FUNDAMENTALS OF HYPNOSIS WORKSHOP (BASIC WORKSHOP)

Co-Chairs: Mary Wells, PhD and Daniel Handel, MD
Additional faculty: George Glaser, MSW, DAHB; Delle Jacobs, MSW, LICSW, LMFT; Kent Massie, LPC; Kelly Mulroy, MA; Robert Staffin, PsyD. ABPH; Judith Thomas, DDS; Marie-Gabrielle Reed, PhD; David Reid, PsyD

Saturday, March 12, 2016
8:00 am Attend the plenary session
9:00 Networking Break
9:30 Intro to Basic (Handel & Wells)
10:00 History, Definitions, Myths and Misperceptions of Hypnosis (Massie)
   Educational Objectives for this session:
   – Outline major historical events in hypnosis and mesmerism;
   – Provide a definition of hypnosis related to relevant scientific research;
   – Discuss major theories of hypnosis including neo-dissociative social psychological, psychodynamic, social learning or expectancy, the Ericksonian theoretical approach, and multifactor or multidimensional formulations; and
   – Identify the major myths and misconceptions regarding hypnosis.

11:00 Lunch on your own
1:00 pm Presenting Hypnosis to the Patient; Informed Consent (Jacobs)
   Educational Objectives for this session:
   – Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient;
   – Explain the difference between self-hypnosis and hetero-hypnosis;
   – List the steps to teach self-hypnosis to patients; and
   – Name at least three therapeutic applications of self-hypnosis in clinical practice.

2:00 Group Hypnotic Experience (Jacobs)
   Educational Objectives for this session:
   – Provide illustrative suggestions for eliciting hypnotic phenomena;
   – Illustrate the concept of trance logic; and
   – Illustrate applications of hypnotic phenomena in a first trance experience.

2:30 Networking Break
3:00 Induction and Realerting, with Demos (Wells)
   Educational Objectives for this session:
   – Describe at least two reasons for removing suggestions and realerting patients.

4:00 Stages of Hypnosis (Wells)
   Educational Objectives for this session:
   – List the traditional “stages of hypnosis.”

4:30 Networking Break
5:00 SGP 1 (Induction, Realerting) (Wells, Handel, Jacobs, Massie, Mulroy, Reid)
   Educational Objectives for this session:
   – Personally experience to the degree they are capable, one hypnotic induction and realerting;
   – Demonstrate the ability to build rapport with the subject; and
   – Demonstrate the ability to facilitate at least one induction method and realerting from the lectures with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

6:30 Recess

Sunday, March 13, 2016
8:00 am Attend the plenary session
9:00 Networking Break
9:30 Principles of Formulating Suggestions (Staffin)
   Educational Objectives for this session:
   – Identify and define at least 6 principles of hypnotic induction and suggestion;
   – Cite at least 4 types of hypnotic suggestions;
   – Describe an induction with therapeutic suggestions;
   – Identify steps in facilitating hypnotic induction;
   – Identify at least 6 principles of hypnotic induction and suggestion; and
   – Cite at least 4 types of hypnotic suggestions.

10:30 Intensification and Deepening Techniques and Demonstration (Jacobs)
   Educational Objectives for this session:
   – Describe at least 2 hypnotic inductions for intensification of trance; and
   – Describe at least 4 traditional methods for “deepening” hypnotic involvement.
Sunday, March 13, 2016 (cont)

11:00    Lunch on your own

1:00 pm   Hypnotic Phenomena and Applications, with Demonstration (Thomas)
          Educational Objectives for this session:
          – Identify the main principles of formulating suggestions for eliciting hypnotic phenomena;
          – Identify 5 different hypnotic phenomena; and
          – Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used therapeutically.

2:30    Networking Break

3:00    Understanding and Utilization of Resistance (Glaser)
          Educational Objectives for this session:
          – Discuss the therapist, patient, and context variables that may contribute to resistance; and
          – Identify at least 6 alternative techniques for bypassing or working through resistance to hypnosis.

4:30    Networking Break

5:00    SGP 2 (Intensification and Suggestions) (Thomas, Handel, Wells, Staffin, Mulroy, Reid)
          Educational Objectives for this session:
          – Personally experience to the degree they are capable, one hypnotic induction, deepening and realtering;
          – Demonstrate the ability to build rapport with the subject; and
          – Demonstrate the ability to facilitate at least one induction method, one deepening method and realtering from
            the lectures with a member of the group, describe his/her responses, and what they observed in the behavior of the
            participant.

6:30    Recess

Monday, March 14, 2016

8:00 am  Attend the plenary session

9:00    Networking Break

9:30    Theories of Hypnosis, Neurophysiology of Hypnosis, and Assessment and Utilization of Hypnotizability (Wells & Thomas)
          Educational Objectives for this session:
          - Review how stress and pain affect body systems;
          - List three brain regions or networks that research shows may be altered with hypnosis; and
          - Detail three implications of neurophysiological research on the practice of clinical hypnosis.

11:00    Lunch on your own

1:00 pm  Integrating Hypnosis into Medical, Mental Health and Pediatric Settings (Wells & Handel)
          Educational Objectives for this session:
          – Describe two hypnotic techniques and discuss their application in a particular clinical vignette; and
          – Identify one area within your practice setting where hypnosis may be applied.

2:00    Treatment Planning Strategies with Role-play and Integrating Skills into Practice (Handel & Staffin)
          Educational Objectives for this session:
          – Differentiate when to use a suggestive hypnotic approach and when to use an insight-oriented or exploratory
            hypnotic approach;
          – Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in
            a treatment plan; and
          – List at least 4 hypnotic techniques that may be best suited to achieve a specific therapeutic goal.

3:00    Networking Break

3:30    Treatment Planning Strategies with Role-play and Integrating Skills into Practice (cont)

4:00    SGP 3 (Suggestions and Phenomena) (Wells, Handel, Staffin, Glaser, Mulroy, Reid)
          Educational Objectives for this session:
          – Personally experience to the degree they are capable, one brief hypnotic induction, deepening, a simple suggestion
            and realtering;
          – Demonstrate the ability to build rapport with the subject; and
          – Demonstrate the ability to facilitate at least one induction method, one deepening method, a simple suggestion and
            realtering from the lectures with a member of the group, describe his/her responses, and what they observed in the
            behavior of the participant.

6:00    Recess

Tuesday, March 15, 2016

8:00 am  Attend the plenary session

9:00    Networking Break
Tuesday, March 15, 2016 (cont)

9:30 Assigning Homework: Self-hypnosis and Post-hypnotic Suggestion in Adult and Pediatric Settings (Handel)
   Educational Objectives for this session:
   – Define self-hypnosis;
   – Teach self-hypnosis to patients; and
   – Describe therapeutic applications of self-hypnosis in clinical practice.

10:15 Hypnosis and memory (Massie)
   Educational Objectives for this session:
   - Discuss the clinical controversy regarding hypnosis and the possible creation of pseudomemory; and
   - Discuss the research on hypnosis and memory.

11:00 Lunch on your own

1:00 pm SGP 4 (Suggestions, phenomena, applications) (Handel, Wells, Massie, Mulroy, Reid)
   Educational Objectives for this session:
   – Personally experience to the degree they are capable, the entire hypnotic cycle - one hypnotic induction, deepening, simple suggestion and realerting;
   – Demonstrate the ability to build rapport with the subject; and
   – Demonstrate the ability to facilitate at least one induction method, one deepening method, a simple suggestion and realerting from the lectures with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

2:30 Integrating Hypnosis into Practice – Next Steps (Handel, Wells)
   Educational Objectives for this session:
   – Describe two hypnotic techniques and discuss their application in a particular clinical vignette; and
   – Identify one area within your practice setting where hypnosis may be applied.

3:00 Ethics (Wells & Handel)

4:00 Wrap up

4:30 Conference Concludes