



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION

Clinical Hypnosis Workshop

April 26-29, 2018 / Denver, CO / Holiday Inn Express Denver Downtown

Fundamentals of Hypnosis (Basic Workshop)

Refining Skills and Treatment Applications (Intermediate Workshop)

Neuroscience Meets Technology in Hypnosis: Treatment Implications for the Practicing Clinician (Advanced Workshop)

Fundamentals of Hypnosis (Basic 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. 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 Basic clinical hypnosis 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.

Objectives:

Upon completion of this workshop, participants will be able to do the following in their practice:

- *Identify and demonstrate at least three ways to induce a hypnotic trance and realert a subject from a trance;*
- *Demonstrate two methods for deepening a trance; and*
- *Describe four clinical conditions in which hypnotic techniques may be used.*

THURSDAY, April 26, 2018 - This workshop begins in the evening

6:30 pm	Introduction (Combined Groups) (Jacobs)
6:45 pm	Intro to Fundamentals (Thomson)
7:00 pm	History, Definitions, and Misperceptions of Hypnosis (Bemel) <i>Educational Objectives for this session:</i> <i>Outline major historical events in hypnosis and mesmerism.</i> <i>Provide a definition(s) of hypnosis related to relevant scientific research.</i> <i>Identify the major misperceptions regarding hypnosis.</i>
7:45 pm	Neurophysiology of Hypnosis (Wickramasekera) <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>
8:30 pm	Hypnotic Capacity, and Memory (Wickramasekera) <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>
9:15 pm	Group Experience (Wickramasekera) <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 first trance experience</i>
9:30 pm	Recess

FRIDAY, April 27, 2018

8:30 am	Rapport, Induction and Re-orienting (Bemel) <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>
9:45 am	Demonstration of Induction #1: Focused Breathing (Bemel)
10:00 am	Introduction to Small Group Practice (SGP)(Bemel)
10:15 am	Break
10:30 am	SGP 1 (Induction, Re-Alerting: Focused Breathing) (Faculty) <i>Educational Objectives for this session:</i> <i>Demonstrate the ability to build rapport with the subject</i> <i>Experience one hypnotic induction and realerting</i> <i>Demonstrate the ability to facilitate an induction using focused breathing and realerting with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.</i>
12:00 pm	Lunch on your own

Fundamentals of Hypnosis (Basic Workshop)

- 1:30 pm** **Hypnotic Phenomena and Applications, with Demonstration (Thomson)**
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 pm** **Fundamentals of Hypnotic Language and Formulating Suggestions (Thomson)**
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.
- 3:15 pm** **Break**
- 3:30 pm** **Stages of Hypnosis, Intensification and Deepening Techniques and Demonstration (Bemel)**
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
- 4:15 pm** **Demonstration of Induction #2: Eye Fixation (Thomson)**
- 4:30 pm** **SGP 2 (Induction, Deepening, Re-Alerting: Eye Fixation (Faculty))**
Educational Objectives for this session:
Experience one hypnotic induction, deepening and realerting
Demonstrate the ability to build rapport with the subject
Demonstrate the ability to facilitate the eye fixation, deepen a trance and realert the subject
Describe his/her responses, and what they observed in the behavior of the participant.
- 6:00 pm** **Recess**
Cocktail reception
- SATURDAY, April 28, 2018**
- 8:30 am** **Ego Strengthening (Wickramasekera)**
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
- 9:15 am** **Presenting Hypnosis to the Patient; Informed Consent (Bemel)**
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.
Discuss the importance of informed consent when presenting hypnosis to the patient.
- 10:00 am** **Demonstration of Induction #3: Eye Roll (TB)**
- 10:15 am** **Break**
- 10:30 am** **SGP 3 (Induction, Deepening, Suggestion, Re-Alerting: Eye Roll) (Faculty)**
Educational Objectives for this session:
Experience one hypnotic induction, deepening, suggestion and realerting
Demonstrate the ability to build rapport with the subject
Demonstrate the ability to facilitate the eye roll induction, deepen trance, offer hypnotic suggestions, ego-strengthen and realert the subject
Describe his/her responses, and what they observed in the behavior of the participant.
- 12:00 pm** **Lunch on your own**
(Optional Lunch and Learn: No CE credit hours; one hour in duration): Topic(s) for clarification, discussion, demonstration to be determined on site based upon workshop participants' expressed interests and faculty areas of specialty/expertise)
- 1:30 pm** **Understanding and Utilizing Resistance (Barr)**
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.
- 2:15 pm** **Self-Hypnosis (Jacobs)**
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.
- 3:15 pm** **Break**
- 3:30 pm** **Demonstration of Induction #4: Hand/Arm Levitation (Thomson)**
- 3:45 pm** **SGP 4 (Induction, Deepening, Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-alerting: Arm Levitation) (Faculty)**
Educational Objectives for this session:
Experience one hypnotic induction, deepening, suggestion, hypnotic phenomenon and realerting
Demonstrate the ability to build rapport with the subject
Demonstrate the ability to facilitate induction using hand/arm levitation, deepen trance, elicit hypnotic phenomenon, offer hypnotic suggestions, ego-strengthen and re-alert the subject
Describe his/her responses, and what they observed in the behavior of the participant.
Clarify readiness for incorporating hypnosis into practice
- 6:00 pm** **Recess**

Fundamentals of Hypnosis (Basic Workshop)

SUNDAY, April 29, 2018

- 8:30 am** **Brief Introductory Overview of the Use of Clinical Hypnosis and Pain Management (Thomson)**
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.
- 9:30 am** **Treatment Planning (Barr)**
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.
- 10:15 am** **Break**
- 10:30 am** **Integrating into Practice (Thomson, Bemel, Barr)**
Educational Objectives for this session:
Describe the different types of therapeutic goals which hypnotic techniques may be applied in clinical practice.
Identify the obstacles and strategies to introduce hypnosis into practice.
Outline the issues around billing and documents for services.
- 11:30 am** **Ethics and Professional Conduct (Thomson); Q & A (Faculty)**
Educational Objectives for this session:
Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis
Explain clinical hypnosis standards of training, levels of, and requirements for, ASCH certification.
- 12:00 pm** **ADJOURN (Thank you very much for your participation in this training experience)**

Educational Schedule

2018

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
September 27-30, 2018	ASCH-ERF Regional Workshop; Hyatt Regency Schaumburg, Schaumburg, IL
October 2018	ASCH-ERF Regional Workshop; TBA
December 13-16, 2018	ASCH-ERF Regional Workshop; Sheraton Sand Key Resort; Clearwater Beach, FL

2019

March 28-30, 2019	ASCH-ERF Annual Scientific Meeting & Workshop; Hyatt regency San Antonio Riverwalk; San Antonio, TX
June 20-23, 2019	ASCH-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

Refining Skills and Treatment Applications (Intermediate Workshop)

What are the advantages of more training in Clinical Hypnosis?

The second step in certification training is to strengthen your skills, strategies and applications of clinical hypnosis. Part one taught you “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers your development so you add the when, why and where to the “how to”.

- Advantages:
- Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management, Anxiety, Fears and Phobias, Functional and Habit Disorders)
 - Learn more techniques for the creative use of the language of suggestion and metaphor to facilitate change;
 - Learn specific tools (complex inductions and intensification techniques) for specific populations (children, procedural and dental hypnosis)
 - More practice with the feedback of expert faculty.

The Intermediate Workshop increases your skills and builds confidence in your use of hypnosis. It prepares you to move on to the advanced workshop level and individual consultation with a strong basis of skills and understanding of the principles and practice of clinical hypnosis.

Objectives: Upon completion of this workshop, participants will be able to do the following in their practice:

- Identify two hypnotic strategies for use in pain management;
- Practice two hypnotic methods for dealing with anxiety
- Cite at least two examples of metaphors that might be used with clinical problems; and
- Demonstrate three types of techniques and types of suggestions that might be used with common behavioral problems.

THURSDAY, April 26, 2018 - This workshop begins in the evening

6:30 pm Introduction to Workshop (Combined Groups) (Jacobs)

6:45 pm Introduction to Intermediate Workshop (Jacobs)

7:00 pm Refining Skills: Neurophysiology of Hypnosis (Thomson)

Educational Objectives for this session:

List three brain regions or networks that research shows may be altered with hypnosis.

Detail 3 implications of neurophysiological research on the practice of clinical hypnosis

Discuss 3 ways polyvagal theory relates to clinical hypnosis

8:00 pm Refining Skills: Mind-Body Medicine (Handel)

Educational Objectives for this session:

Detail three implications of neurophysiological research on the practice of clinical hypnosis.

Identify three ways in which hypnosis can be integrated into the treatment of patients with pathophysiological disorders

9:00 pm Group Experience (Handel)

Educational Objectives for this session:

Experience an advanced Ericksonian trance experience

9:30 pm Recess

FRIDAY, April 27, 2018

8:30 am Refining Skills: Hypnotic Language and Suggestion (Handel)

Educational Objectives for this session:

Describe methods of rapport enhancement and compliance via positive reinforcement and utilization

Demonstrate the ability to structure two direct and two indirect suggestions

Provide at least two examples of metaphors that might be used with clinical problems.

9:30 am Refining Skills: Pediatric Patients (Thomson)

Educational Objectives for this session:

Verbalize at least three ways in which clinical hypnosis work with children is different than with adults

Identify at least three age-appropriate induction and hypnotic intervention strategies in working with children

10:15 am Break

10:30 am Refining Skills: Advanced Inductions and Deepening, with Demos (Jacobs, Handel, Wickramasekera)

Educational Objectives for this session:

Observe and identify or demonstrate two advanced inductions, and clarify conditions under which they may be indicated.

Describe three types of advanced inductions.

Describe three signs of increased suggestibility/trance.

Describe at least two advanced hypnotic inductions for intensification of trance.

Describe at least four advanced methods for “deepening” hypnotic involvement.

12:00 pm Lunch on your own

1:30 pm Ego Strengthening (Jacobs)

Educational Objectives for this session:

Define what is meant by ego strengthening procedures and how they may be used in clinical practice.

Describe the Ego strengthening techniques of anchoring and future projection of successful self.

Refining Skills and Applications (Intermediate Workshop)

- 2:15 pm** **Refining Skills: Small Group Practice (SGP) #1 (Faculty)**
Educational Objectives for this session:
Participate in at least one hypnotic experience as a subject.
Use at least one induction method from the lectures with a member of the group.
Offer ego-strengthening suggestions to your subject.
Describe his/her responses, and what they observed in the behavior of the participant.
- 3:15 pm** **Break**
- 3:30 pm** **Refining Skills: Treatment Planning (Barr)**
Educational Objectives for this session:
Describe a basic treatment plan
Apply to at least 3 problem areas and describe the sequence of building a treatment plan for utilizing hypnosis w/ the problem including a sleep problem
- 4:30 pm** **Applications of Clinical Hypnosis: Clinical Hypnosis and Habit Management (Jacobs)**
Educational Objectives for this session:
Discuss research literature on hypnosis in the treatment of habits
Identify at least four different types of suggestions or hypnotic techniques that may be used in the treatment of habit disorders.
- 6:00 pm** **Recess**
Cocktail Reception

SATURDAY, April 28, 2018

- 8:30 am** **Refining Skills: Small Group Practice (SGP) #2 (Faculty)**
Educational Objectives for this session:
Participate in at least one hypnotic experience as a subject.
Use at least one induction method from the lectures with a member of the group.
Describe his/her responses, and what they observed in the behavior of the participant.
- 10:15 am** **Break**
- 10:30 am** **Refining Skills: Insight and Exploratory Strategies (Jacobs)**
Educational Objectives for this session:
Discuss indications and contraindications for using an insight-oriented hypnotic approach.
Describe at least three exploratory hypnotic methods.
Demonstrate or offer a group experience of an exploratory technique.
- 11:30 am** **Refining Skills: Ideomotor Strategies (Wickramasekera)**
Educational Objectives for this session:
Define and demonstrate ideomotor phenomena / signaling
- 12:00 pm** **Lunch on your own**
(Optional Lunch and Learn: No CE credit hours; one hour in duration): Topic(s) for clarification, discussion, demonstration to be determined on site based upon workshop participants' expressed interests and faculty areas of specialty/expertise)
- 1:30 pm** **Refining Skills: Small Group Practice (SGP) #3 (Faculty)**
Each Intermediate workshop participant will be encouraged to attend one of the three SGP options
Group 1: Ideomotor Signaling (Wickramasekera)
Educational Objectives for this session:
Demonstrate increased skill in utilization of ideomotor signaling
Group 2: Glove Anesthesia (Bemel)
Educational Objectives for this session:
Demonstrate increased skill in elicitation of glove anesthesia
Group 3: Naturalistic/Conversational Inductions (Handel)
Educational Objectives for this session:
Demonstrate increased skill in elicitation and utilization of catalepsy
- 3:15 pm** **Break**
- 3:30 pm** **Applications of Clinical Hypnosis: Anxiety and Phobia w/ Demo (Wickramasekera)**
Educational Objectives for this session:
Review principles stemming from research data on the treatment of anxiety and phobic disorders.
Explicate a minimum of three hypnotic techniques for treating these disorders, and be able to provide a rationale for using each method.
Demonstrate an application of a hypnotic approach.
- 4:45 pm** **Applications of Clinical Hypnosis: Preparing Patients for Surgical Procedures (Handel)**
Educational Objectives for this session:
Describe effective hypnotic techniques that can be used preoperatively, intraoperatively and post operatively
- 5:30 pm** **Hypnosis in Medical Settings: Brief Interventions Through Targeted Language (Handel, Wickramseker)**
Educational Objectives for this session:
Develop 3 brief interventions for acute pain or anxiety for acute issues in medical settings and
Demonstrate the ability to employ language within suggestions which mirror patient's language to maximize impact.
- 6:00 pm** **Recess**

Refining Skills and Applications (Intermediate Workshop)

SUNDAY, April 29, 2018

- 8:30 am Applications of Clinical Hypnosis: Hypnosis for Pain Management (Wickramasekera)**
Educational Objectives for this session:
Identify three 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, and the limited number of conditions where one might consider creating a complete anesthesia.
Identify hypnotic strategies and be able to name at least six hypnotic techniques for use in pain management.
- 9:30 am Refining Skills: Self-Hypnosis (Handel)**
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.
- 10:15 am Break**
- 10:30 am Refining Skills: Treatment Planning and Integrating Clinical Hypnosis into Practice: Case Discussion (Jacobs, Handel, Wickramasekera)**
Educational Objectives for this session:
Discuss variables that determine whether hypnotic intervention(s) might be indicated or relatively contraindicated
Describe at least four applications of hypnosis suited to achieve a specific clinical goal
Facilitate three hypnotic techniques, and discuss their application in a particular clinical vignette.
Differentiate when to use a suggestive hypnotic approach and when to use an insight-oriented or exploratory hypnotic approach.
- 11:30 am Ethics and Professional Conduct; Certification (Jacobs)**
Educational Objectives for this session:
Identify three areas within their practice setting where hypnosis may be applied
Identify pertinent ethics standards and concerns with respect to the inclusion of clinical hypnosis
Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification.
- 12:00 pm Pass the Trance**
ADJOURN

Neuroscience Meets Technology in Hypnosis: Treatment Implications for the Practicing Clinician (Advanced Workshop)

Why is an understanding of the neuroscience of hypnosis important for the practicing clinician?

While research supports hypnosis as a legitimate medical intervention for both behavioral health and medical conditions, there is a gap at the individual practitioner level in understanding the neurobiological underpinnings of hypnosis and its effects on the brain and body, and the translation of this knowledge to enhance clinical care. In addition, with the advent of technologically-enhanced health care, including behavioral health, the nature of the clinician-patient therapeutic alliance is changing. Clinicians of the future will need to understand how technology is changing health-care delivery including its impact on the practice of hypnosis. This workshop will provide a unique blend of didactic and experiential opportunities dedicated to the neuroscience of hypnosis. Participants will gain a pragmatic understanding of the neuroscience of hypnosis, observe hypnotic demonstrations, and participate in discussions about the neurobiology underlying hypnotic techniques. For some, seeing is believing, and gaining a better understanding and appreciation of how hypnotic interventions impact and modify neurophysiology can be validating, not only for the clinician, but our patients as well.

This 20-hour Advanced workshop will be taught by two accomplished ASCH faculty and expert neuroscience clinical educators: Eva Szigethy MD, PhD, with a doctorate in neurological science and the Medical Director of the Visceral Inflammation and Pain Center (an integrated behavioral clinic in Gastroenterology) at the University of Pittsburgh, and ASCH-Approved Consultant and David Reid, PsyD, ASCH-Approved Consultant and author of two books including the award winning Hypnosis for Behavioral Health: Professional's Guide to Expanding Your Practice (SCEH 2013 Best Book on Hypnosis),

THURSDAY, April 26, 2018 - This workshop begins in the evening

6:30 pm Introduction to Workshop (Combined Groups) (Jacobs)

7:00 Introductions and Course Overview (Szigethy and Reid)

Educational Objectives for this session:

Describe two reasons why an understanding of the neuroscience of hypnosis is important for the practicing clinician?

Explain four of the neuroscientific basis of hypnosis

Demonstrate familiarity with the neuroscientific underpinning of hypnosis for brain, autonomic nervous system, gastrointestinal track, and immune system

Articulate neuroscientific basis of hypnosis effects on pain disorders, PTSD, GI disorders

Identify 3 neurophysiological differences between hypnosis and meditation

Formulate treatment plans that can incorporate the use of behavioral digital technology apps

9:00 PM

Recess

FRIDAY, April 27, 2018

8:30 am Neuroscience of hypnosis (Reid)

Educational Objectives for this session:

Identify the way the various neuroimaging techniques used to study hypnosis work

Identify three different brain regions that have been implicated in hypnotic trance state

Elucidate neuroscientific research findings on hypnotizability

Articulate the neurobiological basis of hypnosis to patients in an understandable way

10:30

Break

10:45

Neuroscience of trance phenomena (Reid)

Educational Objectives for this session:

Identify brain pathways underlying trance ramification phenomena such as ideomotor signaling, positive hallucinations, and catalepsy

Articulate the neurobiological basis of hypnosis to patients in an understandable way

12:00 pm

Lunch on your own

1:30

Hypnosis and the Autonomic Nervous System (Szigethy)

Educational Objectives for this session:

Articulate the role and organization of the sympathetic and parasympathetic parts of the ANS

Describe the neurobiological mechanisms by which hypnosis influences the ANS

2:30

Hypnosis versus Meditation: Neurophysiological differences (Reid)

Educational Objectives for this session:

Differentiate the neurobiological changes associated with hypnosis and meditation

3:00

Break

3:15

Neuroscience of Empathy and the Therapeutic Alliance (Reid)

Educational Objectives for this session:

Describe the neurobiological basis of empathy

Elucidate on how mirror neurons are involved in therapeutic alliance

4:30

Small group practice of explaining the neurobiological basis of hypnosis to patients (2 groups)

6:00 pm

Recess

Neuroscience Meets Technology in Hypnosis: Treatment Implications for the Practicing Clinician (Advanced Workshop)

SATURDAY, April 28, 2018

- 8:30 am Hypnosis and Psychoneuroimmunology (Szigethy)**
Educational Objectives for this session:
Understand how the brain and immune system communicate
Discuss pathways by which hypnosis can influence the immune system
- 9:30 Neuroscience of hypnosis for PTSD (Szigethy)**
Educational Objectives for this session:
Describe the neurobiological basis of PTSD
Describe the neurobiological basis of hypnosis for PTSD
Describe the neurobiological basis for ego parts hypnosis
- 10:30 Break**
- 10:45 Neuroscience of hypnosis for chronic pain (Szigethy)**
Educational Objectives for this session:
Describe the neurobiological basis of chronic pain
Describe the neurobiological basis of hypnosis techniques for chronic pain
- 12:00 pm Lunch on your own**
- 1:30 Neuroscience of hypnosis for GI Disorders (Szigethy)**
Educational Objectives for this session:
Elucidate the pathways connecting the brain and gut
Describe the neurobiological basis of gut-focused hypnosis for IBS
Describe the neurobiological basis of hypnosis for IBD
- 3:00 Break**
- 3:15 Video presentation of various hypnotic phenomena and their neurobiological underpinnings (Szigethy, Reid)**
Educational Objectives for this session:
Explain the neurobiological underpinnings of hypnotic phenomena to patients
- 4:00 Small group: Small group practice of hypnosis with group discussion of the neuroscientific basis of what was observed.**
- 5:30 Whole group discussion**
- 6:00 pm Recess**

SUNDAY, April 29, 2018

- 8:30 Integrating neuroscientific explanations of hypnosis into clinical practice (Reid & Szigethy)**
- 9:30 Advances in virtual behavioral health: Implications for hypnosis practice (Szigethy)**
Educational Objectives for this session:
Elucidate the various technology-assisted behavioral interventions with empirical evidence in treating behavioral conditions
Formulate treatment plans that can incorporate various virtual behavioral health options into practice
- 10:30 Break**
- 10:45 Ethics (Reid & Szigethy)**
Educational Objectives for this session:
Describe informed consent for hypnosis
Become familiar with clinical hypnosis standards of training, levels of, and requirements for ASCH certification



ASCH ERF **SAVE THE DATE**

Annual Scientific Meeting & Workshops

60TH

Hypnosis & The Treatment Relationship:
Applications, Processes, Outcome

March 15-18, 2018

ORLANDO

The background of the graphic features a photograph of a Ferris wheel and palm trees, with a large white circle partially overlapping the scene.

Faculty Bios and Disclosures

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 - faculty, staff or committee members - have any financial relationships or conflicts of interest to disclose unless otherwise noted below.

Thomas Barr, PhD; Greeley, CO

Fellow, Approved Consultant, ASCH; Fellow, Past President, Florida Society of Clinical Hypnosis (FSCH); Member, American Counseling Association (ACA); Licensed Psychologist, Director, Heart-Centered Counseling, Greeley, CO.

Cheryl Bemel, PhD, LP, NCSP/NASP; St Paul, MN

Member, Approved Consultant, ASCH; President-Elect, Minnesota Society of Clinical Hypnosis; Psychologist, Health Partners Pain Management Clinic, St. Paul, MN; Psychologist, Private Practice, St. Paul, MN; Certified Tobacco Treatment Specialist (C-TTS), Nationally Certified Tobacco Treatment Practitioner (NCTTP).

Daniel Handel, MD; Denver, CO

Fellow, Approved Consultant, Past President, Co-Chair, Education Committee, Regional Workshop Co-Chair, ASCH; Fellow, American Academy of Family Practice; Diplomate, American Board of Hospice and Palliative Medicine; Professor, School of Medicine, University of Colorado; Senior Staff Clinician, Division of Palliative Medicine, Denver Health Medical Center, Denver, CO.

Delle Jacobs, MSW, LICSW, LMFT; St. Paul, MN (Workshop Chair)

Member, Approved Consultant, Chair, Component Section Committee, ASCH; Past President and ASCH Liaison, Minnesota Society of Clinical Hypnosis (MSCH); psychotherapy practice, St. Paul, MN.

David Reid, PsyD; Charlottesville, VA

Member, Approved Consultant, Chair, Certification Committee, ASCH; Author, Permanent Habit Control: Practitioner's Guide to Using Hypnosis and Other Alternative Health Strategies; Author, Hypnosis for Behavioral Health: Professional's Guide to Expanding Your Practice; Adjunct Clinical Professor, Health Sciences Department, James Madison University; Founder, President, In The Zone Consulting, Inc.; Adjunct Faculty, College of Integrative Medicine and Health Sciences, Saybrook University; private practice, Charlottesville, VA.

Dr. Reid is the author of 2 books from which some of his teaching content is derived and for which he receives financial remuneration.

Eva Szigethy, MD; Pittsburgh, PA

Member, Approved Consultant, ASCH; Professor of Psychiatry, Pediatrics, and Medicine Director, Visceral Inflammation and Pain Center, Division of Gastroenterology, Pittsburgh, PA.

Linda Thomson, MSN, CPNP, ABMH, ABHN; Ludlow, VT

Fellow, Approved Consultant, Member, Education Committee, Co-Chair, Power of Words Workshop, 2018 Annual Meeting Program, Committee, Moderator, ASCH Board of Governors, Past President, ASCH; Past President, New England Society of Clinical Hypnosis (NESCH); President, Northeastern Mountain Society of Clinical Hypnosis (NMSCH); Fellow, National Association of Pediatric Nurse Practitioners (NAPNAP); Member, International Society of Hypnosis (ISH); Diplomate, American Board of Medical Hypnosis (ABMH); Diplomate, American Board of Hypnosis in Nursing (ABHN) Adjunct Faculty, University of Vermont; Nurse Practitioner, Springfield Medical Care Systems, Bellows Falls, Ludlow & Springfield, VT; Pediatric Nurse Practitioner, Pioneer Valley Pediatrics, Longmeadow, MA and Enfield, CT; author, Harry the Hypno-potamus: Metaphorical Tales for the Treatment of Children: Volumes I and II, the accompanying Harry the Hypno-potamus Imagination Cards and Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery; Ludlow, VT.

Ms. Thomson is the author of 2 books on pediatric hypnosis and the creator of a CD set for surgery patients who wish to use hypnosis as an adjunct to anesthesia during their surgery, from which some of her teaching content is derived and for which she receives financial remuneration.

Ian Wikramasekera, II, PhD; Boulder, CO

Member, Approved Consultant, ASCH; Science Editor, *American Journal of Clinical Hypnosis*; Board/Reviewer, *Journal of Humanistic Psychology*; President Elect, Founding Steering Committee Member, Rockies Humanistic Counseling and Psychology Society; Past President, American Psychological Association's Division of Psychological Hypnosis (Division 30); Professor of Psychology, University of the Rockies – Colorado Springs; Adjunct Faculty, Consciousness and Spirituality, Graduate School, Saybrook University; Core Faculty, Transpersonal Counseling, Naropa University; Boulder, CO.

Holiday Inn Express Downtown Denver

This Regional Workshop will be held at the Holiday Inn Express Denver Downtown at 401 17th Street in downtown Denver, Colorado.

Staying smart has never been better than in the heart of the Mile High City. As a guest, you will enjoy our complimentary hot breakfast buffet every morning in the newly renovated guest lobby. Get all of your important work done without the hassle by using the hotel's complimentary, high-speed wireless Internet. Forget about finding parking, the hotel offers valet parking with unlimited in and out privileges for a fee each evening.

Explore downtown Denver by walking just one block to the 16th Street Mall with over 100 options for dining, shopping and entertainment. The new Holiday Inn Express is also near all of the major downtown Denver attractions including, the Pepsi Center, Sports Authority Field, Coors Field, the Denver Art Museum, the Denver Zoo and many, many more.

ASCH has contracted a limited number of rooms at a discounted room rate of \$164 single/double per room per night, plus applicable taxes. Reservations will be taken on a first-come first-serve basis until the contracted block is full. Any unbooked rooms will be released to the general public on April 5, 2018. So book early to receive the group rate.

To make reservations at the host hotel, the Holiday Inn Express Denver Downtown for this event, contact the Hotel at +1(303) 296-0400 or email reservations@hixdenver.com and tell them that you wish to book a room in the American Society of Clinical Hypnosis room block.

Continuing Education

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 20 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.



The American Society of Clinical Hypnosis- Education & Research Foundation (ASCH-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 the 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 approval extends from 10/1/2015 to 9/30/2021. Provider ID 217022.

Additional Information

Virginia Hypnosis Fund

In the fall of 2003, the Virginia Hypnosis Society, upon its dissolution, kindly donated money 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. Applicants do not need to demonstrate financial need. Applicants requesting funding must provide a letter from their advisor or department head.

For more information regarding the ASCH Tuition Assistance programs, contact ASCH at 630/980-4740 (phone), 630/351-8490 (fax) or info@asch.net (email).

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.

Registered Nurses with a bachelors degree from a college or university accredited by its appropriate regional accrediting body who are licensed or certified in the state in which they practice are eligible to attend the Basic Workshop on Clinical Hypnosis.

Students enrolled full-time in masters level or higher program are eligible to attend at a reduced rate. 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 at a reduced rate. 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.