Beyond Calming Down
Anxiety disorders take a tremendous toll on individuals and families. By demanding certainty and comfort in rather dramatic fashion, anxiety grabs control in a way that interrupts lives, promotes avoidance, and leads to depression and physical issues. Anxiety runs in families, with children who are raised by a parent with an anxiety disorder being six to seven times more likely to develop anxiety themselves. This workshop takes clinicians through the process of creating hypnotic and strategic interventions that move beyond the common emphasis on “relaxation” and “calming down,” focusing on how to identify therapeutic targets and create new frames that move children and adults out of the “content trap” of the anxiety disorder. The goal is to interrupt anxiety’s predictable cognitive, behavioral, and physiological patterns. Participants will learn how to design hypnotic interventions that experientially move clients toward uncertainty (a key to successful treatment), address the use of safety crutches and avoidance, and promote the skills of differentiation and problem solving that combat the global avoidance style of anxious children and adults. Anxiety’s connection to the development of depression, insomnia, and somatic issues will also be addressed.

Educational Objectives:
At the conclusion of the workshop participants will be able to:

• Describe at least three possible therapeutic targets for anxious children.

• Create three homework assignments that help identify and activate needed skills in anxiety sufferers, for example: compartmentalization, tolerating uncertainty, and increasing autonomy.

• List two benefits of focusing on process over content when creating hypnotic interventions.

• Explain the potential limits of focusing on symptom elimination when doing hypnosis with anxious children and adults.

• Give the format for a posthypnotic suggestion for a hypnosis session focusing on somatic symptoms.
Presenter: Lynn Lyons, LICSW
Lynn Lyons has been a psychotherapist for 25 years and specializes in the treatment of anxious children and their parents, with a special interest in interrupting the generational patterns of anxiety in families. She is the author of Using Hypnosis with Children: Creating and Delivering Effective Interventions (2015, Norton) and co-author with Reid Wilson of Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children and the companion book Playing with Anxiety: Casey’s Guide for Teens and Kids. Lynn also created a self-help DVD program for parents entitled Decreasing Anxiety: How to Talk to Your Anxious Child.

In addition to her private practice in Concord, NH, she presents internationally to mental health and medical providers, educators, school nurses, and parents. She is known for her focus on providing concrete, usable skills and her integration of humor, homework, and clinical hypnosis.

Primary References:


**Itinerary:**

**DAY 1: Friday November 6, 2015**

1. 8:30 - 10:15
   a. Introduction and orientation to workshop
   b. Overview of anxiety in children
   c. The principles of a process-oriented approach
   d. General & developmental considerations

2. 10:15 - 10:30 Break

3. 10:30 - 12:00
   a. Establishing the treatment target
   b. Developing skills through hypnosis
   c. Case examples and group exercises

4. 12:00 - 1:00 Lunch break

5. 1:00 - 2:30 Creating and Delivering the Session
   a. Key elements of a hypnosis session with children
   b. Incorporating the treatment target
   c. The trouble with symptomatic elimination strategies

6. 2:30 - 2:45 Break

7. 2:45 - 4:30 Creating Interventions for Special Issues
   a. The overlap of anxiety and depression
   b. Sleep and the anxious child
   c. Anxiety and somatic issues in children

**DAY 2: Saturday November 7, 2015**

1. 8:30 - 10:15
   a. Review and questions from Day One
   b. Cognitive patterns and targets for anxious adults

2. 10:15 - 10:30 Break

3. 10:30 - 12:00 Creating and Delivering the Session
a. Establishing the treatment target and creating corresponding inductions, response sets and themes
b. Case example and group exercise

4. 12:00 - 1:00 Lunch break

5. 1:00 - 2:30 Creating and Delivering the Session (cont.)
   a. Posthypnotic suggestions and homework assignments
   b. Experiential exercise for participants

6. 2:30 - 2:45 Break

7. 2:45 - 4:30
   a. Anxious families: hypnosis with children and parents
   b. Addressing insomnia, headaches, and other physical issues
   c. Questions and wrap up

Note: Please be prepared to remain after the conference ends in order to turn in evaluations and receive CE certificates.

Setting: We are fortunate once again to be meeting at Rigmor House, a retreat center just outside Chapel Hill. The casual, intimate atmosphere is highly conducive to collegiality. We encourage you to visit rigmorhouse.com to see this delightful setting. (Also see Lodging below.)

Schedule: Registration begins at 8:00. Workshop schedule is 8:30-4:30. There will be 15-minute breaks mid morning and mid afternoon and one hour for lunch.

Eligibility: Persons holding doctoral degrees in Dentistry, Medicine, Psychology, Social Work, Counseling or Nursing or a Masters Degree in Psychology, Social Work, Counseling or Nursing and who are licensed to practice in the state in which they practice. Also, current students of these disciplines are eligible.

CEs: Certificates of Attendance provided. Thirteen (13) CEs will be awarded for attending the entire two-day workshop. No credit will be given for those who attend one day only. Credit toward ASCH re-certification has been approved for this workshop at the intermediate and advanced levels. This program has also been approved by the National Board of Certified Counselors (NBCC) for NBCC Credit. NCSCH is solely responsible for all aspects of the program. NBCC Approval No. SP-2549. The program has additionally been approved by The North Carolina Psychological Association allowing Psychologists to receive continuing education credit. For those requesting CE certification from NCPA, a $6 fee will be added to the registration fee. (Note: Psychologists licensed in other states should check with their licensing board to make certain that CEs are accepted.)
**Target Audience:** The workshop is for beginning, intermediate and advanced practitioners. Further training and supervision is recommended.

**NCPA Statement:** This program is co-sponsored by the North Carolina Psychological Association and the North Carolina Society of Clinical Hypnosis. The North Carolina Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychological Association maintains responsibility for this program and its content.

**Attendance Policy:** To receive continuing education credit, you must be present for the entire workshop, and you must sign the sign-in and sign-out sheets. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. No credit will be given to participants who leave before the close of the workshop. **Please note that Internet sources sometimes give incorrect directions to Rigmor House and be sure to plot your route carefully by map without relying on navigation software.**

**Refund Policy:** Refunds available if cancellation before October 23, minus $75 fee. If cancellation occurs between October 23 and November 3, refunds will be given minus a $125 fee. No refunds if cancellation occurs after November 4.

**Grievance Policy:** Please see our policy at nchypnosis.org under our Fall Conference description.

**Lunch:** Onsite, included with registration.

**Lodging:** For nearby hotels, visit rigmorhouse.com/lodging.

**Contact:** Barbara Birge, bbirge@aol.com; 704 364-1415. www.nchypnosis.org

---

**REGISTRATION FORM**

North Carolina Society for Clinical Hypnosis 46th Annual Conference  
Friday, November 6 & Saturday, November 7, 2015  
Rigmor House at Chapel Hill

13 CEs Approved By ASCH, NCPA & NBCC

**Please mail this form with payment information/check to:**  
NCSCH  c/o Terry Robertson, 3002 Bridges St, Morehead City, NC 28557

**JOIN NCSCH NOW AND SAVE**  
Qualified mental health and healthcare practitioners are invited to join NCSCH and register for the conference at the member rate. If you are registering for the 2-day conference, the lower membership rate will more than pay for your $60 annual membership dues. To join, please download the New Member/Renewal form at nchypnosis.org, include a copy of your current license and send payment for your dues and the conference with this registration form.
Name ________________________________________________
Title /Degree ___________License__________________________
Address ________________________________________________
City _____________ Zip ___________Phone _________________
Email (print)_____________________________________________

___ This is my first NCSCH conference.
___ I am a new member joining online.
___ I am already an NCSCH member.

**Beyond Calming Down, with Lynn Lyons, LICSW**
(Please check each item included in your total payment)

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Early Bird</th>
<th>After October 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Day Conference</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Member</td>
<td>___ $265</td>
<td>___ $315</td>
</tr>
<tr>
<td>Non-member</td>
<td>___ $340</td>
<td>___ $390</td>
</tr>
<tr>
<td>1-Day Fee (No CEs awarded)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Member</td>
<td>___ $215</td>
<td>___ $235</td>
</tr>
<tr>
<td>Non-member</td>
<td>___ $265</td>
<td>___ $285</td>
</tr>
</tbody>
</table>

___ $6 CE Fee for certification from NCPA
___ $60 Annual membership dues for 2015-2016 (Please include with your registration to receive member rate unless you have paid since August 1, 2015.)

**TOTAL PAID $ _________**

MC / VISA Card # ____________________________________________
Exp Date_______ Zip Code of Billing Address_______________
Signature _______________________________________________

___ Check enclosed. (Please make checks payable to NCSCH.)