

# 1-Day Advanced Relational Psychotherapy Training & Introduction to Clinical Hypnosis

ASCH  
ERF

Hypnosis & the Treatment Relationship:  
Applications, Processes, Outcomes

March 15-18, 2018

60<sup>TH</sup>

ORLANDO

*Are you a therapist unfamiliar with clinical hypnosis?*

*Interested in receiving advanced training in relational psychotherapy, but not yet ready to commit to our Fundamentals of Clinical Hypnosis (basic) workshop training track?*

This year, the American Society of Clinical Hypnosis (ASCH) is reaching out to therapists who may be interested in our meeting theme on the treatment relationship. We are fortunate to have several psychotherapy luminaries who will be offering therapy workshops as part of our advanced workshops. Unlike other advanced workshops at our annual meeting, these do not feature specific hypnosis training. This is a great way to receive thorough relational psychotherapy training, while getting an introductory exposure to clinical hypnosis through our plenaries and panel. To cap it off, we will offer an experiential introductory primer on clinical hypnosis and how it can be integrated effectively into your psychotherapy approach.

We are confident that as you learn more about clinical hypnosis, how it applies to psychotherapy, and how it is inherently a relational process (e.g. rapport, pacing, tone of voice, verbal and non-verbal cues, utilization) your appetite will be whet for subsequent training. As a bonus, this is a great way to be introduced to the ASCH community, find out more about our organization, and learn how you might be a great fit with who we are and what we do.

Here is what you will receive with your 1-day registration, which will run from 4 PM on Friday, March 16th through 4 PM on Saturday, March 17th

12 hours of APA approved continuing education.

Advanced Workshops from luminaries such as Christine Courtois, PhD, ABPP & Jeffrey Safran, PhD

Panel with Elgan Baker, PhD, ABPH; Carolyn Daitch, PhD; Michael Diamond, PhD; & Maggie Phillips, PhD.

and so much more.

**Relational Healing for Relational Injury in the Treatment of Trauma** – 2 hour afternoon workshop (4-6 PM, Friday) by Christine Courtois, PhD, ABPP (2.0 CE)

*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.*

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.



About Dr. Courtois:

Christine A. Courtois, PhD, ABPP, is a graduate of the Counseling Psychology program at the University 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 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 inpatient 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](http://www.apatraumadivision.org)), the International Society for Traumatic Stress Studies ([www.istss.org](http://www.istss.org)) (where she co-chairs the Complex Trauma Task Force), The International Society for Trauma and Dissociation ([www.isst-d.org](http://www.isst-d.org)), the Institute of Contemporary Psychotherapy and Psychoanalysis, and the Maryland Psychological Association ([www.mpa.org](http://www.mpa.org)) where she organized and co-directed the Post-Doctoral Institute on Psychological Trauma.

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## **Resolving Therapeutic Impasses** – 3 hour morning workshop by Jeremy Safran, PhD (3.0 CE)

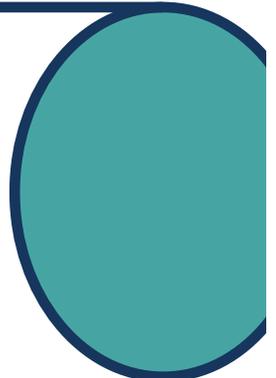
*Dr. Safran is the author of several texts from which some of his teaching content may be derived and for which he receives financial remuneration.*

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.

About Dr. Safran:

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 The New York University Postdoctoral Program in Psychotherapy & Psychoanalysis; and 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 (APA) 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 empirical, 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 APA: [Psychoanalytic Therapy Over Time](#) (2009); and [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.

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### ***Clinical Hypnosis Intro Primer*** – 3 hour Saturday afternoon workshop (Faculty TBA) (3.0 CE)

Learn about the principles of clinical hypnosis. How does it work? How is it applied to therapeutic treatment? How is it inherently a relational treatment that can seamlessly fit into and augment your existing therapeutic approach?

In this intro primer, we will answer these questions and more. Even better, you will get an initial opportunity with seasoned faculty to experientially practice utilizing hypnosis.

You will emerge from this workshop with a deeper didactic and experiential understanding of hypnosis. Further information will be provided at the conclusion of this workshop on the ASCH hypnosis training track and certification process.

Also included in your 1-day registration are a plenary and panel on hypnosis & the treatment relationship:

### ***Hypnosis & Relational Psychoanalysis*** – 1 hour Saturday morning plenary by Jeremy Safran, PhD (1.0 CE)

Dr. Safran 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. He 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, he will explore various ways in which his own theoretical, clinical and empirical work on therapeutic impasses provide a valuable arena with which participants can begin to further explore points of intersection between hypnosis, placebo and relational psychoanalysis.

### ***Lunch with the Masters: Hypnosis & The Psychotherapy Relationship*** - 1 hour Saturday lunch panel (1.0 CE)

Join authors and experts Elgan Baker, PhD, ABPH; Carolyn Daitch, PhD; Michael Diamond, PhD; & Maggie Phillips, PhD in a moderated discussion with ASCH President-Elect Eric Spiegel, PhD. Panelists will discuss treatment philosophy and clinical anecdotes as they apply to relational factors of hypnosis, the relational process of psychotherapy, and the application of hypnosis in a relationally-focused psychotherapy.

## ELIGIBILITY

Registrants must hold a masters degree or higher in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body. In addition, registrants must be licensed or certified in the state in which they practice.

Students enrolled full-time in masters level or higher program are eligible to attend at a reduced rate. Students must have completed a minimum of one full semester of the program and must submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued and date of intended graduation.

Full time residents or interns participating in a recognized residency or internship program may also register to attend at a reduced rate. Residents/interns need to submit correspondence from their supervisor on official letterhead explaining the nature of the residency/ internship and date of intended completion of the program.

## CONTINUING EDUCATION

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 association accepted no commercial support to subsidize this educational event. Unless otherwise indicated in this 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.*



## HOTEL INFORMATION

This Annual Scientific Meeting and Workshops will be held at the Embassy Suites by Hilton Orlando Lake Buena Vista South at 4955 Kyngs 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 Champions Gate 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. Call the hotel directly at 407-597-4000 to make reservations for this event.

**REGISTER FOR THE ONE-DAY RELATIONAL THERAPY TRACK AT THE 2018 ANNUAL MEETING NOW!**

Please submit the completed form to ASCH via scanned email attachment at info@asch.net or fax at 630-351-8490.

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

REGISTRATION FEE:  \$630  
 \$580 (less \$50 discount with approved discount code)  
Approved Discount Code \_\_\_\_\_

**Payment:**

Check # \_\_\_\_\_ (Payable to American Society of Clinical Hypnosis in US funds only)  
MasterCard/ Visa  
Account number \_\_\_\_\_  
Exp. Date: \_\_\_\_\_ CVS Security Code: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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.

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.