



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION

Hypnosis and the Treatment Relationship:
Applications, Processes, Outcomes

60th

RLANDO

MARCH 15-18, 2018
2018 Annual Meeting

Thursday, March 15, 2018

6:00 - 7:00 pm

Plenary #1: Relational Safety as the Treatment for Trauma and Pain: Polyvagal Contributions To The Countertransference Trance

*Maggie Phillips, PhD
(1.0 CE/CME)*

Dr. Phillips is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration.

The concept of safety is an important requirement for our early capacity to bond with significant others, and a sense of safety within our intimate relationships throughout life is central to our ability to trust. Dr. Stephen Porges, creator and researcher of the Polyvagal Theory, made the discovery that “the detection of features of safety actively changed the autonomic state and fostered health, growth, and restoration as well as providing opportunities to connect and co-regulate.” Porges concluded that there are three branches of the ANS rather than two, which respond constantly to relational conditions mediated by safety and threat. Ventral vagal, social engagement, and co-regulation are in the lead, with the sympathetic adrenal (fight-flight) and dorsal vagus (freeze) coming online when there is significant threat. The polyvagal model suggests how we can become safe and healing havens for each other if we cultivate our own ventral capacities. This presentation focuses on how relational safety is the treatment for trauma and pain, and explores polyvagal contributions to the essential development of a positive countertransference trance (from the hypnotic perspective) for the therapist (Phillips & Frederick, 1995).

Friday, March 16, 2018

7:30 - 8:30 am

Plenary #2: PTSD Treatment Guidelines and Clinical Care: The Significance of Relationship

*Christine A. Courtois, PhD, ABPP
(1.0 CE/CME)*

Dr. Courtois is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration.



The U.S. health care system increasingly utilizes clinical practice guidelines (CPGs) based on stringent systematic reviews of research findings to inform decision-making about care. There are relatively few guidelines, however, that address mental and behavioral health conditions, or that include psychological interventions. To address this, in 2010, the American Psychological Association adopted the Institute of Medicine (IOM) standards for clinical practice guidelines and selected the treatment of PTSD as a topic for review. The resultant recommendations, “Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder in Adults” were accepted in early 2017, to be accompanied by a companion Professional Practice Guideline (PPG). Professional Practice Guidelines are more broad-based documents that rely on reviews of clinical experience and consensus about the treatment of a particular population and condition.

The recommendations - along with the strengths and limitations - of the APA guideline will be presented and its findings compared to those of others addressing PTSD treatment. Major recommendations of Professional Practice Guidelines and other authoritative writing for treatment of all forms of PTSD (including the Dissociative Disorders) will be reviewed, along with attention paid to the use of hypnosis. Increasingly, emphasis is being placed on the significance of the relationship for the treatment of traumatized individuals, especially those who were interpersonally victimized. This plenary will summarize aspects of the relationship that are particularly pertinent to treatment of traumatized individuals.

By the completion of this workshop, participants will be able to:

List what treatments for PTSD that are evidence based, according to the APA Clinical Practice Guidelines.

Differentiate between a Clinical Practice Guideline and a Professional Practice guideline.

List several relational strategies that have an evidence base.

Christine A. Courtois, PhD, ABPP, is a graduate of the Counseling Psychology program at the University of Maryland and a licensed psychologist in DC and MD. Dr. Courtois has received international recognition for

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her work on the effects of incest, child sexual abuse, complex traumatic stress disorders and other types of trauma and has received awards from numerous professional organizations. She is a psychotherapist (with broad experience in outpatient and inpatient treatment), workshop leader, and consultant specializing in posttraumatic and dissociative conditions and disorders. Her approach is integrative, relational, and trauma-referenced, based upon respect for the client and his/her life experience.

Dr. Courtois recently served as chair of the American Psychological Association PTSD Guidelines Development Panel. This group of 11 appointed experts from various mental health professions met over the course of two years to examine relevant literature reviews and existing guidelines and produced updated treatment guideline recommendations based on these resources.

Dr. Courtois has co-authored with Dr. Julian Ford, *Treating Complex Trauma: A Sequenced, Relationship-based Approach*, (2013, Guilford Press) and *Treating Complex Traumatic Stress Disorders in Children and Adolescents, Scientific Foundations and Therapeutic Models*. As well, she has brought out the second edition of *Healing the Incest Wound: Adult Survivors in Therapy* (W. W. Norton), co-edited (with Dr. Julian Ford) the book *Complex Traumatic Stress Disorders: An Evidence-based Guide* (2009, Guilford Press) and authored *Recollections of Sexual Abuse: Treatment Principles and Guidelines* (1999, W. W. Norton), *Adult Survivors of Sexual Abuse: A Workshop Model* (1993 Families International), and *Healing the Incest Wound: Adult Survivors in Therapy* (1988, W. W. Norton). She has also co-edited a special section on complex trauma with Dr. Bessel van der Kolk in the *Journal of Traumatic Stress* (2005). Dr. Courtois is past Associate Editor of the new journal *Psychological Trauma: Theory, Research, Practice, & Policy* <http://www.apa.org/journals/tra/>).

Dr. Courtois is also Co-Founder and former Clinical and Training Director and Consultant to The CENTER: Posttraumatic Disorders Program, an in-patient and day hospital specialty program in Washington, DC, where she worked for 17 years. She is active in a number of professional organizations having to do with psychological practice and trauma including the American Psychological Association (where she is past-president of Division 56, Psychological Trauma (www.apatraumadivision.org), the International Society for Traumatic Stress Studies (www.istss.org) (where she co-chairs the Complex Trauma Task Force), The International Society for Trauma and Dissociation (www.isst-d.org), the Institute of Contemporary Psychotherapy and Psychoanalysis, and the Maryland Psychological Association (www.mpa.org) where she organized and co-directed the Post-Doctoral Institute on Psychological Trauma.

Saturday, March 17, 2018

7:30 - 8:30 am

Plenary #3: The Intersection Of Hypnosis And Relational Psychoanalysis

Jeremy Safran, PhD

(1.0 CE) *Not eligible for CME for MDs/DOs.*

Dr. Safran is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration.



In this plenary, I will trace the common origins of hypnosis and psychoanalysis as well as the historical and political factors that led classical analysts to distance psychoanalysis from these origins and emphasize the difference between treatments making use of hypnotic elements, and bonafide psychoanalysis. I will also discuss changes in contemporary relational psychoanalytic theory that establish a basis for a more thorough and fluid synthesis of psychoanalytic and hypnotic elements of treatment and help illuminate both common and specific mechanisms of change. Finally, I will explore various ways in which my own theoretical, clinical and empirical work on therapeutic impasses provide a valuable arena with which we can begin to further explore points of intersection between hypnosis, placebo and relational psychoanalysis.

By the completion of this workshop, participants will be able to:

Conceptualize key mechanisms of change in relational psychoanalysis;

Understand the common origins of hypnosis and psychoanalysis as well as the historical reasons for their divergence; and

Describe key conceptual innovations in relational psychoanalysis that can help to illuminate mechanisms of change in hypnosis.

Jeremy D. Safran, PhD is Professor of Psychology and former Director of Clinical Psychology at the New School for Social Research, . He is also Senior Research Scientist in Psychiatry at Mount Sinai Beth Israel Medical Center; and on faculty at 1) The New York University Postdoctoral Program in Psychotherapy & Psychoanalysis; and 2) The Stephen A. Mitchell Center for Relational Studies. Dr. Safran is Co-founder and Co-chair (along with Lewis Aron & Adrienne Harris) of The Sandor Ferenczi Center at the New School for Social Research. In addition, he is Past-President of The International Association for Relational Psychoanalysis & Psychotherapy.

He is an advisory editor for Psychotherapy Research, an associate editor for Psychoanalytic Dialogues, senior editor for Public Seminar, and serves on the editorial boards of a number of other journals in the U.S. and other countries. He is a Fellow of the American Psychological Association Division for Psychotherapy. Dr. Safran publishes and lectures on a number of topics including: alliance ruptures and therapeutic impasses, emotion in psychotherapy, psychotherapy integration, psychotherapy and Buddhism, therapist mindfulness and self-regulation, relational psychoanalysis, and the themes of faith, agency and surrender in the therapeutic process. He conducts training workshops in North America, Latin America and Europe.

Dr. Safran's ongoing research program on therapeutic impasses and alliance ruptures has been funded by the National Institute of Mental Health and has led to numerous theoretical and empirical publications. In addition to his journal articles and chapters he has authored and co-authored several books including: Psychoanalysis and Psychoanalytic Therapies (2012); Psychoanalysis & Buddhism: An Unfolding Dialogue (2003); Negotiating the Therapeutic Alliance: A Relational Treatment Guide (2000); The Therapeutic Alliance in Brief Psychotherapy (2008); Widening the Scope of Cognitive Therapy (1998); Emotion, Psychotherapy and Change (1991); Interpersonal Process in Cognitive Therapy (1990); and Emotion in Psychotherapy (1987). In addition, he had filmed two psychotherapy training DVDs for The American Psychological Association: 1) Psychoanalytic Therapy Over Time (2009); and 2) Relational Psychotherapy (2008). Dr. Safran's most recent book, Psychoanalysis and Psychoanalytic Therapies was the winner of the 2013 Gradiva Award for outstanding contributions to the field of psychoanalysis. Dr. Safran was the recipient of the International Society for Psychotherapy Research Award in 2016, and the American Psychological Association Award for psychoanalytic research in 2017.

Saturday, March 17, 2018

5:00 – 6:00 pm

Plenary #4 – Dreamers, Schemers, Moonbeamers, And Redeemers: Psychoanalytic Musings On The Benevolent Allure And Therapeutic Action In Hypnotically-Augmented Psychotherapy

Michael J. Diamond, PhD

(1.0 CE) Not eligible for CME for MDs/DOs.



This plenary talk addresses the question of how hypnosis, when used in psychotherapy, facilitates curative action. The presenter's extensive experience with hypnosis, psychotherapy, and psychoanalysis orient this presentation towards the unconscious dimensions of the patient-therapist interaction. Consequently, after distinguishing between relief-oriented and evocatively transformative therapeutic aims in the psychotherapeutic use of hypnosis, he will discuss how skillful therapists make use of their own internal mental activities in order both to understand the patient's psychic structure and subsequently formulate mutative interventions. In order to supplement more traditional ways of bifurcating hypnotic interventions as either direct or indirect hypnosis, the primordial factors that underlie hypnotic

interventions will be further distinguished in accordance with their maternal and paternal dimensions. Dreaming, scheming, moonbeaming, and redeeming are figurative terms that help address the powerful unconscious factors in play for both patient and therapist within the benevolent allure of proficient and ethical clinical hypnosis.

By the completion of this workshop, participants will be able to:

Understand the core therapeutic aims in hypnotically-augmented psychotherapy;

Develop their skill in utilizing unbidden occurrences within their own mental experience during therapeutic sessions,

including within the hypnotic dyad itself;

Achieve a more nuanced understanding of suggestion, evocation, and containment in hypnotically-

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augmented psychotherapy; Recognize and better understand the inherently “seductive” nature of hypnosis that is founded on archaic, unconscious dimensions for both patient and therapist; and Distinguish maternal and paternal factors that underlie effective hypnotic interventions, thereby supplementing traditional ways of bifurcating interventions as either direct or indirect.

Michael J. Diamond, PhD, is a clinical psychologist and psychoanalyst practicing in Los Angeles, CA. He graduated magna cum laude from the University of California at Los Angeles, received his doctorate in psychology from Stanford University, and completed his psychoanalytic training from the Los Angeles Institute and Society for Psychoanalytic Studies. He is currently Training and Supervising Analyst at the Los Angeles Institute for Psychoanalytic Studies, is on the Teaching and Supervising Faculty of the Wright Institute Los Angeles, and is an Associate Clinical Professor of Psychiatry at UCLA. He is a Fellow both of the American Psychological Association and the International Psychoanalytic Association, and is a Diplomate in Clinical Psychology of the American Board of Professional Psychology.

He has published extensively in professional journals and books, including over seventy articles and book chapters in the areas of fathering and masculinity, psychoanalytic gender theory, as well as on psychoanalytic technique, the treatment of early trauma and dissociation, psychotherapy, hypnosis, and group process. He co-edited the 1995 book, Becoming A Father: Contemporary Social, Developmental, and Clinical Perspectives, and is currently on the editorial board of Studies in Gender and Sexuality: Psychoanalysis, Cultural Studies, Treatment, Research. He has received numerous awards and prizes for his writing, teaching, and clinical work including most recently, the Distinguished Psychoanalyst of the Year from the Institute For Psychoanalytic Training and Research in New York.

Sunday, March 18, 2018

7:30 - 8:30 am

Plenary #5: The Healing Impact Of Relationship In Palliative Care: In Trance, Out Of Trance, Upon Trance

*Daniel Handel, MD
(1.0 CE/CME)*



Dr. Handel is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration.

This presentation presents information to increase clinical hypnosis skills for managing pain and suffering associated with advanced illness. Hypnotic interventions in the setting of advanced illness are often similar to those in acute illness settings; however dramatic and relational aspects contribute to the profoundly important work required of ill and dying patients.

This presentation will offer a neurophysiological model of pain, including the management of suffering as a prerequisite for successful management of chronic or terminal pain. The presenter offers a biopsychosocial model that identifies and relies upon strengths and unique individual attributes, rather than relying upon a disease paradigm which focuses upon a diagnostic problem. Specific audio, audio-visual or verbatim scripts demonstrate this model, while adding depth and dimension to this emotionally charged and complex therapeutic material. This presentation will also discuss the burgeoning research that demonstrates mechanisms by which painful sensation can be purposefully reinterpreted, attentional focus can be selectively lessened or redirected from pain, and ‘meaning’ attached to sensation can be reinterpreted and reframed. This literature can also inform the management of chronic pain, while reducing reliance upon chronic opioid therapies.

Specific preferred methods of coping will be discussed, along with clues provided by patients as to their specific talents and preferences, resulting in a stepped therapeutic approach utilizing these methods. Finally, I will share the formula, taught by my patients, through which suffering begets growth and acceptance. This recipe includes healthy doses of hypnotically facilitated learning combined with just right amounts of trusting relationship, followed by pinches of personal, existential, and spiritual growth.

The presenter will share experiential learning and a philosophy of care gained throughout three

decades of practice that has included academic medical pain practice, two decades of hospice and palliative practice, a dozen years as senior clinical staff and founding palliative medicine fellowship director at National Institutes of Health Hospital, and medical professorship at University of Colorado School of Medicine. He has authored more than thirty books, book chapters, and peer-reviewed articles in these areas.

By the completion of this workshop, participants will be able to:

Identify three specific psychological and medical attributes that distinguish chronic and terminal pain from acute pain.

Tailor therapeutic suggestion to individual patient preferences and beliefs.

Develop layered, interwoven relevant hypnotic strategies to ease existential and soul anguish, promote self-management of pain associated with illness or medical procedures, and facilitate the reinterpretation of loss into legacy.

Dr. Dan Handel joined Denver Health as the founding Chief of Palliative Medicine in August 2013, and initiated an inpatient consultation service which is experiencing rapid growth in all hospital areas. He is board certified in Family Practice and Hospice and Palliative Medicine, and elected for early retirement from the National Institutes of Health in Bethesda, Maryland in order to accept the opportunity to initiate the Division of Palliative Medicine at Denver Health. He directed NIH's palliative medicine training fellowship since its inception as one of the first eleven programs in the country. Prior recruitment to his NIH career, Dr. Handel served as the medical director for a large Texas non-profit hospice, helped to found and direct a free-standing inpatient hospice hospital in Fort Worth, and later initiate palliative medicine services at a five-hundred bed academic community hospital.