



# E-LEARNING CATALOGUE

The ASCH e-Learning Center is designed to facilitate the continuing education of ASCH members and other licensed health care professionals who are eligible for ASCH training. ASCH on demand education is approved by a variety of health care accrediting bodies.

On demand educational sessions are available to ASCH members for \$35 per session and \$45 for non-members.



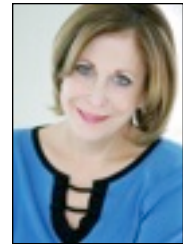
## WEBINARS

### Power Tools for Self-Regulation (Item 2016-006)

**Author: Carolyn Daitch, Ph.D.**

A 75-minute webinar recorded on 11/2/16 hosted by George Glaser, LCSW Viewers will learn about:

- Effective emotional regulation tools of mindfulness, hypnosis and cognitive behavioral interventions that catch emotional flooding, dial down reactivity and access mature parts of self.
- The Daily Stress Inoculation practice that diminishes baseline levels of tension and reactivity, and enhances resiliency and calm.
- The STOP Solution, a clear, concrete, and simple course of action that transforms the experience of emotional flooding, issuing a cease-fire to the “emotional brain” gone rogue.
- Specific tools that promote self-regulation.
- Helping clients adhere to essential home practice of the self-regulation tool.



### Innovations in Chronic Pain Management (item 2016-001)

**Author: Mark P. Jensen, PhD**



A 75-minute webinar recorded on 4/20/16. hosted by George Glaser, LCSW

Recent research suggests that hypnotic treatments for chronic pain can be enhanced through the use of strategies and suggestions that alter patients’ automatic processing of thoughts related to their life goals. Research indicates that this approach results in larger beneficial impacts on important outcomes, including pain intensity, compared to treatment approaches that focus more directly on pain reduction. Jensen presents a model of automatic neurophysiological functioning (a “Behavioral Activation System-behavioral Inhibition System”) will be briefly presented, and two specific strategies that activate networks within these systems and identify effective suggestions are discussed and modeled.

### Integrative Medicine and Hypnosis: Putting Them Into Practice

**Featuring Mark Weisberg, PhD, Sheryll Daniel, PhD and hosted by Marc Oster, PhD**

(1 ASCH CE)

Who should watch:

- Clinicians wanting to learn powerful and effective ways of using language to facilitate physiological and psychological change for patients with chronic pain, autoimmune disorders, sexual difficulties, and more.
- Practitioners in all medical and mental health areas who are either new to hypnosis, or interesting in learning about its possibilities as a clinical tool.
- Clinicians interested in the broad area of mind body medicine.



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## PLENARY ADDRESSES

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**Hypnosis Facilitated Psychotherapy—Mind Over Matter  
(Item 2011-0001)**

**Author: Eric Vermetten, MD, PhD.**

We can harness the power of the mind with techniques and tools that can help us change the function of discrete brain functions that may contribute to pain reduction, and also symptom relief. This session has been approved for 1.50 credits.

(Release Date: 2011; Last Review: 2015; Expires: 2017)

**Hypnotic Analgesia: Clinical Implications and Research Findings (Item 2011-0005)**

**Author: Mark Jensen, PhD**

This presentation will guide the viewer on a compelling journey of how hypnosis impacts the experience of pain in direct and indirect ways, with overwhelmingly positive effects. In fact, imaging studies have shown that hypnosis influences all of the cortical areas and neurophysiological processes that underlie pain. Moreover, recent well-controlled clinical trials have demonstrated that hypnotic treatment for chronic pain has specific effects on pain intensity over and above any effects based on placebo (expectancy) alone.

This session has been approved for 1.50 credits. (Release Date: 2011; Last Review: 2014; Expires: 2017)



**The Expansive Spirit of Hypnosis: Doing Hypnosis vs. Being Hypnotic  
(Item 2013-001)**

**Author: Michael Yapko, PhD**

When hypnosis has so much to offer clinicians and their clients in the domains of psychotherapy and behavioral medicine, why is hypnosis still so frequently treated as the unwelcome relative at a family gathering? This session has been approved for 1.50 credits.

(Release Date: 2013; Last Review: 2015; Expires: 2017)



**Taming Terror: Trauma, Dissociation, and Hypnosis (Item 2014-001)**

**Author: David Spiegel, MD**



There is growing recognition of the relationship between trauma and dissociation, providing a strong rationale for the use of hypnosis as part of treatment for trauma-related disorders. Changes to the definitions of the Dissociative Disorders in DSM-5 and the rationales for them will be presented. This will include discussion of recent epidemiological data on dissociative symptoms associated with PTSD, and neuro-imaging data on frontal-limbic interactions in relation to trauma-related material. This session has been approved for 1.50 credits.

Release Date: 12/31/14; Expires: 12/31/17)

**The Art and Science of Mindfulness (Item 2014-002)**

**Author: Shauna Shapiro, PhD**



The workshop offers scientific research and meditative practices for therapists interested in awakening the mind and opening the heart. Drawing on current research in psychology, medicine and cognitive neuroscience, we will investigate the effects of mindfulness meditation on decreasing pathology and increasing positive psychological and physiological states. Further, we will explore ways of integrating mindfulness and meditation into clinical practice as well as applying mindfulness personally cultivate greater health, well being and freedom. This session has been approved for 1.50 credits. (Release Date: 2014; Expires: 2017)

**Developing Hypnotic Minds: Investing in Psychophysiological Adaptability and Resilience (Item 2015-001)**

**Author: Laurence Sugarman, MD**

Clinical hypnosis needs empiric grounding and clear definition if it is to achieve its potential to transform health and care. This presentation starts by redefining “hypnosis,” “trance” and “mind” in an effort to drive consensus. This session has been approved for 1.50 credits.



**Spiritual Elements in Mind-Body Healing (Item 2015-002)**



**Author: Dabney Ewin, MD**

Before the New Age movement, spirituality was generally considered synonymous with religion, but a 2005 poll indicated that 24% of Americans identified themselves as ‘spiritual but not religious.’ Spirituality, by its very nature, is purely subjective. It has come to be associated with our unselfish senses of kindness, compassion, altruism, forgiveness, and charitable love, which may or may not be based on religion. This session has been approved for 1.50 credits.

**Prevention as the New Frontier: What Can Hypnosis Do to Prevent Depression? (Item 2016-003)**

**Author: Michael Yapko, PhD**

Have we learned enough yet about effective depression treatment to begin to shift our focus in the direction of prevention? Hypnosis has much to contribute to prevention strategies as will be explored in this plenary address. This session has been approved for 1.50 credits.



**Brain Oscillations and Hypnosis: Implications for Enhancing Outcome Efficacy (Item 2016-004)**

**Author: Mark P. Jensen, PhD**

The human brain has roughly 100 billion neurons. Brain oscillations represent the combined electrical activity of groups of these neurons. Hypnosis has been most closely linked to activity in the theta band and changes in gamma activity. This session has been approved for 1.50 credits.

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## CLINICAL DEMONSTRATIONS

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A series of brief clinical demonstrations offered as a member benefit. No credit is available for these free video presentations.

**ASCH Shorts - Clinical Training Series**

**Author: Max Shapiro, PhD**

Max Shapiro, PhD, presented “The NESCH Teaching Model” over the course of four ASCH Newsletter issues in 2010-11. Please take a look at the articles/videos at your leisure.

**2014 ASCH Shorts - Naturalistic Induction and Deepening**

**Author: George Glaser, MSW, DAHB**

Use of naturalistic language and imagery for induction and deepening.

**2014 ASCH Shorts - Alert Hypnosis to Improve Performance and Learning**

**Author: David Wark, PhD**

This exercise will get you get ready to do alert hypnosis.

**2014 ASCH Shorts - Alert Hypnosis with Trauma**

**Author: Bruce Eads, LCSW**

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**2014 ASCH Short - Demonstration of Ideomotor Signaling**

**Author: Dabney Ewin, MD**

**2014 ASCH Shorts - Dental Hypnosis**

**Author: Ashley Goodman, DDS**

Dental hypnosis demonstration.

**2015 ASCH Shorts - Demonstration of Self-Image Thinking**

**Author: Stephen Lankton, MSW**

The Self-Image Thinking protocol consists of two major phases: creating a central self-image and creating rehearsal scenarios.

**2016 ASCH Shorts - Ideomotor Exploration of Asthma**

**Author: Dabney Ewin, MD**

Clinical Demonstration Video

**2016 ASCH Shorts - Hypnotic Preparation for Surgical Procedures**

**Author: Dan Handel, MD**

Clinical Demonstration Video

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## VIDEO WORKSHOPS

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**Power of Words (item 2016-005)**

**Authors: Linda Thomson, MSN, CPNP; Holly Forester-Miller, PhD; Judith Thomas, DDS**

Part 1a (59:16), Part 2 (32:02), Part 3a (59:25), Part 3b (55:42), Part 3c (70:39)

Total time (276 minutes)

What you say with a patient, how you say it, and when you say it has powerful effects. This is a complimentary 5-video series on the helpful and problematic uses of hypnotic language in health care settings. The three presenters offer information on ways in which medical practitioners can use suggestive language in ways that promote greater comfort and cooperation with their patients. (No CEs available)



**Self-Regulation Training for Children and Adolescents with Chronic, Recurrent, or Constant Headache (Item 2015-003) (84 minutes)**

**Author: Daniel Kohen, MD, ABMH**

Through lecture and discussion and video vignettes of children and youth discussing and demonstrating their self-hypnosis, this workshop will review the effective approach reflected in these studies. This session has been approved for 2.00 credits.