Clinical Hypnosis Workshop

June 15-18, 2017 / Alexandria, VA / Crowne Plaza Old Town Alexandria

The Fundamentals of Hypnosis (Basic Workshop)

Skills and Applications (Intermediate Workshop)

Seasoned Clinicians Share: Essentials of Practice, Best Hypnotic Strategies, and Incisive Languaging (Advanced Workshop)

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
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.

THURSDAY, June 15, 2017
6:30 pm Introduction (Combined Groups) (Wagaman)
6:45 Intro to Fundamentals (Wagaman)
7:00 History, Definitions, Myths 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.
8:15 Hypnosis, Hypnotic Capacity, and Memory (Dickens)
   Educational Objectives for this session:
   Discuss formal and informal measures of hypnotic capacity and reasons for use of and advantages and/or disadvantages of each.
   Discuss the clinical controversy regarding hypnosis and the possible creation of pseudomemory.
   Discuss the research on hypnosis and memory.
9:00 Video (Thomas)
9:15 Group Hypnotic Experience (Thomas)
   Educational Objectives for this session:
   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 16, 2017
8:30 am Rapport, Induction and Re-alerting (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-alerting patients
9:45 Demonstration of Induction #1 (Focused Breathing) (Dickens, Wagaman)
10:00 Introduction to Small Group Practice (Thomas)
10:15 Break
10:30 SGP 1 (Induction, Re-Alerting: Focused Breathing)
   Educational Objectives for this session:
   Demonstrate one method to build rapport with the subject.
   Facilitate at least one induction method and re-alerting.
   Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.
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.
FRIDAY, June 16, 2017 (cont)

2:30  Stages of Hypnosis, Intensification and Deepening Techniques and Demonstration (Dickens)

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

3:30  Neurophysiology of Hypnosis (Lynch, Thomas)

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.

4:15  Demonstration of Induction #2 (Eye Fixation)  (Wagaman)

4:30  SGP 2 (Induction, Deepening, Re-Alerting: Eye Fixation)

Educational Objectives for this session:
- Demonstrate the ability to build rapport with the subject different from previous practice sessions.
- Facilitate at least one induction method, one deepening method and realerting.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

SATURDAY, June 17, 2017

8:30 am  Hypnotic Phenomena and Applications, with Demonstration (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.

9:15  Ego Strengthening (Wells)

Educational Objectives for this session:
- Define what is meant by ego-strengthening and how it might be used in clinical practice.
- Identify several different types of ego-strengthening.
- Describe at least three strategies for ego-strengthening in clinical hypnosis practice.

10:00  Demonstration of Induction #3: (Eye Roll) (Wagaman)

10:15  Break

10:30  SGP 3 (Induction, Deepening, Suggestion, Re-Alerting: Eye Roll)

Educational Objectives for this session:
- Demonstrate the ability to build rapport with the subject different from previous practice sessions.
- Facilitate at least one induction method, one deepening method, a simple suggestion and realerting.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00 pm  Lunch on your own

1:30  Presenting Hypnosis to the Patient; 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.
- Explain the difference between self-hypnosis and hetero-hypnosis.
- Discuss the importance of informed consent when including hypnosis in treatment.

2:15  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 four alternative techniques for bypassing or working through resistance to hypnosis.

2:45  Self-Hypnosis  (Thomson)

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.

3:15  Break

3:30  Demonstration of Induction #4 (Hand/Arm Levitation) (Wagaman)

3:45  SGP 4 (Induction, Deepening, Hypnotic Phenomenon, Ego-Strengthening, Suggestion, Re-alerting: Arm Levitation)

Educational Objectives for this session:
- Demonstrate the ability to build rapport with the subject different from previous practice sessions.
- Facilitate at least one induction method, one deepening method, a simple suggestion and realerting.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

6:00  Recess
The Fundamentals of Hypnosis (Basic Workshop)

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.

Educational Schedule

For more information visit www.asch.net or contact ASCH at +1-630-980-4740 or info@asch.net

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
Skills and 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; 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.

The Skills and Applications workshop will have two tracks on Saturday, allowing participants to refine their skills based on their discipline and the ways in which they incorporate hypnotic skills into their clinical practice. One track is designed to meet the needs of clinicians in the mental health field. The other track will provide skills and applications for health care providers with a more medical focus.

THURSDAY, June 15, 2017

This workshop begins in the evening 6:30 pm Introduction (Combined Groups) (Wagaman)

6:45 pm Introduction to Intermediate (Reid)

7:00 Reminders About the Utilization of Hypnotic Phenomena (Thomas)

Educational Objectives for this session

- Identify the main principles of formulating suggestions for eliciting hypnotic phenomena.
- Identify five different hypnotic phenomena.
- Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used

8:15 Refining Inductions and Deepening, with Demos (Wagaman)

Educational Objectives for this session:

- Observe and identify or demonstrate two advanced inductions, and clarify conditions under which they may be indicated.
- Describe three types of advanced inductions.
- Describe three signs of increased suggestibility/trance.
- Describe at least two advanced hypnotic inductions for intensification of trance.

9:30 Recess

FRIDAY, June 16, 2017

8:30 am Neurophysiology of Hypnosis & Mind-Body Medicine (Lynch, Thomas)

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.

9:15 Formulation and Integration of Suggestions (Otani)

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.

10:15 Break

10:30 Ego Strengthening (Spiegel)

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

12:00 pm Lunch on your own

1:30 Introduction to Small Group Practice (Faculty)

1:45 SGP Session 1 (Faculty)

Educational Objectives for this session:

- Participate in at least one hypnotic experience as a subject.
- Use at least one induction method from the lectures with a member of the group
- Describe his/her responses, and what they observed in the behavior of the participant

3:15 Break

3:30 Applications of Clinical Hypnosis: Clinical Hypnosis with Pediatric Patients (Thomson)

Educational Objectives for this session:

- Identify at least three age-appropriate induction and hypnotic intervention strategies in working with children
SATURDAY, June 17, 2017

8:30 am  Applications of Clinical Hypnosis: Clinical Hypnosis in the Treatment of Habit Disorders (Dickens)
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.

9:30 am (Choose one)

9:30 am  Applications of Clinical Hypnosis: Behavioral Health Hypnotic Language and Metaphor: Speaking the Language of the Unconscious (Otani)
Educational Objectives for this session:
- Demonstrate the construction of a therapeutic metaphor to be used as a hypnotic suggestion.
- Provide at least two examples of metaphors that might be used with clinical problems.

9:30 am  OR Applications of Clinical Hypnosis: Medicine, Nursing, Dentistry Preparing Patients for Surgical Procedures (Lynch)
Educational Objectives for this session:
- Demonstrate effective hypnotic techniques that can be used preoperatively, intraoperatively and postoperatively

10:15 am  Break

10:30 am (Choose one)

10:30 am  Applications of Clinical Hypnosis: Behavioral Health Exploratory Techniques Including Ideomotor Signaling (Otani)
Educational Objectives for this session:
- Discuss indications and contraindications for using an insight-oriented hypnotic approach.
- Describe at least three exploratory hypnotic methods.
- Define and demonstrate ideomotor phenomena/signaling

10:30 am  OR Applications of Clinical Hypnosis: Medicine, Nursing, Dentistry Acute Pain and Glove Anesthesia (Thomas)
Educational Objectives for this session:
- Describe the difference between acute and chronic pain.
- Demonstrate at least one strategy for assisting in the development of glove anesthesia

12:00 pm  Lunch on your own

1:30 pm  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

3:15 pm  Break

3:30 pm (Choose one)

3:30 pm  Applications of Clinical Hypnosis: Behavioral Health Clinical Hypnosis in the Treatment of 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

3:30 pm  OR Applications of Clinical Hypnosis: Medicine, Nursing, Dentistry Ineffective and Effective Communication (Thomson)
Educational Objectives for this session:
- Develop alternative appropriate hypnotic language for medical/dental procedures and tests.
- Discuss components of effective suggestions to enhance treatment outcomes.

5:00 pm (Choose one)

5:00 pm  Applications of Clinical Hypnosis: Behavioral Health Treatment Planning and Integrating Clinical Hypnosis into Behavioral Health Practice (Otani)
Educational Objectives for this session:
- Describe how you would facilitate three hypnotic techniques, and discuss their application in a particular clinical situation.
- List at least four hypnotic techniques that may be best suited to achieve a specific therapeutic goal

5:00 pm  OR Applications of Clinical Hypnosis: Medicine, Nursing, Dentistry Treatment Planning and Integrating Clinical Hypnosis into Behavioral Health Practice (Thomson)
Educational Objectives for this session:
- Describe how you would facilitate three hypnotic techniques, and discuss their application in a particular clinical situation.
- List at least four hypnotic techniques that may be best suited to achieve a specific therapeutic goal.
SUNDAY, June 18, 2017
8:30 am  Doing Hypnosis v. Being Hypnotic (Wagaman)
   Educational Objectives for this session:
   Describe at least two differences between the utilization of hypnosis and hypnotic communication
9:30  Reminders About the Nature of Resistance (Thomas)
   Educational Objectives for this session:
   Identify at least four alternative techniques for bypassing or working through resistance to hypnosis.
10:15 Break
10:30 am  Ethics and Professional Conduct; Certification (Thomas)
   Educational Objectives for this session:
   Identify three areas within their practice setting where hypnosis may be applied
   Identify pertinent ethics standards and concerns with respect to the inclusion of clinical hypnosis
   Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification.
11:30 am Q&A (Thomas)
12:00 pm ADJOURN
This Advanced Workshop brings together highly experienced, accomplished and respected clinicians and teachers who will share their clinical experience and the important things they have learned as they have integrated hypnosis into their clinical practices. The presenters will begin on Thursday evening in a panel format addressing specific ethics concerns (informed consent, and clinical practice in areas within v. outside a clinician’s area of professional expertise) with respect to the inclusion of clinical hypnosis in practice. On Friday through Saturday, the faculty will address five topic areas (see below) as they have influenced their personal and professional experiences. This workshop will encourage open dialogue with presenters and other participants, and will include presenter demonstrations, and opportunities for participant practice of specific hypnotic strategies. Sunday morning will include a summary and review of the workshop, an extended Q&A period, and additional opportunities for requested demonstrations and/or participant practice.

Workshop Faculty

Linda Thomson, MSN, CPNP, ABMH, ABHN

Linda Thomson has been a nurse practitioner for more than 40 years and incorporates hypnosis into every aspect of her practice empowering patients to help themselves. She is passionate about teaching other health care professionals how to utilize hypnotic skills and language in their clinical work. Linda has taught workshops in medical hypnosis across the country and around the world and is the co-director of Hypnovations: Clinical Hypnosis Education and Training Programs. She is the first nurse to become President of the American Society of Clinical Hypnosis and become a Diplomate of the American Board of Medical Hypnosis. She is the founding President of the American Board of Hypnosis in Nursing and a Fellow of the American Society of Clinical Hypnosis. Known for her expertise in pediatric hypnosis, Linda is the author of the *Harry the Hypnopotamus books* - Metaphorical Tales for Children, the creator of a CD program entitled *Stress Free Surgery*. Linda was recently awarded the prestigious William Wester Award for her significant contributions to the field of hypnosis as applied to the treatment of children and research in the application of hypnosis with children. Note: Ms. Thomson is the author of 2 books on pediatric hypnosis and the creator of a CD set for surgery patients who wish to use hypnosis as an adjunct to anesthesia during their surgery, from which some of her teaching content is derived and for which she receives financial remuneration.

Akira Otani, EdD, ABPH

Akira Otani practiced clinical hypnosis since 1985 while completing a psychology internship at West Virginia University Counseling Center. He trained and later taught clinical hypnosis with Kay F. Thompson, D.D.S., a former ASCH President and protégée of Milton H. Erickson, M.D. Her emphasis on hypnotic language mastery and communicating care has been the focus of his teaching. Most recently, he spent 5 months in Kobe, Japan where he studied mindfulness meditation with Buddhist monks and neuroscientists. He now combines hypnosis with mindfulness in his psychology practice in Annapolis, MD.

Sharon Spiegel, PhD

Dr. Sharon B Spiegel is a psychologist in independent practice in Bethesda, MD and an Adjunct Associate Professor of Psychology at the University of Maryland. She earned the status of Diplomate in Counseling Psychology from the American Board of Professional Psychology. She is an Approved Consultant of the American Society of Clinical Hypnosis, Fellow of Division 30 of Hypnosis of the American Psychological Association, Fellow of the Society for Clinical and Experimental Hypnosis, and Past President of the Washington DC Society of Clinical Hypnosis. She has published numerous papers on topics related to counseling, psychotherapy, and hypnosis. She frequently teaches, consults and lectures on topics in the field of hypnosis. In addition, she is a Certified Personal Trainer (Aerobics and Fitness Association of America).

Don Lynch, MD, FACS, ABMH

Don Lynch MD, FACS, ABMH is Professor Emeritus of Urology and past Chairman, Department of Urology, Eastern Virginia Medical School. He is an Approved Consultant and a diplomat and past president of the American Board of Medical Hypnosis as well as a diplomate of the American Board of Urology. He has been involved in teaching clinical hypnosis at the local, regional, and national levels since the 1980s, and has published widely in the hypnosis, urology, and cancer literatures.

Mary Well, PhD (Workshop Moderator)

Dr. Mary Wells is a licensed clinical psychologist, specializing in the evaluation and treatment of psychological aspects of pain and illness, to include pre-surgery evaluations, hypnosis for pain management and specialized treatment of post traumatic stress due to injury. She completed her undergraduate work in psychology at Virginia Commonwealth University, then went on to complete her doctorate in clinical psychology at The George Washington University. In 1988 she went to work for the Washington Pain and Rehabilitation Center in Washington, DC. From there, she came to Richmond as an assistant professor in the VCU Physical Medicine and Rehabilitation Department where she worked until 1993. She was in private practice for several years, then joined Sheltering Arms in 2000, first as a clinician and now as the director of the Medical Psychology Department. She also holds an assistant clinical professor appointment in the Department of Physical Medicine and Rehabilitation at VCU Medical Center, where she assists in the training of PM&R residents and pain fellows. She is an Approved Consultant with the American Society of Clinical Hypnosis and provides training in the use of hypnosis in medical settings for licensed medical and mental health professionals across the country.

Workshop Schedule

**THURSDAY, June 15, 2017**

6:30  Introduction (Combined Groups) (Wagaman)

6:45  Faculty Panel: Ethics Considerations in the Practice of Clinical Hypnosis:

- The importance and parameters of informed consent: What is appropriate consent and how is it obtained
- The importance of not treating with hypnosis (intentionally or inadvertently) any disorder you are not trained and experienced in your professional discipline treat without hypnosis

**Educational Objectives**

Identify pertinent ethics principles, standards and concerns with respect to the inclusion of clinical hypnosis in practice

Describe important components of informed consent and how and when such consent should be obtained

Describe potential clinical benefits of obtaining informed consent

Describe how clinicians might inadvertently engage in hypnotic treatment of a patient presentation or disorder

Describe two strategies for avoiding utilization of hypnotic intervention(s) outside one’s area of professional expertise

9:45  Recess
On Friday and Saturday, Advanced Workshop Faculty will each discuss things she/he has learned, both personally and professionally, as a result of learning and becoming highly skilled in the use of clinical hypnosis in her/his specific discipline and as an accomplished presenter. Presentations will include open exchange of experiences and ideas with workshop participants, demonstrations of hypnotic interventions and strategies, and opportunities for participant practice.

**Educational Objectives**

- Discuss the importance of teaching patients self-hypnosis and describe at least three strategies for assisting patients in learning effective self-hypnosis procedures.
- Name two metaphorical inductions.
- Describe at least three new hypnotic strategies or suggestions you have learned and identify how they can be integrated into practice.
- Explain how BIS and BAS are involved in controlling habits and managing chronic pain.
- Demonstrate three ways to teach diaphragmatic breathing to patients and explain how it stimulates the relaxation response.
- Describe at least two important hypnotic concepts or practices that you now use in practice that you did not use early in your clinical use of hypnosis.

**Topics to be Addressed:**

1. How has your use of clinical hypnosis changed over time and how has it helped shape your clinical style; how is your use of hypnosis different from the ways in which you were initially trained?
2. What is the most important/useful thing you have learned about yourself / how you practice as a consequence of using hypnosis that you would want another clinician to know with respect to her practice?
3. How do you view the use(s) / importance of teaching self-hypnosis and what strategies do you use to teach self-hypnosis?
4. What hypnotic strategies/phrases/metaphors/suggestions, over time, have become your “go to” favorites and that you have found to be consistently useful in multiple clinical situations and that you use frequently?
5. What do you know now about the clinical use of hypnosis that you wish you had known when you began using hypnosis?

**FRIDAY, June 16, 2017**

8:30 am  Topic Discussion, Demos, Practice (Thomson)
10:15 Break
10:30 Topic Discussion, Demos, Practice (Thomson)
12:00 pm Lunch on your own
1:30 Topic Discussion, Demos, Practice (Otani)
3:15 Break
3:30 Topic Discussion, Demos, Practice (Otani)
6:00 Recess
Cocktail Reception in the hotel bar

**SATURDAY, June 17, 2017**

8:30 am  Topic Discussion, Demos, Practice (Spiegel)
10:15 Break
10:30 Topic Discussion, Demos, Practice (Spiegel)
12:00 pm Lunch on your own
1:30 Topic Discussion, Demos, Practice (Lynch)
3:15 Break
3:30 Topic Discussion, Demos, Practice (Lynch)
6:00 Recess

**SUNDAY, June 18, 2017**

8:30 am  Workshop review, summary (Wells)
10:15 Break
10:30 Participant Q&A, Demonstrations, Participant (Faculty)
12:00 pm Adjourn
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.

**Maggie Dickens, MS, LPC, LCDC; The Woodlands, TX**  
Member, Mentor & Outreach Task Force, Faculty, 2017 Annual Scientific Meeting & Workshops; Co-Chair- Fundamentals Workshop, 2018 Annual Meeting Program Committee, ASCH; Psychologist, Oncomfort; Clinical Director, Behavioral Health Services, Sprintz Center for Pain and Dependency, the Woodlands, TX.

**Donald F. Lynch, Jr., MD, FACS, ABMH; Norfolk, VA**  
Fellow, Approved Consultant, ASCH; Past President, American Board of Medical Hypnosis (ABMH); Professor Emeritus and Former Chairman, Department of Urology; Professor of Clinical OB/Gyn, Eastern Virginia School of Medicine, Norfolk, VA.

**Akira Otani, EdD, ABPH; Annapolis, MD**  
Fellow, Approved Consultant, Member, Standards of Training Committee, Co-Chair, Refining Skills Workshop, 2018 Annual Meeting Program CommitteeASCH; Member, Past President, Washington D.C. Society of Clinical Hypnosis (DCSCH); Diplomate, American Board of Psychological Hypnosis (ABPH); Psychologist, Spectrum Behavioral Health, Annapolis, MD.

**David Reid, PsyD; Charlottesville, VA**  
Member, Approved Consultant, Chair, Certification Committee, Co-Chair, Advanced Workshops Program, 2018 Annual Scientific Meeting and Workshops, ASCH; Author, *Permanent Habit Control: Practitioner’s Guide to Using Hypnosis and Other Alternative Health Strategies; Hypnosis for Behavioral Health: Professional’s Guide to Expanding Your Practice*; Adjunct Clinical Professor, Health Sciences Department, James Madison University; Founder, President, In The Zone Consulting, Inc.; private practice, Charlottesville, VA.

**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.

**Linda Thomson, MSN, CPNP, ABMH, ABHN; Ludlow, VT**  
Fellow, Approved Consultant, Member, Education Committee, Co-Chair, Power of Words Workshop, 2018 Annual Meeting Program Committee, Past President, ASCH; Past President, New England Society of Clinical Hypnosis (NESCH); Past President, Northeastern Mountain Society of Clinical Hypnosis (NMSCH); Fellow, National Association of Pediatric Nurse Practitioners (NAPNAP); Member, International Society of Hypnosis (ISH); Diplomate, American Board of Medical Hypnosis (ABMH); Diplomate, American Board of Hypnosis in Nursing (ABHN) Adjunct Faculty, University of Vermont; Pediatric Nurse Practitioner, Rockingham Medical Group, Bellows, VT; Pediatric Nurse Practitioner, Pioneer Valley Pediatrics, Longmeadow, MA and Enfield, CT; author, *Harry the Hypno-potamus: Metaphorical Tales for the Treatment of Children: Volumes I and II*, the accompanying Harry the Hypno-potamus Imagination Cards and “Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery;” Ludlow, VT.

*Ms. Thomson is the author of 2 books on pediatric hypnosis and the creator of a CD set for surgery patients who wish to use hypnosis as an adjunct to anesthesia during their surgery, from which some of her teaching content is derived and for which she receives financial remuneration.*

**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); Clinician, Director, Medical Psychology Department, Sherfiting Arms Physical Rehabilitation Center; Richmond, VA.
**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).

**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.
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  ☐ Resident /  ☐ Intern  ☐ Member  ☐ Non-Member  ☐ Resident/Intern  ☐ Student

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

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.

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.

Registration Fees:

<table>
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<th>Category</th>
<th>Member</th>
<th>Non-Member</th>
<th>Resident/Intern</th>
<th>Student</th>
</tr>
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<td>$317</td>
<td>$272</td>
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<td>Advanced</td>
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</tr>
</tbody>
</table>

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.

☐ 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.

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 18, 2017 but on or before June 1, 2017 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after June 1, 2017. 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.