Clinical Hypnosis Workshop
October 25-28, 2018, Holiday Inn World’s Fair Park, Knoxville, TN

The Fundamentals of Hypnosis (Level 1/Basic Workshop)

Refining Skills and Treatment Applications (Level 2/Intermediate Workshop)

Integrative & Modified Use of Hypnosis in Health Care Settings: Including Autoimmune Disorders, Psychoneuroimmunology, and the Future Oriented Model (Advanced Workshop)

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
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 Fundamental of Hypnosis 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:
- Identify and demonstrate at least three ways to induce a hypnotic trance and re-alert a subject from a trance;
- Demonstrate two methods for deepening a trance; and
- Describe four clinical conditions in which hypnotic techniques may be used.

Fundamentals of Clinical Hypnosis Workshop Faculty: Delle Jacobs, Linda Thomson, Lane Wagaman (Workshop Chair)

**THURSDAY, October 25, 2018 - This workshop begins in the evening**

6:30 pm Regional Workshop Introduction (Combined Groups) (Wagaman)

6:45 Introduction to Fundamentals (Level 1/Basic) (Wagaman)

7:00 Introduction to Clinical Hypnosis – Including Anatomy of a Hypnotic Session (Jacobs) .75 CE
**Educational Objectives for this session:**
- Provide several definitions of hypnosis and trance, including definitions related to relevant scientific research.
- Describe medical, dental and behavioral health applications of clinical hypnosis.
- Identify common/important misconceptions regarding hypnosis and appropriate and corrective responses to such.

7:45 Neurophysiology of Hypnosis (Thomson) .75 CE
**Educational Objectives for this session:**
- Review how stress and pain affect body systems.
- List three brain regions or networks that research shows may be altered with hypnosis.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis.

8:30 Hypnotic Phenomena and Applications (Wagaman) .75 CE
**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.

9:00 Group Experience (Wagaman) .25 CE
**Educational Objectives for this session:**
- Provide illustrative suggestions for eliciting hypnotic phenomena.
- Demonstrate the concept of trance logic.
- Illustrate applications of hypnotic phenomena in a first trance experience.

9:30 RECESS

**FRIDAY, October 26, 2018**

8:30 am Rapport, Elicitation/Facilitation/Induction of Hypnotic Trance, and Re-Orienting (Thomson) 1.25 CE
**Educational Objectives for this session:**
- Describe three specific behaviors or communication skills that are helpful in the development of rapport with patients.
- Describe at least two reasons for removing suggestions and re-orienting patients.

9:45 Demonstration of Trance Elicitation/Facilitation/Induction Strategy #1: Focused Breathing (Thomson) .25 CE

10:00 Introduction to Small Group Practice (SGP) (Thomson)

10:15 BREAK

10:30 Small Group Practice #1 (SGP1): Elicitation/Facilitation/Induction of Hypnotic Trance, Re-Orienting: Focused Breathing (Faculty) 1.5 CE
**Educational Objectives for this session:**
- Demonstrate the ability to build rapport with the subject.
- Demonstrate the ability to facilitate at least one method of eliciting/facilitating trance, and re-orienting learned from the lectures, with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

12:00 pm LUNCH ON YOUR OWN
FRIDAY, October 26, 2018 (Cont'd)

1:30 Fundamentals of Hypnotic Language and Formulating Suggestions (Wagaman) 1.0 CE

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.

2:30 Stages of Hypnosis, Trance Intensification and Deepening Strategies (Jacobs) .75 CE

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.

3:15 BREAK

3:30 Presenting Hypnosis to the Patient; Memory; Informed Consent (Wagaman) .75 CE

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 clinical controversy regarding hypnosis and the possible creation of pseudo-memory.
Explain the difference between self-hypnosis and hetero-hypnosis treatment.

4:15 Demonstration of Trance Elicitation/Facilitation/Induction Strategy #2: Eye Fixation (Wagaman) .5 CE

4:45 Small Group Practice #2 (SGP2): Elicitation/Facilitation/Induction of Hypnotic Trance, Trance Intensification/Deepening, Re-orienting: Eye Fixation (Faculty) 1.0 CE

Educational Objectives for this session:
Demonstrate the ability to build rapport with the subject.
Demonstrate the ability to facilitate at least one method of elicitation/facilitation of trance, one intensification/deepening method and re-orienting learned from the lectures, with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

5:45 RECESS

SATURDAY, October 27, 2018

8:30 am Ego Strengthening (Jacobs) 1.25 CE

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.

9:45 Demonstration of Trance Elicitation/Facilitation/Induction Strategy #3: Eye Roll (Jacobs) .5 CE

10:15 BREAK

10:30 Small Group Practice #3 (SGP3): Elicitation/Facilitation/Induction of Hypnotic Trance, Trance Intensification/Deepening, Suggestion, Re-orienting: Eye Roll (Faculty) 1.5 CE

Educational Objectives for this session:
Demonstrate the ability to build rapport with the subject.
Demonstrate the ability to facilitate at least one method for eliciting/facilitation of trance, one deepening method, a simple suggestion and re-orienting learned from the lectures, with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

12:00 pm LUNCH ON YOUR OWN

1:30 Understanding and Utilizing Resistance (Wagaman) 1.0 CE

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.

2:30 Self-Hypnosis (Thomson) .75 CE

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 BREAK

3:30 Demonstration of Trance Elicitation/Facilitation/Induction Strategy #4: Hand/Arm Levitation (Wagaman) .5 CE

4:00 Small Group Practice #4 (SGP4): Elicitation/Facilitation/Induction of Hypnotic Trance, Trance Intensification/Deepening, Elicitation of Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-orienting: Arm Levitation) (Faculty) 1.75 CE

Educational Objectives for this session:
Demonstrate the ability to build rapport with the subject.
Demonstrate the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting learned from the lectures, with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

5:45 RECESS
Educational Objectives for this session:
- Review the foundational information and skills learned during this educational experience.
- Describe avenues and approaches to including clinical hypnosis in clinical practices.
- Describe situations of uncertainty that might occur as clinical hypnosis if included in practice, and identify strategies for managing/resolving such.
- List at least five applications of hypnosis to your discipline.

9:30 Overview of Hypnosis with Pediatric Patients (Thomson) .75 CE

Educational Objectives for this session:
- Review the foundational information and skills learned during this educational experience.
- Describe avenues and approaches to including clinical hypnosis in clinical practices.
- Describe situations of uncertainty that might occur as clinical hypnosis if included in practice, and identify strategies for managing/resolving such.
- List at least five applications of hypnosis to your discipline.

10:15 BREAK

10:30 Treatment Planning Strategies and Integrating Skills into Practice (Jacobs) 1.0 CE

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.

11:30 Ethics and Professional Conduct (Wagaman); Certification (Thomson); Q&A (Jacobs, Thomson, Wagaman) .5 CE

Educational Objectives for this session:
- Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis.
- Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification and diplomate boards.

12:00 pm ADJOURN. Thank you very much for your participation in this training experience!
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; Irritable Bowel Syndrome; Anxiety and Sleep Disorders; Depression; Habit Disorders; Dissociative Identify Disorder);
- Learn more techniques for the creative use of the language of suggestion to facilitate change;
- Learn specific tools (complex inductions and intensification techniques) for specific populations (children, procedural hypnosis, PTSD); and
- More practice with the feedback of expert faculty.

The Refining Skills and Treatment Applications 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 depression;
- 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.

Refining Skills and Treatment Applications Workshop Faculty: Robert Staffin, Jennifer Swaim (Intermediate Coordinator)

THURSDAY, October 25, 2018 - This workshop begins in the evening

6:30 pm Introduction (Combined Groups) (Wagaman)
6:45 pm Introduction to Intermediate (Swaim)
7:00 pm Refining Skills: Neurophysiology of Hypnosis (Swaim) .75 CE
   Educational Objectives for this session:
   Describe the importance of basic understanding of functions or particular brain regions and how those regions are impacted by trance.
   List three brain regions or networks that research shows may be altered with hypnosis.
7:45 pm Refining Skills: Hypnotic Language and Suggestion (Staffin) 1.25 CE
   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.
9:00 pm Group Experience (Thomson) .25 CE
   Educational Objective for this session:
   Explore hypnotic phenomena in a facilitated trance experience.
9:15 pm RECESS

FRIDAY, October 26, 2018

8:30 am Refining Skills: Mind-Body Medicine (Swaim) 1.0 CE
   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.
9:30 am Refining Skills: The Development and Use of Metaphor (Staffin) .75 CE
   Educational Objectives for this session:
   Demonstrate understanding of how to construct therapeutic metaphors as a type of hypnotic suggestion.
   Describe at least two samples of metaphors that might be used in addressing clinical problems.
10:15 pm BREAK
10:30 am Refining Skills: Advanced Strategies for Elicitation/Facilitation/Induction of Hypnotic Trance, Intensification/Deepening of Hypnotic Trance, with Demos (Wagaman) 1.25 CE
   Educational Objectives for this session:
   Observe and identify or demonstrate two advanced strategies for elicitation/facilitation/induction of hypnotic trance, and clarify conditions under which they may be indicated.
   Describe three types of advanced trance elicitation strategies.
   Describe three signs of increased suggestibility/trance.
   Describe at least two advanced hypnotic strategies for intensification/deepening of trance.
12:00 pm LUNCH ON YOUR OWN
1:30 Applications of Clinical Hypnosis: Anxiety, Phobia and Affect Regulation (Jacobs) .75 CE
Educational Objectives for this session:
Review principles stemming from research data on the treatment of anxiety and phobic disorders and strategies of affect regulation.
Explicate a minimum of three hypnotic techniques for treating these disorders, and be able to provide a rationale for using each method.

2:15 Refining Skills: Small Group Practice #1 (SGP1) (Faculty) 1.0 CE
Educational Objectives for this session:
Participate in at least one hypnotic experience as a subject.
Facilitate at least one trance elicitation method from the lectures with a member of the group.
Describe his/her responses, and what they observed in the behavior of the participant.

3:15 BREAK

3:30 Refining Skills: Ideomotor Trance Facilitation/Induction (Thomson) .75 CE
Educational Objectives for this session:
Define and demonstrate the uses of ideomotor phenomena.

4:15 Refining Skills: Ego Strengthening (Swaim) .75 CE
Educational Objectives for this session:
Define what is meant by ego-strengthening procedures and how they may be used in clinical practice.
Identify several different types of ego-strengthening techniques and types of suggestions.

5:00 Applications of Clinical Hypnosis: Habit Disorders (Staffin) 1.0 CE
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 RECESS

SATURDAY, October 27, 2018

8:30 am Applications of Clinical Hypnosis: Utilization in Clinical Hypnosis (Staffin) .75 CE
Educational Objectives for this session:
Highlight current literature on hypnosis and memory and its implications for clinical work.
Highlight current literature on trauma and its impact upon patient functioning.
Identify hypnotic processes which facilitate ego stability and/or orientation to self during trauma work.

9:15 Refining Skills: Small Group Practice #2 (SGP2) (Faculty) 1.0 CE
Educational Objectives for this session:
Facilitate at least one trance elicitation/facilitation/induction strategy from the lectures with a member of the group.
Describe his/her responses, and what was observed in the behavior of the participant.

10:15 BREAK

10:30 Refining Skills: Insight and Exploratory Strategies (Staffin) 1.5 CE
Educational Objectives for this session:
Discuss indications and contraindications for using an insight-oriented hypnotic approach.
Describe at least three exploratory hypnotic methods.

12:00 pm LUNCH ON YOUR OWN

1:30 Refining Skills: Small Group Practice #3 (SGP3) (Faculty) 1.75 CE
Each Intermediate workshop participant will choose one of the three SGP options
Group 1: Brief/Rapid Trance Facilitation (Swaim)
Educational Objective for this session:
Demonstrate increased skill brief/rapid elicitation of trance with patients in various settings.

Group 2: Conversational Trance Facilitation (Staffin)
Educational Objectives for this session:
Demonstrate advanced skill in patient observation and utilization.
Demonstrate effective recognition of appropriate conditions and initiation of conversational trance facilitation.

3:15 BREAK

3:30 Refining Skills: Hypnosis with Pediatric Patients (Thomson) 1.0 CE
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.

4:30 Applications of Clinical Hypnosis: Hypnosis for Pain Management (Swaim) 1.25 CE
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, 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.

5:45 RECESS
SUNDAY, October 28, 2018
8:30 am Applications of Clinical Hypnosis: Hypnosis in the Treatment of Sleep Disturbances (Thomson) 1.0 CE
   Educational Objectives for this session:
   Describe the benefits of hypnosis for sleep and the scientific data that supports it.
   Demonstrate a hypnotic intervention for helping patients achieve beneficial, restorative sleep.
9:30 Refining Skills: Treatment Planning (Jacobs) .75 CE
   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.
10:15 BREAK
10:30 Refining Skills: Integrating Clinical Hypnosis into Practice: Case Discussion (Swaim) 1.0 CE
   Educational Objectives for this session:
   Describe how you would 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 Ethics and Professional Conduct/Certification, Q&A (Swaim) .5 CE
   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 and diplomate boards.
12:00 pm ADJOURN.

Thank you very much for your participation in this training experience!
The use of clinical hypnosis in the treatment of medical conditions is well known for its documented effectiveness. However, clinicians who wish to use hypnotic strategies in medical settings are often presented with a variety of specific situational variables and challenges that are common in such settings. This advanced workshop will provide participants with descriptions and understanding of these variables and the modified ways in which hypnosis can be utilized successfully in the treatment of medical conditions.

After a review of some of the more common special conditions in medical settings, the workshop will continue with a detailed review of such subjects as; placebo/nocebo effects, suggestion and conditioning effects, and optimal use of therapeutic language. Participants will then learn concepts and skills required to effectively utilize informal hypnotically facilitated interventions modified for treatment of patients in medical settings.

The workshop will include discussion of a range of specific topics, including a review of psychoneuroimmunology, the hypnotic treatment of autoimmune disorders, preparing patients for surgery and other medical procedures, habit disorders, and addressing anxiety and depression in medical patients. Also included will be discussion of hypnotic interventions with malignant diseases and enhancement of pharmacotherapy outcomes. The workshop will include didactic presentation and discussions, review of videotaped clinical examples, demonstrations, and experiential learning to facilitate understanding and use of specific concepts and skills. Finally, participants will learn the concepts of the Future Oriented Model developed by the presenter and how to skillfully apply this model in their clinical practices.

Advanced Workshop Faculty: Moshe S. Torem, MD

THURSDAY, October 25, 2018 - This workshop begins in the evening
6:30 pm Introduction (All Groups)
6:45 Introduction and Overview of Hypnosis in Medical Settings .75 CE
Educational Objectives for this session:
Describe three special variables typical to medical settings.
Discuss potential challenges and opportunities of hypnosis in medical settings.
7:30 Placebo/Nocebo, Conditioning and Suggestion Effects 2.0 CE
Educational Objectives for this session:
Define and describe the basic concepts of placebo/nocebo, conditioning and suggestion.
Describe at least one potential application of each.
9:30 RECESS

FRIDAY, October 26, 2018
8:30 am The Future Oriented Model 1.75 CE
Educational Objectives for this session:
Describe potential uses of temporal variables of time (past, present, future) in treatment interventions.
Describe the foundation and origins of the future oriented model.
10:15 BREAK
10:30 The Future Oriented Model Applied in Medical Settings (video presentation of clinical example) 1.5 CE
Educational Objectives for this session:
Illustrate therapeutic interventions utilized in the future oriented model.
Give at least three examples of verbal and non-verbal observations confirming therapeutic effectiveness.
12:00 pm LUNCH ON YOUR OWN
1:30 Psychoneuroimmunology (PNI) 1.75 CE
Educational Objectives for this session:
Describe the origin and basic principles of psychoneuroimmunology.
Summarize scientific studies confirming the connection of the Central Nervous System (CNS) and Immune System.
3:15 BREAK
3:30 Autoimmune Disorders 2.5 CE
Educational Objectives for this session:
Describe the underlying etiology and typical course of autoimmune disorders.
Describe the value and use of hypnosis in the treatment of autoimmune disorders.
6:00 RECESS
SATURDAY, October 27, 2018

8:30 am Matching Hypnotics Interventions to Patient’s Personality 1.75 CE

Educational Objectives for this session:
- Describe at least two personality styles and one strategy to assess them in medical settings.
- Describe ways by which to match hypnotic interventions to patient’s personality style.

10:15 BREAK

10:30 Matching Hypnotics Interventions to Patient’s Personality (cont’d) .25 CE

Educational Objectives for this session:
- Describe at least two personality styles and one strategy to assess them in medical settings.
- Describe ways by which to match hypnotic interventions to patient’s personality style.

10:45 Anxiety and Depression in Medical Settings 1.25 CE

Educational Objectives for this session:
- Describe the clinical presentation of anxiety and depression in medical settings.
- Describe and clarify one modified use of hypnosis in treatment of anxiety and depression.

12:00 pm LUNCH ON YOUR OWN

1:30 Preparing Patients for Surgery and Medical Procedures 1.0 CE

Educational Objectives for this session:
- Describe typical concerns and fears of patients facing surgery and risky medical procedure.
- Describe the use of hypnosis in helping patients better prepare for medical procedures and surgery.

2:30 Hyperemesis Gravidarum, Labor and Delivery .75 CE

Educational Objectives for this session:
- Clarify Hyperemesis Gravidarum and labor and delivery room settings and procedures.

3:30 Smoking, Alcohol, Drugs, Insomnia, in Medical Settings 1.25 CE

Educational Objectives for this session:
- Describe the unique challenges of treating such conditions in medical settings.
- Describe at least one modified use of hypnosis in treating these conditions in medical settings.

4:45 Eating Disorders and Weight Management 1.25 CE

Educational Objectives for this session:
- Describe the various eating disorders and their clinical presentation.
- Describe the use of hypnosis in treating eating disorders and maintaining healthy weight and nutrition patterns.

6:00 RECESS

SUNDAY, October 28, 2018

8:30 Malignant Conditions and Pain Control 1.75 CE

Educational Objectives for this session:
- Describe the clinical presentations commonly noted in patients suffering from malignant conditions.
- Describe the modified use of hypnosis in treating patients with malignant conditions.

10:15 BREAK

10:30 Effective Communication Skills with Physicians, Nurses and Others 1.0 CE

Educational Objectives for this session:
- Describe the unique features of medical jargon and communication among medical staff.
- Describe the skills of effectively communicating and developing and maintaining effective professional relationships with other health care disciplines in medical settings.
- Describe how you would define clinical hypnosis, address common misconceptions, and elucidate at least five clinical applications of clinical hypnosis in behavioral health and medical settings for other health care professionals unfamiliar with hypnosis and its uses.

11:30 Question and Answer Session

12:00 ADJOURN.

Thank you very much for your participation in this training experience!
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.

**Delle Jacobs MSW, LICSW, LMFT; St. Paul, MN**
Member, Approved Consultant, ASCH; Member, ASCH Education Committee; Past President and ASCH Liaison, Minnesota Society of Clinical Hypnosis (MSCH); psychotherapy practice, St. Paul, MN.

**Wendy Lemke, MA, LP; Clearwater, MN**
Member, Approved Consultant, Education Committee, ASCH; Member, Minnesota Society of Clinical Hypnosis; Member, Fellow, International Society for the Study of Trauma and Dissociation; Adjunct Faculty, St. Cloud Technical Community College; private practice, Clearwater and Brooklyn Park, MN.

**Robert Staffin, PsyD, ABPH; Teaneck, NJ**
Member, Approved Consultant, ASCH; Diplomate, American Board of Psychological Hypnosis; Member, American Psychological Association; Member, New Jersey Psychological Association; Adjunct Clinical Supervisor, Ferkauf Graduate School of Psychology, Yeshiva University; Adjunct Clinical Supervisor, The Graduate School of Applied and Professional Psychology, Rutgers University; President, Clinical Hypnosis Society of New Jersey; Co-President, Staffin & Talcoff Associates Inc; private practice, Teaneck, NJ.

**Jennifer Swaim, PhD, BCB; Commonwealth of Dominica**
Member, Approved Consultant, Member, Mentoring & Outreach Task Force, ASCH; Board Certification, General Biofeedback, Biofeedback Certification International Alliance; Interim Director and Applied Psychologist, Counseling Department, Ross University School of Medicine. Senior Faculty Facilitator, Behavioral Sciences Department, Ross University School of Medicine; Commonwealth of Dominica; Review board, American Journal of Health Behavior (AJHB).

**Linda Thomson, MSN, APRN, ABMH, ABHN; Ludlow, VT**
Fellow, Approved Consultant, Member, Regional Workshop Committee, Co-Chair, Power of Words Workshop, 2019 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); Nurse Practitioner, Springfield Medical Care Systems, Bellows Falls, Ludlow & Springfield, VT; author, *Harry the Hypno-potamus: Metaphorical Tales for Children: Volumes I and II*, the accompanying *Harry the Hypno-potamus Imagination Cards* and the creator of *Learning the Lingo of Language Cards* and *Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery*; Ludlow, VT.

**Moshe S. Torem, MD; Akron, OH**
Dr. Torem is a board-certified psychiatrist who completed a two-year fellowship in Liaison Psychiatry and Psychosomatic Medicine at the University of Rochester School of Medicine. He is a distinguished life fellow of the American Psychiatric Association, Life-Fellow of the American Society of Clinical Hypnosis, and Fellow of the Society for Clinical and Experimental Hypnosis. Dr. Torem is a Past President of the International Society for the Study of Trauma and Dissociation and the American Society of Clinical Hypnosis. In addition to authoring numerous articles and book chapters in the fields of psychiatry, clinical hypnosis, and integrative mind-body medicine and health, Dr. Torem has been a frequent lecturer and workshop presenter throughout the United States and other countries. In his multifaceted practice, Dr. Torem is well-known for his highly pragmatic approaches in the uses of age progression strategies, with and without formal hypnosis, as an important and unique contribution to the field of therapeutic hypnosis. Dr. Torem currently serves as Professor of Psychiatry at Northeast Ohio Medical University and as Chief of Integrative Medicine and Faculty and Balint Group Facilitator, Family Medicine Residency Program, at Akron (OH) General Medical Center.

**G. Lane Wagaman, EdD; Cary, NC (Workshop Chair)**
Member, Approved Consultant, Chair, Education Committee: Regional Workshop; Co-Chair, Fundamentals Workshop, 2018 Annual Meeting Program Committee, ASCH; Co-Chair, Advanced Workshops, 2017, Annual Meeting Program Committee, ASCH; Member, Society of Clinical and Experimental Hypnosis (SCEH); Diplomate: Academy of Integrative Pain Management; Certificate of Professional Qualification in Psychology, Association of State and Provincial Psychology Boards; Member, American Psychological Association (APA), Society for Psychological Hypnosis, Society for Health Psychology, Psychology-Law Society, Society of Counseling Psychology; Member, North Carolina Psychological Association (NCPA) and NCPA Division of Independent Professional Practice; Fellow, Past President, West Virginia Psychological Association; Past President, Member, Supervision Chair, West Virginia Board of Examiners of Psychologists; Clinical Associate Professor, Family Medicine Residency Program, West Virginia School of Osteopathic Medicine, Lewisburg, WV; Allied Health Staff, Greenbrier Valley Medical Center, Ronceverte, WV; Independent Practice, Carolina Rehabilitation and Surgical Associates, Cary, NC, and HRC Behavioral Health and Psychiatry, PA, Raleigh, NC.
Continuing Education

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) maintains responsibility for this program and its content.

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

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-Education and Research Foundation (ASCH-ERF) is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). 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 approval extends from 10/1/2015 to 9/30/2021. Provider ID 217022.

Additional Information

Eligibility
Registrants must hold a master’s 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 bachelor’s 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.

Students enrolled full-time in master’s 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.

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).
Holiday Inn World’s Fair Park, Knoxville, TN

This Regional Workshop will be held at the Holiday Inn World’s Fair Park, located 525 Henley St., in Knoxville. The Holiday Inn World’s Fair Park has grown from a rich history: the building was originally built for the 1982 World’s Fair, and boasts stunning views of the iconic structures in the World’s Fair Park. The park is Knoxville’s largest public green space, and contains the Knoxville-Greenway—a system of over 82 miles of paved and earthen trails that wind through the various neighborhoods of the city.

The hotel is 13 miles from McGhee Tyson Airport; walking distance to the World’s Fair Exhibition Hall, Knoxville Museum of Art, Tennessee Woman’s Suffrage Memorial, as well as a variety of restaurants and shops.

ASCH has contracted a limited number of rooms at a discounted room rate of $119 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 September 21, 2018. So book early to receive the group rate. Call 1.888.HOLIDAY or (865) 522-2800 to make reservations for this event.

Photo Credit: Jacob Dudley
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) *Members of ASCH Component Sections and SCEH qualify for ASCH Member rate

☐ I am a member of: ☐ ASCH ☐ Component Section*: ☐ SCEH*
☐ 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 / ☐ ECP 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. ECP’s need to submit a copy of institutional documentation confirming their date of graduation.

Registration Fees:

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<td>Fundamentals*</td>
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<td>Advanced</td>
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*Fundamentals Fee includes two books: Standards of Training and Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis.

There is an additional fee for Hypnotic Induction and Suggestion by D. Corydon Hammond, PhD, ABPH. It is a strongly recommended text for the Basic Workshop, however, it is not required. Preorder your copy of Hypnotic Induction and Suggestion for $20 each.

☐ 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.

Payment:

☐ MasterCard ☐ Visa ☐ Check #: (Make payable to American Society of Clinical Hypnosis; US funds only) Exp. Date: __________________ CVS Code: ____________

Registration Fee: ____________________
Hypnotic Induction and Suggestion- $20 each x ______ = ______________
Handout Fee (minus $37) ______________
Total Amount Due: ______________

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 postmarked/faxed after September 24, 2018 but on or before October 10, 2018 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after October 10 2018. 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.