



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION

Hypnosis and the Treatment Relationship:
Applications. Processes, Outcomes

60th

RLANDO

MARCH 15-18, 2018

Annual Scientific Meeting & Workshops

Fundamentals of Clinical Hypnosis Workshop

Why pursue training in Clinical Hypnosis? What are the benefits?

Clinicians who are trained in clinical hypnosis learn a range of communication skills that facilitate reaching the therapeutic goal through more effective utilization of the patient's or client's innate resources. Clinical hypnosis incorporates the science of neurobiology and brain plasticity, and its principles are trans-theoretical. Suggestion is an inevitable part of any treatment. Learning hypnosis allows you to better understand how you currently use suggestive language in your treatment approaches and how to increase and diversify your range of skills in suggesting therapeutic possibilities.

Benefits:

- Rapidly establish rapport and the hypnotic relationship across developmental ages;
- Facilitate change, ego-strengthen and reduce impediments to change;
- Cost-effective, collaborative, person centered treatment; and
- Provide clients and patients with life-long skills for better health.

The Fundamentals of Hypnosis (Basic) training is the first part of a series of workshops in the certification program for clinical hypnosis. A diverse faculty from a range of health disciplines will teach you the principles and process of hypnotic inductions, suggestions and treatment. The workshop is a mix of didactic presentations, demonstrations, experiential exercises and faculty-led small group practice tailored to the specific needs and learning style of each participant. At the conclusion of the workshop you will have been taught the basic skills required to utilize clinical hypnosis and begin to apply it to your practice.

Workshop Schedule (20 CME/CE)

Chairs: Lane Wagaman, EdD; Maggie Dickens, MS, LPC, LCDC

Fundamentals of Clinical Hypnosis Schedule 2018 Annual Meeting

Thursday, March 15, 2018

12:30 pm	Welcome / Introduction (Wagaman)
12:45	History, Definitions, Theories, Myths and Misconceptions (1 hr)(Colosimo) <i>Educational Objectives for this session:</i> <i>Outline major historical events in hypnosis and mesmerism.</i> <i>Provide a definition of hypnosis related to relevant scientific research.</i> <i>Identify the major myths and misconceptions regarding hypnosis.</i>
1:45	Neurophysiology (45 min)(Swaim) <i>Educational Objectives for this session:</i> <i>Review how stress and pain affect body systems.</i> <i>List three brain regions or networks that research shows may be altered with hypnosis.</i> <i>Detail three implications of neurophysiological research on the practice of clinical hypnosis</i>
2:30	BREAK
2:45	Hypnotic Capacity/Memory (45 min)(Dickens) <i>Educational Objectives for this session:</i> <i>Discuss formal and informal measures of hypnotic capacity and reasons for use of and advantages and/or disadvantages of each.</i> <i>Discuss the clinical controversy regarding hypnosis and the possible creation of pseudo-memory.</i> <i>Discuss the research on hypnosis and memory.</i>
3:30	Rapport, Inductions and Re-Alerting (1.5 hr)(Wagaman) <i>Educational Objectives for this session:</i> <i>Describe three specific behaviors or communication skills that are helpful in the development of rapport with patients.</i> <i>Describe at least two reasons for removing suggestions and re-alerting patients.</i>
5:00	Group Hypnotic Experience (30 min)(Wagaman) <i>Educational Objectives for this session:</i> <i>Provide illustrative suggestions for eliciting hypnotic phenomena.</i> <i>Demonstrate the concept of trance logic.</i> <i>Illustrate applications of hypnotic phenomena in a trance experience.</i>
5:30	Recess
6:00	Attend Plenary #1
7:00	Welcome Reception

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Friday, March 16, 2018

7:30 am Attend Plenary #2

8:30 Break

9:00 Presenting Hypnosis to the Patient/Informed Consent (45 min)
(Wagaman)

Educational Objectives for this session:

Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient.

Explain the difference between self-hypnosis and hetero-hypnosis.

9:45 **Ego Strengthening (30 min) (Dickens)**

Educational Objectives for this session:

Define ego-strengthening and how it might be used in clinical practice.

Identify several different types of ego-strengthening.

Describe at least three strategies for ego-strengthening in clinical hypnosis practice.

10:15 **Demonstration 1: Structured Breathing (Faculty)**

10:30 **Small Group Practice 1 (Induction, Realtering) Structured Breathing (1.5 hr)(Faculty)**

Educational Objectives for this session:

Demonstrate one method to build rapport with the subject.

Facilitate at least one induction method and realtering.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance,

Describe his/her responses, and what they observed in the behavior of the participant.

12:00 pm **Lunch on your own**

12:15 **Lunch Panel – Therapeutic Relationships in a Medical Setting (1 hr)(1 CEU)**

1:30 **Hypnotic Phenomena (1 hr)(Wagaman)**

Educational Objectives for this session:

Identify the main principles of formulating suggestions for eliciting hypnotic phenomena.

Identify five different hypnotic phenomena.

Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used therapeutically.

2:30 **Stages of Hypnosis; Deepening/Intensification of Trance (1 hr)(Swaim)**

Educational Objectives for this session:

Define and describe identifiable stages of hypnotic experience.

Describe at least four traditional methods for deepening or intensifying hypnotic involvement.

3:30 **BREAK**

4:00 **Demonstration 2: Eye Fixation (Faculty)**

4:30 **Small Group Practice 2: (Induction, Deepening, Realtering) Eye Fixation (1.5 hr)(Faculty)**

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method and realtering.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance

6:00 **Recess**

Saturday, March 17, 2018

7:30 am Attend Plenary #3

8:30 Break

9:00 **Self-Hypnosis (30 min)(Dickens; Swaim)**

Educational Objectives for this session:

Define self-hypnosis.

Describe at least three therapeutic applications of self-hypnosis in clinical practice

Describe the process of teaching self-hypnosis to patients

9:30 **Fundamentals of Hypnotic Language and Formulating Suggestions (45 min)(Swaim)**

Educational Objectives for this session:

Identify and define at least six principles of hypnotic communication and suggestion.

Cite at least four types of hypnotic suggestions.

Describe a hypnotic session including therapeutic suggestions.

10:15 **Demonstration 3: Eye Roll (Wagaman, Dickens, Swaim)**

10:30 **SGP 3 (Induction, Deepening, Suggestion, Re-Alerting: Eye Roll) (1.5 hr)(Faculty)**

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method, a simple suggestion and realtering

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00 **Lunch on your own**

12:15 **Lunch Panel – Therapeutic Relationships in a Psychological Setting (1 hr)(1 CEU)**

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- 1:30** **Pediatric Hypnosis (45 min) (Thomson)**
Educational Objectives for this session:
Describe the therapeutic benefits and applications of using hypnosis with children.
Identify the developmental characteristics that make children particularly hypnotizable.
Describe how hypnotic approaches vary according to the developmental age of the child.
- 2:15** **Understanding and Utilization of Resistance (30 min)(Wagaman)**
Educational Objectives for this session:
Discuss the therapist, patient, and context variables that may contribute to resistance.
Identify at least six alternative techniques for bypassing or working through resistance to hypnosis.
- 2:45** **Demonstration 4: Arm Levitation (Wagaman)**
3:00 **SGP 4 (Induction, Deepening, Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-alerting: Arm Levitation)(1.5 hr)(Faculty)**
Educational Objectives for this session:
Demonstrate the ability to build rapport with the subject different from previous practice sessions.
Facilitate at least one induction method, one deepening method, a simple suggestion and realerting.
Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.
Clarify readiness for incorporating hypnosis into practice.
- 4:30** **Recess**
- 5:00** **Attend Plenary #4**
- 6:00** **Cocktail reception**
- 7:00** **Awards Dinner and Dancing**
- Sunday, March 18, 2018**
- 7:30 am** **Attend Plenary #5**
- 8:30** **Break**
- 9:00** **Brief Introductory Overview of the Use of Clinical Hypnosis and Pain Management (45 min) (Patterson)**
Educational Objectives for this session:
Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.
Outline precautions in using hypnotic methods for pain relief, including complete anesthesia.
Identify hypnotic strategies and be able to describe at least six hypnotic techniques for use in pain management/recovery.
- 9:45** **Treatment Planning Strategies and Integrating Skills into Practice (45 min)(Dickens, Swaim, Wagaman)**
Educational Objectives for this session:
Differentiate when to use a suggestive hypnotic approach and when to use an insight- oriented or exploratory hypnotic approach.
Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.
List at least four hypnotic techniques that may be best suited to achieve a specific therapeutic goal.
- 10:30** **BREAK**
- 11:00** **Now That I Have Learned This, What Do I Do Differently in My Practice Next Week...Continuing On (1 hr)(Wagaman)**
Educational Objectives for this session:
Review the foundational information and skills learned during this educational experience.
Describe 2 avenues and approaches to including clinical hypnosis in clinical practices.
Describe 2 situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such
List at least five applications of hypnosis to your discipline.
Explain the importance of the clinician separating the learning of hypnosis from the application of hypnotic skills to a problem.
- 12:00 pm** **Ethics and Certification (Swaim)**
Q&A (Wagaman, Dickens, Swaim)
Educational Objectives for this session:
Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis
Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification
- 12:30** **Adjourn**