



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

EDUCATION & RESEARCH FOUNDATION

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## *Clinical Hypnosis Workshop*

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*September 27-30, 2018 / Schaumburg, IL / Hyatt Regency Schaumburg*

*Fundamentals of Hypnosis (Basic Workshop)*

*Refining Skills and Treatment Applications (Intermediate Workshop)*

*Hypnosis for Trauma-Informed Integrative Medicine (Advanced Workshop)*

# Fundamentals of Hypnosis (Basic Workshop)

## Why pursue training in Clinical Hypnosis? What are the benefits?

Clinicians who are trained in clinical hypnosis learn a range of communication skills that facilitate reaching the therapeutic goal through more effective utilization of the patient's or client's innate resources. Clinical hypnosis incorporates the science of neurobiology and brain plasticity. Suggestion is an inevitable part of any treatment. Learning hypnosis allows you to better understand how you currently use suggestive language in your treatment approaches and how to increase and diversify your range of skills in suggesting therapeutic possibilities.

### Benefits:

- Rapidly establish rapport and the hypnotic relationship across developmental ages;
- Facilitate change, Ego-strengthen and reduce impediments to change;
- Cost-effective, collaborative, person centered treatment; and
- Provide clients and patients with life-long skills for better health.

The Basic clinical hypnosis training is the first part of a series of workshops in the certification program for clinical hypnosis. A diverse faculty from a range of health disciplines will teach you the principles and process of hypnotic inductions, suggestions and treatment. The workshop is a mix of didactic presentations, demonstrations, experiential exercises and faculty-led small group practice tailored to the specific needs and learning style of each participant. At the conclusion of the workshop you will have been taught the basic skills required to utilize clinical hypnosis and begin to apply it to your practice.

### Objectives:

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

- *Identify and demonstrate at least three ways to induce a hypnotic trance and realert a subject from a trance;*
- *Demonstrate two methods for deepening a trance; and*
- *Describe four clinical conditions in which hypnotic techniques may be used.*

## FUNDAMENTALS

### **THURSDAY, September 27, 2018 - This workshop begins in the evening**

#### **6:30 pm Welcome**

#### **6:45 Intro to Fundamentals- Wagaman**

#### **7:00 Intro to Hypnosis, Definitions, history, myths - Bemel**

*Educational Objectives for this session:*

*Outline major historical events in hypnosis and mesmerism;*

*Provide a definition of hypnosis and related terms*

*Identify the major myths and misconceptions regarding hypnosis.*

#### **7:45 Neurophysiology of Hypnosis - Smith**

*Educational Objectives for this session:*

*Review how stress and pain affect body systems.*

*List three brain regions or networks that research shows may be altered with hypnosis.*

*Detail three implications of neurophysiological research on the practice of clinical hypnosis.*

#### **8:15 Hypnotic Phenomenon - Wagaman**

*Educational Objectives for this session:*

*Identify 5 different hypnotic phenomena*

*Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used therapeutically.*

#### **9:00 Group experience – Wagaman**

*Educational Objectives for this session:*

*Personally experience a hypnotic trance facilitated by senior faculty*

*Illustrate applications of hypnotic phenomena in a first trance experience.*

*Provide illustrative suggestions for eliciting hypnotic phenomena;*

*Illustrate the concept of trance logic*

#### **9:30 Recess**

### **FRIDAY, September 28, 2018**

#### **8:30 am Rapport, Inductions and Reorienting - Bemel**

*Educational Objectives for this session:*

*Describe three principles of developing rapport with a client/patient*

*Identify the steps in facilitating a hypnotic induction*

*Describe at least two reasons for removing suggestions and reorienting patients*

#### **9:45 Demo of Induction # 1 : Focused Breathing – Wagaman**

*Educational Objectives for this session:*

*Describe an induction using focused breathing*

#### **10:00 Introduction to Small Group Practice –Wagaman**

*Educational Objectives for this session:*

*Identify the goals and rules of the experiential small group practice sessions*

# Fundamentals of Hypnosis (Basic Workshop)

**10:15 BREAK**

**10:30 Small Group #1 Rapport, Induction, Reorienting**

*Educational Objectives for this session:*

*Demonstrate the ability to build rapport with the subject*

*Experience one hypnotic induction and reorienting*

*Demonstrate the ability to facilitate an induction using levitation/reverse levitation and reorienting with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.*

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

**1:30 Fundamentals of Hypnotic Language and Formulating Suggestions – Wagaman**

*Educational Objectives for this session:*

*Name three ways that language and hypnotic suggestion can be used to facilitate trance.*

*Describe an effective therapeutic suggestion*

*Differentiate between direct and indirect suggestions*

**2:30 Deepening or Intensifying Trance - with demonstration - Lemke**

*Educational Objectives for this session:*

*Describe at least 2 hypnotic inductions for intensification of trance*

*Describe at least 4 traditional methods for “deepening” hypnotic involvement.*

**3:15 BREAK**

**3:30 Pediatric Hypnosis -Beighle**

*Educational Objectives for this session:*

*Describe the therapeutic benefits and applications of using hypnosis with children*

*Identify the developmental characteristics that make children particularly hypnotizable*

*Describe how hypnotic approaches vary according to the developmental age of the child*

**4:15 Demo of Induction # 2 : Eye Fixation - Beighle**

*Educational Objectives for this session:*

*Describe an induction using eye fixation*

**4:30 Small Group # 2 Rapport, Induction, Deepening, Reorienting**

*Educational Objectives for this session:*

*Experience one hypnotic induction, deepening and reorienting*

*Demonstrate the ability to build rapport with the subject*

*Demonstrate the ability to facilitate the diaphragmatic breathing induction, deepen a trance and reorient the subject*

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

**6:00 Recess**

**SATURDAY, September 29, 2018**

**8:30 am Ego strengthening - Bemel**

*Educational Objectives for this session:*

*Identify 3 types of Ego-Strengthening techniques and suggestions*

*Describe how to create and utilize ego-strengthening suggestions*

**9:15 Self-Hypnosis – Smith**

*Educational Objectives for this session:*

*Define self-hypnosis*

*Describe 3 therapeutic applications of self-hypnosis in clinical practice.*

*Demonstrate one method to teach self-hypnosis to patients/clients*

**10 - 10:15 Demo of Induction # 3 - Eye Roll – Wagaman**

*Educational Objectives for this session:*

*Describe a rapid induction using an eye roll technique*

**10:15 BREAK**

**10:30 Small Group # 3 Rapport, Induction, Deepening, Suggestions, Reorienting**

*Educational Objectives for this session:*

*Experience one hypnotic induction, deepening, suggestion and reorienting*

*Demonstrate the ability to build rapport with the subject*

*Demonstrate the ability to facilitate the eye roll induction, deepen trance, offer hypnotic suggestions, ego-strengthen and reorient the subject*

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

**12:00 pm LUNCH**

**1:30 Hypnotizability, Stages of Hypnosis and Informed Consent - Bemel**

*Educational Objectives for this session:*

*Discuss the factors that affect hypnotic responsiveness*

*Define and describe identifiable stages of hypnotic experience*

*Identify important elements in obtaining informed consent regarding the use of hypnosis clinically.*

**2:00 Presenting Hypnosis to Patients - Bemel**

*Educational Objectives for this session:*

*Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient;*

*Explain the difference between spontaneous hypnosis, hetero-hypnosis and self-hypnosis*

# Fundamentals of Hypnosis (Basic Workshop)

## 2:30 Brief hypnosis in a medical setting – Smith

*Educational Objectives for this session:*

*Compose 3 indications for brief interventions in a medical setting*

## 3:00 Demo of Induction #4 Arm Levitation - Wagaman

*Educational Objectives for this session:*

*Describe and demonstrate an induction using eye fixation*

## 3:15 BREAK

## 3:45 Small Group #4 Rapport, Induction, Deepening, Hypnotic Phenomenon, Ego-strengthening, Suggestions, Reorienting

*Educational Objectives for this session:*

*Experience one hypnotic induction, deepening, suggestion, hypnotic phenomenon and reorienting*

*Demonstrate the ability to build rapport with the subject*

*Demonstrate the ability to facilitate induction using eye fixation, deepen trance, elicit hypnotic phenomenon, offer hypnotic suggestions, ego-strengthen and reorient the subject*

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

*Clarify readiness for incorporating hypnosis into practice*

## 6:00 Recess

## SUNDAY, September 30, 2018

### 8:30 am Memory – Wagaman

*Educational Objectives for this session:*

*Discuss the clinical controversy regarding hypnosis and the possible creation of false or pseudomemory*

*Discuss the research on hypnosis and memory.*

### 9:00 Managing Resistance –Wagaman

*Educational Objectives for this session:*

*Discuss the therapist, patient, and context variables that may contribute to resistance*

*Identify at least 3 alternative techniques for bypassing or working through resistance to hypnosis.*

### 9:30 Treatment Planning - Bemel

*Educational Objectives for this session:*

*Identify clinical conditions where hypnosis may be used as an effective adjunctive therapy*

*List at least 4 hypnotic techniques that may be best suited to achieve a specific therapeutic goal.*

*Differentiate when to use a suggestive hypnotic approach and when to use an insight-oriented or exploratory hypnotic approach*

*Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan*

## 10:15 BREAK

### 10:30 Integrating into Practice – Wagaman, Bemel, Smith

*Educational Objectives for this session:*

*Describe the different types of therapeutic goals to which hypnotic techniques may be applied in clinical practice*

*Identify the obstacles and strategies to introduce hypnosis into practice*

*Outline the issues around billing and documenting for services*

### 11:30 Ethics, Certification, Training and Wrap-up –Bemel

*Educational Objectives for this session:*

*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*

*Explain clinical hypnosis standards of training, levels of, and requirements for ASCH certification and the opportunities available for further training, membership and certification*



## Educational Schedule

September 27-30, 2018	ASCH-ERF Regional Workshop; Hyatt Regency Schaumburg, Schaumburg, IL
October 25-28, 2018	ASCH-ERF Regional Workshop; Holiday Inn World's Fair Park; Knoxville, TN
December 13-16, 2018	ASCH-ERF Regional Workshop; Sheraton Sand Key Resort; Clearwater Beach, FL

2019

January 20-27, 2019	ASCH-ERF Workshop at Sea; Holland America Lines; Mexican Riviera Cruise
March 28-31, 2019	ASCH-ERF Annual Scientific Meeting & Workshop; Hyatt Regency San Antonio Riverwalk; San Antonio, TX
May 2-5, 2019	ASCH-ERF Regional Workshop; Seattle Marriott Bellevue; Bellevue, WA
June 20-23, 2019	ASCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria, Alexandria, VA

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# Refining Skills and Treatment Applications (Intermediate Workshop)

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

The second step in certification training is to strengthen your skills, strategies and applications of clinical hypnosis. Part one taught you “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers your development so you add the when, why and where to the “how to”.

- Advantages:
- Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management, Anxiety, Fears and Phobias, Functional and Habit Disorders)
  - Learn more techniques for the creative use of the language of suggestion and metaphor to facilitate change;
  - Learn specific tools (complex inductions and intensification techniques) for specific populations (children, procedural and dental hypnosis)
  - More practice with the feedback of expert faculty.

The Intermediate Workshop increases your skills and builds confidence in your use of hypnosis. It prepares you to move on to the advanced workshop level and individual consultation with a strong basis of skills and understanding of the principles and practice of clinical hypnosis.

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

- Identify two hypnotic strategies for use in pain management;
- Practice two hypnotic methods for dealing with anxiety
- Cite at least two examples of metaphors that might be used with clinical problems; and
- Demonstrate three types of techniques and types of suggestions that might be used with common behavioral problems.

## **THURSDAY, September 27, 2018 - This workshop begins in the evening.**

### **6:30 pm Welcome**

#### **6:45 Intro to Skills & Applications -Lemke**

#### **7:00 Refining Skills of Inductions and Deepening – Lemke, Beighle, Kahn**

*Educational Objectives for this session:*

*Observe and identify 3 advanced inductions, and clarify conditions under which they may be indicated.*

*Describe 3 signs of increased suggestibility/trance*

*Describe at least 2 hypnotic techniques for intensification or deepening of trance.*

#### **8:00 Refining Skills of Language and Suggestion – Lemke**

*Educational Objectives for this session:*

*Describe how to enhance rapport and compliance through positive reinforcement and utilization*

*Describe how to structure 2 direct and indirect suggestions*

*Define a conversational postulate and a double bind*

#### **9:00 Group experience - Lemke**

*Educational Objectives for this session:*

*Experience an advanced Ericksonian trance experience.*

#### **9:30 Recess**

## **FRIDAY, September 28, 2018**

#### **8:30 am Applications of Hypnosis: Sleep Disorders - Beighle**

*Educational Objectives for this session:*

*Describe the difference between primary and secondary sleep problems*

*Develop a hypnotic intervention to address the common pattern of sleep performance anxiety.*

#### **9:00 am Applications of Hypnosis: Psychodynamic Exploration -Kahn**

*Educational Objectives for this session:*

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

*Describe at least 3 exploratory hypnotic methods.*

#### **10:15 BREAK**

#### **10:30 Applications of Hypnosis: Mind - Body Medicine - Beighle**

*Educational Objectives for this session:*

*Review how stress and pain affect body systems*

*Identify 3 ways that hypnosis can be integrated into the treatment of patients with psychophysiological disorders*

#### **11:00 Applications of Hypnosis: Pain - Zastrow**

*Educational Objectives for this session:*

*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 amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain*

*Identify 6 hypnotic techniques for use in pain management.*

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

#### **1:30 Applications of Hypnosis: Self Hypnosis - Lemke**

*Educational Objectives for this session:*

*Define self-hypnosis.*

*Describe at least three therapeutic applications of self-hypnosis in clinical practice*

*Describe the process of teaching self-hypnosis to patients.*

# Refining Skills and Applications (Intermediate Workshop)

## 2:00 **Small Group Skill Practice # 1**

*Educational Objectives for this session:*

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

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

## 3:15 **BREAK**

## 3:30 **Applications of Hypnosis: Anxiety - Kahn**

*Educational Objectives for this session:*

*Review principles stemming from research data on the treatment of anxiety and phobic disorders*

*Explicate a minimum of 3 hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method*

## 4:30 **Applications of Hypnosis: Habit Disorders - Lemke**

*Educational Objectives for this session:*

*Discuss research literature on hypnosis in the treatment of habits*

*Design an effective therapeutic intervention for two common habit disorders*

## 5:15 **Brief hypnosis in a medical setting - Zastrow**

*Educational Objectives for this session:*

*Identify language useful to formulate at least 2 suggestions in a rapid manner within an integrated medical or psychological visit*

*Create individualized hypnotic suggestions for medical and psychological conditions manifested in the office setting*

## 6:00 **Recess**

## **SATURDAY, September 29, 2018**

### 8:30 am **Refining Skills: Neurophysiology of Hypnosis -Beighle**

*Educational Objectives for this session:*

*List three brain regions or networks that research shows may be altered with hypnosis.*

*Detail 3 implications of neurophysiological research on the practice of clinical hypnosis*

### 9:00 **Small Group Skill Practice # 2**

*Educational Objectives for this session:*

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

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

### 10:15 **BREAK**

### 10:30 **Applications of Hypnosis: Pediatrics - Beighle**

*Educational Objectives for this session:*

*List at least three ways in which working with children is different from work with adults.*

*Demonstrate 2 hypnotic techniques that are effective with children and vary with the development level of the patient/client.*

### 11:30 **Applications of Hypnosis: Ideomotor Strategies- Lemke**

*Educational Objectives for this session:*

*Describe ideomotor movement and how it can be utilized therapeutically*

*Demonstrate ideomotor signaling for exploring the unconscious*

*Describe at least 2 exploratory hypnotic methods using ideomotor signaling.*

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

### 1:30 **Small Group Practice #3 (Lemke, Beighle, Kahn)**

**Each Intermediate participant will be encouraged to attend 1 of the 3 choices**

#### **Group A - Heart Rate Variability Biofeedback**

*Educational Objective for this session:*

*Demonstrate how to increase skill in HRV Biofeedback*

#### **Group B - Ideomotor Signaling**

*Educational Objective for this session:*

*Demonstrate how to increase skill in using ideomotor signaling*

#### **Group C - Glove analgesia**

*Educational Objective for this session:*

*Demonstrate how to increase skill in producing glove analgesia*

### 2:15 **Small Group Practice #4 (Lemke, Beighle, Kahn)**

**Each Intermediate participant will be encouraged to attend a second of the 3 choices**

#### **Group D - Heart Rate Variability Biofeedback**

*Educational Objective for this session:*

*Demonstrate how to increase skill in HRV Biofeedback*

#### **Group E - Ideomotor Signaling**

*Educational Objective for this session:*

*Demonstrate how to increase skill in using ideomotor signaling*

#### **Group F - Glove analgesia**

*Educational Objective for this session:*

*Demonstrate how to increase skill in producing glove analgesia*

### 3:15 **BREAK**

# Refining Skills and Treatment Applications (Intermediate Workshop)

## **3:30 Refining Skills of Ego Strengthening – Kahn**

*Educational Objectives for this session:*

*Describe the Ego-Strengthening techniques of anchoring, using an affect bridge and future projection of successful self*

*Describe how to enhance ego-strengthening suggestions*

## **4:00 Applications of Hypnosis: Depression - Kahn**

*Educational Objectives for this session:*

*Demonstrate how to introduce positive expectancy during an induction with a depressed client*

*Explain how to use hypnosis to support behavioral activation.*

## **4:30 Skill Development with Metaphorical Approaches - Lemke**

*Educational Objectives for this session:*

*Explain the concept of utilization in the creation of metaphors.*

*Demonstrate how to construct therapeutic metaphors and give 2 examples of metaphorical suggestions.*

## **6:30 Recess**

## **SUNDAY, September 30, 2018**

### **8:30 am Preparation for Surgery - Beighle**

*Educational Objectives for this session:*

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

### **9:00 Treatment Planning - Kahn**

*Educational Objectives for this session:*

*Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.*

*List at least 4 applications of hypnosis suited to achieve a specific therapeutic goal.*

### **10:15 BREAK**

### **10:30 Skills of Integrating into Practice – Lemke, Beighle, Kahn**

*Educational Objectives for this session:*

*List at least 4 hypnotic techniques that may be best suited to achieve a specific therapeutic goal.*

*Describe the potential application of hypnosis for a particular clinical vignette.*

### **11:30 Ethics, Certification, Training and Wrap-up – Beighle**

*Educational Objectives for this session:*

*Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis*

*Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification*

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

# Hypnosis for Trauma-Informed Integrative Medicine (Advanced Workshop)

Physical, sexual, and psychological trauma are associated with mental, emotional, interpersonal, and physical manifestations that often involve medical presentations and conditions. This workshop will review the somatic conditions and experiences associated with trauma and outline a phase-oriented approach for hypnotic and psychophysiological interventions. Specific strategies for somatic symptom processing will be reviewed and integrated with hypnotic techniques. The workshop will also address how relevant aspects of neuroplasticity, psychoneuroimmunology, epigenetics, and beliefs can inform hypnotic interventions for a variety of medical conditions. Finally, as life-style modifications are often essential to health promotion, hypnotic applications for habit management will also be addressed.

In consideration of the increasing emphasis on evidence-based practice, this workshop will include examples of outcome research providing empirical support for hypnotic treatment strategies. In addition, medical disorders covered will include information on diagnostic criteria, underlying pathophysiology, psychophysiological patterns to be targeted, and selected non-hypnotic treatment components relevant to symptom resolution. Conditions to be covered will include aspects of chronic pain, myofascial pain, headache, fibromyalgia, and irritable bowel syndrome as well as autoimmune, inflammatory, and infectious disorders.

The workshop will provide sufficient information for participants new to the advanced workshops as well as more senior practitioners looking for specialized training in integrative medicine applications. The phase-oriented approach will begin with trauma stabilization and optimization of the autonomic nervous system function for health promotion followed by treatment of specific disorders. Overall, a comprehensive hypnotic approach, including relevant non-hypnotic components, will be outlined and taught through didactic presentation, demonstration, and dyadic practice.

## **THURSDAY, September 27, 2018 - This workshop begins in the evening**

### **6:30 pm Introduction (All Groups)**

#### **6:45 Advanced Workshop Introduction and Overview (Damis, Zastrow)**

#### **7:15 Somatic and Psychological Consequences of Trauma and Neglect (Damis, Zastrow) The Phase-oriented Treatment Model (Damis, Zastrow)**

#### **8:00 General Hypnotic Approach and Strategies: Accessing the Solutions Within (Damis, Zastrow)**

*Educational Objectives for this session:*

*Participants will describe five dimensions of the impact of trauma and neglect.*

*Participants will describe a phase-oriented approach to the treatment of trauma and explain its relevance to the treatment of medical conditions.*

*Participants will appreciate relevant issues of memory and hypnosis and identify the components of informed consent.*

*Participants will learn three general hypnotic techniques for promoting individualized change in the context of a mastery-oriented permissive approach.*

#### **9:30 Recess**

## **FRIDAY, September 28, 2018**

### **8:30 am Understanding the Inflammatory Reflex of the Vagus Nerves (Zastrow)**

#### **Integrating Psychological and Physiological Strategies for Arousal Reduction (Damis) Demonstration and Dyadic Practice**

*Educational Objectives for this session:*

*Participants will explain the Polyvagal Theory and its relation to physical and emotional functioning.*

*Participants will identify three stages and strategies for breath training.*

*Participants will be able to describe the vagal nerve function in relation to the inflammatory cascade responsible for pain.*

*Participants will describe a method for activation of the ventral vagal complex and describe its role in optimization of the autonomic nervous system.*

#### **10:15 BREAK**

### **10:30 Desensitization, Exploratory, Ego-state, and Time-orientation Techniques (Damis)**

*Educational Objectives for this session:*

*Participants will identify three reasons for the use of desensitization and two strategies for facilitating desensitization.*

*Participants will identify the role of exploratory work and three related hypnotic strategies.*

*Participants will describe the benefits and methods of future-time orientation.*

*Participants will explain the relationship between self-representation and maintenance of behavior/attitude changes.*

### **12:00 pm LUNCH on your own**

#### **1:30 Trauma Stabilization (Damis)**

##### **Demonstration and Dyadic Practice**

*Educational Objectives for this session:*

*Participants will describe two strategies for arousal reduction and promotion of an internalized sense of safety.*

*Participants will list two methods for modification of negative beliefs.*

*Participants will describe and apply an individualized approach to generation of coping strategies.*

*Participants will explain the meaning of anxious intrusions in hypnotic stabilization work and strategies for management of them.*

#### **3:15 BREAK**

### **3:30 Management of Trauma and Attachment Related Sources of Anxiety (Damis)**

*Educational Objectives for this session:*

*Participants will identify the role of neglect and the importance of neglect repair.*

*Participants will explain and apply hypnosis for repair of neglect damages and promotion of ego-strengthening.*

*Participants will explain the relationship between self-representation and maintenance*



# Hypnosis for Trauma-Informed Integrative Medicine (Advanced Workshop)

## 5:00 Hypnosis with Somatic and Sensorimotor Processing of Trauma (Damis)

*Educational Objectives for this session:*

*Participants will identify two mechanisms of somatic trauma processing.*

*Participants will describe a method of facilitating somatic trauma processing with hypnosis.*

*Participants will describe and apply hypnotic stabilization strategies to potentiate somatic processing.*

## 6:00 Recess

## SATURDAY, September 29, 2018

### 8:30 am Psychoneuroimmunology, Gut Biome, and Epigenetics (Damis, Zastrow)

**Infectious Disease and Cancer**

**Autoimmune Disorders**

**Hypnotic Strategies for Pain Modulation**

*Educational Objectives for this session:*

*Participants will describe biological mechanisms relating psychosocial and emotional factors to physical illness and the contributions of the gut biome and epigenetics.*

*Participants will be able to outline a protocol for supporting the gut biome and immune function.*

*Participants will be able to apply three hypnotic strategies for enhancing immune function and managing infectious and Autoimmune conditions.*

## 10:30 BREAK

### 10:30 Understanding and Treating Psychophysiological Disorders with Hypnosis: Headache and Irritable Bowel Syndrome (Damis)

*Educational Objectives for this session:*

*Participants will identify relevant psychophysiology of common headaches and Irritable Bowel Syndrome.*

*Participants will identify relevant psychophysiological treatment targets and non-hypnotic strategies for intervention.*

*Participants will be able to describe and apply three hypnotic strategies for management of headache and IBS.*

## 12:00 pm LUNCH on your own

### 1:30 am Hypnotic Strategies for Pain Modulation (Damis)

**Myofascial Pain Syndrome**

**Fibromyalgia and Neuroplasticity**

*Educational Objectives for this session:*

*Participants will identify four categories and eight strategies for pain modulation.*

*Participants will explain the nature of myofascial pain and the application of hypnosis for its management.*

*Participants will be able to explain the nature of fibromyalgia, the role of neuroplasticity, and the application of hypnosis for promotion of constructive neuroplasticity.*

## 3:15 BREAK

### 3:30 Hypnosis for Sleep Promotion (Damis)

**Hypnosis for Healthy Life-style Changes and Habit Control**

**Demonstration and Dyadic Practice**

*Educational Objectives for this session:*

*Participants will identify major factors contributing to sleep difficulties, teach constructive sleep promotion habits, and apply hypnotic strategies for enhancement of restorative sleep.*

*Participants will be able to apply three hypnotic techniques for enhancing motivation and effecting health-related life-style changes.*

*Participants will explain the purpose and application of future-time oriented imagery.*

## 6:00 Recess

## SUNDAY, September 30, 2018

### 8:30 am Further Elaboration and Application (Damis, Zastrow)

**Integrating into Practice – Case Discussions**

**Question and Answer Session**

*Educational Objectives for this session:*

*Participants will be able to identify at least five clinical applications of the methods presented in this workshop.*

## 12:00 pm ADJOURN (Thank you very much for your participation in this training experience)

# Faculty Bios and Disclosures

The association accepted no commercial support to subsidize this educational event, nor does any party involved in the development, planning or execution of educational content - faculty, staff or committee members - have any financial relationships or conflicts of interest to disclose unless otherwise noted below.

## **Cheryl Beighle, MD; Everett, WA (Workshop Chair)**

Member, Approved Consultant, Regional Workshop Committee, ASCH; Board Certified, Pediatrics; Instructor, Weight Loss for Life; Medical Director, Integrative Medicine, Providence Regional Cancer Partnership; Board Member, Medical Director, ChildStrive; Partner, Physician, Behavioral and Integrative Consultive Practice; Chair, Pediatrics, Provider, Well Being Program, The Everett Clinic, Everett, WA.

## **Cheryl Bemel, PhD, LP, NCSP/NASP; St Paul, MN**

Member, Approved Consultant, ASCH; Board of Directors, Treasurer, President-elect, Teaching Faculty, Minnesota Society of Clinical Hypnosis (MSCH); Teaching Faculty, National Pediatric Hypnosis Training Institute (NPHTI); Nationally Certified School Psychologist; Hospital based Crisis Psychologist; Field based Crisis Psychologist, Minneapolis Police Department; Psychologist, Allina Health, West St. Paul, MN; Private Practice; Psychologist, St. Paul, MN;

## **Louis F. Damis, PhD, ABPP; Oviedo, FL**

Member, Approved Consultant, ASCH; Co-Chair, Review Committee, ASCH-ERF; President, Florida Society of Clinical Hypnosis; Diplomate, American Board of Professional Psychology; Fellow, American Academy of Clinical Health Psychology; Senior Fellow, Biofeedback Certification International Alliance; Assistant Professor of Psychology, UCF College of Medicine; Clinical Health Psychologist, Biofeedback and Pain Management, VA Medical Center, Orlando; President, Integrative Health Psychology, PA; Oviedo, FL.

## **Stephen Kahn, PhD, Chicago, IL**

Fellow, Chair, Accreditation Committee, ASCH; Elected Fellow (Faculty Position) of the Society for Clinical and Experimental Hypnosis (SCEH); Adjunctive Faculty, Chicago School of Professional Psychology; private practice, Chicago, IL.

*Dr. Kahn is the author or co-author of several books on hypnosis from which some of his teaching content is derived and for which he receives financial remuneration.*

## **Wendy Lemke, MS, LP; Clearwater, MN**

Member, Approved Consultant, Masters Level Representative, Executive Committee, ASCH; Member, Minnesota Society of Clinical Hypnosis; Member, Fellow, International Society for the Study of Trauma and Dissociation; Adjunct faculty St. Cloud Technical Community College; private practice, Clearwater and Brooklyn Park, MN.

*Ms. Lemke is the creator of several hypnosis CDs and DVDs, from which some of her teaching content is derived and for which she receives financial remuneration.*

## **Eric A. Smith, MD; Wooster, MA**

Member, Approved Consultant, ASCH; Diplomat, American Board of Holistic Medicine; Diplomat, American Board of Medical Acupuncture; Diplomat, American Board of Family Practice; Lecturer, College of Wooster, Community Care Network; Medical Director, Viola Startzman Clinic; Medical Acupuncture, Milltown Medical Acupuncture, LLC; Family Physician, Milltown Family Physicians, Inc.; Wooster, MA.

## **G. Lane Wagaman, EdD; Cary, NC**

Member, Approved Consultant, Chair, Regional Workshop Committee, Co-Chair, Refining Skills Workshop, Advanced Workshops (2016), Refining Skills Workshop (2017), Fundamentals Workshop (2018) (2019), ASCH Annual Meeting Program Committee; Member, Society for Clinical & Experimental Hypnosis (SCEH); Diplomate, Academy of Integrative Pain Management; Certificate of Professional Qualification in Psychology, Association of State and Provincial Psychology Boards; Member, American Psychological Association (APA): Society for Psychological Hypnosis; Society for Health Psychology; Psychology-Law Society; Society of Counseling Psychology; Life Member, North Carolina Psychological Association (NCPA) and NCPA Division of Independent Practice; Life Member, Fellow, Past APA Council Representative, Past President, West Virginia Psychological Association; Member, Past President, West Virginia Board of Examiners of Psychologists; Clinical Associate Professor and Preceptor, Family Medicine Residency Program, West Virginia School of Osteopathic Medicine, Lewisburg, WV; Allied Health Staff, Greenbrier Valley Medical Center, Ronceverte, WV; Independent Practice, Carolina Rehabilitation and Surgical Associates, Cary, NC, and HRC Behavioral Health and Psychiatry, PA, Raleigh, NC.

## **Joseph Zastrow, MD, FAAFP; Mooresville, NC**

Member, Approved Consultant, Past President of ASCH; Member, ASCH-ERF Board of Trustees; Board certified, Family Medicine; Fellow, American Academy of Family Physicians; Physician, Vidant Family Medicine- Richlands; private practice, Richlands NC.

# Hyatt Regency Chicago Schaumburg

This Regional Workshop will be held at the Hyatt Regency Chicago Schaumburg, located at 1800 East Golf Street in Schaumburg, IL a northwest suburb of Chicago. Our hotel is located only 30 miles from the exceptional shops, restaurants and cultural attractions of downtown Chicago, and nine miles from the Chicago O'Hare International Airport. Enjoy a short, five minute drive to the Schaumburg Convention Center, and convenient access to the famous Woodfield Mall, the Midwest's largest shopping center.

ASCH has contracted a limited number of rooms at a discounted room rate of \$119 single/double 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 September 6, 2018. So book early to receive the group rate.

Make reservations [online](#) or call 1-888-421-1442.

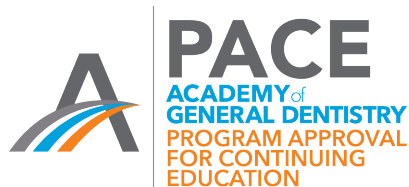
## Continuing Education

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

*The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is approved by the American Psychological Association to sponsor continuing education for psychologists. The American Society of Clinical Hypnosis-Education and Research Foundation maintains responsibility for this program and its content.*

*This activity is pending approval from the National Association of Social Workers.*

*This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 for Social Workers, Counselors and Marriage & Family Therapists in the State of Florida.*



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

## Additional Information

### 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 from regionally accredited graduate schools in an appropriate discipline. Students need not be residents of Virginia, but simply be attending an institution of higher learning located 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.

For more information regarding the ASCH Tuition Assistance programs, contact ASCH at 630/980-4740 (phone), 630/351-8490 (fax) or [info@asch.net](mailto:info@asch.net) (email).

### Eligibility

Registrants must hold a masters degree or higher in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body. In addition, registrants must be licensed or certified in the state in which they practice. Registered Nurses with a bachelors degree from a college or university accredited by its appropriate regional accrediting body who are licensed or certified in the state in which they practice are eligible to attend the Basic Workshop on Clinical Hypnosis.

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

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

# September 27-30, 2018 / Schaumburg, IL / Hyatt Regency Schaumburg

Name/Degree: (Print Clearly) \_\_\_\_\_ Nickname: \_\_\_\_\_ License #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

I would like to receive all correspondence for this meeting electronically. (Note: If you select this, you must supply a working email address in the personal information block above.)

**Category of Attendance: (Select One)**

I am a member of:  ASCH  Component Section: \_\_\_\_\_  SCEH (Members of SCEH and ASCH Component Sections qualify for ASCH Member rate)

Student  Along with a completed registration form and payment of registration fees, students need to submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued and date of intended graduation.

Resident /  Intern Along with a completed registration form and payment of registration fees, residents/interns need to submit correspondence from their supervisor on official letterhead explaining the nature of the residency/internship and date of intended completion of the program.

**Registration Fees:**

	Member	Non-Member	Resident/Intern	Student
Basic	<input type="checkbox"/> \$457	<input type="checkbox"/> \$657	<input type="checkbox"/> \$317	<input type="checkbox"/> \$272
Intermediate	<input type="checkbox"/> \$457	<input type="checkbox"/> \$657	<input type="checkbox"/> \$317	<input type="checkbox"/> \$272
Advanced	<input type="checkbox"/> \$457	<input type="checkbox"/> \$657	<input type="checkbox"/> \$317	<input type="checkbox"/> \$272

All registration fees include a \$37 printed handout fee. If you wish to receive your handouts electronically, select the appropriate box below and subtract the \$37 fee from your total amount due. Handouts will be emailed approximately one week before the workshop.

I wish to print out my own handouts for this workshop. Please remove the \$37 handout fee already included in the registration fee.

I DO NOT wish to print out my own handouts for this workshop.

I would like to request the Virginia Hypnosis Fund (VHS) Grant. The required written request and proof of my status as a student enrolled full-time in a Virginia-based institution of higher education accompanies my registration form.

\* Basic Fee includes two books: Standards of Training and Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis. Y

There is an additional fee for Hypnotic Induction and Suggestion by D. Corydon Hammond, PhD, ABPH. It is a strongly recommended text for the Basic Workshop, however, it is not required. Preorder your copy of Hypnotic Induction and Suggestion for \$20 each. Texts will be distributed on site at the workshop.

Registration Fee: \_\_\_\_\_

Hypnotic Induction and Suggestion- \$20 each x \_\_\_\_\_ = \_\_\_\_\_

Handout Fee (minus \$37) \_\_\_\_\_

Continuing Education/Letter of Attendance Fee Removal (minus \$25): \_\_\_\_\_

You will not receive a CE certificate/Letter of Attendance if you select this

**Total Amount Due:** \_\_\_\_\_

**Payment Method:**

MasterCard  Visa  Check #: \_\_\_\_\_ (Make payable to American Society of Clinical Hypnosis; US funds only)

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVS Code: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

ADA Statement: In compliance with the Americans with Disabilities Act (ADA), please check this box  if you require assistance because of a disability to make this program accessible to you. Someone from the ASCH Office will contact you.

**Cancellation Policy:**

Cancellations postmarked/faxed after August 28, 2018 but on or before September 12, 2018 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds on or after September 12, 2018.** Exceptions will only be granted due to death of the participant or an immediate family member, severe illness/injury of the participant or an immediate family member, or the inability of the participant to travel due to legal or governmental restrictions/obligations, and require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

**Mail to: ASCH, 140 North Bloomingdale Rd., Bloomingdale, IL 60108-1017**  
**Fax to: 630/351-8490 / Questions? Please Call 630/980-4740**