations and Inuit communities throughout Canada. I continue to be fascinated by the cultural differences between

these peoples and my own heritage (North American, second generation Italian, privileged Caucasian male, Western-model trained professional). The more I come to understand and experience the ancient healing traditions of Aboriginal peoples, the more convinced I am that I am among those who have been grossly underestimating the wisdom inherent in many of their time-tested principles and practices.

Here is a quick self-assessment for you. In each category below, identify those practices that might be considered more aligned with Western models and which with Traditional/Aboriginal models of healing.

ILLNESS

- ☞ Focus on curing the individual
- ☞ Focus on the health of the individual and the community

CAUSES OF ILL HEALTH

- ☞ Illness is complex, no simple explanation
- ☞ Illness is basically biological

I don't know where to begin explaining the challenges to making the standard theories of counseling "culturally appropriate", largely because it's taken me most of these years to realize how inappropriate some of these most treasured professional beliefs and approaches really are for Aboriginal People.

TREATMENT OUTCOMES

- ☞ Treatment should produce measurable outcomes
- ☞ Outcomes not always measurable

ATTITUDE TOWARD THE ILLNESS

- ☞ How can I destroy the disease?
- ☞ What can the disease teach the person? What is it's message?

PERSPECTIVE

- ☞ Look at the "Big Picture"; Physical; Emotional; Spiritual; Social

- ☞ Look for the microscopic causes

BASES FOR SKILLS

- ☞ Intellect is primary; skills based on scientific theories found in books, learned in schools

- ☞ Intuition is primary; skills learned in nature; Elders; Spiritual truths and Visions

ROLE

- ☞ Helper is a health counsellor and advisor
- ☞ Practitioner is the authority who may need to coerce person into compliance

KEY TO EFFICACY

- ☞ Healing frequently involves wisdom of the person, family, community
- ☞ Healing relies on expertise of the practitioner

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HISTORY

- ☞ Health history emphasizes personal and family history
- ☞ Health history includes environment, community

ROLE OF NATURE

- ☞ Healing is rooted in the natural environment
- ☞ Healing is unrelated to Local geography or nature

METHODS

- ☞ Methods are diverse, situational and individualized
- ☞ Methods are standard and uniform

ACCOUNTABILITY

- ☞ Subject to review, regulation, sanctions by licensing boards
- ☞ Accountable to the community

COSTS

- ☞ No fixed fees for services; often paid for my "Gifts"; healing is accessible to all
- ☞ High costs; limited access due to financial constraints

SIDE EFFECTS

- ☞ Dangerous side effects are common
- ☞ Adverse effects are rare

TIMELINE

- ☞ Correct intervention should result in quick cure or management of symptoms

Healing occurs when the time is right; patience is important

MALPRACTICE

- ☞ Healers accountable to community system of reconciliation rather than punishment
- ☞ Defined and litigated in a justice system that punishes offenders

PRACTITIONER CREDIBILITY

- ☞ Helper is expected to be a role model; credibility based on helper's insight, spiritual power, and the grace of the Creator
 - ☞ Helper's lifestyle not a significant factor; credibility based on credentials, degrees, licenses
- O.K.* So, some of them are "no-brainers". But imagine for a moment the vast implications. Many aboriginal peoples are considered by "the system" to be resistive to seeking help from health services, non-compliant to recommendations, holding onto "primitive" beliefs about the origins and cure for diseases, preferring the care of "medicine people", and generally needing a paternalistic ap-

proach when managing their wellness. Having considered myself to be a "wholistic practitioner" for many years, I find I'm just beginning to grasp the true meaning of that term.

JOE SOLANTO, PH.D.

Before coming to B.C. in the early 90's Joe Solanto served as a School Psychologist in the public schools of New York for eighteen years. He then completed a doctorate in psychology, and for seven years was the Director of a multi-disciplinary outpatient treatment centre for addictions and trauma that utilized the services of over 20 professionals, treating the full range of mental health related problems.

Since coming to Canada, Joe has been teaching a wide variety of courses at the Justice Institute of B.C. focusing on trauma counselling, assessment and treatment, restorative justice, and adventure-based learning, as well as offering training in counselling-related topics at other post-secondary institutes. He has also served as a consultant for the Federal Department of Justice as well as for Corrections Services Canada. In the past few years he has been working in First Nations communities in B.C., the Yukon, and the Northwest Territories, as well as with the Inuit of

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the dream itself is not the healer. the dream is the mirror of the mind. The healing takes place on a deeper level. Dreams are where the different levels of consciousness create blended images, a shared canvas. They symbolize a meeting between them and speak to me of what is really going on for me, on a multi-level.

What place real or imagined is most special to you?

Home, where ever that may be. Home to me is the most important place of grounding. Home is both a physical and spiritual place. By far some of my greatest challenges in life came from home. It is not only a physical structure. It is mainly a psychological and spiritual structure.

From a purely imagined level, I live with angels on some realm of consciousness. My soul does not aspire to find and know God but to serve its healing energy on earth. So my home would be anywhere I can serve God.

What is your favourite quote?

“Reason is our Soul’s left hand, Faith her right,
By these we reach divinity.”

John Donne, great metaphysical poet.

What is your greatest hope?

That children should not suffer. I have a lot of dreams about children suffering and angels who support them. I hope the angels are real, not only in my dreams. Suffering children turn into troubled adults. In every person I work with, I see the wounded child.

...your greatest fear?

My greatest fear is that there are people out there who harm children. That some children go to bed afraid. To me this is my greatest fear. However if angels are true, they are there with the children guarding over them.

How do you want people to remember you?

Wow this is a big question. Interestingly enough it brings me back to my mother’s death. While my mother was dying of cancer she told me angels and

children kept coming to her. They flew with her farther and farther each time. This struck a deep chord with me, since as a little girl I used to see angels and other apparitions. But my mother told me it was my imagination. She was a psychiatric nurse and had completed an MA in psychology. She did believe in God, but not in my visions.

This episode with my mother leads me to think of a dream I had long ago. My mother’s words reminded me of one particular angel dream in which I felt I had strayed too far. I frequently dreamed of angels and even saw them. But in this dream I came to this tunnel of light in front of which stood two magnificent angels; one male, the other female. The female angel seeing me, lowered herself to receive me in her arms. I did not know if I should go to her or not, because I felt I had gone too far. I hesitated and then decided to go to her.

When I came to her she quickly took me in her arms and began to fly with me. At first we went in the light and then we came to fly over the earth. From the earth rose predominantly the tearful cries of children. Mixed in was the pain filled cries of all people, animals, all of nature. The cries rose up to us and I could feel all the agonizing distress in their voices. The sorrow was immense and I thought it would kill me right there and I would never come back to earth. I could not grasp this much pain. I could no longer listen to the pleas and sobs coming from below.

I began to struggle to free myself from the angel’s grasp but could not free myself. The cries kept coming up toward us, filling my being completely. Then the angel began to moan and cry and this became unbearable. I screamed to her “why are you crying!!!!???” For some reason the angel had transferred to me a sense that her pain was the cause of it or that she was carrying its guilt? I could not understand then, that healers carry other’s pain and karma for a while.

I screamed again and fought to be released since I thought I was dying and had gone much too far. I could not hold in this much sorrow. She finally let me down and said to me. I can still see it in my mind how she told me. She lowered toward me again with a finger pointed to me and said “Remember! There is hope in you.”

I awoke crying. I told my parent my dream as best as I could and I recall my mother’s response. She turned to my father and said “ did you feed her a T-bone steak late again last night?” She had been on a late shift at the hospital that evening

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Landscapes and Innercapes

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*Northern Quebec, assisting with the healing from residential school trauma, and training front-line staff to respond to the high incidence of violence, suicidal, addictive, and other self-harming behaviours within their communities. His work is featured in the DVD, *A Healing River*, available from Simon Fraser University's Department of Criminology.*

Joe is also known for his work in the mid-90's as the Director and Expedition Leader for the Vancouver Ocean Challenge Society, which provided groups of at-risk youth challenging marine and wilderness adventures in a therapeutic milieu.

This program was nominated for the 1997 Violence Prevention Award.

In November 2007, Joe was a Keynote speaker and youth-focused workshop presenter at the Western Canadian Conference on Addictions and Mental Health. His topic was Trauma and Addictions. Again, in June 2008 he was the Keynote speaker at the Aboriginal Justice Forum in Vancouver. His topic was Intergenerational Trauma and Healing. He currently provides consultation and training to a variety of organizations in B.C. and other provinces.

Peek into the Mind and Practice of

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stomach would have created this experience? A reversed psychosomatic nightmare? I guess she blamed him.

Then I came back in thought to my dying mother. I took her hand and wondered if she was having a similar experience. She said angels and children kept coming back carrying her farther and farther away. I asked her if she was afraid. Her face looked peaceful and she said "no." I responded "you're not afraid?" She said "no I am not, because you thought me not to be afraid of them..."

This is how my mother remembered me. Maybe I would like to be remembered as someone who teaches others to believe there is hope in them for all suffering and to not to be afraid to believe in angels.



Metaphors and Stories

by *Diane Auld*

A story about the fears and insecurities that live deep in the shadows world. What happens when the shadow is allowed to influence and subtly control us? What happens when the shadow's voice speaks louder than our dreams and desires?

A story about a cat who swims, dreams, works very hard and has a shadow side with a very strong voice.

Some stories we tell our clients in trance, this maybe a story to tell a client in conversation.

The Colour of Shadow

The cat found herself washed up on the shore of the strange land. She had been swimming forever searching for this marvelous land. Her heart was filled with excitement and trepidation. Finally, finally she had reached her destination. What if she could not fit in? What if she did not have what it takes? "Of course you have what it takes." she could hear inside herself, "you have been swimming forever and you never gave up, you won't give up now." "No of course not." The cat thought, "I won't give up now." "No of course you won't" a dark voice inside said "Of courrrrrrrrrssssssseeee yyyoo-ouuuuu wwwonn" "tttt." The voice laughed its wicked familiar laugh. The voice always made the little cat work harder and she put herself to work, for she had a lot to prove.

As time went on she noticed that each cat in this land had a unique and valuable gift to bring to the unfoldment of the purpose this land

offered to the world, and after a time each cat seemed to find their purpose and make a commitment



to living that purpose for themselves and for the world. She wondered when she would find hers. So she studied and worked, deeply desiring to feel like she had something to contribute. During the day she would go out into the land and work at all the things she thought were important and at night she would hide in her little house fighting the dark voice that lived inside her. She learned many

things to help with the dark voice and for a time she developed a working relationship with her dark voice.

One day as she was eating her lunch she heard two elder cats talking. "My new student is ready to take her place." the elder stated. "Do you think she is ready?" the other asked. "Yes I do" he answered. "I am so glad" the other stated. "I have checked and the gifts she brings are so deeply needed by others. "Her acceptance of her place will give the cats in the land of Confusion the possibility of clarity. Her acceptance is particularly important right now as Confusion was about to collapse in on itself, she is offering them the possibility of possibility." The two elders wondered off leaving the little cat many things to think about.

Clarity and possibility such wonderful gifts the little cat thought. I don't know if I have anything as important to offer. Her dark voice seemed very loud today. "You have nothing to offer. You are just a stupid little cat; a no value cat. You just paint and play with colour, how could that bring any value to someone trying to live and grow and make a difference? You've learned enough, maybe it is time to leave and go somewhere else." "I can make a difference." the little cat countered. "How? You tell me how? If you can tell me how I will" Continued on page 11

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go and stop bothering you. Come on tell me. See you really cannot think of anything as grand to offer as clarity and possibility.” The dark voice was relentless. The little cat felt overwhelmed and lost. Her dark voice was right she could not come up with one “how”.

“It is time to go.” her dark voice said. “I’ll look after you; we will find a new place where we are accepted as we are.” “I thought I was accepted here” she said. “Well you are wrong.” the dark voice said “How can you be accepted if you have to change all the time.” The little cat had no answers; all her answers seemed to be locked away in a place with no key. She walked out to the water and started to swim to a new land. “No one will miss me.” she thought, “they hardly know I am here.

In a room in a tall tower two elders could be heard talking. “What will we do?” one asked “I don’t know we were so close, so close. The land of black and white will have to wait again. They have waited for such a long time for some colour I am afraid they will despair when I tell them they have to wait again for someone with so much colour in their heart to come along. Someone who could bring the light, emotion and energy that comes with a deep understanding and love of colour.”

Diane Auld ©2009

Shadow and Light

Conscious and unconscious

Dance the dance of opposites hiding the same secret.

Who am I? Where have I been?

Where am I going?

You can trust me—no I can’t

You will listen to me - I am afraid of your words.

The darkness comforts the fear.

The light exposes the dark corners.

We stand before each other who will take the first step?

We walk away from each other strangely feeling something is missing.

I need you, but don’t understand you.

I’ve helped you and felt unappreciated.

We stand before each other who will take the first step?

Two steps towards

One step back.

I’ll meet you in Rumi’s field bring your cup of tea and we’ll shall dance the dance of possibilities, dance the dance of uncovering.

Bring your curiosity.

And you bring the gold.

We’ll meet in Rumi’s field.

By Diane Auld ©2009





The Shadow of Change

by
Diane Auld
R.P.C.,H.T

Fear

*Everyone can see how they have polished
the mirror
of the self, which is done with the longings
we're given.*

*Not everyone wants to be king!
There are different roles and many choices
within each.*

*Troubles come. One person packs up
and leaves. Another stays and deepens in a love
for being human.*

*In battle, one runs fearing
for his life. Another, just as scared, turns
and fights more fiercely.*

Rumi

The desire to change, the vision to see the patterns needing to be changed, the wisdom to know what to let go of, and what qualities one will need to draw upon to achieve the desired change, the courage to take the first, the next and the next step, and the strength of awareness to stay on track; all of these and more are needed to achieve change. As Counselling Hypnotherapists we walk with our clients through this process watching, supporting, offering, helping with perspective and encouraging their ability to support themselves. Often the process flows and runs into road blocks and flows again. Sometimes the struggle is exhausting for the client, one road block after another and they give up assuming that they do not have what it takes to stick to anything. We are faced with questions: Why can't I

attempts. Welcome, and allow me to introduce you to the Shadow. The part of ourselves we have disowned, put so far away she has to scream to try to be heard and even then she is often not acknowledged, so he finds ways of escaping his confining prison. She emerges as sarcastic remarks, addictions, spontaneous inappropriate actions, just to name a few. Our shadow holds our darkest feelings, hidden desires, wishes and our unacknowledged creativity; undeveloped aspects of ourselves that often remain undeveloped due to their being shamed or forbidden either culturally, or within our family. As long as the shadow is allowed to remain in the dark he will plot and wait and sabotage. It is in bringing this aspect of ourselves into the light of day that relationship with self deepens and the powerful qualities hidden in the shadow can be utilized in the healing process.

A complete picture of the forces working in our clients unconscious becomes clearer when we invite, make space for and acknowledge the darker aspects of our client's nature. One side wants to make the changes and another equally as strong side is quite happy with the way things are. How do we open a dialogue? Do we want to open a dialogue? Is there really any value in opening a dialogue?

Value in facing the shadow

The shadow has two parts the dark simmering sharp fanged Shadow and the Golden Shadow. These are the places within where we often will find our creativity, our tenacity, our ability to protect ourselves, our anger and our prejudices; to name just a few pearls lurking in the underground. I say pearls because there is words, phrases, distractions and reminders of past often gold to be found in the mud. Can we as therapists know the gold is there? Really hold for our clients that no matter what they think of themselves we know they have incredible skills and abilities and can we endeavour to love the manner in which the shadow has chosen to use the gold? Love it from a place of curiosity and invitation. change? How come I don't have any will power? What is the matter with me? It was going so well, and then it all fell apart.

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These are all good questions and can lead to insights and a deepening of the commitment to the change process.

If the client stays with the process she often proceeds to the next level and runs again into road blocks, actually more than road blocks. He runs into a part of himself that seems bent on sabotaging steps forward with just the right

“The psychological rule says that when an inner situation is not made conscious, it happens outside as fate. That is to say, when the individual remains undivided and does not become conscious of his inner opposite, the world must perforce act out the conflict and be torn into opposing halves.”

— DR. CARL GUSTAV JUNG

Gold in the Shadow

The Golden shadow manifests in unacknowledged talents and skills. We see in others all the wonderful qualities we know we don't have. How surprising it is to find that we could not recognize these qualities in others if we did not ourselves have them. The mud needs to be cleared and the emerging gold acknowledged and integrated into our whole being. The unconscious made conscious.

- The dark side of creativity never acknowledged, projected onto others is the story of a art critic who loves art with a deep passion, and hides a deep desire to paint, this desire buried and disowned emerges scathingly in his reviews.

- The dark side of bottled up anger is self aggression, self-harm or anger turned

outward sometimes subtly as negativity, sometimes more overtly as aggression, violence or crime.

The dark side of tenacity and the ability to stick to things could manifest as controlling self and others, a refusal to change and /or possibly addictions. Although addictions will often manifest in any situation where we are burying our pain.

The dark side of setting boundaries can be found in protecting self and others from the ebb and flow of life, the good and the challenging times, the inability to say yes and the inability to say no.

These are just a few of the gold bits hiding in the shadow. Life becomes a reflection of the things we will not allow into our life. Life becomes a reflection of the bitterness we feel inside, the dark shadow part meets life with anger, jealousy and envy harbouring a deep feeling of inadequacy that we are terrified to show to the world and ourselves. The golden shadow self may see life differently yet harbour the same deep feeling of inadequacy; others are talented, creative, beautiful and loveable, not me others. The gold slowly over time becoming covered with the mud of our unacknowledged self— covered waiting for waiting for..... Life.

Projections change the world into the replica of one's own unknown face.

C. G. Jung - Aion (1955)

How do we help our client form a

relationship with their shadow?

The Grand Adventure or gentle story

Stories filled with all the amazing hidden talents of the client. A creative frog, turtle, a little black cloud that cannot see how colourful she is may help a client living with depression see she is not alone and others actually miss her.

Characters who help the unconscious help the conscious mind build the safety for the gold to emerge in its own time.

Yes Vs No

Parts Therapy allows the client to talk to the part of themselves who is angry, hurt, stubborn, sabotaging. Asking the unconscious to allow the shadow self to emerge in trance can often lead to insights.

For instance the movie editor who works at home and has noticed over the last 6 months he had missed deadlines, so much so that he is getting a reputation of being unreliable with the movie studios. In trance can we talk to this part who does not care, feels everyone should realize how good he is and just wait for him. What might emerge in trance is a deep hidden desire to act, something he has never told anyone, something his family had a strong judgement about; the shadow's deep desire to express itself crying to be heard and seen.

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Art in Therapy

Painting the feelings may help a client who loves to paint who has been severely sexually abused and after years of healing has reached a point where she has many moments of peace, moments where the pain usually felt in her body has eased and allows her to enjoy life more, yet is surprised to find these moments actually cause her anxiety and she finds ways to bring the pain back, exercising too much or other forms of self-abuse. Her shadow saves her from moving deeper; moving into the places where light has never touched. Painting may help her move closer to her anxiety and build a relationship with this part of her.

Acting out the Shadow

In the safety of our office or their own home it can be very valuable to act out the qualities of our shadow we know of yet control so deeply; allowing the inner terrorist out in a safe setting, allowing the flighty disorganized party girl dance around the kitchen, allowing the little kid to finger paint a huge piece of paper on the floor and make as much mess as his heart desires – Let the shadow out, let the imagination go wild. If the client cannot then hypnosis is the perfect vehicle to create a story of someone else saying, doing, and being all these Shadow qualities in small safe bits.

Facing our Shadow

*I went there
of my own free will
I went there
in my finest gown
with my rarest jewels
and my Queen of Heaven crown
In the Underworld
at each of the seven gates
I was stripped seven times
of all that I thought I was
till I stood bare in who I really am
Then I saw Her
She was huge and dark and smelly and hairy
with a lion's head
and lion's claws
devouring everything before Her
Ereskigal, my sister She was all that I am not*

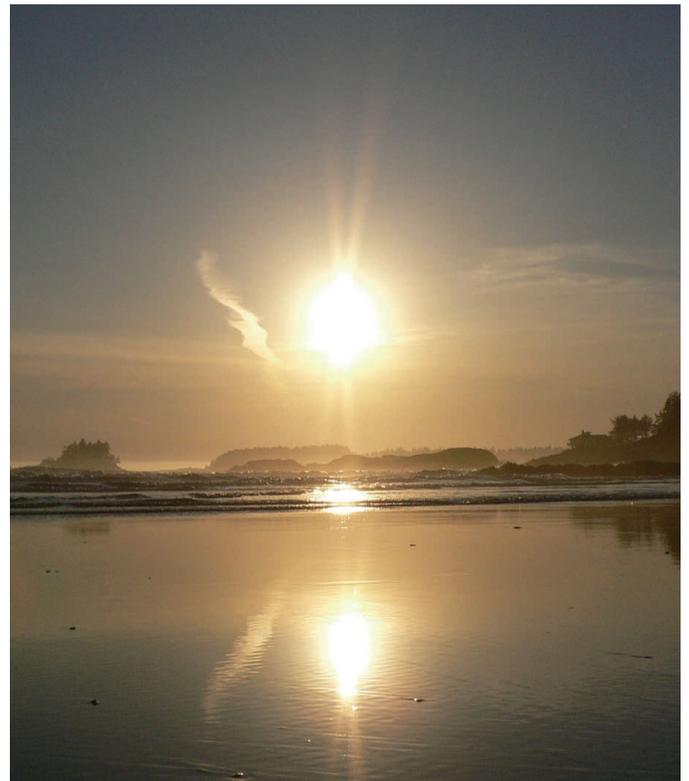
*All that I have hidden
All that I have buried
She is what I have denied.
Ereskigal*, my sister
Ereskigal, my shadow
Ereskigal, my self*

**** Ereskigal from Sumerian mythology was queen of the Underworld.*

I wish to thank my Shadow - you inspire me, challenge me and you made writing this article a process of digging deeply into the gold.

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<http://www.thewayoftheheart.com>*

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<http://www.amysophia.com>*



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***Let the beauty
you love be
what you do.***

Rumi