



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION

*INDIVIDUALIZED CONSULTATION
WORKSHOP*

*June 20-23, 2019
Alexandria, VA
Westin Alexandria Old Town*

Required for Certification and Certification as an Approved Consultant in Clinical Hypnosis

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

Individualized Consultation / June 20-23, 2019/ Alexandria, VA

Name: _____ Degree: _____ License # _____

Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Office Phone: _____ Home Phone: _____

Please indicate the clinical area in which you practice (Check all that apply):

Medicine Dentistry Psychotherapy _____

Other: _____

Please indicate the client population with whom you practice (Check all that apply):

Children Adolescents Adults Elderly

Other: _____

Fees:

ASCH Member / Component Section _____ / SCEH Member - \$850

Non-Member - \$1050

Payment Method:

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

Credit Card # _____ Exp. Date: _____

CV2 Security Code: _____

Name as it appears on the card: _____

Participant Signature: _____ Date: _____

All registrations are subject to approval of the Certification Chair. A completed Learning Contract is a required part of the program. You will receive the learning contract from ASCH staff after your registration payment has been processed. *Standards of Training in Clinical Hypnosis* by D. Corydon Hammond and Gary R. Elkins is included in the registration fee.

Completed registrations including learning contract and work samples must be received no later than June 12, 2019.

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.

Individualized training is not Clinical Supervision. It is an opportunity for professionals who have received training in clinical hypnosis to further their knowledge and understanding of the fundamentals of clinical hypnosis and applications of these fundamentals into existing practice. Completion of the Individualized Consultation workshop should in no way be considered indicative of competence.

Cancellation Policy

Cancellations postmarked/faxed after May 29, 2019 but on or before June 12, 2019 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after June 12, 2019.** 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.

Individualized Consultation is offered for those health and mental health care practitioners interested in enhancing their knowledge and expertise in the use of hypnosis. This 20-hour intensive meeting is designed to fulfill the requirements for attaining ASCH Certification in Clinical Hypnosis and/or to obtain the hours of consultation necessary to become an Approved Consultant. Please clearly indicate whether you are interested in Certification or Approved Consultant status.

Individuals attending this program must have completed an ASCH-approved Basic and Intermediate Workshop and should be using hypnosis in their professional practice.

This workshop is unique among ASCH's educational offerings. Participants meet and consult in a small group setting with fellow practitioners and Faculty who are ASCH Approved Consultants. This model encourages participants to learn from one another, to have their own expertise affirmed and expanded, and to network with other professionals in the clinical hypnosis community. During the twenty hours of consultation the focus is on issues unique to each practitioner's clinical practice. Consultation occurs in full group and small group sessions that are comprised of no more than 4 people. The groups are heterogeneous as to discipline (medicine, psychology, dentistry, social work, etc.). This diversity in group membership encourages participants to focus their attention on refining techniques and skills in a context of interdisciplinary learning about the mind/body considerations in the application of clinical hypnosis to a wide range of presenting concerns using a multiplicity of intervention strategies.

APPLICATION REQUIREMENTS

The depth of learning in the Consultation model of training is directly related to the level of involvement of the participants. Participants are **required** to submit the following to the ASCH office by June 11, 2018:

- ☞ A minimum of two work samples (Recordings [video preferred] of work with clients using clinical hypnosis)(appropriate standards of practice or confidentiality are expected); and
- ☞ A completed ASCH Learning Contract with learning objectives.

These materials are used to explore and deepen the participants' understanding of hypnotic principles and expand their skills in the application of hypnotic processes. There is no test of competence, but rather this is an opportunity to receive constructive feedback, input and creative suggestions from facilitators and professional peers. Many participants have described the Individualized Consultation experience as the best training they had received in hypnosis.

Individualized training is not Clinical Supervision. It is an opportunity for professionals who have received training in clinical hypnosis to further their knowledge and understanding of the fundamentals of clinical hypnosis and applications of these fundamentals into existing practice. More importantly, this is a unique opportunity to pursue the personal/professional development of the participants. Completion of the Individualized Consultation workshop should in no way be considered indicative of competence.

Upon conclusion of this program, attendees will be able to:

- Better identify deficiencies in their hypnosis-related skill set and develop plans to overcome those growth areas as a result of the more intimate instruction setting of the IC;
- Tailor treatments more closely to their patients' specific needs after one-on-one critique sessions with IC faculty; and
- Explain the advantages of hypnotic treatment to patients as that treatment relates to the patients' specific situation.

Schedule of Events:

<i>Thursday, June 20, 2019</i>	<i>6:30 pm - 9:30 pm</i>
<i>Friday, June 21, 2019</i>	<i>8:30 am - 6:00 pm</i>
<i>Saturday, June 22, 2019</i>	<i>8:30 am - 6:00 pm</i>
<i>Sunday, June 23, 20189</i>	<i>8:30 am - 12:00 pm</i>

Certification

Since 1957, the American Society of Clinical Hypnosis has set the standard for training and professional practice in clinical hypnosis by administering a program that offers nonstatutory credentialing in Clinical Hypnosis. Certification provides recognition of the advanced clinician who has met fundamental educational training requirements in clinical hypnosis.

Certification indicates to fellow professionals, consumers, third party payers, managed care programs, hospitals and clinics, that the practitioner:

- ☞ Has undergone advanced training in his/her profession to obtain a legitimate advanced degree from an accredited institution of higher education;
- ☞ Is licensed or certified to practice in his/her state/province;
- ☞ Has had his/her education and training in clinical hypnosis reviewed by qualified peers and approved consultants and such training has met the minimum requirements established by a Standards of Training Committee of qualified peers; and
- ☞ Has been determined to have received at least the minimum educational training that ASCH, the largest such interdisciplinary organization in North America, considers as necessary for utilizing hypnosis in clinical practice settings involving medicine, dentistry and different forms of psychotherapy.

There are two (2) levels of Certification. Entry level is simply called "Certification" the advanced level is "Approved Consultant."

Requirements for Certification in Clinical Hypnosis include:

1. Masters degree or better in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body.
2. Membership in or eligibility for membership in a professional society consistent with degree.
3. Licensure or Certification by the state or province in which you practice.
4. Minimum of 40 hours of ASCH approved workshop training (20 hours each of Level 1/Fundamentals and Level 2/ Refining Skills workshops).
5. Minimum of 20 hours of individualized training/consultation with an ASCH Approved Consultant.
6. Minimum of two years of independent practice utilizing clinical hypnosis.

All certifications are renewable every three years. Renewal requirements include completion of 20 hours of ASCH-approved hypnosis training in a 3-year period, an updated demographic page, an updated copy of one's license and proof of membership or eligibility for membership in a professional society consistent with one's practice and the payment of a fee. Maintaining one's certification, consistent with renewals of any professional credential, indicates to one's colleagues and consumers that the practitioner is committed to continuing education and professional development in clinical hypnosis.

Advanced level: Approved Consultant

The role of the Approved Consultant is to provide Individualized Training and Consultation to candidates for Certification, to assist in reviewing the candidates' progress and credentials toward certification or toward Approved Consultant; and to promote excellence in the teaching and practice of clinical hypnosis.

Requirements for Approved Consultant include all of the above plus:

- A. A minimum of 60 hours of additional ASCH-approved workshops (usually advanced coursework) for a total of 100 hours minimum. For those seeking Approved Consultant certification on or after July 2019, the Teaching and Consultation Workshop will be required as part of the 60 hours of additional education; and
- B. Five (5) years advanced standing in hypnosis as evidenced by five years membership in ASCH, SCEH, ISH or an ASCH Component Society; or significant contributions to the hypnosis community.

Westin Alexandria Old Town, Alexandria, VA

This Regional Workshop will be held at the The Westin Alexandria Old Town, 400 Courthouse Square, Alexandria, VA 223314. Ronald Reagan Washington International Airport is a 20-minute drive from the hotel.

ASCH-ERF has contracted a limited number of rooms at a discounted room rate of \$170 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 June 5, 2019. Book early to receive the group rate. Call 1.888.236.2427 to make reservations for this event.

Additional Information

Eligibility

- Persons holding masters degree or doctoral degrees in health care discipline deemed appropriate by the Society from a college or university accredited by it appropriate regional accrediting body (who are licensed by the state/province in which they practice).
- Membership or eligibility for membership in a professional society consistent with degree;
- Licensure or Certification by the state or province in which you practice;
- Minimum of 40 hours of ASCH approved workshop training (20 hours each of beginning and intermediate workshops);
- Minimum of two years of independent practice utilizing clinical hypnosis.

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.

Continuing Education Credits

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.

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

This 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.

2019 IC Workshop Schedule

THURSDAY, June 20, 2019

- 6:30 pm Introduction (Combined Groups)
- 6:45 pm Introduction to and Overview of the Individual Consultation Workshop
- 7:00 pm Introduction of Participants and Assignment of Small Groups
- 7:30 pm Large Group Work: Your Journey Incorporating Clinical Hypnosis into Everyday Practice
At the conclusion of this session participant will be able to:
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
Explain the importance of the clinician separating the learning of hypnosis from the application of hypnotic skills to a problem.
- 8:45 pm Small Group Work
At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction
- 9:30 pm **RECESS**

FRIDAY, June 21, 2019

- 8:30 am Large Group Work (Reid): Hypnosis and Trance: What's it all about?
At the conclusion of this session participant will be able to:
Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient.
- 10:15 am **BREAK**
- 10:30 Small Group Work
At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction
- 12:00 pm **Lunch on your own**
- 1:30 Small Group
At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction
- 3:15 **BREAK**
- 3:30 Small Group
At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction
- 4:30 Large Group: Trance Elicitation, Deepening, Metaphors and often overlooked power of re-alerting
At the conclusion of this session participant will be able to:
Describe three types of advanced trance elicitation strategies.
Describe at least two advanced hypnotic strategies for intensification/deepening of trance.
Describe at least two advanced techniques for tailoring metaphor to the patient/client needs.
Describe at least two reasons for removing suggestions and re-orienting patients
- 6:00 **RECESS**

SATURDAY, June 22, 2019

- 8:30 am Small Group Work
*At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction*
- 10:15 **BREAK**
- 10:30 Large Group Work: Alert/Conversational Hypnosis
*At the conclusion of this session participant will be able to:
Discuss the elements of alert/conversational hypnosis and establish when such an approach might be applied in practice*
- 12:00 pm **Lunch on your own**
- 1:30 Small Group Work
*At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction*
- 3:15 **BREAK**
- 3:30 Small Group Work
*At the conclusion of this session participant will be able to:
Demonstrate through the review of participant work product with actual patients - the ability to facilitate at least one method of eliciting/facilitating trance, one deepening method, a simple suggestion and re-orienting, describe his/her responses, and what they observed in the behavior of the participant, discuss opportunities for growth and areas for correction*
- 5:00 Large Group Work: Targeted Interventions using hypnosis and Treatment Planning
*At the conclusion of this session participant will be able to:
Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan*
- 6:00 **RECESS**

SUNDAY, June 23, 2019

- 8:30 am Large Group Work: Self-Hypnosis and Ethical matters for Consideration/discussion
*At the conclusion of this session participant will be able to:
Describe at least three therapeutic applications of self-hypnosis in clinical practice Describe the process of teaching self-hypnosis to patients
Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis*
- 10:15 **BREAK**
- 10:30 Large Group Work: Wrap-up, questions and answers, further discussion
- 12:00 pm **ADJOURN**

Faculty

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 disclosed below.

David Reid, PsyD; Charlottesville, VA (Workshop Chair)

Member, Approved Consultant, Chair, Certification Committee, ASCH; Author, *Permanent Habit Control: Practitioner's Guide to Using Hypnosis and Other Alternative Health Strategies*; Author, *Hypnosis for Behavioral Health: Professional's Guide to Expanding Your Practice*; Adjunct Clinical Professor, Health Sciences Department, James Madison University; Adjunct Faculty, College of Integrative Medicine and Health Sciences, Saybrook University; Founder, President, In The Zone Consulting, Inc.; private practice, Charlottesville, VA.

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

Additional faculty will be selected from the individuals below based upon the specific learning needs and then the number of registrants.

Cheryl Beighle, MD; Everett, WA

Member, Approved Consultant, 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 Consultative Pediatric Practice; Chair Provider, Well Being Program, The Everett Clinic, Everett, WA. Certified to teach Mindfulness Based Stress Reduction through the Center for Mindfulness at University of Massachusetts.

Ella "Maggie" Dickens, MS, LPC, LCDC, Shenandoah, TX

Member, Texas Association of Addiction Professionals; Member, Association of Addiction Professionals; Member, Academy of Integrative Pain Management; Member, American Counseling Association; Member, American Society of Clinical Hypnosis; Member, Employee Assistance Professionals Association. Clinical Director, Behavioral Health, Sprintz Center, The Woodlands, TX.

George Glaser, MSW, Austin, TX

Member, American Society of Clinical Hypnosis; Member, Association for Applied Psychophysiology and Biofeedback; Member, The Milton H. Erickson Institute of Austin; Member, The Milton H. Erickson Foundation, Inc. (Phoenix); Member, Central Texas Society of Clinical Hypnosis; Member, International Society of Hypnosis; Member, National Association of Social Workers; Member, Society for Clinical and Experimental Hypnosis; Psychotherapy practice, Austin, TX.

Delle Jacobs MSW, LICSW, LMFT; St. Paul, MN

Member, Approved Consultant, ASCH; Member, ASCH Education Committee; Past President and ASCH Liaison, Minnesota Society of Clinical Hypnosis (MSCH); psychotherapy practice, St. Paul, MN.

Akira Otani, EdD, ABPH; Arnold, MD

Approved Consultant, Fellow, ASCH. Member, ASCH Standard of Training Committee. Diplomate, American Board of Psychological Hypnosis (ABPH). Former President, the Washington DC Society of Clinical Hypnosis. Psychologist in private practice at Spectrum Behavioral Health in Annapolis, MD. (since 1989) Former Assistant Professor at Johns Hopkins University (1986-1989), Former Senior Staff Psychologist at the Counseling Center, University of Maryland at College Park (1989-2008). Author of 3 books in Buddhist meditation (in Japanese).

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.

G. Lane Wagaman, EdD; Cary, NC

Member, Approved Consultant, Chair, Education Committee: Regional Workshop; Co-Chair, Fundamentals Workshop, 2018 Annual Meeting Program Committee, ASCH; Co-Chair, Advanced Workshops, 2017, Annual Meeting Program Committee, 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, Sherrington Arms Physical Rehabilitation Center; Richmond, VA.