

## AMERICAN SOCIETY OF CLINICAL HYPNOSIS EDUCATION AND RESEARCH FOUNDATION

### 61st Annual Scientific Meeting and Workshops

March 28-31, 2019

Hyatt Regency San Antonio Riverwalk

San Antonio, TX

Reframe Their Alamo: Achieving Resilience Through Hypnosis to Rally to New Freedom of Mind, Body, and Spirit

## On-Line Program Description

This brochure provides a schedule of events. All scheduled workshops, earned CE/CME and speaker information are subject to change prior to the actual event.

All photos were provided courtesy of [visitsanantonio.com](http://visitsanantonio.com).

Hard copy registration forms for this program should be available no later than December 28. On-line registration is currently available on the ASCH website under Education/2019 Annual Meeting/2019 ASCH-ERF ASMW registration.

### MEETING SCHEDULE

#### Thursday, March 28, 2019

7:30 am	Pre-Conference Session
9:30	BREAK
9:45	Pre-Conference Session resumes
1:00 pm	Plenary Session #1
2:00	BREAK
2:30	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2), and Advanced Workshops begin
4:00	BREAK
7:00	Opening Reception

#### Friday, March 29, 2019

6:30 am	ASCH General Membership Meeting
7:00	Continental Breakfast
7:45	Plenary Session #2
8:45	BREAK
9:00	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), and Advanced Workshops resume, Teaching and Consultation Workshop begins
12:00 pm	LUNCH ON YOUR OWN
1:30	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), Advanced, and Teaching and Consultation Workshops resume
3:00	BREAK
3:15	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), Advanced, and Teaching and Consultation Workshops resume
4:45	BREAK
5:00	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), Advanced, and Teaching and Consultation Workshops resume
6:30	EVENING RECESS
7:30	Board of Governors Meeting

### **Saturday, March 30, 2019**

7:00 am	Continental Breakfast
7:45	Plenary Session #3
8:45	BREAK
9:00	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), Advanced, and Teaching and Consultation Workshop resume, and Power of Words Workshop begins
12:00 pm	LUNCH ON YOUR OWN
1:30	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), Advanced, and Power of Words Workshops resume
3:00	BREAK
3:15	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), Advanced, and Power of Words Workshops resume
4:45	BREAK
5:00	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), and Advanced Workshops resume
6:30	Cocktail Reception
7:30	Awards Ceremony and Banquet

### **Sunday, March 31, 2019**

7:00 am	Continental Breakfast
7:45	Plenary Session #4
8:45	BREAK
9:00	Fundamentals of Clinical Hypnosis (Level 1/Basic), Refining Skills and Treatment Applications (Level 2/Intermediate), and Advanced Workshops resume

#### **Session Codes**

Codes for the Advanced Workshops are based on the day of the week on which they meet (T=Thursday; F=Friday; S=Saturday; SU=Sunday), i.e.; AT#: Advanced Workshop, Thursday (“#” is not representative of the workshop’s chronological placement in the schedule).

#### **Color Legend**

Fundamentals of Clinical Hypnosis/Level 1/Basic (blue)

Refining Skills and Treatment Applications/Level 2/Intermediate (pink)

Pre-Conference and Plenary Sessions/PL# (green)

Advanced Workshop/A (yellow)

Teaching and Consulting Workshop/TCW (violet)

Power of Words (orange)

Thursday, March 28  
Come join us at the Opening Reception  
Reconnect with colleagues and make new  
connections!  
6:00-7:00 p.m.

## **Table of Contents**

Schedule-at-a-Glance (pg. 4)  
Important Information (pg. 6)  
Membership and Certification (pg. 8)  
Pre-Conference Session (pg. 10)  
Plenary Speakers (pg. 11)  
Fundamentals of Clinical Hypnosis (Level 1/Basic) Workshop (pg. 14)  
Refining Skills and Treatment Applications (Level 2/Intermediate) Workshop (pg. 18)  
Teaching and Consultation Workshop (pg. 21)  
Power of Words Workshop (pg. 23)

## **Hotel Information**

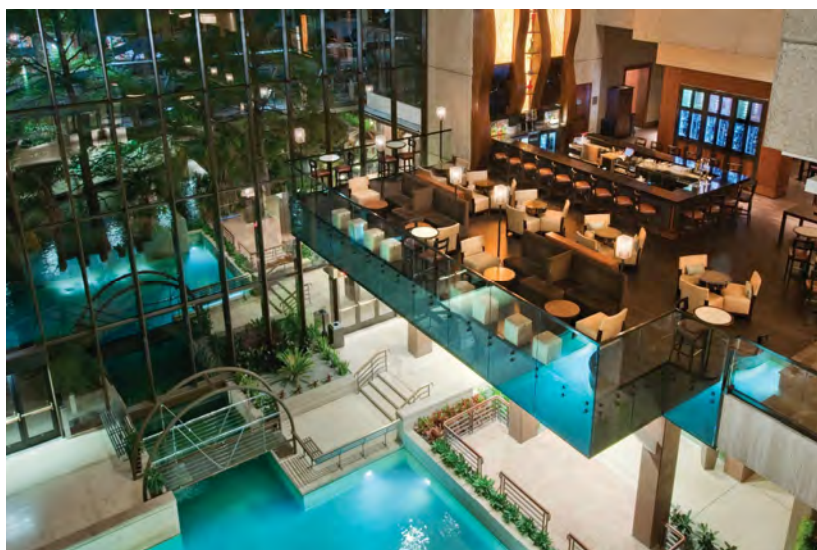
The Annual Scientific Meeting and Workshops will be held at the Hyatt Regency San Antonio Riverwalk at 123 Losoya Street in San Antonio, TX.

Hyatt Regency San Antonio River Walk features 629 guestrooms, including 27 luxury suites with River Walk or Alamo views. Conveniences include complimentary Wi-Fi, individual climate control, coffee maker, iHome clock radio with Bluetooth capability and a 65" LCD Flat Panel TV.

San Antonio is a captivating city full of culture, charm, history and exciting activities to discover: The San Antonio River Walk is a lush oasis of cypress-lined paved paths, arched stone bridges and lush landscapes. Winding through the city center along the San Antonio River, it provides easy access to the city's cultural attractions, historic sites and exciting attractions.

When visiting San Antonio, Texas, The Alamo is a 'must-see' attraction. The Alamo features beautiful gardens, a complex of historic buildings and a Wall of History detailing over 300 years of history and the role of this Spanish Mission. The Alamo houses significant exhibits on the Battle of 1836, the Texas Revolution and its storied Texas history.

ASCH has contracted a limited number of rooms at a discounted room rate of \$180 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 March 5, 2019. Book early to receive the group rate. Make your reservations online or call the hotel directly at 210.222.1234 to make a reservation for this event.



**Thursday, March 28, 2019**

7:30-9:30 am	<b>(PRC) Pre-Conference Workshop: Empowering Clients to Make Better Decisions: Resilience is Good, but Prevention is Better</b> Michael Yapko (4 CE/CME)					
9:30-9:45 am	BREAK					
9:45-11:45am	PRC (cont'd)					
11:45 am	Faculty orientation meeting					
11:45 am-1:00 pm	LUNCH ON YOUR OWN					
1:00-2:00 pm	<b>(PL1) Plenary #1: Where's the Strength in Ego-Strengthening? (Yapko) (1 CE/CME)</b>					
2:00 -2:30 pm	COFFEE BREAK					
2:30-4:00 pm	Fundamentals Workshop (Level 1/Basic) (20 CE/CME)	Refining Skills Workshop (Level 2/Intermediate) (20 CE/CME)	AT1: Future Focused Therapeutic Strategies to Empower Resilience (Torem) (3 CE/CME)	AT2: Working with Suffering from the Untoward Medical Events That Effect Our Lives (Appel) (3 CE/CME)	AT3: Rhythms of Mind, Body, and Soul: Musical Hypnosis to Enhance Resilience (Jung) (3 CE)	
4:00-4:15 pm			BREAK			
4:15-5:45 pm			(AT1 cont'd)	(AT2 cont'd)	(AT3 cont'd)	
5:45-6:00 pm	BREAK					
6:00-7:00 pm	Opening Reception					

**Friday, March 29, 2019**

6:00-7:00 am	<b>Membership Meeting</b>							
7:00-7:45 am	Continental Breakfast							
7:45-8:45 am	<b>Plenary #2: "Hypnotic Ego Strengthening: Where We've Been and the Road Ahead" (McNeal) (1 CE/CME)</b>							
8:45-9:00 am	BREAK							
9:00 am – 12:00 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	AF1: Process-Oriented Hypnosis: Being General Deliberately to Produce Specific Results (Yapko) (3 CE/CME)	AF2: Five Important Building Blocks Milton Erickson Taught Me for Hypnosis and Therapy (Lankton) (3 CE)	AF3: Reframing Via Altered States of Consciousness Experiences Influences Spiritual and Religious Aspects of Skin and Skin Disorders (Shenefelt) (3 CE/CME)	(TCW) Teaching and Consultation Workshop (10 CE/CME)		
12:00-1:30 pm			LUNCH ON YOUR OWN					
1:30-3:00 pm			Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	open	AF5: Ego Strengthening and Resilience Building Ericksonian Style (Warnke) (1.5 CE/CME)	AF6: Butt-Out: Hypnosis for Smoking Cessation (Thomson) (1.5 CE)	AF7: Advances in Dental Hypnosis for Dentists and Psychology Professionals (Goodman, Filo, Mackey, Thomasino) (1.5 CE/CME)
3:00-3:15 pm	BREAK							
3:15-4:45 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	open	AF8: Transpersonal Dimensions of Hypnosis and Healing (Torem & Appel) (3 CE/CME)	AF9: Embodied Approaches to Hypnosis: An Integrative Approach to Treating Adults Who Have Experienced ACEs (Candell) (3 CE/CME)	AF10: Utilization of Creative Clinical Hypnosis in the Treatment of Complex and Frustrating Clinical Conditions (Zarren) (3 CE/CME)	(TCW cont'd)	
4:45-5:00 pm				COFFEE BREAK				
5:00-6:30 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	open	(AF8 cont'd)	(AF9 cont'd)	(AF10 cont'd)	(TCW cont'd)	
6:30-7:30 pm	BREAK							
7:30-11:00 pm	Board of Governors Meeting							

## Saturday, March 30, 2019

7:00-7:45 am	Continental Breakfast								
7:45-8:45 am	Plenary #3: "Practical Lessons I've Learned from the Old Masters" (Hammond) (1 CE/CME)								
8:45-9:00 am	BREAK								
9:00 am-12:00 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	Power of Words Workshop (6 CE/CME)	AS1: Hypnotic Pain Management: Practical Strategies & Techniques (Hammond) (3 CE/CME)	open	AS2: Hypnosis: A Path to Patient-Centered Care (Lonchamp) (3 CE/CME)	(TCW cont'd)		
12:00-1:30 pm	LUNCH ON YOUR OWN								
1:30-3:00 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	Power of Words (cont'd)	AS3: Ego Strengthening for Clinicians: Utilizing Stories to Make Your Work Evocative (Staffin) (1.5 CE/CME)	AS4: Overcoming Performance Anxiety in Music, Sports, Test-Taking and Public Speaking (Daitch) (1.5 CE)	AS5: Charting the Course: Designing Strategic, Multi-phasic Interventions (Ginandes) (3 CE/CME)	AS6: Hypnotically Enhanced Addictions Treatment with A Special Focus on the Opioid Crisis (Tramontana) (3 CE/CME)		
3:00-3:15 pm				BREAK					
3:15-4:45 pm				AS7: The Neuroscientific Basis of Hypnosis for Behavioral and Medical Conditions (Szigethy & Reid) (3 CE/CME)	AS8: Mindful Hypnotherapy for Taming Chronic Pain (Eimer) (3 CE/CME)	(AS5 cont'd)	(AS6 cont'd)		
4:45-5:00 pm	COFFEE BREAK								
5:00-6:30 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	OPEN	(AS7 cont'd)	(AS8 cont'd)	AS9: Hypnotic Ego Strengthening Scripts for a Variety of Medical and Psychological Conditions (McNeal) (1.5 CE/CME)	AS10: Two Hypnotic Techniques that Utilize Energy Medicine Concepts as A Bridge to Integrative Medicine and Health (Feldman) (1.5 CE/CME)		
6:30-7:15 pm	Cocktail Reception								
7:15-11:00 pm	Awards Ceremony and Banquet								

## Sunday, March 31, 2019

7:00-7:45 am	Continental Breakfast							
7:45-8:45 am	Plenary 4: "The Search for Synergy: How Hypnosis and Psychoanalysis Can Enhance Each Other in Patient Care" (Kluft) (1 CE/CME)							
8:45-9:00 am	BREAK							
9:00-10:30 am	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	ASU1: Issues in the Treatment of Dissociative Identity Disorder and Related Conditions (Kluft) (3 CE/CME)	ASU2: Hypnosis and Your Second Brain: An Ecosystemic View of Health, Healing, and Hypnotically-Informed Interventions (Alter) (3 CE/CME)	ASU3: The Problem of Normal Dissociation in Chronic Pain: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiological Pattern to Facilitate Patients Re-associate and Inhabit Their Bodies (Clavel & Weisberg) (3 CE/CME)	ASU4; Enhancing Your Hypnotic Elegance: The Interplay of Rhythms, Spaces and Suggestions (Glaser) (3 CE)	ASU5: The Art and Science of Ideomotor Signaling: History, Theory, Application (Yaffe) (3 CE/CME)	OPEN
10:30-10:45 am	BREAK							
10:45 am-12:15 pm	Fundamentals Workshop (cont'd)	Refining Skills Workshop (cont'd)	(ASU1 cont'd)	(ASU2 cont'd)	(ASU3 cont'd)	(ASU4 cont'd)	(ASU5 cont'd)	OPEN
Scientific Sessions conclude								

## **IMPORTANT INFORMATION**

### **Registration:**

A 4-day Fundamentals (Level 1/Basic), or Refining Skills (Level 2/Intermediate) or Advanced Registration includes:

- Daily Continental Breakfast
- Welcome Reception on Thursday evening
- Plenary Presentations on Thursday-Sunday
- Daily Advanced Workshops
- Awards Ceremony and Banquet on Saturday evening

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 March 2, 2019 but on or before March 16, 2019 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after March 16, 2019.** 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, or obligations, and will require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

### **General Membership Meeting:**

There will be a meeting of the ASCH membership on Friday, March 29, 2019 from 6:30-7:30 am.

### **Board of Governors Meeting:**

The ASCH Board of Governors will meet Friday, March 29, 2019 at 7:30 pm. This meeting is open to the general membership.

### **Conference Recordings:**

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

### **Continuing Education Credits:**

Certificates of Continuing Education will be sent via email after the event.

### **Accreditation Statement:**

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

ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. ASCH-ERF maintains responsibility for this program and its content.

This 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.

### **Eligibility**

With the exception recognized in the following paragraph, registrants must hold at least a master's 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 baccalaureate 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 Basic Workshop on Clinical Hypnosis.

### **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) is available. 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 630.980.4740 (phone), 630.351.8490 (fax) or via email: [info@asch.net](mailto:info@asch.net).

### **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 re-alerted 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 are not tax deductible as a charitable contribution. However, they may be tax deductible as ordinary and necessary business expenses. Contributions to ASCH-ERF may be tax deductible as a charitable donation. Please check with your tax specialist.

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 and 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 master's 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 in 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).

### **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 Standards of Training Committee of qualified peers;
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. Master’s 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 clinical hypnosis.



## Pre-Conference Session

Thursday, March 28, 2019

7:30-11:45 am

**Empowering Clients to Make Better Decisions: Resilience is Good, but Prevention is Better**  
Michael Yapko, PhD

4.0 CE/CME

Additional Registration fee: \$80.00



Dr. Yapko is the author of 15 books (including *Trancework* (5th edition), *Taking Hypnosis to the Next Level*, *Mindfulness and Hypnosis*, and *The Discriminating Therapist*), and editor of three others. These products will not be promoted or sold during this program.

Cognitive psychology, the study of how people think, has given rise to new understandings about how people gather and use information. This includes how people decide, usually at a level outside of awareness, what is salient to pay attention to in a given environment and, likewise, what is essentially irrelevant. When people get sidetracked into irrelevancy, paying too much attention to what doesn't really matter and too little attention to what does, their perceptions and responses naturally lead them astray. More important, when someone's perspective is so global or over-general that he or she simply doesn't know how or what to decide, he or she is far more likely to make poor decisions on the basis of hurt feelings, old history, misconceptions, or blind faith. Whether making medical decisions that can affect one's health for a lifetime or making quality of life decisions that can give rise to depression and other emotional difficulties, the value of hypnosis as a means of encouraging patients to make better decisions will be considered in this skill-building workshop.

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

- Recognize cognitive style and its effect on experience in general and symptomatic experience in particular.
- Relate how a low tolerance for ambiguity increases the likelihood of poor decision-making.
- Ask "how" questions that identify the patient's experiential deficits (i.e., missing or incorrect information that work against his or her effective decision-making).
- Recognize how a therapist's cognitive style may hinder treatment results.
- Use hypnosis to help patients make key distinctions that regulate decision-making related to their presenting problems.

**Friday, March 29, 2019**  
**Board of Governors Meeting**  
**Open to the general membership**  
**7:30-11:00 pm**

## Plenary Sessions

**Thursday, March 28, 2019**

**1:00 - 2:00 pm**

**Plenary #1: Where's the Strength in Ego-Strengthening? Michael Yapko, PhD**

**1.0 CE/CME**

Dr. Yapko is the author of 15 books (including *Trancework* (5th edition), *Taking Hypnosis to the Next Level*, *Mindfulness and Hypnosis*, and *The Discriminating Therapist*), and editor of three others. These products will not be promoted or sold during this program.

The term “ego-strengthening,” although nearly a half-century old, has been widely adopted by practitioners of clinical hypnosis who still use it to describe the goals of increasing patient self-confidence and self-esteem. Virtually every therapy strives to empower patients, generally by suggesting shifts in their perceptions about themselves and also about what is and isn't controllable, especially as they relate to troublesome symptoms and issues. Perceptions of powerlessness can influence the onset and course of anxiety, depression, and other emotional disorders, as well as treatment compliance and quality of response to medical interventions. Thus, we as practitioners need to better understand where the strength is in ego-strengthening suggestions given during hypnosis. The strength isn't in the suggestions themselves... so where, then, is it? This plenary address will provide a consideration of the process of empowering patients through hypnosis.

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

- Identify at least two ways a patient's perceptions of controllability regulate his or her response to medical and psychological treatments.
- List and describe different types of power that are embedded in the therapeutic relationship and how they serve patient empowerment or “ego-strengthening.”

**Friday, March 29, 2019**

**7:45-8:45 am**

**Plenary #2: Hypnotic Ego Strengthening: Where We've Been and the Road Ahead**

**Shirley McNeal, PhD, ABPP**

**1.0 CE/CME**



Dr. McNeal is co-author of the book *Contemporary Psychotherapy and Hypnosis for Ego Strengthening* (1999) Frederick, & McNeal, S., and has created self-hypnosis recordings available on CD or download: *Core Inner Strengths*; *Overcoming Performance Anxiety*; *Test-taking Mastery*; *Overcoming Fear of Flying* (download only); *Preparing for a Satisfying Love Relationship* (download only); *Finding a Satisfying Love Relationship* (download only); *Maintaining a Satisfying Love Relationship* (download only). These products will not be promoted or sold during this program.

The use of hypnotic ego strengthening techniques in psychological and medical treatment has been widespread in the fields of psychotherapy, nursing, dentistry, medicine, and related fields of medical and psychological treatment. The term “ego strengthening” became part of the clinical hypnosis field in the early 1960's, with the publication of John Hartland's ego strengthening script. Since then numerous clinicians have utilized Hartland's script, and developed other scripts as well. The central theme has been that of accessing, developing, and strengthening internal resources to enhance feelings of self-efficacy, self-esteem, and self-confidence, with the belief that change doesn't occur until the individual feels strong enough. Ego strengthening suggestions can build self-reliance, reinforce progress, and help develop a sense of empowerment and ability to handle the stresses and strains of everyday life.

Early research with ego strengthening scripts and suggestions occurred in the 1970's showing that ego strengthening enhanced treatment effects and increased feelings of mastery. Ego strengthening techniques were further influenced by Ericksonian hypnotic approaches and developments in the field of guided imagery. In the 1990's specific evocative ego strengthening scripts were developed using both direct and indirect suggestions and imagery with the purpose of accessing unconscious internal resources from the past, present, and future. Currently, in most clinical hypnosis case studies and research articles, some form of ego strengthening is an important aspect of the treatment plan.

Ego strengthening scripts and suggestions have been incorporated into other contemporary methods of treatment. The field of Eye Movement Desensitization and Reprocessing has incorporated ego strengthen suggestions into the resource development phase of treatment. There are numerous related concepts as well. The development of resilience in children and adults definitely involves some form of ego strengthening. The concepts involved in positive psychology, self-compassion, mindfulness meditation, acceptance and commitment therapy, and the resource development model all include interventions that overlap with the concepts of hypnotic ego strengthening.

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

- Distinguish between the early ego strengthening scripts using direct suggestions and later evocative scripts employing indirect suggestions.
- Determine when and how it is most appropriate to utilize ego strengthening suggestions.

**Saturday, March 30, 2019**

**7:45-8:45 am**

**Plenary #3: Practical Lessons I've Learned from the Old Masters**

**D. Corydon Hammond, PhD, ABPH**

**1.0 CE/CME**



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

In this presentation Dr. Hammond will summarize *practical clinical lessons* he has learned in the past forty years of careful study of the work of older master clinicians in the field. A few of the eclectic combination of people who have influenced his work and to whom he owes a debt for their influence include: Milton Erickson, David Cheek, Erik Wright, Kay Thompson, Robert Pearson, Jack and Helen Watkins, Paul Sacerdote, William Kroger; Lewis Wolberg, Erika Fromm, Raymond LaScola; Irving Secter, Bertha Rodger, Harold Crasilneck, Herbert Spiegel, Bernauer Newton, Charles Mutter, Ernest Rossi, Joseph Barber, Beata Jencks, Andre Weitzenhoffer, Graham Wicks, Lou Dubin, Bea Sachs, Irving Secter, Franz Baumann, Sidney Fogel, Bernard Aaronson, Philip Zimbardo, Calvert Stein, John Hartland, Edgar Barnett, Anslie Meares, Dabney Ewin, Richard Kluft, Ernest Hilgard, Jay Haley, Charles Tart, Fredericka Freytag, Andre Weitenhoffer, Daniel Brown, others too numerous to mention, as well as some historical figures such as Abbe DiFaria and Pierre Janet.

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

- Elaborate practical hypnotic techniques that have been learned from older master clinicians. Model practical phrasing for hypnotic suggestions.
- Explain techniques for learning to be a master clinician.

Sunday, March 31, 2019

7:45-8:45 am

Plenary #4: The Search for Synergy: How Hypnosis and Psychoanalysis Can Enhance Each Other in Patient Care Richard P. Kluff, MD, PhD

1.0 CE/CME



Dr. Kluff 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.

Throughout the nineteenth century paradigms and practices involving hypnosis played major roles in the healing arts and cultural interests of Western Europe and North America. Sigmund Freud repudiated the use of hypnosis in 1895. As Freud developed and promoted his new “psycho-analysis,” he moved toward depreciating both hypnosis and role and powers of the hypnotist. When psychoanalysis rose in prominence, hypnosis became marginalized and fell into relative disuse. With few exceptions, the subsequent century of disengagement between hypnosis and psychoanalysis has been characterized by their mutual avoidance and dismissiveness, and by the incomplete appreciation of each by the other. Freud articulated rather negative views of hypnosis in a handful of landmark papers, perspectives still generally endorsed and perpetuated by contemporary psychoanalysts. However, Freud penned over 70 communications related to hypnosis. Scrutiny of all relevant papers demonstrates the incomplete and faulty understandings, the questionable logic, and the unscientific political considerations that underlay Freud’s negative assessments of hypnosis. This prolonged and unfortunate situation continues to impoverish hypnosis and psychoanalysis alike. I will demonstrate twelve approaches toward the repair of aspects of this venerable rift. I will argue that the judicious incorporation of insights and assets both from hypnosis into psychoanalysis and from psychoanalysis into hypnosis can be implemented without violating the standard approaches and practices of either modality. Examples are offered as food for thought, as stepping-stones toward a rapprochement long overdue.

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

- Contrast Freud’s critical descriptions of hypnosis and the practice of clinical hypnosis with hypnosis as it was practiced by Freud’s mentors in hypnosis, by Freud himself, and by contemporary practitioners.
- List six ways in which approaches derived from the practice of clinical hypnosis can be applied to enrich the practice of psychoanalysis and psychoanalytic psychotherapy.
- List six ways in which approaches derived from the practice of psychoanalysis and psychoanalytic psychotherapy can be applied to enrich the practice of clinical hypnosis.





## Fundamentals of Clinical Hypnosis Workshop (Level 1/Basic)

### **What is clinical hypnosis and what are the benefits of completing training in this clinical intervention modality?**

Clinical hypnosis has been a valuable treatment modality and adjunct for hundreds of years and has been used as an efficacious intervention in medical, dental, and behavioral health care. Clinical hypnosis incorporates understanding of current concepts of neuroanatomy, neurophysiology, and neuroplasticity with effective patient relationship and communication skills. This effective and useful clinical strategy has been defined as a special state of mental functioning, the process to create that state, the experience of oneself in that special state, and all of the above. Hypnotic trance has also been described as a state of focused attention, inner absorption, perceptual distortion, and openness to change. Clinical hypnosis is a powerful therapeutic intervention that draws upon the skill, adaptability, and creativity of clinicians.

The benefits of using clinical hypnosis in treatment situations include:

- Rapid establishment of rapport and the hypnotic relationship developmental and readiness to change stages.
- Facilitation of change, ego-strengthening, personal mastery, and reduction of impediments to change.
- Cost-effective, collaborative, person-centered treatment.
- Providing patients with life-long skills for better health.

American Society of Clinical Hypnosis (ASCH) - approved Fundamentals (Level 1/Basic) training in clinical hypnosis is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of health care experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in Intermediate (Level 2) and Advanced level ASCH or ASCH-approved workshops.

Upon completion of this workshop, participants will be able to do the following in their clinical practices:

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.
- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

### **Workshop Schedule (21.5 CE/CME)**

**Co-Chairs: Lane Wagaman, EdD; Maggie Dickens, MS, LPC, LCDC**

**Faculty: Lyssa Menard, PhD; Akira Otani, EdD, ABPH; Linda Thomson, MSN, APRN, ABMH, ABHN**

#### **Thursday, March 28, 2019**

**1:00 Plenary 1**

**2:00 BREAK**

**2:30 Workshop Intro (Wagaman, Dickens)**

**2:45 Intro to Clinical Hypnosis: History; Definitions; Anatomy of a Clinical Hypnosis Session (Wagaman) 1.25 CE/CME**

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

- Provide at least one commonly accepted definition of clinical hypnosis.
- Define at least three hypnosis terms and describe how they apply to the clinical hypnosis experience.
- Describe at least three common misconceptions concerning hypnosis and provide an accurate rebuttal for each.
- Describe the stages of a hypnotic encounter.
- Describe the physiological and psychological changes observed in the behavior of the subject in trance.

- 4:00 Neurophysiology of Hypnosis (Otani) .75 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Describe how hypnosis affects the autonomic nervous system and the stress response.
  - Describe three implications of neurophysiological research on the practice of hypnosis.
  - Explain two differences and two similarities between hypnosis and meditation in a manner understandable to patients/clients.
- 4:45 Hypnotic Phenomena (Wagaman) .75 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Describe five different hypnotic phenomena.
  - Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically.
  - List at least three principles of eliciting hypnotic phenomena.
  - Define abreaction and describe how it can be addressed therapeutically.
- 5:30 Group Experience (Wagaman) .25 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Experience and describe at least three phenomena present in a group hypnotic trance experience.
- 5:45 RECESS**
- 6:00 Opening Reception**

**Friday, March 29, 2019**

- 7:45 Plenary 2**
- 8:45 BREAK**
- 9:00 Rapport, Facilitation of Trance (Induction), Re-Orienting (Re-Alerting) (Dickens) 1.0 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Describe at least three ways to establish and reinforce rapport.
  - Describe at least four observable physiological and four psychological signs of trance.
  - Discuss the importance of removing hypnotic suggestions.
  - Demonstrate at least three strategies for re-orienting.
- 10:00 Demo #1: Structured Breathing (Dickens) .25 CE/CME**
- 10:15 Intro to Small Group Practice (Dickens) .25 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Identify and describe the goals, procedures, guidelines and rules of the experiential small group practice sessions.
- 10:30 Small Group Practice 1 (Faculty) 1.5 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Demonstrate one strategy for building attunement (rapport) with patients.
  - Facilitate at least one trance facilitation (induction) and one re-orientation method with a member of the participant group, describe his/her responses, and what was observed in the behavior of the participant.
  - Adapt the hypnotic process/procedures to the observed behavior of the participant in trance.
- 12:00 LUNCH ON YOUR OWN**
- 1:30 Hypnotic Communication and Formulating Suggestions (Wagaman) 1.0 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Explain at least two ways hypnotic communication creates positive expectancy.
  - Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion.
  - Differentiate between direct and indirect suggestion.
- 2:30 Stages of Hypnosis; Intensification (Deepening) of Trance (Dickens) .75 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Describe three strategies for intensification (deepening) of trance.
  - Demonstrate the ability to intensify the hypnotic experience in ways best tailored to the patient/client.
  - Identify how fractionation can be used to intensify trance.
- 3:15 Preview/Overview: Hypnosis with Pediatric Populations (Thomson) .75 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Identify three developmental characteristics that make children particularly hypnotizable.
  - Describe how hypnotic approaches vary according to the developmental age of the child.
  - Describe the therapeutic benefits and applications of using hypnosis with children.
- 4:00 Demo #2: Eye Fixation (Wagaman) .75 CE/CME**
- 4:45 BREAK**

**5:00 Small Group Practice 2 (Faculty) 1.5 CE/CME**

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

- Demonstrate the ability to establish attunement (rapport) with a fellow participant/subject that is different from previous practice session.
- Facilitate at least one trance facilitation (induction) method, one intensification (deepening) method, and a re-orienting method with a member of the group different from previous practice session, describe the participant responses, and what was observed in the behavior of the participant.
- Demonstrate adaptation of the hypnotic process/procedures to the observed behaviors of the subject in trance.

**6:30 RECESS**

**Saturday, March 30, 2019**

**7:45 Plenary 3**

**8:45 BREAK**

**9:00 Presenting Hypnosis to the Patient, Hypnosis and Memory, Informed Consent (Dickens) .75 CE/CME**

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

- Summarize at least three key points about hypnosis and trance to discuss in a non-technical manner with a patient.
- Review important elements and recommended procedures in obtaining informed consent regarding the use of clinical hypnosis.
- Discuss the fallibility of memory.

**9:45 Demo #3: Eye Roll (Dickens; Wagaman) .5 CE/CME**

**10:15 Small Group Practice 3 (Faculty) 1.75 CE/CME**

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

- Demonstrate the ability to build attunement (rapport) with a participant/subject different from previous practice sessions.
- Facilitate at least one trance elicitation (induction) method, one intensification (deepening) method, and re-orientation method with a member of the participant group different from previous practice sessions, describe participant responses and what was observed in the behavior of the participant/subject.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

**12:00 LUNCH ON YOUR OWN**

**1:30 Understanding and Utilization of Resistance (Wagaman) 1.0 CE/CME**

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

- Describe three types of resistance.
- Identify at least four strategies for bypassing or working through resistance.

**2:30 Ego Strengthening (Wagaman) .75 CE/CME**

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

- Define ego strengthening and how it might be used in clinical practice.
- Identify three different types of ego strengthening.
- Describe at least three strategies for ego strengthening in clinical hypnosis practice.

**3:15 Self-Hypnosis (Dickens) .75 CE/CME**

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

- Define self-hypnosis and explain the difference between self-hypnosis and heterohypnosis.
- Describe at least three therapeutic applications of self-hypnosis in clinical practice.
- Explain how to teach self-hypnosis to a patient/client.

**4:00 Demo #4: Arm Levitation (Wagaman; Dickens) .75 CE/CME**

**4:45 BREAK**

**5:00 Small Group 4 (Faculty) 1.5 CE/CME**

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

- Demonstrate the ability to establish attunement (rapport) with the participant/subject different from previous practice sessions by identifying ego strengthening suggestions of interest to the participant/subject to use in the treatment phase of the hypnotic process.
- Facilitate at least one trance elicitation (induction) method, one intensification (deepening) method, an ego strengthening suggestion, elicit hypnotic phenomena, and re-orientation with a member of the group different from previous practice sessions, describe the participant/subject responses and what was observed in the behavior of the participant/subject.
- Adapt the hypnotic process/procedures to the observed behavior of the participant/subject in trance.
- Clarify readiness for incorporating hypnosis into clinical practice.



6:30 Cocktail Reception  
7:15 Awards Ceremony and Banquet

**Sunday, March 31, 2019**

7:45 Plenary 4

8:45 BREAK

9:00 **Treatment Planning / Integrating Hypnosis into Clinical Practice (Dickens) 1.0 CE/CME**

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

- Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan.
- Design a treatment plan for a patient/client who presents with anxiety.
- List at least four hypnotic strategies/applications that may be best suited to achieve the specific therapeutic goals in the case presented.
- Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such.
- List at least three uses of hypnosis within your discipline that you have been taught and are prepared to apply and three applications of hypnosis that require further training.
- Describe three ways you will begin to incorporate hypnotic communication, clinical hypnosis and hypnotic strategies into your practice.

10:00 **Anatomy and Process of an Hypnotic Session, II (Faculty) .75 CE/CME**

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

- Describe the steps/stages in a formal hypnotic encounter.
- Identify two characteristics of trance exhibited by the subject.
- Define three changes the trance facilitator effected during the re-orientation phase of the trance experience.

10:45 **Ethics Review (Wagaman) .5 CE/CME**

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

- Describe at least potential ethical-legal issues with respect to the use of hypnosis in clinical practice.
- Discuss standards for professional conduct in using hypnosis clinically.

11:15 **ASCH Membership and Certification (Wagaman) .25 CE/CME**

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

- Discuss the ASCH standards of training in clinical hypnosis, levels of training, and requirements for ASCH certification.
- Describe the opportunities available for further training, membership and certification

11:30 **Q&A/Wrap-Up (Faculty) .5 CE/CME**

12:00 **WORKSHOP CONCLUDES**

## Refining Skills and Treatment Applications (Level 2/Intermediate)

### **What are the advantages of more training in Clinical Hypnosis?**

The second step in certification training is to strengthen skills, strategies and applications of clinical hypnosis. Part One taught “how to” do clinical hypnosis, and Part Two builds upon this skill set and furthers development, adding the when, why, and where to the “how”.

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 Identity 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 Workshop increases skills and builds confidence in the use of hypnosis. It prepares the learner 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 CE/CME)**

**Co-Chairs: Akira Otani, EdD, ABPH; Louis Damis, PhD, ABPP**

**Faculty: David Alter, PhD; Carolyn Daitch, PhD; Delle M. Jacobs, MSW, LICSW, LMFT; David Reid, PhD; Robert Staffin, PsyD, ABPH; Mark Weisberg, PhD, ABPP**

#### Thursday, March 28, 2019

**1:00 Plenary 1**

**2:00 BREAK**

**2:30 Refining the Skills: Hypnotic Induction, Deepening, Alerting & Other Techniques (Otani, Damis, Jacobs) 1.0 CE/CME**

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

- 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.
- Explain the importance of re-alerting and identify two components of the re-alerting process.

**3:30 BREAK**

**3:45 Ego-Strengthening (Otani) .75 CE/CME**

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

- Define ego-strengthening and how it might be used in clinical practice Identify two different types of ego strengthening.
- Describe at least three strategies for ego-strengthening in clinical hypnosis practice.

**4:30 Hypnotic for Pain Management (Weisberg) 1.0 CE/CME**

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

- Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.
- Outline precautions in using hypnotic methods for pain relief, and the limited number of conditions where one might consider creating a complete anesthesia.
- Identify hypnotic strategies and be able to name at least six hypnotic techniques for use in pain management.

**5:30 RECESS**

**6:00 Opening Reception**

#### Friday, March 29, 2019

**7:45 Plenary 2**

**8:45 BREAK**

**9:00 Neurophysiology of Hypnosis (Damis) 1.25 CE/CME**

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

- Explain the neurophysiological basis of involuntariness.
- Identify three CNS systems altered during hypnosis.
- Identify two ways hypnotic suggestion formation is informed by neurophysiological findings.

**10:15 BREAK**

**10:30 Small Group Practice 1 (SGP1) (Faculty) 1.5 CE/CME**

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

- Demonstrate as the operator and personally experience as the subject a hypnotic trance.
- Utilize a new induction and deepening technique along with a new skill or application learned from the preceding lectures and demonstrations.

**12:00 LUNCH ON YOUR OWN**

**1:30 Clinical Hypnosis in the Treatment of Trauma (Damis) 1.5 CE/CME**

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

- List five domains of trauma damages and a phase-oriented model of trauma treatment.
- Describe and apply an individualized approach to generation of coping strategies.
- Explain the function of anxious intrusions in hypnotic stabilization work and strategies for management of them.

**3:00 BREAK**

**3:15 Small Group Practice 2 (SGP2) (Faculty) 1.5 CE/CME**

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

- Demonstrate as the operator and personally experience as the subject a hypnotic trance.
- Utilize a new induction and deepening technique along with a new skill or application learned from the preceding lectures and demonstrations.

**4:45 BREAK**

**5:00 Clinical Hypnosis in the Treatment of Anxiety and Phobias (Daitch) 1.25 CE/CME**

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

- 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.

**6:15 RECESS**

**Saturday, March 30, 2019**

**7:45 Plenary 3**

**8:45 BREAK**

**9:00 Ericksonian Approaches to Hypnosis and Therapy (Staffin) 1.25 CE/CME**

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

- Define the concept of "utilization."
- List three domains within the clinical encounter from which they can draw material to be utilized.
- Discuss the concept of a therapeutic "posture" and how utilization can be one such posture.

**10:15 BREAK**

**10:30 Small Group Practice 3 (SGP3) (Faculty) 1.5 CE/CME**

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

- Demonstrate ability to build rapport with the subject.
- Experience one hypnotic induction, deepening, anxiety reduction/stabilization intervention, ego-strengthening, and post-hypnotic suggestion, and re-alerting.
- Demonstrate the ability to facilitate an induction, deepening, and anxiety reduction/stabilization, ego-strengthening techniques, and re-alerting with a group member; describe his/her responses and what she/he observed in the behavior of the participant.

**12:00 LUNCH ON YOUR OWN**

**1:30 Conversational Hypnosis (Alter) 1.5 CE/CME**

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

- Understand neuropsychological underpinnings of brain-science-based hypnotically-informed conversation.
- Discover the role of novelty and disorientation in elicitation of trance and as a driver of hypnotically-guided neuroplastic change.
- Practice applying a non-predictive, non-reductionistic, non-prescriptive (i.e., script-based) model of hypnotically-informed conversation.

**3:00 BREAK**

**3:15 Insight-Oriented and Exploratory Techniques (Damis) 1.5 CE/CME**

**Hypnotic Treatment of Habit Disorders (Damis)**

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

- Identify prerequisites for the use of hypnotic exploratory techniques and identify two clinical situations contraindicated for exploratory work.
- Describe and apply three insight oriented techniques.
- Identify four stages of change relevant to treating habit disorders and the goals of hypnotic intervention for each.
- Identify and apply specific hypnotic interventions appropriate to each stage of change.

**4:45 BREAK**

**5:00 Incorporating Mindfulness Skills in Hypnosis (Otani) 1.25 CE/CME**

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

- Identify three distinct characteristics of mindfulness meditation that differ from hypnosis.
- Lead three guided mindfulness meditation methods, i.e., the "M&M," the touch-and-return, and the loving-kindness.
- Identify the four neurophysiological concepts essential to the understanding of hypnosis and mindfulness, i.e., the prefrontal cortex, the insula, the anterior and posterior cingulate cortex, and the - Default Mode Network (DMN).
- Name three distinct disorders for which hypnosis and mindfulness may be integrated for treatment.

**6:15 RECESS**

**6:30 Cocktail Reception**

**7:15 Awards Ceremony and Banquet**

**Sunday, March 31, 2019**

**7:45 Plenary 4**

**8:45 BREAK**

**9:00 Treatment Planning Using Hypnosis (Reid) 1.25 CE/CME**

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

- Discuss variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.
- List at least four applications of hypnosis suited to achieve a specific therapeutic goal.

**10:15 BREAK**

**10:30 Ethics, Professional Organizations, and Summary (Otani, Damis) 1.5 CE/CME**

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

- Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis.
- Describe ethical issues and standards of professional conduct in using hypnosis clinically.
- Identify the opportunities available for further training, membership and certification.

**12:00 WORKSHOP CONCLUDES**

## Teaching and 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 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 CE/CME)**

Chair: Holly Forester-Miller, PhD

#### **Friday, March 29, 2019**

##### **9:00 am Introductions; Workshop Overview 1.5 CE/CME**

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

- Facilitate introductions, build community, and create safety.
- Facilitate a learning environment for adults.

##### **10:30 Educational Theories; Learning Styles .75 CE/CME**

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

- Summarize one major theory of adult learning.
- Apply an intervention that will stimulate adult learners in medical and other health science training programs

##### **11:15 Small Group Instruction I .75 CE/CME**

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

- Organize a small group experience that facilitates learning, as well as safety and effective group dynamics.
- Provide instruction to workshop faculty regarding how to manage abreaction, and the importance of ensuring workshop participants are fully re-alerted following hypnosis experiences.

##### **12:00 pm LUNCH ON YOUR OWN**

##### **1:30 Small Group Instruction II – Video examples 2.5 CE/CME**

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

- Provide appropriate and constructive feedback to small group participants at basic workshops.
- Modify their teaching methods based on the learning styles of the small group participants.

##### **4:00 Planning Basic, Intermediate, and Advanced Hypnosis Workshops I .5 CE/CME**

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

- Identify content appropriate for basic, intermediate, and advanced workshops for hypnosis training.
- Develop content appropriate for the multidisciplinary nature of students at hypnosis workshops.

##### **4:30 BREAK**

##### **4:45 Planning and Organizing a Hypnosis Workshop II 1.0 CE/CME**

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

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

##### **5:45 RECESS**

**Saturday, March 30, 2019**

- 9:00 am**      **Being an Approved Consultant 1.0 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Develop a learning contract with a student of hypnosis.
  - Implement various types of consultation.
- 10:00**      **Being an Approved Consultant, Role Play of IC 1.5 CE/CME**  
*At the conclusion of this presentation, attendees will be able to:*
- Understand the difference between supervision and consultation.
  - Provide effective case consultation.
- 11:30**      **Evaluations, Questions & Answers, Wrap-Up .5 CE/CME**
- 12:00**      **WORKSHOP CONCLUDES**

**Saturday, March 30**  
**Cocktail Reception**  
**6:00-7:15 pm**

**Awards Ceremony and Banquet**  
**7:15-11:00 pm**

## **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 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.

Additionally, this course is intended for any ASCH member desiring to learn how to present a similar course at their local hospitals, medical/dental clinics, EMT courses, health professionals graduate programs, etc. It could also be helpful for EMT's, paramedics, and respiratory therapists.

**Registration Information:** For licensed or certified health care professionals holding lower than a master's degree and graduate students in accredited graduate health care programs, the registration rate for this event is \$99.

Licensed health care professionals with a master's degree or higher who are attending the Annual Scientific Meeting and Workshops as an Advanced Workshop attendee may choose to attend this program as a single day Advanced Workshop, or within the structure of your meeting selections.

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

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

Approved to award 6 CNE through 212612020 AHNA approval #1338

Approval for contact hours through the 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.

## **Workshop Schedule (6 CE/CME)**

Co-Coordinators: Deb Nesbitt, ARNP, PMHNP-BC; Linda Thomson, MSN, APRN, ABMH, ABHN

*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.*

### **Saturday, March 30, 2019**

**9:00 am Benefits of Learning Hypnotic Healing Communication (Deb Nesbitt) 3.0 CE/CME**

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

- Outline two benefits of hypnosis.
- Identify two ways hypnosis improves outcomes.
- Cite two ways hypnosis is cost effective and evidence based.



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

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

- Explain at least two definitions of hypnosis.
- Recognize the individual parts of hypnosis.
- Debunk at least two myths of hypnosis.

### **Rapport Building (Judy Thomas)**

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

- Demonstrate four components of rapport building.

## **12:00 pm LUNCH ON YOUR OWN**

### **1:30 Review How Stress and Pain Affect Body Systems (Linda Thomson) 1.5 CE/CME**

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

- Identify areas of the brain involved in the pain experience.
- Explain the stress response.
- Identify the areas of the nervous system involved in the pain experience.

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

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

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

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

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

- Identify negative suggestive behavior and vocabulary during medical/dental encounters.
- Develop alternative appropriate hypnotic language for medical/dental procedures and tests.
- Discuss components of effective suggestions.
- Differentiate between direct suggestions and indirect suggestions.
- Demonstrate four hypnotic techniques.

## **3:00 BREAK**

### **3:15 Specific Applications of Hypnotic Healing Communication (Thomson, Thomas, Nesbitt) 1.5 CE/CME**

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

- Explain eight applications of hypnotic healing communication.

### **Self-Hypnosis (Thomson)**

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

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

## **4:45 WORKSHOP CONCLUDES**





## ADVANCED WORKSHOPS

Thursday, March 28, 2019

**1:00 - 2:00 pm**

**Plenary #1: Where's the Strength in Ego-Strengthening?**

**Michael Yapko, PhD**

**See page 11 for details**

**2:30-5:45 pm**

**AT1: Future Focused Therapeutic Strategies to Empower Resilience**

**Moshe Torem, MD**

**CE/CME Credits: 3**

This workshop will review the various forms of hypnotherapy as related to the issue of time focus and patient's resilience. Many therapies have focused on the present and the past, attention to the future has been rather minimal. However, the use of future focused strategies can be a powerful approach to bring about transformational change in people's behaviors and symptoms in their present life as well as strengthening and eliciting resilience to stress. 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. Moreover a discussion with Q. & A. will provide an opportunity for clarification of implementation issues in practice.

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

- Formulate at least verbal suggestion.
- Participants can expect to consider a future focused orientation in the care of patients. This is expected to be realized by asking patients to discuss and elaborate the details of achieving the best possible outcome of treatment.
- In the clinical setting attendees will consider using this new future oriented focus before spending time on exploring patients' childhood memories or other past experiences.
- Emulate the examples given by the instructor.

**AT2: Working with Suffering from the Untoward Medical Events That Effect Our Lives**

**Philip Appel, PhD, FASCH**

**CE/CME Credits: 3**

This workshop will explore one model for the treatment of suffering as it relates to lasting medical illness and injury. We will explore concepts of suffering and look at a multi-stage model for restoring a sense of self that transcends the "Narrative self" to promote an identification with the "Agent self" to repair the narcissistic wound that arose in the face of disability. We will look at the self-regulation skills necessarily not only in the sensory, cognitive and affective realms but in awareness training as well to promote acceptance. We will discuss the involvement of ego-states and how the transforming power of empathy and compassion directed towards self brings about a rapprochement within and does much to ameliorate the experience of suffering.

*At the conclusion of this presentation, attendees will have learned:*

- Oyle's procedure for pain reduction.
- Hypnotically mediated choiceless awareness mindfulness.
- Assagioli's exercise for disidentification.
- Use of ego states combined with compassion and loving kindness
- Discuss and articulate a strategy for changing the narrative self and promoting identification with age and self.
- The workshop attendees will learn additional skills as well as think of using old skills in a new combination.

### **AT3: Rhythms of Mind, Body, and Soul: Musical Hypnosis to Enhance Resilience**

**Anita Jung, MS, LPC-S, FAPA**

**CE Credits: 3** (*Not eligible for CME for MDs/DOs*)

Music and rhythm find their way into the secret places of the soul. Plato The Greek philosopher Pythagoras was among the first to recognize the healing powers of music. Milton Erickson, the musician of mind, body and soul, was the first to structure communication for greatest effect so that clients could change many aspects of their life, not merely their presenting symptoms. Just as the cadence of voice and patterns of speech form the music of Ericksonian communication, repetition and rhythm create the emergence of a trance state in music, film, and in poetry. The utilization of all three within a hypnotherapy model functions as a catalyst accentuating the nuances of seeding, guiding associations, deepening trance, shifting perceptions, and inspiring change. In a combination of Hypnotic concepts giftwrapped in landscapes of music, poetry, and film participants will master how to interrupt and transform symptomatic states to connect to inner strengths and create memorable and mindful resilience. Methods for discovering, recognizing, and utilizing rhythmic components inherent in therapeutic processes will enhance the participant's self-awareness and guide towards healing and positive expectancy of outcomes. Participants will explore how to invite dissonance and harmony to assist clients in making the right decisions for their life at any given moment. Through lecture, experiential techniques, video and audio vignettes participants will experience how to connect to inner rhythms, how to change perceptions, transform symptomatic states, understand how to isolate the functions of music to intensify hypnotic sensations, and how to use rhythm as a communication tool to guide associations. The latest research will examine the link between melody and the mind that suggests that listening to and playing music alters how our brains, and therefore our bodies, function. These ideas and practices are relevant in a variety of healthcare environments.

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

- Articulate and practice poetic and musical rhythm in your hypnotherapeutic communication.
- Demonstrate and design a consistent method to utilize the spaces between to enhance post-hypnotic suggestions changing the participant's practice.
- Prioritize paying attention to the spaces between as a tool to interrupt a pattern, increase awareness, and become comfortable in a symptomatic state.
- Increasing awareness of vibrational patterns and using rhythmical language to affect change and outcomes.

**6:00-7:00pm**

**Welcome Reception**

### **Friday, March 29, 2019**

**7:00 am Continental Breakfast**

**7:45-8:45 Plenary Session #2: Hypnotic Ego Strengthening: Where We've Been and the Road Ahead**

**Shirley McNeal, PhD, ABPP**

**See page 11 for details.**

**9:00 am-12:00 pm**

**AF1: Process-Oriented Hypnosis: Being General Deliberately to Produce Specific Results**

**Michael Yapko, PhD**

**CE/CME Credits: 3**

Dr. Yapko is the author of 15 books (including *Trancework* (5th edition), *Taking Hypnosis to the Next Level*, *Mindfulness and Hypnosis*, and *The Discriminating Therapist*), and editor of three others. These products will not be promoted or sold during this program.

Milton Erickson was often credited with being a “mind-reader,” but he vigorously rejected that label and simply said he was just more observant than most people. Realistically, there are many common denominators of human experience that can make one seem a mind reader to a client when addressed in the course of therapy. Hypnosis can be especially well used to address generalities that have very specific effects in addressing medical and psychological issues. In this workshop, we’ll explore this gentle style of hypnotic intervention. A structured skill-building practice opportunity and a video demonstration of a process-oriented session regarding depression conducted with a Spanish-speaking patient through a translator will be featured during this presentation.

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

- Describe and discuss recent studies on the role of an over-general cognitive style in treatment response.
- Demonstrate how general language can generate specific effects in the listener.
- Demonstrate the use of hypnosis as a means of empowering clients and encouraging resilience.
- Identify common themes evident in treating medical and psychological issues.

### **AF2: Five Important Building Blocks Milton Erickson Taught Me for Hypnosis and Therapy**

**Stephen Lankton, LCSW, DAHB, FASCH**

**CE Credits: 3** *(Not eligible for CME for MDs/DOs)*

Mr. Lankton is the Editor-in-Chief of the *American Journal of Clinical Hypnosis (AJCH)*, and receives financial remuneration as part of his position; none of his teaching content will be derived from his experience as editor.

Milton Erickson shared many interventions, concepts, and ideas about using hypnosis and conducting therapy in the years I studied with him. Now, over 40 years later, I can confidently say that five building blocks have become essential in my work with every client. This workshop will explain, demonstrate, and illustrate Utilization, Use Experiential Resources, Conscious/Unconscious Dissociation, Speaking the Client's Language, and the Use of Ambiguity.

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

- Identify and apply the Utilization principles in clinical work.
- Identify and organize the use of Experiential Resources in several areas of clinical work.
- Identify and use the Conscious/Unconscious Dissociation principles in clinical work, especially using hypnosis.
- Identify and properly use Ambiguity at various times throughout their clinical work.

### **AF3: Reframing Via Altered States of Consciousness Experiences Influences Spiritual and Religious Aspects of Skin and Skin Disorders**

**Philip Shenefelt, MD, ABMH,**

**CE/CME Credits: 3**

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

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

- Describe the research on how induction of altered states of consciousness may lead to spiritual or religious experiences. Describe the interaction between skin and psyche and their spiritual and religious dimensions.
- Recognize the culturally specific contexts in which the spiritual and religious experiences occur.

- Assess the influence of spiritual and religious dimensions on personal and cultural ramifications of skin disorders.
- Describe how spiritual and religious beliefs influence perceptions about skin disorders and how that affects individual patients.

#### **AF4: Ethical Application of Hypnosis**

**Joel D. Marcus, PsyD, G. Lane Wagaman, EdD, Marc I. Oster, PsyD, ABPH**

**CE/CME Credits: 3**

Therapists are often faced with situations which require appropriate and sound ethical decision making ability. The field of Hypnosis presents new challenges. Determining the appropriate course to take when faced with a difficult ethical dilemma can be a challenge for even the most seasoned professional. This workshop will cover the basics of the difference between laws and ethics. It will provide a model for ethical decision making. Variables such as children's rights and research questions will be covered. Areas of possible ethical violations will be covered.

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

- Discuss the differences between relevant laws and ethical principals in the practice of hypnosis.
- Apply ethical principles in the practice of clinical hypnosis.
- Recognize possible areas where ethical violations may occur.
- Apply a discreet decision making model.

**12:00-1:30pm**

**LUNCH ON YOUR OWN**

**1:30-3:00 pm**

#### **AF5: Ego Strengthening and Resilience Building Ericksonian Style**

**Jim Warnke, MA, MSW, LCSW**

**CE/CME Credits: 1.5**

Ego-strengthening and resilience building are the two feet upon which all effective hypnotic interventions learn to dance. This ninety (90) minute Workshop will utilize didactic instruction, group hypnosis, individual demonstration, and work in dyads so that participants will engage in cognitive and experiential learning of Ericksonian hypnotic approaches to ego strengthening and resilience building both with and without formal trance induction. Since neither construct can be engaged globally or in general, the workshop will focus on the component elements of ego strengthening and resilience building. How these can be utilized in hypnotic interventions and strategies that stimulate and enhance treatment outcomes, across patient dimensions and treatment venues, i.e. therapy room, waiting room, hospital room, examination room, or school room, will be presented, practiced and discussed.

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

- Construct hypnotic, apparently casual conversational, interventions for resilience and ego building.
- Construct two (2) metaphors appropriate for utilization with each of the component elements of the ego strengthening schema presented.
- Construct two (2) metaphors for utilization with each of the resilience building schema presented.
- Identify specific deficits in ego strength of specific clients and patients and generate two (2) realistic hypnotic interventions designed to remediate these deficits.
- Apply these skills to aid in the formulation of specific ego strengthening and resilience building goals in the course of treatment planning.

## **AF6: Butt-Out: Hypnosis for Smoking Cessation**

**Linda Thomson, MSN, APRN, ABMH, ABHN**

**CE Credits: 1.5** *(Not eligible for CME for MDs/DOs)*

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.

Smoking is a leading cause of morbidity and mortality among Americans. Clinicians trained in hypnosis can have a critical impact on saving the health and lives of people addicted to nicotine. This workshop will describe interventions that can be used to promote smoking cessation through counseling, motivational interviewing and hypnosis. Attendees will be equipped with a framework for counseling patients/clients concerning the important benefits of smoking cessation. They will learn effective hypnotic strategies and techniques that they can use in their work with smokers. Helping patients overcome nicotine addiction can have an enormous impact on the patient's health. Being successful helping people stop smoking can have a positive impact on the increase of the numbers of referrals and the growth of one's practice. Attendees will be equipped with a framework for counseling patients/clients concerning the important benefits of smoking cessation. They will learn effective strategies and techniques that they can use in their work with smokers.

Helping patients overcome nicotine addiction can have a positive impact on the increase of the number of referrals and the growth of one's practice.

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

- Demonstrate increased skills in counseling and motivational interviewing for patients with nicotine addiction.
- Cite and explain the interventions available for aiding patients in their efforts to stop smoking.
- Describe hypnotic strategies to promote smoking cessation.
- Formulate a metaphor useful for smoking cessation.

## **AF7: Advances in Dental Hypnosis for Dentists and Psychology Professionals**

**Ashley Goodman, DDS, ABHD; Gabor Filo, DDS; Edward F. Mackey, PhD, MSN, MS, CRNA, FAPA;**

**Michael Thomasino, DMD**

**CE/CME Credits: 1.5**

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

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

- Identify and recognize appropriate uses of hypnosis to aid in the treatment of dental problems.
- Identify the uses of hypnotherapy for behavior modification, relaxation, anxiety control, fear elimination, quelling undesirable habits (tongue thrust, reverse swallowing, TMJ dysfunction, bruxism, clenching), amnesia, analgesia, anesthesia, pain control.
- Dentists can utilize the above listed skills and outcomes to improve current patient care and expand patient care (e.g. using hypnotic techniques to treat phobic patients who would otherwise require medical sedation dentistry or other of the above listed uses that the clinician does not currently treat).

- Psychologists will be able to evaluate and identify situations to assist local dental colleagues and their patients who may have dental related needs.
- Dentists can discuss with and educate their staff in the new techniques they will be using to treat and communicate with patients, and formulate a plan to integrate new techniques through the various stages of patient care. Support from the entire dental community.

**3:15-6:30 pm**

**AF8: Transpersonal Dimensions of Hypnosis and Healing**

**Moshe Torem, MD and Phil Appel, PhD, FASCH**

**CE/CME Credits: 3**

This workshop will focus on reviewing the intrapersonal, interpersonal and transpersonal dimensions of medicine and healing. In addition, the special role of adding transpersonal dimensions of healing to understanding human behavior in health and disease will be explained and discussed. Experiential exercises will be offered to illustrate the value of using a transpersonal dimension, such exercises will include guided imagery and self-hypnosis. The following topics will be covered: transpersonal medicine as a new paradigm, transpersonal imagery and healing, mutual resonance in the transpersonal field, a transpersonal perspective of healing imagery, co-consciousness and transformation and integrating hypnosis with transpersonal healing. Attendees will be able to use the skills of transpersonal hypnosis to promote healing and recovery from illness. Moreover, attendees will be able to use these skills in promoting healthy behaviors in coping with stress in daily living.

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

- Name at least three key figures in the development of transpersonal healing.
- Know the differences between intrapersonal, interpersonal and transpersonal dimensions of healing and hypnosis.
- Possess an additional set of skills in their tool box as they practice treatment options in the care of patients.
- Take their learned experience in the workshop and implement it in the care of their patients.

**AF9: Embodied Approaches to Hypnosis: An Integrative Approach to Treating Adults Who Have Experienced ACEs**

**Suzanne Candell, PhD, LP; Jennifer Stoos, MDiv, MA, LMFT**

**CE/CME Credits: 3**

According to a large study, 65% of the population have experienced at least one Adverse Childhood Event (ACE). Research has found a significant relationship between ACEs and negative psychological, health, and social outcomes in adulthood. Facilitating transformative experiences in individuals with ACEs and other traumas is vital to building resilience and enabling successful change and healing. However, problems with mind body integration in this population can interfere with participation and progress in psychotherapy. This presentation focuses on Embodied Hypnosis, a three-step process that shows how to blend hypnosis with somatic approaches to psychotherapy to improve psychophysiological self-regulation, interactive and attachment capabilities, and day-to-day resilience. Recognizing the bi-directional influence of body and mind, attention will be paid to how hypnosis can cue the body to access adaptive movement creating a bridge to flexibility and well-being, and how to use hypnosis to address maladaptive physical phenomena. Emphasis will be placed on the use of these strategies to enable self-regulation and attachment skills in adults with ACE histories.

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

- Recognize the correlation between Adverse Childhood Experiences and psychophysiological and psychosocial dysfunction and will be encouraged to consider the need for a trauma informed approach to these problems when using hypnotic interventions.
- Describe how to use hypnosis to amplify or adapt a physical experience in their clients.
- Demonstrate a strategy to recognize and inquire about patient's bodily sensations, and strategies for eliciting physical sensation or movement.



- Describe how to use hypnosis to amplify or adapt a physical experience in their clients.
- Better able to recognize applicable situations and use hypnosis effectively to amplify physical and somatic behaviors that enhance resilience, and to modulate dysfunctional physical and somatic expressions.
- Utilize a three-step process to Notice, Elicit and Adapt somatic and physical experiences using hypnosis that they can use upon return to their practice.

### **AF10: Utilization of Creative Clinical Hypnosis in the Treatment of Complex and Frustrating Clinical Conditions**

**Harvey Zarren, MD, FACC**

**CE/CME Credits: 3**

For the past 10 years I have worked with patients who have physical complaints with no standard test showing any positive results, and no usual medical therapy having any significant success. These conditions such as fibromyalgia, chronic fatigue, many pain syndromes, and even some autoimmune disorders are becoming progressively frequent at a time when our medical system is focused on finance and efficiency and is fragmenting healthcare into more and more subspecialties. Having enormous introspective time in my practice, I have learned that our biology is incredibly capable of healing given appropriate support. Our current living environment rather than being supportive is progressively chaotic, noisy, full of information overload, and is frequently utilizing fear to motivate behavior. I have learned that in this setting creatively used Clinical Hypnosis can be very effective in both relieving suffering and in healing patients with these very frustrating conditions. Hypnosis not only is useful for ego strengthening and for building resilience, but also enables biological positive change through gene expression. In this workshop I will present relevant biology, will do a live demonstration of creatively using Clinical Hypnosis with a "Patient," and will interactively discuss what helps and what prevents practitioners from being creative with Clinical Hypnosis in ways that can effectively decrease suffering and enhance healing. I will also present some simple tools for both practitioners and patients, tools that can support our biology in the currently erosive living environment.

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

- Utilize Clinical Hypnosis to help patients/clients change their biology, enhance ego strengthening and resilience, and improve clinical outcomes.
- Utilize and/or broaden their use of creative Clinical Hypnosis in the positive evolution of patients/clients.
- Utilize creative Clinical Hypnosis in positively affecting the biology of patients/clients thus improving clinical outcomes and increasing the satisfaction of practice.

**7:30-11:00 pm: Board of Governor's meeting (open to the ASCH Membership)**

## **Saturday, March 30, 2019**

**7:00 am Continental Breakfast**

**7:45-8:45 am Plenary Session #3: Practical Lessons I've Learned from the Old Masters**

**D. Corydon Hammond, PhD, ABPH**

See page 12 for details

**9:00 am-12:00 pm**

**AS1: Hypnotic Pain Management: Practical Strategies & Techniques**

**D. Corydon Hammond, PhD,**

**ABPH CE/CME Credits: 3**

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

In the midst of an opioid epidemic it is vitally important for practitioners to have alternatives for treating chronic and acute pain. This workshop will introduce attendees to 4 overall strategies and 17 specific techniques for creating hypnotic analgesia. The workshop will include 11 pages of handouts, verbal modeling of how to phrase suggestions, and a live demonstration. The workshop will focus on teaching practical clinical techniques, not theory.

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

- List four overall strategies for facilitating hypnotic pain relief.
- Verbalize suggestions for facilitating glove anesthesia.
- Discuss 17 different alternative techniques for hypnotic pain management.
- Describe four situations where it is inadvisable to facilitate complete hypnotic anesthesia.

## **AS2: Hypnosis: A Path to Patient-centered Care**

**Daniele Lonchamp, MD, FAAP, FSAHM**

**CE/CME Credits: 3**

Clinical practitioners are confronted by the increasing health-services needs and expectations. A "whole person" approach to care that considers an individual's needs as a whole-rather than treating medical problems in isolation is an important way to deliver health care that meets those challenges. This whole person-care becomes flexible, tailored to the need and priorities of that "individual" person. Such approach can be daunting for clinicians who are trained in the organ/disease model of care. Adding Hypnosis is a way to achieve this better way of practicing. While adding Hypnosis in their communication with their patients, the clinicians will observe great changes leading to improved quality and safety of care. In this workshop, clinicians will learn how Hypnosis is easily and naturally incorporated into medical work without extra demand on time. During this workshop clinical vignettes ranging from neurology, gastroenterology, dermatology, urology, surgery, obstetrics, gynecology, pediatrics, endocrinology, emergency room, out-patients and in-patient units will illustrate how Hypnotic interventions can be rapid, effective, and even fun and have long-lasting positive effects for both the clinician and the patient.

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

- Demonstrate how to easily apply simple hypnotic techniques in their daily work in the out-patient and hospital settings. Recognize when hypnosis starts and use this to allow patients to be even more focused on tapping into their inner resources in order to find their own solutions.
- Feel more effective and improve their patient relationship.
- Feel more at ease with the demands of a busy practice and provide patient-centered care.

**12:00-1:30 pm**

**LUNCH ON YOUR OWN**

**1:30-3:00 pm**

## **AS3: Ego Strengthening for Clinicians: Utilizing Stories to Make Your Work Evocative**

**Robert Staffin, PsyD, ABPH**

**CE/CME Credits: 1.5**

Many clinicians have read the works of Erickson and other notable contributors in the fields of medicine and mental health and have been enchanted by their use of stories to achieve their strategic and therapeutic goals. Engaging and entertaining as these tales may be, many clinicians believe that they themselves are not capable of creating, crafting and utilizing stories in their clinical work. This workshop will highlight how practitioners across disciplines can utilize the histories and experiences of their patients, themselves and the context within which the encounter is taking place as the grist for the therapeutic story mill. Through didactic presentation and small group exercises participants will be taught the different functions that stories can serve and how to construct them based on one's strategic or therapeutic intent.



Whether one is working in a medical setting, a psychotherapy practice or some other clinical venue, learning how to construct and intersperse stories into your clinical conversations can serve to promote engagement, enhance rapport, orient patients towards treatment goals and facilitate cooperation with treatment. Through this session participants will be able to identify and describe the tools and resources that they already possess and ways to utilize them that will be both self-affirming for the clinician and engaging for the patient.

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

- Describe issues of influence and how they can be utilized in the service of treatment interventions and outcomes.
- Identify and present stories as a method for advancing strategic intentions and treatment goals.
- Utilize different dimensions (paraverbal) and domains (verbal/nonverbal) of communication to make their treatment recommendations and goals more appealing to their patients.
- Assess their patients' responsiveness and cultivate or modify their presentation as indicated through attention to and ongoing rehearsal of paraverbal and nonverbal elements of communication.

#### **AS4: Overcoming Performance Anxiety in Music, Sports, Test-Taking and Public Speaking**

**Carolyn Daitch, PhD**

**CE Credits: 1.5** *(Not eligible for CME for MDs/DOs)*

Dr. Daitch is the author of four books, including the award-winning Affect Regulation Toolbox, Anxiety Disorders: The Go-To Guide, and coauthor with Lissah Lorberbaum of Anxious in Love: How to Manage Your Anxiety, Reduce Conflict and Reconnect with Your Partner. Her newest publication is The Road to Calm Workbook. Dr. Daitch is also frequently invited by her colleagues to be a contributing author to a variety of books and journals. These products will not be promoted or sold during this program.

Performance anxiety is evident in its various manifestations as the most common fear. Some surveys have found that between 4% and 9% of the population develop situational phobias. In this workshop, participants will learn the causes and treatments of performance anxiety. They will learn to integrate hypnosis with cognitive exposure. Applications for test anxiety, music performance, sports performance and public speaking will be addressed.

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

- Articulate the rationale for combining hypnosis with CBT in the management of performance anxiety.
- Describe two hypnotic techniques that can be integrated with CBT for the treatment of four subtypes of performance anxiety.
- Identify two interventions that can help clients observe somatic manifestations of performance anxiety with less reactivity.
- Use specific approaches to help their patients manage performance anxiety and improve performance.

**1:30-4:45 pm**

#### **AS5: Charting the Course: Designing Strategic, Multi-phasic Interventions**

**Carol Ginandes, PhD, ABPP**

**CE/CME Credits: 3**

Dr. Ginandes is the author of various professional articles, chapters and medical hypnosis audio programs (for which she receives royalties); some content from these may be referenced for teaching purposes but will not be promoted or sold during the workshop session.

Although hypnosis can stimulate psychological and physiological changes, the clinical challenge is how to tap these powerful resources to enhance mind/body healing in the most enduring and effective way. The common use of a single stage unitary approach, albeit one replete with suggestions, may be less effective than the application of multiphasic, multimodal intervention designed to be delivered over the course of treatment. Drawing on the presenter's extended

strategic model, the workshop provides a template for the conceptual and practical design of such multimodal phasic approaches to optimizing patient progress throughout the healing milestones. Examples from her research protocols for accelerating healing (bone fractures, wound healing) and moderating mind/body syndromes (hypertension, allergic reactivity, tinnitus, etc.) will provide modeling of the step- by- step approach; this includes analysis of the goals, tasks, and specific hypnotic suggestion strategies suited to a various patients' conditions. Using case vignettes and practicum exercises, participants will have an opportunity to analyze their own specific cases, to formulate targeted goals and to create their own personalized phasic hypnotic intervention protocols in this manner. As well as including didactic and practicum components, the program is interactive and experiential and will provide a healthy clinical stretch for intermediate and advanced hypnosis practitioners. In the context of the presenter's strategic, phase -oriented hypnotic intervention model, participants will acquire a conceptual framework and a practical toolkit with which to approach a wide variety of mind/ body conditions.

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

- Describe a phase-oriented, multimodal hypnosis intervention model and differentiate it from a unitary hypnosis intervention.
- Demonstrate how to access the patient's representational system of specific language and imagery in order to create targeted, personalized suggestions.
- Analyze the phasic, goals, tasks and suggestions strategies relevant to a specific course of treatment for an individual patient.
- Create a hypnotic suggestion strategy using the technique of 'biological resource retrieval'.

#### **AS6: Hypnotically Enhanced Addictions Treatment with a Special Focus on the Opioid Crisis**

**Joseph Tramontana, PhD**

**CE/CME Credits: 3**

The presenter has provided workshops on hypnosis with addictions several times for both ASCH and SCEH, and will do a two-day workshop in Banff, Canada for the Canadian Federation of Clinical Hypnosis in May, 2019. A major change from prior workshops will be that he has adapted, in the segment on drug abuse, much greater focus on Opioid Use/Abuse starting with the SCEH conference in October 2018 and this one for ASCH in March 2019. Other major topical areas include alcohol abuse, gambling addiction, smoking cessation, and weight loss therapy.

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

- Develop strategies, techniques, metaphors and scripts for working with addicts.
- Expand the scope of their practice into dealing with clientele with addiction issues.
- Treat a broader scope of patients. Especially clinicians working with pain management will benefit from techniques for dealing with abuse of pain medications.
- Feel comfortable in working on problems that were previously thought of as very difficult to address with any reasonable level of success.

**3:15-6:30 pm**

#### **AS7: The Neuroscientific Basis of Hypnosis for Behavioral and Medical Conditions**

**Eva Szigethy, MD, PhD, and David Reid, PhD**

**CE/CME Credits: 3**

Dr. Reid is the author of 2 books from which some of his teaching content is derived and for which he receives financial remuneration.

There is a gap at the individual practitioner level in understanding the neurobiological underpinnings of hypnosis and its effect on the brain and body, and the translation of this knowledge to enhance clinical care. This workshop will blend didactic and experiential opportunities to evaluate the neurobiological underpinnings of hypnosis for anxiety disorders, PTSD, immune functioning, chronic pain syndromes, and brain-gut axis disorders. Gaining a better understanding of how

hypnotic interventions modify neurobiology can be validated for clinicians and allow them to explain hypnotic phenomena more scientifically to their patients.

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

- Explain the neuroanatomical correlates of hypnotic phenomena and specific neurobiological processes involved in treating anxiety, PTSD, chronic pain, immune dysfunction and brain-gut disorders using hypnosis as the treatment modality.
- Articulate the neurobiological basis of hypnosis and phenomena such as ideomotor signalling, catalepsy and dissociation and empathic connection.
- Identify the central and peripheral nervous system domains underlying behavioral and medical conditions and how these are influenced by hypnosis.
- Have confidence in gaining a pragmatic understanding of hypnosis and describing its mechanisms of actions across various common medical and behavioral conditions.
- Attendees will have opportunity to practice how they will describe these neuroscientific explanations to patients as well as be able to watch their instructors doing this with actual patients via video recordings of sessions.

### **AS8: Mindful Hypnotherapy for Taming Chronic Pain**

**Bruce Eimer, PhD, ABPP**

**CE/CME Credits: 3**

Patients on an unending search for satisfactory relief from chronic pain often become depressed, angry and alienated. This makes them a challenge to treat and decreases the likelihood of their receiving effective help. While hypnosis is an empirically validated treatment tool for pain, its efficacy is dependent on multiple factors. This workshop will examine what these factors are and how they interact. Then the session will provide concrete guidelines for utilizing these factors when using hypnosis to treat patients with chronic pain syndromes. A phase-oriented hypnotherapy treatment model developed by the presenter will be described, and the objectives of each phase along with hypnotherapeutic techniques used in each phase of the treatment, will be described and demonstrated.

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

- Conduct a biopsychosocial pain evaluation that promotes a positive relationship with a chronic pain patient.
- Explain to the patient how hypnosis can help the patient get out of pain.
- List the factors that they need to consider in formulating a realistic pain management treatment plan using hypnosis.
- Demonstrate two hypnotic treatment strategies for each phase of an individualized pain management hypnotherapy treatment plan.

**5:00-6:30 pm**

### **AS9: Hypnotic Ego Strengthening Scripts for a variety of Medical and Psychological Conditions**

**Shirley McNeal, PhD, ABPP**

**CE/CME Credits: 1.5**

Dr. McNeal is co-author of the book *Contemporary Psychotherapy and Hypnosis for Ego Strengthening (1999)* Frederick, C. & McNeal, S., and has created self-hypnosis recordings available on CD or download: *Core Inner Strengths; Overcoming Performance Anxiety; Test-taking Mastery; Overcoming Fear of Flying (download only); Preparing for a Satisfying Love Relationship (download only); Finding a Satisfying Love Relationship (download only); Maintaining a Satisfying Love Relationship (download only)*. These products will not be promoted or sold during this program.

Although we tend to believe that creating suggestions for specific individuals is most effective in producing the desired results, it can also be useful to have on hand, some generic hypnotic scripts that are useful for a variety of situations.

This workshop will introduce and review several hypnotic ego strengthening scripts that have been proven to be clinically useful for both physical and psychological conditions. Participants will have a chance to practice using these scripts and provide feedback on their experience.

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

- Analyze a number of hypnotic ego strengthening scripts to determine which ones will be most.
- Recognize when hypnotic ego strengthening will enhance the treatment outcome and when to use scripts.
- Adding recorded hypnotic ego strengthening scripts will help to solidify treatment results and give patients resources to use between sessions.
- Practicing selected hypnotic ego strengthening scripts will increase confidence in applying them with one's own patients.

### **AS10: Two Hypnotic Techniques That Utilize Energy Medicine Concepts as A Bridge to Integrative Medicine and Health**

**Jeffrey Feldman, PhD**

**CE/CME Credits: 1.5**

Integrative medicine and health has become increasingly prominent with centers in over 70 academic medical centers. Unfortunately, hypnosis has not taken a significant role in this movement, eclipsed by meditation and mindfulness approaches. While there are numerous factors contributing to this, one potential source of disconnect is the lack of a conceptual link between hypnosis and the Eastern healing approaches such as Traditional Chinese Medicine and Ayurveda that practitioners seek to integrate into Western Medicine. Energy medicine can provide such a link with concepts and language familiar to both Western and Eastern practitioners. This primarily experiential workshop will guide participants through two related hand focusing hypnotic induction techniques that utilize both Western and Eastern concepts of energy balance. This will include Western concepts of nerve conduction, cybernetics, resonance, coherence and entrainment, with Eastern concepts of polarities and the unblocking, flow and balance of energy (Chi, Prana). From a hypnotic perspective, manifestations of sympathetic nervous system arousal (e.g. psychomotor agitation) or energy imbalance are utilized as a source of initial focus thereby transforming ('trance forming'?) symptoms into a therapeutic resource for healing. The hand focusing techniques will further be used as a bridge to therapeutic resource retrieval (you have a wealth of life experience at your fingertips), including experiences of mastery (handling things easily), flow (moving effortlessly without thinking), coping (getting a handle on things), positive emotions (in touch with what you appreciate) and positive future pacing (getting your life back in your own hands).

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

- Use two hypnotic induction techniques with patients and for self-hypnosis.
- Connect Western concepts of parasympathetic functioning with Eastern concepts of energy balance.
- Utilize the Western concepts of coherence, resonance, and entrainment as well as Eastern concepts of energy balance and flow as guiding metaphors in therapeutic suggestion based upon patient beliefs.
- Define integrative medicine and health, explaining to other practitioners and patients the evolution from alternative to complementary to integrative medicine and health.

**6:30-7:15 pm Cocktail Reception**

**7:15-11:00 pm Awards Ceremony and Dinner**

## **Sunday, March 31, 2019**

**7:00 am Continental Breakfast**

**7:45-8:45 am Plenary Session #4: The Search for Synergy: How Hypnosis and Psychoanalysis Can Enhance Each Other in Patient Care**

**Richard Kluff, MD, PhD**

**See page 13 for details**

9:00 am-12:15 pm

**ASU1: Issues in the Treatment of Dissociative Identity Disorder and Related Conditions**

**Richard Kluft, MD, PhD**

**CE/CME Credits: 3**

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. This product will not be promoted or sold during this program.

This workshop will proceed from a conceptual overview reviewing theoretical considerations and a review of the basics of the dissociative psychopathologies and their treatment to the consideration of a number of topics in depth. In contrast to previous workshops, the bulk of the discussion of specialized topics will occur in connection with case studies of clinical materials, illustrating the process and techniques of both diagnosis and treatment with materials drawn from the course director's intense treatment of patients suffering dissociative disorders. Hypnotic approaches will be taught in the context of instances of their clinical applications. It is anticipated that the illustrative examples will include puzzling differential diagnoses; addressing the issues of patients whose previous treatments either reached stalemates and/or failed completely; enhancing the level of function of regressed patients; managing abreactive work while preventing decompensation; disruptive transference/countertransference and reenactment phenomena; and addressing integration and alternative outcomes. The approaches to be taught have been successfully applied in over 200 cases of successful complete integration, and should be immediately applicable to enhance diagnostic clarity, provide more sophisticated treatment planning, anticipating and preventing regressive and acting-out phenomena; maintaining safety and function, and minimizing disruptions due to empathic failure and ruptures and misunderstandings between therapist and patient.

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

- Rapidly achieve an alliance across a wider portion of dissociative systems.
- Provide a range of techniques to facilitate contacting, accessing, and achieving alliances with dissociated parts. Illustrate the use of empathic outreach to remain in contact with parts reluctant to participate.
- Teach how study of the transference/countertransference matrix allows the therapist to address all parts simultaneously.
- Achieve familiarity with common causes of stalemate and treatment failure.
- Teach Basic Affect Theory and explore how unrecognized affect and alters play major roles in poor outcomes.
- Apply the three-T model for the safe termination of trauma treatment sessions and the use of the Howard Alertness Scale to minimize the risk of the persistence of pathological trance after sessions.
- List the elements of the Fractionated Abreaction Technique and explain its relevance to maintaining safety and stability in treatment.

**ASU2: Hypnosis and Your Second Brain: An Ecosystemic View of Health, Healing, and Hypnotically-informed Interventions**

**David Alter, PhD**

**CE/CME Credits: 3**

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 understanding of the brain-gut-microbiome axis grows daily. The implications of the multi-lateral pathways by which

mental, emotional, physical, and social health interact with one another continues to expand, as well, giving us greater means by which clinicians can assist clients in powerfully influencing many dimensions of health, both within the gut and beyond its permeable walls. This workshop guides participants along a tour of the brain-gut-microbiome axis while learning the role hypnosis can play in influencing seemingly independent conditions such as IBS, anxiety, depression, insomnia, chronic fatigue, obesity, chronic pain, and more.

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

- Understand the pathways by which the brain-gut-microbiome (BGM) system communicates internally and with the rest of the body, and the relevance of this communication network for producing many overlapping disorders commonly addressed in clinical settings.
- Practice two methods by which the BGM system can be positively impacted through hypnotically-informed interventions.
- Recognize BGM factors generating, maintaining, and/or exacerbating conditions that seemingly occur independent of the gut, and for which hypnotic interventions are highly appropriate.

### **ASU3: The Problem of Normal Dissociation in Chronic Pain: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiological Pattern to Facilitate Patients Re-Associate and Inhabit Their Bodies**

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

**CE/CME Credits: 3**

Dr. Weisberg is the author of *Trust Your Gut* (Conari Press), a consumer book on treating digestive disorders, and does receive royalties from this book. This product will not be promoted or sold during the program.

The 2011 Institute of Medicine report '*Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*' estimated that 100 million Americans have chronic pain. Over the last 15 years, the primary reliance on and excessive use of opiate medications has created a serious medical crisis. Helping patients reduce their reliance on opiate medications requires reconnecting patients to the information needed to guide their path forward. 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 effectively treat chronic pain, 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. As a group, we will explore our societal over reliance on opiate medication and its consequences, normal dissociation, and create effective treatment plans for engaging patients to be part of the solution to chronic pain - all while tapering their opiate medications. The integration of hypnosis to help patients re-inhabit their bodies, engage patient motivation, facilitate rehabilitation, reduce the pain experience, and develop a strong core will be woven throughout the workshop. Patients who undergo this training report high levels of satisfaction.

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

- Describe concretely how to educate patients on how their opiate medication has actually trapped them in a dissociated state and maintained their chronic pain.
- Identify fundamental background information for conceptualizing Psychophysiological Disorders, particularly chronic pain, as an example of a dysregulation syndrome.
- Recognize why many traditional treatments for chronic pain are ineffective or insufficient in traditional pain



rehabilitation programs, especially where dissociation is the principle coping mechanism.

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

#### **ASU4: Enhancing Your Hypnotic Elegance: The Interplay of Rhythms, Spaces and Suggestions**

**George Glaser, LCSW**

**CE Credits: 3** *(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. The presenter in this highly experiential workshop will use a combination of poetic readings, presentation of musical rhythms and lyrics, group discussion, didactic material, clinical demonstration, and practice as teaching methods. Attendees are expected to gain increased potency with their therapeutic work, which may improve the overall effectiveness of their therapeutic interventions and decrease the citation of treatment.

*At the conclusion of this presentation, attendees 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. It is believed this will assist the clinician in two primary ways: 1) These methods will assist in the development of deeper levels of rapport between client and clinician; and 2) Increase unconscious activation and creativity.
- Use at least two methods taught in the workshop to create a poetic response to a client's problem presentation.

#### **ASU5: The Art and Science of Ideomotor Signaling: History, Theory, Application**

**Sherwin Yaffe, MD**

**CE/CME Credits: 3**

Ideomotor signaling is a powerful but likely underused intervention in Hypnotherapy. This workshop will first trace the historical evolution of the ideomotor concept from ancient times up to the present and will highlight the major contributions of those clinicians who have been most involved with structuring and expanding the technique. Secondly, several theories will be presented, both from a physiological and psychological perspective of how ideomotor signaling actually works. Lastly attendees will break into small groups to practice eliciting ideomotor phenomena and practice on how to question the unconscious mind such as to produce maximum efficiency of information. Attendees will have a clearer understanding of this phenomena and how it takes place to enable better use of ideomotor signalling during trance to help patients identify and solve a wide variety of medical and psychological conditions. Attendees should be able to feel much more comfortable using the technique and emphasis will also be placed on identifying road blocks and pit falls which may arise and how to deal with resistances in treatment when they occur. Attendees will also be given a list of extensive references to refer to thus making research in the topic much more accessible and simpler to use from a clinical perspective

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

- Identify at least four of the major contributors to the Ideomotor Signaling phenomena and how their theoretical background shaped their contributions.
- Demonstrate understanding of the seven "keys" which may be present in physical and psychological illness and how to access that information via Ideomotor Signaling.
- Utilize Ideomotor Signaling in at least six or more medical and psychological conditions for exploration and cure.
- Practice several ways of eliciting Ideomotor responses and refine the art of questioning so as to gain experience which can be transferred into their own clinical practice.

**12:15 Workshops Conclude**

## **Faculty List**

David Alter, PhD  
Phil Appel, PhD, FASCH  
Suzanne Candell, PhD, LP  
Albert Clavel, Jr., MD  
Carolyn Daitch, PhD  
Louis Damis, PhD, ABPP  
Maggie Dickens, MS, LPC, LCDC  
Bruce Eimer, PhD, ABPP  
Jeffrey Feldman, PhD  
Gabor Filo, DDS  
Holly Forester-Miller, PhD  
Carol Ginandes, PhD, ABPP  
George Glaser, LCSW  
Ashley A. Goodman, DDS, ABHD  
D. Corydon Hammond, PhD, ABPH  
Delle Jacobs, MSW, LICSW, LMFT  
Anita Jung, MS, LPC-S, FAPA  
Richard Kluff, MD, PhD  
Stephen Lankton, LCSW, DAHB, FASCH  
Daniele Lonchamp, MD, FAAP, FSAHM  
Edward F. Mackey, PhD, MSN, MS, CRNA, FAPA

Joel Marcus, PsyD  
Shirley McNeal, PhD, ABPP  
Lyssa Menard, PhD  
Deb Nesbitt, ARNP, PMHNP-BC  
Marc I. Oster, PsyD, ABPH  
Akira Otani, EdD, ABPH  
David Reid, PhD  
Phil Shenefelt, MD, ABMH  
Robert Staffin, PsyD, ABPH  
Eva Szigethy, MD, PhD,  
Michael Thomasino, DMD  
Linda Thomson, MSN, APRN, ABMH, ABHN  
Moshe Torem, MD  
Joseph Tramontana, PhD  
G. Lane Wagaman, EdD  
Jim Warnke, MA, MSW, LCSW  
Mark Weisberg, PhD, ABPP  
Sherwin Yaffe, MD  
Michael Yapko, PhD  
Harvey Zarren, MD, FACC

**SAVE THE DATE! 62<sup>nd</sup> ASCH-ERF ASMW March 19-22, 2020; RENO, NV!**



Photo credit: Reno Tourism Bureau