INTRODUCTORY HYPNOSIS WORKSHOP
THE BEHAVIORAL MEDICINE PROGRAM
CAMBRIDGE HEALTH ALLIANCE

Oct 15 – 17, 2011

LOCATION: CHA Malden Family Medicine Center
195 Canal Street
Malden, MA 02148

TIMES:
Saturday, October 15 9 AM - 5 PM
Sunday, October 16 9 AM - 5 PM
Monday, October 17 9 AM -5. PM

COURSE DIRECTORS: Jean Fain LICSW, Nicole Flory PhD, Peter McEntee MSW, Catherine Schuman PhD

SATURDAY, October 15

9:00 – 10:15 AM Overview of Hypnosis McEntee

- A Brief History of Hypnosis
- The Nature of Hypnosis: State vs. Trait Theories; Ego Psychology, Cognitive Psychology, Social Psychology
- Elements of Hypnotic Responding
  - Subjective Characteristics of Hypnotic Experience
  - Objective Characteristics of Hypnotic Response in the Highly Hypnotizable
- The Hypnotic Relationship
- Hypnotizability: Distribution in the Population and across the Life Cycle

Learning objectives:
1) Participants will summarize the history of clinical hypnosis since the late 18th century.
2) Participants will describe the distribution of hypnotizability across the adult population.
3) Participants will identify two major theoretical perspectives of the 20th and 21st centuries regarding the mechanisms of hypnotic phenomena.
4) Participants will cite two areas within their own practice that could benefit from the use of hypnosis.

10:15 – 10:30 AM Video Demonstration: Hypnotic Phenomena
**Learning objectives:**
1) Participants will recognize at least six types of hypnotic phenomena.
2) Participants will explain the importance of closely observing facial expression, muscle tone, breathing rate, and skin color.
3) Participants will describe two observable differences between high-hypnotizable and low-hypnotizable individuals.
4) Participants will describe two different forms of ideomotor phenomena.

10:30 – 10:45 AM Break

10:45 – 11:15 AM Group Induction Schuman
- Induction: Eye Fixation
- Deepening: Magnets
- Progressive Relaxation
- Utilization: Guided Imagery
- Post Hypnotic Suggestion
- Termination: Counting

**Learning objectives:**
1) Participants will describe their subjective experience of responding to hypnotic suggestions.
2) Participants will assess their own degree of responsiveness to hypnotic suggestions of various types and levels of difficulty.
3) Participants will recognize the difference between hypnotic susceptibility and hypnotic depth.
4) Participants will increase their awareness of transitions between states of consciousness.

11:15 – 11:45 AM The Pre-hypnotic Interview McEntee
- The Interview & Myths about Hypnosis
- Indications, Contraindications, Precautions, Informed Consent

**Learning objectives:**
1) Participants will refute three common myths about hypnosis.
2) Participants will cite three areas of assessment in a pre-hypnotic interview not typically included in a standard diagnostic interview.
3) Participants will describe the effects of hypnosis on memory and the limitations of hypnotic memory effects.
4) Participants will cite three indications and three contraindications for using hypnosis clinically.

11:45 – 12:15 Demonstration Fain
- Coin Drop
- Staircase Deepening
- State Report (verbal)
- Hypnotic Dream (self as hypnotist)
- Post Hypnotic Suggestions (tapping produces nose itching and post hypnotic amnesia)
- Counting, Eyes Open Trance, Termination

Learning objectives:
1) Participants will reproduce effective wording of an ideomotor suggestion.
2) Participants will utilize sensory imagery for deepening hypnotic trance.
3) Participants will recognize that responsiveness to suggestion can occur outside the context of formal trance.
4) Participants will explain the importance of pacing suggestions to the subject's rate of response.

12:15 NOON – 1:15 PM LUNCH

1:15 – 1:45 PM Overview of a Hypnotic Session McEntee
- Structure of Hypnotic Suggestions
- Structure of the Hypnotic Session
  - Induction Techniques
  - Deepening:
    - Ideomotor Phenomena
    - Relaxation Imagery
    - Trance Ratification
    - State reporting
  - Trance Utilization
  - Trance Termination and Debriefing
Learning objectives:
1) Participants will describe nine principles underlying the construction of hypnotic suggestions.
2) Participants will formulate effective suggestions that build on previous responses.
3) Participants will explain the function of the different phases of a hypnotic session.
4) Participants will explain the utilization of observable responses to suggestion for the purpose of trance ratification.

1:45 – 2:15 PM  Demonstration – Induction Techniques  McEntee

- Chiasson
- Eye fixation
- Coin drop
- Imagery
- Chevreul pendulum
- Termination of trance

Learning objectives:
1) Participants will be able to perform five different hypnotic inductions.
2) Participants will explain the importance of pacing suggestions.
3) Participants will explain the importance of using sensory language.
4) Participants will be able to perform a termination suggestion to conclude a period of hypnotic trance.

2:15 – 2:30 PM  Break

2:30 – 2:45 PM  Instructions for Practice  Fain

2:45 – 4:00 PM  Practice #1  Staff

4:00 – 4:30 PM  Practice Debriefing and Troubleshooting  Faculty

Learning objectives:
1) Participants will demonstrate competence in administering five different hypnotic induction techniques.
2) Participants will demonstrate appropriate pacing and individualization of suggestions.
3) Participants will demonstrate effective use of voice tone and inflection to enhance suggestions.
4) Participants will improvise goal-congruent tactics for managing unexpected responses.
4:30 – 5:00 PM Video: Smoking Cessation

Learning objectives:
1) Participants will explain the importance of ego-strengthening suggestions.
2) Participants will explain the importance of positive suggestions for behavior change.
3) Participants will describe a versatile post-hypnotic suggestion for self-soothing.
4) Participants will describe a technique for demonstrating glove anesthesia.

SUNDAY, October 16

9:00 – 9:30 AM Types of Suggestions; Treatment Planning Fain
- Direct, Indirect, and Permissive Suggestions
- Ericksonian Hypnosis
- Treatment Planning: General Considerations

Learning objectives:
1) Participants will name and describe three different styles of hypnotic suggestion.
2) Participants will describe the use of permissive amnesia.
3) Participants will explain the use of confusion in Ericksonian hypnosis.
4) Participants will state two important considerations in planning hypnotic treatment.

9:30 – 10:45 AM Practice #2 Staff

10:45 – 11:00 AM Discuss Practice

Learning objectives:
1) Participants will demonstrate competence in transitioning through a series of connected suggestions.
2) Participants will demonstrate competence in adjusting pacing, wording, and reinforcement of suggestions according to the subject’s response.
3) Participants will accurately assess subject’s response by observing non-verbal behavior and body language.
4) Participants will demonstrate safe and effective debriefing of the subject following termination of hypnosis.

11:00 – 12:00 PM Hypnotic Pain Management Flory
Learning objectives:
1) Participants will name and explain four cognitive strategies for managing pain perception.
2) Participants will describe three differences between acute pain and chronic pain.
3) Participants will briefly explain Gate Control Theory in layperson’s language.
4) Participants will cite three clinical applications of hypnotic pain management strategies.

12:00 – 12:15 PM	Video: Hypnosis for Surgical Anaesthesia (Elvira Lang)
Learning objectives:
1) Participants will explain the role of anxiety reduction in managing pain.
2) Participants will explain the importance of self-efficacy perception in managing pain.
3) Participants will describe the effectiveness of using a personalized script incorporating the subject’s own preferred imagery.
4) Participants will describe the relationship between the use of hypnotic imagery for invasive procedures performed under local anesthesia and the incidence of adverse outcomes.

12:15 PM – 1:30 PM	LUNCH

1:30 – 2:00 PM	Supportive Hypnotherapy	Fain

- Safe Place Exercise
- Stabilization Techniques
- Ego Strengthening
- Coping Rehearsal

Learning objectives:
1) Participants will describe three imagery techniques for managing overwhelming affect.
2) Participants will describe a method for establishing cue-induced relaxation.
3) Participants will describe the use of coping rehearsal.
4) Participants will explain how to interweave ego-strengthening with other hypnotic suggestions.

2:00 – 2:30 PM	Video: Treatment of IBS
Learning objectives:
1) Participants will explain the role of autonomic dysregulation in producing and maintaining the symptoms of IBS.
2) Participants will cite three main diagnostic criteria for IBS.
3) Participants will describe four behavioral changes that can help reduce the symptoms of IBS.
4) Participants will describe and reproduce an effective series of suggestions for IBS.

2:30– 3:00 PM   Narrative Hypnotherapy Techniques       McEntee
Learning objectives:
1) Participants will describe the use of hypnoprojective techniques for working with narrative, historical, and fantasy material.
2) Participants will describe how to distinguish between low hypnotic ability and defensive blocking when assessing responses to hypnoprojective suggestions.
3) Participants will describe three differences between nocturnal dreams and hypnotic dreams.
4) Participants will explain three important safeguards for preventing adverse iatrogenic effects.

3:00 – 3:15 PM     BREAK

3:15– 4:45 PM  Practice # 3       Staff

4:45– 5:00 PM  Discuss Practice       Staff
Learning objectives:
1) Participants will demonstrate increased competence in transitioning through a series of connected suggestions.
2) Participants will demonstrate increased competence in adjusting pacing, wording, and reinforcement of suggestions according to the subject’s response.
3) Participants will accurately assess subject’s response by observing non-verbal behavior and body language.
4) Participants will demonstrate safe and effective debriefing of the subject following termination of hypnosis.

MONDAY, October 17

9:00 – 10:00 AM   Demonstration       McEntee
• Induction: Chevreul Pendulum
• Deepening: Elevator
• Utilization: Perceptual/Affect Amplification and Time Regression to a Positive Experience

Learning objectives:
1) Participants will reproduce effective wording of deepening suggestions.
2) Participants will cite two benefits of promoting subject’s self-regulation of trance depth.
3) Participants will recognize and reproduce two important safeguards when using suggestions that alter a subject’s sense of self.
4) Participants will describe the impact of temporal and personal point of view with regard to enhancing the immediacy and vividness of imagery.

10:00 – 10:15 AM           BREAK

10:15 – 11:45 AM    Practice # 4           Staff

11:45 –12:00         Discuss Practice

Learning objectives:
1) Participants will demonstrate increased competence in transitioning through a series of connected suggestions.
2) Participants will demonstrate increased competence in adjusting pacing, wording, and reinforcement of suggestions according to the subject’s response.
3) Participants will accurately assess subject’s response by observing non-verbal behavior and body language.
4) Participants will demonstrate safe and effective debriefing of the subject following termination of hypnosis.

12:00 NOON – 1:15 PM         LUNCH

1:15 – 2:30 PM    Hypnosis and Anxiety           Schuman

Learning objectives:
1) Participants will explain three treatment targets used in the treatment of all anxiety disorders.
2) Participants will explain the roles of the sympathetic and parasympathetic nervous systems in modulating anxiety symptoms.
3) Participants will explain the advantages of augmenting evidence-based treatment interventions for anxiety with hypnotic suggestions.
4) Participants will describe how to incorporate exposure into hypnotic strategies for treating anxiety.
2:30 – 3:00 PM    Videos: Hypnosis in Behavioral Medicine (Wicks, Fain)
Learning objectives:
1) Participants will describe an informal method of assessing hypnotizability
   clinically, using the subject’s responses to an individualized sequence of
   suggestions.
2) Participants will cite three improved outcomes reported for the use of
   hypnosis in burn treatment.
3) Participants will increase their appreciation of the importance of voice tone
   and word stress in facilitating hypnotic response.
4) Participate will reproduce effective language for giving hypnotic suggestions
   for analgesia.

3:00 – 3:45 PM    Hypnotic Smoking Cessation    Fain
Learning objectives:
1) Participants will explain three key features of Helen Watkins’ approach to
   hypnotic smoking cessation.
2) Participants will cite three benefits of using self-monitoring of smoking prior to
   quitting.
3) Participants will describe the use of ideal self suggestions to facilitate
   smoking cessation.
4) Participants will name and explain two treatment components essential to
   relapse prevention.

3:45 – 4:30 PM    Self-hypnosis    Schuman
Learning objectives:
1) Participants will describe their own subjective experience of self-hypnosis.
2) Participants will describe two differences between self-hypnosis and
   heterohypnosis.
3) Participants will describe an unobtrusive ideomotor suggestion for inducing
   self-hypnosis.
4) Participants will explain the importance of structure and planning for safe use
   of self-hypnosis.

4:30 – 4:55 PM    Next Steps:
                  Staff
                  - First Patients
                  - Supervision and Certification
                  - Resources
Learning objectives:
1) Participants will summarize what they have learned from the workshop.
2) Participants will assess their degree of interest in learning further about hypnosis.
3) Participants will list three types of cases suitable for beginning practice under supervision.
4) Participants will describe the requirements for ASCH certification in clinical hypnosis.

4:55 – 5:00 PM Course Evaluations and Certificates