Clinical Hypnosis Workshop

June 21-24, 2018/ Alexandria, VA / Crowne Plaza Old Town Alexandria

The Fundamentals of Hypnosis (Basic Workshop)

Skills and Applications (Intermediate Workshop)

Self-Hypnosis Classes for Patients with Serious Illness (Advanced Workshop)

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
The 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 of Clinical Hypnosis Workshop Faculty: Akira Otani, Judy Thomas, Lane Wagaman (Fundamentals Coordinator, Workshop Chair)

THURSDAY, June 21, 2018 - This workshop begins in the evening
6:30 pm Workshop Introduction (Combined Groups) (Wagaman)
6:45 Introduction to Fundamentals (Wagaman)
7:00 History, Definitions, and Misperceptions of Hypnosis (Wagaman)
Educational Objectives for this session:
Outline major historical events in hypnosis and mesmerism.
Provide a definition of hypnosis related to relevant scientific research.
Identify the major myths and misconceptions regarding hypnosis.
8:00 Neurophysiology of Hypnosis (Otani)
Educational Objectives for this session:
Review how stress and pain affect body systems.
List three brain regions or networks that research shows may be altered with hypnosis.
Detail three implications of neurophysiological research on the practice of clinical hypnosis.
9:00 Group Experience (Faculty)
Provide illustrative suggestions for eliciting hypnotic phenomena
Demonstrate the concept of trance logic
Illustrate applications of hypnotic phenomena in a first trance experience
9:30 Recess

FRIDAY, June 22, 2018
8:30 am Rapport, Elicitation/Facilitation / Induction of Hypnotic Trance, and Re-Orienting (Wagaman)
Educational Objectives for this session:
Describe three specific behaviors or communication skills that are helpful in the development of rapport with patients
Describe at least two reasons for removing suggestions and re-orienting patients
9:45 Demonstration of Trance Elicitation/Facilitation / Induction Strategy #1: Focused Breathing (Faculty)
10:00 Introduction to Small Group Practice (SGP)(Thomas)
10:15 Break
10:30 SGP 1 (Elicitation/Facilitation / Induction of Hypnotic Trance, Re-Orienting: Focused Breathing) (Faculty)
Educational Objectives for this session:
Demonstrate the ability to build rapport with the subject.
Demonstrate the ability to facilitate at least one method of eliciting/facilitating trance, and re-orienting learned from the lectures, 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 (Thomas)
Educational Objectives for this session:
Identify and define at least six principles of hypnotic communication and suggestion.
Cite at least four types of hypnotic suggestions.
Describe a hypnotic session including therapeutic suggestions.
2:30 Stages of Hypnosis, Trance Intensification and Deepening Strategies (Thomas)
Educational Objectives for this session:
Define and describe identifiable stages of hypnotic experience
Describe at least four traditional methods for deepening or intensifying hypnotic involvement
3:15 Break
The Fundamentals of Hypnosis (Basic Workshop)

FRIDAY, June 22, 2018 (Cont.)

3:30 Hypnotic Phenomena and Applications (Wagaman)
   Educational Objectives for this session:
   Identify the main principles of formulating suggestions for eliciting hypnotic phenomena.
   Identify five different hypnotic phenomena.
   Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used therapeutically.

4:15 Demonstration of Trance Elicitation/Facilitation / Induction Strategy #2: Eye Fixation (Wagaman)

4:45 SGP 2 (Elicitation/Facilitation / Induction of Hypnotic Trance, Trance Intensification/Deepening, Re-Orienting: Eye Fixation (Faculty)
   Educational Objectives for this session:
   Demonstrate the ability to build rapport with the subject.
   Demonstrate the ability to facilitate at least one method of elicitation/facilitation of trance, one intensification/ deepening method and re-orienting learned from the lectures, with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

6:00 Recess

SATURDAY, June 23, 2018

8:30 am Ego Strengthening (Otani)
   Educational Objectives for this session:
   Define ego-strengthening and how it might be used in clinical practice
   Identify two different types of ego-strengthening
   Describe at least three strategies for ego-strengthening in clinical hypnosis practice

9:15 Self-Hypnosis (Thomas)
   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.

9:45 Demonstration of Trance Elicitation/Facilitation / Induction Strategy #3: Eye Roll (Faculty)
10:15 Break
10:30 SGP3 (Elicitation/Facilitation/Induction of Hypnotic Trance, Trance Intensification/Deepening, Suggestion, Re-Orienting: Eye Roll) (Faculty)
   Educational Objectives for this session:
   Demonstrate the ability to build rapport with the subject.
   Demonstrate the ability to facilitate at least one method for eliciting/facilitation of trance, one deepening method, a simple suggestion and re-orienting learned from the lectures, 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 Understanding and Utilizing Resistance (Wagaman)
   Educational Objectives for this session:
   Discuss the therapist, patient, and context variables that may contribute to resistance.
   Identify at least six alternative techniques for bypassing or working through resistance to hypnosis.

2:45 Hypnosis and Pediatrics (Thomas)
   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

3:15 Break

3:30 Demonstration of Trance Elicitation/Facilitation / Induction Strategy #4: Hand/Arm Levitation (Wagaman)
4:00 SGP 4 (Elicitation/Facilitation / Induction of Hypnotic Trance, Trance Intensification/Deepening, Elicitation of Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-Orienting: Arm Levitation) (Faculty)
   Educational Objectives for this session:
   Demonstrate the ability to build rapport with the subject.
   Demonstrate the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting learned from the lectures, with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.

6:00 Recess

SUNDAY, June 24, 2018

8:30 am Presenting Hypnosis to the Patient; Memory; Informed Consent (Wagaman)
   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.
   Discuss the clinical controversy regarding hypnosis and the possible creation of pseudo-memory.
   Explain the difference between self-hypnosis and hetero-hypnosis treatment.

9:30 Treatment Planning Strategies and Integrating Skills into Practice (Otani, Thomas, Wagaman)
   Educational Objectives for this session:
   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.
List at least four hypnotic techniques that may be best suited to achieve a specific therapeutic goal.

10:15 Break

SUNDAY, June 24, 2018 (Cont.)

10:30 Now That I Have Learned This . . . Continuing On . . . (Wagaman)
   Educational Objectives for this session:
   Review the foundational information and skills learned during this educational experience
   Describe avenues and approaches to including clinical hypnosis in clinical practices
   Describe situations of uncertainty that might occur as clinical hypnosis if included in practice and identify strategies for managing/resolving such
   List at least five applications of hypnosis to your discipline.
   Explain the importance of the clinician separating the learning of hypnosis from the application of hypnotic skills to a problem.
   Describe how you would facilitate three hypnotic techniques and discuss their application in a particular clinical vignette.

11:30 Ethics and Professional Conduct (Otani, Wagaman)
   Educational Objectives for this session:
   Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis

12:00 pm ASCH Certification and Membership); Q & A (Faculty)
   Educational Objectives for this session:
   Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification and diplomate boards.

12:15 ADJOURN (Thank you very much for your participation in this training experience)
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; Irritable Bowel Syndrome; Anxiety and Sleep Disorders; Depression; Habit Disorders; Dissociative Identify Disorder);
• Learn more techniques for the creative use of the language of suggestion to facilitate change;
• Learn specific tools (complex inductions and intensification techniques) for specific populations (children, procedural hypnosis, PTSD); and
• More practice with the feedback of expert faculty.

The 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 depression;
– 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.

Refining Skills and Treatment Applications Workshop Faculty: Edward Mackey, Sharon Spiegel, Mary Wells (Intermediate Coordinator)

THURSDAY, June 21, 2018 - This workshop begins in the evening
6:30 pm Introduction (Combined Groups) (Wagaman)
6:45 Introduction to Intermediate (Wells)
7:00 Refining Skills: Neurophysiology of Hypnosis (Wells)
    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.
7:45 Refining Skills: Hypnotic Language and Suggestion (Mackey)
    Educational Objectives for this session:
    Describe methods of rapport enhancement and compliance via positive reinforcement and utilization
    Demonstrate the ability to structure two direct and two indirect suggestions
    Provide at least two examples of metaphors that might be used with clinical problems.
9:15 Group Experience (Spiegel/Faculty)
    Educational Objectives for this session:
    Explore hypnotic phenomena in a facilitated trance experience
9:30 Recess

FRIDAY, June 22, 2018
8:30 am Refining Skills: Mind-Body Medicine (Wells)
    Educational Objectives for this session:
    Detail three implications of neurophysiological research on the practice of clinical hypnosis.
    Identify three ways in which hypnosis can be integrated into the treatment of patients with pathophysiological disorders
10:15 Break
10:30 Refining Skills: Advanced Strategies for Elicitation/Facilitation / Induction of Hypnotic Trance, Intensification/Deepening of Hypnotic Trance, with Demos (Wagaman)
    Educational Objectives for this session:
    Observe and identify or demonstrate two advanced strategies for elicitation/facilitation / induction of hypnotic trance, and clarify conditions under which they may be indicated.
    Describe three types of advanced trance elicitation strategies.
    Describe three signs of increased suggestibility/trance.
    Describe at least two advanced hypnotic strategies for intensification/deepening of trance.
12:00 pm Lunch on your own
1:30 Applications of Clinical Hypnosis: Anxiety and Phobia (Spiegel)
    Educational Objectives for this session:
    Review principles stemming from research data on the treatment of anxiety and phobic disorders.
    Explicate a minimum of three hypnotic techniques for treating these disorders, and be able to provide a rationale for using each method.
2:30 Refining Skills: Small Group Practice (SGP) #1 (Faculty)
    Educational Objectives for this session:
    Participate in at least one hypnotic experience as a subject.
    Facilitate at least one trance elicitation method from the lectures with a member of the group.
    Describe his/her responses, and what they observed in the behavior of the participant.
Refining Skills and Treatment Applications (Intermediate)

FRIDAY, June 22, 2018

3:15 Break
3:30 Refining Skills: Ideomotor Trance Facilitation/Induction (Spiegel)
   Educational Objectives for this session:
   Define and demonstrate the uses of ideomotor phenomena
5:00 Applications of Clinical Hypnosis: Habit (Spiegel)
   Educational Objectives for this session:
   Discuss research literature on hypnosis in the treatment of habits
   Identify at least four different types of suggestions or hypnotic techniques that may be used in the treatment of habit disorders.
6:00 Recess

SATURDAY, June 23, 2018

8:30 am Refining Skills: Ego Strengthening (Mackey)
   Educational Objectives for this session:
   Define what is meant by ego-strengthening procedures and how they may be used in clinical practice.
   Identify several different types of ego-strengthening techniques and types of suggestions
9:15 Refining Skills: Small Group Practice (SGP) #2 (Faculty)
   Educational Objectives for this session:
   Facilitate at least one trance elicitation/facilitation/induction strategy from the lectures with a member of the group.
   Describe his/her responses, and what was observed in the behavior of the participant.
10:15 Break
10:30 Refining Skills: Insight and Exploratory Strategies (Spiegel)
   Educational Objectives for this session:
   Discuss indications and contraindications for using an insight-oriented hypnotic approach.
   Describe at least three exploratory hypnotic methods.
12:00 pm Lunch on your own
1:30 Refining Skills: Small Group Practice (SGP) #3 (Faculty)
   Each Intermediate workshop participant will choose one of the three SGP options
   Group 1: Ideomotor Signaling (Mackey)
      Educational Objectives for this session:
      Demonstrate increased skill in utilization of ideomotor signaling
   Group 2: Glove Anesthesia and Pain Management (Wells)
      Educational Objectives for this session:
      Demonstrate increased skill in elicitation of glove anesthesia and other pain management strategies
   Group 3: Post-Hypnotic Suggestions (Spiegel)
      Educational Objectives for this session:
      Demonstrate advanced skill in patient observation and utilization
      Demonstrate pertinent and effective development, and integration of, post-hypnotic suggestions
3:15 Break
3:30 Refining Skills: Pediatric Patients (Thomas)
   Educational Objectives for this session:
   Verbalize at least three ways in which clinical hypnosis work with children is different than with adults
   Identify at least three age-appropriate induction and hypnotic intervention strategies in working with children
4:15 Refining Skills: Understanding and Utilization of Resistance (Spiegel)
   Educational Objectives for this session:
   Describe patient and clinician factors that can contribute to apparent resistance in the therapeutic relationship
   Identify at least five alternative techniques for bypassing or working through resistance to hypnosis.
5:00 Applications of Clinical Hypnosis: Hypnosis for Pain Management (Wells)
   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, and the limited number of conditions where one might consider creating a complete anesthesia.
   Identify hypnotic strategies and be able to name at least six hypnotic techniques for use in pain management.
6:00 Recess

SUNDAY, June 24, 2018

8:30 am Applications of Clinical Hypnosis: Preparing Patients for Surgical Procedures (Mackey)
   Educational Objectives for this session:
   Describe effective hypnotic techniques that can be used preoperatively, intraoperatively and postoperatively
9:30 Refining Skills: Treatment Planning (Wells)
   Educational Objectives for this session:
   Discuss variables that determine whether hypnotic intervention(s) might be indicated or relatively contraindicated
   Describe at least four applications of hypnosis suited to achieve a specific clinical goal
10:15 Break
Refining Skills and Treatment Applications (Intermediate)

SUNDAY, June 24, 2018 (Cont.)

10:30 Refining Skills: Integrating Clinical Hypnosis into Practice: Case Discussion (Mackey, Wells)
Educational Objectives for this session:
Describe how you would facilitate three hypnotic techniques, and discuss their application in a particular clinical vignette.
Differentiate when to use a suggestive hypnotic approach and when to use an insight-oriented or exploratory hypnotic approach.

11:30 Ethics and Professional Conduct (Mackey)
Educational Objectives for this session:
Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis

12:00 pm ASCH Certification and Membership); Q & A (Faculty)
Educational Objectives for this session:
Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification and diplomate boards.

12:15 ADJOURN (Thank you very much for your participation in this training experience)
This advanced workshop is appropriate for both medical and mental health clinicians who have completed both the basic and intermediate training and have experience using clinical hypnosis in their health care practices. The workshop is designed primarily for clinicians who work with, or intend to work with, patients with serious illness, those who want to learn the value and strategies of a group protocol for teaching self-hypnosis, and those who want to learn more about the range of applications of clinical hypnosis with patients with cancer.

This specialized advanced workshop will include didactic, demonstration and experiential components. You will learn in detail Dr. Forester-Miller’s protocol for 4 session self-hypnosis classes designed for seriously ill patients (Forester-Miller, 2017). The introduction and utilization of clinical hypnosis with patients with cancer will be used as an example for teaching the protocol, although the protocol and strategies practiced can apply to all clients/patients with serious illness. Learning to use hypnotic interventions to assist patients with cancer with the variety of physiological and psychological issues with which they are faced will encompass a wide range of hypnotic strategies. These include strategies such as reframing, ego strengthening, surgery preparation, and minimizing the side effects of chemo and radiation therapies, gastrointestinal concerns, insomnia, pain, and distress.


**THURSDAY, June 21, 2018 - This workshop begins in the evening**

6:30 pm Introduction (All Groups)

6:45 Advanced Workshop Introduction and Overview (Forester-Miller)

7:15 The Benefits of Hypnosis in Health Care and Cancer Care

**Educational Objectives for this session:**
Discuss current research on the benefits of hypnosis for clients/patients with serious illness.

8:15 The Stages (or phases) of a Cancer Patient's Journey

**Educational Objectives for this session:**
Understand the stages traversed by cancer patients
Identify at least 3 hypnotic applications appropriate at each phase
Identify at least 3 situations when hypnotic phenomena can be used to assist clients/patients

9:30 Recess

**FRIDAY, June 22, 2018**

8:30 am Organizational Issues for the Self-Hypnosis Classes

**Session #1 of the Self-Hypnosis Protocol**

**Educational Objectives for this session:**
Describe the foundations of setting up a self-hypnosis group that builds effective relationships
Explain self-hypnosis to patients in a clear, concise manor
Address the common myths and misconceptions about hypnosis

10:15 BREAK

10:30 Process Session #1 and Skills Practice

**Educational Objectives for this session:**
Teach the "Letting Go" self-hypnosis induction technique
Explain the basics of the Mind-Body connection to clients/patients

12:00 pm LUNCH on your own

1:30 Hypnosis and Pain for Seriously Ill Clients/Patients Part 1

**Educational Objectives for this session:**
Identify and describe the characteristic differences between patients with acute pain and patients with chronic pain
Identify at least four reasons the use of clinical hypnosis interventions is effective as part of an integrated health care approach for patients with acute pain
Identify the risk factors in using hypnotic strategies with patients prior to appropriate medical and behavioral health care evaluations of the reported pain

3:15 BREAK

3:30 Session #2 of the Self-Hypnosis Protocol

**Process Session #2**

**Skills Practice – Suggestions for Chemo and Radiation therapies**

**Educational Objectives for this session:**
Address individuals questions about their self-hypnosis practice
Help individuals recognize when they are in trance
Teach clients/patients the basics of using hypnotic language
Teach a second self-hypnosis induction technique
Help individuals to understand and use hypnosis in their daily lives
Teach clients/patients hypnotic strategies to deal with anxiety related to treatments and procedures

6:00 ADJORN

**SATURDAY, June 23, 2018**

8:30 am Applications of Hypnosis for Preparation for Surgery

**Educational Objectives for this session:**
Articulate at least 3 issues related to surgery for which hypnosis can be helpful
Know at least 2 hypnotic suggestions to help with each of the 3 issues
Self-Hypnosis Classes for Patients with Serious Illness

SATURDAY, June 23, 2018

9:30  Demonstration of Protocol’s Individual Sessions
  Educational Objectives for this session:
  Understand how to quickly elicit a client’s/patient’s concerns regarding upcoming treatments or protocol
  Learn to translate those concerns into useful suggestions
  Combine a self-hypnosis induction with the suggestions to make a recording for a client/patient

10:15  BREAK

10:30  Hypnosis and Pain for Seriously Ill Clients/Patients Part 2
  Educational Objectives for this session:
  Describe at least two precautions in using hypnotic strategies for pain relief and the limited number of conditions with which
  one might consider creating complete anesthesia
  Identify hypnotic strategies and be able to name at least six hypnotic approaches for use with patients with chronic pain

12:00 pm  LUNCH on your own

1:30  Session #3 of the Self-Hypnosis Protocol
  Educational Objectives for this session:
  Teach individuals how to develop suggestions
  Help Individuals to enhance their self-hypnotic suggestions
  Learn a third self-hypnosis induction technique
  Describe a hypnotic technique for developing healing images with clients/patient

2:30  How to Get the Word Out and Get Referrals
  Educational Objectives for this session:
  Learn how to make connections with healthcare providers
  Develop strategies for educating the medical community in your area regarding the benefits of self-hypnosis for their patients

3:15  BREAK

3:30  Process Session #3
  Educational Objectives for this session:
  Identify at least 3 hypnotic suggestions for assisting with both chemo and radiation therapies
  Develop hypnotic suggestions for nausea, gastrointestinal difficulties, insomnia, and fatigue

4:45  Skills Practice – Individual Protocol Sessions
  Educational Objectives for this session:
  Elicit a client’s/patient’s concerns regarding upcoming treatments or protocol
  Translate those concerns into useful suggestions
  Combine a self-hypnosis induction with the suggestions to make a recording for a client/patient

6:00  Recess

SUNDAY, June 24, 2018

8:30  Session #4 of the Self-Hypnosis Protocol
  Process Session #4
  Educational Objectives for this session:
  Assist individuals in enhancing hypnotic suggestions
  Develop suggestions for hot flashes, constipation, and taste and appetite issues

10:15  Break

10:30  Skills Practice – Individual Protocol Sessions
  Educational Objectives for this session:
  Elicit a client’s/patient’s concerns regarding upcoming treatments or protocol
  Translate those concerns into useful suggestions
  Combine a self-hypnosis induction with the suggestions to make a recording for a client/patient

11:30  Question and Answer Session

12:00  Adjourn
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.

Holly Forester-Miller, PhD; Durham, NC

Edward F. Mackey, Jr., CRNA, MSN, PhD, ABHD, ABHN; Kennett Square, PA
Member, Approved Consultant, ASCH; Diplomate, American Psychotherapy Association (DAPA); Fellow, American Psychotherapy Association Member; American Board of Professional (FAPA); Counselors, ABPC ; Member, American Association of Nurse Anesthetists (AANA); Member, Pennsylvania Association of Nurse Anesthetists (PANA); Associate Professor, Department of Nursing, West Chester University; Adjunct faculty, Villanova University, Nurse Anesthesiology Graduate Program; private practice, Kennett Square, PA.

Akira Otani, EdD, ABPH; Burtonsville, MD
Fellow, Approved Consultant, Chair, Standards of Training Committee, Co-Chair, Advanced Workshops, 2017 Annual Meeting Program Committee, ASCH; Member, Past President, Washington D.C. Society of Clinical Hypnosis (DCSCH); Diplomate, American Board of Psychological Hypnosis (ABPH); Psychologist, Spectrum Behavioral Health, Annapolis, MD.

Sharon Spiegel, PhD, ABPP; Bethesda, MD
Member, Approved Consultant, ASCH; Ethics Committees (ASCH & SCEH); member, Past President, Washington D.C. Society of Clinical Hypnosis; Diplomate in Counseling Psychology, American Board of Professional Psychology; Adjunct Clinical Professor, University of Maryland; Fellow, Division 30, American Psychological Association; Fellow, Society for Clinical and Experimental Hypnosis; Aerobics and Fitness Association of America, Certified Personal Trainer; private practice, Bethesda, MD.

Judith A. Thomas, DDS; Arlington, VA
Member, Approved Consultant, Member, Education Committee, Chair, Mentoring & Outreach Task Force, Co-Chair, Refining Skills Workshop, 2018 Annual Meeting Program Committee, Member-at-large Dentistry, Executive Committee; ASCH; Member, American Dental Association; Member, Virginia Dental Association; private practice, Arlington, VA.

G. Lane Wagaman, EdD; Cary, NC (Workshop Chair)
Member, Approved Consultant, Chair, Education Committee, Co-Chair- Fundamentals Workshop, 2018 Annual Meeting Program Committee, American Society of Clinical Hypnosis (ASCH); Member, Society of Clinical and 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; Member, North Carolina Psychological Association (NCPA) and NCPA Division of Independent Professional Practice; Fellow, Past President, West Virginia Psychological Association; Past President, Member, Supervision Chair, West Virginia Board of Examiners of Psychologists; Clinical Associate Professor, 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.

Mary Wells, PhD; Richmond, VA
Member, Approved Consultant, Member-at-Large Psychology, Executive Committee, ASCH; Past Membership Chair, Virginia Academy of Clinical Psychology; Clinical Faculty, Physical Medicine and Rehabilitation Department, Virginia Commonwealth University (VCU); Richmond, VA.

Crowne Plaza Old Town Alexandria Hotel

This Regional Workshop will be held at the Crowne Plaza Old Town Alexandria Hotel, located at 901 North Fairfax in the Old Town Alexandria, Virginia. Immerse yourself in the charming city of Alexandria. Explore the haunts of our founding fathers. Delight in architecture from the 18th and 19th centuries. All this is yours to enjoy at our Old Town Alexandria, VA hotel near Washington D.C.

The hotel is 8 blocks from shops, restaurants, entertainment and historic homes on the waterfront; 8 blocks from the Braddock Station Metro Stop; 2 miles from Ronald Reagan Washington National Airport; 2 miles from Ronald Reagan Airport Metro Subway Station; 5 miles from Washington D.C. Convention Center; 6.5 miles from the National Mall and downtown Washington D.C.; and 10 miles from Mount Vernon, George Washington’s estate. The hotel offers complimentary airport shuttle to Reagan Washington National Airport and Metro station.

ASCH has contracted a limited number of rooms at a discounted room rate of $150 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 May 29, 2018. So book early to receive the group rate. Call 1 (800) 227-6963 or (703) 683-6000 to make reservations for this event.
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)™. 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 (ASCH-ERF) maintains responsibility for this program and its content.

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

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

American Society of Clinical Hypnosis-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 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

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.

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.

Educational Funding

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 (email).

The Mutter Scholarship Fund for Student and Early Career Professional Training (Mutter Fund) is restricted to first-time applicants who are registering for either a Fundamentals of Clinical Hypnosis or Refining Skills & Treatment Applications Workshop at an Annual Meeting or Regional Workshop.

Eligibility is restricted to professionals who are either graduate students, Resident/Interns or Early Career Professionals.

Students enrolled full-time in a 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 already 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.

Along with a completed registration form and application letter, 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.

Full time residents or interns participating in a recognized residency or internship program may also apply for a Mutter Fund grant. In addition to the 1-2 paragraph statement of need, 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) status is defined as 5 years or less of active practice following the awarding of degree by an ACE-approved institution of higher education. ECP applicants must furnish a copy of institutional documentation confirming date of graduation. Along with a completed registration form, application letter and payment of registration fees, students need to submit a copy of institutional documentation confirming date of graduation.

Mutter Fund Details

Students may apply for up to 100% reimbursement of workshop registration fee.

Resident/Interns and ECPs may apply for up to 50% reimbursement of workshop registration fee.

Funds are limited. Scholarships are not guaranteed. Individuals may only receive the scholarship one time. All applicants are required to submit a 1-2 paragraph statement proposing why they should be awarded scholarship funds.

Upon meeting eligibility requirements, ASCH-ERF will review all applications. Funds will be awarded to applicants on a first-come, first-serve basis. Applicants will be notified of the outcome of that review prior to registration processing.

Travel and lodging arrangements are the individual’s responsibility. In the event that an applicant is not awarded or declines this scholarship, neither ASCH nor ASCH-ERF are responsible for any cancellation or change fees for travel or lodging expenses incurred as a result.
Name: (Print Clearly)                      Degree:                      License #: (required info)

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)

☐ 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 / ECP [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. ECP’s need to submit a copy of institutional documentation confirming their date of graduation.

Registration Fees:

<table>
<thead>
<tr>
<th>Category</th>
<th>Member</th>
<th>Non-Member</th>
<th>Resident/Intern/ECP</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic*</td>
<td>$457</td>
<td>$657</td>
<td>$317</td>
<td>$272</td>
</tr>
<tr>
<td>Intermediate</td>
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</tr>
<tr>
<td>Advanced</td>
<td>$457</td>
<td>$657</td>
<td>$317</td>
<td>$272</td>
</tr>
</tbody>
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* Basic Fee includes two books: Standards of Training and Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis. 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.

☐ 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.

☐ I would like to apply for a Mutter Fund grant. The required written request and proof of my eligibility accompanies my registration form. Pending the outcome of your application, we will contact you for payment information.

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 May 22, 2018 but on or before June 6, 2018 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after June 6, 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.