

CACHE

CACHE Canada

NEWSLETTER

Hypnotherapy Skills Practice and Training Group

CACHE is offering a new club for members. It will be held in person at the Horizon Center in Victoria, BC. We may move into offering this online for distance members in the future, however that is TBD.

Meetings will be the 1st and 3rd Monday of each month from 7-9pm. The focus of the group is to develop community, new therapeutic skills, and keep existing skills and techniques sharp. Most of what we will be practicing will be familiar to Registered Hypnotherapists; but we will have the opportunity to deepen our experience with our colleagues, broaden our skillset, and experiment with new ways of doing things we've done before.

Upcoming events

- **Book Club:** March 28, 2019 7:00pm: *Quit: The Hypnotist's Handbook To Running Effective Stop Smoking Sessions Kindle Edition* by Jess Marion, Sarah Carson, Shawn Carson
- **Hypnotherapy skills practice and training group:** 1st and 3rd Monday of the month at 7:00pm, First meeting will be April 1, 2019

Book Review

Peter Flagg, RCH, has written a wonderful, comprehensive book review on *What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression and Transcendence* by Michael Pollan. The CACHE book club read this book in August of 2018.

Peter goes into looking at chemical composition, the author's personal journey with substances, neuroscience and also touches on clinical application, and how this book can influence a hypnotherapy practice.

For those that have read Pollan's book, and for those that have not yet had the chance, we recommend heading over to the CACHE website to read through this review. Find the review under 'resources → articles'.

If you have an article that you would like to submit for review by CACHE to be posted on the website, do not hesitate! We want to encourage our members to be involved, and learn from one another.

Call for Scripts, Techniques and Patter

CACHE would like to start building a resource for members to turn to for new techniques, patter, and adaptable scripts that can be utilized by members to better help our clients.

If you have an adaptable script, technique, or even a bit of patter that you use regularly, or that you find particularly helpful for clients, please send it along to us. We want to be an organization that helps our members prosper, and we feel this will be a great asset to our community. This could also include inductions, exits, interview questions, or anything else that you find helpful for your clients.

Should your technique(s) be accepted and approved by CACHE, they will be posted under Member Resources on the website, and credit will be given to you for the contribution.

