



**International  
Association of  
Counseling  
Hypnotherapists**

**Winter 2013**

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[www.hypnotherapyassociation.org](http://www.hypnotherapyassociation.org)

***the script***



***President's Letter***

Sheldon Bilsker H.T., R.C.C.

Welcome to the Winter 2013  
IACH Newsletter.

*Another year has come to an end and the IACH is beginning its ninth year. The association was founded with the intent of setting high standards for our members. We are not a large Association like some in the US but we can confidently say that our practicing members all have achieved a high level of competency and ethics.*

*This year we plan to continue developing our social networking sites and website. As many of you know, good quality content is a key component in achieving that. If you have articles, videos or images which relate to hypnotherapy or counseling. Please consider contributing. Developing this area allows us to promote not only our Association but our members as well. Please do not forget that the IACH offers free advertising on our website. I would like to thank our executive for their hard work and dedication during the year. On behalf of the IACH executive we thank you, our membership, for your support and involvement in our growing Association.*

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## *Editors Note:*

*Diane Auld*

*It takes a village. That is the gift of teamwork and passion. This newsletter is a bit late and hope well worth it. For me it has been . Going from not having an article to people rallying to the cause. Thanks so much to Lisa Brown, Bill Kennedy, and the Canadian Counselling and Psychotherapy Association and the author for allowing us to use Dr. Linda AK Thompson's article.*

*You will find many different articles this month. Lisa Brown has given us a wonderful book report on the case studies of two counselling hypnotherapists. Honestly in the process is what strikes Lisa in this book and makes me curious. It is our honesty with ourselves and our transparency with our clients that builds rapport and connection.*

*Bill Kennedy has updated us on some movement in Ontario in reference to the The Ontario College of Psychiatry, the Ministry of Health and regulating our profession.*

*Our peak into the mind and practice of this month is Carol Keane. A wonderful therapist who lives on Vancouver Island.*

*Finally you will find a fun and playful article by yours truly on Ericksonian Hypnotherapy.*

*Enjoy and I you or some colleague of yours would like to write an article on hypnotherapy or counseling I would be very happy to look at it.*

*May your winter be on the cusp of warming into Spring.*



## Practice of:

**Carol Keane, BA, Con Res, HTCPA, RH**

### 1) Describe your training, experience and qualifications.

I have an eclectic blend of training including counseling hypnosis, counseling, coaching, healing touch, conflict resolution, nonviolent communication, and NLP. Qualifications have been received through McMaster University, Orca Institute of Hypnotherapy, Erickson College, Justice Institute of BC, Healing Touch Canada, Intuitive Minds and Bay NVC.

### 2) How would you describe the work that you do?

The work I do is client centered with the purpose of creating a safe supportive environment where the client can explore or unfold their life's purpose or change behaviors or beliefs that keep them from actualizing how they want to be in the world.

### 3) Describe your work space.

My work space is warm and inviting it is a large room in our home divided into 3 areas; counseling, healing touch and office. It is filled with angels, books, candles and warm colors. The massage table for healing touch rests under a sky light; the counseling area look out over the plant filled deck to view the ocean. A small fireplace keeps the space warm.



### 4) Tell us about your greatest challenge as a counseling hypnotherapist.

My challenge is to help clients recognize that they know what is necessary to create the life they are looking for my role is to accompany them on the journey.

### 5) ...and your greatest accomplishment.

When I see clients living the life they thought they could only imagine.

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

I believe in a higher power and that we are all part of that. We are Eloheem...we are God

We may have forgotten our soul's purpose by investing in the behaviors that do not contribute to actualizing our purpose. In my work it is a bless-

ing to be able to be a partner on their journey of self discovery. To be able to support the change that clients intuitively know they want to make.

7) How have you evolved spiritually and mentally since becoming a counseling hypnotherapist? Definitely, I have become sooooo curious and able to trust the intuitive voice of knowing. That has led me to trainings and experiences that I would not have imagined. Spiritually, hypnosis has given me the trust to keep learning and experiencing the goodness of this life as it unfolds.

8) What book, if any, do you find most useful in your practice? Hypnocounseling: An Eclectic Bridge Between Milton Erickson and Carl Rogers-by Hugh Gunnison Nonviolent Communication: A Language of Life by-Marshall Rosenberg

9) If you had to pick a favourite, what counseling hypnotherapy technique would you choose, and why?

I can't just choose one so my favorites are induction and visualizations. Once one is relaxed by the induction we can visualize where we knowingly want to go. Once the visualization is realized by the subconscious mind, we can move in that direction. I love the words - Just Imagine...

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

*I would enjoy the word "hypnosis" to be in every conversation as an accepted and sought after therapy. First we need to expand our EFAP programs to include this as a stand alone therapy. I would like to see visualization included in schools to assist students to reach their goals.*

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

*This question was difficult for me as so many of my teachers have been my mentors. I will pick however, Vicki Slater-Ph.D., RN, CHTI, AHN-BC she has a private practice in energy healing and holistic nursing among many titles she is also a Certified Integrative Hypnotherapist. She has influenced my practice and life since attending her workshops and following her research. Her knowledge, warmth, kindness and commitment to exploring the physics of energy healing enrich my soul and keep me curious.*

12) *How do you unwind/rebalance?*

*I usually take part in some form of physical activity like an hour long fitness class or a long fast paced walk. I also meditate using various forms of Chakra alignment meditations.*

13) *What did you dream last night and what did it mean to*

*you?*

*I do not recall...sorry*

14) *What place real or imagined is most special to you?*

*A long walk into an ocean side cabin...with cozy furnishings, no TV or electricity, an airtight fireplace, books and an animal or other good friend. That's where I go to regenerate, relax and leave feeling a sense of well-being and hope for the universe.*

15) *What is your favourite quote?*

*"The intuitive mind is a sacred gift...And the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift." Albert Einstein*

16) *What is your greatest hope?*

*That we connect with our intuitive knowing—our soul's purpose and live it*

17) *...your greatest fear?*

*That we are not fully heard or understood*

18) *How do you want people to remember you?*

*As a person who has made a positive difference in the universe*

*Is there anything I haven't asked about that you'd like to share?*

*Yes...I want to share how blessed I feel to be in the world now; it is not be coincidence that the souls here are evolving and living their purpose.*

*Carol Keane, BA, Con Res,  
HTCPA, RH*

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***"There remains something subtle, intangible and inexplicable. Veneration for this force beyond anything that we can comprehend is my religion."***

***Albert Einstein***

# *The Emerging Field of Psychotraumatology in Canada* *the script Winter 2013 page 5*

*Dr. Linda AK Thompson, BGS, MA, CCC, PsyD,  
FAAETS(1996).*

## *The Matrix of Trauma*

### *Neo-Ericksonian Approaches to Persuasive Healing*

*The use of Eriksonian hypnotic techniques helps to locate sources of psychological and physical pain to facilitate the natural healing powers of the individual. A wholistic application of hypnosis incorporates wellness, higher consciousness and optimum performance. Trance can be used effectively to promote joy and harmony as well as quiet disharmony.*

*The promotion of wellbeing is a more efficient and beneficial focus of attention than a constant concern with diagnosis and cure. Specific, identifiable thoughts, actions and experiences create wellbeing and peak performance. Internal and external events are available to everyone, but not everyone pays attention to them or takes advantage of them. Clinical application of hypnotic trance is an effective way to direct attention toward these events.*

### *Goals of Healing Trance:*

*To capture attention  
To focus and nourish wellbeing  
To promote contentment  
To support optimal wellbeing  
To precipitate peak experiences  
To expand self-awareness, self-*

*expression and self-mastery*

### *Healing Trance Employs:*

*Metaphors: is a figure of speech in which a word or phrase literally denoting one kind of object or ideas is used in place of another to suggest a likeness or analogy between them. (i.e., drowning in money).*

### *Stories: Direct or Indirect Suggestions Found in:*

*~ poetic allusions (hinting)rhymes  
~ puns – humorous use of a word in such a way as to suggest two or more of its meanings or the meaning of another word similar in sound  
~ mythic symbols  
~entrancing rhythms*

### *4. Advantages of Healing Trance:*

*Flexible and adaptive*

*Conforms to the needs and interests of most people*

*A direct route to wellness as a way to pay attention to relevant landmarks to provide a pleasant trip.*

*Elastic waves of the earth and waves of a human life energy field are phenomena innate within and requires the use of mathematical equations, sensory-perceptual ability or words to discuss these matters that are oth-*

*erwise invisible to the naked eye equipped with two dimensional vision. The nature/nurture controversy remains. I believe it is important for all helping professionals to comprehend the gist of complexity inherent in human nature.*

*To serve the purposes of this article, I will reduce my thesis into a paragraph: a succinct statement to introduce my hypothesis concerning the nature of a person:*

*A person is a 3 dimensional being of mind, body and spirit with both open and closed systems contained within a heavy vessel, named and known as the self, affected and influenced by many factors/forces surrounding and operating within the spirit of the being (etheric body, light vessel/body, breath/life essence) that is known before we are born and contained within the physical body (heavy vessel/form); embodied or disembodied (out-of-body) or in a mind-altered state, but never-the-less grounded by electromagnetic fields within and on planet earth which orbits within a vast universe Star Treckee's call the 'final frontier' and simply awaits departure upon final breath...[4].*

*Phenomena: is extraordinary or remarkable material known*

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through the senses rather than thought or intuition. Phenomenology is the study of human consciousness and self-awareness as

a preface to or a part of philosophy containing descriptors of the formal structure of the objects of awareness, and of awareness itself, in abstraction from any claims concerning existence (the internal time consciousness). Phenomena can be about the rare, significant, unusual, or an abnormal person, thing or occurrence of scientific interest susceptible of scientific explanation description and explanation [2]. Grief is one example of a phenomenal experience!

Wave: undulation coined in 1646 describes vibrations – the rising and falling of waves, a wavelike motion to and fro in a fluid or elastic medium propagated continuously among its particles, but with little or no permanent translation of the particles in the direction of the propagation. In 1802, undulatory theory was coined and is a theory in physics: light is transmitted from luminous bodies to the eye and other objects by an undulatory movement called wave theory. The vibration is the pulsation caused by the vibrating together of two tones not quite in unison. A wavy appearance, outline or form [2].

Cerebral spinal fluid (CSF) is encased and bathes the ominous central nervous system (CNS) which is a closed system and has a vibrational rhythm deeply connected to breath.

Cranial-sacral treatments is an kinesthetic, healing art form and trained body workers can feel and work with the rhythm referred to as the cranio-sacral pulse, typically at 6-8 beats per minute and facilitate healing.

My research dream is to convert pre/post-treatment trauma assessment scores to visually be able to see an artistic representation of a person's trauma/healing vortices and gaze upon timeless waveforms [4].

Author: Dr. Linda AK Thompson, BGS, MA, CCC, PsyD, FAAETS

Owner, Matrix of Trauma (© MOT™): Research, Advocacy, Healing

A person is a 3 dimensional being of mind, body and spirit with both open and closed systems contained within a heavy vessel, named and known as the self ...

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This and other articles can be found on the CCPA Counselling Connect blog, see the link below. We thank them for sharing their articles.

<http://www.ccpa-accp.ca/blog/>

***Thinking Therapeutically: Hypnotic Skills and Strategies Explored***

**by Tom Barber and Sandra Westland.**

*This is a unique book. There are many books that present hypnotic techniques, case studies, history, and theory. Thinking Therapeutically does something that is sorely needed by beginning counseling hypnotherapists but also could be very illuminating to very experienced practitioners as well. If you are looking for induction techniques and theories you won't find them here. It isn't about how to hypnotize people. There is no end to books that will teach you how to guide someone into trance.*

*It is a book of case studies by 2 hypnotherapists each giving us a peek into their thought processes and choices during the therapeutic process using hypnosis. Each one presents a client and shares their thought process for each one at each part of the process across multiple sessions. Interjected at different parts the other hypnotherapist gives commentary on what was done and how they would have handled what came up. One can easily imagine a couple of colleagues discussing cases and chatting over a cup of coffee. It is very respectful and in an atmosphere of collegial harmony.*

*I am impressed by the amount of unflinching courage and honesty it took to make such a book. To invite others to be privy to exactly what one's normally private thoughts are about a client with all the brilliance and doubt, great leaps of insight and flailing splats of confusion that can ensue as one guides and participates in the process of trance work.*

*It is that honesty that touches me so in this book.*

*The book begins with Tom and Sandra each telling*

*how they came to become hypnotherapists. Tom having departed from the British Army and into a series of jobs that didn't give him the meaning and satisfaction he was looking for in his life. A chance discovery of a hypnotherapy and counseling program advertisement in a dentist's office magazine caught his attention and sent him on his way to the path of deep meaning he had been seeking.*

*Sandra began as a teacher of physical education driven to excellence in her field. After much success she began to become aware that some past trauma was affecting her. The busyness her increasing success and striving created helped hide an underlying need to heal the past raw unprocessed trauma. Over time her past experience of trauma became more and more incessant, disrupting her well-being. She entered therapy as a client and it was suggested she try hypnotherapy to heal. What she experienced in hypnotherapy was a revelation for her, not only for her presenting issue but for her as a human being. This led her to hypnotherapy training in a quest to gain more insight. She admits not being seriously interested in becoming a therapist but the little flicker of interest kindled forth into a career and life change as she realized she could really do this.*

*"Thinking Therapeutically" then transitions in the next chapter to a brief introduction to NLP and cognitive behavioral hypnosis before beginning the first of the case studies. Each chapter introduces a particular unifying hypnotherapy skill—NLP, cognitive behavioral hypnosis, creative imagery, and hypnoanalytical work.*

*Each unit contains 3 chapters. An overall theme and 3 techniques with a client case presented to demonstrate it.*

## **Book Review**

### *Thinking Therapeutically*

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*One unit in particular, Chapter 3 Working Creatively with Imagery was especially fascinating to me. It contains Dream Work, Guided Affective Imagery, and Hypnohealing.*

*As I recently started exploring dream work in trance I was quite eagerly drawn to this chapter.*

*The chapter begins with a brief history of some of the driving thinkers in therapeutic dream work.*

*Sigmund Freud, Carl Jung, and Franz and Laura Perls with some of their contributions as well as their individual theoretical framework. It is done in a very natural and down to earth style. Quite a comfortable read without getting one bogged down in exotic jargon and extraneous detail. There is plenty of information in case you want to explore each approach in more detail outside the book.*

*Sandra then goes on to state her client Alex's presenting problem. Alex wants to make changes in her life for a better future. She finds her past, present and concerns for the future all competing for her attention and wants to improve her skill in organizing and sorting out what she needs to lead a more satisfying life. Alex wants to be able to work out the direction for her life more effectively.*

*She has a very vivid dream that she shares with Sandra who listens to it first in its entirety without interruption with her client outside of trance.*

*"The dream starts in a building that I work in. Everyone is getting on with things and I am talking to a couple people making arrangements for lunch. Lunchtime comes and we all make our way down the stairs and out of the building. All of a sudden everyone goes off in another direction and I am left on my own. I decide to go towards a park and find myself in a beautiful garden with many historical statues. I spend time looking at the statues, feeling peaceful, and then I notice a fountain in the distance, so I walk towards it.*

*The water is lovely and clear and I scoop some up with my hands to drink it, but as I put it to my mouth, it turns to rubber. I try to bite into it, but I can't. Then the dream ends.*

*Sandra listens to Alex relate her dream and seeks to hear it and feel it in its entirety as a complete experience. She notes her emotional response to it and her questions about it. It effects and informs her on multiple levels. She acknowledges her thoughts and feelings concerning Alex's dream and explores with Alex how Alex herself feels about the dream.*

*At this point Tom comments about his insights, initial expectations, and feelings concerning reading this session's notes. He mentions that he often hears therapists speak of all the questions they have about their clients and worry that their questions get in the way of the process. He regards questions as an important part of finding answers.*

*Sandra explores the emotions Alex has in connection to the dream and begins to relate to the reader various metaphors as to what the dream may be expressing for Alex. During the exploration of the emotional content of the dream Alex focuses on the end of the dream so Sandra follows her client's lead and makes an open space for Alex to communicate what is important to her in the dream.*

*Tom comments here on how Sandra's way of working with Alex's dream, the questions she asks maintains an open space and reflects back the dream parts to Alex as she relates her emotions around different objects in it. She doesn't give answers or interpretations of Alex's dream. She offers Alex the space in which to discover her own answers.*

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## **Book Review**

### *Thinking Therapeutically*

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*Sandra asks for consent for hypnosis and guides her into trance to dream the dream. After Alex indicates that she has finished dreaming it again Sandra asks her to describe the dream but this time as if she is experiencing it now.*

*Her rationale is that doing so in trance multiple times allows Alex to access her thoughts and feelings on a deeper level.*

*Sandra forms her questions and suggestions in such a way as to keep them short and simple. She strives to keep the focus on the client's experience in her dream in the moment rather than risk inadvertently veering off and losing focus in the session.*

*Sandra asks Alex to describe the historic statues in the garden which are paired as couples. Alex describes them as lovely and happy looking together.*

*Tom notes that while reading the hypnotic part of the session how much of a hypnotherapist's own curiosity creeps into a session. He wonders if the statue of Henry the VIII is paired with a headless wife or not. Calling it a good example of the need for "rapid bracketing" he illustrates the need to quickly group inquiries to a client in relationship to their relevance and immediate usefulness to the therapeutic process. I'm not certain exactly what "rapid bracketing" means but am guessing from the context it means it highlights the need to be aware of when a question is of therapeutic value and when it is possibly just personal curiosity and not really germane to the work at hand during the session.*

*Lisa's thoughts - "I've never thought of that much before and it is an interesting point. I am glad he doesn't filter out thoughts like this as he comments while reading the session notes. It feels much more realistic, more authentic, most of all more human to me."*

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*Sandra describes what she is doing in her own trance while guiding Alex. She describes it as imagining as if she is there in the dream. I am excited that she chose to share this. I do something similar when doing trancework and hadn't heard of others doing this. I had heard of the concepts of uptime (hypnotist/guide) and downtime(client/subject) trance. I use it to allow my subconscious to paint upon the canvas of my whole mind. In doing this I can have an idea of in what direction to take a trance experience at any given point on the fly whether live or in recordings. It is in affect being in the same place at the same time. It is interesting to see how Sandra uses this to connect with her own deep mind's communication in regards to her client's dream.*

*Sandra has her client Alex start the dream again and this time does a very clever intuitive exploration of the different objects in the dream. She suggests to Alex at several parts of the dream that she becomes different people and objects within it. Sandra then questions Alex/objects as to what is happening in the dream, and about the parts they play in it. The objects are asked to view the dreamer walking among them. These objects in Alex's dream are encouraged to tell Alex anything they wish to tell her.*

*The dream just blossomed here and was a profound experience for Alex. There was so much more to this dream than it first appeared to me. It was far richer with meaning than I had guessed initially. Alex's dream is an artful example of the deep mind's communicative and cognitive abilities. I was just utterly amazed at the ways the mind used symbol and images to make the individual's hidden and unrecognized needs known in this dream to the conscious mind. It was just stunning.*

*The statues described Alex standing and looking at them*

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## *Ponderings and Playfulness*

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*space . . . . . breath opening the space  
for . . . . . breath opening the space  
for . . . . . the wisdom needed . . . . .  
. . . . . patterns recognized. . . . .  
breath resting in the knowing. . . . .*

*For some of you this story may have been absorbing, actually taken you on your own journey. For some of you it may have bored the heck out of you. I wrote this for the client I know best, me. So if you like alchemy, science or magical places you may have found my little story quite fascinating. If you don't really like any of the above, I lost rapport with you because I did not understand my client(you) enough. Maybe I should have created patterns emerging on reader boards in the stock exchange, the movement of apps on an iPad screen, a secret recipe found in a old book, patterns seen as clouds travel across the sky. Endless possibilities governed by my rapport with my client and how well I know him.*

*In the introduction to her book "Stories for the Third Ear", Lee Wallas explains a process that deeply resonates with me: ".....Milton Erickson, that great genius of hypnotherapy, used anecdote as metaphor to effect what often seemed to be miraculous cures. His innovative use of storytelling has opened up limitless possibilities for effective psychotherapy. The anecdotes that Erickson told were gathered throughout his rich life experience, and they most admirably suited his style. Unlike his, my stories are not anecdotal. Rather, they are imaginary fables that presented themselves spontaneously from time to time. I do not plan for them, and I never know in advance when they will "tell themselves." Nor do I know in advance how they will develop or conclude. I do know that they come directly from my unconscious, and that they are addressed to my client's "third ear".*

*They usually occur when my client is in a state of somnambulistic trance, and I myself am in a somewhat altered state of consciousness. ....Although I never consciously plan when a story will "tell itself", I am aware that in every instance the story arrives only after I have established a trusting relationship with my client. Apparently the story is formulated in my unconscious only after I have reached a clear understanding of the client's frames of reference, principal representational field, vocabulary, perception of his problems, and feelings about himself and the situation."\**

*It took me a couple of years to fully realize the magic of a story that emerges spontaneously, and what a gift when I could. As I write this article I realize being a counselling hypnotherapist is more about trust than I realized. Being an Ericksonian Hypnotherapist is completely about trust. That was Milton Erickson's greatest gift. His trusting of himself and his ability to see what he needed to see and understand for this client was what gave him the courage to listen, be guided and be willing to take a chance that he would not be understood in the moment for the more imperative outcome - the clients benefit. My deep respect for Milton Erickson comes from a joy at the freedom he has given me to take all the processes and psychological understandings that were such a part of his way of being and never know exactly how they will all mix together to produce the space I create with language in relationship with this client I sit with right now. "Ah the magic".*

## *College of Psychotherapy*

by Bill Kennedy

*How do you regulate a profession when there is no clear definition of what it is or what it does? The Ontario College of Psychiatry has been wrestling with that challenge for several years now. And the Ministry of Health has just sent them back to the drawing board.*

*In a letter dated November 21, 2012, the Ontario Ministry of Health and Long-Term Care said,*

*With respect to the proposed registration regulation, the ministry has undertaken an extensive policy and legal review of the regulation and consulted a range of stakeholders on the proposal, including other affected ministries, professional and workplace associations, and organizations and individuals that deliver mental health services in the province.*

*As a result of these activities, I must inform you that the ministry cannot seek approval of the proposed regulation in its current form. The ministry's concern is with the proposed "registered mental health therapist" class of member. Based on our analysis, and in particular considering the Psychotherapy Act, 2007, the individuals the transitional Council is proposing to regulate as "registered mental health therapists" do not practice psychotherapy.*

*Here is the key sentence for hypnotists: "However, the fact that individuals may perform some activities that fall within the broadly defined scope of practice of psychotherapy does not necessarily make them practitioners that should be regulated as members of the profession of psychotherapy." What does this sentence mean? What does it have to do with hypnosis?*

*The question is whether hypnosis or hypnotherapy will be defined as a "controlled act", i.e. an act regulated by the College. Unfortunately, the proposed definition is unclear. The College's position is that it regulates:*

*Treating, by means of psychotherapy technique, delivered through a therapeutic relationship, an individual's serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual's judgement, insight, behaviour, communication of social functioning. [Ontario Regulated Health Professions Act, 1991]*

*Nowhere have I found a list of what constitutes a psychotherapy technique in Ontario. The situation in British Columbia is clearer, however. The Health Professions Act, Psychologists Regulations has this definition of the practice of psychology:*

*"practice of psychology" includes, for a fee or reward, monetary or otherwise,*

*The provision, to individuals, groups, organizations or the public, of any service involving the application of principles, methods and procedures of understanding, predicting and influencing behaviour, include*

## College of Psychotherapy

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*ing the principles of learning, perception, motivation, thinking, emotion and interpersonal relationships,*

*The application of methods and procedures of interviewing, counselling, psychotherapy, behaviour therapy, behaviour modification, **hypnosis** or research, . . .*

*So, in British Columbia, you can be a psychologist and use hypnosis. The important point is whether you **HAVE** to be a psychologist in order to use hypnosis. The answer in Ontario, at least for now, is **no**.*

*Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.*  
*Golda Meir*

**Membership, Standards and Financial reports can be found on the IACH website in the minutes of our AGM, in the members area.**

## Book Review

### *Thinking Therapeutically*

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*as a sad and lonely lady. They tell her not to be sad, that they are with her and that she has them. I am guessing they represent the parts of Alex's mind, and inner resources. They were a source or metaphor of the love and care that she needs and is available to her.*

*Sandra suggests Alex walk over to the water fountain and become the water fountain. Sandra asks the Fountain/Alex about if she is all water and the Fountain/Alex says no—there are hard bits in the water at the bottom but that Alex didn't know that. This leads Sandra to have Alex become the hard bits. These hard bits were Alex's tears, a metaphor for her being taught as a child that she should not be emotional. The part at the fountain with her trying to bite the hard bits but not being able to was a metaphor for having to swallow her emotions. She saw the hard bits as beautiful crystals and wanted to take them home, place them on her mantelpiece and share them with other people.*

*In the next part "The Processing of the Session" Alex expresses how surprised she is with the discovery of the depth of the feelings contained within her dream and the connections with her past and present life throughout it. Her dream provided her with the direction she sought and answers for her questions about how she responds and acts in relationship to others and herself. Exploring the dream in trance brought about the conscious insight she needed for direction and healing.*

*I wish I had the time and space to really do this dreamwork chapter justice. There is so much I had to leave out to summarize it. This is the chapter that attracted my attention most due to it being related to what I have recently been working on with a client. Every case study has been full of gems. I will definitely be rereading this book as I learn* Continued on page 14

## **Book Review**

### *Thinking Therapeutically*

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and grow more.

*I highly recommend this book. For those new to the field it gives a rare glimpse into what seasoned practitioners actually do in a session, ideas for questions to ask, things to consider. It makes visible a way to build a starting point and a framework for sessions without being carved in stone or too rigid to apply. For those who are highly experienced it can very much be an engrossing read inviting one to compare how to handle various situations and turns in a session. It can highlight many ways of thinking, creating, and healing with different approaches. I was personally amazed at the variety of techniques each has in their therapeutic toolbox.*

*Therapeutic Trances is a lovely and very insightful look at the thought process and work of experienced hypnotherapists. It is not a professionally sanitized packaged in a box with a bow on top making it appear the practitioners are utterly perfect and all-knowing at every turn. They are very human and unself-consciously show it. It feels authentic and real in ways other books just don't. It is book of hope for clients and counseling hypnotherapists. They are humans in a very human process.*

*When a person trusts us with their mind and their well-being we are creating a connection that reaches into that place within each of us that touches the divine heart of who we are. It is about who we truly are, for and with each other. This alone can be healing.*

*I am so glad that Tom Barber and Sandra Westland wrote this book. For me it was a celebration of human beings doing healing work together. To be able to witness this process in other human beings is a profound gift.*

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***Thinking Therapeutically: Hypnotic Skills and Strategies Explored***  
**by Tom Barber and Sandra Westland.**  
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**(Feb 1 2011)**

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*Reviewed by Lisa Brown*  
*Hypnotherapy Student*



## *the script*

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*Our commitment is to create an international organization of professional hypnotherapists and those interested in this healing modality, to continue to increase public awareness, acceptance and support in the therapeutic and ethical use of hypnotherapy through education and promotion.*

*The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.*  
***Carl Jung***

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