

Healing Anxiety: Evidence-Based CBT, Mindfulness and Hypnosis

January 20-27, 2019 / Workshop at Sea / Holland America Lines / Mexican Riviera

This workshop is limited to the first 20 paid registrants.

Anxiety destroys the normal enjoyment of life through the fear, worry, obsessive thinking and avoidant behavior that anxious people experience. Simple activities like going to the grocery store, taking a child to her first day of school, or meeting a friend for lunch trigger a barrage of frantic “what ifs.” This workshop will explore the subtleties of working with this pervasive category of disorders that affects an estimated 20% of the population.

Workshop participants will learn practical interventions that are applicable to the treatment of panic, generalized anxiety disorder, phobias, social anxiety disorder, and post-traumatic stress disorder.

In addition, health care providers with medical and dental specialties will learn approaches to address procedural anxiety, medical avoidance as well as strategies to address somatic responses. The presenter will introduce a powerful, integrative therapy model that combines:

- Hypnosis
- Mindfulness
- Cognitive Behavioral Therapy

These approaches work together to help patients feel more empowered when flooded with anxiety. If you want to gain skill crafting the best treatment plan for each patient’s individual needs, this workshop offers a springboard for your creativity and an invaluable addition to your therapeutic toolkit.

Learning Objectives:

- Name the four inter-related components of anxiety;
- Articulate the role of mindfulness in the treatment of anxiety;
- Delineate and demonstrate a treatment protocol using CBT, and hypnosis;
- Describe two techniques for tolerating uncertainty;
- Identify two interventions that can help clients tolerate the physiological manifestations of panic; and
- Delineate the sequence of treatment.



Hidden Beach: This secret crescent, only accessible if you swim through a cave. (Puerto Vallarta)

The association accepted no commercial support to subsidize this educational event, nor does any party involved in the development, planning or execution of educational content - staff or committee members - have any financial relationships or conflicts of interest to disclose unless otherwise noted below. Dr. Daitch is the author of numerous hypnosis texts from which she may pull portions of her educational content and for which she receives remuneration. These products will not be promoted or sold during this program.



Carolyn Daitch, an internationally renowned psychologist, trainer, author and presenter, teaches individuals and groups to recognize and manage stress and anxiety. Dr. Daitch, who has 35 years of thriving experience, is the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, Michigan.

Her proven approach has helped countless clients learn how to successfully navigate the inevitable challenges of their lives. She is frequently invited to speak about anxiety and affect regulation at international conferences and as a keynote speaker at these conferences.

Dr. Daitch is a certified and approved consultant and an elected fellow with the American Society of Clinical Hypnosis as well as the Michigan Psychological Association. Carolyn is president of the Michigan Society of Clinical Hypnosis, and vice-president of the Executive Council of ASCH.

She is the author of four books, including the award-winning Affect Regulation Toolbox, Anxiety Disorders: The Go-To Guide, and co-author with Lissah Lorberbaum of Anxious in Love: How to Manage Your Anxiety, Reduce Conflict and Reconnect with Your Partner. Her newest publication is The Road to Calm Workbook. Dr. Daitch is also frequently invited by her colleagues to be a contributing author to a variety of books and journals.

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Cruise Itinerary:

Day	Date	Port of Call	Arrive	Depart
Sun	01/20/19	San Diego, CA, USA		5:00pm
Mon	01/21/19	Day at Sea/ Education Day	--	--
Tue	01/22/19	Cabo San Lucas, Mexico	10:00 am	6:00 pm
Wed	01/23/19	Mazatlán, Mexico	8:00 am	6:00 pm
Thu	01/24/19	Puerto Vallarta, Mexico	8:00 am	10:00 pm
Fri	01/25/19	Day at Sea/ Education Day	--	--
Sat	01/26/19	Day at Sea/ Education Day	--	--
Sun	01/27/19	San Diego, CA, USA	7:00am	

Itinerary, ship and sailing dates are subject to change based on Cruise Line deployment schedules



Eligibility

Registrants must hold a masters degree or higher in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body. In addition, registrants must be licensed or certified in the state in which they practice.

Students enrolled full-time in masters level or higher program are eligible to attend. Students must have completed a minimum of one full semester of the program and must submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued and date of intended graduation.

Full time residents or interns participating in a recognized residency or internship program May also register to attend. Residents/interns need to submit correspondence from their supervisor on official letterhead explaining the nature of the residency/internship and date of intended completion of the program.

Financial Assistance

Virginia Hypnosis Society Fund

In the fall of 2003, the Virginia Hypnosis Society, upon its dissolution, kindly donated funds to ASCH-ERF for the establishment of a fund designed to provide scholarships to applicants from regionally accredited graduate schools in an appropriate discipline. Students need not be residents of Virginia, but simply be attending an institution of higher learning located in Virginia. Grants will be for the entire workshop fee, and applicants do not need to demonstrate financial need. All applicants requesting funding must provide a letter from their advisor or department head. Funds are available for upcoming workshops.

Interested persons should contact Emma Leighton at education@asch.net or +1-630-980-4740.

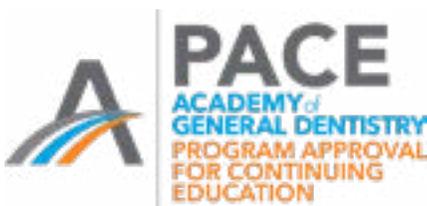
CONTINUING EDUCATION CREDITS

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. ASCH-ERF designates this live activity for a maximum of 12 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. ASCH-ERF maintains responsibility for this program and its content.

This activity is pending approval from the National Association of Social Workers.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 for Social Workers, Counselors and Marriage & Family Therapists in the State of Florida.



American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of

Holland America Lines / ms Eurodam / January 20-27, 2019 / 7-Day Mexican Riviera Cruise

Easygoing **San Diego** embodies the Southern California surfer town fantasy, with its more than 300 days of sun, mild year-round temperatures and accessible, sporty pastimes and tourist attractions. You can hike the Torrey Pines State Natural Reserve to get a glimpse of whale migrations, go sailing in the bay and, of course, surf the famous swells of Del Mar, Oceanside and La Jolla (among many other superb spots). But the sixth-largest city in the United States is surprisingly nuanced, with distinctive neighborhoods: Old Town, North Park, Point Loma and Coronado are all within a few miles of the port, while the bustling Gaslamp Quarter and Little Italy are within walking distance.

And while there are lots of things to do for everyone—from visiting the country's largest urban park to taking in the famous horse-racing season in Del Mar to riding the charming Old Town Trolley—definitely don't pass up the chance to investigate San Diego's quickly growing reputation as a culinary destination. Its inventive new restaurants and huge craft-brewing industry are something to be explored.



Los Cabos doesn't exude the same kind of charm as many other areas of inland Mexico do, but its twin towns—San José del Cabo and **Cabo San Lucas**—don't seem to mind, and neither do visitors, who are drawn here less for traditional Mexican culture than for the sun, the sand and the opportunity to just slow down and relax. Los Cabos—or the Capes—sits at the southernmost tip of the Baja California Peninsula, a narrow strip of land whose varied geography, both above and underwater, makes for plenty of interesting activities and some unusual ones, too. Did you ever think you'd ride a camel in Mexico? You can do that here, or enjoy more predictable pursuits including fishing, golfing and whale-watching. Want something still more laid-back? Visit picture-perfect El Arco, an arch that may look familiar thanks to its cameo on postcards and tourism advertisements. North of the capes, you can drop by the famed Hotel California. And if you've worked up an appetite, you won't be disappointed: Los Cabos offers plenty to enjoy at the table as well, with farm-fresh fruits and vegetables and, of course, seafood being the mainstays here.

Mazatlán is a pleasant port city in the Mexican state of Sinaloa, where the best of traditional Mexican architecture, food and culture is found alongside contemporary conveniences, amenities and attractions. There's a reason why Americans and Canadians flock here, particularly in winter: It's a warm and welcoming place with plenty to keep visitors entertained for a vacation getaway. There really is something for everyone here, from golfing, fishing and zip lining to sampling agave-based spirits on a distillery tour or learning more about local history at the archaeological museum. There are plenty of cultural opportunities, too, from performances at the Teatro Ángela Peralta to witnessing death-defying cliff dives that will make you hold your breath until divers resurface from the churning surf. Mazatlán also keeps visitors' appetites sated; thanks to the city's coastal location, seafood is freshly caught, and shrimp-based dishes are a particular specialty in local restaurants. And if you can't head home without a souvenir, there's locally made liquor or handmade crafts that can fit neatly into your luggage.

Unique compared to Acapulco, Cancún, Zihuatanejo and several other coastal resort towns in Mexico—many of which were created by the government as planned communities—**Puerto Vallarta** ("PV" to locals), on the Pacific Ocean, retains quite a bit of its colonial-era charm. Its town square, Plaza de Armas, and the gorgeous parish church of Our Lady of Guadalupe, topped with an ornate crown and overlooking the port, serve as the loveliest representations of bygone ages. Alongside these echoes of the past are more modern attractions, including an ambitious public art project along the seaside walkway (the malecón) and trendy restaurants such as La Leche, serving contemporary Mexican cuisine. Round these out with plenty of fun-in-the-sun outdoor activities on and along Banderas Bay (whale-watching! snorkeling! jet-skiing!), excursions that reveal the best of Puerto Vallarta's flora and fauna, and a side trip to one of Mexico's pueblos mágicos (magical towns, a designation conferred by the government to recognize smaller towns that possess historical and cultural value), and you'd be hard-pressed to find a more pleasant place to spend part of your cruising vacation.

Stateroom Options: (Prices in US Dollars)

Description	Category	Double occupancy Rate	Single Occupancy Rate	3rd/4th Rate	Non-Commissionable Fare (Double)	Government Taxes/ Fees Per Person
Interior stateroom	L	\$799.00	\$ 1,398.00	\$599.00	\$170.00	\$145.00
	K	\$819.00	\$1,433.00			

2 lower beds convertible to 1 queen-size bed, shower. Approximately 151–233 sq. ft.

Stateroom amenities include:

- Luxurious beds featuring Sealy® Premium Euro-Top mattresses and finely woven cotton linens
- Deluxe waffle weave and terry cloth bathrobes for use during your voyage
- 100% Egyptian cotton towels
- Premium massage showerheads
- 5X magnifying make-up mirrors and salon-quality hair dryers

- Fragrant soaps, lotions, shampoo and other bath amenities from Elemis Aromapure
- Complimentary fresh fruit on request
- Elegant ice bucket and serving tray for in-stateroom beverages
- Flat-panel TV and DVD player
- Ice service, shoeshine service and nightly turndown service

Oceanview stateroom	F	\$919.00	\$1,608.00	\$599.00	\$170.00	\$145.00
	E	\$919.00	\$1,643.00			

2 lower beds convertible to 1 queen-size bed, bathtub, shower. Approximately 174–180 sq. ft..

Includes all Stateroom amenities featured above for the Interior stateroom.

Verandah stateroom	VD	\$1,199.00	\$2,398.00	\$649.00	\$170.00	\$145.00
	VC	\$1,299.00	\$2,458.00			

2 lower beds convertible to 1 queen-size bed, bathtub, shower, sitting area, private verandah, floor-to-ceiling windows. Approximately 213–379 sq. ft. including verandah.

- Our signature Mariner's Dream™ bed featuring plush Sealy Posturepedic® Euro-Top mattress and finely woven cotton linens
- Luxurious bathrobes for use during your voyage
- 100% Egyptian cotton towels
- Premium massage showerhead
- 5X magnifying make-up mirrors and salon-quality hair dryers

- Fragrant soaps, lotions, shampoo and other bath amenities from Elemis Aromapure
- Complimentary fresh fruit on request
- Elegant ice bucket and serving tray for in-stateroom beverages
- Video On Demand Interactive TV System
- Ice service, shoeshine service and nightly turndown service

¹ As currently valued – subject to change until day of sailing.

Holland America Lines / ms Eurodam / January 20-27, 2019 / 7-Day Mexican Riviera Cruise

Cruise Total Cost includes the following:

- A. Seven (7) nights' accommodation in the rooms outlined on previous page
- E. All meals served in the ship's main dining rooms, snacks, buffets and room service as provided for all passengers
- F. All daily activities and entertainment as provided aboard ship for all passengers
- G. All port fees and charges

Not Included in the Cruise Cost:

- A. Roundtrip airfare to San Diego, CA
- B. Onboard minimum gratuities assessed at the following rates:
 - Interior or Oceanview staterooms - \$13.50 per person per day
 - Suites - \$15.00 per person per dayMust be prepaid before embarkation
- C. Meals at the premium dining outlets - Canelleto Restaurant, Pinnacle Grill, Tamarind, or Sel de Mer
- D. Beverages other than ice water, coffee, and ice tea on board the ship
- E. Expenses incurred at the Greenhouse Spa and Salon
- F. Activities, Excursions or expenses incurred in port
- G. Cancellation Protection Insurance

For more information about Holland America Lines or the 7-day Mexican Riviera cruise, visit <https://www.hollandamerica.com/cruise-destinations/mexican-cruises>

To make a Reservation for this cruise:

Call Holland America Lines directly: 1-866-920-2332

Press 2 – For all other callers

Press 2 – to speak with a Holland America reservations agent

Press 1 – for group reservations for 8 or more staterooms

*Please note if you have an existing reservation in my group you still press prompt 1.

Please provide the following information to the General Reservation Representative:

Group Code: TNX

Voyage Code: D912

Group Name: Am Soc of Clin Hypn (ASCH)

You will need to have the exact legal names of all travelers as they appear on each person's passport on hand when you make your reservation. Deposits are within 2 days of making a booking and final and full payments are due on 11/6/2018.



Educational Schedule

March 15-18, 2018	ASCH-ERF Annual Scientific Meeting & Workshop; Embassy Suites Lake Buena Vista South, Kissimmee, FL
April 26-29, 2018	ASCH-ERF Regional Workshop; Holiday Inn Express Denver Downtown, Denver, CO
June 21-24, 2018	ASCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria, Alexandria, VA
Sept. 27-30, 2018	ASCH-ERF Regional Workshop; Hyatt Regency Schaumburg, Schaumburg, IL
Oct. 2018	ASCH-ERF Regional Workshop; TBA
Dec.13-16, 2018	ASCH-ERF Regional Workshop; Sheraton Sand Key Resort; Clearwater Beach, FL
2019	
March 28-31, 2019	ASCH-ERF Annual Scientific Meeting & Workshop; Hyatt regency San Antonio Riverwalk; San Antonio, TX
June 20-23, 2019	SCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria, Alexandria, VA

For more information visit www.asch.net or contact ASCH at +1-630-980-4740
or info@asch.net

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation

Name: (Print Clearly) Degree: License # (required info)

Address:

City: State/Province: Zip/Postal Code:

Office Phone: Home Phone:

Email Address:

I would like to receive all correspondence for this meeting electronically. (Note: If you select this, you must supply a working email address in the personal information block above.)

Category of Attendance: (Select One)

- Licensed or nationally certified health care professional
- Student *Along with a completed registration form and payment of registration fees, students need to submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued and date of intended graduation.*
- Resident / Intern *Along with a completed registration form and payment of registration fees, residents/interns need to submit correspondence from their supervisor on official letterhead explaining the nature of the residency/internship and date of intended completion of the program.*

Education Registration Fee: \$300

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I would like to request the Virginia Hypnosis Fund (VHS) Grant. *The required written request and proof of my status as a student enrolled full-time in a Virginia-based institution of higher education accompanies my registration form.*

Subtotal Amount Due: _____

Payment Method:

MasterCard Visa Check # _____ (Make payable to American Society of Clinical Hypnosis; US funds only)

Credit Card # _____ Exp. Date: _____ CVS Code: _____

Name as it appears on the card: _____

Participant Signature: _____ Date: _____

ADA Statement: In compliance with the Americans with Disabilities Act (ADA), please check this box if you require assistance because of a disability to make this program accessible to you. Someone from the ASCH Office will contact you.

Cancellation Policy:

Cancellations for the workshop postmarked/faxed after December 24, 2018 but on or before January 6, 2019 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds on or after January 6, 2019.** Exceptions will only be granted due to death of the participant or an immediate family member, severe illness/injury of the participant or an immediate family member, or the inability of the participant to travel due to legal or governmental restrictions/obligations, and require written notification and appropriate documentation. Registration fees are not transferable to another workshop.