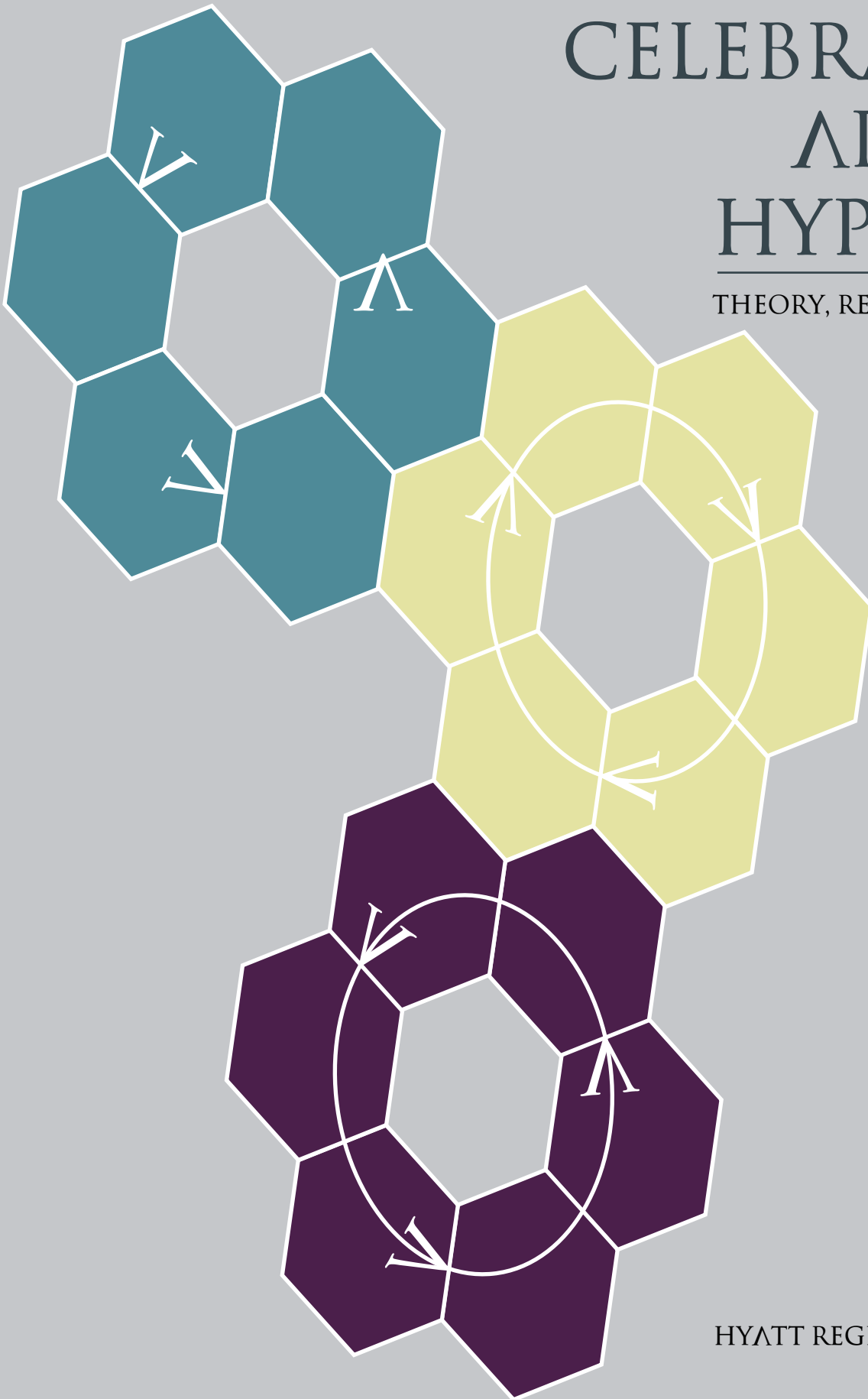


AMERICAN SOCIETY OF CLINICAL HYPNOSIS-  
EDUCATION & RESEARCH FOUNDATION

# CELEBRATING APPLIED HYPNOSIS

THEORY, RESEARCH, PRACTICE



MARCH 18-21, 2017  
PHOENIX, AZ  
HYATT REGENCY DOWNTOWN

59TH ANNUAL SCIENTIFIC MEETINGS & WORKSHOP

# MEETING SCHEDULE

## Saturday, March 18, 2017

- 02:00 Plenary #1
- 03:00 Break
- 03:30 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops begin
- 06:30 Evening Recess
- 06:30 Welcome Reception

## Sunday, March 19, 2017

- 07:00 AM Continental Breakfast
- 07:30 Plenary #2
- 08:30 Break
- 09:00 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
- Power of Words and Teaching and Consultation Workshops begin
- 12:00 Lunch on your own
- 12:30 ASCH General Membership Meeting
- Nurse's Networking Lunch
- Component Section Representative Meeting
- 01:30 PM Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), Power of Words, Teaching and Consultation and Advanced Workshops resume
- 03:30 Break
- 04:00 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), Power of Words, Teaching and Consultation and Advanced Workshops resume
- 06:00 Evening Recess
- 07:00 Board of Governors Meeting

## Monday, March 20, 2017

- 07:30 Plenary #3
- 08:30 Break
- 09:00 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced and Teaching and Consultation Workshops resume
- 12:00 Lunch on your own
- 01:30 PM Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
- 03:30 Break
- 04:00 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
- 06:00 Evening Recess
- 06:15 Plenary #4
- 07:15 Cocktail Reception
- 08:00 Dinner followed by Awards Ceremony
- 09:30 Entertainment

## Tuesday, March 21, 2017

- 07:00 AM Continental Breakfast
- 08:00 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
- 10:00 Break
- 10:15 Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
- 12:15 Conference Concludes

# SESSION CODES

Codes for Advanced Workshops are based on the day of the week on which they meet.

S = Saturday

D = Sunday

M = Monday

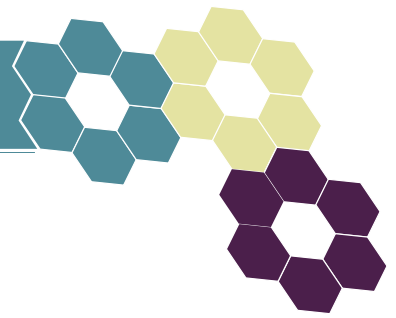
T = Tuesday

Workshops that meet only or begin in the morning are coded with an "A". Workshops that meet only in the afternoon are coded with a "P." Symposia sessions are coded with a "Y." For example, DA1 is a morning workshop on Sunday, and YT2 is a symposium on Tuesday morning.

# COLOR LEGEND

<i>Power of Words: Effective Clinical Communication Workshop</i>
<i>Fundamentals of Hypnosis Workshop (Basic Workshop)</i>
<i>Refining Skills and Treatment Applications Workshop (Intermediate Workshop)</i>
<i>Teaching &amp; Consultation Workshop</i>
<i>Advanced Workshop</i>
<i>Plenary Session</i>

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## HOTEL INFORMATION



The 59th Annual Scientific Meeting and Workshops will be held March 18-21, 2017 at the Hyatt Regency Phoenix Downtown, located at 122 N 2nd St in downtown Phoenix, AZ.

The Hyatt Regency Phoenix is located in the heart of downtown Phoenix. Located 2 blocks from Hyatt Regency Phoenix, CityScape is the place for dining, nightlife, shopping, entertainment, business, events and celebrations. CityScape Phoenix is home to the largest and best collection of chef-driven restaurants and national favorites in downtown Phoenix. Looking for a night out that's completely out of the ordinary? CityScape Phoenix boasts some of the most unique entertainment offerings in the Valley. Challenge your friends to a game of bowling at Arizona's only Lucky Strike, catch the nation's top comedians at Stand Up Live, or rock out to live performances from local and national bands at Copper Blues.

ASCH has contracted a limited number of rooms at a discounted room rate of \$169 single/double per room per night, plus applicable taxes with 25% off self-parking per night, per car and complimentary premium guest room internet. You must book within the ASCH block to receive the parking discount and complimentary internet.

The discounted group rate may be available 3 days before and 3 days after the workshop on a space available basis. 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 February 24, 2017. So book early to receive the group rate.

Book your [hotel reservations online](#) or call the hotel directly at (602) 252-1234.

# SCHEDULE-AT-A-GLANCE

## Saturday, March 18, 2017

2:00 - 3:00 pm	Plenary#1: Hypnotic Knots: Ties that Bind; Jeffrey Zeig, PhD (1.0 CE/CME Credits)							
3:00 - 3:30 pm	Break							
3:30 - 6:30 pm	Fundamentals of Hypnosis Workshop 20 CE/CME	Refining Skills and Treatment Applications Workshop 20 CE/CME	SP1: TOP GUN SESSION (Zastrow, Zeig) (3.0 CME/CE)	SP2: Future Focused Therapy With and Without Formal Hypnosis (Torem) (3.0 CME/CE)	SP3: Accessing and Healing Emotional Injuries in Anxiety Disorders (Alladin) (3.0 CE)	Hipponosis: Helping Children Help Themselves (Thomson) (3.0 CME/CE)	SP5: Hypnotic Relaxation Therapy: Overview of theory, research, and practice (G. Elkins) (3.0 CME/CE)	
6:30 pm	Evening Recess							
6:30 - 8:30 pm	Welcome Reception							

## Sunday, March 19, 2017

7:00 - 8:00 am	Continental Breakfast								
7:30 - 8:30 am	Plenary #2: Celebrating histories of hypnotic practice and research: Six generations of phenomena, ideas and puzzles Amanda Barnier, PhD (1.0 CE /CME)								
8:30 am	Break								
9:00 am - 12:00 pm	Fundamentals of Hypnosis Workshop	Refining Skills and Treatment Applications Workshop	TCW Teaching and Consultation Workshop (9 CE/CME)	POW: Power of Words Workshop (7 CME/CE)	D1: Lessening Pre-surgical Anxiety and Enhancing Positive Surgical Outcomes (Daitch, Massie) (5.0 CE /CME)	D2: Reorienting Hypnosis Education: Relearning what you always knew that you didn't know that you always knew (Sugarman, Alter, Reid) (5.0 CE /CME)	DA1: Age Regression for Working through of Trauma (Hammond) (3.0 CE /CME)	DA2: Heal in the Space Between the Words; Exploring the intersection of Hypnosis, Neurobiology, and Quantum Physics (Pinco) (3.0 CE) <i>Ineligible for CME</i>	DA3: Transpersonal Dimensions of Hypnosis and Healing (Torem, Appel) (3.0 CE) <i>Ineligible for CME</i>
12:00 - 1:30 pm	LUNCH ON YOUR OWN								
12:30 - 1:30 pm	ASCH Membership Meeting Nurses' Networking Lunch ASCH Component Society Luncheon (Open to all component society members)								
1:30 - 3:30 pm	(Cont)	(Cont)	TCW (Cont)	POW (Cont)	D1 (Cont)	D2 (Cont)	DP1: Writing and Publishing Your Hypnosis Articles in AJCH (Lankton) (2.0 CE /CME)	DP2: From Real Life to Cyberspace and Back Again: Helping Adolescents/ Young Adults Develop a Strong Inner Selfie (Utilizing Hypnotherapy/Ego States) (Goldfus) (2.0 CE) <i>Ineligible for CME</i>	DP3: Doctor, I know what I need to do, but I'm just not doing it: applying the ACE study findings to refine suggestions to bring different results (Plansky) (2.0 CE /CME)
3:30 pm	Break								
4:00 - 6:00 pm	(Cont)	(Cont)	TCW (Cont)	POW (Cont)	DP4: Hypnosis Research—The Ingredients of Hypnosis: A Guide to Research for Clinicians (Barnier) (2.0 CE /CME)	DP5: Introduction to Hypnosis Specialty Board Certification (Oster, et el) (2.0 CE /CME)	DP6: How to integrate hypnosis in Pediatric Hospital and Clinical settings (Lonchamp) (2.0 CE /CME)	DP7: Ethical issues and the use of clinical hypnosis Part 1 (Marcus) (2.0 CE /CME)	DP8: Induced Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders. (Shenefelt) (2.0 CE /CME)
6:00 pm	Recess								
7:00 pm	ASCH Board of Governors Meeting (Open to the membership)								

# SCHEDULE-AT-A-GLANCE

Monday, March 20, 2017

7:00 am - 8:00 am	Continental Breakfast							
7:30 - 8:30 am	Plenary # 3: Milton Erickson: Hypnosis As a Co-created Relationship, Betty Alice Erickson, MS (1.0 CE Credit) <i>Ineligible for CME</i>							
8:30 am	Break							
9:00 - 11:00 am	Fundamentals of Hypnosis Workshop	Refining Skills and Treatment Applications Workshop	TCW Teaching and Consultation Workshop	M1: Musical Voyage: Inspire and Motivate by Adding Musicality to your Sessions (Jung) (3.5 CE) <i>half-hour break at 11:30 Ineligible for CME</i>	M2: Tools of Intention in Hypnosis (Lankton) (3.0 CE/CME)	MA1: Lessons of transformation from EFT, EMDR and NDEs to enhance your clinical hypnosis practice (Burk, Lyerly, Kauffman) (3.0 CE) <i>Ineligible for CME</i>	MA2: Rapid, deep structure resolution and restructuring of traumatic memories (Straub) (3.0 CE) <i>Ineligible for CME</i>	MA3: Age Regression (Ewin) (3.0 CE/CME)
12:00 - 1:00 pm								
12:00 - 1:30 pm	Lunch on your own							
1:30 - 3:30 pm	(Cont)	(Cont)	MP1: Advances In Dental Hypnosis for Dentists and Psychology Professionals (Goodman et al) (4.0 CE/CME)	MP2: Ethical issues and the use of clinical hypnosis Part 2 (Marcus) (2.0 CE/CME)	M2 (cont)	MP3: A Few of My Favorite Things (Lemke) (2.0 CE)	MP4: Core Healing Techniques Supportive of Healthy Attraction (Glasser) (2.0 CE/CME)	MP5: Integrative Therapy With Gay Men: The Use of Clinical Hypnosis for Optimizing Treatment Success (Miller) (2.0 CE) <i>Ineligible for CME</i>
3:30 pm	Break							
4:00 - 6:00 pm	(Cont)	(Cont)	MP1 (Cont)	MP6: Self, Other and Circumstance; Deconstructing Utilization (Staffin) (2.0 CE) <i>Ineligible for CME</i>	MP7: Application of Hypnosis within a 4-Step Solution Method and a Self Directed Neuroplasticity Model to treat emotional/behavioral problems (Kelley) (2.0 CE/CME)	MP8: Clinical Hypnosis in Psychosocial Oncology and in Palliative Care: neural correlates, taxonomy and techniques, a scientific perspective. (Brugnoli) (2.0 CE/CME)	<b>CANCELLED</b> MP9: How to Run a Successful Self-Hypnosis Group for People in Pain (Lev) (2.0 CE/CME)	
6:00 pm	Recess							
6:15 pm	Plenary #4 – Practice Makes Perfect?; Norma Barretta, PhD (1.0 CE) <i>Ineligible for CME</i>							
7:15 pm	Cocktail Reception							
8:00 pm	Dinner followed by the Awards Ceremony							
9:30 pm - 11:00 pm	Entertainment							

Tuesday, March 21, 2017

7:00 am - 8:00 am	Continental Breakfast							
8:00 - 10:00 am	Fundamentals of Hypnosis Workshop	Refining Skills and Treatment Applications Workshop	T1: Utilizing Hypnosis in the Treatment of Narcissistic Wounds in Psychotherapy: A Relational Approach (Spiegel) (4.0 CE) <i>Ineligible for CME</i>	T2: Motivational Interviewing and Directive Hypnosis for Change (McGee) (4.0 CE) <i>Ineligible for CME</i>	TA1: Borrowing from Peter to Pay Paul: Application of Infertility-Tested Mind/Body Stress-Reduction Strategies to Any Adversity (Adrienne) (2.0 CE/CME)	TA2: Galvanizing and Cultivating Wellness-Oriented Epigenetic Changes in Adolescents and in Adults Through Mindful, Embodied Biopsychosocial-Spiritual Experiences in Clinical Hypnosis: A Practitioner's Guide to Epigenetic Psychology Theory, Research, and Practice (Smirnova, Willmarth) (2.0 CE/CME)	TA3: Hypnotically Enhanced Addictions Treatment: Alcohol abuse, drug abuse, gambling addiction and weight loss (Tramontana) (2.0 CE/CME)	
10:00 am	Break							
10:15 am - 12:15 pm	(Cont)	(Cont)	T1 (Cont)	T2 (Cont)	TP1: Trance Ratification in Traditional Healing Ceremonies: Lessons for contemporary practice (McKenzie-Pollock) (2.0 CE) <i>Ineligible for CME</i>	TP2: Hypnosis and poetic dialogue: A multimodal, whole person approach to healing and transforming trauma utilizing the Grounding & Resource Development Protocol (GRDP), hypnotherapeutic drumming and embodied writing (Graber, Rosemond) (2.0 CE) <i>Ineligible for CME</i>	TP3: Hypnotic Covert Sensitization Treatment of Substance Use Disorders (R. Elkins) (2.0 CE/CME)	
12:15 pm	Concludes							



# IMPORTANT INFORMATION

## Registration:

A 4-day Basic, Intermediate or Advanced registration includes:

- Daily continental breakfast
- Welcome Reception on Saturday
- Plenary Presentations on Saturday-Monday
- Awards Dinner with entertainment on Monday
- Daily workshop sessions

Registration is limited to available space. Lunch is on your own. Participants must attend those sessions for which they register.

## Cancellation Policy:

Cancellations postmarked/faxed after February 17, 2017 but on or before March 3, 2017 will receive a refund of the amount paid less a \$50 administrative charge. No refunds after March 3, 2017. Exceptions will only be granted due to death of participant or immediate family member, severe illness/injury of participant or immediate family member, or the inability of participant to travel due to legal or governmental restrictions/obligations, and will require written notification and appropriate documentation. **Registration fees are not transferable to another workshop.**

## Faculty Meeting:

There will be an orientation meeting that all presenters and faculty will be expected to attend on Saturday, March 18, 2016 from 12:00 pm - 1:00 pm.

## General Membership Meeting:

There will be a meeting for the ASCH membership on Sunday, March 19, 2016 from 12:30 am - 1:30 pm.

## Board of Governors Meeting:

The ASCH Board of Governors will meet Sunday, March 19, 2016 at 7:00 pm. The meeting is open to the general membership.

## Conference Recordings:

All Advanced Workshops and Scientific Meeting sessions will be audio recorded by Fleetwood Onsite Conference Recording. CDs or MP3s can be ordered at the Fleetwood sales table on site and will be available after the meeting.

## Continuing Education Credits

Certificates of Continuing Education will be mailed after the event.

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 24 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. 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 has an application to remain an Approved PACE Program Provider by the Academy of General Dentistry. Submitted before the required deadline, the application is pending approval at this time. Should ASCH-ERF retain approval, this continuing education program would be retroactively approved 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.

# IMPORTANT INFORMATION



## Eligibility

Registrants must hold at least a masters degree 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 bachelors 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 Fundamentals of Hypnosis Workshop.

### ***Full-time Students:***

Students enrolled full-time in masters or doctoral level program in a health care discipline deemed appropriate by the Society at a college or university accredited by its appropriate regional accrediting body are eligible to attend at a reduced rate. The degree must qualify the individual for future independent licenced practice in a health care profession. Students must have completed a minimum of one full semester of the program.

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 (masters or doctoral degree required) and date of intended graduation.

### ***Resident/Interns:***

Full time residents or interns participating in a recognized residency or internship program which will qualify them for independent licensed practice in a health care discipline considered appropriate by the Society may also register to attend at a reduced rate.

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.

## Tuition Assistance for Graduate Students

### ***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 enrolled full-time in an ACE-accredited degree-granting health care program offered by an institution of higher learning with a brick and mortar headquarters in Virginia. The student needs to meet the minimum eligibility requirements listed above. Students need not be residents of Virginia, but simply be enrolled in either a traditional or distance learning program headquartered 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 clearly outlining the course of study, area of concentration and expected graduation date. For more information, contact ASCH at +1-630-980-4740 (phone), +1-630-351-8490 (fax) or info@asch.net (email).

## General Information

Participants may be asked to take part in exercises in which they are induced into a hypnotic trance. If you have any conditions which would preclude this, please inform a faculty member prior to the start of the workshop.

Anyone who feels he/she is not fully realerted after a workshop for any reason should consult the workshop leader or the Conference Chair. If you are having trouble finding either of these individuals or you simply need assistance, staff at the registration desk would be happy to help you find a clinician with whom to speak.

Contributions or gifts to ASCH and/or ASCH-ERF are not tax deductible as charitable contributions. However, they may be tax deductible as ordinary and necessary business expenses.

*The association accepted no commercial support to subsidize this educational event. Unless otherwise indicated in the brochure parties involved in the development, planning or execution of educational content - faculty, staff or committee members - do not have any financial relationships or conflicts of interest to disclose.*

ASCH is unique among organizations for professionals using hypnosis. Our members are psychologists, psychiatrists, clinical social workers, marriage and family therapists, mental health counselors, medical doctors, masters-level nurses, speech pathologists, dentists and chiropractors. As an interdisciplinary organization, ASCH provides an opportunity to learn from and interact with colleagues in other health and mental health care disciplines. This allows for a cross fertilization of ideas and applications of clinical hypnosis that meshes neatly with current thinking such as mind-body health and integrative medicine.

## Membership

### Membership Levels

To be eligible for Full Membership in ASCH, applicants must hold a masters or doctorate degree in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body. In addition, applicants must be licensed or certified in the state in which they practice; be a member of or eligible for membership in a professional society consistent with their degree (such as the AMA, APA or ADA); have a stated interest in the clinical use of hypnosis; and have completed twenty hours of ASCH approved clinical hypnosis training.

Associate Membership is available for people who meet all the above criteria except the twenty hours of training. Associate Members have two years to meet the training requirement after joining.

Students enrolled full-time in a masters or doctoral level program in a health care discipline deemed appropriate by the Society, which will qualify the individual for future licenced practice in a health care profession, at a college or university accredited by its appropriate regional accrediting body are eligible for Student Affiliate status at a reduced rate.

Resident/Intern Affiliate Status is available for full time residents or interns participating in a recognized residency or internship program which will qualify them for licensed practice in a health care discipline considered appropriate by the Society are eligible for Resident Intern status at a reduced rate.

A special category of membership, Research Member, is available for individuals engaged in full-time in research and teaching related to clinical hypnosis at an accredited university or other institution of higher learning, or engaged full time in research related to clinical hypnosis at a governmental or research agency.

### Membership Benefits

Membership in ASCH has many benefits, including:

- Discounted rates for the annual conference and regional clinical hypnosis training workshops;
- Discounted Certification fees;
- A subscription and electronic access to the American Journal of Clinical Hypnosis;
- A quarterly Newsletter with clinical columns;
- Access to the ASCH video library; and
- Inclusion on the ASCH referral list of qualified professionals who use hypnosis in their clinical practices (ASCH receives approximately 8600 monthly requests for names of qualified practitioners utilizing clinical hypnosis).

Membership and Certification applications can be found online at [www.asch.net](http://www.asch.net) or by calling the ASCH office at +1-630-980-4740.

## Certification

Certification offers non-statutory voluntary credentialing in clinical hypnosis and provides recognition of the advanced clinician who has met educational qualifications and required training in clinical hypnosis. The ASCH Certification and Approved Consultant Program has gained national recognition as a standard for the practice of hypnosis. Anecdotal evidence suggests that hospitals and third party payers are beginning to recognize the importance of such standards and view ASCH Certification as a basic requirement for promoting hypnosis as a treatment modality.

### How does ASCH Certification Differ From Other Certification Programs?

ASCH Certification in clinical hypnosis is distinct from other "certification" programs in that it ensures that the certified individual is a bona fide health care professional who is licensed in his or her state or province to provide medical, dental, or psychotherapeutic services. ASCH believes that persons trained only in hypnosis lack the diagnostic and therapeutic skills as well as the licensure required to safely and responsibly treat medical, psychological, or dental problems with hypnosis. ASCH Certification distinguishes the professional practitioner from the lay hypnotist.

### What does ASCH Certification indicate?

Certification does not automatically imply competence or guarantee of the quality of a practitioner's work. Certification does indicate several things that fellow professionals, consumers, third party payers, managed care programs, hospitals and clinics are all interested in knowing about individuals who incorporate hypnosis in their practices. Certification indicates that the practitioner:

1. Has undergone advanced training in his/her profession to obtain a legitimate advanced degree from an accredited institution of higher education;
2. Is licensed or certified to practice in his/her state/province;
3. Has had his/her education and training in clinical hypnosis reviewed by qualified peers and approved consultants and such training has met the minimum requirements established by a Standards of Training Committee of qualified peers; and
4. Has been determined to have received at least the minimum educational training that ASCH, the largest such interdisciplinary organization in North America, considers as necessary for utilizing hypnosis.

### Requirements for Certification in Clinical Hypnosis

- Masters degree or better in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body;
- Membership or eligibility for membership in a professional society consistent with degree;
- Licensure or Certification by the state or province in which you practice;
- Minimum of 40 hours of ASCH approved workshop training (20 hours each of basic and intermediate workshops);
- Minimum of 20 hours of individualized consultation with an ASCH Approved Consultant; and
- Minimum of two years of independent practice utilizing clinical hypnosis.

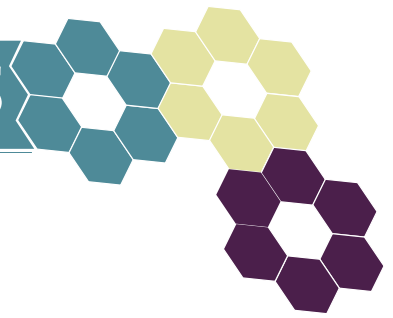
### Requirements for Approved Consultant in Clinical Hypnosis

All of the above requirements, plus:

- Minimum of 40 additional hours of ASCH approved workshop training;
- Minimum of five years of independent practice utilizing clinical hypnosis; and
- Minimum of five years of membership in ASCH, SCEH, or equivalent.



# PLENARY SESSIONS



**Saturday, March 18, 2017**

2:00 - 3:00 pm

**Plenary 1: Hypnotic Knots: Ties that Bind;**

*Jeffrey Zeig, PhD (1 CME/CE)*

There are historical ideas that permeate hypnotic practice, research, and theory. Some ideas have heuristic value; others may be folk wisdom. We will examine fundamentals and update them for the 21st Century.

Learning Objectives:

1. List three principles that underlie an Ericksonian Perspective
2. Describe an essential posture of Milton Erickson.
3. List three methods that are fundamental to Ericksonian induction



*Jeffrey K. Zeig, Ph.D. is the Founder and Director of the Milton H. Erickson Foundation, having studied intermittently with Dr. Erickson for more than six years, He edited, co-edited, authored, or coauthored more than 20 books that appear in twelve foreign languages. His current area of interest is extracting implicit codes of influence from various arts, including movies, music, painting, poetry and fiction that can be used to empower professional practice, and everyday communication. Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, considered the most important conferences in the history of psychotherapy. He organizes the Brief Therapy Conferences, the Couples Conferences, and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. Dr. Zeig is on the Editorial Board of numerous journals; is a Fellow of the American Psychological Association (Division 29, Psychotherapy); and Fellow of the American Society of Clinical Hypnosis. He is a Distinguished Practitioner in the National Academy of Practice in Psychology of the National Academies of Practice. A psychologist and marriage and family therapist in private practice in Phoenix, Arizona, Dr. Zeig conducts workshops internationally (more than 40 countries). Specialty topics include experiential psychotherapy, hypnosis and brief therapy with various clinical problems. Dr. Zeig speaks at major universities and teaching hospitals including The Mayo Clinic, Menningers and MD Anderson. He is president of Zeig, Tucker & Theisen, Inc., publishers in the behavioral sciences and the Erickson Foundation Press.*



# PLENARY SESSIONS

**Sunday, March 19, 2017**

7:30 - 8:30 am

**Plenary 2: Celebrating histories of hypnotic practice and research: Six generations of phenomena, ideas and puzzles; Amanda J. Barnier, PhD (1 CME/CE)**

The field of hypnosis is distinctive for its strong sense of family, history and generations of workers over time. The American Society of Clinical Hypnosis has a long and proud history and at this 59th Annual Conference I reflect on my own history in hypnosis. I reflect on the “affordances” or opportunities of the mentoring I have received and environments I have worked in within hypnosis. I begin by describing the family tree of clinical and experimental hypnosis in Australia and argue that this family history has led to certain characteristics in our work. In particular, I focus on phenomena, ideas and puzzles that are products of my upbringing in hypnosis. They help to illustrate that we move through generations of clinical or research questions informed and finessed by our individual and collective pasts. I urge us to celebrate and treasure all we have inherited and developed over our field’s long history, including nearly 60 years of ASCH history. And I recommend that we continue to broaden our partnerships, luring to clinical practice and experimental hypnosis research (whether intrinsic, instrumental, or applied) colleagues from as many fields as possible. This “domestication of hypnosis” as Hilgard called it, will help to secure the field of hypnosis in the United States and around the world for future generations of the “seriously curious”.

#### *Learning Objectives:*

- Learn about the history of hypnosis in Australia and how it connects with the history of hypnosis in the US;
- Reflect on “family trees” of clinical and experimental hypnosis work and workers;
- Learn about important hypnotic phenomena;
- Consider and discuss important conceptual ideas in the field of hypnosis;
- Become aware of puzzles about hypnosis that remain to be understood; and
- Consider and discuss ways in which each of us can domesticate and champion hypnosis.



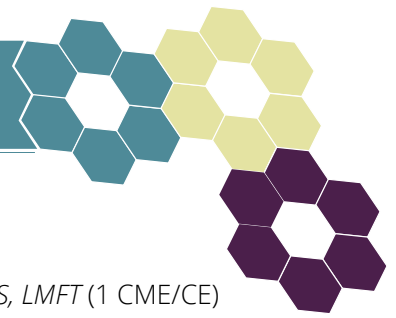
*Amanda J. Barnier is a Professor of Cognitive Science and Australian Research Council (ARC) Future Fellow in the Department of Cognitive Science at Macquarie University in Sydney, Australia. She also is Chief Investigator of the ARC’s \$21 million Centre of Excellence in Cognition and its Disorders (CCD).*

*Amanda received her PhD in Psychology from the University of New South Wales in 1996, completing a program of research on the classic hypnotic phenomenon of posthypnotic suggestion. Supported by over 20 years of continuous grant funding from the ARC, Amanda has conducted research on posthypnotic amnesia, hypnotic delusions, and hypnotisability among many other topics. In recent years, as part of the Belief Formation Program of the CCD, Amanda has led an interdisciplinary team of researchers and clinicians who use hypnosis to model, explore and understand a range of clinical phenomena.*

*Amanda has published over 100 books, book chapters, journal articles and other writings as well as presented over 150 presentations around the world. She has received many awards for her research, leadership and service: she is a Fellow of the Academy of Social Sciences in Australia and a Fellow of the Society for Clinical and Experimental Hypnosis (SCEH). In 2013 she won the Bernard B. Raginski Award for Leadership and Achievement in Hypnosis from SCEH and in 2014 she won the American Psychological Association Division of Psychological Hypnosis Award for Distinguished Contributions to Hypnosis.*

*Together with Professor Michael R Nash, she edited the (2008) Oxford Handbook of Hypnosis: Theory, Research, and Practice, which won the 2009 Arthur Shapiro Award for the Best Book in Hypnosis from SCEH and was described as “a landmark contribution” and “a tremendous resource for scholars and clinicians alike”.*

# PLENARY SESSIONS



**Monday, March 20, 2017**

7:30 - 8:30 am

**Plenary 3: Milton Erickson: Hypnosis As a Co-created Relationship;** *Betty Alice Erickson, MS, LMFT* (1 CME/CE)

Milton H. Erickson has footprints within the whole title of this meeting—Theory, Research and certainly Practice. Many of his contributions have become so widely accepted that it's difficult to remember he was the innovator.

This address will illustrate some of his lesser known research; his research was generally different than it is viewed today. His numbers were quite small and he had control groups. It was conducted with patients and co-workers at the psychiatric hospitals where he was employed until the late 1940's, and later examining his work with various patients. He published many of his findings.

Research to him, was to expand knowledge and inspire others to examine, refine, use or explain his results. He taught hypnosis to a 6 year old girl to use for her amblyopia rather than a physical eye patch. He worked with Martin Orne in the 1950's to define exactly what hypnosis was,

When he began, hypnosis was understood as something one person "did to another." Over time, Erickson totally redefined it as a co-created relationship, expanding the experiences of the subject. Later, he moved almost exclusively to naturalistic trance...which has no formal induction. This often involved story telling, both to fixate attention and to give directions that would be clearly understood by the subject's unconscious, allowing that person to feel independence in changes that occurred.

*Learning Objectives:*

*Participants will be able to:*

1. Explore some of the many contributions Milton H. Erickson has made to the field of clinical hypnosis;
2. Explain how Erickson defined the relationship between facilitator and subject in his hypnotic work; and
3. Understand how Erickson conceptualized using the other person's language in his use of hypnosis.



*Betty Alice Erickson, MS, LMFT, is a practicing psychotherapist in Dallas, TX, an Approved Consultant for ASCH, her latest book is, "Milton Erickson, An American Healer," co-edited with Bradford Keeney. Betty Alice co-authored Hope and Resiliency: Understanding the Psychotherapeutic Strategies of Milton H. Erickson with Dan Short. She was editor of the Erickson Foundation Newsletter for over a decade. Recipient of an honorary doctorate from the Ministry of Education in Armenia, she has been a Keynote speaker as well as teaching workshops across the country and around the world at numerous international conferences for over twenty years.*

# PLENARY SESSIONS

**Monday, March 20, 2017**

6:15 – 7:15 pm

**Plenary 4 – Practice makes Perfect?; Norma Barretta, PhD (1 CME/CE)**

Legend has it that the American Society of Clinical Hypnosis came into existence because Milton Erickson and several other members of that other - older - professional society was so much into the theory and research that the application of hypnosis - the clinical side - was being neglected. As a result, more than a half century ago, the ASCH was founded and that small group of rebels began to teach “applied” hypnosis and we are here today celebrating that rebellion.

Some of us are doing the Theory and Research part...and looking for a definition of hypnosis. Some of us are dedicated to APPLYING the skill and artistry of tapping into the creative unconscious as a means of enhancing the quality of life for the people with whom we work.

The research serves to validate our work. Does it really matter how we define hypnosis? What’s really important is how we make use of it and how we apply it so that the people with whom we use it get the maximum benefit from it.

Hypnosis is REALLY old. The ancient Egyptians had ‘sleep temples’ where people went to heal themselves. And there was Lazarus...was he really dead or merely in a very deep somnambulistic trance?

Our mission here is to teach our fellow professionals what they need to know so that they can, indeed, prescribe and APPLY hypnosis as needed.

Perhaps another title for this talk could be **“The Second Ninety Should Be Easier”**...considering that I have been doing (NOT just “practicing”) hypnotic work for just about half my life so far, and I think I’m beginning to get the hang of it finally....at least the people I do this with seem to think so....otherwise I’d be broke!

So I’m going to tell you about some of the adventures I have encountered on this journey. If I slip in a few metaphors you’ll understand and you might enjoy them. The model that I, together with Phil, have been developing since the early 70’s we call Competency Based Brief Therapy. Hypnosis applied with the presupposition that the patient has all the resources needed in order to bring about change most certainly does have a positive effect.

I’d like you to be as excited as I am about this as I tell you how I apply hypnosis to my work and my life.

*Learning Objectives:*

*Participants will be able to:*

1. Experience several enTRANcing metaphors;
2. Explain the positive application of hypnosis in bringing about change; and
3. Explain LIAOIYIJ.

*Norma Barretta spent 68 years partnered with her husband, Philip Barretta. They worked together professionally for 43 of those years, teaching; lecturing, creating workshops and maintaining a private practice when they were not “on the road”. Phil died on May 7, 2015. Norma is now flying “solo”, continuing the work they began in 1973.*



*She holds degrees from the University of Pennsylvania (the home of Positive Psychology and the Optimistic view of life), Rutgers University and the University of Southern California. She often sat with Milton Erickson from 1977 until his death in 1982. She was a master trainer of NLP for Grinder Delozier from 1982 until 1989, and has been using the “positive resources/personal power” approach to therapy since 1973. She has taught in Australia, Costa Rica, Mexico, throughout the USA and Canada, England, Italy, France, Germany, Spain, Poland, The USSR - in Novosibirsk, Kiev, Moscow and Leningrad, and now welcomes students to her home base on the Palos Verdes Peninsula, 20 minutes south of the Los Angeles International Airport, where they can observe her at work and bring their own cases for discussion/intervention.*

*More recently, Norma has become enthusiastically Dedicated to designing Personal Power/Personal Growth workshops for Professionals These have been enthusiastically received in Spain, Italy and Poland.*

*She plans to continue working and teaching until 2032. Then she will decide what comes next.*

# POWER OF WORDS WORKSHOP



## Overview

What you say, how you say it, and when you say it has powerful implications.

The participants of this workshop will learn how to use hypnotic healing language to promote positive expectations, allay anxiety and fears and create a more comfortable environment for their patients. Establishing rapport and using hypnotic language and carefully crafted suggestions can have a profound impact on the autonomic nervous system and the brain creating both physiological and psychological changes. The participants will also gain an understanding of how they can help themselves and their patients by utilizing self-hypnosis.

**Eligibility:** Open to all licensed or nationally certified health care professionals and medical, nursing, psychology, and dental students.

**Registration Information:** For licensed or certified healthcare professionals holding lower than a Masters' degree and graduate students in accredited graduate health care programs, the registration rate for this event is \$99. Please download the registration brochure, complete and submit the registration form to ASCH to attend this one day continuing education program.

Licensed health care professionals with a Masters' degree or higher who are attending the Annual Meeting as an Advanced attendee may choose to attend this program as a single day advanced workshop or within the structure of your annual meeting selections.

## Continuing Education:

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. AHNA Approval #: XXXX

## **Sunday, March 19, 2017**

7:30 am

Attend Plenary 2

8:30

Break

9:00

The Power of Words workshop begins

**Benefits of Learning Hypnotic Healing Communication (Deb Nesbitt)**

*At the conclusion of this presentation, attendees will be able to:*

1. Outline 2 benefits of hypnosis;
2. Identify 2 ways hypnosis improves outcomes; and
3. Cite 2 ways hypnosis is cost effective and evidence based.

**Differentiate Between Hypnosis Fact & Fiction (Deb Nesbitt)**

*At the conclusion of this presentation, attendees will be able to:*

1. Explain at least 2 definitions of hypnosis;
2. Recognize the individual parts of hypnosis; and
3. Debunk at least 2 myths of hypnosis.

**Rapport Building (Judy Thomas)**

*At the conclusion of this presentation, attendees will be able to:*

1. Demonstrate 4 components of rapport building.

12:00 pm

Lunch on your own

1:30

The Power of Words workshop resumes

**Review How Stress and Pain Affect Body Systems (Linda Thomson)**

*At the conclusion of this presentation, attendees will be able to:*

1. Identify areas of the brain involved in the pain experience;
2. Explain the stress response; and
3. Identify the areas of the nervous system involved in the pain experience.

**Identify How Hypnotic Language Affects Brain Pathways Involved in Stress and Pain (Linda Thomson)**

*At the conclusion of this presentation, attendees will be able to:*

1. Discuss how hypnotic healing language affects the body to reduce stress.



# POWER OF WORDS WORKSHOP

## **Differentiate Between Effective & Ineffective Communication Strategies (Thomson)**

At the conclusion of this presentation, attendees will be able to:

1. Identify negative suggestive behavior and vocabulary during medical/dental encounters;
2. Develop alternative appropriate hypnotic language for medical/dental procedures and tests;
3. Discuss components of effective suggestions;
4. Differentiate between direct suggestions and indirect suggestions; and
5. Demonstrate 4 hypnotic techniques.

3:30

**Break**

4:00

The Power of Words workshop continues

## **Specific Applications of Hypnotic Healing Communication (Thomson, Thomas, Nesbitt)**

At the conclusion of this presentation, attendees will be able to:

1. Explain 8 applications of hypnotic healing communication.

## **Self-Hypnosis (Ed Mackey)**

At the conclusion of this presentation, attendees will be able to:

1. List at least three benefits of using self-hypnosis

5:00 pm

The Power of Words workshop concludes

# FUNDAMENTALS OF CLINICAL HYPNOSIS WORKSHOP



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, and its principles are trans-theoretical. 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 (Basic) 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.

## Workshop Schedule (20 CME/CE)

Chairs: Mary Wells, PhD; Judy Thomas, DDS

Faculty: George Glaser, MSW, DAHB; Delle Jacobs, MSW, LCSW; Kent Massie, LPC, David Reid, PsyD

### SATURDAY, MARCH 18, 2017 –

- 2:00 pm Attend the Opening Plenary
- 3:00 Break
- 3:30 Introduction (Wells)
- 3:45 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.
  - Identify the major myths and misconceptions regarding hypnosis.
- 4:45 Hypnotic Phenomena and Applications, with Demonstration (Thomas)  
*Educational Objectives for this session:*
- Identify the main principles of formulating suggestions for eliciting hypnotic phenomena.
  - Identify five different hypnotic phenomena.
  - Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used therapeutically.
- 6:00 Group Hypnotic Experience (Jacobs)  
*Educational Objectives for this session:*
- Provide illustrative suggestions for eliciting hypnotic phenomena
  - Demonstrate the concept of trance logic
  - Illustrate applications of hypnotic phenomena in a first trance experience
- 6:30 Recess  
Attend the Welcome Reception

### SUNDAY, MARCH 19, 2017

- 7:30 am Continental Breakfast  
Attend Plenary 2
- 8:30 Break
- 9:00 Rapport, Induction and Re-alerting (Wells)  
*Educational Objectives for this session:*
- Describe three specific behaviors or communication skills that are helpful in the development of rapport with patients
  - Describe at least two reasons for removing suggestions and re-alerting patients



# FUNDAMENTALS OF CLINICAL HYPNOSIS WORKSHOP

## SUNDAY, MARCH 19, 2017 (cont)

10:15 Introduction to Small Group Practice (Thomas)

10:30 Small Group Practice (SPG) 1 (Induction, Re-Alerting)

*Educational Objectives for this session:*

- Personally experience to the degree they are capable, one hypnotic induction and re-alerting.
- Demonstrate the ability to build rapport with the subject.
- Demonstrate the ability to facilitate at least one induction method and re-alerting from the lectures with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

12:00 pm Lunch on your own

1:30 Stages of Hypnosis, Intensification and Deepening Techniques and Demonstration (Glaser)

*Educational Objectives for this session:*

- Define and describe identifiable stages of hypnotic experience
- Describe at least four traditional methods for deepening or intensifying hypnotic involvement

2:15 Understanding and Utilizing Resistance (Glaser)

*Educational Objectives for this session:*

- Discuss the therapist, patient, and context variables that may contribute to resistance.
- Identify at least six alternative techniques for bypassing or working through resistance to hypnosis.

3:30 Break

4:00 Demonstration of Induction #2 (Eye Fixation)

4:15 SGP 2 (Induction, Deepening, Re-Alerting)

*Educational Objectives for this session:*

- Personally experience to the degree they are capable, one hypnotic induction, deepening and re-alerting.
- Demonstrate the ability to build rapport with the subject.
- Demonstrate the ability to facilitate at least one induction method, one deepening method and re-alerting 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

## MONDAY, MARCH 20, 2017

7:30 am Continental Breakfast

Attend Plenary 3

8:30 Break

9:00 am Fundamentals of Hypnotic Language and Formulating Suggestions (Reid)

*Educational Objectives for this session:*

- Identify and define at least six principles of hypnotic communication and suggestion.
- Cite at least four types of hypnotic suggestions.
- Describe a hypnotic session including therapeutic suggestions.

10:00 Ego Strengthening (Wells)

*Educational Objectives for this session:*

- Verbalize at least one method for re-alerting from hypnosis
- Define what is meant by ego-strengthening procedures and how they may be used in clinical practice.
- Identify several different types of ego-strengthening

11:00 Self-Hypnosis (Jacobs)

*Educational Objectives for this session:*

- Define self-hypnosis.
- Describe at least three therapeutic applications of self-hypnosis in clinical practice
- Describe the process of teaching self-hypnosis to patients.

12:00 pm Lunch on your own

1:30 Neurophysiology of Hypnosis (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.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis.

2:15 Hypnosis and memory (Massie)

*Educational Objectives for this session:*

- Discuss the clinical controversy regarding hypnosis and the possible creation of false or pseudomemory
- Discuss the research on hypnosis and memory.



# FUNDAMENTALS OF CLINICAL HYPNOSIS WORKSHOP



## MONDAY, MARCH 20, 2017 (cont)

- 3:00 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.  
– Discuss the importance of informed consent when including hypnosis in treatment.
- 3:30 Break
- 4:00 Demonstration of Induction #3: (Eye Roll)
- 4:15 SGP 3 (Induction, Deepening, Suggestion, Re-Alerting)  
*Educational Objectives for this session:*  
– Personally experience to the degree they are capable, one brief hypnotic induction, deepening, a simple suggestion and re-alerting.  
– Demonstrate the ability to build rapport with the subject.  
– Demonstrate the ability to facilitate at least one induction method, one deepening method, a simple suggestion and re-alerting 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
- 6:15 Attend Plenary 4
- 7:15 Cocktail Reception
- 8:00 Awards Dinner with Entertainment

## TUESDAY, MARCH 21, 2017

- 7:30 am Continental Breakfast
- 8:00 am Treatment Planning Strategies and Integrating Skills into Practice (Wells, Glaser)  
*Educational Objectives for this session:*  
– Identify clinical conditions where hypnosis may be used as an effective adjunctive therapy  
– List at least 4 hypnotic techniques that may be best suited to achieve a specific therapeutic goal.  
– 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
- 8:30 Demonstration of Induction #4 (Hand/Arm Levitation)
- 8:45 SGP 4 (Induction, Deepening, Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-alerting)  
*Educational Objectives for this session:*  
– Personally experience to the degree they are capable, the entire hypnotic cycle - one hypnotic induction, deepening, simple suggestion and re-alerting,  
– Demonstrate the ability to build rapport with the subject,  
– Demonstrate the ability to facilitate at least one induction method, one deepening method, a simple suggestion and re-alerting from the lectures with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.
- 10:00 Break
- 10:30 Integrating Hypnosis into Practice (Wells, Thomas, Glaser, Jacobs)  
*Educational Objectives for this session:*  
Describe the different types of therapeutic goals to which hypnotic techniques may be applied in clinical practice  
Identify the obstacles and strategies to introduce hypnosis into practice  
Outline the issues around billing and documenting for services
- 11:00 Ethics and Professional Conduct (Ethics); Q & A (Wells, Thomas)  
*Educational Objectives for this session:*  
– Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis  
– Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification.
- 12:15 ADJOURN (Thank you very much for your participation in this training experience)



What are the advantages of more training in Clinical Hypnosis?

The second step in certification training is to strengthen your skills, strategies and applications of clinical hypnosis. Part one taught you “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers your development so you add the when, why and where to the “how to”.

**Advantages:**

Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management; Irritable Bowel Syndrome; Anxiety and Sleep Disorders; Habit Disorders; Dissociative Identify Disorder);  
 Learn more techniques for the creative use of the language of suggestion to facilitate change;  
 Learn specific tools (complex inductions and intensification techniques) for specific populations (children; procedural hypnosis; PTSD); and  
 More practice with the feedback of expert faculty.

The Refining Skills and Treatment Applications (Intermediate) 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.

**Workshop Schedule (20 CME/CE)**

Chair – Joel Marcus, PsyD

Faculty: Cheryl Beighle, MD; Maggie Dickens, MS; Wendy Lemke, MS, LP; Akira Otani, EdD, ABPH; Eric Spiegel, PhD; Jennifer Swaim, PhD; Linda Thomson, MSN, CPNP, ABMH, ABNH

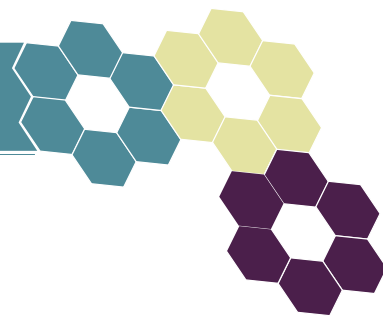
**SATURDAY, MARCH 18, 2017**

- 2:00 pm Attend the Opening Plenary  
 3:00 Break  
 3:30 Introduction to Intermediate (Marcus)  
 3:45 Refining Inductions and Deepening, with Demos (Marcus)  
*Educational Objectives for this session:*  
 – Observe and identify or demonstrate two advanced inductions, and clarify conditions under which they may be indicated.  
 – Describe three types of advanced inductions.  
 – Describe three signs of increased suggestibility/trance.  
 – Describe at least two advanced hypnotic inductions for intensification of trance.  
 – Describe at least four advanced methods for “deepening” hypnotic involvement.  
 5:15 Applications of Clinical Hypnosis: Ego Strengthening (Lemke)  
*Educational Objectives for this session:*  
 – Define what is meant by ego-strengthening procedures and how they may be used in clinical practice.  
 – Identify several different types of ego-strengthening techniques and types of suggestions  
 6:00 Recess  
 Attend the Welcome Reception

**SUNDAY, MARCH 19, 2017**

- 7:30 am Continental Breakfast  
 Attend Plenary 2  
 8:30 Break  
 9:00 Applications of Clinical Hypnosis: Preparing Patients for Surgical Procedures (Beighle)  
*Educational Objectives for this session:*  
 – Describe effective hypnotic techniques that can be used preoperatively, intraoperatively and post operatively  
 10:00 Applications of Clinical Hypnosis: Clinical Hypnosis with Pediatric Patients (Beighle)  
*Educational Objectives for this session:*  
 – Verbalize at least one method for re-alerting from hypnosis  
 – Identify at least three age-appropriate induction and hypnotic intervention strategies in working with children  
 11:00 Reminders about the Nature of Resistance (Otani)  
*Educational Objectives for this session:*  
 – Identify at least six alternative techniques for bypassing or working through resistance to hypnosis.

# REFINING SKILLS & TREATMENT APPLICATIONS WORKSHOP



## SUNDAY, MARCH 19, 2017 (cont)

- 12:00 pm Lunch on your own
- 1:30 Introduction to Small Group Practice (Marcus)
- 1:45 Small Group Practice (SPG) Session 1  
*Educational Objectives for this session:*
- Participate in at least one hypnotic experience as a subject.
  - Use at least one induction method from the lectures with a member of the group.
  - Describe his/her responses, and what they observed in the behavior of the participant.
- 3:30 Break
- 4:00 Formulation and Integration of Suggestions and Metaphor (Swaim)  
*Educational Objectives for this session:*
- Identify and define at least six principles of hypnotic communication and suggestion.
  - Cite at least four types of hypnotic suggestions.
  - Describe a hypnotic session including therapeutic suggestions
  - Explain the concept of utilization in the creation of metaphors.
  - Demonstrate how to construct therapeutic metaphors and give 2 examples of metaphorical suggestions
- 5:00 Applications of Clinical Hypnosis: Clinical Hypnosis in the Treatment of Habit Disorders (Dickens)  
*Educational Objectives for this session:*
- Discuss research literature on hypnosis in the treatment of habits
  - Identify at least four different types of suggestions or hypnotic techniques that may be used in the treatment of habit disorders
- 6:00 Recess

## MONDAY, MARCH 20, 2017

- 7:30 am Continental Breakfast
- Attend Plenary 3
- 8:30 Break
- 9:00 SGP Session 2  
*Educational Objectives for this session:*
- Participate in at least one hypnotic experience as a subject.
  - Use at least one induction method from the lectures with a member of the group.
  - Describe his/her responses, and what they observed in the behavior of the participant.
- 10:30 Applications of Clinical Hypnosis: Hypnosis for Pain Recovery (Marcus)  
*Educational Objectives for this session:*
- Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.
  - Outline precautions in using hypnotic methods for pain relief, and the limited number of conditions where one might consider creating a complete anesthesia.
  - Identify hypnotic strategies and be able to name at least six hypnotic techniques for use in pain management.
- 12:00 pm Lunch on your own
- 1:30 SGP session 3  
*Educational Objectives for this session:*
- Participate in at least one hypnotic experience as a subject.
  - Use at least one induction method from the lectures with a member of the group.
  - Describe his/her responses, and what they observed in the behavior of the participant
- 3:30 Break
- 3:45 Exploratory Techniques Including Ideomotor Signaling (Otani)  
*Educational Objectives for this session:*
- Discuss indications and contraindications for using an insight-oriented hypnotic approach.
  - Describe at least three exploratory hypnotic methods.
  - Define and demonstrate ideomotor phenomena / signaling
- 5:15 Neurophysiology of Hypnosis & Mind-Body Medicine (Spiegel)  
*Educational Objectives for this session:*
- Review how stress and pain affect body systems.
  - List three brain regions or networks that research shows may be altered with hypnosis.
  - Detail three implications of neurophysiological research on the practice of clinical hypnosis.
- 6:00 Recess
- 6:15 Attend Plenary 4
- 7:15 Cocktail Reception
- 8:00 Awards Dinner with Entertainment



## REFINING SKILLS & TREATMENT APPLICATIONS WORKSHOP

**TUESDAY, MARCH 21, 2017**

7:30 am Continental Breakfast

8:00 Applications of Clinical Hypnosis: Clinical Hypnosis and Sleep Disorders (Thomson)

*Educational Objectives for this session:*

- Describe the difference between primary and secondary sleep problems
- Develop a hypnotic intervention to address the common pattern of sleep performance anxiety.

9:00 Applications of Clinical Hypnosis: Clinical Hypnosis in the Treatment of Anxiety and Phobia (Jacobs)

*Educational Objectives for this session:*

- Review principles stemming from research data on the treatment of anxiety and phobic disorders.
- Explicate a minimum of three hypnotic techniques for treating these disorders, and be able to provide a rationale for using each method.

10:15 Break

10:30 Ethics and Professional Conduct; Certification (Marcus)

*Educational Objectives for this session:*

- Identify three areas within their practice setting where hypnosis may be applied
- Identify pertinent ethics standards and concerns with respect to the inclusion of clinical hypnosis
- Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification.

12:15 pm ADJOURN (Thank you very much for your participation in this training experience)

# TEACHING & CONSULTATION WORKSHOP



This ten (10) hour workshop is designed for anyone wishing to become an approved consultant or who would like to offer a course on hypnosis.

The workshop covers four important areas: (1) Teaching adult learners; (2) How to plan a hypnosis workshop; (3) How to lead small group practice sessions and consultation groups, including understanding group dynamics; and (4) How to provide consultation regarding hypnosis to qualified professionals. This course will review basic information on the art of teaching adults for those who wish to be approved consultants and/or to prepare and lead hypnosis training courses. It reviews the ASCH objectives for the various tracts of hypnosis training, small practice groups, and how and when to provide constructive feedback in these settings, with experiential learning components. The course clarifies the role of a consultant and the nature of providing detailed review of cases with regard to the use of hypnosis. The importance of learning contracts and seeing and hearing students' actual casework are discussed.

## *Learning Objectives*

*Participants will be able to plan a hypnosis workshop.*

*Participants will be able to plan, lead, and evaluate a small practice group.*

*Participants will be able to implement teaching techniques applicable to adult learners.*

Faculty: Holly Forester-Miller, PhD; Ran Anbar, MD

## **Workshop Schedule (10 CME/CE)**

### **Sunday, March 19, 2017**

- 7:30 am Continental Breakfast  
Attend Plenary 2
- 8:30 Break
- 9:00 Introductions; Workshop Overview  
*Learning objectives:*  
*All participants will be able to:*  
*1. Facilitate introductions, build community, and create safety.*  
*2. Facilitate a learning environment for adults.*
- 10:30 Educational Theories; Learning Styles  
*Learning objectives:*  
*1. Summarize one major theory of adult learning.*  
*2. Apply an intervention that will stimulate adult learners in medical and other health science training programs*
- 11:15 Small Group Instruction I  
*Learning objectives:*  
*1. Organize a small group experience that facilitates learning, as well as safety and effective group dynamics.*  
*2. Provide instruction to workshop faculty regarding how to manage abreaction, and the importance of ensuring workshop participants are fully re-alerted following hypnosis experiences.*
- 12:00 pm Lunch
- 1:30 Small Group Instruction II – Video examples  
*Learning objectives:*  
*1. Provide appropriate and constructive feedback to small group participants at basic workshops.*  
*2. Modify their teaching methods based on the learning styles of the small group participants.*
- 3:30 Break
- 4:00 Continuation of Small Group Instruction II – Video examples  
*Learning objectives:*  
*1. Provide appropriate and constructive feedback to small group participants at basic workshops.*  
*2. Modify their teaching methods based on the learning styles of the small group participants.*
- 4:30 Planning Basic, Intermediate, and Advanced Hypnosis Workshops I  
*Learning objectives:*  
*1. Identify content appropriate for basic, intermediate, and advanced workshops for hypnosis training.*  
*2. Develop content appropriate for the multidisciplinary nature of students at hypnosis workshops.*

## Sunday, March 19, 2017 (cont)

5:15 Planning and Organizing a Hypnosis Workshop II

*Learning objectives:*

1. Plan and organize a basic, intermediate, or advanced hypnosis workshop.
2. Develop learning objectives that meet the requirements of accrediting agencies.

6:00 Recess

## Monday, March 20, 2017

7:30 am Continental Breakfast

Attend Plenary 2

8:30 Break

9:00 TCW Resumes

Planning and Organizing a Hypnosis Workshop II (continued)

9:30 Being an Approved Consultant

*Learning objectives:*

1. Develop a learning contract with a student of hypnosis.
2. Implement various types of consultation.

10:00 Being an Approved Consultant, Role Play of IC

*Learning objectives:*

1. Understand the difference between supervision and consultation.
2. Provide effective case consultation.

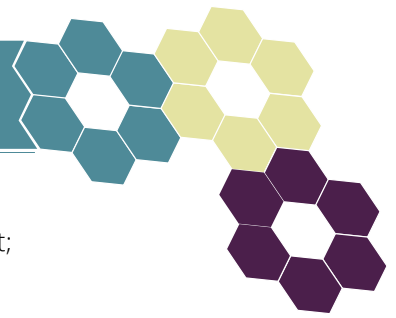
11:30 Evaluations, Questions & Answers, Wrap-Up

12:00 pm TCW Concludes

Lunch on Your Own

1:30 Attend your choice of Advanced Workshops

# ADVANCED WORKSHOPS



## Saturday, March 18, 2017

2:00 pm Plenary 1: Advanced Techniques of Hypnosis and Psychotherapy: Attunement; Jeffrey Zeig, PhD, 1 CME/CE  
3:00 Break  
3:30 Fundamentals Of Clinical Hypnosis Workshop begins (Click for program schedule)  
Refining Skills and Treatment Applications Workshop begins (Click for program schedule)  
Advanced Workshops begin

### SP1: Top Gun Sessions with Joseph Zastrow, MD and Jeffrey Zeig, PhD; 3.0 CME/CE

You may be good but we will make you better. This seminar is designed to introduce or reintroduce you to induction techniques and allow you to practice with a partner. The seminar is scaled for those who are already in practice and have completed an intermediate course but wish to have further induction skill set. Bring a wing man If you're flying solo we will arrange to pair with a partner.

*By the completion of this workshop, participants will be able to:  
Learn three new techniques of induction;  
Practice 3 techniques of induction; and  
Understand where the new inductions may be best used.*

### SP2: Future Focused Therapy With and Without Formal Hypnosis, Moshe Torem, MD, 3 CME/CE

This workshop will review the various forms of hypnotherapy as related to the issue of time focus. Many therapies have focused on the present and the past, attention to the future has been rather minimal. However, future focused therapy can be a powerful strategy to bring about transformational change in patient's behavior and symptoms in the present. What is unique and special about this workshop is that it provides participants with an opportunity to utilize hypnosis in modifying the experience of time orientation to facilitate therapeutic change. Hypnosis allows the patient to experience a desirable therapeutic outcome which is internalized on both a conscious and sub-conscious level. Participants will learn the use of future focused communication, suggestions, and a variety of age progression techniques enhanced by hypnosis.

The implementation of a future focused orientation will allow attendees of this workshop to work with their patients on the desired best possible outcome of treatment. The treatment may be medical, surgical or behavioral the focus on the best possible outcome enhanced by a Hypnotic Experience of the outcome provides the clinician and patient a powerful tool in treatment.

*By the completion of this workshop, participants will be able to:  
Understand hypnotic communication in terms of it's time focus (past, present, or future). They will be able formulate a verbal communication focused on the Past, the Present and one on the Future; and  
Develop an initial assessment of a focusing on the desired outcome of treatment rather than exploring the patient's past (childhood etc.*

### SP3: Accessing and Healing Emotional Injuries in Anxiety Disorders, Assen Alladin, PhD, 3 CME/CE

This Workshop is based on the recent publications: Integrative CBT for Anxiety Disorders: An Evidence-Based Approach to Enhancing Cognitive Behavioral Therapy with Mindfulness and Hypnotherapy (Alladin, 2016) and the AJCH Special Issue on Emotional Disorders and the Wounded Self (July 2016). The Workshop will describe a comprehensive evidence-based treatment protocol for the management of anxiety disorders. The treatment approach is based on the wounded self model of anxiety disorders (Alladin, 2016; Wolfe, 2005), which can be defined as patients' chronic struggles with their subjective distress. From this perspective, the onset, development, exacerbation and maintenance of anxiety symptoms are hypothesized to stem from two layers of psychological processes. The first layer comprises conscious awareness of symptoms resulting from cognitive distortions, while the second layer involves unconscious interpretations of what the symptoms mean to the patient. As this model embodies both explicit and implicit psychological processes in the etiology of anxiety disorders, it provides a theoretical rationale for integrating both conscious and unconscious strategies in the treatment of clinical anxiety. Moreover, the model adopts a psychobiological theory of clinical anxiety



## ADVANCED WORKSHOPS

and hence both psychological and pharmacological strategies can be utilized as necessary. As conscious therapies such as CBT, mindfulness and pharmacotherapy are readily available from various sources, this Workshop will focus on unconscious strategies. Several methods for accessing and healing self-wounds will be described and demonstrated in the Workshop including:

- Age regression.
- Affect bridge.
- Differentiating between accurate and inaccurate self-views.
- Split Screen Technique.
- Transformation of inaccurate self-views.
- Learning to tolerate painful realities.

The attendees, both physicians and mental health therapists, will have a better appreciation of the complexity of clinical anxiety disorders. They will be able to differentiate between “simple” and “complex” anxiety disorders. For simple anxiety disorders, symptomatic approach (e.g., CB, medication) to treatment may suffice. But for patients with complex symptomatology, an integrated approach to treatment will be required. The workshop will describe and demonstrate various techniques for accessing and healing emotional injuries. The workshop will be beneficial to both novices and seasoned practitioners.

*By the completion of this workshop, participants will be able to*  
*More skillfully apply the concept of the wounded self in the formulation and treatment of anxiety disorders;*  
*Differentiate between “simple” and “complex” anxiety disorders;*  
*Help patients with “complex” anxiety disorders uncover and heal underlying emotional injuries;*  
*Use several techniques to access and heal emotional injuries;*  
*Appreciate that a “tool-kit” approach to managing anxiety disorders will not be helpful to patients with “complex” disorders;*  
*Assess for emotional injuries in anxiety disorders; and*  
*Explore the implicit meaning of symptoms in “complex” anxiety disorders.*

### **SP4: Hipponosis: Helping Children Help Themselves**, Linda Thomson, MSN, CPNP, ABMH, ABNH; 3 CME/CE

The workshop will describe hypnotic interventions that can be used with children and adolescents with medical or psychological challenges. Hypnosis not only gives the child a tool to better cope with or solve the problem himself, but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life. How to match hypnotic strategies to the developmental level of the child will be illustrated by using video clips. The principles and practice of integrating hypnosis into clinical encounters in child and adolescent healthcare for a variety of common pediatric habit disorders, anxiety and pain will be presented.

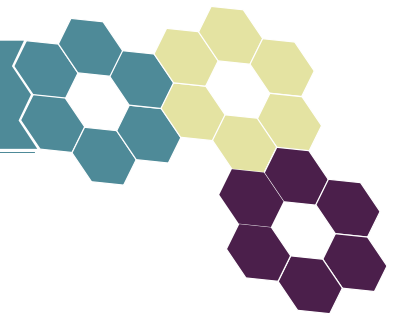
*By the completion of this workshop, participants will be able to*  
*Describe how to match hypnotic strategies to the developmental level of the child that enhance mastery*  
*Cite and explain three (3) values of integrating hypnosis into common clinical encounters with children and adolescents*  
*Develop increased skills in a child-centric approach to effect behavioral change through hypnosis and utilization of trance*

### **SP5: Hypnotic Relaxation Therapy: Overview of theory, research, and practice**, Gary Elkins, PhD; 3 CME/CE

Hypnotic Relaxation Therapy (HRT) is founded on an evidence-based approach to hypnosis. In clinical practice, hypnotic interventions very often utilize suggestions for mental, physical, and emotional relaxation and suggestions that the hypnotic state can be enhanced with focused attention and relaxation. Further, there is persuasive evidence that relaxation based interventions (including hypnosis) have therapeutic benefit in treatment of a range of problems. Therefore, HRT emphasizes the use of relaxation based inductions and goal directed therapeutic suggestions are integrated into treatment. The methods are founded upon an approach to draws upon clinical research to inform “what works.” In this regard, the methods of HRT are dynamic rather than fixed. HRT refers to an identified theoretical conceptualization and underlying principles for hypnotherapy. In this workshop the theoretical foundations will be presented in which conscious and unconscious processes are considered. The principles of HRT will be discussed as they related to clinical interventions. The process of HRT will be presented including guidelines for formulating hypnotic suggestions, consideration of hypnotizability, and teaching self-hypnosis. Applications of HRT in treatment of hot flashes, anxiety, sleep, and pain will be discussed. Demonstration and discussion will be used as a primary teaching methods.



# ADVANCED WORKSHOPS



*By the completion of this workshop, participants will be able to*  
*Discuss the principles of hypnotic relaxation therapy*  
*Demonstrate knowledge of hypnotic inductions and symptom relief; and*  
*Discuss the advantages of assessment of patients' hypnotic abilities in clinical practice.*

6:30            Recess  
                  Attend the Welcome Reception



# ADVANCED WORKSHOPS

**Sunday, March 19, 2017**

7:30 am	Continental Breakfast
7:30	<b>Plenary 2: Celebrating Histories of Hypnotic Practice and Research: Six generations of phenomena, ideas and puzzles;</b> Amanda Barnier, PhD; 1CME/CE
8:30	Break
9:00	Fundamentals Of Clinical Hypnosis Workshop Resumes Refining Skills and Treatment Applications Workshop Resumes Advanced Workshops Resume

9:00am – 12:00 pm

**POW: Power of Words: Effective clinical communications workshop**

**TCW: Teaching and Consultation Workshop**

**D1: Lessening Pre-surgical Anxiety and Enhancing Positive Surgical Outcomes,** Carolyn Daitch, PhD and Kent Massie, LPC; 5 CME/CE

Pre-surgical and surgical anxiety not only leads to considerable distress prior to surgery, but can affect post-surgery outcomes. Pre-surgery anxiety and panic is common, and specific phobias including fear of blood, contamination and anesthesia are often seen in our practices. These anxiety-based issues can lead to avoidance of surgery that, in some cases, can even threaten a patient's survival. This workshop presents innovative hypnotic techniques to mitigate pre-surgery anxiety and lessen surgery avoidance. Special emphasis will be on the complications that arise if the client suffers from PTSD. A history of trauma can make routine surgical procedures particularly daunting. For example, onset of anesthesia can mimic sensory components of the freeze response (aka "tonic immobility"). Lying in a prone position can mimic components of a sexual assault. Following victimization at the hands of a trusted other, lack of trust can generalize to the medical team. Through mediation of the flight or fight response and bolstered ego strength, hypnotic therapeutic techniques can lead to increased patient participation (conscious and subconscious) in the surgical process resulting in enhanced outcomes. The presentation will illustrate hypnosis can be effective for decreasing anxiety, reframing past negative experiences, increasing tolerance for pre-surgical medical visits, and managing the days prior to the surgery itself, as well as post-surgical recovery. Specific hypnotic interventions will be taught to increase positive expectancy, enhance trust, and to manage fears and worries. A case presentation will also address the treatment of PTSD in which the precipitating trauma occurred in a medical setting.

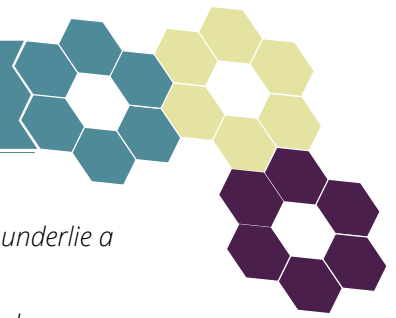
*By the completion of this workshop, participants will be able to Assist patients who have pre-surgical anxiety phobia, panic or a history of PTSD manage surgical interventions; and Demonstrate at least two specific interventions to tolerate pre-surgical distress as well as to use hypnosis to lessen post-operative pain (and reduce reliance on pain medication) and to speed recovery.*

**D2: Reorienting Hypnosis Education: Relearning what you always knew that you didn't know that you always knew;** Laurence Sugarman, MD, ABMH; David Alter, PhD, ABPH; and David Reid, PsyD; 5 CM/CE

Remember learning how to do an induction and prescribe suggestions at your first introductory workshop? Remember practicing the order of induction-deepening-suggestion-re-alerting? Was that the best way to start learning hypnosis? How well did it fit into practice then? How well does it now align with our evolving understanding of psychobiology? How well does it fit with how people actually change their minds? Wouldn't it be great to emerge from an introductory workshop with more neurobiologically-based, client-focused skills that are usable across the spectrum of clinical practices? Come join us to discuss and experience new models of introductory education and training in clinical hypnosis. As described in "Reorienting Hypnosis Education" (AJCH, 59(3)), we will engage in experiential learning of newly proposed basic skills through the lenses of new learning foci intended to drive the psychophysiological plasticity that helps people change their minds in therapy. Together we will discuss and explore how to make clinical hypnosis education more relevant, practical and accessible. Like first learning to walk, draw and sing, hypnosis rests on the pursuit of the novelty, curiosity and uncertainty in each moment. This workshop builds these characteristics into clinical hypnosis training. Are you interested in changing your mind? Come play with us.

Participants can expect to come away from the workshop more able to: • Cultivate client resources in order to catalyze neurobiologically-based plasticity; • Effectively enhance the client's trance experience with newly proposed basic hypnotic skills; • Teach themselves to improve their application of basic skills through learning foci that guide clinician and client attention and awareness; and, • Teach usable and practical clinical hypnosis skills to other clinicians.

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*By the completion of this workshop, participants will be able to*  
*Describe six neurobiologically-oriented principles, four basic skills and four learning foci that underlie a proposed change in introductory;*  
*Cultivate client resources in order to catalyze neurobiologically-based plasticity;*  
*Effectively enhance the client's trance experience with newly proposed basic hypnotic skills; and*  
*Increase clinicians' application of basic skills by framing them within learning foci.*

## **DA1: Age Regression for Working through of Trauma;** D. Corydon Hammond, PhD, ABPH; 3 CME/CE

This workshop will very briefly review hypnosis and memory research. Indications and contraindications for age regression and for insight-oriented hypnotic work will be outlined. Methods for facilitating age regression and for dealing with resistance to age regression will be taught. Participants will view a DVD of an actual age regression to traumatic material, with the subsequent therapeutic abreaction, cognitive reframing, and working through of the material. Methods will be illustrated for validating the adequate therapeutic resolution of material, and ego-strengthening suggestions illustrated.

*By the completion of this workshop, participants will be able to*  
*Identify indications and contraindications for using an insight-oriented hypnotic approach;*  
*Identify at least 6 contraindications for conducting age regression and abreactive work;*  
*Discuss research literature on memory, and hypnosis and memory, and their implications for clinical work;*  
*Recognize the clinical controversy regarding hypnosis and the possible creation of pseudomemory;*  
*Identify 3 different techniques for facilitating age regression; and*  
*Articulate methods for facilitating therapeutic abreaction and methods for modulating affective intensity in age regression.*

## **DA2: Heal in the Space between the Words; Exploring the intersection of hypnosis, neurobiology, and quantum physics;** Susan Pinco, LCSW; 3 CE **Ineligible for CME**

Ericksonian Hypnosis, NLP and Social Psychology teach us the importance of metacommunication and the power of tone, tempo, and numerous other paraverbal elements. This seminar will focus on a particular element of metacommunication silence. Silence as it occurs within the context of speech and within context of our sessions. In attending this seminar, participants will experience new ways of thinking about, eliciting and utilizing silence drawing from elements of Ericksonian Hypnosis, Brainspotting, mindfulness, quantum physics, interpersonal neurobiology, and somatically oriented therapies. Attendees will be encouraged to rethink their relationship to the space between words and to develop techniques that enhance their own palette and that of their clients' amplifying effectiveness both in and between sessions.

Most people look at a canvas and see the colors, the brush strokes, the form. This seminar will encourage attendees to look at the white space, those moments where the discourse slows down and all but disappears. This space is the fertile ground from which new experience grows. It is the field in which the residue of past experience can be met and transformed. In attending this seminar, participants will experience new ways of eliciting and utilizing that space by combining elements of mindfulness, interpersonal neurobiology, hypnosis and somatically oriented therapies. Attendees will be encouraged to rethink their relationship to the white space and given the space to develop their own fertilizer (techniques) so as to enhance their own palette and that of their clients amplifying effectiveness both in and between session.

*By the completion of this workshop, participants will be able to*  
*Identify and explain the difference between working in the "space between words" in a structured and unstructured manner; and*  
*Identify 2-3 outcomes found in the research of Cook, Gendlin, Lovelady & Pinco that support the premise that the space between the words is a key ingredient in resolution of psychological issues.*

## **DA3: Transpersonal Dimensions of Hypnosis and Healing;** Moshe Torem, MD and Philip Appel, PhD; 3 CE **Ineligible for CME**

This workshop will focus on reviewing the intrapersonal, interpersonal and transpersonal dimensions of medicine and healing. In addition, the special role of adding transpersonal dimensions of healing to understanding human behavior in health and disease will be explained and discussed. Experiential exercises will be offered to illustrate the value of using a transpersonal dimension, such exercises will include guided



# ADVANCED WORKSHOPS

imagery and selfhypnosis. The following topics will be covered: transpersonal medicine as a new paradigm, transpersonal imagery and healing, mutual resonance in the transpersonal field, a transpersonal perspective of healing imagery, coconsciousness and transformation and integrating hypnosis with transpersonal healing.

Attendees of this workshop will learn and practice new skills that may then be implemented in their clinical practice in the treatment of patients with a variety of clinical conditions. These may include Anxiety Disorders, OCD, PTSD, Chronic Pain, Depression, Eating Disorders, Insomnia, and Dissociative Disorders. In addition, clinicians attending this workshop will be able to teach some of these skills to their own patients.

*By the completion of this workshop, participants will be able to  
Discuss at least 3 key figures in the development of transpersonal healing;  
Explain the differences between intrapersonal, interpersonal and transpersonal dimensions of healing and hypnosis; and  
Utilize 'Disidentification' with negative & dysfunctional thoughts.*

12:00 - 1:30 pm Lunch on Your Own  
12:30 - 1:00 pm ASCH Membership Meeting  
**ASCH Component Society Luncheon (Open to all component society members)**  
Nurses' Networking Lunch  
1:30 Fundamentals Of Clinical Hypnosis Workshop Resumes  
Refining Skills and Treatment Applications Workshop Resumes  
POW: Power of Words: Effective Clinical Communications Workshop Resumes  
TCW: Teaching and Consultation Workshop Resumes  
Advanced Workshops Resume

1:30 - 3:30 pm  
**DP1: Writing and Publishing Your Hypnosis Articles in AJCH;** Stephen Lankton, LCSW, DAHB; 2 CME/CE

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises. Also appropriate for Physicians, Nurses and Dentists. People often consider the process of writing and publishing a formidable task. The purpose of this workshop is to familiarize clinicians, researchers, and students with the process of writing for publication in journals. The workshop will cover APA guidelines and style guidelines for articles submitted to the American Journal of Clinical Hypnosis (AJCH) and also how to properly use word processing commands for various style requirements. In addition, a realtime demonstration of how to electronically submit to AJCH via the publisher's ScholarOne submission portal. There will be time for participants' Q&A regarding specific questions on writing topics related to hypnosis to help participants understand the proper choice of article format and strategies for formulating and writing their ideas.

*By the completion of this workshop, participants will be able to  
Provide specific illustrations and examples for proper formatting, APA style, and word processing including abstracts, titles, citations, references, and so on;  
Describe the editorial and review process; and  
Describe the types of articles that can be published.*

**DP2: From Real Life to Cyberspace and Back Again: Helping adolescents/young adults develop a strong inner Selfie (Utilizing Hypnotherapy/Ego States):** Tobi Goldfus, LCSW; 2 CE **Ineligible for CME**

The balance of online presence, real life and inner states have dramatically shifted, as well as former definitions of boundaries and confidentiality in the lives of the adolescent/young adult world. While being plugged in, highly skilled and technologically adept is required today and keeps our world connected in phenomenal ways, too much time and activity on social media sites without time for reflection and real life interactions, have also been found to increase symptoms of depression, anxiety, feelings of isolation and compulsive/addictive behaviors and lower empathy toward others. This workshop will present a Social Media Assessment Form (SMA) to expand the clinician's therapeutic effectiveness to include the digital world and experience of the young person in understanding their developmental tasks being mastered online with those in real life.

Seven stages of smart phone attachment, cyber friendly scripts, and a new cyberspace glossary of terms

# ADVANCED WORKSHOPS



will be given to increase tools in evaluating healthy and unhealthy uses and behaviors online. When to unplug, how to and when NOT to will be explored and discussed. Downregulation techniques such as the ego strengthening Inner Selfie Technique using mobile devices will be taught, as well as using cyberfriendly scripts/language for greater attunement. Experiential exercises, case examples and how comparing and contrasting online and therapeutic hypnotic phenomena can be utilized for greater emotional impact will be demonstrated.

The workshop participant will learn how to integrate the Social Media Assessment Form into evaluation and treatment goals, assess both patient and provider positions in the fluid 7 stages of smart phone attachment and be able to use cyberfriendly language in hypnotherapy scripts for increased impact, understanding and treatment. They will also be able to identify developmental tasks being practiced online, assess healthy, compulsive and addictive use of cyberspace, and identify and contrast hypnotic phenomena both online and in therapeutic trance. The Inner Selfie Technique using mobile devices will be taught as well as other practical downregulating techniques.

*By the completion of this workshop, participants will be able to*  
*Assess and evaluate the young person's operating ego states, healthy to unhealthy use of social media sites;*  
*Use the Social Media Assessment Form in all stages of treatment, identify practicing online ego states and healthy/unhealthy use to be integrated into treatment goals;*  
*Demonstrate and use cyber friendly scripts/language, practical hypnotic downregulation techniques, including the Inner Selfie Technique using mobile devices with ease; and*  
*Provide therapeutic interventions that are salient, effective and can provide experiential opportunities for increased emotional impact. Working with developing ego states, online and off, and integrating with hypnotherapy techniques will provide the clinicians with practical tools to use in practice easily.*

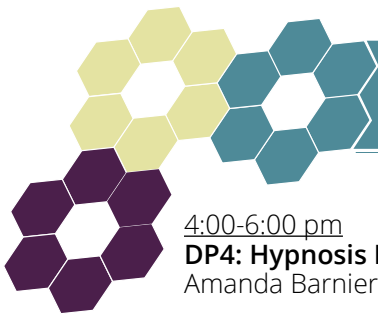
## **DP3: Doctor, I Know What I Need to Do, But I'm Just Not Doing It: Applying the ACE study findings to refine suggestions to bring different results;** Bernard Plansky, MD; 2 CME/CE

The Adverse Childhood Experiences (ACE) study is one of the largest epidemiological studies in the United States demonstrating how categories of adverse childhood experiences can affect future adult health and wellbeing. A simple questionnaire is given with 10 questions regarding specific categories of adverse experiences, occurring often or very often, by adults in the household before the age of 18. The number of ACEs a person scores has a proportional and exponential relationship to prevalence of misuse of alcohol, drugs, tobacco and food as well as the prevalence of many chronic medical and psychiatric conditions. Neurodevelopmental imaging studies continue to show that high ACEs shape the structure and function of the nervous system toward threat detection and response as well as diminished reward expectation. This is of great significance regarding self suggestions for health with thought, emotions and body often not in alignment with present intention " Doctor, I know what I need to do, but I'm just not doing it." We will be learning multiple hypnotic modalities for everyday practice to practically and rapidly apply the findings of the ACE study so that all ships move in a common direction.

Participants will be able to impact patient care by bringing a highly specific trauma informed approach to helping patients rapidly develop and refine health objectives (self suggestions) to bring desired results. Participants will be able to better identify present suggestions not producing desired results, and through calculating an ACE score during an office visit, effectively work with patients to quickly move toward a more harmonious engagement of thought, emotion and body with intentions for health. Expected results from engagement with this session would be demonstrably better health outcomes in each participant's practices.

*By the completion of this workshop, participants will be able to:*  
*Rapidly identify key factors in the nonsuccess of patient's present health objectives (self suggestions);*  
*Formulate with patients more successful health objectives using multiple hypnotic modalities;*  
*Expediently apply the findings of the ACE Study to harmonize thought, emotions and body in the same direction of the health objective and*  
*Confidently demonstrate practical exercises for the strengthening of such health objectives.*

3:30 Break



## ADVANCED WORKSHOPS

4:00-6:00 pm

### **DP4: Hypnosis Research—The Ingredients of Hypnosis: A guide to research for clinicians;**

Amanda Barnier, PhD; 2 CME/CE

The aim of scientific hypnosis is to reveal the true nature of hypnosis and the value of its clinical and other applications. Given the “mere words” of the hypnotist, understanding the compelling behaviour and experience of hypnotized people is as demanding as it is captivating. Thankfully, generations of workers in our field have developed research tools and techniques to help us answer fundamental questions about basic and applied hypnosis. These research methods are as relevant in the clinic as in the laboratory. They are relevant to anyone who wishes to understand what hypnosis is and what it does. Research design – the ingredients of hypnosis – can be considered a common language for evaluating the contributions of others to the literature and making our own contributions.

In this workshop, I will: (1) enhance your knowledge of fundamental design issues in hypnosis research; (2) assist you in thinking through the balance between clinical realities and good research design; and (3) suggest ways of making useful contributions to the clinical and scientific literature.

First, I will describe and illustrate basic features of (clinically-based and laboratory) hypnosis research including: research questions, ingredients of hypnosis research, comparison groups, and independent and dependent variables. Second I will show how to use this information to critically appraise the quality of evidence in published hypnosis studies, which can inform your evidence-based practice. Third, I will introduce case study and time series research designs, which can transform your clinical practice into a source of research evidence. Fourth, I will highlight the benefits of sharing your clinical research contributions and give you tips on writing and publishing.

I invite you to bring your research questions, clinical ideas or findings, or any research data to workshop throughout the day.

*By the completion of this workshop, participants will be able to:*

*Enhance knowledge of fundamental design issues in hypnosis research, useful for evaluating research that can inform evidence-based practice;*

*Consider the balance between clinical realities and research design;*

*Learn about case study and time series design and how they might be put to work in a clinical practice; and*

*Discuss the benefits of sharing clinical contributions and gather tips for writing and publishing.*

DP5: Introduction to Hypnosis Specialty Board Certification; Marc Oster, PhD, ABPH; et al; 2 CME/CE

The American Boards of Clinical Hypnosis is an umbrella organization made up of professionals in medicine, dentistry, psychology, social work, and nursing who use hypnosis in their healthcare practice. Members of the various Boards establish and administer examinations of advanced competence.

A clinician who passes the exam is designated a Diplomate, recognizing experience, and high skills. But more importantly, successful candidates deserve the feeling of confidence and satisfaction they get knowing they have done something beyond the usual, and have been so recognized by their peers. The process involves thought, study, and mentoring. In this workshop, the Facilitator will give a brief overview of the value of being a Diplomate. Then the participants will have a chance to talk with the President or members of their own specialty Board.

*By the completion of this workshop, participants will be able to*

*Evaluate their readiness to be a Diplomate;*

*Summarize the process for their specialty;*

*Evaluate the pros and cons of themselves being a Diplomate; and*

*Make a personal decision whether or when to apply.*

DP6: **How to Integrate Hypnosis in Pediatric Hospital and Clinical Settings;** Daniele Lonchamp, PhD; 2 CME/CE

This workshop will help pediatricians and hospitalists be more confident integrating their hypnotic skills in their daily works to their own benefit and the patients' benefit (improve patient/doctor relationship and adherence to treatment plan, save time and bring a sense of humor to the encounter).

# ADVANCED WORKSHOPS



*By the completion of this workshop, participants will be able to  
Identify when the trance has already started;  
Work hypnotically during ward rounds, acute care interventions in emergency room;  
Construct 3 metaphors for chronic pain; and  
Develop a plan to teach allied health workers (nurses) to integrate the conversational hypnotic language into their daily work.*

## **DP7: Ethical Issues and the Use of Clinical Hypnosis: Part 1;** Joel Marcus, PsyD; 2 CME/CE

Therapists are often faced with situations which require appropriate and sound ethical decision making ability. The use of hypnosis can create challenges and issues surrounding responsibility, boundaries and competencies. Determining the appropriate course to take when faced with a difficult ethical dilemma can be a challenge for even the most seasoned professional. This workshop will cover the basics of the difference between laws and ethics. It will provide a model for ethical decision making. This workshop will provide an opportunity for clinicians to review ethical concerns from both medically and psychologically based perspectives. Variables such as children's rights, end of life decision and research questions will be covered.

*By the completion of this workshop, participants will be able to  
Identify and successfully navigate ethical issues that arise with the use of clinical hypnosis;  
Identify and discuss the differences between relevant laws and ethical principals in the practice;  
Articulate at least one (1) ethical decision making model as it applies to the use of clinical hypnosis; and  
Articulate three (3) possible ethical violations in the use of clinical hypnosis.*

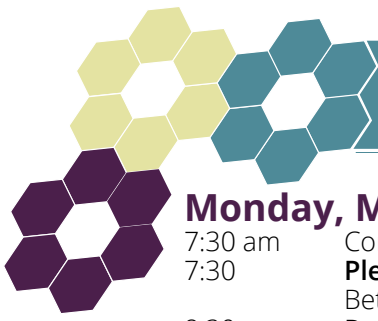
## **DP8: Induced Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders;** Philip Shenefelt. MD. ABMH, 2.0 CME/CE

Skin and skin disorders have had spiritual and religious dimensions often derived from induced altered states of consciousness experiences since ancient times. Skin, hair, and nails are visible to self and others. The skin is a major sense organ for touch, pain, itch, heat, cold, pressure, and vibration. Skin also expresses emotions detectable by others through pallor, coldness, "goose bumps", redness, warmth, or sweating. How much skin is covered with what kind of coverings, scalp and beard hair cutting, shaving, and styling, skin and nail and hair coloring and decorating, tattooing, and intentional scarring of skin all have had and continue to have spiritual and religious significance, often derived originally from visions or other altered state of consciousness experiences. Persons with visible skin disorders have often been stigmatized or even treated as outcasts. Spiritual and religious interactions with various skin disorders such as psoriasis, leprosy, and vitiligo are discussed.

The attendee can become more aware and attuned to how altered states of consciousness experiences and their derivatives with spiritual or religious significance can affect the patient's personal and cultural beliefs with respect to what is meaningful and appropriate display of skin, hair, and nails, what clothing and decoration is meaningful and appropriate, and their beliefs about others based on what they see. The attendee can also become more aware of the personal and cultural beliefs about skin disorders and what spiritual or religious meanings may be attached to them.

*By the completion of this workshop, participants will be able to  
Explain the connection between altered states of consciousness and spiritual and religious experiences;  
Recognize the culturally specific contexts in which the spiritual and religious experiences occur; and  
Describe the interaction between skin and psyche and their spiritual and religious dimensions.*

6:00 pm                      Fundamentals Of Clinical Hypnosis Workshop Recesses  
                                    Refining Skills and Treatment Applications Workshop Recesses  
                                    Advanced Workshops Recess  
7:00 - 11:00 pm            Board of Governors' Meeting



## ADVANCED WORKSHOPS

### Monday, March 20, 2017

7:30 am Continental Breakfast  
7:30 **Plenary 3: Milton Erickson: Hypnosis As a Co-created Relationship**,  
Betty Alice Erickson, MS, LMFT; 1 CE; **Ineligible for CME**  
8:30 Break  
9:00 Fundamentals Of Clinical Hypnosis Workshop Resumes  
Refining Skills and Treatment Applications Workshop Resumes  
TCW: Teaching and Consultation Workshop Resumes  
Advanced Workshops Resume

9:00 – 11:30 am, 12:00 – 1:00 pm

**M1: Musical Voyage: Inspire and Motivate by Adding Musicality to your Sessions**; Anita Jung, LPC; 3.5 CE **Ineligible for CME**

Music and rhythm find their way into the secret places of the soul. – Plato

The Greek philosopher Pythagoras was among the first to recognize the healing powers of music. Milton Erickson, the musician of mind, body and soul, was the first to structure communication for greatest effect so that clients could change many aspects of their life, not merely their presenting symptoms. Just as the cadence of voice and patterns of speech form the music of Ericksonian communication, repetition and rhythm create the emergence of a trance state in music, film, and in poetry. The utilization of all three within a hypnotherapy model functions as a catalyst accentuating the nuances of seeding, guiding associations, shifting perceptions, and inspiring change. In a combination of Ericksonian concepts gift-wrapped in landscapes of music, poetry, and film participants will master how to interrupt and transform symptomatic states to create memorable and mindful resilience. The latest research will examine the role of epigenetics, the link between melody and the mind that suggests that listening to and playing music alters how our brains, and therefore our bodies, function.

*By the completion of this workshop, participants will be able to*  
*Prioritize 3 songs, melodies, or rhythm as a tool to interrupt a pattern and transform a symptomatic state that you will incorporate in your current medical or therapeutic practice;*  
*Demonstrate and design a consistent method to add hypnotic rhythm to your voice changing the participant's practice;*  
*Articulate and practice musical, hypnotherapeutic communication and interventions; and*  
*utilize at least 2 musical tools skillfully while being aware of the effects of music and rhythm on the mind and body.*

9:00am – 12:00 pm

**TCW Teaching and Consultation Workshop Part 2**

**M2: Tools of Intention in Hypnosis**; Stephen Lankton, MSW, DAHB; 5 CME/CE

This workshop will teach four positive techniques for use in experiential hypnosis. Most families fail to teach children how to use their experiences to succeed. Consequently, clients learn dozens of self-defeating habits and later present in our offices as adults with depression, anxiety, phobias, etc. The desire to change, insight, and motivation do not counteract those habits nor does hypnotic suggestion create such change.

Experience is the key to cure. The Tools of Intention protocols are designed to teach clients how to specifically use experiences. Using these tools with, and teaching them to, clients is valuable for overcoming learned limitations and achieving self-mastery in various desired situations. Therapy can proceed without them, but with them, the therapeutic process is more efficient and focused.

*Upon completing this session, the participant should be able to:*  
*Perform the protocol for Vivid Symbolic Imagery;*  
*Perform the protocol for Self-Image Thinking;*  
*Perform the protocol Emanated Imager; and*  
*Perform the protocol the 'HeartJoy' exercise.*

**MA1: Lessons of Transformation from EFT, EMDR and NDEs to Enhance Your Clinical Hypnosis Practice**; Larry Burk, MD, CEHP; Patricia Lyerly, LCSW; Angelina Kauffman, LPC; 3 CE/CME

Hypnosis is a time-tested tool for personal healing and transformation that can be synergistically combined with other



# ADVANCED WORKSHOPS



new emerging methods such as Emotional Freedom Techniques (EFT) and Eye Movement Desensitization and Reprocessing (EMDR). Both EFT and EMDR are evidence-based approaches to deal effectively with trauma, grief, and anxiety, as well as pain and psychosomatic disorders.

In conventional medicine we treat these personal health crises the same way we treat our national healthcare crisis. Our attempts to fix the system using information technology work about as well as using high-tech methods to relieve symbolic physical symptoms. An underlying fear of death, physical or financial, drives futile attempts at suppression. Transforming these somatic and professional metaphors can become the basis for a new model of healthcare.

The medical profession tends to focus attention on how to help individuals “fix” a “problem”, while failing to consider that the “problem” may be part of an awakening process for the individual. Our beliefs about ourselves as medical practitioners and our beliefs about those we serve impact patient care more than we sometimes acknowledge. These beliefs are called into question by the reports of near-death experiencers (NDEers).

The four traits typical of NDEers; loss of fear of death, altruistic sense of purpose, enhanced intuition and energetic healing ability, can be symbolically instructive as we deal with the near-death of the healthcare system. In the medicine of the future, hypnosis, EFT and EMDR will be allow us to transform previously held paradigms of self-limiting beliefs, both for ourselves and for those we serve, to facilitate healing.

Attendees will learn the Basic Recipe for EFT as well as EDANVIR tapping, an advanced approach combining EFT and hypnosis with breathwork and therapeutic shaking. The basic EFT process and these advanced steps can all be easily incorporated into routine history taking and therapeutic hypnosis sessions. EMDR requires more in-depth training, but some of the principles of bilateral sensory stimulation can be integrated into hypnotherapy including butterfly tapping. Insights from NDEs have practical applications in decreasing fear of death and dealing with grief and loss through metaphysical relationship restructuring. Attendees will recognize the value of assisting individuals in freeing themselves from self-limiting paradigms that have played a role in the creation of physical and emotional dis-ease. Perhaps, even more important than using the “right” hypnotic technique to induce “trance”, is assisting individuals in freeing themselves from the “trance” that they may already be in as a result of trauma. The importance of assisting ourselves, as well as our patients, in achieving a higher level of consciousness, without merely substituting one paradigm for another, is an important tenet of this program. The ultimate goal is to assist patients in having a more active role in experiencing a state of being that goes beyond healing; and a life that goes beyond belief.

*Upon completing this session, the participant should be able to:*

*Describe the EFT “Basic Recipe”, the EDANVIR tapping protocol, the “Butterfly Hug” (a form of bilateral sensory stimulation), and a new hypnotic induction for ascending beyond a fixed paradigm of belief;*

*Explain the theoretical neurophysiological mechanism of tapping to clients*

*List evidence-based indications for adding tapping to hypnosis sessions*

*Demonstrate to clients the EFT “Basic Recipe” the EDANVIR tapping protocol and the “Butterfly Hug” (a form of bilateral stimulation) to assist individuals in self regulation;*

*List indications for adding tapping to hypnosis sessions to assist individuals in healing from trauma;*

*Describe the psychophysiological aftereffects of NDEs as a model for healing; and*

*Articulate the model of NDE transformation as a template for incorporating EFT and EMDR into their hypnosis practice.*

**MA2: Rapid, Deep Structure Resolution and Restructuring of Traumatic Memories;** James Straub, EdD; 3 CE  
Ineligible for CME

This is an integrative single session approach that facilitates resolution and restructuring without requiring the client to re-experience the trauma. It draws on current understanding of how memories, are continually recreated and reframed. By utilizing time and place, grounding, imagery, parts work and submodality checking the client restructures or reframes the memory in relation to beliefs and understanding about self and the world. This occurs at cognitive and affective levels, These integrative approaches and techniques draw upon the works of Alfred Adler, Robert Goulding and Roberto Assagioli as well as techniques from Precision Cognitive Therapy, Neurolinguistic Programming, Timeline Therapy, Eriksonian Hypnosis, Imagery and Art Therapy. Classic imagery tools and techniques for reimplanting and memory modification can be applied to facilitate deeper level restructuring. It utilizes indirect hypnotic techniques for reframing and imagery. An overview of the neurological and symbolic storage and representation of memories will be discussed. Techniques for accessing key decision memories will be reviewed.

These tools can help therapists rapidly facilitate restructuring and resolution of key decision memories related



## ADVANCED WORKSHOPS

to underlying beliefs and schemas about self, others and world. In addition, it helps clients resolve unresolved traumatic memories without having to revivify the experience thus reducing client emotional pain and reluctance to work with trauma memories. This approach also helps clients move the focus from what happened to them to their own resourcefulness thus enhancing their sense of self efficacy and reducing shame and internal conflict.

*Upon completing this session, the participant should be able to:*

*Apply a deep structure grounding technique, Work with memories based on current understanding of memories and functioning;*

*Apply the basics of a hypnotic cognitive memory resolution strategy. Describe ways of extracting aspects (neuro networks or patterns) of the client from traumatic memories and initiating restructuring of limiting and traumatic beliefs related to the experience; and*

*Utilizing the framework and tools to identify individual clients with less complex target issues to gain skill comfort and understanding.*

### **MA3: Age Regression;** Dabney Ewin, MD, ABMH; 3 CME/CE

We start by reviewing Konrad Lorenz's Nobel Prize study on birth imprints in birds and recent fMRI's of 70 human newborns showing that the default mode network that is considered responsible for retrieving autobiographical memories is intact at birth. Evidence that it is not just a memory, but also a physiological response includes the return of the plantar reflex when regressed to two months of age, and Raginsky's report of temporary cardiac arrest with a regression to a previous Adams-Stokes arrest.

Then we will review some cases of affect bridge and age regression as far back as birth, with the technique of first doing ideomotor subconscious review, followed by verbal review. The technique for handling an abreaction will be discussed

*Upon completing this session, the participant should be able to:*

*Describe the handling of a regression as far back as birth;*

*How to conduct a regression to the key incident causing a psychosomatic illness; and*

*Explain how to adjust the technique when there is resistance to the regression.*

12:00 pm Lunch on Your Own

1:30 Fundamentals of Clinical Hypnosis Workshop Resumes  
Refining Skills and Treatment Applications Workshop Resumes  
Advanced Workshops Resume

1:30-3:30 pm

**MP1: Advances In Dental Hypnosis for Dentists and Psychology Professionals;** Ashley Goodman, DDS, ABHD; Gabor Filo, DDS; ABHD; Edward Mackey, PhD, MSN, MS, CRNA, FAPA; 4 CME/CE

This workshop will review basic, intermediate, and more advanced hypnotic skills including rapid, time saving techniques as they apply to the providing of effective and comfortable dental care for both the providers (hygienists and RDAs) and patients. The uses of creative visualization, desensitization, restorative appliance acceptance, control of saliva and blood flow, more rapid healing, pain control, etc., will be demonstrated. Specific applications of clinical dental uses for behavior modifications, relaxation, pediatric situations, anxiety and oral habit control, minimizing gagging, enhancing personal communications, and self-hypnosis stress reduction methods for the dental patient, the dental care provider, and psychologists working with the dental team will be examined.

Patient care will be enhanced through a greater appreciation of therapeutic communication by dental personnel. Psychologists will have an insight into the dental milieu and its requirements. They will then be better able to assist their local dental colleagues and their patients. Dentists will walk away with Monday morning techniques for their phobic and anxious patients.

*Upon completing this session, the participant should be able to:*

*identify and recognize appropriate uses of hypnosis to aid in the treatment of dental problems. They will develop different hypnotic techniques appropriate to the dental milieu and be able to assess which is appropriate for use in differing therapeutic situations Identify the uses of hypnotherapy for behavior modification, relaxation, anxiety control, fear*

# ADVANCED WORKSHOPS



elimination, quelling undesirable habits (tongue thrust, reverse swallowing, TMJ dysfunction, bruxism, clenching), amnesia, analgesia, anesthesia, pain control, prevention of gagging and nausea, control of saliva and bleeding, creative visualizing for healing, restorative appliance tolerance, pretreatment desensitization, selfimage, selfesteem, and confidence and have approaches for utilizing various hypnotic techniques, metaphors, and therapeutic communication for the above listed; and  
Provide insight into the real world of the dental practitioner so that psychologists have a concrete method by which to approach, enlist and nurture dental referral sources group discussion and practice of hypnotic techniques and phenomena.

**MP2: Ethical issues and the use of clinical hypnosis Part 2;** Joel Marcus, PsyD; 2 CME/CE

**MP3: A Few of My Favorite Things;** Wendy Lemke, MS, LP; 2 CE **Ineligible for CME**

I often say I've learned the most from my clients. In this workshop I'll share some of my favorite case examples that demonstrate the effectiveness of hypnotic phenomena and I hope you will bring a few so that we can learn from each other. After a brief review of hypnotic phenomena, case examples will demonstrate effective applications for a variety of clinical issues. Case examples will include incorporating hypnotic phenomena such as dissociation, trance ratification, suggestion, ideomotor movement, time distortion, age progression, to name just a few. Workshop will be presented with a brief lecture but primarily will include case examples, experiential and discussion.

*Upon completing this session, the participant should be able to:*  
*Discuss and demonstrate how to utilize hypnotic language with 'seemingly' resistant clients;*  
*Demonstrate how to provide trance ratification and incorporate into effective posthypnotic suggestions;*  
*Demonstrate the use of incorporating ideomotor movement for unconscious exploration; and*  
*Identify useful applications that incorporate time distortion.*

**MP4: Core Healing Techniques Supportive of Healthy Attraction;** Joyce Glasser, PhD ; 2 CME/CE

Theorization abounds but from an epistemology standpoint not much is actually known regarding the mystery of attraction fatal or otherwise. Armed with such knowledge, however, knowledge gleaned through the practice of specific hypno-analytic and hypnotherapeutic skills presented here, allows a therapist to more quickly reposition a client for positive attraction. This Core Healing approach to significant other relationship optimization will be presented to offer the potent opportunity for realistic therapeutic counseling of those either bereft from failed relationships or wanting to utilize a prophylactic approach to experience positive attraction through this process of neuro-linguistic reprogramming to foster not just passionate but enduring, healthy, quality, maturing, and truly loving relationships.

*Upon completing this session, the participant should be able to:*  
*Describe the Core Healing construct of the minds functioning: the 'con', the 'un' and the 'sub' of it; the rationale for hypnosis to be seen merely as the key to the kingdom of the subconscious; the kind of hypnotherapeutic skills awareness needed for fostering client luminosity with which to reformulate what a client prefers to actualize in a significant other relationship;*  
*Incorporate these understandings into their orientation whether as psychiatric nurses, psychiatric doctors, psychologists, marriage and family counselors, mental health counselors or as social workers who employ hypnosis by heightening their arena of expertise through keener awareness of what attraction and its attendant concept of "love at first sight" is actually about; and*  
*Use resources to meaningfully expand their planning and implementation for quality relationship facilitation. Moreover, the resources provided will better guide an attendee especially interested in where to meaningfully look to expand their expertise.*

**MP5: Integrative Therapy With Gay Men: The Use of clinical hypnosis for optimizing treatment success;** Richard Miller, LICSW; 2 CE **Ineligible for CME**

Many gay men feel alienated from their families of origin, society, and themselves, sometimes in subtle ways that are unrecognizable. Clinical hypnosis offers a powerful approach to enhancing and increasing sensory awareness, creating a powerful resource for restoring connections within. Such connections provide a bridge between the self and body, something that is often disowned by gay men. This workshop defines and illustrates successful hypnosis facilitated interventions to enhance the treatment of gay men. These beneficial therapeutic processes indirectly address unresolved issues that may not even be in these patients'



## ADVANCED WORKSHOPS

awareness. Addressing this provides integrative healing to clients, offering a profound sense of happiness in new ways. Effective scripts targeting self-esteem issues related to development, religion, HIV and the urban gay male stereotype will be provided. Videos of treatment sessions will be shown in order to optimize communicating these methodologies.

Attendees will feel more confident in speaking to gay male patients about unique facets of personal history, relationships, and in addressing topics related to gay sexuality and attachment. In addition, authenticity in the treatment relationship will be part of the treatment success.

*Upon completing this session, the participant should be able to:*

*Offer specific hypnotic scripts targeted to gay men to promote internal happiness;*

*Differentiate benefits and drawbacks of working with either a gay or a nongay therapist to achieve the best therapeutic match;*

*Use specific strategies for discussing the norms regarding gay sexuality with their gay male clients; and*

*Formulate a comprehensive treatment plan specific to the needs of each gay client, incorporating hypnotic scripts for self integration.*

3:30 Break

4:00-6:00 pm

**MP1: Advances In Dental Hypnosis for Dentists and Psychology Professionals;** Ashley Goodman, DDS, ABHD; Gabor Filo, DDS; ABHD; Edward Mackey, PhD, MSN, MS, CRNA, FAPA; 4 CME/CE

**MP6: Self, Other and Circumstance; Deconstructing utilization;** Robert Staffin, PsyD, ABPH; 2 CE Ineligible for CME

Utilization is more than a technique. It is an attitude of faith and an interactive awareness that exponentially increases a state of readiness and receptivity. This workshop will highlight the importance of noticing sensations, associations and experiences so we can use the gifts that clients give us. This workshop will emphasize the relevance of utilization and its role in empowering the therapeutic encounter. Clinical vignettes will be used to demonstrate ways in which utilization fosters rapport, promotes attunement and maximizes the impact of the therapeutic encounter. Strategies and techniques for how to cultivate one's talents in weaving utilization into one's clinical practice will be taught didactically and supported by video clips.

Being mindful of and developing skills in utilization can broaden the range of intervention points such as intra and interpersonal behavior or use of the environment. Through the use of didactic presentation and video clips, this workshop will provide participants with examples of ways to harness and employ aspects of the therapeutic encounter to make that encounter more impactful. Beyond a conceptual framework, specific skills that clinicians can incorporate into their therapeutic work immediately, will be demonstrated, highlighted and discussed. In addition to clinical examples of utilization, attention will be paid to subtleties such as attunement, rapport and use of self, which have broad implications for working strategically in the therapeutic matrix.

*Upon completing this session, the participant should be able to:*

*Use heightened awareness of the intrapersonal, interpersonal and environmental domains from which to draw opportunities for utilization;*

*Identify ways in which they can intervene through observable behaviors, experiences or environmental circumstances thus ensuring greater impact of their clinical work; and*

*Be mindful of their ability to enter into a state of readiness to utilize what is offered. Clinicians will feel better prepared to accept and employ what is inherent in the therapeutic encounter.*

**MP7: Application of Hypnosis within a 4-Step Solution Method and a Self Directed Neuroplasticity Model to treat emotional/behavioral problems;** Gary Kelley, PhD; 2 CME/CE

The purpose of this presentation is to describe a 4 Step Solution intervention method used to treat psychological problems that are routinely seen in a practitioners office on a daily basis. Various neurologic centers will be reviewed. This model is based on conditioning and reinforcement however the treatment is cognitive/behavioral in nature and is easily integrated into a hypnotic framework. The basic approach to treatment is set up as a 4 step process to include: Relabeling, Reframing, Refocusing, and Reevaluation.

The concept of splitting (mind vs brain, true self vs false self, deceptive brain messages vs desired messages, etc) and a



parts concept (wise advocate/inner guide/hidden observer) are employed. Of importance to clinicians and researchers alike is improved treatment outcomes. This approach was developed by Schwartz and Gladding (2011) who have demonstrated the efficacy of their 4 Step Solution model with individuals who suffer from Obsessive Compulsive Disorder and have generalized it's use to other conditions.

All of these steps are amenable to hypnotic use. Relabeling is a way of changing the meanings of problem or situation. Aspects of this theory (reframing) are solidly rooted in Ericksonian hypnosis as well as the writings of Watzlawick et al (1974, p. 95). Refocusing (not this, but this) is a common hypnotic strategy (for example, figure/ground, distraction with chronic pain). The end result of this process is the creation of new brain circuits and pathways which became stronger while problem circuits and pathways go dormant. Although this approach has been well researched, the integration of hypnosis is a novel application. There will be an emphasis on participant involvement, practice, and skill development.

As a result of the presentations clinicians will be armed with a new framework in which the clinician can treat clients utilizing their hypnotic training with the result being changes in the neuro structure, referred to as Self Directed Neuroplasticity by Schwartz and Gladding. The clinician will be able to identify how and what neuro structures are being affected and activated. This approach allows the clinician to capitalize on much of their already existing knowledge and apply it in a new paradigm.

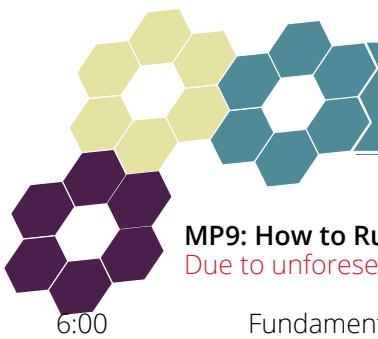
*Upon completing this session, the participant should be able to:*  
*Name at least four neurologic centers involved in psychological problems;*  
*Apply the 4 Step Solution Model to a common clinical problem;*  
*Implement this approach with common clinical problems; and*  
*Accomplish changes in their clinical practice by utilizing the material presented and workshop handouts.*

## **MP8: Clinical Hypnosis in Psychosocial Oncology and in Palliative Care: Neural correlates, taxonomy and techniques, a scientific perspective;** M. Paola Brugnoli, MD; 2 CME/CE

Hypnosis is an effective and efficient means of developing the resources of people suffering from serious illness. After an average of few hypnotherapy sessions in Psychosocial Oncology and in Palliative Care, patients are able to locate previously unexploited resources within themselves and are able to become autonomous in the use of self-hypnosis. Clinical hypnosis represents an increasingly popular area of research in neuroscience and cognitive science, including prominent projects in the fields of perception, attention, concentration, consciousness, memory, motor control, pain and suffering control, in adults and children. What are the conscious and unconscious sensations that accompany neural activities of the brain during hypnosis? Our awareness refers to the basic knowledge that something is happening, to perceive or feeling, or cognizing in its simplest form. The science of consciousness has been accompanied by a recent emphasis on the problem of taxonomy, measurement and classification. Having a dependable classification of the modified states of consciousness and hypnosis' stages is essential both for mapping evidence of new techniques and for understanding results of scientific studies. Hypnotic treatment should be offered in psychosocial oncology and in palliative care to any individual, who expresses an interest in this approach, to promote the enhancement of the patient/clinician relationship and a better quality of life.

Clinical Hypnosis is recognized in Psychosocial Oncology and in Palliative Care as an effective complementary therapy for pain and symptom's relief. This paper wants to highlight the neurophysiology and taxonomy of clinical hypnosis, to better understand its significant impact on the treatment goals in psychosocial oncology and palliative care at the end of life. The attendee can learn the many different techniques for relieving physical, psychological and spiritual suffering. The attendee learned will affect change in their performance in practice thus changing patient care from this session: 1. How to integrate the physiological, psychological and spiritual aspects of patient care and offer a support system to help patients and their families to live with a better quality of life, 2. How to apply and assess clinical hypnosis early in the course of illness, in conjunction with other therapies and 3. to create a group approach to address the needs of patients and their families.

*Upon completing this session, the participant should be able to:*  
*Integrating the neurophysiological, psychological and spiritual aspects of patient care and offer a support system to help patients and their families to live with a better quality of life;*  
*Assess and develop new techniques after a better understanding of the different stages of consciousness;*  
*Apply and assess the techniques of clinical hypnosis early in the course of illness, in conjunction with other therapies; and*  
*Assess and analyze a new classification of the modified states of consciousness, the stages of hypnosis, and their application in therapy.*



## ADVANCED WORKSHOPS

**MP9: How to Run a Successful Self-Hypnosis Group for People in Pain;** Daniel Lev, PhD; 2 CME/CE  
*Due to unforeseen circumstances, this workshop has been cancelled.*

6:00

Fundamentals Of Clinical Hypnosis Workshop Recesses  
Refining Skills and Treatment Applications Workshop Recesses  
Advanced Workshops Recess

6:15

Plenary 4 – Practice Makes Perfect? Norma Barretta, PhD

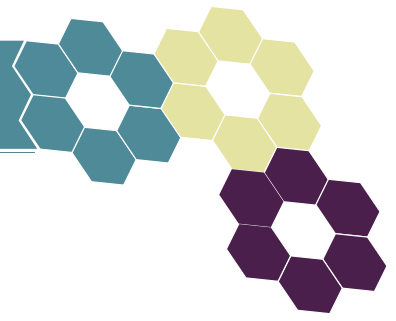
7:15

Cocktail Reception

8:00

Awards Dinner with Entertainment

# ADVANCED WORKSHOPS



## Tuesday, March 21, 2017

7:30 am Continental Breakfast  
8:00 Fundamentals of Clinical Hypnosis Workshop Resumes  
Refining Skills and Treatment Applications Workshop Resumes  
Advanced Workshops Resume

8:00 -10:00 am

### **T1: Utilizing Hypnosis in the Treatment of Narcissistic Wounds in Psychotherapy: A relational approach;**

Eric Spiegel, PhD; 4 CE **Ineligible for CME**

The dimension of narcissism influences a wide-range of character presentations and treatment issues occurring in psychotherapy in our modern age. Although clinical and public attention is often focused on the categorically-derived DSM-V diagnosis of Narcissistic Personality Disorder, narcissistic wounds stemming from attachment failures are a more frequent occurrence in the development of the self. These arrests in the full formation of the self and their subsequent re-appearance in later relationship interactions are often referenced in a wide range of treatments.

In this workshop, we will consider how Kohut's self psychology and current innovations in attachment theory can help us understand narcissistic wounds and treatment issues across the dimension of narcissism. Further, we will focus on the role that hypnosis can play in a relationally attuned therapeutic relationship towards facilitating attachment repair in patients with developmental arrests associated with narcissistic wounds (e.g. false-self identify formation, affect dysregulation, boundary difficulties, etc.). Through a mixture of didactic and experiential training, participants will develop increased competency in (1) understanding how the therapeutic relationship in general, and clinical hypnosis from an attachment frame in particular, can be utilized to re-build developmental structure and re-engage reflective functioning in this population of patients and (2) utilizing specific applications of clinical hypnosis towards this aim.

*Upon completing this session, the participant should be able to:*

*Enhance their recognition of diagnostic presentations in the narcissistic spectrum;*

*Increase their knowledge and associated skills in a relational model for treating such pathology;*

*Master hypnotic skills designed to treat features of narcissistic spectrum pathology;*

*Develop targeted relational and hypnotic approaches and interventions in working with narcissistic wounds; and*

*Deliver tailored hypnotic interventions in such a model when working with narcissistic wounds.*

### **T2: Motivational Interviewing and Directive Hypnosis for Change;** Michael McGee,MS, LPC; 4 CE **Ineligible for CME**

This presentation provides a framework in which Motivational Interviewing (MI) and/or Motivational Enhancement therapy (MET) combined with hypnosis creates significant client change. The hypothesis being that as these two therapies are combined, we can assist our clients with maximum therapeutic effect. Research is referenced that supports both methods as being statistically effective. Participants will then learn the techniques in detail that have led to my personal clinical success in combining these techniques.

Motivational Interviewing is designed with the intention of assisting people to navigate the change process. It always begins with meeting the client where they are in the change process. This creates the foundation for a client centered approach to formulating suggestions. By utilizing the client's own motivations and vision for change, suggestions are more easily assimilated and outcomes improved.

*Upon completing this session, the participant should be able to:*

*Describe the stages of change and how they relate to client's readiness for change;*

*Explain stages of change and how they relate to therapeutic intervention success;*

*Utilize basic MI techniques in their practice. As a result of using client centered techniques the chances for resistance are greatly diminished and suggestions are accepted more readily resulting in improved outcomes;*

*Describe the theoretical foundations and demonstrate the creation of client centered approaches to improve client actions/ behaviors thus leading to client success; and*

*Provide the information and tools necessary for integration of Motivational Interviewing techniques into individual practices..*

**TA1: Borrowing from Peter to Pay Paul: Application of infertility-tested mind-body stress-reduction strategies to any adversity;** Helen Adrienne, LCSW; 2 CME/CE

Training both in hypnosis and mind/body strategies together have been the tools that have served me most effectively in my 38year career in working with the agony of infertility. But as a generalist, these tools have proved invaluable to me in working with any adversity where intense stress has become all consuming. You will learn how to use three creative hypnotic techniques: 1) "The Labyrinth", 2) "The Protective Egg" and 3) how to guide a "Fantastic Voyage" inside the body for relief from stress. Throughout, emphasis will be put on the power of the breath as a built-in tranquilizer. These methods will serve those of your patients who are vulnerable to believing that traumas big and small are insurmountable obstacles. Instead, they can build self-awareness, confidence, empowerment and resiliency in the face of emotional turmoil with these surefire, easy to learn, effective methods to neutralize the inevitable stress of life. This workshop will be a boon to your practice and your patients who are suffering.

The attendees will leave the session prepared to work hypnotically in novel ways with women, men, couples and groups so that frenzy in the face of adversity can be tamed. Intense stress can send the mind into the ionosphere, as the body walks the planet. The separation of mind from body only contributes to and ratchets up the stress. Hypnosis in general, and the innovative hypnotic techniques presented in this workshop in particular, are powerful in their ability to guide the mind back into the body for unity resulting in stress reduction. The combination of hypnotic tools with mind/body awareness can be the charm when other approaches fail to break into the spasm of stress. These practical shortcuts to stress reduction are easy to learn and therefore easy to teach. These novel approaches will create intrigue, which is known to facilitate the impact of hypnosis. Attendees will learn in this experiential workshop how powerful these strategies are as distractions from the demands of stress and how they can reorient their patients into a mind/set of self-care. These techniques have broad application for reversing the mental and physical anguish of stress.

*Upon completing this session, the participant should be able to:*

*Explain and experience original hypnotic interventions that will add to their armamentarium of choices to use with their highly stressed patients;*

*Articulate and demonstrate these approaches to patients based upon in class experience and handouts that reinforce the procedures;*

*Articulate and practice new and original hypnotic approaches to stress reduction; and*

*Assess these approaches and determine creative ways in which they can adapt what they learn in a way that feels authentic to their own style.*

**TA2: Galvanizing and Cultivating Wellness-Oriented Epigenetic Changes in Adolescents and in Adults Trough Mindful, Embodied Biopsychosocial-Spiritual Experiences in Clinical Hypnosis: A practitioner's guide to epigenetic psychology theory, research, and practice;** Marina Smirnova, PhD, LPC and Eric Willmarth, PhD; 2 CME/CE

This interdisciplinary, highly experiential workshop capitalizes upon aligning clinical hypnosis practice with notable contemporary advances in epigenetics and behavioral epigenetics, in neuroscience, and in the emerging epigenetic psychology theory and research. It fosters integration of interdisciplinary theoretical, empirical, and clinical perspectives and data supporting an understanding that transformative, mindful, and skillful clinical hypnosis application and practice ignite and cultivate wellness oriented epigenetic changes, which may render multigenerational effects and benefits. While emphasizing the role of behavior and environment in human development and delineating epigenetic mechanisms of psychopathology and of psychological health and wellbeing, this workshop highlights "top down" pathways to wellness, offering clinically relevant therapeutic foundations for providing transformative, mindful and embodied, bio-psycho-social-spiritual experiences to adolescent and adult clients. The workshop includes group hypnosis, small group hypnosis, and individual demonstrations that illustrate and exemplify mindful and embodied bio-psycho-social-spiritual experiences designed to galvanize and to cultivate wellness oriented epigenetic changes. Attendees will enrich their professional and personal knowledgebase. They will learn how to optimize patient care through innovative hypnosis interventions and how to assist clients in enhancing their self-knowledge, self-regulation, and education with respect to human gene expression modulation, to "topdown" pathways to wellness, and to wellness oriented epigenetic changes that may offer multigenerational effects and benefits.

*Upon completing this session, the participant should be able to:*

*Articulate key epigenetic mechanisms of psychological health, wellbeing, and wellness;*

*Demonstrate 3 mindful and embodied bio-psycho-social-spiritual interventions designed to promote and to cultivate wellness oriented epigenetic changes; and*

*Analyze, synthesize, and evaluate 2 scripts that support wellness oriented epigenetic changes in adolescents and in adults.*





**TA3: Hypnotically Enhanced Addictions Treatment: Alcohol abuse, drug abuse, gambling addiction and weight loss;** Joseph Tramontana, PhD; 2.0 CME/CE

The goal of this workshop is to present his techniques, including scripts, for working with alcohol abuse, drugs and gambling. Smoking and weight loss will be briefly addressed, specifically his modifications and combinations of other approaches. Attendees will learn how to develop scripts or modify existing scripts for working with addiction. The title includes the work “enhanced” because the presenter stresses that hypnosis is not in and of itself the treatment, but rather a way of more intensely utilizing a variety of other treatment approaches including CBT, 12step, hypnoanalysis, age regression therapy, and others. Attendees will better be able to work with this clientele including with smoking and weight loss packaging sessions to increase income flow

*Upon completing this session, the participant should be able to:  
Develop innovative ways to deal with these population and be able to provide services to this clientele; and  
Describe approaches and scripts for working with alcohol, drug abusers and gambling addicts*

10:15 am Break

10:15 am -12:15 pm

**T1: Utilizing Hypnosis in the Treatment of Narcissistic Wounds in Psychotherapy: A relational approach;** Eric Spiegel, PhD; 4 CE **Ineligible for CME**

**T2: Motivational Interviewing and Directive Hypnosis for Change;** Michael McGee,MS, LPC; 4 CE **Ineligible for CME**

**TP1: Trance Ratification in Traditional Healing Ceremonies: Lessons for contemporary practice;** Lorna McKenzie-Pollock, LICSW; 2 CE **Ineligible for CME**

In this workshop I will show video material of traditional healing ceremonies involving trance in 4 cultures: a Cambodian shaman, miraculous healing in Lourdes, John of God in Brazil, and trance healing in Bali. I will discuss the “active ingredients” in all these examples. We will then look at how powerful elements in traditional healing methods can be applied to contemporary clinical hypnosis practice to increase our effectiveness.

*Upon completing this session, the participant should be able to:  
Understand the importance of “trance ratification;”  
Observe 4 examples of traditional healing;  
Understand the active ingredients in the therapeutic relationship; and  
Describe how powerful elements found in traditional healing methods can be applied to contemporary clinical hypnosis practice.*

**TP2: Hypnosis and poetic dialogue: A multimodal, whole person approach to healing and transforming trauma utilizing the grounding & resource development protocol (GRDP), hypnotherapeutic drumming and embodied writing;** Lawrence Graber, MA, C-BT, and Katherine Rosemond, M. Ed., LPC; 2 CE **Ineligible for CME**

Hypnotic procedures represent salient historic dimensions of healing and remain prominent within indigenous healing traditions. Music, dance and poetry also represent universal healing modalities that emphasize embodiment, emotion and meaning across cultures. Though the role of hypnosis and the body in trauma treatment was prominent at the outset of modern psychotherapy, only recently have interventions focusing on sensorimotor and expressive arts been recognized among best practices for complex trauma. Persons living with posttraumatic stress are often troubled by experiences encoded nonverbally. Difficulty verbalizing trauma reveals the importance of body-based therapies as a bridge between nonverbal and verbal meanings of trauma. Body psychotherapies and some indirect hypnotic approaches utilize minimal words to support experiential exploration, establishing a felt-sense of safety and grounding as foundational to processing emotional and traumatic content. Furthermore, hypnotic methods are effective for ego-strengthening and building resources to potentiate cognitive, interpersonal and emotional regulation skills in trauma treatment. We integrate hypnosis into a culturally congruous, phase-oriented, multimodal approach to trauma psychotherapy that shares elements of cognitive hypnotherapy and creative arts. We draw from the construct of soul wounding within indigenous cultural epistemologies and reflected in western depictions of the wounded self as an underlying dimension in phase-oriented integrative treatment. This workshop will provide didactic and experiential focus on cultural and somatic dimensions of trauma and present examples that integrate clinical hypnosis into phase-oriented trauma treatment. Embodied writing, the GRDP, along with hypnotherapeutic music making will be used to demonstrate braiding client resources and somatic resonance in trauma resolution.



Persons living with posttraumatic stress are often troubled by experiences encoded nonverbally. Participants will learn about the use of creative and expressive arts in psychotherapy, with an additional emphasis on incorporation of arts and body-based approaches adjunctive with current standards of practice in the treatment of trauma- and stressor-related disorders. Participants will be introduced to research on the health benefits of expressive writing.

They will also learn to incorporate poetry into brief and long-term psychotherapy. The use of hypnotherapy in a phase-oriented approach will help the attendee with theoretical and practical skills relevant to ethical trauma treatment with hypnosis as an adjunctive method. Participants will also learn deepening techniques that focus on embodied experiencing and draw from (a) somatic focus during hypnotic communication; (b) indirect methods and minimal word cues; and (c) music making and/or embodied writing to improve emotional attunement and embodied reflection. Participants will learn hypnotherapeutic and body/creative arts methods to help client's feel calm, centered and a more coherent sense of themselves as embodied organisms, which can reduce the impact of trauma triggers and improve emotional regulation. This workshop will embrace a culture-informed approach to posttraumatic stress in emergency responders (Police, Fire, and Emergency Medical) from the presenters' own research and their collaborative treatment model. Therefore, attendees will acquire an introduction to emergency responder culture and learn aspects of trauma and trauma treatment commensurate with this population. The attendee may acquire hypnosis and arts-based techniques that can be integrated with their own personal therapeutic approach.

*Upon completing this session, the participant should be able to:*  
*Describe several factors important to trauma work with emergency responders;*  
*Demonstrate using hypnosis and expressive writing to address symptoms of grief, loss or trauma;*  
*Demonstrate new therapeutic skills employing experiential methods using inexpensive (or hand-made) percussion instruments and/or expressive writing; and*  
*Explain the importance of nonverbal approaches in trauma treatment.*

**TP3: Hypnotic Covert Sensitization Treatment of Substance Use Disorders;** Ralph Elkins, PhD; 2.0 CME/CE

Hypnotic Covert Sensitization (HCS) is an evidence based anticravings treatment for alcohol, cocaine, heroin and other substance use disorders. HCS is appropriate for those who have at least temporarily resolved a substance use disorder via abstinence, but who still struggle with substance cravings and preoccupations that compromise their lives and threaten their continued abstinence. This workshop will provide participants with treatment skills that are necessary to add HCS anticravings treatments to their clinical offerings. HCS, which pairs hypnotized patients imagined substance use rituals with genuine verbally induced nausea, is based on the sound theoretical and empirical foundations of conditioned taste aversion (CTA) learning. CTA learning has evolved as a powerful protective adjustment that deters the continued ingestion of substances that have been paired with strong nausea. Naturally occurring CTAs are prevalent within humans and are well known to most HCS candidates. The treatment rationale therefore makes good sense to them and typically is very well received.

*Upon completing this session, the participant should be able to:*  
*Develop patient specific substance use histories to guide hypnotized patients' imagined substance procurement and use for pairings with verbally induced nausea. Attendees also will be instructed with respect to verbal nausea induction with special attention being given to the importance of attaining and using patients' personal nausea histories; and*  
*Write usage scenes for two commonly abused substances (e.g., alcohol, heroin, cocaine), and to list three essentials for successful verbal nausea induction.*

12:15 pm

**Fundamentals Of Clinical Hypnosis Workshop Concludes  
Refining Skills and Treatment Applications Workshop Concludes  
Advanced Workshops Conclude**

59<sup>TH</sup> ANNUAL SCIENTIFIC MEETING AND WORKSHOP  
REGISTRATION FORM



CELEBRATING APPLIED HYPNOSIS: RESEARCH, THEORY, PRACTICE  
MARCH 18-21, 2017, PHOENIX, AZ, HYATT REGENCY PHOENIX

Name \_\_\_\_\_ Preferred Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State/Prov. \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_  
Phone Number (\_\_\_\_\_) \_\_\_\_\_ License # \_\_\_\_\_  
Fax Number (\_\_\_\_\_) \_\_\_\_\_  
Email address \_\_\_\_\_  
Specialty \_\_\_\_\_

Check here if this is your first time at an ASCH Annual Meeting

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.)*

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**Category of Attendance: (Select One)**

I am a member of:  ASCH  Component Section: \_\_\_\_\_  SCEH  
(Members of SCEH and ASCH Component Sections qualify for the member registration rate)

Non-Member

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 (masters or doctorate degree required) and date of intended graduation.

Resident /  Intern 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.

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Diplomate of *(Select all that apply)*  ABMH  ABPH  ABPP  ABHD  AHBCSW  ABHN  
 Other \_\_\_\_\_

---

I will be attending the Nurses' Networking Lunch on Sunday Afternoon:  yes  no

I will be attending the Awards Dinner on Monday Night (included in full registration price):  yes  no

I will bring a guest to the social functions:  yes  no

Name for guest's badge: \_\_\_\_\_

Please check here if you require

- strict kosher *(If you select Kosher ASCH will be purchasing breakfast for each day you attend and dinner on Monday for you if applicable)*
- kosher but will eat vegan/vegetarian if necessary
- vegetarian
- vegan
- gluten free
- special dietary allergies: \_\_\_\_\_

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In accordance 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 Central Office will contact you.



# REGISTRATION INFORMATION

Member ID (for office use only) \_\_\_\_\_

You will be automatically registered for the Plenary Session(s) on the day(s) you will be attending workshops. You will need to choose either Fundamentals of Clinical Hypnosis, Refining Skills and Treatment Applications or Advanced level of registration.

Fundamentals of Clinical Hypnosis and Refining Skills and Treatment Applications Workshops will run Saturday through Tuesday and require a full 4-day registration.

Advanced registrants can sign up for 1, 2 or 4 days of programs and will need to choose from the Advanced Workshops listed in pages 23-40.

Workshops:

- Fundamentals of Hypnosis Workshop (Saturday-Tuesday)
- Refining Skills & Treatment Applications Workshop (Saturday-Tuesday)

Advanced Workshop Registration Options:

- 1-day Advanced Workshop
- 2-day Advanced Workshops
- 4-day Advanced Workshops

## SATURDAY, MARCH 18, 2017

Everyone is invited to attend the Saturday morning plenary:  
2:00 - 3:00 pm - **Plenary 1: Hypnotic Knots: Ties that Bind; Jeffrey Zeig, PhD**

Fundamentals and Refining Skills workshop registrants have a fixed schedule. Advanced Workshop Registrants only complete the following:

**IN ORDER TO AVOID SCHEDULE CONFLICTS, PLEASE FOLLOW EACH STEP CAREFULLY AND IN ORDER.**

3:30 – 6:30 pm (choose one)

Choose one of the following workshops and write the code here:

- SP1: Top Gun Session (Zastrow, Zeig)
- SP2: Future Focused Therapy With and Without Formal Hypnosis (Toem)
- SP3: Accessing and Healing Emotional Injuries in Anxiety Disorders (Alladin)
- SP4: Hipponosis: Helping Children Help Themselves (Thomson)
- SP5: Hypnotic Relaxation Therapy: Overview of theory, research, and practice (G. Elkins)

# SUNDAY, MARCH 19, 2017



Everyone is invited to attend the Sunday morning plenary:

**7:30 - 8:30 am – Plenary 2: Celebrating Histories of Hypnotic Practice and Research: Six generations of phenomena, ideas and puzzles; Amanda Barnier, PhD**

Fundamentals and Refining Skills workshop registrants have a fixed schedule. Advanced Workshop

9:00 - 12:00 am	TCW	POW	D1	D2	DA1	DA2	DA3
12:00 - 1:30 pm	Lunch on your Own						
12:30 - 1:30 pm	ASCH Membership Meeting						
1:30 - 3:30 pm	(Cont)	(Cont)	(Cont)	(Cont)	DP1	DP2	DP3
3:30 - 4:00 pm	Break						
4:00 pm - 6:00 pm	(Cont)	(Cont)	DP4	DP5	DP6	DP7	DP8

## IN ORDER TO AVOID SCHEDULE CONFLICTS, PLEASE FOLLOW EACH STEP CAREFULLY AND IN ORDER.

9:00am – 12:00 pm, 1:30 – 3:30 pm, 4:00 – 6:00 pm

Choose one of the following full-day workshops and write the code here:

POW: Power of Words

TCW: Teaching and Consultation Workshop

OR

9:00am – 12:00 pm, 1:30 – 3:30 pm Choose one of the following half-day workshops and write the code here:

D1: Lessening Pre-surgical Anxiety and Enhancing Positive Surgical Outcomes (Daitch, Massie)

D2: Reorienting Hypnosis Education: Relearning what you always knew that you didn't know that you always knew (Sugarman, Alter, Reid)

OR

9:00am – 12:00 pm Choose one of the following am workshops and write the code here:

DA1: Age Regression for Working through of Trauma (Hammond)

DA2: Heal in the Space Between the Words; Exploring the intersection of hypnosis, neurobiology, and quantum physics (Pinco)

DA3: Transpersonal Dimensions of Hypnosis and Healing (Torem, Appel)

AND

1:30 – 3:30 pm

Return to POW, TCW, D1 or D2 **OR** choose one of the following pm workshops and write the code here:

DP1: Writing and Publishing Your Hypnosis Articles in the *AJCH* (Lankton)

DP2: From Real Life to Cyberspace and Back Again: Helping adolescents/young adults develop a strong Inner selfie (Utilizing hypnotherapy/ego states) (Goldfus)

DP3: Doctor, I know what I need to do, but I'm just not doing it: applying the ACE study findings to refine suggestions to bring different results (Plansky)

AND

4:00-6:00 pm

Return to POW, TCW **OR** choose one of the following pm workshops and write the code here:

DP4: Hypnosis Research—The Ingredients of Hypnosis: A guide to research for clinicians (Barnier)

DP5: Introduction to hypnosis specialty board certification (Oster, et el)

DP6: How to integrate hypnosis in pediatric hospital and clinical settings (Lonchamp)

DP7: Ethical issues and the use of clinical hypnosis Part 1 (Marcus)

DP8: Induced Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders. (Shenefelt)



# MONDAY, MARCH 20, 2017

Everyone is invited to attend the Monday morning plenary:  
 7:30-8:30 am – **Plenary 3: Milton Erickson: Hypnosis As a Co-created Relationship, Betty Alice Erickson, MS**

Fundamentals and Refining Skills workshop registrants have a fixed schedule. Advanced Workshop Registrants only complete the following:

9:00 - 12:00 pm	TCW	M1	M2	MA1	MA2	MA3
12:00 - 1:00 pm						
12:00 - 1:30 pm	Lunch on your Own					
1:30 - 3:30 pm	MP1	MP2	(Cont)	MP3	MP4	MP5
3:30 - 4:00 pm	Break					
4:00 - 6:00 pm	(Cont)	MP6	MP7	MP8	MP9	

Everyone is invited to attend the Monday evening plenary:  
 6:15-7:15 pm – **Plenary 4: Practive makes Perfect? Norma Berretta, PhD**

Choose one of the following half-day workshops and write the code here:

9:00am – 12:00 pm, 1:30 – 3:30 pm

M2: Tools of Intention in Hypnosis (Lankton)

OR

9:00am – 11:30 am, 12:00 – 1:00 pm

M1: Musical Voyage: Inspire and Motivate by Adding Musicality to your Sessions (Jung)

OR

9:00am – 12:00 pm

Choose one of the following am workshops and write the code here:

TCW: Teaching and Consultation Workshop

MA1: Lessons of Transformation from EFT, EMDR and NDEs to Enhance Your Clinical Hypnosis Practice (Burk, Lyerly, Kauffman)

MA2: Rapid, Deep Structure Resolution and Restructuring of Traumatic Memories (Straub)

MA3: Age Regression (Ewin)

AND

1:30-3:30 pm, 4:00-6:00 pm

Return to M2 **OR** Choose one of the following half-day workshops and write the code here:

MP1: Advances In Dental Hypnosis for Dentists and Psychology Professionals (Goodman et al)

OR

1:30-3:30 pm

Return to M2, MP1 **OR** choose one of the following pm workshops and write the code here:

MP2: Ethical Issues and the Use of Clinical Hypnosis Part 2 (Marcus)

MP3: A Few of My Favorite Things (Lemke)

MP4: Core Healing Techniques Supportive of Healthy Attraction (Glasser)

MP5: Integrative Therapy With Gay Men: The use of clinical hypnosis for optimizing treatment success (Miller)

AND

4:00-6:00 pm

Return to MP1 **OR** choose one of the following pm workshops and write the code here:

MP6: Self, Other and Circumstance; Deconstructing utilization (Staffin)

MP7: Application of Hypnosis within a 4-Step Solution Method and a Self Directed Neuroplasticity Model to Treat Emotional/Behavioral Problems (Kelley)

MP8: Clinical Hypnosis in Psychosocial Oncology and in Palliative Care: Neural correlates, taxonomy and techniques, a scientific perspective. (Brugnoli)

MP9: How to Run a Successful Self-Hypnosis Group for People in Pain (Lev) **CANCELLED**

# TUESDAY, MARCH 21, 2017



Fundamentals and Refining Skills workshop registrants have a fixed schedule. Advanced Workshop Registrants only complete the following:

<b>8:00 - 10:00 am</b>	T1	T2	TA1	TA2	TA3
<b>10:00 - 10:15 am</b>					
<b>10:15 am - 12:15 pm</b>	cont	cont	TP1	TP2	TP3

**IN ORDER TO AVOID SCHEDULE CONFLICTS, PLEASE FOLLOW EACH STEP CAREFULLY AND IN ORDER.**

8:00 -10:00 am, 10:15 am -12:15 pm Choose one of the following half-day workshops and write the code here:

T1: Utilizing Hypnosis in the Treatment of Narcissistic Wounds in Psychotherapy: A relational approach (E. Spiegel)

T2: Motivational Interviewing and Directive Hypnosis for Change (McGee)

OR

8:00 -10:00 am

Return to T1, T2 **OR** Choose one of the following am workshops and write the code here:

TA1: Borrowing from Peter to Pay Paul: Application of infertility-tested mind-body stress-reduction strategies to any adversity (Adrienne)

TA2: Galvanizing and Cultivating Wellness-Oriented Epigenetic Changes in Adolescents and in Adults Trough Mindful, Embodied Biopsychosocial-Spiritual Experiences in Clinical Hypnosis: A practitioner’s guide to epigenetic psychology theory, research, and practice (Smirnova, Willmarth)

TA3: Hypnotically Enhanced Addictions Treatment: Alcohol abuse, dug abuse, gambling addiction and weight loss (Tramontana)

AND

10:15 am -12:15 pm

Choose one of the following am workshops and write the code here:

TP1: Trance Ratification in Traditional Healing Ceremonies: Lessons for contemporary practice (McKenzie-Pollock)

TP2: Hypnosis and Poetic Dialogue: A multimodal, whole person approach to healing and transforming trauma utilizing the Grounding & Resource Development Protocol (GRDP), hypnotherapeutic drumming and embodied writing (Graber, Rosemond)

TP3: Hypnotic Covert Sensitization Treatment of Substance Use Disorders (R. Elkins)

# Registration Fees: Please check the appropriate registration category.

\* The Fundamentals workshop ▲, Refining Skills and 4-Day Advanced require full registration.

^ NOTE: All Power of Words, Fundamentals, Refining Skills, Scientific and Advanced Workshop presenters should select the FACULTY fee

## Early Bird Fees

When postmarked/faxed by Friday, February 17, 2017

	Member	Non-Member	Resident/Intern	Student
Full Registration*	<input type="checkbox"/> \$590	<input type="checkbox"/> \$740	<input type="checkbox"/> \$455	<input type="checkbox"/> \$295
2-day Advanced	<input type="checkbox"/> \$320	<input type="checkbox"/> \$395	<input type="checkbox"/> \$280	<input type="checkbox"/> \$295
1-day Advanced	<input type="checkbox"/> \$200	<input type="checkbox"/> \$275	<input type="checkbox"/> \$165	<input type="checkbox"/> \$295
Faculty Fee ^	<input type="checkbox"/> \$405	<input type="checkbox"/> \$405	N/A	N/A
1-day Faculty Fee	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300	N/A	N/A

## Regular Fees

When postmarked/faxed on or after Friday, February 17, 2017, but before Friday, March 3, 2017.

	Member	Non-Member	Resident/Intern	Student
Full Registration*	<input type="checkbox"/> \$640	<input type="checkbox"/> \$790	<input type="checkbox"/> \$505	<input type="checkbox"/> \$345
2-day Advanced	<input type="checkbox"/> \$370	<input type="checkbox"/> \$445	<input type="checkbox"/> \$330	<input type="checkbox"/> \$345
1-day Advanced	<input type="checkbox"/> \$250	<input type="checkbox"/> \$325	<input type="checkbox"/> \$215	<input type="checkbox"/> \$345
Faculty Fee ^	<input type="checkbox"/> \$405	<input type="checkbox"/> \$405	N/A	N/A
1-day Faculty Fee	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300	N/A	N/A

## On Site Fees

As of Friday, March 3, 2017, all registrations must be submitted on site at the meeting.

	Member	Non-Member	Resident/Intern	Student
Full Registration*	<input type="checkbox"/> \$690	<input type="checkbox"/> \$840	<input type="checkbox"/> \$555	<input type="checkbox"/> \$395
2-day Advanced	<input type="checkbox"/> \$420	<input type="checkbox"/> \$495	<input type="checkbox"/> \$380	<input type="checkbox"/> \$395
1-day Advanced	<input type="checkbox"/> \$300	<input type="checkbox"/> \$375	<input type="checkbox"/> \$265	<input type="checkbox"/> \$395
Faculty Fee ^	<input type="checkbox"/> \$405	<input type="checkbox"/> \$405	N/A	N/A
1-day Faculty Fee	<input type="checkbox"/> \$300	<input type="checkbox"/> \$300	N/A	N/A

▲ Fundamental attendees receive two books: [Standards of Training and Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis](#)

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.

I do not wish to receive a continuing education certificate/letter of attendance (LOA). Please remove the \$25 fee already included in the registration fee.

Registration Fee:	
Guest Awards Dinner Ticket: _____ x \$75.00 =	
Continuing Education/Letter of Attendance Fee Removal (minus \$25): <small><i>You will not receive a CE certificate/Letter of Attendance if you select this.</i></small>	
<b>Total amount due:</b>	

### Payment:

Check # \_\_\_\_\_ (Payable to American Society of Clinical Hypnosis in US funds only)  
 MasterCard  Visa

Account number \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVS Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Cancellation Policy:** Cancellations postmarked/faxed after February 17, 2017 but on or before March 3, 2017 will receive a refund of the amount paid less a \$50 administrative charge. No refunds after March 3, 2017. Exceptions will only be granted due to death of participant or immediate family member, severe illness/injury of participant or immediate family member, or the inability of participant to travel due to legal or governmental restrictions/obligations, and will require written notification and appropriate documentation. **Registration fees are not transferable to another workshop.**

Return form and payment to: ASCH  
 140 N Bloomingdale Rd  
 Bloomingdale, IL 60108-1017  
 FAX: +1-630-351-8490

Questions? Contact ASCH at [info@asch.net](mailto:info@asch.net) or +1-630-980-4740



# FACULTY LIST



Helen Adrienne, LCSW  
Assen Alladin, PhD  
David Alter, PhD, ABPH  
Ran Anbar, MD  
Philip Appel, PhD  
Amanda Barnier, PhD  
Norma Barretta, PhD  
Cheryl Beighle, MD  
M. Paola Brugnoli, MD  
Larry Burk, MD, CEHP  
Carolyn Daitch, PhD  
Maggie Dickens, MS  
Gary Elkins, PhD  
Ralph Elkins, PhD  
Betty Alice Erickson, MS  
Dabney Ewin, MD, ABMH  
Gabor Filo, DDS; ABHD  
Holly Forester-Miller, PhD  
George Glaser, MSW, DAHB  
Joyce Glasser, PhD  
Tobi Goldfus, LCSW  
Ashley Goodman, DDS, ABHD  
Lawrence Graber, MA, C-BT  
D. Corydon Hammond, PhD, ABPH  
Delle Jacobs, MSW, LCSW  
Anita Jung, LPC  
Angelina Kauffman, LPC  
Gary Kelley, PhD  
Stephen Lankton, LCSW, DAHB  
Wendy Lemke, MS, LP  
Daniele Lonchamp, PhD  
Patricia Lyerly, LCSW  
Edward Mackey, PhD, MSN, MS, CRNA, FAPA  
Joel Marcus, PsyD  
Kent Massie, LPC  
Michael McGee, MS, LPC  
Lorna McKenzie-Pollock, LICSW  
Richard Miller, LICSW  
Deb Nesbitt, , ARNP, PMHNP-BC, ABMH, ABNH  
Marc Oster, PhD, ABPH  
Akira Otani, EdD, ABPH  
Susan Pinco, MSSW  
Bernard Plansky, MD

David Reid, PsyD  
Katherine Rosemond, M. Ed, LPC  
Philip Shenefelt, MD, ABMH  
Marina Smirnova, PhD, LPC  
Eric Spiegel, PhD  
Robert Staffin, PsyD, ABPH  
James Straub, EdD  
Laurence Sugarman, MD, ABMH  
Jennifer Swaim, PhD  
Judith Thomas, DDS  
Linda Thomson, MSN, CPNP, ABMH, ABNH  
Moshe Torem, MD  
Joseph Tramontana, PhD  
Mary Wells, PhD  
Eric Willmarth, PhD  
Jeffrey Zeig, PhD