Canadian Association
of
Counselling Hypnotherapists and Educators

LCACHE

CACHE

NEWSLETTER

Upcoming Events

- **AGM** April 18th, 2020 11:00am in person in Victoria, BC and online with Zoom. Come vote about the future of our association. Details will be provided closer to the meeting.

- **Supervision with Susan Noppe** February 25th, 2020. Held on the 4th Tuesday each month 7:00-8:30pm

- **CACHE Café with Fran Jenkins** March 11, 2020. Another supervision opportunity.
  Held the 2nd Wednesday each month 12:00-1:30

Workshop Recap

On February 4, CACHE presented a workshop free to our members. Our presenter was Michael Watson, and his presentation was Creativity in Client Driven Hypnosis.

As a non-believer in script-nosis, Michael believes hypnotherapy should be a client centered methodology, a philosophy with which any student of Linda's would agree. In this workshop, Michael moved our thinking to a new level of creating client driven work. As in the past, Michael's workshop caused me to pause and stretch my thinking and approach to hypnotherapy. Since the workshop, I have focused on using strategies that allow the client to find the answers within themselves, rather than me trying to make the right suggestions. I have used a strategy of the client looking through a "Book of Answers", where he found messages about what was blocking him. I had him tear the pages out the pages and light them on fire, and watch those blocks go up in smoke. The client found his own answers rather than me telling him what I thought the blockers were. I used the clients own words back to him in creating the set up of the process.

From the comments I have heard, other members attending found nuggets in the workshop that they can bring forward into their practice. I hope our next workshop will have more members attending! It was a good professional development opportunity!

CALL FOR ARTICLES
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