In addition to offering the Fundamentals of Clinical Hypnosis and Refining Skills & Treatment Applications Workshops, ASCH will be offering the following Advanced Workshop in Alexandria

**Self-Hypnosis with Patients with Serious Illness**

This advanced workshop is appropriate for both medical and mental health clinicians who have completed both the basic and intermediate training and have experience using clinical hypnosis in their health care practices. The workshop is designed primarily for clinicians who work with, or intend to work with, patients with serious illness, those who want to learn the value and strategies of a group protocol for teaching self-hypnosis, and those who want to learn more about the range of applications of clinical hypnosis with patients with cancer.

In this specialized advanced workshop, including didactic, demonstration and experiential components, you will learn in detail Dr. Forester-Miller’s protocol for 4 session self-hypnosis classes designed for seriously ill patients (Forester-Miller, 2017). The introduction and utilization of clinical hypnosis with patients with cancer will be used as an example for teaching the protocol, although the protocol and strategies practiced can apply to all patients with serious illness. Learning to use hypnotic interventions to assist patients with cancer with the variety of physiological and psychological issues with which they are faced encompasses a wide range of applications of hypnotic strategies including, but not necessarily limited to reframing, ego strengthening, surgery preparation, minimizing the side effects of chemo and radiation therapies, gastrointestinal concerns, insomnia, pain, and distress.


**Advanced Track Course Objectives:** Completion of this course will enable you to:

- Conduct a self-hypnosis class for individuals with a serious illness.
- Understand the phases traversed by cancer patients and the hypnotic applications appropriate at each phase.
- Teach at least 3 self-hypnosis induction techniques.
- Help individuals to understand and use trance and suggestion in their daily lives.
- Develop hypnotic suggestions to assist individuals with nausea, pain, gastrointestinal difficulties, insomnia, hot flashes, and side effects of chemo and radiation therapies.
- Develop hypnotic suggestions for all aspects of preparing for surgery.
- Teach individuals hypnotic techniques to deal with anxiety related to treatments and procedures.
- Develop strategies for educating the medical community in your area regarding the value of clinical hypnosis for their patients.

This Regional Workshop will be held at the Crowne Plaza Old Town Alexandria Hotel, located at 5901 North Fairfax in the Old Town Alexandria, Virginia. Immerse yourself in the charming city of Alexandria. Explore the haunts of our founding fathers. Delight in architecture from the 18th and 19th centuries. All this is yours to enjoy at our Old Town Alexandria, VA hotel near Washington D.C.

The hotel is 8 blocks from shops, restaurants, entertainment and historic homes on the waterfront; 8 blocks from the Braddock Station Metro Stop; 2 miles from Ronald Reagan Washington National Airport; 2 miles from Ronald Reagan Airport Metro Subway Station; 5 miles from Washington D.C. Convention Center; 6.5 miles from the National Mall and downtown Washington D.C.; and 10 miles from Mount Vernon, George Washington's estate. The hotel offers complimentary airport shuttle to Reagan Washington National Airport and Metro station.

ASCH has contracted a limited number of rooms at a discounted room rate of $150 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 May 29, 2018. So book early to receive the group rate. Call 1-800-227-6963 to make reservations for this event.