



**International
Association of
Counseling
Hypnotherapists**

Spring 2006

Welcome

www.hypnotherapyassociation.org

the script

***President's Letter
Sheldon Bilsker***



Welcome to the Spring 2006 edition of our newsletter. I think you will find it informative, entertaining and insightful. I would like to welcome our new members and our second approved school, The Society of Energy Facilitators located in Kamloops, BC. We have recently added a new Title, "Teaching Hypnotherapist" to accommodate those members who are hypnotherapy teachers.

There are interesting developments on the legislative front and I'll do my best to summarize them in the following paragraph.

In 1995 I attended a series of meetings in Vancouver conducted by the Health Professions Council, a small three person committee appointed by the BC Government with a mandate to recommend whether or not the field of Counselling should be regulated in BC. Without going into too much detail it was like a war zone. Nobody agreed with anybody. As a result it was recommended that legislation should not be considered specifically because the stakeholders could not agree (in the opinion of the Council). A few years ago the BC Government asked the BCACC and other Counselling groups to create a "Task Group for Counsellor Regulation". This group has been meeting on a regular basis with the intent of creating a "Competency Profile" incorporating a detailed list of "Core Competencies". Core competencies refer to the entry level skills that a counselor would need to attain membership in the new "College of Counselling Therapists" once it is established. It also refers to the "Agreement on Internal Trade" which requires all trades and professions to have uniform standards across Canada based on core competencies, not necessarily degrees. Move forward to the National Symposium on Counsellor Regulation sponsored by the BCACC and the Canadian Counselling Association (CCA) on November 21 and 22, 2006. Seventy people representing Counselling associa-

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tions and individual practitioners from across Canada were invited to attend. My impression was that almost every province was represented. Also attending were representatives of the BC and Federal Governments. Any concern that I had that so many disparate groups would certainly generate fundamental disagreement was quickly dissipated. Everyone was agreeing that there was a common vision as to where they would like to see the profession of Counselling head and that was to encourage the Task Group for Counsellor Regulation to continue its excellent work with the intention of creating a College of Counselling Therapists in BC. The hope was also that this College would serve as a model for similar legislation across Canada and possibly have some influence on State legislation as well. In May 2007 there will be a National CCA/BCACC Conference in Vancouver which will serve as a showcase to the media, counsellors and the general public of the work that has been done to that point.

Since many Hypnotherapists have an eclectic training background this could be an opportunity to attain a protected title in BC of "Counselling Therapist" by demonstrating that they have the core competencies required. For anyone who does not have all of the required core competencies they could obtain them through further training. Although not there yet, once someone has attained the Counselling Therapist title they could then conceivably apply to get that title expanded to list their specialty, for example, "Counselling Therapist (Hypnotherapy)".

Please note that my summary above relating to potential legislation is about a work in progress and as a result there is a certain amount of educated speculation on what might be. As this is a detailed and somewhat complex subject the reader might want to research this area more fully by going to the BCACC's web site at <http://www.bc-counsellors.org/symposium.htm>.

Editor's Note

Diane Auld



This is an exciting newsletter for me as I have been studying the mind/body connection and quantum mechanics for while now. Many of us believe: our beliefs create our reality, and as hypnotherapists we see this play out in the lives of our clients and ourselves. Bruce Lipton's work shows us on a quantum level how when we change our beliefs we change the signals we send our mind, changing the signals we send our mind changes our body on the cellular level. Bruce's research also puts a whole new light on the function of DNA and the proteins in our body. If you like me are a visual person you may want to get Bruce Lipton's Ph.D and Rob Williams, M.A.'s DVD - *"The Biology of Perception. The Psychology of Change - Piecing it all together."* It visually explains his findings and as a

hypnotherapist helps me understand the working of the mind body system and ultimately the subconscious mind ~ our play ground.

Our next newsletter will be out in the fall and I am asking for help from the members. I need articles, quotes, website reviews and anything else you thing the IACH members might like to see in a newsletter.

I have been writing the metaphors and would like to invite any other members who are using stories and metaphors in their work with clients to send them along.

Any suggests of future sections are gratefully accepted. My goal is to keep our newsletter informative, enjoyable to read and esthetically pleasing to look at. An enjoyable read with a cup of herbal tea between clients. Thank to everyone for your help. Blessings Diane

A Peek into the mind & practice of

Anne Stills

Describe your training, experience and qualifications.

I have had many careers in my life but, as to my training as a clinical Hypnotherapist, I trained at the Hypnotherapy Academy of America in Santa Fe, New Mexico. This is a very comprehensive program in both theory and practicum culminating in testing for national certification in clinical hypnotherapy.

I have also taken advanced training in natal regression; past life regression therapy; healing and pain management and, basic training in NLP and EFT.

How much do you charge?

My customary fee is \$120.00 per session. However, I also work on a sliding



scale. This affords me the opportunity to reach a diverse socioeconomic population. I would also like to say that I will never turn someone away simply because of their inability to pay. There is always give and take.

Describe your work space.

I work both at home and in a shared office space. I prefer my home. I have more flexibility and I am able to offer my clients a variety of locations to nest in, such as, outside where they can experience a warm breeze, birds and scents or, indoors by a crackling fire tucked into a womb like chair. I am also more flexible with session at home should my client need a bit more time.

How would you describe the work that you do?

My practice is rather general but holistic. I try to work with most issues that my clients bring to a session. At the present time, I

have not completely settled on any specific avenue of therapy to follow.

Tell us about your greatest challenge as a counseling hypnotherapist.

I work a regular job five days a week and schedule my clients in the evening and on the weekends. So my challenge is staying really present when my energy gets a little low.

....and your greatest accomplishment.

I'm still working on that.

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

I do not consider myself a religious person, I believe, that people no matter what their religious beliefs are all thriving for the same thing.

I believe in one great "Source" known by many other names.

This helps me to stay open with my clients by allowing them to use their beliefs to work through their issues.

Metaphysics has also played an important role in my life for more than twenty five years.

Quote

As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being.

Carl Jung

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

I am more introspective and have a greater awareness of my "hot buttons" and, I am more open to exploring my self imposed limitations.

What book, if any, do you find most useful in your practice?

Waking the Tiger by Peter A Levine and Esoteric Anatomy by Bruce Burge

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

Transforming therapy. I find that the particular wording of the affect bridge produces a rapid progression to the root problem.

Quote

When we no longer know what to do we have come to our real work and when we no longer know which way to go we have begun our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings. Wendell Berry

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

First, I would like to see standardization for testing and licensing on a broad base of the premises, laws and concepts of hypnotherapy.

Second, I would like to see a change in the perceptions of people's understanding of hypnotherapy. Most people believe their mind is controlled during hypnosis, or they cannot be hypnotized and finally that the results happen so quickly it won't last.

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

I would like to think that someday I will become the heroine of my own story. Seriously, there are far too many people I admire to single out just one.

How do you unwind/rebalance?

Getting to the top of a quiet hill and listening to the music of nature.

I also love nurturing my garden and playing with my sweetie pie dog, Lillie.

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

Okay, this is where you'll all think I've gone over the banana wall.

I was at a spring crafts fair

walking along with my dog and my flying pet almond, (yes, you heard me right). She was a shelled almond and she sparkled like fairy dust. Somehow we were separated and I was in a frenzy to find her....then I woke up.

What did it mean?????????
You tell me!

What place in time and space is most special to you?

When I meditate and commune with my source.

What is your greatest hope?

That we humans develop conscious awareness.

...your greatest fear?

That we are leaving a potentially inhospitable planet for the generations that follow.

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

Yes, I choose peace.

Anne lives in Santa Fe, New Mexico.

Metaphors and Stories

by Diane Auld

I wrote this metaphor for a client who is an artist working on trusting, trusting herself, her feelings and the journey she is walking in her life.

The Little Paint Brush & Her Colours

Once upon a time in a land filled with white emptiness walked a very sad and tired paint brush. It had been a long walk and at times, especially recently a hard journey. All through her adult life she had family and friends around her. People who loved her, yet for some reason there was something about this latest journey that made her feel alone. It wasn't that she still did not have her family and friends she had just reached a hard part of her journey leaving her feel at times as though all the colour had gone out of her. There were moments she could not find her colours and she worried that if she did not find them she would she remember or know what to do with them if she did find them. Colour was so important to her. She remembered times when the colours flowed on the canvas she was painting. Reds and whites, black and green, purple and orange, blue and yellow all the colours of the rainbow. But, at this moment everything looked like a draw-

ing that had yet to be painted. Her life felt like a huge canvas with black lines surrounding large white areas. Even though she felt lost the little paint brush kept walking for she was strong, kind, spiritual and wise. She knew if she kept walking she would find what she was looking for and she could bring the colours back into her life. Finally she decided to sit down and ponder her situation. She sat down on a rock and looked around; all she could see was the black and white and all



she could feel was the sadness. A sadness that made her feel like she had lost a part of herself; lost her hope. Where were her colours? How could she live in a world with no colours? A paint brush with no colours. As she pondered the questions and became aware of these new feelings a butterfly landed on the branch of a tree beside her rock; a black and white butterfly on a black and white tree. "You lost?" asked the butterfly. "I can't find my colours.", replied the little paint brush. "If you go inside you will find them", the butterfly said as it flew off. "Go inside where?" shouted the little paint brush as

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she watched the butterfly fly away. "Go inside where?" The little paint brush got up and walked in the direction the butterfly was flying. "Go inside where?" She got sight of the butterfly, looking around she noticed the black and white spaces and lines looked different. The white areas were not so large, though they still lacked colour. I wonder what the butterfly meant she pondered. What was she trying to tell me? She seemed so sure that a part of me would know what it meant. As if a part of me knew, knew what I do not seem to know. Just then another butterfly landed on the bush right in front of her. "What are you searching for?" asked the butterfly. "What am I searching for?" repeated the paint brush. My colours, my colours, the light that fills me up, colours my world, paints my way and gives me substance." I am searching for.....many things. What am I searching for?" "Go inside there." sang the butterfly as it took off. Go inside where replied the little paint brush as it took off after the butterfly. "Go inside where?" The little paint brush sat down and looked around again. Everything looked different. Again the white areas were not so large and the black looked like lines. Things are changing she thought. My world looks different from when I started. "Where are my colours?" "They are right there." came a voice from behind the little paint brush.

Continued from page 5

She turned around to see an old tattered well used splattered paint brush slowly making its way towards her. "They are right there." Repeated the old tattered brush as his worn out bristles pointed to the little brush. "Deep within you are all the colours, colours you know about and colours you can only imagine. My life is filled with infinite colour. Each word has a colour, each feeling has a colour even the feelings I don't understand, they are all filled with colour. Deep inside me is a place of wisdom and colour and when I take a moment I can touch that place. Some of the colours are hard to take and I don't really like them, but, when I make them go away my world misses them, so I invite them back understanding they have value, they are all a part of me. When I allow those colours to be there my world is full again. My bristles may be worn, split and caked with paint in places but I can still paint beautiful colours. In fact my worn and tattered bristles allow me to shade the colours on my canvas with a depth and skill that comes from going to the deepest places of my colours and trusting what I know...trusting - my journeys and where it is taking me. "Is there something that you trust?" the old paint brush asked.

The little paint brush thought, and pondered and slowly started to smile. "I trust me. I trust this journey I am on. I trust the love in my life. I trust..... I trust that part of me that knows all." The little paint brush looked



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surprised." Wow did I really say that?" She looked down to see a pale pink colour emerging from her heart as the butterfly flew around her head. Not the black and white butterfly but the most beautiful butterfly she had ever seen. The colour of her wings glistened in the sunlight. Suddenly the little paint brush knew where her colours were. Knew she had not lost them and knew she remembered how to use them. She felt alive again. As she looked around she realized her whole world was a canvas and she had the colours to paint it. Trees and flowers she had the colours. Fields of grass she had the colours. The midnight sky filled with stars she had the colours. Joy and pain, love and hate, anger and laughter she had the colours and she proceeded to fill her black and white world with colour and finally she understood. Finally she understood. She looked around to thank the tattered old brush for his wisdom when she heard a voice deep within say: "You are welcome". Thank yourself for I am you and you are me. We are one.

Mind Over Genes:



The New Biology

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www.brucelipton.com

Earlier in my career as a research scientist and medical school professor, I actively supported the perspective that the human body was a "biochemical machine 'programmed' by its genes. We scientists believed that our strengths, such as artistic or intellectual abilities, and our weaknesses, such as cardiovascular disease, cancer or depression, represented traits that were preprogrammed into our genes. Hence I perceived life's attributes and deficits, as well as our health and our frailties as merely a reflection of our heredity expression.

Until recently, it was thought that genes were self-actualizing...that genes could 'turn themselves on and off.' Such behavior is required in order for genes to control biology. Though the power of genes is still emphasized in current biology courses and textbooks, a radically new understanding has

emerged at the leading edge of cell science. It is now recognized that the environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes. Environment controls gene activity through a process known as epigenetic control.

This new perspective of human biology does not view the body as just a mechanical device, but rather incorporates the role of a mind and spirit. This breakthrough in biology is fundamental in all healing for it recognizes that when we change our perception or beliefs we send

“The principal source of stress is the system’s “central voice” the mind. The mind is like the driver of a vehicle. With good driving skills the vehicle can be maintained and provide good performance throughout its life.”

totally different messages to our cells and reprogram their expression. The new-biology reveals why people can have spontaneous remissions or recover from injuries deemed to be permanent disabilities.

The functional units of life are the individual cells that comprise our bodies. Though every cell is innately intelligent and can survive on its own when removed from the body, in the body, each cell foregoes its individuality and becomes a member of a multicellular community. The body really represents the cooperative effort of a community of perhaps fifty trillion single cells. By definition,

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a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body's community accommodates the wishes and intents of its 'central voice,' a character we perceive as the mind and spirit.

When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive 'protection' posture. The body's energy resources normally used to sustain growth are diverted to systems that provide protection during

periods of stress. Simply, growth processes are restricted or suspended in a stressed system. While our systems can accommodate

periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands interfere with the required maintenance of the body, and as a consequence, leads to dysfunction and disease.

The principle source of stress is the system's 'central voice,' the mind. The mind is like the driver of a vehicle. With good driving skills, a vehicle can be maintained and provide good performance throughout its life. Bad driving skills generate most of the wrecks that litter the roadside or are stacked in junkyards. If we employ good "driving skills" in managing our behaviors

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and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stress the cellular 'vehicle,' interfering with its performance and provoking a breakdown.

Are you a good driver or a bad driver? Before you answer that question, realize that there are two separate minds that create the body's controlling 'central voice.' The (self) conscious mind is the thinking 'you,' it is the creative mind that expresses free-will. Its supporting partner is the subconscious mind, a super computer loaded with a database of programmed behaviors. Some programs are derived from genetics, these are our instincts and they represent nature. However, the vast majority of the subconscious programs are acquired through our developmental learning experiences, they represent nurture.

The subconscious mind is not a seat of reasoning or creative consciousness, it is strictly a stimulus-response device. When an environmental signal is perceived, the subconscious mind reflexively activates a previously stored behavioral response...no thinking required. The subconscious mind is a programmable autopilot that can navigate the vehicle without the observation or awareness of the pilot—the conscious mind. When the subconscious autopilot is controlling behavior, consciousness is free to dream into the future or review the past.

The dual-mind system's effectiveness is defined by the quality of the programs carried in the subconscious

mind. Essentially, the person who taught you to drive molds your driving skills. For example, if you were taught to drive with one foot on the gas and the other on the brake, no matter how many vehicles you owned, each will inevitably express premature brake and engine failure. Similarly, if our subconscious mind is programmed with inappropriate behavioral responses to life's experiences, then our sub-optimum 'driving skills' will contribute to a life of crash and burn experiences. For example, cardiovascular disease, the leading cause of death, is directly attributable to behavioral programs that misman-

“We have been led to believe that by using will power, we can override the negative programs of our subconscious mind.”

age the body's response to stress.

Are you a good driver or a bad driver? The answer is difficult for in our conscious creative mind we may consider ourselves as good drivers, however self-sabotaging or limiting behavioral programs in our subconscious unobservedly undermine our efforts. We are generally consciously unaware of our fundamental perceptions or beliefs about life. The reason is that the prenatal and neonatal brain is predominately operating in delta and theta EEG frequencies through the first six years of our lives. This low level of brain activity is referred to as the hypnogogic state. While in this hypnotic trance, a child does not have to be actively coached by its parents for they obtain their behavioral programs simply by observing their parents, siblings, peers and teachers. Did your early develop-

mental experiences provide you with good models of behavior to use in the unfoldment of your own life?

During the first six years of life a child unconsciously acquires the behavioral repertoire needed to become a functional member of society. In addition, a child's subconscious mind also downloads beliefs relating to self. When a parent tells a young child it is stupid, undeserving or any other negative trait, this too is downloaded as a 'fact' into the youngster's subconscious mind. These acquired beliefs constitute the 'central voice' that controls the fate of the body's cellular community. While the conscious mind may hold one's self in high regard, the more powerful unconscious mind may simultaneously engage in self-destructive behavior.

The insidious part of the autopilot mechanism is that subconscious behaviors are programmed to engage without the control of, or the observation by, the conscious self. Since most of our behaviors are under the control of the subconscious mind, we rarely observe them or much less know that they are even engaged. While your conscious mind perceives you are a good driver, the unconscious mind that has its hands on

the wheel most of the time, may be driving you down the road to ruin.

We have been led to believe that by using will power, we can override the negative programs of our subconscious mind. Unfortunately, to do that, you really have to emphasize the word 'power,' for one must keep a constant vigil on one's own behavior. The moment you lapse in consciousness, the subconscious mind will automatically engage and play its previously recorded experience-based programs.

The subconscious mind is really a tape player. There is no observing entity in the subconscious mind reviewing the behavioral tapes. Consequently, there is no discernment as to whether a subconscious behavioral program is good or bad...they are just tapes. The subconscious is strictly a playback machine, perceived stimuli engage preprogrammed behaviors. In fact, people upon seeing their own subconscious programs play out frequently say something like, "That guy just pushed my buttons!"

In contrast to the power of the conscious mind, the subconscious mind is a million times more powerful an information processor. Also, as neuroscientists emphasize, the conscious mind provides 5% or less of the cognitive activity during the day. Ninety-five to ninety-nine percent of our behavior is directly derived from the subconscious. Hence the use

of the word 'power' in the con-

The Subconscious mind is really a tape player. There is no observing entity in the subconscious mind reviewing the behavioral tapes. Consequently, there is no discernment as to whether a subconscious behavioral program is good or bad.....

cept of will power, it takes significant effort for the conscious mind to keep tabs on the subconscious behavior. Positive thinking is primarily effective if the subconscious supports the conscious intention.

The problem with trying to reprogram the subconscious is that we fail to realize it is playing behavioral 'tapes.' To understand why conscious awareness does not readily change subconscious programs, consider this instructive analogy: I provide you with a cassette tape and you put it into your player and push the play button. As the tape plays the program, you realize that you do not like it. So, you yell at the tape player to change the program, you ask it to play something different. After awhile of not getting a response, you yell louder and get angrier at the tape player because of the lack of a response to your request. Then when it seems hopeless, you beseech God to help you change the program. The point is simple, no matter how much you yell at the tape player it will not change the program. To change a tape, you have to push the record button and then rerecord the program incorporating the desired changes.

There are two ways out of the

problem. Firstly, we can become more conscious, and rely less on automated subconscious programs. By being fully conscious, we become the masters of our fates rather than the 'victims' of our programs. This path is similar to Buddhist mindfulness. Secondly, we can use a variety of new energy psychology modalities that enable a rapid and profound reprogramming of limiting subconscious beliefs. These new energy modalities provide the ability to rewrite limiting perceptions (beliefs) and self-sabotaging behaviors using processes that are mechanistically similar to pushing the record program on the subconscious mind's tape player. With conscious awareness, one can actively transform the character of their lives into ones filled with love, health and prosperity. The use of these new modalities provides a key to personal growth and transformation. A variety of energy psychology modalities, such as Psych-K, Holographic Repatterning and BodyTalk, are among the variety of programs that can be found on the web.

Bruce Lipton, Ph.D is a trained cell biologist. He has taught Cell Biology at The University of Wisconsin's School of Medicine, and later performed pioneering studies at Stanford University's School of Medicine. His break through studies on the cell membrane presaged the new science of Epigenetics, and has made him a leading voice of the new biology. This brief introduction was taken from the jacked of Bruce's book "The Biology of Belief ~ unleashing the power of consciousness, matter and miracles."

Personal Development

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Jack Hirose and Associates - Mental Health and Educational Seminars

<http://www.jackhirose.com/brochures/workshop20060524.html>

Date & Location

Vancouver, BC

May 24-27, 2006

8:30am - 5:00pm

[Best Western Richmond Hotel & Conference Centre](#)

7551 Westminster Highway

Keynote Address 8:30 - 10:00 AM

Dr. Michael D. Yapko, Ph.D.

Elephants, Therapists and Positive Psychology

Over the past three decades, Dr. Yapko has studied the behavioral and perceptual patterns of people who do things well, a type of positive psychology that focuses on people's strengths rather than their pathology. He has been especially interested in pinpointing the differences between individuals who function effectively in the face of adversity and those who succumb to depression. This research has led to the development of powerful and innovative cognitive hypnotic strategies to help people transcend depression.

AM Concurrent Session #1

Dr. Michael D. Yapko, Ph.D.

Think Deeply! Cognitive-Behavioral Therapy and Hypnosis: Hypnotic Strategies for Enhancing Therapeutic Outcomes

Hypnosis isn't a therapy in its own right - it's a powerful technique that can dramatically enhance the short- and long-term effects of any treatment, including CBT. Hypnosis is supported by a broad, deep, and fascinating body of scientific literature that addresses issues such as information processing, the mind-body connection, the dynamics of interpersonal influence, and the transformation of suggestions into realities.

As practising clinicians, we have a great deal to learn from studying hypnosis, whether we intend to become "hypnotists" or not. The role of suggestion is so basic to any healing technique that to ignore, avoid, or underestimate its impact in the therapy process weakens our ability to practice effectively. In this one-day workshop, Dr. Yapko will take you on a journey exploring the phenomenon of suggestibility that is inherent in any psychotherapy. He will show you how to employ suggestion and elicit hypnotic responses so you can empower your patients, regardless of your therapeutic orientation.

Keynote Address 8:30-10:00 AM

Bill O'Hanlon, M.S.

Keeping Your Soul Alive: A Personal and Professional Recharging

"I get up every morning determined both to change the world and have one hell of a good time. Sometimes, this makes planning the day difficult."

- E.B. White

This presentation will help you recharge your personal and therapeutic batteries so you can reconnect with the true meaning of your work. In the stress and busyness of everyday work as healthcare providers, it's easy to drift away from our original passion and focus. Mr. O'Hanlon will show you how to avoid getting pulled into the negativity and discouragement that's almost inevitable in today's highly pressured work environments so you can reclaim your soul and recreate the purpose of your healing work.

AM Concurrent Session #1

Bill O'Hanlon, M.S.

Thriving Through Crisis - Turning Post-Traumatic Stress into Post-Traumatic Success

Research reveals that not all trauma leads to post-traumatic stress. In fact, many people learn to use crises and traumas as springboards to personal and spiritual growth. This presentation will show you how to help people have "good breakdowns" so they can transform potentially scarring experiences into opportunities to develop far more meaningful connections with themselves and others, along with a deeper appreciation of their own personal values and beliefs.

Learning Objectives:

Discover how your wounds can lead to new and more positive directions for your life

Use crises as opportunities for mid-course corrections

Identify specific strategies for turning problems into contributions

Use anger to fuel positive change

Segment 1 (10:15-12:00)

Follow Your Wound

How suffering can lead to positive growth

Three strategies for turning post-traumatic stress into post-traumatic success

International Association of Counseling Hypnotherapists

Executive

President

Sheldon Bilsker

Vice-President

Jim Vieth

Secretary/Treasurer

Theresa Dupuis

Newsletter

Diane Auld

Member Resources

Professional Development

Jamie Billingham

Membership

To be announced

Director at Large

Melody Turner

International Association of Counseling Hypnotherapists Mission Statement

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.

Historical Figures in Hypnotherapy

Franz Anton Mesmer

*Researched and written by
Ian Wilson*

Franz Anton Mesmer (1734-1815) emerged from Vienna as a significant contributor to an exciting time in the healing arts. Due to his pioneering works he is credited as being one of the fathers of modern hypnosis and psychotherapy. Many refute these claims, pointing to the fact that many ancient cultures employed diverse forms of trance long before Mesmer came along. Still others argue that his techniques resulted in patient activity largely unseen in modern therapy. I for one don't doubt that trance has been around at least as long as Homo Sapiens, nor do I seek the client activity that Mesmer did, but I still see a clear link between Mesmer's work and ours. Franz Anton Mesmer's contributions to our work of today must be viewed as corollaries to his actual works, rather than obvious predecessors of today's methods.

According to the Encyclopaedia Britannica Franz Anton Mesmer's "system of therapeutics, known as Mesmerism, was the forerunner of the modern practice of hypnotism". As I've already indicated one must avoid taking this too literally. While the trail of evidence linking Mesmer and modern hypnosis is clear, it does not follow the direct path a literalist might demand. Mesmer, a doctor trained in Vienna practised at one of Europe's pre-eminent medical centres. During his career in Vienna and France his work contributed some key concepts to modern hypnosis while indirectly influencing the evolution of psychology. Thanks to Mesmer's work we understand the power of suggestion, the importance of rapport between therapist and client, the therapeutic use of altered states, and the healing power of group participation. Mesmer also contributed to other important concepts such as painless childbirth, self-hypnosis, affordable health care, and emotional catharsis moving underlying feelings toward resolution.

Mesmer wasn't without critics even in his own time. His peers scoffed at his techniques and his morality was vigorously questioned. One scandal involving a young female patient led to his leaving Vienna and relocating to France. Mesmer was well received by French society and quickly became a popular therapist among the rich and powerful. Eventually the French King Louis XVI's own Medical College, upset with animal magnetism, persuaded the King to strike a commission to investigate Mesmer's works. The commission of five important scientists and doctors, including Benjamin Franklin, found no evidence to prove the effectiveness of Mesmer's

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techniques. They were unable however to disprove the success of his

methods. In their eagerness to discount Mesmerism they simply dismissed Mesmer's patient's recoveries as either natural remissions or the results of self-delusion (the placebo effect), sentiments that we still encounter today!

Mesmer believed his methods helped his patients restore the natural balance of an invisible, undetectable fluid - a "universal fluid" occurring everywhere in nature - within their own bodies. He was among the first to realize that illness is not a natural state but instead a result of an interruption in natural forces. Mesmer believed that gravity and magnetism influenced this universal fluid (a la Newton), and that the use of magnets could dislodge any blockages within a person and restore a healthy balance. His early work involved the use of magnets and magnetic devices to achieve the desired results in as many people as possible. This eventually evolved into his manipulating the fluid within others by the use of his own magnetic field, moving his hands upon and around the patient while directing them to focus and re-balance. Mesmer noticed that his patients entered into altered states during therapeutic sessions and so he called his technique "Animal Magnetism", making reference to the use of magnetic forces and an innate ability to affect others on a primal level. He considered trance to be a by-product of therapy, not recognizing that the trance was in fact the conduit to success!

Mesmer's "animal magnetism" was indeed trancework and was made possible by the rapport he shared with his patients. In fact he stressed that animal magnetism must first be transmitted through "feeling". He fully understood the importance of mutual esteem within the therapeutic relationship. Mesmer was recognized as an important contributor of this concept, as illustrated by an early French definition of the word rapport being "A state in which mesmeric action can be exercised by one person on another".

Mesmer was thus well known for inducing trance-like states in his patients for healing purposes. He achieved trance through various means. He understood the importance of rapport, he held a commanding presence, and he inspired confidence. He also used dim lighting and ethereal music during therapy. He would move his devices and later his hands around the patient intending to manipulate the patient's universal fluids, all the while having a hypnotic effect! While Mesmer was doing this, he would instruct his patients to open up to the healing forces around them. He would tell them that they would be cured when they were able to focus on the powers that existed within themselves, resulting in the patients internalizing their focus

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Art as a Therapeutic Tool

Presented by Diane Auld R.P.C., C.H. ©

An experiential workshop for counsellors and therapists wanting to use art in a therapeutic setting with individuals and groups.

Participants will explore:

The dynamics of using art with a variety of clients: adults and children; sexual abuse survivors, clients who are interested but do not consider themselves artistic, clients who are artists, clients who do not want to do art instead bring other artists pictures or paintings to their session, clients who paint during the session and clients who paint at home.

Week 1

Theory and healing quality of using art with a variety of different clients.

Week 2

Counselling techniques to help the client explore their art.

Week 3

Art and the group process.

Using art with a variety of groups – sexual abuse survivors, loss and grief groups and creative groups.

Week 4

Practicing the applications of using art with clients.

Where: VCCT Campus ~ 206 E 6th Ave Vancouver

*Approved by the CPCA for your required 12 hours
Personal Development/Continuing Education.*

When: Monday June 5, 12, 26, and July 3/2006 ~ 7 to 10:00 p.m.

Contact: Diane Auld ~ e-mail ~ healing@auld.ca

Website ~ www.dianeauld.ca

Phone: 604-218-9341

Cost: \$100.00 for the 4 weeks to be paid in advance.

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perhaps unknowingly, was using the power of suggestion even as he was guiding his patients into trance! The desired culmination of this therapy was a grand crisis, which was invariably followed by a period of harmonious peace for the patient. What we see here is rapport leading to trance leading to catharsis leading to peaceful resolution! Mesmer may not have known what was actually healing the people, but his methods were very successful as they provided the subconscious all it needed to move toward wellness.

Mesmer was also well known for holding healing salons during which groups of people would gather to benefit from his methods at the same time. In trying to help as many people as he could, Mesmer pioneered the use of group therapy. These people came together with similar goals under the direction of a trusted therapist and sat around one of his magnetic devices while he walked around doing "his thing" resulting in a group trance leading to a therapeutic group dynamic. As a matter of course they would talk to each other and commiserate with one another, thus Mesmer stumbled upon the healing nature of support groups!

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The work of Mesmer influenced not just hypnotherapy but also the evolution of psychotherapy. As I've already pointed out his patients would reach a pivotal cathartic point in their therapy followed by harmony and wellness paralleling the psychotherapeutic concept of catharsis leading to balance. Mesmer's adherents, known as "Mesmerists", discovered many altered states of mind and worked with patients in a psychoanalytical fashion accessing the subconscious through hypnotic induction and thereby resolving underlying emotions. Indeed some contend that all psychology is rooted in hypnotism employing variations of hypnotic induction. One of Mesmer's disciples, the Marquis de Puységur (1751-1825) "discovered" the hypnotic state while working with his own patients through animal magnetism. A patient lapsed into a deep hypnotic state while the Marquis was performing his hand manipulations. While the patient remained in what the Marquis termed a "spasmodic sleep" he was quite responsive to various commands, none of which he could remember upon "awakening". The Marquis eventually began inducing people into this "spasmodic sleep" prior to discussing the patient's presenting issues, finding that this hypnotic communication yielded healing success. This was the birth of hypnotherapy as we practice it today!

Whatever impact Mesmer had upon psychology came largely through his indirect influence on Sigmund Freud, the father of psychotherapy. One of Freud's primary influences was a French professor and doctor named Jean-Martin Charcot. Charcot (1825-1893) had begun to experiment with hypnosis after reading about it in a book written by James Braid, a Scottish surgeon. Braid had at one point decided to debunk Mesmerism but instead found validity in it while investigating John Elliotson, a progressive surgeon in London who practised animal magnetism. It was Braid who discarded the old term "mesmerism" and replaced it with "hypnosis". Braid was a primary influence of several French doctors at the end of the 1800's. Among these doctors were several important names in the genealogy of hypnosis, including Charcot. As I stated Charcot is known to have been one of Freud's primary influences, and indeed Freud did use Charcot's brand of hypnosis in his early work. Eventually Freud's work evolved into "free association", a more subtle hypnotic effect allowing the patient to access their subconscious within the context of the therapeutic relationship. It is important to realize that Freud never rejected hypnosis, but instead considered free association to be a natural evolution of his earlier work. With free association was born psychoanalysis, and eventually Freud tried to treat his patients through the roots of the feelings and memories coming to mind during free association sessions. These sessions were subtly conducive to light trance and resemble certain hypnotherapeutic processes, while making use of the cathartic concept which helped so many of Mesmer's patients.

While many doubt or even decry Mesmer's contributions to our field, it is easy to connect the dots and find that he did indeed lay

a good portion of the foundation of what we do, even though he probably wasn't really aware of it at the time! Thank you Franz Anton Mesmer for stumbling upon the field of mental health.

Ian Wilson is a member of the IACH and is running for the Membership position on the executive.

His e-mail address: idwilson@telus.net

I thank Ian for all his research and work on this article.

' Each person's map of the world is as unique as their thumbprint. There are no two people alike...no two people who understand the same sentence the same way...So in dealing with people try not to fit them to your concept of what they should be'

Milton Erickson

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Members may advertise upcoming events for free in What's On.

AGM & Dues

Elections of directors and the AGM will be held on June 1st from 6-9PM pacific time. If you would like to attend online in person or by phone please let me know.

The following people are running for IACH Executive.

President: Sheldon Bilsker

Vice-President: Elaine Hopkins

Membership: Ian Wilson

Standards: Mahmud Nestman

Newsletter: Diane Auld

Treasurer: Theresa Dupuis

Director at Large: Melody Turner

The AGM will be June 1st from 6:00-9:00PM. **Please RSVP**

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Dues

Please note that yearly membership dues are due on May 30/2006 They can be paid online at <http://www.hypnotherapyassociation.org/ShoppingCart.html> or mailed to:

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