



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

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