



International Association of Counseling Hypnotherapists

www.hypnotherapyassociation.org

# the script



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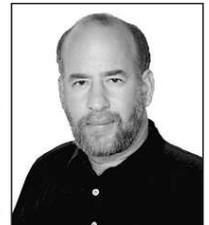
Welcome

Mahmud Nestman has an energetic experience on page 4

## president's letter

SHELDON BILSKER

Sheldon Bilsker



### Welcome to the second Newsletter of the International Association of Counseling Hypnotherapists.

With 42 current members we continue to increase our membership at a steady pace. We have recently had a very successful Executive meeting to discuss issues including: expanding our Online Members Resource Directory, forming and expanding committees, streamlining our intake and evaluation process and discussing the best ways we can serve and promote our members' practices.

There has been movement in the legislative area in British Columbia which in my view is potentially revolutionary, not just for BC but possibly other jurisdictions as well. Please read Dr. Jim Browne's article for an overview of how this came about and what is happening now.

You will notice there is a section on our web site entitled, Membership Websites. Soon that page will contain

a list of our practicing members who would like to promote themselves at no cost.

I would like to welcome Molly McGetrick and Mahmud Nestman, to the IACH Executive. Molly will be the director of the Member Resources Committee and brings extensive research experience with her as a librarian. She is based in New Mexico. Mahmud becomes the Director of the Standards and Ethics committee and brings 25 years of experience in the fields of Counseling and Hypnotherapy.

I would also like to welcome the new committee members as follows:

Newsletter Committee – Diane Auld, Lee-anne Wiseman and David Greig.

Examining Committee-- Mahmud Nestman (head).

*continued on page 2*

*president's letter continued*

Members Resources – Molly McGetrick (head)

We have come a long way in a relatively short amount of time. Thank you to everyone who has participated on our executive and the rest of our members for your support.

Contact Sheldon Bilsker at [president@hypnotherapyassociation.org](mailto:president@hypnotherapyassociation.org)

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.

## A peek into the mind and practice of...

# Diane Auld

Questions by MOIRA CAMPBELL



### **Describe your training, experience and qualifications.**

I trained at the Vancouver College of Counsellor Training. I have been an adult trainer and teacher for 25 years and that has given me an enormous amount of person experience. For the last two years I have been counselling in my own private practice. I have run art therapy groups for Sexual Abuse Survivors and Journalling groups for fun and for Survivors.

Personally I have participated in 3 years of Art Therapy groups and 6 years of Dance Therapy and 10 years of personal psychotherapy. I feel this has been as valuable a teacher as my school training.

### **How would you describe the work that you do?**

In my counselling practice I walk a journey with my clients helping them to look inside and connect with their feelings and the various aspects of self. It is our unique way of being in the world that defines us a human

being and I work with my clients in finding ways to explore and honour that uniqueness.

I use many Gestalt, Person- Centered, and Jungian approaches. Hypnotherapy has become a valuable way to help my clients connect with the unlimited resources of the subconscious mind and explore themselves at deeper level. I would say I am an integrated Counsellor.

For those clients interested in a variety of modes of expression I invite them to use art, journalling, music, movement, dreams and body focus as tools to connect with the many aspects of self.

### **How much do you charge?**

\$65.00 an hour

### **Describe your work space.**

I work out of my home and my office is very warm and cozy.

There is space to do art therapy, a piano for those who want to use music, and some room to move around for those whose who find movement a valuable way of exploring self. I have lots of art on the walls and crystals around the room.

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

Trusting myself. Letting the story write itself through me. Trusting that if I get out of my way that will happen. Trusting that whatever happens in a session is supposed to happen and letting that unfold in its own way and time.

### **...and your greatest accomplishment.**

Moments of trust - where the client says after they come out of trance - "It is as if you were there with me. The story you told is exactly what I

*Diane Auld continued*

was doing at one point I looked around to see if you were there."

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

I believe we are all God, we have the power create our lives and to change our lives when that creation no longer serves us.. My heart loves Tibetan Buddhism and yet I need the freedom to create my own unique spirituality and way of living it.

My beliefs give me wisdom to honour all beliefs, and to believe in the unlimited healing power of each individual and honour their journey.

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

That is such a good question. Hypnosis has helped me to truly experience the incredible resources of the subconscious mind, to observe the beauty in its workings. How creative it can be when I remember everything in its own time. It has helped me to honour my process and to trust. Spiritually hypnosis has given me an experience of feeling and knowing I am part of the oneness of all things.

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

1) Radical Acceptance – Embracing Your Life With The Heart of a Buddha - Tara Brach Ph.D

2) Healing Through the Dark Emotions – The wisdom of grief, fear, and despair. – Miriam Greenspan

3) Focusing. – by E. T. Gendlin, New York: Everest House, 1978.

4) Embracing Our Selves – The Voice Dialogue Manual – by Hal and Sidra Stone PH.D.

5) Emotional Alchemy : How the Mind Can Heal the Heart by Tara Bennett-Goleman

6) Metaphoria - Metaphor and Guided Metaphor for Psychotherapy and Healing - by Rubin Battino

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

Metaphors and stories - I love letting my intuition create a story to help a client explore a problem and possible solutions. For me stories are so healing as they are gentle, powerful, soothing, and freeing. In my experience the client almost creates the story themselves, I am just the voice speaking it.

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

Prejudices - hypnotherapy is such a powerful tool. We need to be getting the word out about its incredible value, such a powerful yet gentle tool to help people understand themselves. Yet most people only know of stage hypnosis and how controlling it is.

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

Carl Jung - he had the courage to explore the unconscious and write about it. I love how he tested all his creative processes on himself, doing his own personal work. He walked his own path not caring what others thought.

Susan Seddon Boulet - as a artist she walked the inner journey of the unconscious and painted her visions. She walked the Shamans' path giving us images to use and connect with for our own personal journey.

Mahmud Nestman - my supervisor - as a teacher and mentor his generosity and support feeds my Counsellors soul. He supports my

creative way of learning and growing as a person and Counsellor. He makes it so easy for me to explore my issues personal and professional.

**How do you unwind/rebalance?**

I meditate, paint, journal, dance, watch movies. I love movies. Talk to my husband or friends. Nuzzle with my cat.

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

Pass

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

I have a magical house. This house is truly magical. I can create anything I need in this house. All my inner kids live in this house and we do our healing there. There are stairs made of blue sapphire, lights of amethyst, beautiful art lines the walls in the hallways. Each room has its own turret and reading nook. There is a hypnosis room and healing room for my body. In the kitchen we make cookies and Earl Grey tea. This magical house lives in me and has played a major part of my personal healing.

**What is your greatest hope?**

Is that all people truly experience themselves as Gods, take responsibility for their own thoughts and feelings and see themselves and others as part of the great oneness.

**...your greatest fear?**

Pass

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

Pass

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## Reflection

# At the Core of Our Being is a Wise and Healing Energy

By MAHMUD NESTMAN

The title of this article has the sound of a cliché or a slogan – a truism that may have been vibrant with meaning twenty-five years ago but which has been overused and subsequently lost its meaning.

Why use it? Because it is the closest meaning I can come to in describing a phenomena that is present at times in my counseling/hypnotherapy practice. An energetic experience arises out of the intersubjective connection between counselor and client that is linked with the realization of the client's therapeutic goals.

I will illustrate how this takes place by describing the emergence of energy during the therapeutic sessions of two of my clients.

### Five Key Ideas

With each of these clients, I began the induction phase of the trance work by communicating a number of key ideas intended to create a climate which will stimulate a therapeutic process. The fundamental ideas I communicate are variations of the following themes:

**An energetic experience arises out of the intersubjective connection between counselor and client that is linked with the realization of the client's therapeutic goals.**

a) Within you is an intelligence that knows how to assist you to meet your therapeutic goals.

b) This intelligence is far wiser than your everyday conscious, rational mind.

c) This intelligence can manifest spontaneously in different yet similar ways – through images, feelings, thoughts, sensations and energy.

d) You can trust in the flow of this intelligence as its source is within you.

e) Your conscious mind can assume a different function than usual. Rather than needing to construct your experience, it can stand back, be curious and witness the creative work of your deeper intelligence.

Although I usually communicate these ideas to my clients in the beginning phase of the hypnotherapy process, these are fundamental beliefs of mine that I touch upon in much of my counseling/hypnotherapy work.

The energetic experiences associated with these key ideas involved two young, male clients of mine.

### Client #1

My first client was a male of sixteen years who came to therapy for help with improving his athletic performance. He was ranked in the

top 20 in British Columbia in his particular individual sporting event but he had been unable to place in the upper three in any significant competition. His major problem was his attitude towards himself. His expectations were exceptionally high and whenever his match performance began to slip he became agitated, self-blaming, impatient, and his critical inner dialogue and associated feelings led to further deterioration of his performance. He wanted help in a few specific areas of his game but his main goal was to alter his self-critical and angry reactions and



develop an attitude of tolerance, patience, calmness and self-acceptance.

He was a highly motivated client as, within a few days, he was participating in a tournament in which the winner would qualify to participate in the World Championships for his age category.

### The Therapy Process

In our first hypnotherapy session, he developed a relaxed and inwardly absorbed state of consciousness. As the session progressed he developed a deep trance.

As I was speaking with him in this state, his body suddenly responded

*continued on page 5*

*At the core of our being is a wise and healing energy... continued*

as if a powerful surge of electricity was going through him and he almost bounced out of the reclining chair. He came out of trance at that point and shared his experience.

In trance, he was leaping off a cliff into the unknown when suddenly he was headed for a crash landing on the ground below when he awoke with a start. Rather than be frightened or traumatized by this experience, he was both surprised and amused by the experience and amazed by the “jolt of energy” that he experienced.

**...his body suddenly responded as if a powerful surge of electricity was going through him and he almost bounced out of the reclining chair.**

When I reflected back upon what I was communicating to him at the time of the “jolt,” I recalled that I was strongly encouraging him to trust in his deep inner resources. I really meant it.

He willingly went back into trance and we continued and completed the session. At the end of the session he stated that he felt calm, centered, relaxed but was mostly in awe of the “jolt of energy” he experienced. He was amazed that that kind of experience could happen to him.

A few days later I received a phone call from him informing me that he had won the tournament and was off to the World Championships. He shared with me that he had a rocky start at the beginning of the tournament, but that he remained calm, centered and patient. Those critical, persecutory voices were absent.

Was his “jolt of energy” experience

a significant factor in his progress? I can’t prove it to be so but I believe the two are connected, particularly when I take into account the experiences of my second client.

Client #2

My second client is a male of twenty-four years who had been referred to me for help with chronic pain. He had injured his back and neck in a series of motorcycle racing accidents, become addicted to pain medication, developed a tolerance for the pain killers and turned to heroin for relief from his pain.

When he came to see me he had been in recovery from his addiction for three months and was receiving support from two addiction therapists and a family therapist. Although he was making excellent progress with his recovery from addiction he was still plagued by chronic neck and back pain. The pain was continuous throughout the day and night and he was exhibiting symptoms of stress from his inability to relax and sleep deeply.

After gathering relevant information from him and conversing with him about the myths and realities of hypnotherapy, I began our hypnotherapy session by seeding the five key ideas mentioned earlier in this article. I also spoke with him about two ways that he could learn to deal with his pain, explaining the phenomena of dissociation, whereby he could experiment during our sessions and outside of them with creating various kinds of distances and separations between himself and the pain, and, association, whereby he could allow himself to connect even more deeply with the pain in order to release it.

The Therapy Process

When the induction phase of

hypnotherapy began, he quickly went into a state of relaxation and inner absorption.

I noticed that he was unconsciously holding on to a shallow breathing pattern and I suggested to him that as he paid attention to his breathing he could discover how to slightly alter his breathing pattern and that could take him even into an even closer connection with his deeper intelligence.

His breathing deepened, and as it did so, his chest expanded, his shoulders lowered and let go of tension, his neck tensed and then let go of tension, and his head tilted back slightly. He seemed to be breathing in a largely involuntary fashion from his abdomen right up into his head. I encouraged him to follow this process as deeply and as strongly as he needed to and he continued to demonstrate this pattern of deep, rhythmic, naturally expansive pattern of breathing.

When we finished the trance experience (approximately 25 minutes), he reported that he felt calm yet energized, had more flexibility in his neck and a significant lessening of pain in his neck and shoulders.

I asked him if he would like to share anything about his inner experience in trance and he stated that the most impressive and surprising part of his experience was “the energy that was moving through me. It moved right into the areas that were tense and painful and began to help them open up and let go.”

When he returned for his second session, he shared that the gains in pain relief and comfort had largely maintained and he was sleeping longer with more ease. However,

there were still areas of pain and discomfort that needed further work.

*continued on page 6*

*At the core of our being is a wise and healing energy... continued*

In our second session, he went very quickly and deeply into trance, his breathing deepened on its own, and the same pattern of energetic breathing occurred as in the first session as we focused on specific areas of his body where he still felt pain.

At the end of session two he was experiencing less pain and more comfort in the painful areas and he had had another experience of “energy that just takes over at some point on its own.” After six sessions this client no longer was experiencing any chronic pain. In addition to the hypnotherapy, he was helped with his pain by an exercise regimen prescribed by one of his addiction counselors.

Closing Comments

What conclusions can be reached about the hypnotherapy experiences of these two clients?

Both clients were able to successfully meet their therapeutic needs.

They both experienced a surprising and spontaneous occurrence of “energy” that was an outstanding and memorable (for them, at least) part of their therapeutic experience.

In the case of Client #2, the *energy* was more visibly and directly connected to his therapeutic success than Client #1.

The presence of this “*energy*” emerged out of an experiential interaction between them and their therapist.

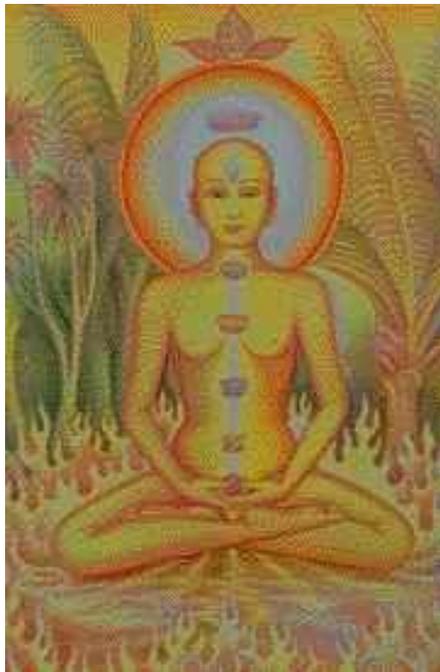
I have more intuitions about this energy and what possibilities can transpire in the intensity of the therapeutic relationship but these are speculative without verifiable proof.

I will close here – acknowledging

what is observable and respecting what is mysterious.

*Mahmud Nestman, MEd, RCC, CCH, has been integrating spirituality and counselling for the 30 years that he has been working in the counselling field. He has a private counselling practice in Vancouver, directs the CURA Institute for Integrated Learning, and leads intensive personal growth workshops. He can be contacted at mahmudn@telus.net or visit his website at*

*www.curainstitute.com*



Learn about Chakras and Energy

Creativity requires the courage to let go of certainties.

Erich Fromm

# For your calendar what's on

## December

12 - **Intro to Emotional Freedom Technique**, Vancouver, BC. For more details contact Within Wellness at 1 604 696 9355 or email info@within.ca

19 - **Intro to Chakras & Energy**, Vancouver, BC. For more details contact Within Wellness as above.

## January

4 - **World Hypnotism Day**

15 - **Intro to Chakras & Energy**, Vancouver, BC. See above.

19 - **Intro to Emotional Freedom Technique**, Vancouver, BC. For more details contact Within Wellness as above.

## February

7-9, 10-12 - **Basic Hypnotherapy Certification Course** (intensive). Kelowna, BC..For more details contact Sheldon Bilsker, Orca Institute at 1 800 665 6722, email info@orcainstitute.com or visit www.orcainstitute.com

*Please submit events that you feel would be interesting to IACH members. Inclusion is free and at the discretion of the editor. newsletter@hypnotherapyassociation.org*

# Hypnotherapy for Fertility

## It's Conceivable!

By LYNSI EASTBURN

A very real concern for a lot of people is the inability to conceive a baby. Each year more than a million North Americans pursue treatment for “infertility.” Most consult conventional doctors—an infertility workup is conducted, and, depending on diagnosis—drugs or high-tech procedures such as In Vitro Fertilization (IVF) are recommended.

Since the 1980s—as a result of a vast amount of research into how conception occurs and what can prevent or interfere with it—great strides have been made in Assisted Reproductive Technology “ART.” A range of options are available including Gamete Intrafallopian Transfer “GIFT,” Zygote Intrafallopian Transfer “ZIFT,” Egg Donation, Gestational Carriers, Intrauterine Insemination “IUI,” In Vitro Fertilization “IVF” and Surrogate Pregnancy.

Despite the progress that has been made in the treatment of “infertility” the success rate for those who undergo high-tech procedures is about 20%. To boost this success rate and have the very best chance of conception, women are seeking out complementary treatments such as Acupuncture, Herbal Remedies, Homeopathic Medicine, Chiropractic, and Mind/Body Approaches. One of the most powerful of these is Hypnotherapy.

Hypnosis goes beyond simple guided

imagery and working with a skilled Certified Hypnotherapist—following the guidelines of the HypnoBirthing® Certified Fertility Therapist program—not only increases the odds of conception but also enhances overall health.

In an article by Suzy Greaves entitled *Can Hypnosis Help to Make You Pregnant?* Dr. Elizabeth Muir, a clinical psychologist working with hypnotherapy for infertility explains that hypnosis affects the hypothalamus, the neural center at the base of the brain linked to the pituitary gland, and controls the flow of hormones in the body.

The hypothalamus is sensitive to stress and acts as a bridge between the emotional and physical, turning emotional messages into physical responses that affect hormone levels and thus fertility. Muir believes that the psychological issues surrounding pregnancy are not sufficiently well addressed for many women with fertility problems.

Studies conducted by Alice Domar, PhD, director of the Beth Israel Deaconess Behavioral Medicine Program for Infertility in Boston support Muir’s theory that unresolved issues about having a baby can be removed with counseling and hypnotherapy.

In the first study published in 1999

in the *Journal of the American Medical Women’s Association* 42% of 132 infertile women in the program conceived within six months of completing it. In the second study, published in 2000 in the journal *Fertility and Sterility*, 55% of the previously infertile women who met regularly in a mind/body program conceived, compared with 20% of the control group who used no mind/body techniques and who did not attend meetings.

Dr. Gayle Peterson, creator of a technique she calls Body-Centered Hypnosis, has found that high anxiety states in the mother must be reduced in order to normalize pregnancy and birth. She cites research studies that have documented the correlation between stress and infertility since the 1980s and states that recently a refined look at depressive symptoms and their impact on biology has offered new hope through a mind/body approach.

One study published in *Reproductive Endocrinology*, April 2000, vol. 73, issue 4 treated women who were in their second year of infertility and not yet depressed. The women who

**...55% of the previously infertile women who met regularly in a mind/body program conceived, compared with 20% of the control group who used no mind/body techniques...**

received group psychological interventions to stem the tide of depression caused by infertility, had significantly increased viable pregnancies compared to those who did not receive preventative treatment for depression.

*continued on page 8*

*It's Conceivable! continued*

**Liam's mom was diagnosed with "secondary infertility." After 5 years of "trying" to get pregnant, including several unsuccessful medical procedures, Liam was conceived within a few months of a single HypnoFertility session.**

### **Hypnosis Supports a Sense of Control**

Stress and a lack of confidence tend to be the top culprits that must be addressed when working with clients with hypnosis for fertility. Many couples have lost faith in the natural process of conception and maintain too strong a conviction in the need for medical assistance. With more and more women in high stress jobs it's really no wonder that conception doesn't always occur immediately (disastrous in this want-it-right-now society). Hypnotherapy reduces stress and increases confidence, instilling a sense of control in the client, which in turn enables her to maximize chances of conceiving naturally and/or increase the success of medical assistance. A highly effective adjunct to conventional medical care, hypnosis is rapidly becoming the most sought after modality of therapy today.

Hormonal problems often contribute

to conception issues. Restoration of hormonal balance and eventual pregnancy may occur by utilization of these powerful hypnotism techniques and implementation of positive lifestyle changes such as diet and exercise. Hypnosis is well recognized for its effectiveness in smoking cessation, weight control, stress release, and general habit changing. Interestingly, these same issues pose the biggest threat to fertility.

### **"Infertility" is Big Business**

Let's face it—no matter the state of the economy, people are going to continue to get cancer, to dump millions of dollars into the weight loss industry, and to have babies. The average price of IVF is \$10,000 - \$15,000 and often the procedure is repeated 3 or 4 times. The cost of hiring a surrogate is around \$65,000 and there are no guarantees in either scenario. Some of these expenses may be covered by insurance, but still the financial, not to mention emotional demands can be devastating.

Often what I see in my office are women so desperate to have a baby that their lives are an emotional roller coaster. Some of these women are obsessed with talk of cycle days and basal body temperature to the exclusion of almost everything else. Paralyzed with fear, dreading the start of another period, consumed with thoughts of yet another failed attempt, marriages in tatters, beaten down self-esteem with the body in a perpetual state of *fight or flight*, is it any wonder pregnancy doesn't occur?

Approximately 1 in 80 British babies is now born with some type of medical fertility assistance, and the numbers are higher in the United States. In many cases, an actual physical condition is present, however "unexplained infertility" is often cited.

At present time, women aged 35 and up are immediately considered "high-risk." The media is saturated with stories proclaiming the rise of "infertility" and our increasing "need" for medical intervention. It is now an unfortunate but common belief that it's just not easy to have a baby. How much of this could be offset by "dehypnotizing" people?

HypnoFertility is not considered "alternative" or "anti conventional medicine." Most times my services are sought after in conjunction with medical fertility treatment. Most of my clients are, at the very least, already under the care of a physician.

My clients average 4-6 hypnotherapy sessions for fertility at a cost of \$150/session. Those seeking hypnotherapy as a complement to IVF for example are looking at spending thousands of dollars on a medical procedure and my fees amount to a drop in the proverbial bucket comparatively, especially

**It is now an unfortunate but common belief that it's just not easy to have a baby. How much of this could be offset by "dehypnotizing" people?**

since it is an investment in maximizing success.

Those wishing to conceive naturally are looking at a small fraction of the cost of IVF and they learn a skill that will remain with them for the rest of their lives. Not only will a client increase their chances of conception with hypnotherapy, they will reap the fringe benefits including stress reduction and relaxation.

The vast field of "Women's Issues" affords many avenues for pursuance and one could realistically specialize in any one of the related subcategories

*continued on page 9*

*It's Conceivable! continued*

such as: PMS, Endometriosis, Chronic Fatigue, Fibromyalgia, Pregnancy and Birth, and Fertility.

Eastburn Hypnotherapy Center is the largest hypnotherapy practice and training facility in Colorado with several certified hypnotherapists working at three locations. The Center provides hypnotherapeutic support for many issues, often for people who have tried everything else and are grasping for their last hope. The Center receives referrals from physicians, therapists, and numerous training facilities throughout the state of Colorado.

Dr. Carol Ramatowski has been referring patients to the Center for years. "Hypnosis is an effective and powerful tool for change," says Dr. Ramatowski. "I recommend it for a number of health-related issues above and beyond smoking and weight loss. The results of hypnosis can be quite staggering, and it is an excellent complement to the practice of medicine."

The field of hypnotherapy remains virtually untapped, with many opportunities available for the creative and enthusiastic hypnotist. The National Guild of Hypnotists is currently striving to establish hypnotherapy as a "separate and distinct profession" and it is definitely the training of well-skilled hypnotists that will enable us to truly make our mark on the world.

*Lynsi Eastburn is a Board Certified Hypnotherapist and Certified Instructor through the National Guild of Hypnotists. She is a HypnoBirthing® Childbirth Educator and the creator of the HypnoBirthing® Certified Fertility Therapist Program which she teaches internationally. For more information about the HypnoBirthing® Certified Fertility Therapist Program check out [www.hypnofertility.com](http://www.hypnofertility.com).*

## International Association of Counseling Hypnotherapists executive

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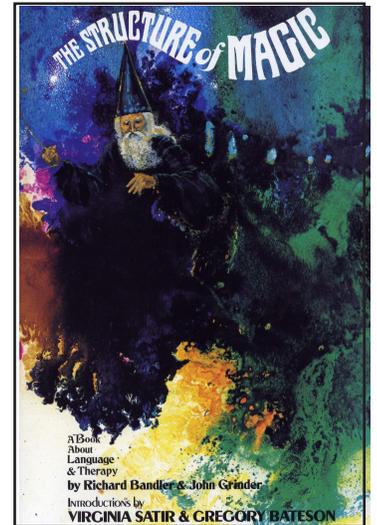
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## Reviews the book shelf



**The Structure of Magic: A Book About Language and Therapy**  
By Richard Bandler & John Grinder

**Published by Science and Behaviour Books, 1975**  
**ISBN 08314-0044-7**  
**193 pages**

Reviewed by Moira Campbell

This book, along with Noam Chomsky's work on language are considered the roots of the now popular neuro-linguistic programming (NLP).

Bandler and Grinder's basic premise is that although we live in the real world, we do not operate directly upon it, but rather upon our own individual and inexact inner "maps" or representational systems. It is the difference between reality and our representation of it that cause us to experience emotional pain –

*continued on page 10*

### *The Structure of Magic contd*

particularly when our representations contain limiting distortions or deletions. This is not a new theory – they draw heavily on the work of H Vaihinger among others - but one that has stood the test of time as evidenced, for example, by the current popularity of the docudrama “What The Bleep Do We Know?”.

They go on to link the work of linguists in the field of transformational grammar to this. Language, they say, is itself a representation of our inner map of the world. By applying the rules that transformational linguists have developed about how the way people speak (“surface structure”) is derived from this linguistic representational system (“deep structure”) therapists “can assist their clients in expanding

**It is the difference between reality and our representation of it that cause us to experience emotional pain – particularly when our representations contain limiting distortions or deletions.**

those aspects of their representations which limit and impoverish them”.

The book is intended as a manual that will teach therapists a set of learnable tools that will help them to become more effective – the “meta-model” that came to be known as NLP. First published in 1975, this book is still extremely useful for therapists who wish to understand NLP’s basis.

Of course, there are some that feel that the authors’ unethical conduct at the time the book was written and subsequently, Bandler’s in particular (alleged or otherwise), undermines the credibility of their work. Others question their academic credentials

(even though Bandler often uses the title “Dr” he does not have a doctorate degree, whereas Grinder is a professor of linguistics) and say they are more interested in the bottom line than in scientific validity.

It is true that others had laid the groundwork for their theories – a fact that the authors certainly do not attempt to hide. In fact, they give a well laid out bibliography at the back of the book for those wishing to extend their knowledge.

What they do claim to have done, is to have identified the reason why widely differing psychotherapies can be successful, established a structured way for thinking about this theory, and formulated a way of learning to use this theory for therapeutic purposes, no matter what school of psychotherapy you are aligned with.

Virginia Satir, Milton Erickson and Gregory Bateson, three of the “magicians” that Bandler and Grinder observed in order to formulate their theory, all felt that they had been successful in this endeavour. Of course, a great deal has been written about Milton Erickson’s work in

particular, and if you are interested in understanding his work in more depth you would certainly be better off reading something like Stephen Gilligan’s “Therapeutic Trances”, or even some of Bandler and Grinder’s later work, specifically focused on Erickson.

I found the explanation for their “meta-model” straightforward and easy to understand. In fact, one of the major criticisms of NLP is that it is overly simplistic. However, Bandler and Grinder suggest that you do not replace your current practice with their meta-model, but simply use it to enrich your practice.

The authors dedicate a chapter each to the concepts of representational

systems and the structure of human language systems. Chapter 3 links the two together, and chapter 4 is a “step-step-by-step procedure for learning and using these tools”, including exercises.

Chapter 4 is the by far the longest and densest part of the book. The authors’ conversational style is at times marred by their use of pseudo-scientific diagrams and some unnecessarily complex, wordy and repetitive explanations. However, the theory is relatively easy to grasp and the subsequent chapter, which contains two transcripts that demonstrate the meta-model’s use in therapy is instructive.

Up to this point, the authors have merely hinted at how these tools could be used with representational systems other than language – eg kinesthetic. In the final chapter the authors suggest how their meta-model could be integrated with a number of pre-existing, well-known non-verbal techniques. However, this book focuses almost exclusively on verbal techniques and also assumes that the therapist wishing to use their meta-model is a native speaker of English.

Despite the criticisms to which this book and Bandler’s work in particular is prey to, it is an essential read for anyone wishing to understand the origins of the NLP phenomenon.

**It is in our idleness,  
in our dreams that  
the submerged truth  
sometimes comes to  
the top.**

**Virginia Woolf**

# Report from the Task Group for Counselor Certification

## british columbia legislative update

By JIM BROWNE, Coordinator

Since its inaugural work in 1998, the Task Group for Counselor Certification with the unanimous support of constituent member organizations, has remained committed to designing a "College of Counselor Therapists" based on a model of "core competencies" as a basis for registration.

Competencies are measurable learning outcomes that can be objectively tested. Properly stated, competencies include knowledge, practical skill and attitudinal or behavioural components, thus providing a comprehensive description of the requirements for effective counseling practice. A clear articulation of the entry-level competencies for counseling practice in the form of "Competency Profiles" is of critical importance to a profession with a potentially diverse membership.

Over the past two or three years, the Task group, in trying to encourage the government to proceed with designation, had adopted the stance of seeking to defer laying out entry requirements, to the first Board of the College. However, recently, other professions awaiting designation have been asked by the government to prepare an action plan and draft bylaws that will provide details about how a College would be established, composition of first Board, the College's admission criteria and

process, first year operating budget, etc.

The Task Group, including representatives from all of the member organizations (with the exception of the "Genetic Counselors"), met on April 26th, and were walked through a discussion on using Competency Profiles to define entry-to-practice requirements for "counseling therapists".

A Competency Profile consists of a series of competency statements. Each statement describes a discrete, stand-alone job skill. Each statement is clear, concise and objectively measurable. The defensibility and measurability of Competency Profiles is the reason that they are the "industry standard" for entry-to-practice requirements.

The workshop, "An Action Plan for Establishing A Competency-Based Registration Model for the Proposed College of Counseling Therapists of British Columbia, was held on May 17th, 2004.

### **Competency Based Framework**

Under this framework a complete description of the profession is contained in the Competency Profile, which is then divided into a number of Competency Areas which are broad clusters of activities, of which only 6-8 are necessary to encompass the entire profession.

Each Competency Area is then subdivided into a series of General Competencies which are relatively broad competency statements, each containing a number of related job tasks. It may be expected that perhaps 8-10 General Competencies would be sufficient per Competency Area.

Finally, each General Competency is further characterized by a number of Specific Competencies, each one specifying a stand-alone task. Again, 8-10 Specific Competencies would be necessary to adequately define each General Competency.

...competencies include knowledge, practical skill and attitudinal or behavioural components, thus providing a comprehensive description of the requirements for effective counseling practice.

Thus a Competency Profile for the profession may contain several hundred Specific Competencies (500-600 is typical), arranged into 7 or 8 different Areas, each with a series of General Competencies as sub-headings.

Established educational theory is used to compose and structure the competency statements, such that the Competency Profile provides a comprehensive, measurable and defensible listing of registration requirements.

In this process it is possible to utilize as source documents available publications such as educational program materials (i.e. showing the learning outcomes), professional specifications, certification criteria, etc. In our analysis, this approach will be followed, where feasible, thereby reducing the amount of material that must be developed from first principles.

*continued on page 12*

*BC legislative update contd*

**Working Committee Composition**

Each Task Group member organization was asked to designate 2 of their members.

American Association of Pastoral Counselors and the Canadian Association for Pastoral Practice: Randy Frost (RCC) and Shiella Fodchuk (RCC)

British Columbia Art Therapy Association: Coleen Gold (ATR)

B. C. Association of Clinical Counselors: Glen Grigg (RCC) and Arden Henley (RCC)

British Columbia Association for Marriage and Family Therapy: John Friesen (RMFT) and Max Innes (RMFT)

Canadian Counseling Association: Blythe Shepard (CCC) and David Paterson (CCC)

Canadian Professional Counselors Association: Dan Keeran (RPC/RSW) and Libby Stowers (RPC)

Music Therapy Association of B.C.: Kevin Kirkland (MTA) and Steven Williams (MTA/CMT)

Chair: Jim Browne;  
Consultant/Facilitator: David Cane

**Action I**

Proposed Scope of Practice  
Statement: Practice of Counseling Therapy

The practice of Counseling Therapy assists people experiencing difficulties in relationships, or within themselves, and enhances their growth as persons, by making use of relational, conversational or expressive means informed by established counseling and psychotherapeutic theories; research; techniques; ethical

standards; and human diversity and traditions.

**...Counseling Therapy assists people experiencing difficulties in relationships, or within themselves, and enhances their growth as persons...**

**Action II**

Drafting Competency Areas with General Competencies and Statements

(As of June 24th, 2004)

1. Foundational Knowledge and Application to Practice

e.g., Counseling Therapy as a profession; domain/cognitive; statement: Explain the role of the counseling profession within the BC and Canadian Health Care System

2. Professional Relationships

e.g., Establishing therapeutic relationships; domains/cognitive, psychomotor and affective; statement: Establish and maintain effective therapeutic relationships with clients

3. Professional Issues & Ethics

e.g., Application of codes of ethics; domains/cognitive and affective; statement: Comply with relevant Code of Ethics

4. Clinical Practice

e.g., Record Keeping; domains/cognitive and psychomotor; statement: Maintain accurate and complete client records

5. Counseling Process: Introduction

e.g., Intake, interview and orientation; domains/cognitive, psychomotor and affective; statement: Orient client to the counselling process

6. Counseling Process Interventions

e.g., Establish and maintain the therapeutic alliance;

domains/cognitive/psychomotor and affective; statement:

Establish and maintain an effective therapeutic alliance

7. Counseling Process: Closure

e.g., Recognizing when closure is appropriate; domains/cognitive and affective; statement: Identify when closure is appropriate

(A possible 8th Competency Area of "Research and Program Evaluation" was identified by the committee in July...)

Members will see, and hopefully appreciate, that establishing a comprehensive description of the requirements for effective, responsible and accountable counseling practice, is a huge task. A clear articulation of the entry-level competencies that are definable, measurable and defensible is of critical importance to a profession with a potentially diverse membership.

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**Update...**

On October 12, 2004, the federal Cabinet found that BC's PIPA is substantially similar to the federal legislation, the Personal Information Protection and Electronic Documents Act, and – as a result – the Cabinet approved an order that has the effect of exempting BC counselors in private practice from having to comply with the federal legislation.

# editor's note

The field of counseling hypnotherapy is evolving and growing in popularity with the public as they seek to heal themselves in a way that recognises the many and intricate ways that body, mind and spirit are interconnected.

Legislation is often slow to catch up with the experience of the public and in BC a long process that may result in "counseling hypnotherapist" being considered a specialty area under the work of the Task Group on Counselor Certification is coming to an end - which is why we have included an extract from their recent report here.

It is interesting to note how different jurisdictions have dealt with this issue. For example, in Texas, counseling hypnotherapists are required to call themselves "hypnotists" unless they have other degrees or licences for psychological/mental health therapy. Do please let us know about the law where you live.

This edition of **the script** contains an inspirational article by counseling hypnotherapist Mahmud Nestman. Mahmud has also just become



Moira Campbell

Director of Standards & Ethics, so this is a great opportunity to get to know his work better.

Jensi Eastburn, a native of Toronto although she is now based in Denver, has contributed a detailed and practical article on using hypnotherapy for fertility.

As editor, I encourage your contributions and comments via letter or email, as this is your newsletter. If you have any questions feel free to contact me for more information.

Thank you to everyone who has worked so hard (unpaid!) to make this copy of **the script** possible - our contributors and the newly recruited newsletter committee: Diane Auld, David Greig and Lee-Anne Wiseman.

I hope you enjoy this second issue of **the script**.

*Moira Campbell can be contacted at 250 480 6729 or email newsletter@hypnotherapyassociation.org*

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## Symbolic meaning

# Bear

Watcher, world-guardian, giver of strength, courage, /willpower, self-preservation, introspection, going inside yourself for answers, studying the importance of dreams, instinct, healing.

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