Clinical Hypnosis Workshop

June 20-23, 2019, The Westin Alexandria Old Town, Alexandria, VA

- Fundamentals of Clinical Hypnosis (Level 1/Basic Workshop)
- Refining Skills and Treatment Applications (Level 2/Intermediate Workshop)
- Hypnosis, Mindfulness and Meditation: Comparisons and Clinical Applications (Advanced Workshop)

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

The information provided in this brochure including faculty, presentation titles, and presentation order is preliminary and may be subject to change prior to the actual event.
Clinical hypnosis has been a valuable treatment modality and adjunct for hundreds of years and has been used as an efficacious intervention in medical, dental, and behavioral health care. Clinical hypnosis incorporates understanding of current concepts of neuroanatomy, neurophysiology, and neuroplasticity with effective patient relationship and communication skills. This effective and useful clinical strategy has been defined as a special state of mental functioning, the process to create that state, the experience of oneself in that special state, and all of the above.

Hypnotic trance has also been described as a state of focused attention, inner absorption, perceptual distortion, and openness to change. Clinical hypnosis is a powerful therapeutic intervention that draws upon the skill, adaptability, and creativity of clinicians.

The benefits of using clinical hypnosis in treatment situations include:

- Rapid establishment of rapport and the hypnotic relationship developmental and readiness to change stages.
- Facilitation of change, ego-strengthening, personal mastery, and reduction of impediments to change.
- Cost-effective, collaborative, person-centered treatment.
- Providing patients with life-long skills for better health.

American Society of Clinical Hypnosis (ASCH) - approved Fundamentals (Level 1/Basic) training in clinical hypnosis is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of health care experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in Intermediate (Level 2) and Advanced level ASCH or ASCH-approved workshops.

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

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.
- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

Fundamentals of Clinical Hypnosis Workshop Faculty: Lane Wagaman (Workshop Chair); Maggie Dickens, Delle Jacobs, Mary Wells

THURSDAY, June 20, 2019 - This workshop begins in the evening
6:30 pm Welcome and Workshop Introduction (Combined Groups) (Wagaman)
6:45 Introduction to Level 1 (Wagaman) .5 CE/CME
7:00 Introduction to Clinical Hypnosis (Wagaman) .5 CE/CME

At the conclusion of this session the participant will be able to:
- Provide at least one commonly accepted definition of clinical hypnosis.
- Explain three to four hypnosis terms and how they apply to the clinical hypnosis experience.
- Identify and explain the contributions of two historical figures or studies that have modern day applications in clinical hypnosis.
- Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each.

7:30 Neurophysiology (Wells) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe how hypnosis affects the autonomic nervous system and the stress response.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis.
- Explain two differences and two similarities between hypnosis and meditation in a manner understandable by patient/clients.

8:15 Anatomy of a Hypnotic Session (Live Demonstration or Video) (Dickens, Jacobs, Wagaman).75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe the steps in a formal hypnotic encounter.
- Identify two characteristics of trance exhibited by the subject.
- Define three changes the facilitator made during the reorientation phase of trance.

9:00 Group Experience (Wagaman) .5 CE/CME
At the conclusion of this session the participant will be able to:
- Provide illustrative suggestions for eliciting hypnotic phenomena.
- Demonstrate the concept of trance logic.
- Illustrate applications of hypnotic phenomena in a trance experience.

9:30 RECESS

FRIDAY, June 21, 2019
8:30 am Rapport, Elicitation of Trance (Induction), and Re-orienting (Re-alterting) (Jacobs) 1.25 CE
At the conclusion of this session the participant will be able to:
- Describe three effective ways to build and reinforce rapport.
- Describe at least four observable physiological and four observable psychological signs of trance.
- Discuss the importance of removing suggestions.
- Demonstrate at least three methods of reorienting.
FRIDAY, June 21 (Cont'd)

9:45 am Introduction to Small Group Practice (Dickens) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Identify the goals and rules of the experiential small group practice sessions.

10:15 Demonstration of Induction #1 Focused/Diaphragmatic Breathing (Dickens, Jacobs) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Describe an elicitation using Focused/Diaphragmatic Breathing.

10:30 BREAK

10:45 Small Group Practice #1 (SGP1): Rapport, Elicitation of Trance (Induction), Re-orienting (Re-alerting) (Faculty) 1.5 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate one method to build attunement (rapport) with the subject.
-Facilitate at least one elicitation (induction) and reorientation method with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.
-Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:15 LUNCH ON YOUR OWN

1:30 Hypnotic Phenomenon (Wagaman) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Explain five different hypnotic phenomena.
-Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically.
-List at least two principles of eliciting phenomenon; Define abreaction and describe how it can be addressed therapeutically.

2:15 Intensifying (Deepening) of Hypnotic Experience (with demonstration) (Dickens) 1.0 CE/CME
At the conclusion of this session the participant will be able to:
-Describe three methods of trance intensification.
-Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client.
-Identify how fractionation can be used to intensify trance.

3:15 BREAK

3:30 Fundamentals of Hypnotic Communication and Formulation of Suggestions (Wagaman) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Explain at least two ways hypnotic communication creates positive expectancy.
-Discuss Erickson’s Principle of Individualization and Utilization as it pertains to language and suggestion.
-Name at least four commonly used words/phrases to reinforce the patient’s hypnotic experience.

4:15 Demonstration of Induction # 2: Eye fixation (Wagaman) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Describe a rapid induction using eye fixation.

4:30 Small Group Practice #2 (SGP2) Rapport, Elicitation of Trance (Induction), Intensification (Deepening), Re-orienting (Re-alerting) (Faculty) 1.5 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session.
-Facilitate at least one elicitation (induction) method, one intensification (deepening) method and reorientation method with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant.
-Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

6:00 RECESS

SATURDAY, June 22, 2019

8:30 am Ego strengthening (Jacobs) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Define what is meant by Ego strengthening and how it might be used in clinical practice.
-Identify three different types of Ego strengthening.
-Describe at least three strategies for Ego strengthening in clinical hypnosis practice.

9:15 Self-Hypnosis: What and How to Teach Patients (Dickens) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Define self-hypnosis and explain the difference between self-hypnosis and hetero-hypnosis.
-Describe at least three therapeutic applications of self-hypnosis in clinical practice.
-Explain how to teach self-hypnosis to a patient.

10:00 Demonstration of Induction #3: Eye Roll (Dickens, Jacobs, Wagaman) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Describe a rapid induction using eye roll.

10:15 BREAK

10:30 Small Group Practice #3 (SGP3): Rapport, Elicitation of Trance (Induction), Intensification (Deepening), Ego-strengthening Suggestions, Re-orienting (Re-alerting) (Faculty) 1.5 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session.
-Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant.
-Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00 LUNCH ON YOUR OWN

1:30 Understanding and Utilizing Resistance: Strategies that Work (Wagaman) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Describe three types of resistance.
-Identify at least four strategies for bypassing or working through resistance.
SATURDAY, June 22, 2019 (Cont’d)

2:15 Patient/Client Assessment, Presenting Hypnosis to the Patient/Client (Jacobs) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client.
-Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically.
-Discuss the fallibility of memory.

3:00 Demo of Induction #4: Levitation and Reverse Levitation (Wagaman) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Describe and demonstrate an induction using levitation and/or reverse levitation.

3:15 BREAK

3:30 Small Group Practice #4 (SGP4): Rapport, Elicitation of Trance (Induction), Deepening, Hypnotic Phenomenon, Ego-strengthening, Suggestions, Re-orienting (Re-alerting) (Faculty) 2.5 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate the ability to build attunement (rapport) with the subject different from previous practice sessions by identifying Ego strengthening suggestions of interest to subject to use in the treatment phase of the process.
-Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant.
-Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.
-Clarify readiness for incorporating hypnosis into practice.

6:00 RECESS

SUNDAY, June 23, 2019

8:30 Hypnosis with Children (Beighle) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Identify three developmental characteristics that make children particularly hypnotizable.
-Describe how hypnotic approaches vary according to the developmental age of the child.
-Describe the therapeutic benefits and applications of using hypnosis with children.

9:15 Treatment Planning, Strategy and Technique Selection in Hypnotherapy (Jacobs) 1.0 CE/CME
At the conclusion of this session the participant will be able to:
-Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan.
-Design a treatment plan for a patient/client who presents with anxiety.
-List at least four hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.

10:15 BREAK

10:30 Integrating into Practice (Dickens) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such.
-List at least three uses of hypnosis to their discipline that they have been taught and are ready to apply and three applications of hypnosis that require more training.
-Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into his/her practice.

11:15 Ethics (Wagaman) with Level 2 participants .5 CE/CME
At the conclusion of this session the participant will be able to:
-Describe at least two ethical-legal issues.
-Discuss standards for professional conduct in using hypnosis clinically.

11:45 ASCH Membership and Certification with Level 2 (Wagaman) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Discuss ASCH’s clinical hypnosis standards of training, levels of training, and requirements for, ASCH certification.
-Describe the opportunities available for further training, membership and certification.

12:00 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 skills, strategies and applications of clinical hypnosis. Part One taught “how to” do clinical hypnosis, and Part Two builds upon this skill set and furthers development, adding the when, why, and where to the “how”.

Benefits:

- Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management; Anxiety and Sleep Disorders; Habit Disorders).
- 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).
- More practice with the feedback of expert faculty.

The Refining Skills and Treatment Applications Workshop increases skills and builds confidence in the use of hypnosis. It prepares the learner 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.
- Describe the development and use of two metaphors that might be included in hypnotic treatment for a specific/defined patient presentation.
- Articulate the neurophysiology of hypnosis in a way that enhances understanding and use of hypnosis in clinical practice.

Refining Skills and Treatment Applications Workshop Faculty: Mary Wells (Chair), George Glaser, Delle Jacobs, Cheryl Beighle, Lane Wagaman

THURSDAY, June 20, 2019 - This workshop begins in the evening
6:30 pm Welcome and Workshop Introduction (Wagaman)
6:45 Introduction to Level 2 (Wells) .25 CE/CME
7:00 Applications of Hypnosis: Pediatrics (Beighle) 1.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - List at least three ways in which working with children is different from work with adults.
   - Demonstrate two hypnotic techniques that are effective with children and vary with the development level of the patient/client.
8:00 Skill Development with Metaphorical Approaches (Glaser) .75 CE/CME
   At the conclusion of this session the participant will be able to:
   - Explain the concept of utilization in the creation of metaphors.
   - Name two metaphorical inductions.
8:45 Group Practice Developing Metaphors (Glaser) .75 CE/CME
   At the conclusion of this session the participant will be able to:
   - Demonstrate how to construct therapeutic metaphors and give two examples of metaphorical suggestions.
9:30 RECESS

FRIDAY, June 21, 2019
8:30 Neurophysiology of Hypnosis (Wells) 1.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - List three brain regions or networks that research shows may be altered with hypnosis.
   - Discuss how the polyvagal theory relates to hypnosis.
   - Detail three implications of neurophysiological research on the practice of clinical hypnosis.
9:30 Refining Skills of Elicitations and Intensification (Otani) 1.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - Observe and identify three advanced inductions, and clarify conditions under which they may be indicated.
   - Describe three signs of increased suggestibility/trance.
   - Describe at least two hypnotic techniques for intensification or deepening of trance.
10:30 BREAK
FRIDAY, June 21, 2019 (Cont’d)

10:45 Refining Skills of Language and Suggestion (Wells) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Describe how to enhance rapport and compliance through positive reinforcement and utilization.
-Describe how to structure two direct and indirect suggestions.
-Define a conversational postulate and a double bind.

11:30 Group experience (Glaser, Wells) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Experience an advanced Ericksonian trance experience.

12:00 Processing Group Experience (Glaser, Wells .25 CE/CME
At the conclusion of this session the participant will be able to:
-Describe the use of hypnotic language and suggestions utilized in the group experience.

12:15 LUNCH ON YOUR OWN

1:30 Small Group Skill Practice #1 (SGP1) (Faculty) 1.75 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate as the operator and personally experience as the subject a hypnotic trance a new skill or application learned from the preceding lectures and demonstrations on the utilization of metaphors.

3:15 BREAK

3:30 Applications of Hypnosis: Pain (Wells) 1.5 CE/CME
At the conclusion of this session the participant will be able to:
-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.
-Discuss how hypnotic phenomenon such as amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain.
-Identify six hypnotic techniques that can be used either in acute or chronic pain management.

5:00 Demonstration and Practice of Glove Anesthesia (Glaser, Wells) 1.0 CE/CME
At the conclusion of this session the participant will be able to:
-Describe two strategies for glove anesthesia.
-Demonstrate how to increase skill in producing glove analgesia.

6:00 RECESS

SATURDAY, June 22, 2019

8:30 Demonstration of Specific Hypnotic Trance Facilitation: Brief/Rapid Trance Facilitation (Wagaman) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Describe how the demonstrated technique can be used in clinical practice.

9:00 Small Group Skill Practice #2 (SGP2) (Faculty) 1.25 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate as the operator and personally experience as the subject a hypnotic trance a new hypnotic skill or application learned from the preceding lectures and demonstrations on managing pain.

10:15 BREAK

10:30 Applications of Hypnosis: Anxiety, Fears & Phobias (Jacobs)
At the conclusion of this session the participant will be able to:
-Review principles stemming from research data on the treatment of anxiety and phobic disorders.
-Explicate a minimum of three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.

12:00 LUNCH ON YOUR OWN

1:30 Small Group Skill Practice #3 (SGP3) (Faculty) 1.75 CE/CME
At the conclusion of this session the participant will be able to:
-Demonstrate as the operator and personally experience as the subject a hypnotic trance.
-Utilize a new induction and deepening technique along with a new skill or application learned from the preceding lectures and demonstrations on managing anxiety.

3:15 BREAK

3:30 Applications of Hypnosis: Sleep Disorders (Wells) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Describe the difference between primary and secondary sleep problems.
-Develop a hypnotic intervention to address the common pattern of sleep performance anxiety.

4:00 Ego-Strengthening (Jacobs) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Define what is meant by Ego strengthening and how it might be used in clinical practice.
-Identify three different types of Ego strengthening.
-Describe at least three strategies for Ego strengthening in clinical hypnosis practice.
SATURDAY, June 22, 2019 (cont'd)

4:30  Applications of Hypnosis: Habit Disorders (Dickens) 1.5 CE/CME  
At the conclusion of this session the participant will be able to:  
- Discuss research literature on hypnosis in the treatment of habits.  
- Design an effective therapeutic intervention for two common habit disorders.

6:00  RECESS

SUNDAY, June 23, 2019

8:30  Treatment Planning (Glaser) .75 CE/CME  
At the conclusion of this session the participant will be able to:  
- Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.  
- List at least four applications of hypnosis suited to achieve a specific therapeutic goal.

9:15  Treatment Planning Practice (Glaser, Wells) 1.0 CE/CME  
At the conclusion of this session the participant will be able to:  
- Demonstrate how to create a treatment plan for two case examples.

10:15  BREAK

10:30  Demonstrations and/or Videos (Faculty) .75 CE/CME  
At the conclusion of this session the participant will be able to:  
- Identify and resolve two questions about hypnotic techniques that may be best suited to achieve a specific therapeutic goal.

11:15  Ethics (Wells) .5 CE/CME  
At the conclusion of this session the participant will be able to:  
- Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis.  
- Describe ethical issues and standards for professional conduct in using hypnosis clinically.

11:45  Certification, Training and Wrap-up (Wells) .25 CE/CME  
At the conclusion of this session the participant will be able to:  
- Identify the opportunities available for further training, membership and certification.

12:00  ADJOURN

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

SAVE THE DATE! 62nd ASCH-ERF ASMW March 19-22, 2020; RENO, NV!
Clinicians who integrate clinical hypnosis into their practices have frequently been asked by patients, colleagues, others, and perhaps themselves, “... what is the difference between hypnosis and mindfulness and/or meditation?”. Very often in ASCH Level 1 workshops this question is also asked and an appropriate, adequate, though rather brief explanation regarding the similarities and differences among these intervention strategies is offered. This workshop, taught by three highly respected and accomplished clinicians, researchers, and educators who are much appreciated and lauded clinical educators, will present a comprehensive and intensive review and explanation of those similarities and differences, not only from a didactic model but via accompanying demonstration and experiential and practice opportunities.

The workshop will begin with a comprehensive review of the nature and processes of hypnosis and meditation, including historical, theoretical, and neurophysiological comparisons and contrasts between hypnosis and contemplative processes such as meditation. Mindfulness meditation, for example Mindfulness Based Stress Reduction (MBSR), will be described, demonstrated, experienced and learned within the context of comparison with clinical hypnosis. Transcendental Meditation, another contemplative process will be discussed and demonstrated as it compares and differs from clinical hypnotic communication. The characteristics, processes, and effects of clinical hypnosis will be the foundational context for a review of counterparts of a variety of specific meditative strategies followed by description of the active therapeutic integration of clinical hypnosis and meditation.

Moving from general to more specific, the uses of clinical hypnosis and meditation techniques in the treatment of anxiety and depression will be discussed and demonstrated, followed by consideration of the uses of clinical hypnosis and meditation in clinical intervention with trauma.

Final considerations and discussions will center on the evidence for, as well as potential risks and contraindications for, therapeutic uses of meditation and/or clinical hypnosis. This will lead to consideration of ethical issues in the clinical use of hypnotic and/or meditative strategies. This advanced workshop will close with a period of questions and answers, requested demonstrations, and discussion of ways to integrate these techniques into clinical practice.

Faculty: Akira Otani (Chair), Cheryl Beighle, Sharon Spiegel

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

1. Describe two distinct characteristics of clinical hypnosis that differ from mindfulness meditation.
2. Describe and demonstrate the steps of Touch and Return Meditation.
3. Describe two treatment applications of combined elements of clinical hypnosis and mindfulness meditation.
10:30  BREAK
10:45  Mindfulness Meditation (in the tradition of MBSR) Part 2 and Comparison and Contrast with Clinical Hypnosis (Beighle) 1.25 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe two distinct treatment intervention applications of combined elements of clinical hypnosis and mindfulness.

12:00  LUNCH ON YOUR OWN
1:30   Comparison and Contrast Between Clinical Hypnosis and Transcendental Meditation (TM) (Spiegel) 1.5 CE/CME
   At the conclusion of this session the participant will be able to:
   - Explain three roles of a mantra in TM.
   - Describe two goals of TM and 2 goals of self-hypnosis.
   - Describe two experiential differences and two experiential similarities between TM and self-hypnosis.

3:15  BREAK
3:30  Touch and Return Meditation – with Experiential Practice (Otani) 2.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe the four steps of the Touch and Return Meditation
   - Demonstrate the teaching and application of the four steps of the Touch and Return Meditation

5:30   Question and Answer (Otani) .5 CE/CME
6:00   RECESS

SATURDAY, June 22, 2019
8:30  Review of Meditative Techniques: Body Scan, Loving-kindness; Walk. Tonglen; Description and Applications of Clinical Hypnosis Counterparts (Beighle, Otani) 2.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe the differences and similarities between the meditative techniques reviewed and clinical hypnosis.
   - Describe intervention situations in which one might use each strategy in clinical practice.

10:30  BREAK
10:45  Integration of Clinical Hypnosis with Meditation Strategies in Clinical Practice (Otani, Beighle, Spiegel) 1.25 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe the advantages of combining strategies in clinical interventions.
   - Describe potential risks involved in the use of contemplative strategies in clinical practice.

12:00  LUNCH ON YOUR OWN
1:30   Clinical Hypnosis and Meditation in the Treatment of Anxiety and Depression (Beighle, Spiegel) 1.75 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe the peer reviewed evidence for treatment of anxiety and depression via clinical hypnosis and mindfulness.
   - Describe clinical presentations or situations in which one might choose to introduce clinical hypnosis, mindfulness, or a combination of both.

3:15  BREAK
3:30  Clinical Hypnosis and Meditation in the Treatment of Trauma (Beighle, Otani) 2.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - Become familiar with hypnotic and mindfulness approaches to manage spontaneous abreaction.
   - Identify the four steps of the Mindfulness Based Oriented Trauma Therapy (MB-POTT).
   - Elucidate the use of both Focused Attention (FA) and Open Monitor (OM) meditation techniques to be applied in the four stages of MB-POTT.

5:30   Question and Answer (Faculty)
6:00   RECESS

SUNDAY, June 23, 2019
8:30   Evidence, Risks and Contraindications of Clinical Hypnosis and Meditation (Beighle, Otani) 2.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - Identify at least two risks for introduction of contemplative strategies in treatment
   - Describe at two indications and two potential contraindications for introduction of clinical hypnosis into treatment.

10:30  BREAK
10:45  Ethics in the Application of Clinical Hypnosis and Meditation (Beighle, Otani) 1.25 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe three potential adverse or non-productive effects of introduction of contemplative techniques into clinical practice.

12:00  ADJOURN

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

Cheryl Beighle, MD; Everett, WA
Member, Approved Consultant, ASCH; Board Certified, Pediatrics; Instructor, Weight Loss for Life; Medical Director, Integrative Medicine, Providence Regional Cancer Partnership; Board Member, Medical Director, ChildStrive; Partner, Physician, Behavioral and Integrative Consultative Pediatric Practice; Chair Provider, Well Being Program, The Everett Clinic, Everett, WA. Certified to teach Mindfulness Based Stress Reduction through the Center for Mindfulness at University of Massachusetts.

Ella “Maggie” Dickens, MS, LPC, LCDC, Shenandoah, TX
Member, Texas Association of Addiction Professionals; Member, Association of Addiction Professionals; Member, Academy of Integrative Pain Management; Member, American Counseling Association; Member, American Society of Clinical Hypnosis; Member, Employee Assistance Professionals Association. Clinical Director, Behavioral Health, Sprintz Center, The Woodlands, TX.

George Glaser, MSW, Austin, TX
Member, American Society of Clinical Hypnosis; Member, Association for Applied Psychophysiology and Biofeedback; Member, The Milton H. Erickson Institute of Austin; Member, The Milton H. Erickson Foundation, Inc. (Phoenix); Member, Central Texas Society of Clinical Hypnosis; Member, International Society of Hypnosis; Member, National Association of Social Workers; Member, Society for Clinical and Experimental Hypnosis; Psychotherapy practice, Austin, TX.

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.

Akira Otani, EdD, ABPH; Arnold, MD

Sharon Spiegel, PhD, ABPP; Bethesda, MD
Member, Approved Consultant, ASCH; Ethics Committees (ASCH & SCEH); member, Past President, Washington D.C. Society of Clinical Hypnosis; Diplomate in Counseling Psychology, American Board of Professional Psychology; Adjunct Clinical Professor, University of Maryland; Fellow, Division 30, American Psychological Association; Fellow, Society for Clinical and Experimental Hypnosis; Aerobics and Fitness Association of America, Certified Personal Trainer; private practice, Bethesda, MD.

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.

Mary Wells, PhD; Richmond, VA
Member, Approved Consultant, Member-at-Large Psychology, Executive Committee, ASCH; Past Membership Chair, Virginia Academy of Clinical Psychology; Clinical Faculty, Physical Medicine and Rehabilitation Department, Virginia Commonwealth University (VCU); Richmond, VA.
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.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is approved by the American Psychological Association 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.

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

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

Educational Funding 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).

ASCH-ERF Educational Schedule

2019

September 19-22, 2019  ASCH-ERF Regional Workshop; DoubleTree Hotel Chicago; Oak Brook, IL
October 17-20, 2019  ASCH-ERF Regional Workshop; Embassy Suites by Hilton Dallas Park Central Area; Dallas, TX
December 5-8, 2019  ASCH-ERF Regional Workshop; Rosen Plaza; Orlando, FL

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
This Regional Workshop will be held at The Westin Alexandria Old Town, 400 Courthouse Square, Alexandria, VA 223314. Ronald Reagan Washington International Airport is a 20-minute drive from the hotel.

ASCH-ERF has contracted a limited number of rooms at a discounted room rate of $170 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 June 5, 2019. Book early to receive the group rate. Call 1.888.236.2427 to make reservations for this event.

Local attractions and points of interest: Waterfront, King Street, George Washington Masonic Memorial

(photos courtesy of The Westin Alexandria Old Town)
June 20-23, 2019, Westin Alexandria Old Town, Alexandria, VA

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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* Basic 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 Method:

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

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

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 May 29, 2019 but on or before June 12, 2019 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after June 12, 2019. Exceptions will only be granted due to death of the participant or an immediate family member, severe illness/injury of the participant or an immediate family member, or the inability to travel due to legal or governmental restrictions/obligations, and require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

Mail to: ASCH, 140 North Bloomingdale Rd., Bloomingdale, IL 60108-1017
Fax to: 630/351-8490 / Questions? Please Call 630/980-4740