



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION

Hypnosis and the Treatment Relationship:
Applications, Processes, Outcomes

60th

RLANDO

MARCH 15-18, 2018
2018 Annual Meeting

Meeting Schedule

Thursday, March 15, 2018

8:00 AM	PreConference Session begins
10:00	Break
10:15	PreConference Session resumes
12:15 PM	PreConference Session ends
12:30	Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops begin
02:30	Break
06:00	Plenary #1
07:00	Welcome Reception

Friday, March 16, 2018

06:30 AM	ASCH General Membership Meeting
07:00	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: Effective Clinical Communications and Teaching and Consultation Workshops begin
12:00 PM	Lunch on your own
12:15	Lunch Panel
01:30	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
07:30	Board of Governors Meeting

Saturday, March 17, 2018

07:00 AM	Continental Breakfast
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 PM	Lunch on your own
12:15	Lunch Panel
01:30	Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
04:30	Break
05:00	Plenary #4
06:00	Cocktail Reception
07:00	Dinner followed by Awards Ceremony
08:30	Entertainment

Sunday, March 18, 2018

07:00 AM	Continental Breakfast
07:30	Plenary #5
08:30	Break
09:00	Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
10:30	Break
11:00	Fundamentals of Clinical Hypnosis (Basic), Refining Skills and Treatment Applications (Intermediate), and Advanced Workshops resume
12:30 PM	Conference Concludes

Session Codes

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

T = Thursday F = Friday
S = Saturday D = Sunday

Workshops that meet only or begin in the morning are coded with an "A". For example, DA1 is a morning workshop on Sunday.

Workshops that meet only in the afternoon are coded with a "P." For example, SP1 is an afternoon workshop on Saturday.

Symposia sessions are coded with a "Y." For example, YF2 is a symposium on Friday 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 & Consultation Workshop</i>
<i>Advanced Workshop</i>
<i>Plenary Session</i>

Schedule-at-a-Glance	pg. 04
Important Information	pg. 06
Membership & Certification	pg. 08
PreConference Session	pg. 09
Plenary Speakers	pg. 11
Power of Words Workshop	pg. 16
Fundamentals of Clinical Hypnosis Workshop	pg. 18
Refining Skills & Treatment Applications Workshop	pg. 21
Teaching & Consultation Workshop	pg. 24
Advanced Workshops	
Thursday	pg. 26
Friday	pg. 30
Saturday	pg. 37
Sunday	pg. 43
Attendee Registration Form	pg. 46
Faculty List	pg. 52

Hotel Information



The Annual Meeting will be held at the Embassy Suites by Hilton Orlando Lake Buena Vista South at 4955 Kynys Heath Road in Kissimmee, FL.

At this all suites facility, each suite features a private bedroom, separate living area with a sofa bed, microwave, refrigerator, two flat-screen televisions and in-room safe. Start the day with a free made-to-order breakfast, then unwind with snacks and beverages at the complimentary evening reception in the atrium.

At Embassy Suites by Hilton Orlando Lake Buena Vista South, you're less than 10 minutes from the entrance of the Walt Disney World® Theme Parks. Cool off at Aquatica Water Park and get close to the dolphins and stingrays at SeaWorld® Orlando. Be at the heart of the action at Universal Studios Florida® and Universal Islands of Adventure®, and enjoy the Harry Potter attraction and thrill ride.

Tee off at some of Florida's finest fairways within minutes of this hotel in Kissimmee, FL. Greg Norman's ChampionsGate has the highest course rating in the state at 76.3. Arnold Palmer's Bay Hill is legendary. Steve Smyer's Southern Dunes Golf Club is one of the most unique in central Florida, with elevation changes of over 100 ft. providing tantalizing risk/reward balances. Rees Jones' Falcon's Fire course is a classic Jones design, harnessing the natural landscape to provide a stiff golf challenge for all skill levels.

ASCH has contracted a limited number of rooms at a discounted room rate of \$169 per room per night, plus applicable taxes. Reservations will be taken on a first-come first-serve basis until the contracted block is full. Any unbooked rooms will be released to the general public on February 20, 2018. So book early to receive the group rate. Make your reservations online or call the hotel directly at 407-597-4000 to make reservations for this event.

SCHEDULE-AT-A-GLANCE

Thursday, March 15, 2018

8:00am	PreConference Session: It Takes More Than Two To Tango: Building Secure Attachment Through Hypnotic And Ego State Relationships Maggie Phillips, PhD (4.0 CE/CME)								
10:00-10:15 am	Break								
10:15 am - 12:15 pm	PreConference Session (cont)								
12:30 - 2:30 pm	Fundamentals of Hypnosis Workshop (20 CME/CE)	Refining Skills and Treatment Applications Workshop (20 CME/CE)	Integrating Hypnosis in a Relational Context (Daitch) (5 CE) <i>Not eligible for CME for MDs/DOS.</i>	Memory Shifts: The Lynch Pin to Symptom Change & Positive Client Growth (D. Alter) (5 CME/CE)	A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiological Pattern (Weisberg, Clavel) (5 CME/CE)	Insight-Oriented Hypnotherapy (Hammond) (5 CE) <i>Not eligible for CME for MDs/DOS.</i>	Ethical Decision Making (Marcus, Oster, Wagaman) (2 CME/CE)	Lessons Learned from a Career in Clinical Research: An Informal Interactive Workshop (Patterson) (2 CME/CE)	
2:30 - 2:45 pm	Break								
2:45 - 5:45 pm	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	An Extension Study Using Hypnotic Suggestion As An Adjunct To IV Sedation (Mackey) (3 CME/CE)	Writing and Publishing Your Hypnosis Articles in AJCH (Lankton, & Reid) (3 CME/CE)	
6:00 pm	Plenary #1: Relational Safety as the Treatment for Trauma and Pain: Polyvagal Contributions to the Countertransference Trance Maggie Phillips, PhD (1.0 CME/CE)								
7:00 - 9:00 pm	Welcome Reception								

Friday, March 16, 2018

6:30 - 7:30 am	ASCH Membership Meeting								
7:00 - 8:00 am	Continental Breakfast								
7:30 - 8:30 am	Plenary #2: PTSD Treatment Guidelines and Clinical Care: The Significance of Relationship Christine Courtois, PhD (1.0 CME/CE)								
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 CME/CE)	Power of Words: Effective Clinical Communications Workshop (7 CME/CE) <i>Not eligible for CME for MDs/DOS.</i>	Hypnotic Strategies to Manage Relationship Factors in Psychotherapy (Baker, E. Spiegel) (5 CE) <i>Not eligible for CME for MDs/DOS.</i>	The Role of Relationship Building in Palliative Care: Utilization in Service of Healing When Cure is Not Possible (Handel) (5 CME/CE)	Defining Psychosomatic Illness through Hypnosis (Zastrow) (3 CME/CE)	Hypnosis in the Treatment of Pathological Dissociation and the Dissociative Disorders (Kluft) (5 CE) <i>Not eligible for CME for MDs/DOS.</i>	Understanding Subconscious Connectedness -- a Fundamental Personal Dimension with Practical Implications for Hypnosis Practitioners and Psychotherapists (Palsson) (3 CE) <i>Not eligible for CME for MDs/DOS.</i>
12:00 - 1:30 pm	LUNCH ON YOUR OWN								
12:15 - 1:15 pm	Lunch with the Masters: Hypnosis & the Health Care Relationship Cheryl Beighle, MD; Dan Handel, MD; Alfred Clavel, MD; Laurence Sugarman, MD; Moderated by Ran Anbar, MD & Eric Spiegel, PhD (1 CME/CE)								
1:30 - 3:30 pm	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	Milton Goes to Church and Other Places: Carrying the Hypnotically Informed Relationship with You (Warnke) (2 CE) <i>Not eligible for CME for MDs/DOS.</i>	(Cont.)	The Hypnotic Induction Profile in Clinical Practice: a Measure of Hypnotizability and a Means for Exploring Personality Types and Relational Styles to Enhance the Therapeutic Alliance and Improve Clinical Outcomes. (Alexander) (2 CME/CE)
3:30 pm	Break								
4:00 - 6:00 pm	(Cont.)	(Cont.)	(Cont.)	(Cont.)	Relational Healing for Relational Injury in the Treatment of Trauma (Courtois) (2 CE) <i>Not eligible for CME for MDs/DOS.</i>	Expanding the Possibilities of Self-Hypnosis: From the Medical to the Psychotherapeutic (Jacobs, Beighle) (2 CME/CE)	Generation and Utilization of Spontaneous Trance During Motivational Interviewing (McCann) (2 CE) <i>Not eligible for CME for MDs/DOS.</i>		
6:00 pm	Recess								
7:30 pm	ASCH Board of Governors Meeting (Open to the membership)								

SCHEDULE-AT-A-GLANCE

Saturday, March 17, 2018

7:00 am - 8:00 am	Continental Breakfast									
7:30 - 8:30 am	Plenary # 3: The Intersection of Hypnosis and Relational Psychoanalysis Jeremy Safran, PhD 1.0 CE <i>Not eligible for CME for MDs/DOs.</i>									
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	Zen, Hypnosis and Suffering (Patterson) (6 CME/CE)	Resolving Therapeutic Impasses (Safran) (3 CE) <i>Not eligible for CME for MDs/DOs.</i>	Therapeutic Age Progression as a Corrective Emotional Experience (Torem) (3 CE) <i>Not eligible for CME for MDs/DOs.</i>	Hypnosis Treatment for Irritable Bowel Syndrome (IBS) with the North Carolina Protocol: Update and Refresher (Palsson) (3 CME/CE)	Navigating The Treatment of Frustrating Illnesses Such As Fibromyalgia with the Use of Clinical Hypnosis and Healing Relationship. (H Zarren) 3 CME/CE		
12:00 - 1:30 pm	Lunch on your own									
12:15 - 1:15 pm	Lunch with the Masters: Hypnosis & the Psychotherapy Relationship Elgan Baker, PhD, ABPH; Carolyn Daitch, PhD; Michael Diamond, PhD, Maggie Phillips, PhD; Moderated by Eric Spiegel, PhD 1 CE <i>Not eligible for CME for MDs/DOs.</i>									
1:30 - 4:30 pm	(Cont.)	(Cont.)	Staying the Course in Treatment: the Evolution of the Provider-Patient Relationship (Ginandes) (3 CE) <i>Not eligible for CME for MDs/DOs.</i>	(Cont.)	Unconscious Communication and Clinical Hypnosis: A Psychoanalytically-oriented Case Consultation Group with Michael Diamond (Diamond) (3 CME/CE)	Ethical Decision Making (Marcus, Oster, Wagaman) (3 CME/CE)	Enhancing Hypnotic Elegance: The Interplay of Rhythms, Spaces and Suggestions (Glaser) (3 CE) <i>Not eligible for CME for MDs/DOs.</i>	Joining a Threesome? The Joys and Pitfalls of Adjunctive Therapy with Hypnosis (Spiegel, Daitch, Daniel, Kahn) (3 CE) <i>Not eligible for CME for MDs/DOs.</i>	The Body's Mind: The Role of Relationship in Integrating Body and Mind in People with Psychophysiological Disorders (Alter) (3 CME/CE)	
4:30 pm	Break									
5:00 pm	Plenary #4 – Dreamers, Schemers, Moonbeamers and Redeemers: Psychoanalytic Musings on the Benevolent Allure and Therapeutic Action in Hypnotically-Augmented Psychotherapy Michael Diamond, PhD 1 CE <i>Not eligible for CME for MDs/DOs.</i>									
6:00 pm	Cocktail Reception									
7:00 pm	Dinner followed by the Awards Ceremony									
8:30 - 10:00 pm	Entertainment									

Sunday, March 18, 2018

7:00 am - 8:00 am	Continental Breakfast									
7:30 - 8:30 am	Plenary #5 - The Healing Impact of Relationship in Palliative Care: In Trance, Out of Trance, Upon Trance Daniel Handel, MD 1 CME/CE									
8:30 am	Break									
9:00 - 10:30 am	Fundamentals of Hypnosis Workshop	Refining Skills and Treatment Applications Workshop	Clinical Hypnosis is Changing Our Minds (Sugarman, Alter, Reid) (3 CME/CE)	Uses of Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders (Shenefelt) (3 CME/CE)	Building Relationships, Enhancing Quality of Life, and Empowering Cancer Patients with Self-Hypnosis Groups (Forester-Miller) (3 CME/CE)	Hypnosis, Connection, and Empowerment for Trauma Recovery (Damis) (3 CME/CE)	Hypnosis and Psychoanalysis: Twelve Steps Toward Mutual Enrichment – Toward Recapturing Squandered Opportunities (Kluft) (1.5 CE) <i>Not eligible for CME for MDs/DOs.</i>			
10:30 am	Break									
11:00 am - 12:30 pm	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	(Cont.)	Incorporating Humor and Laughter into the Treatment Relationship (Thomson) (1.5 CE) <i>Not eligible for CME for MDs/DOs.</i>		
12:30 pm	Adjourn									

For more information or to register online, visit the ASCH website at www.asch.net.

IMPORTANT INFORMATION

Registration:

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

- Daily Continental Breakfast
- Welcome Reception on Thursday
- Plenary Presentations on Thursday-Sunday
- Awards Dinner with Entertainment on Saturday
- 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 15, 2018 but on or before March 1, 2018 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after March 1, 2018.** 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 Thursday, March 15, 2018 at 11:30 am.

General Membership Meeting:

There will be a meeting for the ASCH membership on Friday, March 16, 2018 from 6:30 - 7:30 am.

Board of Governors Meeting:

The ASCH Board of Governors will meet Friday, March 16, 2018 at 7:00 pm. The meeting is open to the general membership.

Conference Recordings:

All Advanced Workshops, Research and Plenary 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

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 27 AMA PRA Category 1 Credit(s)[™]. 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.



The American Society of Clinical Hypnosis - Education & Research Foundation (ASCH-ERF) is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 10/1/2015 to 9/30/2021. Provider ID 217022.

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.

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 a 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 licensed 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.

Early Career Professional (ECP):

Reduced registration rate for Early Career Professional (ECP). An ECP is an individual who is eligible to attend ASCH-ERF educational programming AND who has completed the initial graduate degree used for licensure within the last five years. ECP registrants will need to provide a copy of their diploma with their registration.

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.

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 licensed 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/ 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 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 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 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

1. 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;
2. Membership or eligibility for membership in a professional society consistent with degree;
3. Licensure or Certification by the state or province in which you practice;
4. Minimum of 40 hours of ASCH approved workshop training (20 hours each of basic and intermediate workshops);
5. Minimum of 20 hours of individualized consultation with an ASCH Approved Consultant; and
6. Minimum of two years of independent practice utilizing clinical hypnosis.

Requirements for Approved Consultant in Clinical Hypnosis

All of the above requirements, plus:

1. Minimum of 40 additional hours of ASCH approved workshop training;
2. Minimum of five years of independent practice utilizing

Thursday, March 15, 2018

8:00 AM -12:15 PM

It Takes More Than Two To Tango: Building Secure Attachment Through Hypnotic And Ego State Relationships

Maggie Phillips, PhD
(4.0 CE/CME)

Dr. Phillips is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.



Additional Registration fee: \$80.00

Interactive elements of the hypnotic relationship have been studied from a variety of orientations. Wolberg (1964) pointed out that the “hypnotic relationship may act as a bridge that leads the patient from isolation to a contact with another human being without the intense suffering that characterizes habitual interpersonal relationships” (p. 358).

Michael J. Diamond (1984) viewed the hypnotist’s skill as a function of five factors: 1) attainment of matured object relating and comfort with deeper levels of relationship; 2) empathic capacity; 3) personal and therapeutic trance skill; 4) integration of healthy receptive, passive, and active capacities; and 5) the ability to deal effectively with one’s own internal and counter-transferential reactions to the patient.

Gilligan (1986) and other Ericksonian hypnotherapists have emphasized the importance of the therapist’s ability to cooperate with the client’s motivations, problems, and conflicts rather than expecting the client to cooperate with the therapist.

Finally, Jack Watkins wrote about the importance of the therapeutic self and of emotional resonance with the patient from a hypnoanalytic perspective. Jack and his wife Helen created Ego-State Therapy as a model for how to relate with self states in the inner family of self. Ego-State Therapy provides a framework to teach the client how to build healthy relationships with inner states to resolve symptoms and inner conflicts while also helping to actualize effective interactive relationships with others.

This workshop explores hypnotic strategies that can be used to help create secure attachment within the therapeutic relationship as well as internally through ego state relationships. Approaches include: The use of cues and suggestions related to safety and connection directed through the attachment circuits of the ventral vagal system; methods to work with the center core self to facilitate empowerment, self-cohesion and conflict free experience; and hypnosomatic approaches to connect with preverbal, nonverbal, and somatic aspects of self for developmental repair.

Workshop activities include lecture, clinical discussion, case examples, live demonstrations, group practice and brief dyad practice. As time permits, clinical case consultation is also featured.

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

Identify 3 types of ventral vagal strategies to create safety in the hypnotherapeutic relationship;

Define basic principles and practices of hypnotic and nonhypnotic ego-state therapy;

Explain two kinds of conflict free approaches to strengthen the whole self; and

Identify two approaches to connect and work with preverbal and somatic ego states.

Maggie Phillips, Ph.D. is a licensed psychologist in full-time private practice in Oakland, California. She is director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis. She is also a Fellow of the International Society for the Study of Dissociation (ISSD), and a Fellow of the American Society of Clinical Hypnosis.

She has served on the faculties of the American Society of Clinical Hypnosis (ASCH), American and

Preconference Session

European Congresses of Ericksonian Hypnosis and Psychotherapy, the Eye Movement Desensitization and Reprocessing International Association (EMDRIA), the Esalen Institute, the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, the International Society of Hypnosis (ISH), The Professional School of Psychology, the Society for Clinical and Experimental Hypnosis (SCEH), the International Society for the Study of Dissociation (ISSD), the International Transactional Analysis Association (ITAA), and the University of California at Santa Cruz, Extension. Dr. Phillips has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in the U.K., Germany, Scandinavia, France, Japan, China, and Malaysia, and uses of energy therapies in mindbody healing.

She has authored numerous papers and articles in the areas of ego-state therapy, rededication therapy, and the treatment of post-traumatic conditions, and is the co-recipient of the 1994 ASCH Crasilneck award for excellence in writing and of the Cornelia B. Wilbur award from the ISSD. Dr. Phillips is co-author of Healing the Divided Self and author of Finding the Energy to Heal and Reversing Chronic Pain. AND, her newly launched Freedom from Pain co-authored with Peter Levine.

Thursday, March 15, 2018

6:00 - 7:00 pm

Plenary #1: Relational Safety as the Treatment for Trauma and Pain: Polyvagal Contributions To The Countertransference Trance

*Maggie Phillips, PhD
(1.0 CE/CME)*

Dr. Phillips is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.

The concept of safety is an important requirement for our early capacity to bond with significant others, and a sense of safety within our intimate relationships throughout life is central to our ability to trust. Dr. Stephen Porges, creator and researcher of the Polyvagal Theory, made the discovery that “the detection of features of safety actively changed the autonomic state and fostered health, growth, and restoration as well as providing opportunities to connect and co-regulate.” Porges concluded that there are three branches of the ANS rather than two, which respond constantly to relational conditions mediated by safety and threat. Ventral vagal, social engagement, and co-regulation are in the lead, with the sympathetic adrenal (fight-flight) and dorsal vagus (freeze) coming online when there is significant threat. The polyvagal model suggests how we can become safe and healing havens for each other if we cultivate our own ventral capacities. This presentation focuses on how relational safety is the treatment for trauma and pain, and explores polyvagal contributions to the essential development of a positive countertransference trance (from the hypnotic perspective) for the therapist (Phillips & Frederick, 1995).

Friday, March 16, 2018

7:30 - 8:30 am

Plenary #2: PTSD Treatment Guidelines and Clinical Care: The Significance of Relationship

*Christine A. Courtois, PhD, ABPP
(1.0 CE/CME)*

Dr. Courtois is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.



The U.S. health care system increasingly utilizes clinical practice guidelines (CPGs) based on stringent systematic reviews of research findings to inform decision-making about care. There are relatively few guidelines, however, that address mental and behavioral health conditions, or that include psychological interventions. To address this, in 2010, the American Psychological Association adopted the Institute of Medicine (IOM) standards for clinical practice guidelines and selected the treatment of PTSD as a topic for review. The resultant recommendations, “Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder in Adults” were accepted in early 2017, to be accompanied by a companion Professional Practice Guideline (PPG). Professional Practice Guidelines are more broad-based documents that rely on reviews of clinical experience and consensus about the treatment of a particular population and condition.

The recommendations - along with the strengths and limitations - of the APA guideline will be presented and its findings compared to those of others addressing PTSD treatment. Major recommendations of Professional Practice Guidelines and other authoritative writing for treatment of all forms of PTSD (including the Dissociative Disorders) will be reviewed, along with attention paid to the use of hypnosis. Increasingly, emphasis is being placed on the significance of the relationship for the treatment of traumatized individuals, especially those who were interpersonally victimized. This plenary will summarize aspects of the relationship that are particularly pertinent to treatment of traumatized individuals.

*By the completion of this workshop, participants will be able to:
List what treatments for PTSD that are evidence based, according to the APA Clinical Practice Guidelines.
Differentiate between a Clinical Practice Guideline and a Professional Practice guideline.
List several relational strategies that have an evidence base.*

Christine A. Courtois, PhD, ABPP, is a graduate of the Counseling Psychology program at the University

Plenary Sessions

of Maryland and a licensed psychologist in DC and MD. Dr. Courtois has received international recognition for her work on the effects of incest, child sexual abuse, complex traumatic stress disorders and other types of trauma and has received awards from numerous professional organizations. She is a psychotherapist (with broad experience in outpatient and inpatient treatment), workshop leader, and consultant specializing in posttraumatic and dissociative conditions and disorders. Her approach is integrative, relational, and trauma-referenced, based upon respect for the client and his/her life experience.

Dr. Courtois recently served as chair of the American Psychological Association PTSD Guidelines Development Panel. This group of 11 appointed experts from various mental health professions met over the course of two years to examine relevant literature reviews and existing guidelines and produced updated treatment guideline recommendations based on these resources.

Dr. Courtois has co-authored with Dr. Julian Ford, *Treating Complex Trauma: A Sequenced, Relationship-based Approach*, (2013, Guilford Press) and *Treating Complex Traumatic Stress Disorders in Children and Adolescents, Scientific Foundations and Therapeutic Models*. As well, she has brought out the second edition of *Healing the Incest Wound: Adult Survivors in Therapy* (W. W. Norton), co-edited (with Dr. Julian Ford) the book *Complex Traumatic Stress Disorders: An Evidence-based Guide* (2009, Guilford Press) and authored *Recollections of Sexual Abuse: Treatment Principles and Guidelines* (1999, W. W. Norton), *Adult Survivors of Sexual Abuse: A Workshop Model* (1993) (Families International), and *Healing the Incest Wound: Adult Survivors in Therapy* (1988, W. W. Norton). She has also co-edited a special section on complex trauma with Dr. Bessel van der Kolk in the *Journal of Traumatic Stress* (2005). Dr. Courtois is past Associate Editor of the new journal *Psychological Trauma: Theory, Research, Practice, & Policy* <http://www.apa.org/journals/tra/>.

Dr. Courtois is also Co-Founder and former Clinical and Training Director and Consultant to The CENTER: Posttraumatic Disorders Program, an in-patient and day hospital specialty program in Washington, DC, where she worked for 17 years. She is active in a number of professional organizations having to do with psychological practice and trauma including the American Psychological Association (where she is past-president of Division 56, Psychological Trauma (www.apatraumadivision.org), the International Society for Traumatic Stress Studies (www.istss.org) (where she co-chairs the Complex Trauma Task Force), The International Society for Trauma and Dissociation (www.isst-d.org), the Institute of Contemporary Psychotherapy and Psychoanalysis, and the Maryland Psychological Association (www.mpa.org) where she organized and co-directed the Post-Doctoral Institute on Psychological Trauma.

Saturday, March 17, 2018

7:30 - 8:30 am

Plenary #3: The Intersection Of Hypnosis And Relational Psychoanalysis

Jeremy Safran, PhD

(1.0 CE) *Not eligible for CME for MDs/DOs.*



Dr. Safran is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

In this plenary, I will trace the common origins of hypnosis and psychoanalysis as well as the historical and political factors that led classical analysts to distance psychoanalysis from these origins and emphasize the difference between treatments making use of hypnotic elements, and bonafide psychoanalysis. I will also discuss changes in contemporary relational psychoanalytic theory that establish a basis for a more thorough and fluid synthesis of psychoanalytic and hypnotic elements of treatment and help illuminate both common and specific mechanisms of change. Finally, I will explore various ways in which my own theoretical, clinical and empirical

work on therapeutic impasses provide a valuable arena with which we can begin to further explore points of intersection between hypnosis, placebo and relational psychoanalysis.

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

Conceptualize key mechanisms of change in relational psychoanalysis;

Understand the common origins of hypnosis and psychoanalysis as well as the historical reasons for their divergence; and

Describe key conceptual innovations in relational psychoanalysis that can help to

illuminate mechanisms of change in hypnosis.

Jeremy D. Safran, PhD is Professor of Psychology and former Director of Clinical Psychology at the New School for Social Research, . He is also Senior Research Scientist in Psychiatry at Mount Sinai Beth Israel Medical Center; and on faculty at 1) The New York University Postdoctoral Program in Psychotherapy & Psychoanalysis; and 2) The Stephen A. Mitchell Center for Relational Studies. Dr. Safran is Co-founder and Co-chair (along with Lewis Aron & Adrienne Harris) of The Sandor Ferenczi Center at the New School for Social Research. In addition, he is Past-President of The International Association for Relational Psychoanalysis & Psychotherapy.

He is an advisory editor for Psychotherapy Research, an associate editor for Psychoanalytic Dialogues, senior editor for Public Seminar, and serves on the editorial boards of a number of other journals in the U.S. and other countries. He is a Fellow of the American Psychological Association Division for Psychotherapy. Dr. Safran publishes and lectures on a number of topics including: alliance ruptures and therapeutic impasses, emotion in psychotherapy, psychotherapy integration, psychotherapy and Buddhism, therapist mindfulness and self-regulation, relational psychoanalysis, and the themes of faith, agency and surrender in the therapeutic process. He conducts training workshops in North America, Latin America and Europe.

Dr. Safran's ongoing research program on therapeutic impasses and alliance ruptures has been funded by the National Institute of Mental Health and has led to numerous theoretical and empirical publications. In addition to his journal articles and chapters he has authored and co-authored several books including: Psychoanalysis and Psychoanalytic Therapies (2012); Psychoanalysis & Buddhism: An Unfolding Dialogue (2003); Negotiating the Therapeutic Alliance: A Relational Treatment Guide (2000); The Therapeutic Alliance in Brief Psychotherapy (2008); Widening the Scope of Cognitive Therapy (1998); Emotion, Psychotherapy and Change (1991); Interpersonal Process in Cognitive Therapy (1990); and Emotion in Psychotherapy (1987). In addition, he had filmed two psychotherapy training DVDs for The American Psychological Association: 1) Psychoanalytic Therapy Over Time (2009); and 2) Relational Psychotherapy (2008). Dr. Safran's most recent book, Psychoanalysis and Psychoanalytic Therapies was the winner of the 2013 Gradiva Award for outstanding contributions to the field of psychoanalysis. Dr. Safran was the recipient of the International Society for Psychotherapy Research Award in 2016, and the American Psychological Association Award for psychoanalytic research in 2017.

Saturday, March 17, 2018

5:00 – 6:00 pm

Plenary #4 – Dreamers, Schemers, Moonbeamers, And Redeemers: Psychoanalytic Musings On The Benevolent Allure And Therapeutic Action In Hypnotically-Augmented Psychotherapy

Michael J. Diamond, PhD

(1.0 CE) *Not eligible for CME for MDs/DOs.*



This plenary talk addresses the question of how hypnosis, when used in psychotherapy, facilitates curative action. The presenter's extensive experience with hypnosis, psychotherapy, and psychoanalysis orient this presentation towards the unconscious dimensions of the patient-therapist interaction. Consequently, after distinguishing between relief-oriented and evocatively transformative therapeutic aims in the psychotherapeutic use of hypnosis, he will discuss how skillful therapists make use of their own internal mental activities in order both to understand the patient's psychic structure and subsequently formulate mutative interventions. In order to supplement more traditional ways of bifurcating hypnotic interventions as either direct or indirect hypnosis, the primordial factors that underlie hypnotic interventions will be further distinguished in accordance with their maternal and paternal dimensions. Dreaming, scheming, moonbeaming, and redeeming are figurative terms that help address the powerful unconscious factors in play for both patient and therapist within the benevolent allure of proficient and ethical clinical hypnosis.

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

Understand the core therapeutic aims in hypnotically-augmented psychotherapy;

Develop their skill in utilizing unbidden occurrences within their own mental experience during therapeutic sessions,

including within the hypnotic dyad itself;

Achieve a more nuanced understanding of suggestion, evocation, and containment in hypnotically-

Plenary Sessions

augmented psychotherapy; Recognize and better understand the inherently “seductive” nature of hypnosis that is founded on archaic, unconscious dimensions for both patient and therapist; and Distinguish maternal and paternal factors that underlie effective hypnotic interventions, thereby supplementing traditional ways of bifurcating interventions as either direct or indirect.

Michael J. Diamond, PhD, is a clinical psychologist and psychoanalyst practicing in Los Angeles, CA. He graduated magna cum laude from the University of California at Los Angeles, received his doctorate in psychology from Stanford University, and completed his psychoanalytic training from the Los Angeles Institute and Society for Psychoanalytic Studies. He is currently Training and Supervising Analyst at the Los Angeles Institute for Psychoanalytic Studies, is on the Teaching and Supervising Faculty of the Wright Institute Los Angeles, and is an Associate Clinical Professor of Psychiatry at UCLA. He is a Fellow both of the American Psychological Association and the International Psychoanalytic Association, and is a Diplomate in Clinical Psychology of the American Board of Professional Psychology.

He has published extensively in professional journals and books, including over seventy articles and book chapters in the areas of fathering and masculinity, psychoanalytic gender theory, as well as on psychoanalytic technique, the treatment of early trauma and dissociation, psychotherapy, hypnosis, and group process. He co-edited the 1995 book, *Becoming A Father: Contemporary Social, Developmental, and Clinical Perspectives*, and is currently on the editorial board of *Studies in Gender and Sexuality: Psychoanalysis, Cultural Studies, Treatment, Research*. He has received numerous awards and prizes for his writing, teaching, and clinical work including most recently, the Distinguished Psychoanalyst of the Year from the Institute For Psychoanalytic Training and Research in New York.

Sunday, March 18, 2018

7:30 - 8:30 am

Plenary #5: The Healing Impact Of Relationship In Palliative Care: In Trance, Out Of Trance, Upon Trance

Daniel Handel, MD

(1.0 CE/CME)



This presentation presents information to increase clinical hypnosis skills for managing pain and suffering associated with advanced illness. Hypnotic interventions in the setting of advanced illness are often similar to those in acute illness settings; however dramatic and relational aspects contribute to the profoundly important work required of ill and dying patients.

This presentation will offer a neurophysiological model of pain, including the management of suffering as a prerequisite for successful management of chronic or terminal pain. The presenter offers a biopsychosocial model that identifies and relies upon strengths and unique individual attributes, rather than relying upon a disease paradigm which focuses upon a diagnostic problem. Specific audio, audio-visual or verbatim scripts demonstrate this model, while adding depth and dimension to this emotionally charged and complex

therapeutic material. This presentation will also discuss the burgeoning research that demonstrates mechanisms by which painful sensation can be purposefully reinterpreted, attentional focus can be selectively lessened or redirected from pain, and ‘meaning’ attached to sensation can be reinterpreted and reframed. This literature can also inform the management of chronic pain, while reducing reliance upon chronic opioid therapies.

Specific preferred methods of coping will be discussed, along with clues provided by patients as to their specific talents and preferences, resulting in a stepped therapeutic approach utilizing these methods. Finally, I will share the formula, taught by my patients, through which suffering begets growth and acceptance. This recipe includes healthy doses of hypnotically facilitated learning combined with just right amounts of trusting relationship, followed by pinches of personal, existential, and spiritual growth.

The presenter will share experiential learning and a philosophy of care gained throughout three decades of practice that has included academic medical pain practice, two decades of hospice and palliative practice, a dozen years as senior clinical staff and founding palliative medicine fellowship director at National

Institutes of Health Hospital, and medical professorship at University of Colorado School of Medicine. He has authored more than thirty books, book chapters, and peer-reviewed articles in these areas.

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

Identify three specific psychological and medical attributes that distinguish chronic and terminal pain from acute pain.

Tailor therapeutic suggestion to individual patient preferences and beliefs.

Develop layered, interwoven relevant hypnotic strategies to ease existential and soul anguish, promote self-management of pain associated with illness or medical procedures, and facilitate the reinterpretation of loss into legacy.

Dr. Dan Handel joined Denver Health as the founding Chief of Palliative Medicine in August 2013, and initiated an inpatient consultation service which is experiencing rapid growth in all hospital areas. He is board certified in Family Practice and Hospice and Palliative Medicine, and elected for early retirement from the National Institutes of Health in Bethesda, Maryland in order to accept the opportunity to initiate the Division of Palliative Medicine at Denver Health. He directed NIH's palliative medicine training fellowship since its inception as one of the first eleven programs in the country. Prior recruitment to his NIH career, Dr. Handel served as the medical director for a large Texas non-profit hospice, helped to found and direct a free-standing inpatient hospice hospital in Fort Worth, and later initiate palliative medicine services at a five-hundred bed academic community hospital.

Power of Words: Effective Clinical Communications Workshop

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.

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: Participants must attend all 6 hours of this program and complete a participant evaluation to obtain credit. No partial credit will be awarded.

This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

The association accepted no commercial support to subsidize this educational event. Unless otherwise indicated, 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.

Ms. Thomson is the author of books and audio visual products, from which some of her teaching content is derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.

Friday, March 15, 2018

9:00 am **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 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.

Differentiate Between Effective & Ineffective Communication Strategies (Linda 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

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 (Thomson)

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

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

5:00

Q&A, Evaluations

5:30

Adjourn

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: Lane Wagaman, EdD; Maggie Dickens, MS, LPC, LCDC

Fundamentals of Clinical Hypnosis Schedule 2018 Annual Meeting

Thursday, March 15, 2018

12:30 pm	Welcome / Introduction (Wagaman)
12:45	History, Definitions, Theories, Myths and Misconceptions (1 hr)(Colosimo) <i>Educational Objectives for this session:</i> <i>Outline major historical events in hypnosis and mesmerism.</i> <i>Provide a definition of hypnosis related to relevant scientific research.</i> <i>Identify the major myths and misconceptions regarding hypnosis.</i>
1:45	Neurophysiology (45 min)(Swaim) <i>Educational Objectives for this session:</i> <i>Review how stress and pain affect body systems.</i> <i>List three brain regions or networks that research shows may be altered with hypnosis.</i> <i>Detail three implications of neurophysiological research on the practice of clinical hypnosis</i>
2:30	BREAK
2:45	Hypnotic Capacity/Memory (45 min)(Dickens) <i>Educational Objectives for this session:</i> <i>Discuss formal and informal measures of hypnotic capacity and reasons for use of and advantages and/or disadvantages of each.</i> <i>Discuss the clinical controversy regarding hypnosis and the possible creation of pseudo-memory.</i> <i>Discuss the research on hypnosis and memory.</i>
3:30	Rapport, Inductions and Re-Alerting (1.5 hr)(Wagaman) <i>Educational Objectives for this session:</i> <i>Describe three specific behaviors or communication skills that are helpful in the development of rapport with patients.</i> <i>Describe at least two reasons for removing suggestions and re-alerting patients.</i>
5:00	Group Hypnotic Experience (30 min)(Wagaman) <i>Educational Objectives for this session:</i> <i>Provide illustrative suggestions for eliciting hypnotic phenomena.</i> <i>Demonstrate the concept of trance logic.</i> <i>Illustrate applications of hypnotic phenomena in a trance experience.</i>
5:30	Recess
6:00	Attend Plenary #1
7:00	Welcome Reception

Fundamentals of Clinical Hypnosis Workshop

Friday, March 16, 2018

7:30 am Attend Plenary #2

8:30 Break

9:00 Presenting Hypnosis to the Patient/Informed Consent (45 min)
(Wagaman)

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.

9:45 **Ego Strengthening (30 min) (Dickens)**

Educational Objectives for this session:

Define ego-strengthening and how it might be used in clinical practice.

Identify several different types of ego-strengthening.

Describe at least three strategies for ego-strengthening in clinical hypnosis practice.

10:15 **Demonstration 1: Structured Breathing (Faculty)**

10:30 **Small Group Practice 1 (Induction, Realtering) Structured Breathing (1.5 hr)(Faculty)**

Educational Objectives for this session:

Demonstrate one method to build rapport with the subject.

Facilitate at least one induction method and realtering.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance,

Describe his/her responses, and what they observed in the behavior of the participant.

12:00 pm **Lunch on your own**

12:15 **Lunch Panel – Therapeutic Relationships in a Medical Setting (1 hr)(1 CEU)**

1:30 **Hypnotic Phenomena (1 hr)(Wagaman)**

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.

2:30 **Stages of Hypnosis; Deepening/Intensification of Trance (1 hr)(Swaim)**

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.

3:30 **BREAK**

4:00 **Demonstration 2: Eye Fixation (Faculty)**

4:30 **Small Group Practice 2: (Induction, Deepening, Realtering) Eye Fixation (1.5 hr)(Faculty)**

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method and realtering.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance

6:00 **Recess**

Saturday, March 17, 2018

7:30 am Attend Plenary #3

8:30 Break

9:00 **Self-Hypnosis (30 min)(Dickens; Swaim)**

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

9:30 **Fundamentals of Hypnotic Language and Formulating Suggestions (45 min)(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.

10:15 **Demonstration 3: Eye Roll (Wagaman, Dickens, Swaim)**

10:30 **SGP 3 (Induction, Deepening, Suggestion, Re-Alerting: Eye Roll) (1.5 hr)(Faculty)**

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method, a simple suggestion and realtering

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00 **Lunch on your own**

12:15 **Lunch Panel – Therapeutic Relationships in a Psychological Setting (1 hr)(1 CEU)**

Fundamentals of Clinical Hypnosis Workshop

1:30	Pediatric Hypnosis (45 min) (Thomson) <i>Educational Objectives for this session:</i> <i>Describe the therapeutic benefits and applications of using hypnosis with children.</i> <i>Identify the developmental characteristics that make children particularly hypnotizable.</i> <i>Describe how hypnotic approaches vary according to the developmental age of the child.</i>
2:15	Understanding and Utilization of Resistance (30 min)(Wagaman) <i>Educational Objectives for this session:</i> <i>Discuss the therapist, patient, and context variables that may contribute to resistance.</i> <i>Identify at least six alternative techniques for bypassing or working through resistance to hypnosis.</i>
2:45	Demonstration 4: Arm Levitation (Wagaman)
3:00	SGP 4 (Induction, Deepening, Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-alerting: Arm Levitation)(1.5 hr)(Faculty) <i>Educational Objectives for this session:</i> <i>Demonstrate the ability to build rapport with the subject different from previous practice sessions.</i> <i>Facilitate at least one induction method, one deepening method, a simple suggestion and realerting.</i> <i>Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.</i> <i>Clarify readiness for incorporating hypnosis into practice.</i>
4:30	Recess
5:00	Attend Plenary #4
6:00	Cocktail reception
7:00	Awards Dinner and Dancing
Sunday, March 18, 2018	
7:30 am	Attend Plenary #5
8:30	Break
9:00	Brief Introductory Overview of the Use of Clinical Hypnosis and Pain Management (45 min) (Patterson) <i>Educational Objectives for this session:</i> <i>Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.</i> <i>Outline precautions in using hypnotic methods for pain relief, including complete anesthesia.</i> <i>Identify hypnotic strategies and be able to describe at least six hypnotic techniques for use in pain management/recovery.</i>
9:45	Treatment Planning Strategies and Integrating Skills into Practice (45 min)(Dickens, Swaim, Wagaman) <i>Educational Objectives for this session:</i> <i>Differentiate when to use a suggestive hypnotic approach and when to use an insight- oriented or exploratory hypnotic approach.</i> <i>Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.</i> <i>List at least four hypnotic techniques that may be best suited to achieve a specific therapeutic goal.</i>
10:30	BREAK
11:00	Now That I Have Learned This, What Do I Do Differently in My Practice Next Week...Continuing On (1 hr)(Wagaman) <i>Educational Objectives for this session:</i> <i>Review the foundational information and skills learned during this educational experience.</i> <i>Describe 2 avenues and approaches to including clinical hypnosis in clinical practices.</i> <i>Describe 2 situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such</i> <i>List at least five applications of hypnosis to your discipline.</i> <i>Explain the importance of the clinician separating the learning of hypnosis from the application of hypnotic skills to a problem.</i>
12:00 pm	Ethics and Certification (Swaim) Q&A (Wagaman, Dickens, Swaim) <i>Educational Objectives for this session:</i> <i>Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis</i> <i>Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification</i>
12:30	Adjourn

Refining Skills & Treatment Applications Workshop

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”.

Benefits:

- 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)

Chairs – Judy Thomas, DDS; Akira Otani, EdD, ABPH

Thursday, March 15, 2018

- 12:30 pm** **Intro to Intermediate (Thomas, Otani)**
12:45 **Refining Skills: Advanced Inductions and Deepening (1 hr)(Thomas, Otani, Patterson)**
Educational Objectives for this session:
Observe and identify three advanced inductions, and clarify conditions under which they may be indicated.
Describe three signs of increased suggestibility/trance.
Describe at least two hypnotic techniques for intensification or deepening of trance.
- 1:45** **Refining Skills: Reminders about the Utilization of Hypnotic Phenomena (45 min) (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.
- 2:30** **Break**
2:45 **Refining Skills: Hypnotic Language and Suggestions including Ego Strengthening (1.0 hr) (Lemke)**
Educational Objectives for this session:
Describe how to enhance rapport and compliance through positive reinforcement and utilization.
Describe how to structure 2 direct and indirect suggestions.
Define a conversational postulate and a double bind.
- 3:45** **Refining Skills: Reminders about the Nature of Resistance (1.0 hr)(Staffin)**
Educational Objectives for this session:
Identify at least four alternative techniques for bypassing or working through resistance to hypnosis.
- 4:45** **Group Hypnotic Experience (1.0 hr)(Thomas, Otani)**
Educational Objectives for this session:
Experience an advanced trance experience.
- 5:45** **Recess**
6:00 **Attend Plenary #1**
7:00 **Welcome Reception**

Friday, March 16, 2018

- 7:30 am** **Attend Plenary #2**
8:30 **Break**

Refining Skills & Treatment Applications Workshop

- 9:00 Refining Skills: Neurophysiology of Hypnosis & Mind-Body Medicine (1 hr)(Otani)**
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.
- 10:00 Applications of Clinical Hypnosis: Clinical Hypnosis for Sleep Disorders (1 hr)(Damis)**
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
- 11:00 Applications of Clinical Hypnosis: Clinical Hypnosis in the Treatment of Anxiety and Phobia (1 hr)(Daitch)**
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 anxiety and phobias and be able to provide a rationale for using each method.
- 12:00 pm Lunch on your own**
- 12:15 Lunch Panel – Therapeutic Relationships in a Medical Setting (1 hr)(1 CME/CE)**
- 1:30 Refining Skills: Small Group Practice #1 (2 hr)(Faculty)**
Educational Objectives for this session:
Demonstrate as the operator and personally experience as the subject a hypnotic trance.
Utilize one new induction and deepening technique along with one new skill or application learned from the preceding lectures and demonstrations.
- 3:30 Break**
- 4:00 Applications of Clinical Hypnosis: Hypnosis for Pain Management (1 hr)(Patterson)**
Educational Objectives for this session:
Identify the risk factors in using hypnosis prior to a medical & psychological evaluation of a pain problem.
Outline precautions in using hypnotic methods for pain relief.
Discuss how amnesia, time distortion, and dissociation can be helpful in the hypnotic mgmt. of pain.
Identify six hypnotic techniques for use in pain management.
- 5:00 Refining Skills: Hypnotic Language and Metaphor: Speaking the Language of the Unconscious (1hr)(Torem)**
Educational Objectives for this session:
Explain the concept of utilization in the creation of metaphors.
Demonstrate how to construct therapeutic metaphors and give two examples of metaphorical suggestions.
- 6:00 Recess**

Saturday, March 17, 2018

- 7:30 am Attend Plenary #3**
- 8:30 Break**
- 9:00 Applications of Clinical Hypnosis: Clinical Hypnosis in the Treatment of Habit Disorders (1hr)(Reid)**
Educational Objectives for this session:
Discuss research literature on hypnosis in the treatment of habits.
Design an effective therapeutic intervention for two common habit disorders.
- 10:00 Applications of Clinical Hypnosis: Functional Disorders (30 min)(Otani)**
Educational Objectives for this session:
Identify three ways that hypnosis can be integrated into the treatment of patients with functional and psychophysiological disorders.
Discuss two uses of hypnosis for physical disease management.
- 10:30 Refining Skills: Ineffective and Effective Communication (30 min)(Thomson)**
Educational Objectives for this session:
Develop alternative appropriate hypnotic language for medical/dental procedures and tests.
Discuss components of effective suggestions to enhance treatment outcomes.

Refining Skills & Treatment Applications Workshop

11:00 Applications of Clinical Hypnosis: Clinical Hypnosis with Pediatric Patients (1 hr)(Thomson)

Educational Objectives for this session:

List at least three ways in which working with children is different from work with adults.
Demonstrate two hypnotic techniques that are effective with children and vary with the development level of the patient/client.

12:00 pm Lunch on your own
12:15 Lunch Panel – Therapeutic Relationships in a Psychological Setting (1 hr)

1:30 Refining Skills: Small Group Practice #2 (45 min)(Faculty)

Each participant will be encouraged to attend 1 of the 3 sessions

Group A - Heart Rate Variability Biofeedback

Educational Objective for this session: Demonstrate how to increase skill in HRV Biofeedback.

Group B - Ideomotor Signaling

Educational Objective for this session: Demonstrate how to increase skill in using ideomotor signaling.

Group C - Glove analgesia

Educational Objective for this session: Demonstrate how to increase skill in producing glove analgesia.

2:15 Applications Refining Skills: Small Group Practice #3 (45 min)(Faculty)

Each participant will be encouraged to attend 1 of the 3 sessions

Group D - Heart Rate Variability Biofeedback

Educational Objective for this session: Demonstrate how to increase skill in HRV Biofeedback.

Group E - Ideomotor Signaling

Educational Objective for this session: Demonstrate how to increase skill in using ideomotor signaling.

Group F - Glove analgesia

Educational Objective for this session: Demonstrate how to increase skill in producing glove analgesia.

3:00 Break

3:30 Applications of Clinical Hypnosis: Preparing Patients for Surgical Procedures (Medical/Dental)(1 hr)(Forester-Miller)

Educational Objectives for this session:

Describe effective hypnotic techniques that can be used preoperatively, intraoperatively and post operatively.

4:30 Recess

5:00 Attend Plenary #4

6:00 Cocktail Reception

7:00 Awards Dinner and Entertainment

Sunday, March 18, 2018

7:30 am Attend Plenary #5

9:00 Refining Skills: Small Group Practice #4 (1.5 hr)(Faculty)

Educational Objectives for this session:

Demonstrate as the operator and personally experience as the subject a hypnotic trance.

Utilize a new induction and deepening technique along with a new hypnotic skill or application learned from the preceding lectures and demonstrations.

10:30 Break

11:00 Applications of Clinical Hypnosis: Insight-oriented & exploratory techniques including Ideomotor signaling (1 hr)(E. Spiegel)

Educational Objectives for this session:

Discuss indications and contraindications for using an insight-oriented hypnotic approach.

Describe at least 3 exploratory hypnotic methods.

Define and demonstrate ideomotor phenomena/signaling.

12:00 pm Ethics and Professional Conduct; Certification, Q & A (30 min)(Thomas, Otani)

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.

Describe ethical issues and standards for professional conduct in using hypnosis clinically and the opportunities available for further training, membership and certification.

12:30 Adjourn

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.

Workshop Schedule (10 CME/CE)

Chair: Holly Forester-Miller, PhD

Friday, March 16, 2018

7:30 am	Attend Plenary #2
8:30	Break
9:00	Introductions; Workshop Overview (1.5 hr) <i>Educational Objectives for this session:</i> <i>Facilitate introductions, build community, and create safety.</i> <i>Facilitate a learning environment for adults.</i>
10:30	Educational Theories and Learning Styles (45 min) <i>Educational Objectives for this session:</i> <i>Summarize one major theory of adult learning.</i> <i>Apply an intervention that will stimulate adult learners in medical and other health science training programs.</i>
11:15	Small Group Instruction I (1 hr 15 min) <i>Educational Objectives for this session:</i> <i>Organize a small group experience that facilitates learning, as well as safety and effective group dynamics.</i> <i>Provide instruction to workshop faculty regarding how to manage abreaction, and the importance of ensuring workshop participants are fully re-alerted following hypnosis experiences.</i>
12:00 pm	Lunch
12:15	Lunch Panel – Therapeutic Relationships in a Medical Setting (1 hr)(1 CME/CE)
1:30	Small Group Instruction II – Video examples (2 hr) <i>Educational Objectives for this session:</i> <i>Provide appropriate and constructive feedback to small group participants at basic workshops.</i> <i>Modify their teaching methods based on the learning styles of the small group participants.</i>
3:30	Break
4:00	Continuation of Small Group Instruction II – Video examples (1.5 hr) <i>Educational Objectives for this session:</i> <i>Provide appropriate and constructive feedback to small group participants at basic workshops.</i> <i>Modify their teaching methods based on the learning styles of the small group participants.</i>
4:30	Planning Basic, Intermediate, and Advanced Hypnosis Workshops I (45 min) <i>Educational Objectives for this session:</i> <i>Identify content appropriate for basic, intermediate, and advanced workshops for hypnosis training.</i> <i>Develop content appropriate for the multidisciplinary nature of students at hypnosis workshops.</i>
5:15	Planning and Organizing a Hypnosis Workshop II (45 min) <i>Educational Objectives for this session:</i> <i>Plan and organize a basic, intermediate, or advanced hypnosis workshop.</i> <i>Develop learning objectives that meet the requirements of accrediting agencies.</i>
6:00	Recess

Saturday, March 17, 2018

7:30 am Attend Plenary #3

8:30 Break

9:00 Planning and Organizing a Hypnosis Workshop II (continued)

9:30 Being an Approved Consultant

Educational Objectives for this session:

Develop a learning contract with a student of hypnosis.

Implement various types of consultation.

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

Educational Objectives for this session:

Understand the difference between supervision and consultation.

Provide effective case consultation.

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

11:30

12:00 pm

Adjourn

Lunch on Your Own

12:15

Lunch Panel – Therapeutic Relationships in a Psychological Setting (1 hr) (1 CE)

1:30

Attend your choice of Advanced Workshops

Advanced Workshops

Thursday, March 15, 2018

12:30 PM-2:30 PM

Fundamentals Of Clinical Hypnosis Workshop begins
Refining Skills and Treatment Applications Workshop begins

TP1: Ethical Decision Making Pt1

Joel Marcus, PsyD; Lane Wagaman, EdD; Marc Oster, PsyD, ABPH
2 CME/CE Credits

Clinicians are often faced with situations which require appropriate and sound ethical decision making ability. As the practice of hypnosis has evolved, new challenges have been created. 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. A model for ethical decision making will be presented. Issues of informed consent with research and clinical applications with different populations in multiple settings will be reviewed. Potential ethical challenges with the use of hypnosis will be reviewed and discussed. Methods of identifying and development of proactive strategies for risk reduction with the use of clinical hypnosis will be offered.

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

Identify the following and describe how the implementation of the objectives may impact or change their current clinical practice;

Identify the components of the ethical concept of the clinician as fiduciary of the patient;

Describe discreet professional virtues and two ethical principles that apply ethical concepts of the ethical relationship of confidence and trust of the patient in clinical practice; and

Identify and implement a multi-step model for the practical management of ethical dimensions of clinical cases.

YT1: Lessons Learned from a Career in Clinical Research: An informal interactive workshop

David Patterson, PhD, ABPH
2 CE/CME Credits

Dr. Patterson is the author of a text from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

The ASCH membership has expressed interest in assessing outcome in hypnosis research, designing studies, preparing manuscripts, measuring hypnotizability and other facets of the science of hypnosis. This workshop will be an informal dialogue between one or more long term researchers in hypnosis and participants interested in the topic. We will take various topics of interest and problem solve them at a group (thereby encouraging interaction rather than a boring lecture). Attendees will be encouraged to bring ideas or projects they would like to develop or even potential grants. The discussion leader will use 30 years of NIH funded clinical studies as a backound and resource.

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

Discuss threats to the validity of a research findings and design control groups to generate effective studies

Understand the basics of grant funding and how to conceptualize small foundation grants as well large federal grants

Describe useful outcome measures in hypnosis measures as well as hypnotizability scales

T1: Integrating Hypnosis In a Relational Context

Carolyn Daitch, PhD
5 CE Credits *Not eligible for CME for MDs/DOs.*

Dr. Daitch is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration.

In this workshop, therapists will learn to use hypnosis to help their clients enhance their relationships. Hypnotic treatment and effective relationship therapy have in common the objectives of enhancing attuned connection. Specifically, relationship therapy has the goal of promoting connection, yet emphasizing differentiation. Just as a compassionate clinician provides a safe container for the couple

or other significant relationship, such as parent/child, siblings co-workers, etc., effective hypnotic treatment requires a safe connection between the client and the therapist. In addition, both hypnosis and relationship therapy can mitigate affect dysregulation. This is important as affect dysregulation is at the core of relationship conflicts and impedes the ability to repair ruptures. Participants will learn tools to help clients who have difficulty with emotional regulation learn to navigate conflicted relationships with spouses, adult children, friends and co-workers. Further, integrating the principles and themes of Imago Relationship Therapy with hypnosis and mindfulness will be examined as a way of establishing healing in a relational context.

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

Use tools to help clients who have difficulty with emotional regulation learn to navigate conflicted relationships with spouses, adult children, friends and co-workers;

Explain how affect dysregulation is injurious to relationships;

Describe four techniques that promote self-regulation;

Utilize one affect regulation technique for diminishing conflicts in relationships;

Create a safe container with a dyad;

Understand how affect dysregulation is injurious to relationships;

Describe four techniques that promote self-regulation; and

Describe the Imago Relationship Dialogue.

T2: Insight-Oriented Hypnotherapy

D. Corydon Hammond, PhD, ABPH

5 CE Credits Not eligible for CME for MDs/DOs.

Dr. Hammond is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

This intermediate to advanced workshop will introduce participants to 17 different hypnoprojective techniques, along with recommended indications and contraindications for insight-oriented hypnosis. This will be a practically oriented clinical workshop. Participants will be introduced to specific techniques for exploring unconscious functions and purposes. These methods may be used in working with psychological/psychiatric disorders, as well as physiological/medical conditions such as pain, gastrointestinal disorders, and respiratory conditions.

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

Identify 17 hypnoprojective techniques;

Verbalize suggestions for facilitating different methods of unconscious exploration; and

Identify and help remove unconscious variables that are underlying psychological and physiological problems.

T3: A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiological Pattern

Mark Weisberg, PhD, ABPP and Alfred Clavel, Jr., MD

5 CE/CME Credits

Dr. Weisberg is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

Since back pain is the most common of chronic pain, this workshop will focus on low back pain (LBP). The critical step in managing any chronic condition is asking the patient to be part of the solution. Engaging patients in daily self-care, gradual conditioning programs, releasing tension from stress or guarding from pain and the all-important step of activating self-healing resources is critical. Opiates—especially at high doses—disconnect the brain from the body in a dissociative process, making self-care and activating self-healing resources more challenging. The goal of good treatment is to reduce dissociation and increase somatic awareness. Repetition of awareness training changes the brain through neuroplasticity and can reverse the changes in the brain associated with chronic pain. Daily practice activates self-healing resources, regulates the autonomic nervous system and creates empowerment. It prevents deconditioning and the depression that follows inactivity and isolation.

In this workshop, we will consider the role that hypnosis can play in facilitating an ideal healing state to

Advanced Workshops

effectively treat LBP, help wean patients off opiate medications, and reduce central sensitization. The presenters will review the literature and take the participants on an experiential journey using a mixture of didactic and experiential approaches they can use on a daily basis in their clinical practice.

The integration of hypnosis to help engage patient motivation, facilitate rehabilitation, reduce the pain experience, and develop a strong core will be woven throughout the workshop. Patients who undergo this approach to treatment report high levels of satisfaction.

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

Describe concretely how to educate patients on how their opiate medication has actually trapped them and maintained their chronic pain state;

Identify fundamental background information for conceptualizing Psychophysiological Disorders, particularly chronic Low Back Pain (LBP), as an example of a dysregulation syndrome;

Recognize why many traditional treatments for LBP are ineffective or insufficient in traditional pain rehabilitation programs; and

Formulate several hypnotic techniques for reducing pain and opiate dependence, as part of an integrative treatment approach.

T4: Memory Shifts: The Lynch Pin to Symptom Change & Positive Client Growth

David Alter, PhD, ABPH

5 CME/CE

Memory is fundamentally relational. Memory processes create lasting bonds that connect us to time, to context, to each other, and to our evolving sense of ourselves. We are inherently embodied, story-telling beings, unceasingly encoding and upgrading our self-narrative through experiences that reinforce or modify our core identity. For our clients, memory processes are also the lynchpin for symptom formation and symptom maintenance. As memory processes are the hub from which client's presenting concerns radiate, understanding "memory" from neuroanatomic, cognitive/emotional, interpersonal, and philosophical perspectives creates a useful foundation from which to assist our clients to form more functional and forward-looking self-narratives. This workshop guides participants through an engaging, neuroanatomically-informed tour of memory and memory formation. Then, with a basic understand of what memory is and the evolutionary purpose it serves, the workshop dives into demonstrating interpersonal, hypnotically-informed processes that deconstruct, rearrange, and reconstruct memory. The workshop turns common assumptions about memory on their heads. Rather than principally linking us to our past, the workshop emphasizes that memory is the process by which our brains seek to predict our future. But, since predictions about our future are associated with acquired learning from the past, the workshop demonstrates hypnotic practices that help your clients to reshape and refashion their "remembered futures" in ways that less dominated by yesterday's experiences.

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

Explain memory: what it is, how it forms and re-forms, the functions it serves in illness and health, and how hypnosis is a useful process through which remembered narratives can be changed to support client growth;

Identify and utilize two hypnotic interaction and intervention methods designed to alter clients'™ embodied narratives (i.e., their self-relationship-based memories);

Apply memory change practices involving hypnotic intervention methods that alter clients'™ embodied narratives (i.e., their memories);

Develop relational skills in attending to multiple expressions of memory aside from verbal expression of autobiographical memory, and to recognize them as opportunities through which hypnotically-informed change efforts can occur; and

Modify their own preconceived ideas about memory in light of the evolutionary and interpersonal neurobiological framework presented in this workshop to enhance the clinical effectiveness of their work with their clients.

2:30 PM - 2:45 PM

Break

2:45 PM-5:45 PM

Fundamentals Of Clinical Hypnosis Workshop resumes

Refining Skills and treatment Applications Workshop resumes

T1: Integrating Hypnosis In a Relational Context resumes

T2: Insight-Oriented Hypnotherapy resumes

T3: A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiologic Pattern resumes

TP2: An Extension Study Using Hypnotic Suggestion As An Adjunct To IV Sedation

Edward Mackey, Jr, PhD, MSN, ABHD, ABHN
3 CE/CME Credits

The effects of hypnosis/therapeutic suggestion in connection with intravenous sedation and surgery have been described in many clinical publications; however, few randomized, controlled, and blind studies have been performed in the outpatient area. This study aimed to evaluate the use of hypnosis/therapeutic suggestion as an adjunct to intravenous (IV) sedation in patients having 3rd molar removal in an outpatient setting. The patients were randomly assigned to a treatment or control group. The treatment group listened to a rapid conversational induction and therapeutic suggestions via headphones throughout the entire surgical procedure along with a standard sedation dose of intravenous anesthetic. The control group listened to only music without any hypnotic intervention. Intraoperative Propofol administration, patient postoperative pain ratings, and postoperative prescription pain reliever consumption were all significantly reduced in the treatment compared to the control group.

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

Identify common medications used in outpatient Intravenous sedation;

List three types of suggestions used in pre-recorded generalized inductions; and

List three areas where outpatient anesthesia may benefit from the inclusion of hypnotic suggestion as an adjunct to intravenous sedation.

YT2: Writing and Publishing Your Hypnosis Articles in the American Journal of Clinical Hypnosis (AJCH)

Stephen Lankton, MSW, FASCH, DAHB & David D. Reid, PsyD
(3 CME/CE)

Mr. Lankton is the editor of the American Journal of Clinical Hypnosis (AJCH); some of his teaching content may be derived from his experience as editor, and he receives financial remuneration as part of his position.

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 real-time 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 including proper formulation of case studies, research, technique, and theory articles to help participants understand the proper choice of article format and strategies for formulating and writing their ideas.

Upon completing this session, the participant should 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.

Advanced Workshops

6:00 PM - 7:00 PM

Plenary #1: Relational Safety as the Treatment for Trauma and Pain: Polyvagal Contributions To The Countertransference Trance

Maggie Phillips, PhD

See page 11 for details

7:00 PM - 9:00 PM

Welcome Reception



Friday, 3/16/2018

6:30 AM ASCH Membership Meeting
 7:00 AM Continental Breakfast
 7:30 AM **Plenary #2: PTSD Treatment Guidelines and Clinical Care: The Significance of Relationship**
Christine Courtois, PhD, ABPP
 See page 11-12 for details
 8:30 AM Break

9:00 AM-12:00 PM

Fundamentals Of Clinical Hypnosis Workshop resumes
 Refining Skills and Treatment Applications Workshop resumes
 Power of Words Workshop begins
 Teaching and Consultation Workshop begins

F1: Hypnotic Strategies to Manage Relationship Factors in Psychotherapy

Elgan Baker, PhD, ABPH and Eric Spiegel, PhD
 5 CE Credits *Not eligible for CME for MDs/DOs.*

Relationship factors have long been identified as critical variables in the process and outcome of psychotherapy. This workshop will identify and explicate three major components of the therapeutic relationship and explore what each contributes to the therapeutic process: the transference, the non-transference, and the alliance. Dimensions of these factors will be related to iatrogenic regression, defense dilation, interpretation and insight, self-awareness and mentalization, enhanced observing ego functions affect regulation, and therapeutic change. Hypnotic strategies will be presented which are useful in evoking, focusing, modulating, enhancing, titrating, and utilizing each of these factors and this interaction for specific goals and outcomes in the therapeutic process. Strategies and techniques will be demonstrated through case examples and experiential exercises. Modifications and applications needed for patients at varying levels of structural maturity will also be discussed.

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

Delineate the critical components of the therapeutic relationship; associate how these components influence process and outcome factors in psychotherapy; and utilize specific hypnotic strategies in the service of these goals;
Identify relationship factors which impact the therapeutic process and how to utilize each one for specific goals;
Describe the literature regarding relationship factors, and share applied examples;
Apply hypnotic strategies and techniques to evoke and modulate transference and non-transference factors to enhance the therapeutic process;
Alter hypnotherapeutic techniques to make them viable for patients at varying levels of characterological maturity;
and
Recognize and manage specific resistances to the development of a positive therapeutic relationship.

F2: The Role of Relationship Building in Palliative Care: Utilization in Service of Healing When Cure is Not Possible.

Daniel Handel, MD
 5 CE/CME Credits

Dr. Handel will provide this hands-on, skills-based workshop for advanced level participants interested in utilizing relationship to support patients with advancing, incurable, or terminal disease while training in hypnotic pain or symptom management strategies. Emphasis on language-based re-interpretations adds depth and specificity to selection of specific suggestions to speed responsiveness in therapy.

In palliative care, opportunities are often short in duration and filled with need and a sense of urgency. A focus on "just in time" suggestions, offered in naturalistic style, will be modeled in order to maximize opportunities for therapeutic suggestions during clinical encounters while also fostering hope, building trustful relationships, and encouraging positive reframes as possible.

This session will include didactic presentation, coupled with small group practice and script building

Advanced Workshops

exercises. Video presentations and demonstrations will be utilized to show specific techniques or examples of approaches. This session is intended to exemplify and expand on the conference themes of clinical utilization and the role of relationship in facilitating healing experience.

At the conclusion of this presentation, participants will be able to:
Identify patient cues and language patterns and utilize in order to build relationship, lessen resistance, and offer suggestion;
Learn to weave suggestion into preinduction and inductions so as to deepen and hasten response; and
Identify and utilize relational aspects of therapy to offer support, show respect, and encourage responsiveness.

F3: Hypnosis in the Treatment of Pathological Dissociation and the Dissociative Disorders

Richard Kluft, PhD

5 CE Credits *Not eligible for CME for MDs/DOs.*

Dr. Kluft is the author of a text from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

With the exception of some instances of depersonalization and depersonalization disorder, the vast majority of dissociative symptomatology and dissociative disorders are posttraumatic hypnotic psychopathologies, requiring high hypnotizability as their substrate. Shame and damaged self structures are inevitable concomitants. Psychotherapies facilitated by hypnosis far outperform treatments that do not involve the use of hypnosis (Brand et al., 2016). This workshop will review the psychopathology of normal dissociation (absorption) gone awry, and dissociative identity disorder (DID), which encompasses the full spectrum of dissociative symptomatology. Thereafter it will review their treatment, with an emphasis on practical applications of hypnotically-enhanced interventions. Participants will learn over twenty specific interventions useful in the treatment of DID, with an emphasis on pacing, containment, abreaction, integration, and safe closure. The fractionated abreaction technique of trauma processing and the three truncations method of optimizing the ending of sessions will receive exceptionally detailed attention.

At the conclusion of this presentation, participants will be able to:
Employ over twenty techniques of intervention, methodologies to contain abreactions and end sessions with safety and stability;
List and describe the dimensions of fractionated abreaction and the three targets of truncation methods; and
Describe three methods to prevent decompensation, fragmentation, and regression, thereby reducing dropout rates and shortening the duration of treatment by drastic reduction of crises.

FA1: Understanding Subconscious Connectedness -- A Fundamental Personal Dimension with Practical Implications for Hypnosis Practitioners and Psychotherapists

Olafur Palsson, PsyD

3 CE Credits *Not eligible for CME for MDs/DOs.*

Some individuals have more ready access than others to the non-conscious or subconscious functions of their minds. This is a fairly stable individual trait that can be called subconscious connectedness. It has most typically been quantified by scores on hypnotizability tests, but these only provide a partial picture of subconscious connectedness. Other facets of it are reflected by measures of absorption, dissociation, fantasy-proneness, intuitiveness, creativity, and experiential cognitive orientation. This workshop will explain how measuring and understanding subconscious connectedness is both valuable for guiding therapy approach and useful for comprehending how different individuals experience and react to their lives very differently and need dissimilar things for success and comfort. Workshop participants gain an overview of multiple lines of research supporting the notion of subconscious connectedness as a fundamental human psychological dimension, and learn about the intriguing characteristics and implications associated with being high or low on that trait. Participants receive guidance in using the Thought Impact Scale, a newly validated questionnaire specifically developed for measuring this trait reliably and comprehensively, and receive permissions to utilize it in their clinical practice or research. They will also learn about, and receive copies of, several other clinically useful questionnaires that relate to subconscious connectedness.

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

*List at least five key characteristics typical of individuals high on the trait of subconscious connectedness;
Apply and interpret at least three questionnaires to measure different overlapping facets of subconscious connectedness;
Adjust their therapy approach based on different levels of subconscious connectedness of individual clients; and
Describe specific ways in which people high vs. low on subconscious connectedness experience everyday life differently.*

FA2: Defining Psychosomatic Illness Through Hypnosis

Joseph Zastrow, MD
3 CE /CMECredits

Medical care through the hypnotic lens provides a blurring of the lines between psyche and soma. This workshop will provide a didactic overview of this junction from a traditional allopathic provider viewpoint. A review of the neurobiologic, chemical messenger models, gut biome role and imaging studies will be highlighted. Clinical case examples will spotlight the hypnotic treatment of conditions once thought to be purely somatic by allopathic medicine. Time permitting there will be a demonstration of technique.

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

Identify conditions that were previously thought exclusive to allopathic physical medicine that are psychosomatic in nature;

Use hypnosis techniques to intervene in psychosomatic illness;

Change their conception of what a psychosomatic illness is; and

Shift from treating to caring for an individual through learned skills thus integrating mind-body-soul.

12:00 PM–1:30 PM

Lunch on your own

12:15 PM–1:15 PM

Everyone is invited to attend the Lunch Panel

Lunch with the Masters: Hypnosis & the Health Care Relationship

Cheryl Beighle, MD; Daniel Handel, MD; Alfred Clavel, Jr, MD, Laurence Sugarman, MD

Moderated by Ran Anbar, MD & Eric Spiegel, PhD

1.0 CE/CME

In this moderated discussion panel, we will explore how hypnosis and the treatment relationship intersect in health care settings. Our panel will discuss how the relationship influences the medical treatment process and outcome. We will consider how relational elements of hypnotic communication can positively influence treatment. Finally, panelists will discuss differential applications of relational elements of hypnosis across varying health care settings and patient characteristics.

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

Identify three different relationally-focused applications of hypnosis in health care treatment;

Integrate hypnosis with patient-centered medical care across varying settings; and

Understand how hypnotic communication in medical relationships influences treatment outcome.

1:30 PM-3:30 PM

Fundamentals of Clinical Hypnosis Workshop resumes

Refining Skills and treatment Applications Workshop resumes

Power of Words Workshop resumes

Teaching and Consultation Workshop resumes

F1: Hypnotic Strategies to Manage Relationship Factors in Psychotherapy resumes

F2: The Role of Relationship Building in Palliative Care: Utilization in Service of Healing When Cure is Not Possible resumes

F3: Hypnosis in the Treatment of Pathological Dissociation and the Dissociative Disorders resumes

Advanced Workshops

FP1: Milton Goes To Church And Other Places: Carrying The Hypnotically Informed Relationship With You

Jim Warnke

2 CE Credits *Not eligible for CME for MDs/DOs.*

This two hour advanced workshop will utilize didactic instruction as well as experiential modalities such as group hypnosis and individual hypnotic demonstrations so that participants can more extensively and with greater skill utilize specific aspects of the treatment relationship, the hypnotic relationship that exists both within and in parallel with the treatment relationship as a reservoir from which strategies of effective hypnotic communication and subsequent positive treatment outcomes will be mined.

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

Assess and attend to at least two relational elements so as to more adequately utilize them especially with regard to the hypnotic elements of the interaction;

Create at least three metaphors descriptive of the treatment relationship; and

Design and describe at least two (2) verbal or non-verbal hypnotic communications that elicit a positive clinical response.

YF1: The Hypnotic Induction Profile in Clinical Practice: A Measure of Hypnotizability and a Means for Exploring Personality Types and Relational Styles to Enhance the Therapeutic Alliance and Improve Clinical Outcomes

John Alexander, PhD

2 CE/CME Credits

With the advent of evidenced-based practices in medicine and psychology, hypnosis is gaining increasing acceptance as a valuable therapeutic modality. Before deciding to include hypnosis in a treatment plan, however, it behooves the clinician to first determine whether the individual has the requisite hypnotic responsivity to benefit from hypnotherapy. It is also important for the clinician to develop a basic understanding of the patient or client with the problem, in order to engage the individual most effectively in the treatment process.

The Hypnotic Induction Profile (HIP) is a brief and effective procedure for rapidly assessing hypnotic responsivity in clinical practice. What is less known is that an individual's performance on the HIP also provides insights into their personality type and relational style--how they relate to themselves and to the world around them--as well as their relative mental health and capacity to change. The purpose of this presentation is to demonstrate: (1) how the HIP is administered, scored, and interpreted to determine a patient or client's level of hypnotizability; (2) how findings from the HIP can help foster a therapeutic alliance with a patient or client by providing the clinician with insights into their personality type and relational style; (3) how a treatment strategy can be developed from these findings which is both aesthetically pleasing to the individual and compatible with their unique personal characteristics; (4) how findings from HIP can provide an estimate of an individual's overall mental health and capacity to change.

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

Explain the structure, organization, administration, scoring and interpretation of the Hypnotic Induction Profile as: a measure of hypnotizability; a means for inferring personality and relational styles; a source of information which may be used to more effectively engage with patients or clients and develop individualized treatment strategies; and an index of overall mental health and the capacity to change;

Describe the method of inducing hypnosis and scoring the HIP;

List the five sensorimotor tests that comprise the Induction Score and the two which, along with the Eye-Roll Sign, determine the Profile Grade;

Describe how the two methods for scoring the HIP, the Induction Score and the Profile Grade differ, and the relative advantages of each in clinical practice;

Describe how personality and interpersonal relational styles can be inferred from the capacity to experience trance as determined by the Eye-Roll Sign;

Define the three personality clusters associated with various parameters of trance capacity and how this information can be used to engage effectively with a patient or client and develop a treatment strategy that is aesthetically pleasing to their unique personality and relational style; and

Explain how hypnotizability is assessed, administered and scored with the HIP and how an individual's personality and relational style, mental health status and capacity to change can be inferred from their test results.

3:30 PM - 4:00 PM

Break

4:00 PM-6:00 PM

FP3: Relational Healing for Relational Injury in the Treatment of Trauma

Christine Courtois, PhD, ABPP

2 CE/CME Credits

Dr. Courtois is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.

Traumatized individuals, especially those with histories of early childhood abuse and neglect and those who suffer extreme and cumulative forms of interpersonal trauma, often experience a wide range of posttraumatic difficulties. Many have their origins in disturbed and disrupted primary attachment relationships and the additive effects of other experiences of trauma. These layered trauma (often referred to as complex trauma), in turn, cause a complex response involving considerable psychological damage, both personally and interpersonally.

A therapeutic relationship is a primary intervention and context for distress of this sort, offering a secure base from which to examine and rework attachment difficulties, process the trauma, learn essential life and relational skills, and increase the capacity necessary for constructive relationships; however, developing a therapeutic relationship with traumatized patients offers numerous challenges. This presentation will identify relational issues that arise in this treatment and relational strategies for their identification and management. Ethics within the therapy relationship, vicarious trauma and countertransference responses and posttraumatic growth in the therapist will be discussed.

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

Identify three primary relational issues/themes in working with traumatized clients, especially those who were interpersonally traumatized;

Identify several ethical challenges that commonly occur in the treatment of trauma; and

Discuss three main countertransference themes that arise in the treatment of trauma.

FP4: Expanding the Possibilities of Self-Hypnosis: From the Medical to the Psychotherapeutic

Delle Jacobs, MSW, LICSW, LMFT and Cheryl Beighle, MD

2 CE/CME Credits

Self-hypnosis seldom gets the attention that hetero-hypnosis does whether we are talking about research or clinical practice. This workshop intends to explore and expand the possibilities of using self-hypnosis, both for oneself and in work with patients. We will review both the history of self-hypnosis and the literature.

Several brief applications like somatic anchors and use of the breath will be introduced. In line with brief interventions is the self-hypnosis application of creating "Mindsets," interventions aimed at shifting "states," moving from negative trance states to positive ones.

Becoming adept at your use of suggestive language allows you as a practitioner to mobilize this capacity that we think of as "being hypnotic," for yourself and your patients. Your patients can develop this ability for themselves as they experience suggestions that evoke change. We will engage in a discussion of how to become "hypnotic" in one's use of hypnosis.

Self-hypnosis is usually taught within the context of hetero-hypnosis. Frequent applications of self-hypnosis include pain management, anxiety, and symptom management. As a practitioner, developing a self-hypnosis protocol provides a framework within which to address individual patient issues. This workshop provides an opportunity to review and individualize a protocol. Applications to treatment issues will include use with anxiety, symptom management, surgical preparation and pain. These applications work in the spectrum of pediatrics to geriatrics. We will discuss developmental considerations when devising an individual protocol.

Advanced Workshops

Whether we are talking about a medical office or a psychotherapy office, the possibilities are abundant for building skills, yours and your patients, which empower them to improve their lives.

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

Explain and formulate a brief self-hypnosis intervention as well as a formal self-hypnosis protocol;

Demonstrate two skills in both brief self-hypnosis interventions as well as a formal protocol to be used with patients; and

Use a step by step guide for a self-hypnosis protocol and brief interventions from which they can assess patient appropriateness, protocol design, and personalizing it for their patient population.

FP5: Generation and Utilization of Spontaneous Trance During Motivational Interviewing

Barbara McCann, PhD

2 CE/CME Credits

Spontaneous trance during many intra- and interpersonal activities is widely acknowledged. This is particularly true of psychotherapy. Motivational Interviewing and its companion intervention, Motivational Enhancement Therapy, are patient-centered, empirically supported interventions that lend themselves to the generation of spontaneous trance. This workshop examines and highlights elements of the motivational interviewing spirit and style that optimize trance generation. Characteristics of spontaneous trance will be identified. Use of the MI session as an explicit hypnotic induction will be demonstrated, as will the more informal use of spontaneously trance during MI. Emphasis will be placed on using these strategies in primary care and medical specialty clinics, and in inpatient and outpatient settings, with examples drawn from each.

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

Recognize and articulate three key principles and attributes of Motivational Interviewing; and

Design hypnotic inductions and suggestions that utilize the core OARS skills of MI-open-ended questions, affirming, reflecting, and summarizing -- to enhance patient motivation to change;

7:30 PM

Board of Governors' Meeting (Open to the the ASCH membership)

Saturday, March 17, 2018

7:00 AM Continental Breakfast

7:30 AM Plenary #3: The Intersection of Hypnosis and Relational Psychoanalysis

Jeremy Safran, PhD

See page 12 for Details

8:30 AM Break

9:00 AM-12:00 PM

Fundamentals Of Clinical Hypnosis Workshop resumes
Refining Skills and Treatment Applications Workshop resumes
Teaching and Consultation Workshop resumes

S1: Zen, Hypnosis and Suffering

David Patterson, PhD, ABPH

3 CE/CME Credits

Dr. Patterson is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

This workshop will focus on the presenter's recent developments in combining Eastern Philosophy with Ericksonian hypnosis and motivational interviewing as an approach to facilitate living with suffering. Suffering is defined as resisting the inevitable pain that comes from life. The pain that will be addressed in this workshop will be that from emotional as well as physical sources. The workshop will follow the instructor's model of conducting hypnosis workshops in that 1/3 of the workshop will be based on didactics that are intended to translate philosophy and neuroscience into clinical applications, 1/3 will involve demonstrations with individuals or the entire group, and 1/3 will involve participants practicing the concepts presented in small groups or dyads.

A primary teaching tenant espoused is that the presenter's job is to break down the concepts to a level where they are easy to understand and practice for participants, and the attendees need to have the opportunity to verbalize the induction components "out loud." The workshop will begin with an overview of how suffering can be addressed through Zen and other Eastern Philosophical principals. We will then focus on brief, direct hypnotic approaches based on dissociation for intense pain and suffering (for patients in crisis). The final half of the workshop will focus on teaching participants to perform non-linear hypnotic inductions that avoid the trappings of excessive cognitions and allow them to be present with pain, rather than resist it. In general, the workshop will be intended to be light-hearted, with the instructor intending to provide growth experiences for the participants, while releasing his inner comedian.

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

Understand suffering both from human neurophysiology as well as from an Eastern Philosophy perspective; and Perform at least two hypnotic inductions that can be used to help patients cope with suffering based on concepts of Zen, Ericksonian non-linear inductions, and an understanding of neurophysiology;

SA2: Hypnosis Treatment for Irritable Bowel Syndrome (IBS) with the North Carolina Protocol: Update and Refresher

Olafur Palsson, PsyD

3 CE/CME Credits

Numerous ASCH members have used the North Carolina Protocol to treat individuals with IBS over the past 20 years. This workshop assumes familiarity with the protocol, and provides an update and refresher for therapists who are currently using the North Carolina Protocol or have used it in the past and would like to start doing so again. The workshop will cover: Overview of recent research on this treatment specifically and on hypnosis treatment for gastrointestinal (GI) disorders more broadly; the basics of what you must know about IBS to work with the disorder; evaluation of patients for IBS hypnosis treatment; key steps to maximize success with a scripted protocol; when and how to customize or augment the scripted treatment; applying modified versions of the protocol to treatment of inflammatory bowel disease, esophageal disorders,

Advanced Workshops

functional dyspepsia and functional chest pain; the latest best-practice guidelines for behavioral health professionals treating GI disorders; and how to measure outcomes easily and reliably.

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

Summarize the nature and characteristics of IBS;

Apply concrete practical methods to facilitate therapeutic impact of scripted hypnosis treatment in work with individual clients;

Adapt treatment with the North Carolina protocol when necessary to different GI disorders or symptoms; and

Describe the role of the brain-gut axis in IBS symptoms and IBS psychological treatment.

SA3: Resolving Therapeutic Impasses

Jeremy Safran, PhD

3 CE Credits Not eligible for CME for MDs/DOs.

This workshop will focus on the topics identifying and resolving both subtle and more dramatic therapeutic impasses. The emphasis will be on learning to engage patients in the process of collaboratively exploring complex interactions in the therapeutic relationship, and harnessing difficult countertransference feelings as a therapeutic tool. We will use a combination of lecture, discussion, video illustrations and role playing exercises for purposes of learning key principles, and acquiring and refining relevant therapeutic skills.

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

Identify and recognize common types of therapeutic impasses;

Attend to and reflect on their own internal experience as a source of clinical information;

Work constructively with both hostile and withdrawn patients;

Tolerate and work therapeutically difficult patient feeling such as anger, despair and bitterness; and

Explore, reflect on, and regulate their own distressing, painful and threatening countertransference feelings

SA4: Therapeutic Age Progression as a Corrective Emotional Experience

Moshe Torem, MD, ABMH

3 CE Credits Not eligible for CME for MDs/DOs.

Freudian psychoanalytic therapy has overemphasized the value of insight and exploration of the past as necessary elements needed for creating therapeutic change. This workshop will review the use of therapeutic age progression strategies as a powerful approach to bring about a corrective emotional experience and also transformational change in people's behaviors and symptoms. Hypnosis allows the patient to experience a desirable therapeutic outcome in the future, which is internalized on both a conscious and sub-conscious level. This experience also improves patient's confidence in themselves and their resilience in day to day living. Participants in this workshop will learn the use of future focused communication, suggestions, imagery, and a variety of age progression techniques with and without formal hypnosis.

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

Explain two ways integrating interventions involving a corrective emotional experience will set the foundation for a safe and stable therapeutic relationship; and

Formulate at least one future focused question and at least one therapeutic future focused imagery intervention as part of assessing a new patient.

SA5: Navigating The Treatment of Frustrating Illnesses Such As Fibromyalgia with the Use of Clinical Hypnosis and Healing Relationship

Harvey Zarren, MD

3 CE/CME Credits

The session will provide a framework for the use of Clinical Hypnosis in the treatment of conditions with poorly defined etiologies. Fibromyalgia will be used as a clinical example. Seven factors contributing to fibromyalgia will be presented as a framework for evaluation and treatment of patients/clients with fibromyalgia utilizing

Clinical Hypnosis and Healing Relationship. The session will include a biological context, behavioral context, information from the experience of the presenter, and information in how the framework can be utilized for other poorly defined conditions of chronic suffering that challenge healthcare practitioners of all kinds.

At the conclusion of this presentation, participants will be able to:
Construct a coherent evaluation of patients with poorly understood conditions such as fibromyalgia;
Apply the information provided to progressively create positive outcomes for patients/clients with unexplained conditions such as fibromyalgia; and
Utilize the information and framework presented to define, articulate and describe to patients/clients and colleagues new ways or the deepening of old ways of utilizing clinical hypnosis to create positive evolution in patient/client outcomes and to persistently point out to patients/clients that evolution, thus enhancing wellbeing and fostering hope.

12:00 PM - 1:30 PM

Lunch on your own

12:15 PM - 1:15 PM

Everyone is invited to attend the Lunch Panel

Lunch with the Masters: Hypnosis & the Psychotherapy Relationship

Elgan Baker, PhD, ABPH; Carolyn Daitch, PhD; Michael Diamond, PhD; Maggie Phillips, PhD;

Moderated by Eric Spiegel, PhD

1.0 CE Not eligible for CME for MDs/DOs.

In this moderated discussion panel, we will explore how hypnosis and treatment relationship intersect in behavior health care settings. Our panel will discuss how the relationship influences the treatment process and outcome. We will consider how relational elements of hypnotic communication can positively influence treatment. Finally, panelists will discuss differential applications of relational elements of hypnosis across varying health care settings and patient characteristics.

At the conclusion of this presentation, participants will be able to:
Identify three different relationally-focused applications of hypnosis in behavioral health care treatment;
Integrate hypnosis with patient-centered mental health care across varying settings; and
Understand how hypnotic communication influences treatment outcome.

1:30 PM-4:30 PM

Fundamentals of Clinical Hypnosis Workshop resumes

Refining Skills and Treatment Applications Workshop resumes

S1: Zen, Hypnosis and Suffering resumes

SP1: The Body's Mind: The Role of Relationship in Integrating Body and Mind in People with Psychophysiological Disorders

David Alter, PhD, ABPH

3 CE/CME Credits

Dr. Alter is the author of a text from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

Long before there was a conscious mind and its partner "a self-aware brain" our bodies were incessantly engaged in conversations between and within the trillions of biological parts of which it is comprised. Self-regulation ruled the day. Unceasingly adjusting and adapting to the dynamics of the external world, the body was constantly activating, inhibiting, shifting, and sustaining its internal systems and elements in harmony with the surrounding and evolving outer environment. There is perhaps no more intimate relationship than the one involving our body's biological multi-dimensional dance of life. The emergence of our self-aware self, inextricably embedded in social relationships and actively shaped by various levels of custom and culture, brought with it new adaptive challenges. Some of these challenges manifest in the various forms of psychophysiological and somatization conditions that don't fit neatly into medical or psychological bins, but which are often the bane of both.

This half-day workshop is designed to provide the participant with a clearer appreciation of the relational interplay between our psychobiology and our social psychology as it plays out in various forms of psychophysiological and somatic distress and disorder. Using a combination of didactic presentation, group discussion, and experiential practices, participants will leave the workshop more able to utilize

Advanced Workshops

the interpersonal therapeutic relationship to influence the client's intrapersonal neurobiological relationships.

The interface of the embodied mind and the physical body are where psychophysiologic conditions (e.g., IBS or HA/migraine) and somatization conditions congregate. These conditions are a challenge to the health care system on many levels, including patient despair, provider exasperation, insurance benefit coverage and cost challenges, and vast sums of dollars reflecting the toll of disrupted or derailed personal functioning and workforce productivity losses. The nature of hypnosis and its use in the interpersonal context of the therapeutic encounter has much to offer in terms of restoring health to the client's body-mind relationship, facilitating healthier access to the self-system's inter- and intrapersonal resources.

The workshop has three primary aims. To: 1) Frame psychophysiologic and somatic symptom pattern expression as both literal and metaphorically expressed body-mind messaging that charts a path to healthier functioning. 2) Highlight the unique characteristics of the hypnotic relationship that support the harmonizing of dis-associated or dis-integrated aspects of the healthy self-system. 3) Demonstrate methods of working with individuals exhibiting psychophysiologic and somatization patterns using body-mind-oriented and hypnotically informed therapeutic interventions.

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

Exhibit a basic understanding of the pathways by which the body coordinates its activities that fall outside the awareness of the conscious mind;

Identify the processes by which non-conscious sensory perceptions make their way into conscious awareness, particularly through activation of symptom patterns in psychophysiologic and somatization conditions where the symptom patterns also function as somatic metaphors; and

Describe two ways the conscious mind gains access to somatic experience and constructs a self-narrative that can serve to sustain symptom patterns that are expressed as psychophysiologic or somatization patterns, and how to co-create collaborative methods for modifying those narratives.

SP2: Unconscious Communication and Clinical Hypnosis: A Psychoanalytically-oriented Case Consultation Group with Michael Diamond

Michael Diamond, PhD

3 CE Credits Not eligible for CME for MDs/DOs.

This consultation-based workshop will focus on case material presented by the group's participants. The instructor, in line with his plenary presentation centering on the interactive nature of clinically effective psychotherapeutic hypnosis, will facilitate learning to make use of "unbidden" occurrences in one's own mind during the hypnotically-augmented psychotherapeutic process. Participants should be prepared to present short clinical vignettes that indicate some stalemate or difficulty in the treatment. Several case examples will be considered during the workshop. The group will be limited in size and is suitable for practicing therapists.

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

Differentiate between countertransference and the therapeutic utilization of the therapist's subjective reactions that can facilitate understanding the patient and thereby help in formulating effective hypnotically-oriented interventions; Develop their skills in utilizing unbidden occurrences within their own mental experience during therapeutic sessions, including within the hypnotic dyad itself;

Identify steps to making use of unconscious, often non-verbal communications within their therapeutic dyad;

Plan more successful suggestions and interventions that arise from experiences of the patient, the therapist with the patient, and the uniquely co-created "third" within the patient-therapist dyadic field; and

Distinguish the impact of hypnotically-based suggestion, evocation, and containment as well as the maternal and paternal factors underlying these interventions.

SP3: Staying the Course in Treatment: the Evolution of the Provider-Patient Relationship

Carol Ginandes, PhD

3 CE Credits Not eligible for CME for MDs/DOs.

Increasingly, the provider-patient relationship has been recognized as a potent factor in determining treatment outcome no matter which therapeutic modality is utilized. Whether psychodynamic, behavioral or medical. In psychodynamic therapy, the treatment relationship field is paramount

whereas in cognitive behavioral treatment, relational aspects of therapy are often overlooked in the service of strategic skill acquisition. The literature pertaining to provider-patient relationships will be overviewed. Within the area of clinical hypnosis, the practitioner, working across a wide range of psychological and medical applications, is often called upon to wear different relational hats such as when working in short or long-term treatment, doing psychodynamic uncovering and processing, behavioral change work, or bedside medical hypnosis. The presenter will offer a conceptualization of the different aspects of the hypnotherapeutic relationship as it manifests in different treatment contexts and in different stages of a phase-oriented intervention. Then, per the specialty expertise of the presenter, we will take a closer look at the construct of the therapist-as-healer in mind/body hypnosis so as to participate more effectively in the therapeutic dyad. Participants will become aware of toxic versus helpful verbalizations and will learn how to recognize communications that foster self-esteem, mastery, optimism and self-healing. Learning modalities includes didactic presentations, casework examples, and experiential exercises. Participants are encouraged to bring a case from their own clinical practice to examine through the lens of the hypnotherapy relationship.

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

*Recognize the normative manifestations of the hypnotic state as it appears in patients undergoing medical diagnosis, workups, procedures and treatments both medical and psychological;
Differentiate toxic versus health-supporting that foster self-esteem, mastery, optimism and self-healing; and
Articulate the role of the patient-provider relationship in mediating self-care, treatment regimen adherence, and healing progress;*

SP4: Enhancing Hypnotic Elegance: The Interplay of Rhythms, Spaces and Suggestions

George Glaser, MSW

3 CE Credits *Not eligible for CME for MDs/DOs.*

This is a workshop designed for professionals who wish to learn more about the relational aspects of hypnosis through attention to language and rhythms. The presenter will help you learn to listen in ways that capture the poetic imagery of a client's difficulties, and how to use language to utilize and create transformational therapeutic openings to the unconscious aspects of mind.

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

*Describe two rhythmic elements present in a practice participant's description of a problem experience or state;
Develop a poetic response to a practice participant's description of a problem experience or state; and
Use at least two methods taught in the workshop to create a poetic response to a client's problem presentation*

SP5: Ethical Decision Making Pt2

Joel Marcus, PsyD; Lane Wagaman, EdD; Marc Oster, PsyD, ABPH

3 CE/CME Credits

See Page 24 for details

SP6: Joining a Threesome? The Joys and Pitfalls of Adjunctive Therapy with Hypnosis

Sharon Spiegel, PhD; Sheryl Daniel, PhD; Carolyn Daitch, PhD; Stephen Kahn, PhD

3 CE Credits *Not eligible for CME for MDs/DOs.*

Dr. Daitch is the author of several texts from which some of her teaching content may be derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.

Clinicians who utilize hypnosis in their practices are frequently approached with requests to participate in the care of patients who are currently in treatment with a primary psychotherapist. There is little research to guide the clinician on when and how to enter in such a relationship. In view of the fact that each patient-clinician pairing is unique, the relational issues are far more complex when there are three participants. This is particularly true in view of the special hypnotic relationship that develops. This panel of four seasoned therapists (Drs. Spiegel, Daitch, Daniel & Kahn) will discuss these issues, share their experiences, and highlight both the advantages and the potential problems inherent in this triad. We will address the special challenges in such arrangements including appropriate assessment, how to minimize conflict, and how best to structure adjunctive work to maintain ethical practices.

Advanced Workshops

Participants will have a clearer sense of the important variables to focus on in deciding whether to enter into this arrangement. They will be able to identify which requests for therapy with hypnosis are more likely to lead to conflictual situations or problematic outcomes. Participants will articulate ways to develop relational and communication strategies with primary therapists that support both the adjunctive work and the primary therapeutic relationship. Attendees will recognize how to assess the effectiveness of the ongoing triangular relationship.

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

Articulate ethical practices as they apply to alliances with both a patient and a primary psychotherapist;

Assess requests for adjunctive clinical hypnosis from therapists and patients;

Recognize referrals that are best avoided Develop strategies for managing unrealistic expectations;

Define roles of each of the therapists in the initial therapeutic contract;

Evaluate when it is best to decline referrals for adjunctive hypnosis;

Construct treatment plans that respect both the patient's needs and the integrity of the primary therapy;

Develop a framework for responding to requests for adjunctive therapy with hypnosis; and

Define roles of each of the therapists in the initial therapeutic contract.

5:00 PM - 6:00 PM

Plenary #4: Dreamers, Schemers, Moonbeamers and Redeemers: Psychoanalytic Musings on the Benevolent Allure and Therapeutic Action in Hypnotically-augmented Psychotherapy

Michael Diamond, PhD

See page 13 for details.

6:00 PM

Cocktail reception

7:00 PM

Awards Banquet followed by entertainment

*Grab your love beads, your old forty-fives
Dust of your bell bottoms, for a party that jives
Let's recall the good times, the memories that last
Join on Saturday, March 17th
for a blast from the past!*



Sunday, March 18, 2018

7:00 AM Continental Breakfast
7:30 AM Plenary #5: The Healing Impact Of Relationship In Palliative Care: In Trance, Out Of Trance, Upon Trance
Daniel Handel, MD (1.0 CE/CME)
 See page 14 for Details

8:30 AM Break

9:00AM -10:30 AM
 Fundamentals Of Clinical Hypnosis Workshop resumes
 Refining Skills and Treatment Applications Workshop resumes

D1: Hypnosis, Connection, and Empowerment for Trauma Recovery

Louis Damis, PhD, ABPP
 3 CE/CME Credits

Participants completing this workshop will be able to readily initiate stabilization work with individuals presenting with PTSD, Complex Trauma, Ego-State Disorders, and Dissociative Disorders. They will be able to apply a comprehensive stabilization approach that repairs primary trauma damages and empowers trauma processing/integration. Overall, attendees will be able to select hypnotic interventions for management of common trauma presentations and sequence these strategies in a comprehensive phase-oriented manner.

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

*Describe five dimensions of the impact of trauma and neglect;
 Describe a phase-oriented approach to the treatment of trauma, identify the fundamental psychological damages of trauma, and apply three hypnotic techniques for repair of these primary damages;
 Identify and apply three hypnotic techniques that foster therapeutic attunement and connection in promotion of individualized change in the context of a mastery-oriented permissive approach; and
 Explain the Polyvagal Theory and describe a method for activation of the ventral vagal complex for emotional regulation.*

D2: Building Relationships, Enhancing Quality of Life, and Empowering Cancer Patients with Self-Hypnosis Groups

Holly Forester-Miller, PhD
 3 CE/CME Credits

After this workshop participants will have a basic knowledge of structuring psychoeducational groups to develop supportive relationships while teaching self-hypnosis skills. Participants will leave with many specific techniques and suggestions that they can take back to their office and immediately utilize with cancer patients to help enhance the patients quality of life. Additionally, participants will be able to teach patients a variety of approaches to self-hypnosis. This tool is empowering for cancer patients who often find themselves in overwhelming situations and may at times feel helpless. Participants will also have an outline for offering self-hypnosis training to cancer patients in a group format.

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

*Describe the foundations of setting up a self-hypnosis group that builds effective relationships;
 Teach at least two quick and easy self-hypnosis techniques to cancer patients;
 Describe two hypnotic phenomena can assist cancer patients and be able to utilize them with three of the issues and challenges patients face; and
 Facilitate a patient developing his/her own healing images hypnotically.*

D3: Uses of Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders

Philip Shenefelt, MD, ABMH
 3 CE/CME Credits

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

Advanced Workshops

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. Uses of spiritual and religious interactions with various skin disorders such as psoriasis, leprosy, and vitiligo are discussed.

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

Explain the connection between altered states of consciousness and spiritual and religious experiences;

Describe the research on how induction of altered states of consciousness may lead to spiritual or religious experiences;

Recognize the culturally specific contexts in which the spiritual and religious experiences occur;

Discuss the molding influences of culture and language on spiritual and religious experiences;

Describe the interaction between skin and psyche and their spiritual and religious dimensions;

Present the interaction between skin and psyche and how that influences spiritual and religious perceptions;

Assess the influence of spiritual and religious dimensions on personal and cultural ramifications of skin disorders; and

Describe how spiritual and religious beliefs influence perceptions about skin disorders and how that affects individual patients.

D4: Clinical Hypnosis is Changing Our Minds

Laurence Sugarman, MD, ABMH; David Alter, PhD, ABPH; David Reid, PsyD

3 CE Credits Not eligible for CME for MDs/DOs.

Dr. Sugarman is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

Dr. Alter is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration. These products will not be promoted or sold during this program.

Our rapidly evolving science of mind challenges traditional models of hypnosis. The great news is that evidence from psychobiology's growing edge adds relevance to clinical hypnosis in healthcare. The bad news is that our professional hypnosis training models are increasingly outmoded. Linear teaching and practice of induction-deepening-suggestion-alerting grows restrictive in light of the innovative and complex dynamics of change that each individual brings to the encounter. The foundational roles of novelty and embodiment in driving psychobiological plasticity favors person-centered evocation over prescriptive practice. When trance starts on the way to the office, aren't formal inductions distractions? Do we attempt to fit people into diagnosis-driven interventions or do we creatively co-explore symptoms as emergent phenomena of obscure and evolving biopsychosocial systems? When all of us are endowed with novel capacities for changing our own minds, doesn't hypnotizability reduce to rapport? In recent works, Hope & Sugarman (2015), Reid (2016), Alter & Sugarman (2017), and Hill & Rossi (in press) proposed psychobiologically valid models of hypnosis, training and practice. Central to these is a relational shift in the role of clinician: from prescriptive therapy director to collaborative evocateur. In this workshop, we will: (1) discuss and practice relational clinical skills on the evolving edge of hypnosis; (2) develop the language of plasticity; (3) respond to clients' spontaneous trance cues with new possibilities. We will be evocateurs of wonder, novelty and joyful uncertainty. Interested in changing your mind about how to help others change theirs? Join us.

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

Discern client-initiated cues that indicate trance processes;

Respond to those processes in ways that cultivate curiosity, appreciation, and pursuit of novelty;

Recognize that hypnosis skills are far more accessible and practical without inductions; and

Balance diagnosis-driven therapeutic strategies with person-centered heuristics for change.

DA1: Hypnosis and Psychoanalysis: Twelve Steps Toward Mutual Enrichment -- Toward Recapturing Squandered Opportunities

Richard P. Kluft, MD, PhD

1.5 CE Credits *Not eligible for CME credits*

Sigmund Freud's psychoanalysis emerged from his study of the work of Bernheim, Liebault, and Charcot with the "Grand Hysterics" in fin de siècle France, and his work with Josef Breuer in Vienna. In short order Freud repudiated hypnosis, the importance of dissociation, and the role of trauma in the etiology of the "Grand Hysterics," or what modern psychiatry has termed the dissociative disorders. Most proponents of psychoanalysis have considered Freud's transition away from a psychology of dissociation and constitutional differences in the strength of individual's "mental cohesion." They see his movement toward a psychology of active conflict and defense, resistance analysis, unconscious motivations and fantasies, and the therapeutic use of transference analysis as well-grounded and progressive scientific advances. However, neither the attacks by psychoanalysis on hypnosis nor the attacks from hypnosis against psychoanalysis hold up well when subjected to serious scrutiny. Freud's rationales for abandoning hypnosis and the classic psychoanalytic rationales offered in support of his stances reveal startling failures of both accuracy and logic. For a century and a quarter, psychoanalysis and hypnosis have developed in a manner that has precluded either a circumspect reconsideration of the schisms that once divided them or the rationales used to justify this ongoing separation. For example, both psychoanalysis and hypnosis appear to have forgotten that Freud's instructions for free association are replete with both suggestions and visual imagery. They bear the clear markings of the world of hypnosis he claimed to have left behind. This workshop will begin with a brief review of the curious decisions and logical failings often presented as wise and scientific rationales for these curious circumstances. Thereafter it will explore twelve specific ways in which knowledge from the field of hypnosis can be used to enhance the power of psychoanalysis, and twelve specific ways in which knowledge from the field of psychoanalysis can be used to enhance the power of hypnosis.

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

List twelve ways hypnosis can enrich psychoanalysis, and vice-versa;

List three arguments in favor of abandoning hypnosis that are without scientific or clinical foundation; and

Describe the intellectual climate among scientists in fin de siècle Europe that promoted Freud's many radical changes in his paradigms of choice between 1890 and 1900.

10:30 AM - 11:00 AM

Break

11:00 AM-12:30 PM

DA2: Incorporating Humor and Laughter into the Treatment Relationship

Linda Thomson, MSN, APRN, ABMH, ABNH

1.5 CE Credits *Not eligible for CME for MDs/DOs.*

Ms. Thomson is the author of 2 books on pediatric hypnosis and the creator of a CD set for surgery patients who wish to use hypnosis as an adjunct to anesthesia during their surgery, from which some of her teaching content is derived and for which she receives financial remuneration. These products will not be promoted or sold during this program.

Rapport is the single most important variable in the success of hypnosis. Incorporating humor and laughter into the relationship can have a beneficial effect on the therapeutic alliance between clinician and patient. Humor therapy promotes spontaneous therapeutic patient laughter. Laughter has positive, quantifiable effects on certain aspects of health. Scientific research has shown that laughter may have both preventive and therapeutic value both physiologically and psychologically. This workshop will include a discussion of the theories of the function of humor and the benefits of laughter. The beneficence of mirth in our own self-care will also be addressed. Participatory laughter will be encouraged.

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

Describe three theories for the function of humor;

Name four positive effects of laughter;

Describe how to incorporate humor and laughter into clinical work; and

Articulate a plan to include humor and laughter in self-care practices.

12:30 PM - Workshop Concludes

Hypnosis & the Treatment Relationship: Applications, Processes, Outcomes

60th Annual Scientific Meeting and Workshop Registration Form

Name _____
Preferred Name _____
Address _____
City _____ State/Prov. _____ Zip/Postal Code _____
Phone Number (____) _____ License # _____
Fax Number (____) _____

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.)

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.

Diplomate of (Select all that apply) ABMH ABPH ABPP ABHD AHBCSW ABHN
 Other _____

I will be attending the Awards Dinner on Saturday 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: _____

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.

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 (Basic),
Refining Skills and Treatment Applications (Intermediate) or
Advanced level of registration.

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

Advanced registrants can sign up for single/multiple days of programs and will need to choose from

Workshops:

- Fundamentals of Hypnosis Workshop (Thursday - Sunday)
 Refining Skills & Treatment Applications Workshop (Thursday - Sunday)
 Advanced Workshop Registration Options:
 1-day Advanced Workshop 4-day Advanced Workshops

Thursday, March 15, 2018

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.

CHECK ONE OF THE THREE FULL-DAY WORKSHOPS BELOW:

12:30 PM-2:30 PM and 2:45 PM-5:45 PM

- T1: Integrating Hypnosis In a Relational Context (_Carolyn Daitch, PhD)
 T2: Insight-Oriented Hypnotherapy (D. Corydon Hammond, PhD, ABPH)
 T3: A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiologic Pattern (Mark Weisberg, PhD, ABPP and Alfred Clavel, Jr., MD)
 T4: Memory Shifts: The Lynch Pin to Symptom Change & Positive Client Growth (David Alter, PhD, ABPH)

OR CHECK ONE OF THE FOLLOWING EARLY PM WORKSHOPS

12:30 PM - 2:30 PM

- TP1: Ethical Decision Making Pt1(Joel Marcus, PsyD; Lane Wagaman, EdD; Marc Oster, PsyD, ABPH)
 YT1: Lessons Learned from a Career in Clinical Research: An informal interactive workshop (David Patterson, PhD, ABPH)

AND CHECK ONE OF THE FOLLOWING LATE PM WORKSHOPS

2:45 PM - 5:45 PM

- TP2: Advances in Dental Hypnosis for Dentists and Psychology Professionals (Edward Mackey, Jr, PhD, MSN, ABHD, ABHN)
 YT2: Writing and Publishing Your Hypnosis Articles in AJCH (Stephen Lankton, MSW, FASCH, DAHB & David Reid, PsyD)

Everyone is invited to attend the Thursday evening plenary:
6:00 PM - 7:00 PM – **Plenary #1: Relational Safety as the Treatment for Trauma and Pain:**
Polyvagal Contributions to the Countertransference Trance
Maggie Phillips, PhD

Friday, March 16, 2018

Everyone is invited to attend the Friday morning plenary:

7:30 - 8:30 am - **Plenary #2: PTSD Treatment Guidelines and Clinical Care: The Significance of Relationship**
Christine Courtois, PhD

Advanced Workshop Registrants only Select one of the three following options for the day:

OPTION ONE: CHECK ONE OF THE TWO FULL-DAY WORKSHOPS BELOW:

9:00 AM-12:00 PM; 1:30 PM-3:30 PM; and 4:00 PM-6:00 PM

- POW: Power of Words
- TCW: Teaching and Consultation Workshop

OR OPTION TWO: CHECK ONE FROM THE HALF-DAY WORKSHOPS

9:00 AM-12:00 PM; 1:30 PM-3:30 PM

- F1: Hypnotic Strategies to Manage Relationship Factors in Psychotherapy (Elgan Baker, PhD, ABPH and Eric Spiegel, PhD)
- F2: The Role of Relationship Building in Palliative Care: Utilization in Service of Healing When Cure is Not Possible (Daniel Handel, MD)
- F3: Hypnosis in the Treatment of Pathological Dissociation and the Dissociative Disorders (Richard Kluff, PhD)

AND CHECK ONE OF THE FOLLOWING PM WORKSHOPS TO COMPLETE THE DAY

4:00-6:00 pm

- FP3: Relational Healing for Relational Injury in the Treatment of Trauma (Christine Courtois, PhD, ABPP)
- FP4: Expanding the Possibilities of Self-Hypnosis: From the Medical to the Psychotherapeutic (Delle Jacobs, MSW, LICSW, LMFT and Cheryl Beighle, MD)
- FP5: Generation and Utilization of Spontaneous Trance During Motivational Interviewing (Barbara McCann, PhD)
- YF2: Assessing Hypnotic Ability: Using the Elkins Scale in Research and Clinical Practice (Gary Elkins, PhD, ABPP, ABPH)

OR OPTION THREE: CHECK ONE OF THE FOLLOWING AM WORKSHOPS

9:00am - 12:00 pm

- FA1: Understanding Subconscious Connectedness -- A Fundamental Personal Dimension with Practical Implications for Hypnosis Practitioners and Psychotherapists (Olafur Palsson, PsyD)
- FA2: Defining Psychosomatic Illness Through Hypnosis (Joseph Zastrow, MD)

12:15 - 1:15 pm

Everyone is invited to attend the Lunch Panel

Lunch with the Masters: Hypnosis & the Health Care Relationship

Cheryl Beighle, MD; Dan Handel, MD; Alfred Clavel, JR, MD, Laurence Sugarman, MD;

Moderated by Ran Anbar, MD & Eric Spiegel, Ph.D.

AND CHECK ONE OF THE FOLLOWING EARLY PM WORKSHOPS

1:30 - 3:30 pm

- FP1: Milton Goes To Church And Other Places: Carrying The Hypnotically Informed Relationship With You (Jim Warnke)
- YF1: The Hypnotic Induction Profile in Clinical practice: A Measure of Hypnotizability and a Means for Exploring Personality Types and Relational Styles to Enhance the Therapeutic Alliance and Improve Clinical Outcomes (John Alexander, PhD)

AND CHECK ONE OF THE FOLLOWING LATE PM WORKSHOPS

4:00-6:00 pm

- FP3: Relational Healing for Relational Injury in the Treatment of Trauma (Christine Courtois, PhD, ABPP)
- FP4: Expanding the Possibilities of Self-Hypnosis: From the Medical to the Psychotherapeutic (Delle Jacobs, MSW, LICSW, LMFT and Cheryl Beighle, MD)
- FP5: Generation and Utilization of Spontaneous Trance During Motivational Interviewing (Barbara McCann, PhD)

Saturday, March 17, 2018

Everyone is invited to attend the Saturday morning plenary:

7:30-8:30 am – **Plenary #3: The Intersection of Hypnosis and Relational Psychoanalysis**
Jeremy Safran, PhD

TCW: Teaching and Consultation Workshop choose only a 1:30 - 4:30 pm workshop for the list below.

Advanced Workshop Registrants only complete the following:

CHECK THE FULL-DAY WORKSHOP BELOW

9:00 AM-12:00 PM; 1:30 PM-4:30 PM

- S1: Zen, Hypnosis and Suffering (David Patterson, PhD, ABPH)

OR

CHECK ONE OF THE AM HALF-DAY WORKSHOPS BELOW

9:00 AM – 12:00 PM

- SA2: Hypnosis Treatment for Irritable Bowel Syndrome (IBS) with the North Carolina Protocol: Update and Refresher (Olafur Palsson, PsyD)
- SA3: Resolving Therapeutic Impasses (Jeremy Safran, PhD)
- SA4: Therapeutic Age Progression as a Corrective Emotional Experience (Moshe Torem, MD, ABMH)
- SA5: Navigating The Treatment of Frustrating Illnesses Such As Fibromyalgia with the Use of Clinical Hypnosis and Healing Relationship (Harvey Zarren, MD)

12:15 – 1:15 pm

Everyone is invited to attend the Lunch Panel

Lunch with the Masters: Hypnosis & the Psychotherapy Relationship

Elgan Baker, PhD, ABPH; Carolyn Daitch, PhD; Michael Diamond, PhD, Maggie Phillips, PhD;

Moderated by Eric Spiegel, PhD

AND

CHECK ONE OF THE PM HALF-DAY WORKSHOPS BELOW

1:30 PM-4:30 PM

- SP1: The Body's Mind: The Role of Relationship in Integrating Body and Mind in People with Psychophysiological Disorders (David Alter, PhD, ABPH)
- SP2: Unconscious Communication and Clinical Hypnosis: A Psychoanalytically-oriented Case Consultation Group with Michael Diamond (Michael Diamond, PhD and Eric Spiegel, PhD)
- SP3: Staying the Course in Treatment: the Evolution of the Provider-Patient Relationship (Carol Ginandes, PhD)
- SP4: Enhancing Hypnotic Elegance: The Interplay of Rhythms, Spaces and Suggestions (George Glaser, MSW)
- SP5: Ethical Decision Making Pt2 (Joel Marcus, PsyD; Lane Wagaman, EdD; Marc Oster, PsyD, ABPH)
- SP6: Joining a Threesome? The Joys and Pitfalls of Adjunctive Therapy with Hypnosis (Sharon Spiegel, PhD; Sheryl Daniel, PhD; Carolyn Daitch, PhD; Stephen Kahn, PhD)

Everyone is invited to attend the Saturday evening plenary:

5:00 PM - 6:00 PM – **Plenary #4: Dreamers, Schemers, Moonbeamers and Redeemers: Psychoanalytic Musings on the Benevolent Allure and Therapeutic Action in Hypnotically-augmented Psychotherapy**
Michael Diamond, PhD

Sunday, March 18, 2018

Everyone is invited to attend the Sunday morning plenary:

7:30-8:30 am – **Plenary 5: The Healing Impact of Relationship in Palliative Care: In Trance, Out of Trance, Upon Trance, Daniel Handel, MD**

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

Advanced Workshop Registrants only complete the following:

CHECK ONE OF THE FOLLOWING AM HALF-DAY WORKSHOPS

9:00AM -10:30 AM; 11:00 AM -12:30 PM

- D1: Hypnosis, Connection, and Empowerment for Trauma Recovery (Louis Damis, PhD, ABPP)
- D2: Building Relationships, Enhancing Quality of Life, and Empowering Cancer Patients with Self-Hypnosis Groups (Holly Forester-Miller, PhD)
- D3: Uses of Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders (Philip Shenefelt, MD, ABMH)
- D4: Clinical Hypnosis is Changing Our Minds
(Laurence Sugarman, MD, ABMH; David Alter, PhD, ABPH; David Reid, PsyD)

OR

CHECK THE BOXES FOR THE TWO WORKSHOPS BELOW

9:00AM -10:30 AM

- DA1: Hypnosis and Psychoanalysis: Twelve Steps toward Mutual Enrichment --Toward Recapturing Squandered Opportunities (Richard P. Kluff, MD, PhD)

11:00 AM-12:30 PM

- DA2: Incorporating Humor and Laughter into the Treatment Relationship
(Linda Thomson, MSN, APRN, ABMH, ABNH)

Registration Fees:

Please check the appropriate registration

* The Fundamentals workshop ▲, Refining Skills and 4-Day Advanced require full registration.
 ^NOTE: All Power of Words, Fundamentals, Refining Skills, Teaching & Consultation, Research and Advanced Workshop presenters should select the FACULTY fee when registering.

Early Bird Fees

When postmarked/faxed by Thursday, February 15, 2018

	Member	Non-Member	Resident/Intern/ECP	Student
Full Registration*	<input type="checkbox"/> \$590	<input type="checkbox"/> \$790	<input type="checkbox"/> \$450	<input type="checkbox"/> \$295
1-day Advanced	<input type="checkbox"/> \$430	<input type="checkbox"/> \$630	<input type="checkbox"/> \$290	<input type="checkbox"/> \$245
Faculty Fee ^	<input type="checkbox"/> \$430	<input type="checkbox"/> \$430		

Regular Fees

When postmarked/faxed on or after Thursday, February 15, 2018, but before Thursday, March 1, 2018.

	Member	Non-Member	Resident/Intern/ECP	Student
Full Registration*	<input type="checkbox"/> \$640	<input type="checkbox"/> \$840	<input type="checkbox"/> \$500	<input type="checkbox"/> \$345
1-day Advanced	<input type="checkbox"/> \$480	<input type="checkbox"/> \$680	<input type="checkbox"/> \$340	<input type="checkbox"/> \$295
Faculty Fee ^	<input type="checkbox"/> \$430	<input type="checkbox"/> \$430		

On Site Fees

As of Thursday, March 1, 2018, all registrations must be submitted on site at the meeting. A \$100 administrative fee will be added to the Total Amount Due below.

- Power of Words Workshop \$99
- PreConference Workshop \$80

▲ 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.

Power of Words Registration Fee: (add \$99.00) _____

PreConference Session Registration Fee: (add \$80.00) _____

Annual Meeting Registration Fee _____

Guest Awards Dinner Ticket: _____ x \$75.00 = _____

Total amount due: _____

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, 2018 but on or before March 3, 2018 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after March 3, 2018.** 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 or +1-630-980-4740

Faculty List

John Alexander, PhD
Ran Anbar, MD
David Alter, PhD, ABPH
Elgan Baker, PhD, ABPH
Cheryl Beighle, MD
Alfred Clavel, Jr, MD
Christine Courtois, PhD, ABPP
Carolyn Daitch, PhD
Louis Damis, PhD, ABPP
Michael Diamond, PhD
Maggie Dickens, MS, LPC, LCDC
Holly Forester-Miller, PhD
Carol Ginandes, PhD
George Glaser, MSW, DAHB
D. Corydon Hammond, PhD, ABPH
Daniel Handel, MD
Stephen Kahn, PhD
Richard Kluff, MD, PhD
Stephen Lankton, MSW, FASCH, DAHB
Wendy Lemke, MA, LP
Barbara McCann, PhD
Edward Mackey, Jr, PhD, MSN, ABHD, ABNH
Deb Nesbitt, ARNP, PMHNP-BC, ABMH, ABNH
Olafur Palsson, PsyD
David Patterson, PhD, ABPH
Maggie Phillips, PhD
Marc Oster, PsyD, ABPH

Akira Otani, EdD, ABPH
Joel Marcus, PsyD
David Reid, PsyD
Jeremy Safran, PhD
Philip Shenefelt, MD, ABMH
Eric Spiegel, PhD
Sharon Spiegel, PhD
Robert Staffin, PsyD, ABPH
Laurence Sugarman, MD, ABMH
Jennifer Swaim, PhD
Judy Thomas, DDS
Linda Thomson, MSN, APRN, ABMH, ABNH
Moshe Torem, MD, ABMH
Lane Wagaman, EdD
Jim Warnke
Mark Weisberg, PhD, ABPP
Harvey Zarren, MD
Joseph Zastrow, MD

Save the Date



2019 ASCH Annual Meeting
March 28-30, 2019
Hyatt Regency San Antonio Riverwalk
San Antonio, TX