Clinical Hypnosis Workshop

December 13-16, 2018, Sheraton Sand Key Resort, Clearwater Beach, FL

The Fundamentals of Hypnosis (Level 1/Basic Workshop)

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

Case Conceptualization, Treatment Planning, and the Use of Clinical Hypnosis in Integrated Health Care (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 Fundamentals 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: Upon completion of this workshop, participants will be able to do the following in their practice:
– Identify and demonstrate at least three ways to induce a hypnotic trance and 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: Cheryl Beighle, Maryann Callen, Sher Daniels, Holly Forester-Miller, David Reid, Judy Thomas, Linda Thomson (Fundamentals Coordinator, Workshop Chair)

THURSDAY, December 13, 2018 - This workshop begins in the evening
6:30 pm Workshop Introduction (Combined Groups) (Thomson)
6:45 pm Introduction to Fundamentals of Hypnosis (Level 1/Basic) (Thomas)
7:00 Introduction to Clinical Hypnosis (Callen) 1.0 CE
At the conclusion of this session the participant will be able to:
Provide at least one commonly accepted definition of clinical hypnosis.
Explain 3 to 4 hypnosis terms and how they apply to the clinical hypnosis experience.
Identify and explain the contributions of 2 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.
8:00 Neurophysiology of Hypnosis (Thomas) .75 CE
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.
8:45 Anatomy of the Hypnotic Experience (Thomas) .75 CE
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.
9:30 RECESS

FRIDAY, December 14, 2018
8:30 am Principles and Process of Rapport, Attunement, Trance Elicitation (Induction) and Reorientation (Thomas).75 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.
Explain the significance of the Howard Alertness Scale and demonstrate proficiency in its use.
FRIDAY, December 14, 2018 (Cont’d)

9:45 am Demonstration of Elicitation #1: Focused Breathing (Callen) .25 CE
   At the conclusion of this session the participant will be able to:
   Describe an elicitation using Focused/Diaphragmatic Breathing.

10:00 Introduction to Small Group Practice (Thomas)
   At the conclusion of this session the participant will be able to:
   Identify the goals and rules of the experiential small group practice sessions.

10:30 BREAK

10:45 Small Group Practice of Hypnotic Process #1 (SGP1): Rapport, Elicitation, Re-Orienting (Thomas, Callen, Daniel, Beighle, Forester-Miller)
   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 pm LUNCH ON YOUR OWN

1:30 Hypnotic Phenomena (Thomas) .75 CE
   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.
   Describe illustrative suggestions that can be useful in elicitation of hypnotic phenomena.

2:15 Intensification (Deepening) of Hypnotic Experience (Callen) 1.0 CE
   At the conclusion of this session the participant will be able to:
   Describe at least 4 of the physiological and/or behavioral signs one might observe when a patient/client is in trance.
   Demonstrating the ability to intensify the hypnotic experience in ways best tailored to their patient/client.
   Identify at least 3 methods of trance intensification.

3:15 BREAK

3:30 Fundamentals of Hypnotic Language and Forumulation of Suggestions (Thomson) .75 CE
   At the conclusion of this session the participant will be able to:
   Explain at least two examples of effective language.
   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 Elicitation #2: Eye Fixation (Reid) .25 CE

4:30 Small Group Practice of Hypnotic Process #2 (SGP2): (Callen, Daniel, Reid, Thomson, Troyen) 1.5 CE
   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, December 15, 2018

8:30 am Ego Strengthening (Callen) .75 CE
   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 Patient/Client Assessment, Presenting Hypnosis to the Patient/Client (Thomas) .75 CE
   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.
   Discuss the similarities and differences of hypnosis, meditation and guided imagery.
   Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically.
   Discuss the infallibility of memory.
   Discuss the importance of informed consent when including hypnosis in treatment as it is required by practitioner’s state licensing regulations.

10:00 Demonstration of Elicitation #3 - Eye Roll (Thomas) .25 CE

10:15 BREAK

10:30 Small Group Practice of Hypnotic Process #3 (SGP3) Beighle, Callen, Thomas, Thomson, Troyen) 1.5 CE
   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.
SATURDAY, December 15, 2018 (Cont’d)

12:00 pm LUNCH ON YOUR OWN

1:30 Strategies for Managing Resistance (Callen) .75 CE
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.

2:15 Self-Hypnosis: How and What to Teach Patients (Thomas) .75 CE
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.
Formulate a self-hypnosis protocol best suited to the individual patient/client needs and effectively coach same patient/client in its use.

3:00 Demonstration of Elicitation #4 (Callen) .25 CE
At the conclusion of this session the participant will be able to:
Describe and demonstrate an induction using eye fixation.

3:15 BREAK

3:30 Small Group Practice of Hypnotic Practice #4 (SGP4) (Beighle, Callen, Forester-Miller, Reid, Thomas) 2.5 CE
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, December 16, 2018

8:30 am Hypnosis with Children (Thomson) .75 CE
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 (Callen, Thomas) 1.0 CE
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 Hypnosis into Clinical Practice (Callen, Thomas) .75 CE
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.

11:15 Ethical Principles and Professional Conduct (with Level 2/Intermediate) (Thomson) .5 CE
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/Intermediate) (Thomson) .25 CE
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 your skills, strategies and applications of clinical hypnosis. Part one taught you “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers your development so you add the when, why and where to the “how to”.

Advantages:

- Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management; Anxiety, Phobias: Depression; Sleep and Habit Disorders;
- Learn more techniques for the creative use of the language of suggestion to facilitate change and how to create and use metaphors in hypnosis;
- Learn specific tools: complex and pediatric inductions and intensification techniques; psychodynamic exploration, ideomotor signaling, glove anesthesia and Heart Rate Variability (HRV) Biofeedback;
- More small group 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: Cheryl Beighle, Sheryll Daniel, Holly Forester-Miller, David Reid, Linda Thomson (Workshop Chair)

THURSDAY, December 13, 2018 - This workshop begins in the evening
6:30 pm Welcome (Combined Groups) (Thomson)
6:45 Introduction to Refining Skills and Treatment Applications (Level 2/Intermediate) (Beighle)
7:00 Skill Development with Metaphorical Approaches (Thomson).75 CE
   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.
7:45 Group Practice Developing Metaphors (Beighle, Daniel, Forester-Miller, Thomson) 1.0 CE
   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.
8:45 Applications of Hypnosis: Sleep Disorders (Daniel) .75 CE
   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.
9:30 RECESS

FRIDAY, December 14, 2018
8:30 am Neurophysiology of Hypnosis (Thomson) 1.0 CE
   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 Inductions and Deepening (Beighle, Daniel, Forester-Miller) 1.0 CE
   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, December 14, 2018

10:45  Refining Skills of Language and Suggestion (Thomson) .75 CE
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 (Thomson) .5 CE
At the conclusion of this session the participant will be able to:
Experience an advanced Ericksonian trance experience.

12:00  Group experience (Thomson) .25 CE
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 pm  LUNCH ON YOUR OWN

1:30  Small Group Skill Practice #1 (SGP1)/(Beighle, Daniel, Reid, Troyen) 1.75 CE
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.

3:15  BREAK

3:30  Applications Hypnosis: Pain (Beighle) 1.5 CE
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 phenomena such as amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain.
Identify six hypnotic techniques that can be used in acute or chronic pain management.

5:00  Demonstration and Practice of Glove Anesthesia (Beighle) .25 CE
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.

SATURDAY, December 15, 2018

8:30 am  Demonstration of Hypnotic Strategy or Technique (Daniel) .5 CE
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)/(Forester-Miller, Reid, Thomson, Troyen) 1.25 CE
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 hypnotic skill or application learned from the preceding lectures and demonstrations.

10:15  BREAK

10:30  Applications of Hypnosis: Anxiety, Fears and Phobias (Forester-Miller) 1.5 CE
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.
Explain a minimum of three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.

12:00 pm  LUNCH ON YOUR OWN

1:30  Small Group Skill Practice #3 (SGP3) (Beighle, Forester-Miller, Reid, Thomson) 1.75 CE
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.

3:15  BREAK

3:30  Applications of Hypnosis: Pediatrics (Thomson) 1.0 CE
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.

4:30  Applications of Hypnosis: Habit Disorders (Thomson) 1.5 CE
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, December 16, 2018

8:30 am  Treatment Planning (Forester-Miller) .75 CE
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.

9:00  Treatment Planning Practice (Beighle, Daniel, Forester-Miller) 1.0 CE
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 (Thomson) .75 CE
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 (with Level 1/Basic) (Thomson) .5 CE
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 with Fundamentals group (Combined with Level 1/Basic) (Thomson) .25 CE
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!
Integrative case formulation has long been considered a core skill of trained health care professionals. However, while many articles describe what case formulation might include, and how to use the process, many health care professionals remain uncertain and uncomfortable with the use of this skill, how to integrate hypnosis into the plan and how it can appropriately inform ongoing and frequently changing treatment. This might be particularly true for clinicians from varied health care disciplines who use the dynamic and powerful intervention strategy of clinical hypnosis.

The workshop will feature presentations and discussion by several widely experienced and capable clinicians, who are accomplished and respected educators, of clinical applications of case conceptualization and treatment planning, with emphasis on specific patient populations and presentations, and with particular focus on the inclusion of clinical hypnosis in the health care relationship.

Dr. David Reid will focus on case formulation and treatment planning using hypnosis for the treatment of anxiety and phobic disorders. Two case studies will be reviewed and include a thorough review of each case and the rationale for selected treatment interventions. Participants will have the opportunity to generate their own hypnotic treatment plan for an individual who suffers from a specific phobia.

How to conceptualize the issues being presented in complicated cases will be discussed and demonstrated by Dr. Holly Forester-Miller. She will review the psychological and medical issues in hypnotic surgery preparation for a patient having very complex surgery with a trauma history related to prior surgeries and related grief issues. Participants will have the opportunity to work through another complicated case for which hypnosis was effective in helping a woman whose anxiety impacted every area of her life and manifested in a variety of physical symptoms.

Case formulation and treatment planning when working with patients with obesity will be discussed by Dr. Cheryl Beighle. Biobehavioral interventions and hypnotic strategies will be presented.

Dr. Sheryll Daniel will discuss case formulation and the use of hypnosis in the treatment of depressive disorders. She will focus on when and how to focus on addressing the patient’s symptoms, and how to discern when deeper exploration of the causes of depression and the triggers for a specific depressive episode is indicated. She will demonstrate the integration of hypnosis with cognitive-behavioral techniques. She will provide case reviews as examples.

Participants will create treatment plans for a patient with a depressive disorder.

At the conclusion of this session the participant will be able to:
* Describe how case conceptualization informs treatment planning.
* Compare and contrast presentation themes and commonalities as they apply to case conceptualization and treatment planning.
* Explain how to modify intervention strategies when appropriate during the course of treatment.
THURSDAY, December 13 2018 - This workshop begins in the evening

6:30 pm Welcome (Combined Groups)
6:45 Introduction to Advanced Workshop (Reid)
7:00 Overview of Case Formulation and Conceptualization (Reid) 2.5 CE
   Educational Objective for this session:
   Describe how case conceptualization informs treatment planning.

9:30 RECESS

FRIDAY, December 14, 2018

8:30 am Anxiety, Panic and Phobias (Reid) 1.75 CE
   Educational Objectives for this session:
   Review etiology of Anxiety Disorders including Panic and Specific Phobias.
   Explicate a minimum of three hypnotic interventions for treating anxiety disorders.
   Provide a rationale for employing each measure.

10:15 BREAK
10:30 Treatment Planning for Anxious Patients (Reid) 1.5 CE
   Educational Objective for this session:
   Generate a treatment plan using hypnosis for treatment of an anxiety disorder.

12:00 pm LUNCH ON YOUR OWN

1:30 Processing a Live Demonstration and Participant Practice (Forester-Miller) 1.75 CE
   Educational Objectives for this session:
   Discuss a demonstration of a session using hypnosis with focus on how the presenter conceptualized the issue/s presented.
   Analyze a demonstration of a session with focus on why the presenter chose to do what they did.
   Conduct a brief session using hypnosis and explain their process in how they chose to proceed.

3:15 BREAK
3:30 Working through Conceptualizing and Planning with Complicated Cases (Forester-Miller) 2.5 CE
   Educational Objectives for this session:
   Recognize numerous psychological issues in a complicated case for which hypnosis could be useful.
   Ascertain numerous medically related issues in a complicated case for which hypnosis could be useful.
   Identify a reasonable starting place for working with a complicated case.
   Write three suggestions for one of the issues identified in a complicated case.

6:00 RECESS

SATURDAY, December 15, 2018

8:30 am Obesity is a National Epidemic (Beighle) 1.75 CE
   Educational Objectives for this session:
   Discuss the epidemic and consequences of increasing obesity.
   Name three strategies that are effective for weight loss.
   Describe three hypnotic interventions for weight loss.

10:15 BREAK
10:30 Case Formulation for Patients with Depressive Disorders (Daniel) 1.5 CE
   Educational Objectives for this session:
   Describe case formulation and the use of hypnosis in the treatment of depressive disorders.
   Explicate when and how to focus on addressing the patient’s symptoms.

12:00 pm LUNCH ON YOUR OWN

1:30 Integrating Hypnosis and CBT for Depressed Patients (Daniel) 1.75 CE
   Educational Objectives for this session:
   Name two hypnotic interventions for treating patients with depressive symptoms.
   Demonstrate the integration of hypnosis with cognitive-behavioral techniques.

3:15 BREAK
3:30 Creating a Treatment Plan for Depressive Disordered Patients (Daniel) 2.5 CE
   Educational Objectives for this session:
   Explain how to discern when deeper exploration of the causes and triggers of depression are indicated.
   Create a treatment plan for a patient with a depressive disorder that includes utilizing hypnosis.

6:00 RECESS

SUNDAY, December 16, 2018

8:30 am Putting it All Together and Summary (Reid) 1.75 CE
   Educational Objective for this session:
   Compare and contrast presentation themes and commonalities as they apply to case conceptualization and treatment planning.

10:15 BREAK
10:30 Wrap-up with Question and Answer (Beighle, Daniel, Forester-Miller, Reid) 1.5 CE
   Educational Objectives for this session:
   Describe the importance of rapport, attunement, and utilization in clarifying, guiding and initiating treatment.
   Explain how to modify intervention strategies when appropriate during the course of treatment.

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, Regional Workshop Committee, 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 Consultive Practice; Chair, Pediatrics, Provider, Well Being Program, The Everett Clinic, Everett, WA.

Mary Ann S. Callen, Psy.D.; Dothan, AL
Member, Approved Consultant, ASCH; Aeromedical Psychologist, Lyster Army Health Clinic, Ft. Rucker, AL; Professional Psychologist, PTSD/Trauma Outpatient Clinics VA Medical Center, Huntington, WV; PTSD/SUD Specialist (residential treatment), VA Medical Center, Sheridan, WY; Lecturer, United States Army School of Aviation Medicine (USASAM), Ft. Rucker, AL; Member, Presenter, American Psychological Association (APA); Member, EMDR International Association.

Sheryll Daniel, PhD; Cary, NC
Fellow, Approved Consultant, Co-Chair, Education Committee, Past President, ASCH; Past President, North Carolina Society of Clinical Hypnosis (NCSCH); Couples’ Therapy, Sex Therapy, Performance Psychology, and Mind-Body Medicine Specialty; private practice, Cary, NC.

Holly Forester-Miller, PhD; Durham, NC
Holly Forester-Miller, Ph.D., LPC: President, Medical Hypnosis Consultants, PLLC and Wellness Consultants International, Durham, NC.; ASCH Approved Consultant; 15 years as Medical Center Instructor/Small Group Leader, Practice Course, Duke University Medical Center; Founder, Medical Hypnosis Foundation. Professor of Counseling (2001) North Carolina Central University. Developed protocol and Teach-Self-Hypnosis Classes for Cancer Patients. Chair of the Training and Consultation Workshop (TCW) for ASCH. Past-Treasurer of the American Society of Clinical Hypnosis. Course coordinator and Faculty in ASCH approved workshops for 30 years. Guest Editor of 2017 special edition of AJCH - The Benefits of Hypnosis in Cancer Care.

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

Judith A. Thomas, DDS; Arlington, VA
Member, Approved Consultant, Member, Education Committee, Chair, Mentoring & Outreach Task Force, Co-Chair, Refining Skills Workshop, 2018 Annual Meeting Program Committee, Member-at-large Dentistry, Executive Committee; ASCH; Member, American Dental Association; Member, Virginia Dental Association; private practice, Arlington, VA.

Linda Thomson, MSN, APRN, ABMH, ABHN; Ludlow, VT (Workshop Chair)
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.
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).

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

### ASCH-ERF Educational Schedule

<table>
<thead>
<tr>
<th>2019</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>January 20-27, 2019</td>
<td>ASCH-ERF Workshop at Sea; Holland America Lines; Mexican Riviera Cruise</td>
</tr>
<tr>
<td>March 28-31, 2019</td>
<td>ASCH-ERF Annual Scientific Meeting &amp; Workshop; Hyatt regency San Antonio Riverwalk; San Antonio, TX</td>
</tr>
<tr>
<td>May 2-5, 2019</td>
<td>ASCH-ERF Regional Workshop; Seattle Marriott Bellevue; Bellevue, WA</td>
</tr>
<tr>
<td>June 20-23, 2019</td>
<td>ASCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria; Alexandria, VA</td>
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<tr>
<td>September 19-22, 2019</td>
<td>ASCH-ERF Regional Workshop; DoubleTree Hotel Chicago; Oak Brook, IL</td>
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<tr>
<td>October 17-20, 2019</td>
<td>ASCH-ERF Regional Workshop; Embassy Suites by Hilton Dallas Park Central Area; Dallas, TX</td>
</tr>
<tr>
<td>December 5-8, 2019</td>
<td>ASCH-ERF Regional Workshop; Rosen Plaza; Orlando, FL</td>
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For more information visit www.asch.net or contact ASCH at 1.630.980.4740 or info@asch.net
Sheraton Sand Key Resort, Clearwater Beach, FL

This Regional Workshop will be held at the Sheraton Sand Key Resort, 1160 Gulf Blvd, Clearwater Beach, FL 33767.

Situated in Clearwater, Sheraton Sand Key Resort offers unique 4-star accommodation, as well as a swimming pool and free Wi-Fi. There is also a fitness center with a swimming pool. The in-house spa offers a variety of facial and body treatments. Every stylish room at Sand Key Sheraton has a refrigerator and all the necessities for a comfortable stay. All provide wireless internet access and tea and coffee making facilities.

Those staying at Sheraton Sand Key can enjoy a drink at Turtle Bar, after enjoying a meal at Rusty’s Bistro. Places to dine at the resort include Poolside Café and Mainstay Tavern. A wide selection of cafés and restaurants are also available in close proximity to the property.

Tampa International Airport is a 40-minute drive from Sheraton Sand Key Resort Clearwater. The resort's multilingual staff will make sure that every traveler has a hassle-free stay.

ASCH has contracted a limited number of rooms at a discounted room rate of $162 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 November 19, 2018. So book early to receive the group rate. Call 1.727.595.1611 to make reservations for this event.

Photo credit: Boone Clemmons
**December 13-16, 2018 / Clearwater Beach, FL, Sheraton Sand Key Resort**

<table>
<thead>
<tr>
<th>Name: (Print Clearly)</th>
<th>Degree:</th>
<th>License #: (required info)</th>
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<tbody>
<tr>
<td>Address:</td>
<td></td>
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</tr>
<tr>
<td>City:</td>
<td>State/Province:</td>
<td>Zip/Postal Code:</td>
</tr>
<tr>
<td>Office Phone:</td>
<td>Home Phone:</td>
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</table>

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:**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
<th>Resident/Intern/ECP</th>
<th>Student</th>
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</thead>
<tbody>
<tr>
<td>Basic*</td>
<td>$457</td>
<td>$657</td>
<td>$317</td>
<td>$272</td>
</tr>
<tr>
<td>Intermediate</td>
<td>$457</td>
<td>$657</td>
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<td>$272</td>
</tr>
<tr>
<td>Advanced</td>
<td>$457</td>
<td>$657</td>
<td>$317</td>
<td>$272</td>
</tr>
</tbody>
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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:**

<table>
<thead>
<tr>
<th>Registration Fee:</th>
<th>Hypnotic Induction and Suggestion- $20 each x =</th>
</tr>
</thead>
<tbody>
<tr>
<td>Handout Fee (minus $37)</td>
<td></td>
</tr>
<tr>
<td>Total Amount Due:</td>
<td></td>
</tr>
</tbody>
</table>

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

Credit Card #: ___________________________  Exp. Date: ____________  CVS Code: ____________

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 November 13, 2018 but on or before November 28, 2018 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after November 28, 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.

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