



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION

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Igniting the Fire

Nuances of Creativity and Flow in Hypnotic Applications

Research.

Education.

Application.

62ND ASCH-ERF ANNUAL SCIENTIFIC MEETING AND WORKSHOPS

Thursday, August 20 - Sunday, August 23, 2020

AMERICAN SOCIETY OF CLINICAL HYPNOSIS EDUCATION AND RESEARCH FOUNDATION

62nd Annual Scientific Meeting and Workshops

August 20-23, 2020

VIRTUAL MEETING

Igniting the Fire: Nuances of Creativity and Flow in Hypnotic Applications. Research. Education. Application.

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.

Cover photo provided courtesy of VisitRenoTahoe.com.

On-line registration is currently available on the ASCH website under Education/2020 Annual Meeting/2020 ASCH-ERF ASMW registration.

MEETING SCHEDULE

Workshop Time Zone: CDT (9:00 am CDT = 10:00 am Eastern; 8:00 am Mountain; 7 am Pacific)

Thursday, August 20, 2020

| | |
|--------------|---|
| 9:00 am | Pre-Conference Session |
| 11:00 | BREAK |
| 11:30 | Pre-Conference Session resumes |
| 1:30-2:30 pm | LUNCH BREAK |
| 2:30 | Plenary Session #1 |
| 3:30 | BREAK |
| 4:00 | Teaching and Consultation Workshop and Advanced Workshops begin (includes optional 15-minute break) |
| 7:15 | Virtual Social Hour |

Friday, August 21, 2020

| | |
|----------|---|
| 9:00 am | Teaching and Consultation Workshop and Advanced Workshops resume (includes optional 15-minute break) |
| 12:15 pm | BREAK |
| 12:45 | Plenary Session #2 |
| 1:45 | LUNCH BREAK/Dabney Ewin 2019 ASMW Plenary Presentation (Reprise) |
| 2:45 | Teaching and Consultation Workshop, Intermediate* and Advanced Workshops resume (includes optional 15-minute break) |
| 6:00 | BREAK |
| 6:30 | Teaching and Consultation Workshop, Intermediate and Advanced Workshops resume |
| 8:00 | Virtual Author Hour (join one of the Plenary Speakers in a ZOOM room) |

*Intermediate Workshop begins Saturday, August 15 via ZOOM, 5 CE/CME.

Saturday, August 22, 2020

9:00 am Intermediate and Advanced Workshops resume (includes optional 15-minute break)
12:15 pm BREAK
12:45 Plenary Session #3
1:45 LUNCH BREAK/2020 ASCH AWARDS
2:45 Intermediate and Advanced Workshops resume (includes optional 15-minute break)
6:00 BREAK
6:30 Intermediate and Advanced Workshops resume
8:00 Virtual Concert by Bill O’Hanlon

Sunday, August 23, 2020

9:00 am Intermediate and Advanced Workshops resume (includes optional 15-minute break)
12:15 pm BREAK
12:45 Plenary Session #4
1:45 Virtual Closing Address, ASCH President, Anita Jung
2:00 ADJOURN

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

Pre-Conference and Plenary Sessions/PL#: green
Advanced Workshop/A: yellow
Intermediate Workshop: pink
Teaching and Consulting Workshop/TCW: light green

Thursday, August 20
7:15 – 8:15 p.m.

Come join us at the Virtual Social Hour
Reconnect with colleagues and make new
connections!

Workshop Time Zone: CDT (example: 9:00 am CDT = 10:00 am Eastern; 8:00 am Mountain; 7 am Pacific)

Saturday, 8.15.20

11 am - 4 pm CDT

L2: Intermediate Virtual Workshop (5 CE/CME)

Thursday, 8.20.20

9:00 - 11:00 am CDT

PRC: Metaphors Be With You: Using Stories in Hypnosis for a Change (O'Hanlon) (4 CE/CME)

11:00 - 11:30 am CDT

BREAK

11:30 am - 1:30 pm CDT

PRC (cont'd)

1:30 - 2:30 pm CDT

LUNCH BREAK

2:30 - 3:30 pm CDT

PL01: Ecstatic Trance: From the Campfire to the Clinic (Filo) (1 CE/CME)

3:30 - 4:00 pm CDT

BREAK

ZOOM #1

ZOOM #2

ZOOM #3

ZOOM #4

**4:00 - 7:15 pm CDT
(optional 15 min break)**

**TCW:
Teaching
and
Consultation
Workshop
(3 CE/CME)**

**TA01: Understanding
Subconscious
Connectedness: A
Fundamental Personal
Dimension with
Practical Implications
for Hypnosis and
Psychological
Treatment
(Palsson)
(3 CE/CME)**

**TA02/#1: Hypnotic
Techniques to Provide
Healing-Centered
Medical Care
(Lonchamp)
(1.5 CE/CME)

TA02/#2: Depression
(Torem & Glaser)
(1.5 CE/CME)**

**TA03: Managing
Anxiety: Integrating
Cognitive Behavioral
Therapy, Mindfulness
and Hypnosis
(Daitch)
(3 CE)**

7:15 - 8:15 pm CDT

VSH: Virtual Social Hour

Friday, 8.21.20

ZOOM #1

ZOOM #2

ZOOM #3

ZOOM #4

**9:00 am - 12:15 pm CDT
(optional 15 min break)**

**Teaching and
Consultation
Workshop
(3 CE/CME)**

**FA01/#1: Hypnosis and the
Treatment of Trauma
(Damis)
(1.5 CE/CME)

FA01/#2: Mind Body
Medicine
(Weisberg)
(1.5 CE/CME)**

**FA02: Neurophysiology, Social
Psychology and Dissociation as
a Basis for Creating Generative
Clinical Hypnosis
(Patterson)
(Pt 1)
(6 CE/CME total)**

12:15 - 12:45 pm CDT

BREAK

12:45 - 1:45 pm CDT

**PL02: Evocation: Finding the Creativity Within the Client to Have Them Solve Their Own Problems
(O'Hanlon) (1 CE/CME)**

1:45 - 2:45 pm CDT

DE2019: Dabney Ewin 2019 Plenary Presentation (Reprise)/LUNCH BREAK

**2:45 - 6:00 pm CDT
(optional 15 min break)**

**Teaching and
Consultation
Workshop
(3 CE/CME)**

**FA03: Ethical Principles and
Applications in the Modern
Medical Milieu: The Ethics of
Good Care in Advanced Illness
(Marcus)
(3 CE/CME)**

**FA02 (cont'd):
Neurophysiology, Social
Psychology and Dissociation as
a Basis for Creating Generative
Clinical Hypnosis
(Patterson)
(Pt 2)**

**Intermediate
(Level 2)
(3 CE/CME)**

6:00 - 6:30 pm CDT

BREAK

6:30 - 8:00 pm CDT

**Teaching and
Consultation
Workshop
(1 CE/CME)
(ends at 7:30 pm)**

**FA04: Principles & Techniques
of Age Regression
(Turner)
(1.5 CE/CME)**



**FA05: Metaphors Be With
You: Using Stories in Hypnosis
and Therapy for a Change -
Demonstration
(O'Hanlon)
(1.5 CE/CME)**

**Intermediate
(Level 2)
(1.5 CE/CME)**

8:00 - 9:00 pm CDT

VAH: Virtual Author Hour

Workshop Time Zone: CDT (example: 9:00 am CDT = 10:00 am Eastern; 8:00 am Mountain; 7 am Pacific)

| Saturday, 8.22.20 | | | | |
|---|---|--|---|-------------------------------------|
| | ZOOM #1 | ZOOM #2 | ZOOM #3 | ZOOM #4 |
| 9:00 am - 12:15 pm CDT (optional 15 min break) | SA01/#1: Functional Disorders (Thomson) (1.5 CE/CME) ----- SA01/#2: Hypnosis and IBS (Palsson) (1.5 CE/CME)  | SA02: Climbing a Mountain with Self-Hypnosis: Creative Uses of Self-Hypnosis and Self-Hypnosis for Creativity (Forester-Miller) (3 CE) | SA08: The Use of Hypnoanalysis in Common Medical Problems Seen in a Primary Care Setting (Zastrow) (3 CE/CME) | Intermediate (Level 2) (3 CE/CME) |
| 12:15 - 12:45 pm CDT | BREAK | | | |
| 12:45 - 1:45 pm CDT | PL03: Time Distortion Techniques in Mental Training, Medical Treatments and Stuttering Therapy (Trenkle) (1 CE/CME) | | | |
| 1:45 - 2:45 pm CDT | AW2020: 2020 ASCH Awards/LUNCH BREAK | | | |
| 2:45 - 6:00 pm CDT (optional 15 min break) | SA03: Mirroring Hands - A Client-Responsive Experience (Hill) (3 CE/CME) | SA04: Hypnosis at Our Creative Edge (Sugarman) (3 CE) | SA09: The Cubans Sent Energy Waves to Damage My Brain: An Examination of Mass Functional Disorders and a Role for Hypnosis in Their Treatment (McKenzie-Pollock) (3 CE/CME) | Intermediate (Level 2) (3 CE/CME) |
| 6:00 - 6:30 pm CDT | BREAK | | | |
| 6:30 - 8:00 pm CDT | SA05: Insight Oriented & Exploratory Techniques, Psychodynamic Exploration & Ideomotor Signaling (Glaser) (1.5 CE)  | SA06: Creativity, Hypnotic Utilization and Acceptance in Treating Chronic Pain (and Other Disorders) (Rostafinski) (1.5 CE/CME) | SA07: A Fire to Be Kindled; Healing Trauma with Hypnosis (Juil) (1.5 CE/CME) | Intermediate (Level 2) (1.5 CE/CME) |
| 8:00 - 9:00 pm CDT | VC: Virtual Concert by Bill O'Hanlon | | | |

| Sunday, 8.23.20 | | | |
|---|---|---|-----------------------------------|
| | ZOOM #1 | ZOOM #2 | ZOOM #3 |
| 9:00 am - 12:15 pm CDT (optional 15 min break) | SUA01: Utilizing Hypnosis in Cancer Care and Preparing for Surgery (Forester-Miller) (3 CE/CME) | SUA02: The Next Wave in Chronic Pain Treatment: Central Sensitization and the Value of Clinical Hypnosis (Clavel and Weisberg) (3 CE/CME) | Intermediate (Level 2) (3 CE/CME) |
| 12:15 - 12:45 pm CDT | BREAK | | |
| 12:45 - 1:45 pm CDT | PL04: Milton Erickson on being Ericksonian (Lankton) (1 CE/CME) | | |
| 1:45 - 2:00 pm CDT | VCA: Virtual Closing Address, ASCH President, Anita Jung | | |

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Registration:

Registration is available until Wednesday, August 19, on-line, as well as via fax.

Cancellation Policy:

Cancellations postmarked/faxed after August 5, 2020 but on or before August 19, 2020 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after August 19, 2020.** Exceptions will only be granted due to death of participant or immediate family member, severe illness/injury of participant or immediate family member. Registration fees are not transferable to another meeting or workshop.

Conference Recordings:

All Advanced Workshops and Plenary Sessions will be recorded by Fleetwood Onsite Conference Recording. CDs or MP3s can be ordered via the ACH web site at www.asch.net.

Continuing Education Credits:

Certificates will be generated and sent via email upon completion of each evaluation and attendance verification for the workshops they attend.

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)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (Approval #886386995-4723) for 25 continuing education hours.

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.

Workshops marked with ★ in the schedule at-a-glance are recommended for recent Intermediate (Level 2) workshop participants. All meeting attendees are invited to attend these sessions as well.



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.

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, 20, 2020

9:00 am – 1:30 pm

Metaphors Be With You: Using Stories in Hypnosis For a Change

Bill O’Hanlon, MS, LMFT

Separate \$85 registration required

4.0 CE/CME

Additional Registration fee: \$85.00



Bill O’Hanlon, MS, LMFT, has published 39 books and has given over 3,500 talks around the world. His books have been translated into 17 languages. He was featured on Oprah with his book *Do One Thing Different* (HarperCollins/Morrow). He studied directly with Milton H. Erickson, M.D. and has written several books about Erickson’s work and hypnosis, including *Taproots* (W.W. Norton) and *Solution-Oriented Hypnosis* (W.W. Norton). Bill is now pursuing a career as a professional songwriter in Nashville, Tennessee.

Stories can be a gentle, non-impositional way to respect clients and create change, as well as avoiding cross-cultural mistakes. Come hear Bill O’Hanlon, a master of therapeutic storytelling who was trained directly by Milton Erickson, use stories in a way that may surprise and delight you.

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

- *Identify two elements of effective therapeutic storytelling.*
- *Use stories in therapy and hypnosis.*
- *Identify the right story for the right client.*

Plenary Sessions

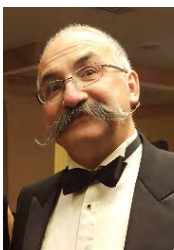
Thursday, August 20, 2020

2:30 - 3:30 pm

Plenary #1: Ecstatic Trance: From the Campfire to the Clinic

Gabor Filo, DDS, ABHD

1.0 CE/CME



Dr. Filo is the author of *Rapid Hypnotic Inductions, Demonstrations and Applications*. This product will not be promoted or sold during this program.

Our theme for the 2020 Annual meeting is *Igniting the Fire - Nuances of Creativity and Flow in Hypnotic Applications, Research, Education. Application*. To ignite the fire, one should be familiar with the how-to of making and starting various types of fire.

To master fire making one should be familiar with the historical methods up to the present day. Inherently one learns the best applications for each type of fire and fire place for a desired application. Utilizing these applications involve an evolution driven by creativity and necessity.

Similarly, one should understand the evolution of hypnosis from its progenitors by following its family tree from man’s earliest utilization of altered states of consciousness. Some of these altered states and their methods of acquisition are lurking below the surface of modern clinical hypnosis. In the limited time allotted, we will peruse a long and rich history by climbing the axis mundi, the world tree, as we participate in the Shamans’ Journey.

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

- Describe two historical examples of societal uses of altered states of consciousness.
- Describe two ways in which Shamanic practices and philosophies are present in today's societies.
- State two ways that Shamanism is present and active in today's society.

Friday, August 21, 2020

12:45 – 1:45 pm

Plenary #2: Evocation: Finding the Creativity Within the Client to Have Them Solve Their Own Problems

Bill O'Hanlon, MS, LMFT

1.0 CE/CME



In this provocative session, Bill O'Hanlon will make the case that hypnosis does not involve suggestion but instead involves evocation of already existing resources and solutions, and that therapy using this approach involves a radical departure from the usual diagnostic, pathological-oriented approach that strives to fix or correct the client's or patient's deficits and brokenness. It guides people to creatively solve their own problems.

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

- Articulate what evocation is.
- List at least one way to evoke in therapy.
- Use two methods of evocation.

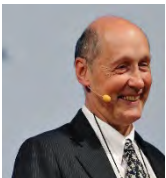
Saturday, August 22, 2020

12:45 – 1:45 pm

Plenary #3: Time Distortion Techniques in Mental Training, Medical Treatments and Stuttering Therapy

Bernhard Trenkle, Dipl. Psychologe

1.0 CE/CME



In the classic book *Time Distortion in Hypnosis* Cooper/Erickson described experiments with time distortion. The plenary will demonstrate an innovative way of trance induction and, at the same time, training the patient in time distortion.

The plenary will outline three case examples:

1. Miraculous healing of a rare eye disease within one week resulting in a discontinuation of a scheduled surgery.
2. Bernard Piccard, psychiatrist and hypnotherapist, the pioneer who developed and flew a solar airplane around the world used time distortion techniques to stay awake during his entire crossing of the Atlantic (72 hours). He practiced with Bernhard in a flight simulator.
3. Working with adolescent and adult stutterers since 1982 to reduce time in treatment. Milton H. Erickson found it important to training the patient in their sense of time before he engaged in therapy. This plenary talk hopes to inspire practitioners of hypnosis to rediscover this technique and spark the interest for research.

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

- Describe the core patterns of time distortion.
- Describe how to train the patient in time distortion.

Sunday, August 23, 2020

12:45 - 1:45 pm

Plenary #4: Milton Erickson on being Ericksonian

Stephen R. Lankton, LCSW, DAHB, FASCH

1.0 CE/CME



In this keynote I will describe in his own words Milton Erickson's work regarding naturalistic induction, utilization, speaking the client's language, conscious-unconscious dissociation, techniques for depotentiating conscious sets, and the evolution of his direct and indirect induction techniques over the years from 1929 to 1980. This set of techniques and approaches concisely explains what Erickson expressed as the cornerstones of his unique approach.

In contrast, therapists often identify their work as being "Ericksonian" and even submit professional papers wherein their interventions are self-identified as "Ericksonian". However, 40 years after his death, there is a great deal of distortion and myth as to just what Erickson said and did. For instance, nowhere in his writing or the teaching I experienced did he recommend that therapists "trust their unconscious" as a means of creating interventions – yet such a rumor continues all too often. This keynote will dispel many conflicts and myths coordinating his own writings and teaching.

Using his exact descriptions, this keynote, presented by one of his well-known and longtime students, will clarify and illustrate the key concepts he considered illuminated his approach – the true therapeutic procedures necessary for an Ericksonian approach to both induction and psychotherapy. The physician will obtain justifications and specific directions for approaching patients and providing directives which reduce resistance and increase rapport and compliance to healthcare directives.

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

- *To be able to correctly implement into ones practice the approaches of Utilization, Conscious/Unconscious Dissociation, Ambiguity, Indirect Suggestions, Therapeutic Binds and Naturalistic Induction.*
- *To develop an operational understanding of developing experiential resources for therapy.*
- *To improve the delivery of interventions using the prerequisite experiential resources by speaking the client's experiential language and utilization.*

Teaching and Consultation Workshop

This ten (10) hour workshop is required (as of July 2019) for anyone wishing to become an Approved Consultant.

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.

Chair: Holly Forester-Miller, PhD

Faculty: G. Lane Wagaman, EdD

CE/CME Credits: 10

THURSDAY, August 20, 2020

4:00 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.

5:30 Educational Theories; Learning Styles (Wagaman) (.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.

6:15 BREAK

6:30 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.

7:15 RECESS/VIRTUAL SOCIAL HOUR

FRIDAY, August 21, 2020

9:00 Small Group Instruction II – Video examples (Wagaman) (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.

11:30 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 based on ASCH Standards of Training.
- Develop content appropriate for the multidisciplinary nature of students at hypnosis workshops.

12:15 BREAK

12:45 Plenary #2

1:45 LUNCH BREAK/Dabney Ewin 2019 ASMW Plenary Presentation (Reprise)

2:45 Planning and Organizing a Hypnosis Workshop II (Wagaman) (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.

3:45 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.

4:45 **Being an Approved Consultant, Role Play of IC (1.0 CE/CME)**

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

-Understand the difference between supervision and consultation.

-Provide effective case consultation.

5:45 **BREAK**

6:00 **Continuation of Role Play of Individual Consultation (1.0 CE/CME)**

Evaluations, Questions & Answers, Wrap-Up

7:00 **RECESS**

8:00 **VIRTUAL AUTHOR HOUR**

Thank you for your participation in this training experience!

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Intermediate (Level 2):

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. Level 1 (Basic) 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 to”.

Advantages:

- Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management; Anxiety and Sleep Disorders; Habit Disorders).
- 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).
- More practice with the feedback of expert faculty.

The Intermediate (Level 2) Workshop increases the learner’s skills and builds confidence in their use of hypnosis and prepares them 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.

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

- *Identify two hypnotic strategies for us in pain management.*
- *Cite at least two examples of metaphors that might be used with clinical problems.*
- *Demonstrate three types of techniques and types of suggestions that might be used with common behavioral problems.*

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

Faculty: Cheryl Bemel, PhD; Linda Thomson, MSN, APRN, ABMH, ABHN; Mark Weisberg, PhD, ABPP

SATURDAY, August 15, 2020 (4.5 CE/CME)

11:00 – 11:15 Welcome and Workshop Introduction

11:15 – 12:15 Neurophysiology of Hypnosis (Damis) (1.0 CE/CME)

At the conclusion of this session the participant 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.*

12:15 – 1:00 Refining Skills of Elicitations and Intensification (Otani) (.75 CE/CME)

At the conclusion of this session the participant 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.*

1:00 – 2:00 Group Experience 1 and Processing (Otani) (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Experience an advanced Ericksonian induction.*

2:00 – 2:15 BREAK

2:15 – 3:00 Group Experience 2 and Processing (Damis) (.75 CE/CME)

At the conclusion of this session the participant will be able to:

- Experience a hypnoprojective for improved learning.*

3:00 – 4:00 Refining Skills of Hypnotic Communication and Suggestion (Damis) (1.0 CE/CME)

At the conclusion of this session the participant will be able to:

- Phrase suggestions in ways to promote empowerment and mastery.*
- Promote attunement and deepening in hypnotic interactions.*
- Utilize hypnoprojectives for coping enhancement.*

4:00 pm RECESS (until Friday, August 21)

FRIDAY, August 21, 2020 4.75 hours

2:45 – 3:45 **Ego Strengthening (Otani) (1.0 CE/CME)**

At the conclusion of this session the participant will be able to:

- Describe the historical context in the development of the ego-strengthening approach.
- Present direct and indirect (ego therapeutic) hypnotic ego-strengthening techniques.
- Discuss relevant situations where ego-strengthening may be applied in the participant's field of practice.

3:45 – 5:15 **Small Group 1 (1.5 CE/CME)**

At the conclusion of this session the participant 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.

5:15 – 6:00 **Insight and Exploratory Techniques (Damis) (.75 CE/CME)**

At the conclusion of this session the participant will be able to:

- Participants will identify prerequisites for the use of hypnotic exploratory techniques and identify two clinical situations contraindicated for exploratory work.
- Participants will be able to describe and apply three insight-oriented techniques.

6:00 – 6:30 BREAK

6:30 – 8:00 **Skill Development with Metaphorical Approaches (Otani) (1.5 CE/CME)**

At the conclusion of this session the participant will be able to:

- Explain the concept of utilization in the creation of metaphors.
- Learn two essential elements to construct therapeutically relevant metaphors.
- Understand three themes that will help intensify metaphorical suggestion.

8:00 pm RECESS

SATURDAY, August 22, 2020 8 hours

9:00 – 9:30 **Group Practice Developing Metaphors (Otani) (.5 CE/CME)**

At the conclusion of this session the participant will be able to:

- Demonstrate how to construct therapeutic metaphors and give two examples of metaphorical suggestions.

9:30 – 11:00 **Small Group 2 (1.5 CE/CME)**

At the conclusion of this session the participant will be able to:

- Demonstrate as the operator and personally experience as the subject a hypnotic trance.
- Utilize a bridge technique for accessing a positive state and ego-strengthening.

11:00 – 12:15 **Applications of Hypnosis: Pain with Control Room Technique (Weisberg) (1.25 CE/CME)**

At the conclusion of this session the participant 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.
- Discuss how hypnotic phenomenon such as amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain.
- Describe a strategy for eliciting the control room technique and its application for pain management.

12:15 – 12:45 BREAK

12:45 – 1:45 Plenary #3

1:45 – 2:45 LUNCH BREAK/2020 ASCH Awards

2:45 – 4:15 **Small Group 3 (1.5 CE/CME)**

At the conclusion of this session the participant will be able to:

- Demonstrate as the operator and personally experience as the subject a hypnotic trance.
- Utilize a hypnotic strategy for pain management.

4:15 – 5:15 **Applications of Hypnosis: Anxiety & Phobias (Bemel) (1.0 CE/CME)**

At the conclusion of this session the participant 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.
- 5:15 – 6:00 **Applications of Hypnosis: Pediatrics (Thompson) (.75 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -List at least three ways in which working with children is different from work with adults.
 -Demonstrate two hypnotic techniques that are effective with children and vary with the development level of the patient/client.
- 6:00 – 6:30 **BREAK**
- 6:30 – 7:15 **Applications of Hypnosis: Habits (Damis) (.75 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -Discuss research literature on hypnosis in the treatment of habits.
 -Participants will be able to identify four stages of change relevant to treating habit disorders, the goals of hypnotic intervention for each, and apply specific hypnotic interventions appropriate to each stage of change.
 -Participants will be able to describe a model of habit control applicable to various habit disorders.
- 7:15 – 8:00 **Applications of Hypnosis: Sleep (Damis) (.75 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -Describe three cognitive-behavioral factors contributing to insomnia.
 -Describe application of three hypnotic techniques to improve sleep.
 -Screen for sleep apnea and appreciate the role of clinical hypnosis.
- 8:00 **RECESS**

SUNDAY, August 23, 2020 3.25 hours

- 9:00 – 10:00 **Treatment Planning (Otani & Damis) (1.0 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -Discuss the 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 specific therapeutic goals.
- 10:00 – 11:00 **Treatment Planning Practice (Otani & Damis) (1.0 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -Demonstrate how to create a treatment plan for two case examples.
- 11:00 – 11:45 **Ethics (Damis & Otani) (.75 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis.
 -Describe ethical issues and standards for professional conduct in using hypnosis clinically.
- 11:45 – 12:15 **Certification, Training, and Wrap-up (Damis & Otani) (.5 CE/CME)**
 At the conclusion of this session the participant will be able to:
 -Identify the opportunities available for further training, membership and certification.
- 12:15 – 12:45 **Break**
- 12:45 – 1:45 **Plenary #4**
- 1:45 – 2:00 **Virtual Closing Address by Anita Jung**
- 2:00 **Adjourn**

Thank you for your participation in this virtual training experience!

ADVANCED WORKSHOPS

THURSDAY, August 20, 2020

2:30 - 3:30 pm

Plenary #1: Ecstatic Trance: From the Campfire to the Clinic

Gabor Filo, DDS, ABHD

(see page #10)

3:30 BREAK

4:00 - 7:15 pm (optional 15-minute break)

TA01: Understanding Subconscious Connectedness A Fundamental Personal Dimension with Practical Implications for Hypnosis and Psychological Treatment

Olafur Palsson, PsyD

CE/CME Credits: 3

Research has demonstrated that some individuals have much more ready access than others to the non-conscious or subconscious functions of their minds. This is a fairly stable individual trait that has been termed subconscious connectedness. It has most typically been quantified by hypnotizability tests, but these only provide a very limited picture of subconscious connectedness. Other facets of the broader trait are reflected by measures of absorption, dissociation, fantasy-proneness, creativity, intuitiveness, and experiential cognitive orientation. This workshop will explain how measuring and understanding subconscious connectedness is valuable for guiding therapy approach, evaluating suitability for hypnotherapy, and for comprehending how different individuals experience and react to their lives very differently and need dissimilar things for success and wellbeing. Workshop participants will gain overview of the research supporting subconscious connectedness as a fundamental human psychological dimension, and learn about the range of intriguing and important personal characteristics associated with being high or low on this trait. Participants receive guidance in using the Thought Impact Scale (TIS), the first validated measure specifically designed for measuring subconscious connectedness comprehensively, and receive permission to use that measure in their clinical practice or research. They will also learn about, and receive copies of, several other clinically useful questionnaires that relate to subconscious connectedness.

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

- *Reliably evaluate and identify key characteristics of their individual clients that can help to determine the most effective therapy approach.*
- *List at least five key characteristics typical of individuals high on the trait of subconscious connectedness.*
- *Apply and interpret at least three validated questionnaires to measure different overlapping aspects of subconscious connectedness.*
- *Adjust their therapy approach to facilitate treatment based on different levels of subconscious connectedness of individual clients.*

TA02/#1: Hypnotic Techniques to Provide Healing-Centered Medical Care (4:00 – 5:30 pm)

Danielle Lonchamp, MD

CE/CME Credits: 1.5

Clinical practitioners are confronted by 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 each individual patient. Such an 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 within their communication with their patients, clinicians will open the field of unexpressed healing potentials/resources and rapidly 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 an extra demand on time. Mental health care providers

working with patients with medical conditions will also notice surprising results when applying simple hypnosis techniques. During this workshop, clinical vignettes will illustrate how hypnotic interventions can be quick, effective, and

even fun and have long-lasting positive effects for both the clinician and the patient. Video clips will illustrate some of those points.

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

- *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 in their clinical role and improve their patient relationships.*

TA02/#2: Depression (5:45 – 7:15 pm)

Moshe Torem, MD; George Glaser, LCSW

CE/CME Credits: 1.5

This workshop will provide attendees a brief review of Depression in terms of classification, etiology and available evidence-based treatments. A special emphasis will be focused on non-pharmacological interventions utilizing the use of hypnotic language and suggestions with and without formal hypnosis. This workshop will also include a group experiential exercise.

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

- *List at least two prevailing etiologies for depression.*
- *List at least two evidence-based treatments for depression.*
- *Demonstrate the therapeutic effectiveness of hypnotic imagery and positive suggestions through at least one experiential exercise.*

TA03: Managing Anxiety: Integrating Cognitive Behavioral Therapy, Mindfulness and Hypnosis

Carolyn Daitch, PhD

CE Credits: 3

Anxiety destroys the normal enjoyment of life through the fear, worry, obsessive thinking and avoidant behavior that anxious people experience. Simple activities like going to the grocery store, taking a child to her first day of school, or meeting a friend for lunch trigger a barrage of frantic ‘what ifs’, this workshop will explore the subtleties of working with this pervasive category of disorders that affects an estimated 20% of the population. There will be an emphasis on integrating hypnosis with Cognitive Behavioral Therapy and Mindfulness for a comprehensive treatment model. Workshop participants will learn practical interventions that are applicable to the treatment of panic, generalized anxiety disorder, phobias, social anxiety disorder, and post-traumatic stress disorder. Lecture, demonstrations, and group experiences will be used as teaching methods.

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

- *Provide an integrative approach to the treatment of anxiety disorders.*
- *Ability to deliver two hypnotic interventions that can be used in the treatment of each sub-type of anxiety disorders.*
- *Articulate how cognitive behavioral therapy can be enhanced by hypnotic interventions.*
- *Ability to identify two interventions that can help clients observe somatic manifestations of anxiety with less reactivity.*
- *Construct interventions that can help patient manage worry and uncertainty.*
- *Demonstrate the use of mindfulness in the treatment of anxiety.*

7:15 RECESS/VIRTUAL SOCIAL HOUR

FRIDAY, August 21, 2020

9:00 am – 12:15 pm (optional 15-minute break)

FA01/#1: Hypnosis and the Treatment of Trauma (9:00 – 10:30 am)

Louis Damis, PhD, ABPP

CE/CME Credits 1.5

Clinical hypnosis is often a treatment of choice when appropriately employed with individuals experiencing PTSD and trauma-related symptoms. This workshop will provide an overview of the impact of trauma, a phase-oriented treatment approach, and specific hypnotic intervention strategies relevant to each stage of recovery. In addition, the impact of development trauma on attachment and its relationship to treatment of complex PTSD will be reviewed.

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.*
- *Distinguish PTSD from Complex PTSD and appreciate relevant contributing factors and treatment protocols.*
- *Describe and apply an individualized approach to generation of coping strategies with emphasis on stabilization skills.*

FA01/#2: Mind-Body Medicine (10:45 am – 12:15 pm)

Mark Weisberg, PhD, ABPP

CE/CME Credits 1.5

In this 90-minute segment we will address how to approach hypnosis from a mind-body medicine orientation. We will also examine some of the important foundational concepts for working from a mind-body perspective, including autonomic function and dysregulation, polyvagal theory, and psychoneuroimmunology. We will address considerations in addressing chronic pain with hypnosis. We will then focus on how to apply hypnosis responsibly in patients with digestive disorders such as irritable bowel syndrome, autoimmune conditions, as well as chronic headache and back pain.

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

- *Describe and apply 3 hypnotic techniques for reducing pain.*
- *Describe 3 essential messages to maximize self-healing resources in the patient.*
- *Identify at least 2 important variables when using hypnosis to treat autoimmune conditions.*

FA02 (pt. 1): Neurophysiology, Social Psychology and Dissociation as a Basis for Creating Generative Clinical Hypnosis

(9:00 - 12:15 pm)

David Patterson, PhD, ABPH

CE/CME Credits: 6

This two-part, intermediate and advanced workshop will use a platform of neurophysiology (particularly brain function), social psychology and the process of dissociation to create generative inductions in clinical hypnosis. "Generative" refers to eliciting problem solving skills from the patient rather than providing direct hypnotic suggestions. The workshop will alternate between theory and didactics, demonstrations and experiential process in cycles throughout the full day workshop.

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

- *Demonstrate the ability to perform complex hypnotic inductions with multi-layered suggestions.*
- *Articulate a neurophysiological and social psychological basis theory for performing generative hypnotic inductions.*
- *Perform inductions with patients that tend to struggle with hypnosis, and also are effective at multiple layers.*

12:15 BREAK

12:45 – 1:45 pm

Plenary #2: Evocation: Finding the Creativity Within the Client to Have Them Solve Their Own Problems

Bill O’Hanlon, MS, LMFT

(see page #11)

1:45 LUNCH BREAK/Dabney Ewin 2019 ASMW Plenary Presentation (Reprise)

2:45 – 6:00 pm (optional 15-minute break)

FA02 (pt. 2): Neurophysiology, Social Psychology and Dissociation as a Basis for Creating Generative Clinical Hypnosis

(2:45 - 6:00 pm)

David Patterson, PhD, ABPH

FA03: Ethical Principles and Applications in the Modern Medical Milieu: The Ethics of Good Care in Advanced Illness

Joel Marcus, PsyD

CE/CME Credits: 3

Clinicians are often faced with situations which require appropriate and sound ethical decision making ability. As the practice of hypnosis has evolved, new challenges have been created. Determining the appropriate course to take when faced with a difficult ethical dilemma can be a challenge for even the most seasoned professional.

This workshop will cover the basics of the difference between laws and ethics. A model for ethical decision making will be presented. Issues of informed consent with research, clinical applications with different populations in multiple settings will be reviewed. Potential ethical challenges with the use of hypnosis will be reviewed, and discussed. Methods of identifying and development of proactive strategies for risk reduction with the use of clinical hypnosis will be offered.

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

- *Identify the components of the ethical concept of the clinician as fiduciary of the patient.*
- *Describe discrete professional virtues and two ethical principles that apply. ethical concept of the ethical relationship of confidence and trust of the patient in clinical practice.*
- *Identify and implement a multi-step model for the practical management of ethical dimensions of clinical cases.*

6:00 BREAK

6:30 – 8:00 pm

FA04: Principles & Techniques of Age Regression

Maureen Turner, MEd, RNBC, LCSW, LMHC

CE/CME: 1.5

Diagnostic and treatment techniques of age regression have been available since the 18th Century. Much of the perceived value of deeper trance states waned with Freud's rejection of hypnosis. Yet, age regression techniques can elucidate the possible causes of the symptoms and provide a strategy for treatment, including symptom reduction, and, in many cases, symptom extinction. Use of these techniques can give therapeutic control as opposed to the destabilizing and therapy-interfering manifestations of spontaneous abreactions. The controls offered by hypnosis often reduce painful revivification of trauma and obviate the use of still commonly practiced de-sensitization. Hypnotic age regression techniques can also benefit trauma therapy through the discovery of possible casual factors for symptoms. This allows the clinician to create blueprints for intervention, paths for transformation of harmful beliefs and symptoms, and offers many new opportunities for the ego-strengthening.

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

- *Identify three different techniques for facilitating age regression.*
- *Identify two contraindications for conducting age regression and abreactive work.*
- *Discuss how to facilitate therapeutic abreaction and methods for modulating affective intensity in age regression.*

FA05: Metaphors Be With You: Using Stories in Hypnosis for a Change - Demonstration

Bill O'Hanlon, MS, LMFT

CE/CME Credits: 1.5

Stories can be a gentle, non-impositional way to respect clients and create change, as well as avoiding cross-cultural mistakes. Come hear Bill O'Hanlon, a master of therapeutic storytelling who was trained directly by Milton Erickson, use stories in a way that may surprise and delight you.

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

- *Identify two elements of effective therapeutic storytelling.*
- *Use stories in therapy and hypnosis.*
- *Identify the right story for the right client.*

SATURDAY, August 22, 2020

9:00 am – 12:15 pm (optional 15-minute break)

SA01/#1: Functional Disorders (9:00 – 10:30 am)

Linda Thomson, MSN, APRN, ABMH, ABHN

CE/CME Credits: 1.5

Functional disorders are characterized by the absence of biochemical, structural or anatomical abnormalities to explain the symptoms. These medically unexplained physical symptoms may be a metaphor for emotional issues experienced by the patient. Functional disorders do not obey the rules of western medical diagnosis and treatment. Failure to recognize psychological factors can expose the patient to costly evaluations, medications, and delay effective treatment. This workshop will discuss hypnotic techniques that can be used effectively to treat psychosomatic disorders.

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

- *Describe 2 examples of functional symptoms being a metaphor for interpersonal conflicts and emotions.*
- *Formulate an effective approach for recognizing functional disorders.*
- *Create a plan for treating a functional symptom using hypnosis.*

SA01/#2: Hypnosis and IBS (10:45 am – 12:15 pm)

Olafur Palsson, PsyD

CE/CME Credits: 1.5

The North Carolina Protocol is a standardized easy-to-use hypnosis approach that can be used to treat IBS (irritable bowel syndrome) with high rate of success, as evidenced by the findings of several published research studies. This workshop is designed to give therapists who wish to start using the North Carolina Protocol to treat IBS, or who have used it in the past and would like to start doing so again, all the information they need to do so confidently. The workshop will cover: Overview of the research on this treatment approach specifically and on hypnosis treatment for IBS more broadly; the basics of what you must know about IBS to work with the disorder; evaluation of patients for suitability for IBS hypnosis treatment; key steps to maximize success with a scripted protocol; when and how to customize or augment the scripted treatment; the latest best-practice guidelines for behavioral health professionals treating GI disorders; and how to measure outcomes easily and reliably.

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

- *Summarize the nature and central characteristics of IBS.*
- *Outline the hypnosis session structure and recommended therapy course of the North Carolina Protocol.*
- *Describe the role of the brain-gut axis in IBS symptoms and IBS psychological treatment.*

SA02: Climbing a Mountain with Self-Hypnosis: Creative Uses of Self-Hypnosis and Self-Hypnosis for Creativity

Holly Forester-Miller, PhD

CE/CME Credits: 3

Learn how to use self-hypnosis to enhance your creativity and to use it creatively to enhance all aspects of your life. Whether you want to climb a mountain, improve your golf game, or solve a design issue, self-hypnosis can be the answer for you and for your clients. Self-Hypnosis is about expanding possibilities; learn how to suggest the outcomes you desire and expand your possibilities. In this workshop we will discuss the use of language to develop suggestions for the outcomes you desire. And how to apply that to your issues and concerns whether it be performance enhancement, creativity, anxiety, or physical healing. The presenter will use examples from her own uses of self-hypnosis for climbing Mt. Kilimanjaro, for creativity and inspiration in her metal sculpting, and having surgery with no anesthesia. This will be an interactive workshop, so come share your favorite self-hypnosis technique and ask for assistance in developing suggestions for a specific application.

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

- *Enhance their own personal use of self-hypnosis and to expand their applications of hypnosis and self-hypnosis with their clients, as well as to teach their clients self-hypnosis.*
- *Facilitate trance using at least two different self-hypnosis methods.*
- *Create suggestions based on the desired outcomes for at least two performance enhancement issues.*

SA08: The Use of Hypnoanalysis in Common Medical Problems Seen in a Primary Care Setting

Joseph Zastrow, MD

CE/CME Credits: 3

This workshop will discuss the use of the clinical hypnosis tools of hypnoanalysis and ideomotor signaling in common family practice issues. This workshop will also focus on advanced utilization of the subconscious as a co-therapist, multiple split screen age regression and anthropomorphic entity consultation. These tools have been use in the primary care setting for cigarette cessation, weight management, anxiety reduction, treatment of ptsd, cessation of temporal mandibular joint dysfunction, and pruritis. Although most advanced practitioners will have used these tools, this workshop will present novel uses that can be extrapolated to use in both medical and psychology areas of treatment. The workshop will include a brief review of published techniques, patient cases, an abundance of clinical pearls and interactive experiential exercises that demonstrate the effectiveness of these techniques.

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

- *Recognize tobacco abuse and weight management as psychosomatic illnesses and use hypnoanalysis to define a care plan.*
- *Use hypnoanalysis in recalcitrant TMJ cases to discover root cause and create suggestions to ameliorate symptoms.*
- *Apply an understanding of subconscious co-therapist to applicable cases.*
- *Use a technique of split screen and time distortion with multiple time points in a virtual group therapy setting.*

12:15 BREAK

12:45 – 1:45 pm

Time Distortion Techniques in Mental Training, Medical Treatments and Stuttering Therapy

Plenary #3: Bernhard Trenkle, Dipl. Psychologe

(see page #11)

1:45 LUNCH BREAK/2020 ASCH Awards

2:45 – 6:00 pm (optional 15-minute break)

SA03: Mirroring Hands - A Client-Responsive Experience

Richard Curtis Hill, MA, MEd, MBMSc

CE/CME Credit: 3

Mirroring Hands is both a technique and approach to therapy first developed by Ernest Rossi through his work with Milton Erickson. The workshop will share both the therapeutic experience of Mirroring Hands and learn about some of the unique aspects of the approach - language principles; natural rhythms and cycles; sensitivity and how we are able to stimulate natural problem-solving and mind-to-body healing.

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

- *Demonstrate and describe the method that facilitates the technique of Mirroring Hands.*
- *Describe the natural ultradian rhythm and the 4-Stage Creative Cycle.*
- *Describe and example the language principles of client-responsive therapy including "incomplete sentences."*

SA04: Hypnosis at Our Creative Edge

Laurence Sugarman, MD, ABMH

CE/CME Credits: 3

If we were to re-invent clinical hypnosis in view of our current understanding of psychobiology-from its effect on gene expression to encouraging systemic plasticity of the embodied mind-how would it be different? Would we still be using inductions and scripts? How would we interact differently with the person in care? In this workshop we will rediscover hypnosis with beginners' minds. We will encounter hypnosis not as a procedure or ritual, but as a set of skills that build rapport, disrupts the encoding of experiential engrams, then cultivates them as resources for renewal. We will explore how these skills align with the chronobiology of Rossi's 4-stage "Novelty-Numinosum-Neurogenesis Effect" to utilize the creative potential of each individual in their own way. With video, demonstration, and experiential exercises, we will discover new and powerful ways to integrate hypnosis skills into any clinical encounter. Instead of "doing hypnosis" we intend that participants will grow creatively inspired to "be hypnotic."

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

- *Increase their skills in conversational hypnosis, ability to evoke and utilize the creative resources of the person in care, and unlock their own creativity in clinical encounters.*
- *Apply four basic conversational skills that contribute to three phases of hypnotic interaction: rapport, disruption and renewal, and, in turn, permit the clinician to integrate hypnosis in procedural, medical and counseling contexts.*
- *Integrate four basic hypnotic skills into conversation; recognize their use for building rapport, disrupting experiential sets and renewing beneficial behaviors; and list examples of their application in procedural, medical and counseling contexts.*
- *Increase their integration of hypnosis in each clinical encounter and across a broader range of clinical encounters.*
- *Practice the skills and strategies once they return to their clinical sites.*

SA09: The Cubans Sent Energy Waves to Damage My Brain: An Examination of Mass Functional Disorders and a Role for Hypnosis in Their Treatment

Lorna McKenzie-Pollock, LICW

CE/CME Credits: 3

The cognitive and hearing impairment experienced by 26 U.S. Embassy officials and their families in Havana in 2016 appears to be a type of mass functional disorder. Though the State Department contends that an invisible weapon caused the symptoms, physicists and engineers consider the explanation implausible. A number of neurologists and psychiatrists have explained the symptoms as a mass functional disorder. Functional disorders are among the most debilitating, misdiagnosed and maligned illnesses of our time. In this presentation I will provide an overview of a number of mass functional disorders in different cultures and at different times in history. I will discuss the neurological mechanisms thought to cause these disorders to derail the body. I will present Arthur Kleinman's concept of "explanatory model" and discuss the importance of congruence between the practitioner and patient in terms of explanatory model. I will discuss

how hypnosis can be utilized both as an acceptable and compassionate way of connecting with the patient, as well as a mind body healing modality. Case material will be presented of successful treatment of multiple chemical sensitivities and chronic fatigue syndrome.

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

- *Describe five examples of mass functional disorders.*
- *Identify four neurological and psychological processes thought to underlie functional disorders.*
- *Explain Arthur Kleinman's concept of "explanatory model" and apply it to connecting with patients who have been rejected and demeaned by health care professionals.*
- *Develop effective hypnosis protocols for relieving symptoms of functional disorders.*

6:30 – 8:00 pm

SA05: Insight Oriented & Exploratory Techniques, Psychodynamic Exploration & Ideomotor Signaling

George Glaser, LCSW

CE Credits: 1.5

One of the most important and helpful aspects of clinical hypnosis is the set of tools it offers for exploring unconscious phenomena. These tools allow the clinician and patient/client better access to a person's non-logical, unconscious aspects of their mental and physical functioning. This 90-minute presentation provides attendees with information about using unconscious exploration in clinical work, with discussion and demonstration of methods for engaging with the client for such discovery. The presentation content includes information about different forms of exploration, purposes of performing such explorations, with a special focus on ideomotoric and ideosensory phenomena.

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

- *Discuss three indications and contraindications for using an insight-oriented hypnotic approach.*
- *Describe and use at least three exploratory hypnotic methods.*
- *Create one way to use exploratory techniques with a current client or patient.*

SA06: Creativity, Hypnotic Utilization, and Acceptance in Treating Chronic Pain (and Other Disorders)

Thomas Rostafinski, PhD

CE/CME Credits: 1.5

Hypnotic treatment often requires creativity. While clinical hypnosis can be manualized and has been, for use in research, set scripts or recordings cannot harness the full power of hypnotic induction and suggestion. Hypnosis works best when individualized. Hypnotic utilization goes beyond pre-planned individualized induction and suggestion, and requires spontaneous creativity, in real time. As hypnotic operators we have to think on our feet. Utilization becomes essential when typical or first-string inductions fail to bring about a satisfactory state of absorption or receptivity in any subject, when pain or intrusive mentation interferes with the focus we are trying to bring about, or when therapeutic suggestions do not produce the desired effect. In cases of chronic pain, these reactions are common because of how pain can take over the entire experiential field. Utilization allows the hypnotic operator to turn nearly every patient reaction into a therapeutic response. Utilization thus can also serve as a model, or metaphor, for acceptance-based coping with chronic pain and other disorders. Acceptance and Commitment Therapy (ACT) is an established set of psychotherapy techniques that have shown themselves effective with chronic pain as well as with a variety of mental and emotional disorders. Acceptance of difficult realities may in itself be, or require, a creative process. Hypnotic treatment can ease the way to acceptance; hypnotic utilization can help to teach acceptance, and creativity, experientially.

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

- *Plan and carry out more effective hypnotic treatment in cases of chronic pain and other disorders that make hypnotic responding difficult.*
- *Create utilizations of patient responses that will communicate the value of coping via acceptance.*
- *Recognize patient attitudes and behaviors that obstruct or interfere with a therapeutic hypnotic response.*
- *Create utilizations of patient responses that will communicate the value of coping via acceptance.*
- *Plan and carry out more effective hypnotic treatment in cases of chronic pain and other disorders that make hypnotic responding difficult.*

SA07: A Fire to Be Kindled: Healing Trauma with Hypnosis

Carol Juul, LCSW

CE/CME Credits: 1.5

"The mind is not a vessel to be filled but a fire to be kindled," Plutarch. Over 50% of clients seeking help do not return after the first visit. Kindling that fire is a challenge well-met by myth and magic, evoking a response on the deepest level; the lure of lore is universal. Trauma work becomes multifaceted and multidimensional when you invite stories and magic into therapy sessions. Based on the best loved stories of trauma patients themselves and using film clips and interviews with two women of color, *A Fire to Be Kindled: Healing Trauma with Hypnosis* threads multiculturalism through a format of 'idea/example' to provide a richly textured presentation. Joseph Campbell's Hero's Journey, Carl Jung's concepts of synchronicity and the collective unconscious, and the use of Socratic questioning are woven into this tapestry to introduce a unique method of treating trauma augmented by hypnosis.

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

- *Elicit themes at intake that will illuminate the therapeutic path forward in treatment.*
- *Demonstrate use of the client's uniquely personal story line in hypnosis to treat trauma.*
- *Utilize stories to initiate change work in a multi-cultural environment.*
- *Introduce curiosity and intrigue into treatment beginning with the intake session and continuing to closure.*

8:00 RECESS/VIRTUAL CONCERT BY BILL O'HANLON

SUNDAY, August 23, 2020

9:00 am – 12:15 pm (optional 15-minute break)

SUA01: Utilizing Hypnosis in Cancer Care and Preparing for Surgery

Holly Forester-Miller, PhD

CE/CME Credits: 3

This workshop is designed to provide participants with "How to" skills for helping to prepare clients/patients for surgery and other treatments and aspects of cancer care. This workshop is designed for practitioners who work with patients who have cancer or wish to start working with this population. It will be an interactive, hands-on workshop. We will discuss the patients varying needs at different points in their cancer journey and during various treatments, as well as what types of issues and suggestions to consider when helping individuals prepare for surgery.

The presenter will discuss the use of language, especially as it relates to the potential side effects and symptoms of the patient's chemotherapy, radiation, and surgery treatments. Additional issues that will be addressed include resistance, referrals, informed consent, reframing and the applications of various hypnotic phenomena with patients who have cancer. Participants will have the opportunity to interact and participate in several experiential exercises dispersed throughout the workshop. The major emphasis will be on providing specific "how-to" in formulating techniques for helping patients with cancer which participants can take back and use in their practices.

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

- *Identify at least two issues faced by surgery patients and be able to construct an hypnotic suggestion for each of those issues.*
- *Identify at least two issues faced by patients with cancer in dealing with chemotherapy, and be able to construct an hypnotic suggestion for each of those issues.*
- *Identify at least two issues faced by patients with cancer in dealing with radiation therapy, and be able to construct an hypnotic suggestion for each of those issues.*
- *Recognize how hypnotic phenomena can assist patients with cancer and be able to utilize them with at least 2 of the issues and challenges patient's face.*
- *Facilitate a patient's developing their own healing images hypnotically.*

SUA02: The Next Wave in Chronic Pain Treatment: Central Sensitization and the Value of Clinical Hypnosis

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

CE/CME Credits: 3

Central sensitization is a condition of the nervous system that is associated with the development and maintenance of chronic pain. When central sensitization occurs, the nervous system goes through a process called wind-up and gets re-regulated in a state of high reactivity. This persistent, or re-regulated, state of reactivity lowers the threshold for what causes pain, alters pain modulation, and subsequently comes to maintain pain even after the initial injury might have healed. Central sensitization is related with a heightened sensitivity to pain and the sensation of touch. It can also be a factor in heightened sensitivity to sound, light, and odors. It plays a role in many common chronic pain conditions, including chronic low back pain, chronic neck pain, whiplash injuries, chronic tension headaches, migraine headaches, rheumatoid arthritis, osteoarthritis of the knee, 15 endometriosis, 16 injuries sustained in a motor vehicle accident, irritable bowel syndrome, and chronic fatigue syndrome. The most common treatments for pain related to central sensitization include anti-depressant medications and anticonvulsant medications. These treatments produce only moderate results, and are associated with many unpleasant side effects. Conversely, clinical hypnosis has been shown to be very helpful for maximizing autonomic balance, often leading to reductions in pain and central sensitization.

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

- *Describe the role of central sensitization in the etiology, maintenance and exacerbation of many chronic pain symptoms, including headache, low back pain, chronic abdominal pain, rheumatoid arthritis, and fibromyalgia.*
- *Recognize how dissociation is a principle coping mechanism in many traditional pain treatment programs, and why this approach is ineffective and insufficient for relief.*
- *Teach their patients how to feel safe enough to develop the somatic awareness skills that are vital to successful pain rehabilitation.*
- *Formulate at least four hypnotic techniques for reducing pain and central sensitization in the treatment of headache, low back pain, abdominal pain and rheumatoid arthritis.*

12:15 BREAK

12:45 - 1:45 pm

Plenary #4: Milton Erickson on being Ericksonian

Stephen R. Lankton, LCSW, DAHB, FASCH

(see page #12)

1:45 VIRTUAL CLOSING ADDRESS BY ASCH PRESIDENT, ANITA JUNG

2:00 ADJOURN

THANK YOU FOR YOUR PARTICIPATION IN THIS EDUCATION EXPERIENCE

2020/2021 ASCH-ERF REGIONAL WORKSHOPS

Each of the Regional Workshops will offer a Level 1 (Basic), Intermediate (Level 2) **and** an Advanced Workshop.

Workshops begin at 6:30 pm on Thursday and end at noon on Sunday. Advanced Workshop topics/titles will be announced after faculty is confirmed and a program description is available.

2020

September 10-13, 2020, Lincolnshire Marriott, Lincolnshire, IL

October 22-25, 2020, DoubleTree by Hilton, Irving, TX

December 3-6, 2020, Wyndham Celebration, Kissimmee, FL

2021

May 6-9, 2021, DoubleTree by Hilton, Albuquerque, NM

June 17-20, 2021, Hyatt Regency Bethesda (Metro Center), Bethesda, MD

September 9-12, 2021, Lincolnshire Marriott, Lincolnshire, IL

October 28-31, 2021, Crowne Plaza, Austin, TX

December 2-5, 2021, Wyndham Celebration, Kissimmee, FL

For more information go to the ASCH web site
at: <http://www.asch.net/Education/RegionalWorkshops/WorkshopsSchedule.aspx>

Faculty List

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ASCH-ERF 2021 ASMW
SAVE-THE-DATE!!
March 4-7, 2021
Omni Hotel Jacksonville, Jacksonville, FL



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