"Helping Others to Make Lifestyle Changes: Weight Management and Smoking Cessation"
with Cheryl Beighle, MD and Linda Thomson, APRN

May 30-June 6, 2020 / Holland America Lines / 7-Day Alaska Cruise

There are three behaviors (poor diet, tobacco use and no physical activity) that lead to four diseases: cancer, heart disease/stroke, type 2 diabetes and lung cancer which cause more than 50% of all deaths in this country. Health and mental health care providers play the most important role in improving the health of their patients by moving them along the path to behavior change. If you would like to improve your skills in helping your patients/clients make life-saving, lifestyle changes, then this is the workshop for you.

Obesity is an epidemic. Not only does it affect people in a medical sense with increased disease and shortened life span, it has a psychological toll as well. Join Cheryl Beighle, MD to learn about the current research on weight in America, interventions that work for weight loss as well as hypnotic interventions to create a healthy vital future. She has developed and has been teaching a group weight loss class using mindfulness, hypnosis and education for the past 10 years. During this training the basics of a 7-session class will be covered so that participants will have a structure to develop a weight loss program in their community or use these strategies to enhance their effectiveness with individual patients/clients.

Smoking is a leading cause of morbidity and mortality among Americans. Clinicians trained in smoking cessation can have a critical impact on saving the health and lives of people addicted to nicotine. Linda Thomson, PhD, APRN, ABMH, ABHN will describe interventions that can be used by medical and mental health practitioners to promote smoking cessation through counseling, motivational interviewing and hypnosis. Helping patients overcome nicotine addiction can make a remarkable change in the state of the patient’s health and a positive impact on the increase of the number of referrals and the growth of one’s practice.

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

• Understand the development over time of the epidemic of obesity
• Have familiarity with different diets/nutrition options as they relate to weight loss
• Obtain a greater understanding of stages of change and motivational interviewing as it relates to making lifestyle changes
• Be able to develop three or more different hypnotic strategies to work with clients around weight loss
• Be able to assist with habit reversal and healthy habit development as related to weight loss and smoking cessation
• Cite the history of tobacco use and global efforts to reduce smoking addiction
• List and explain the interventions available to medical and behavioral health practitioners for aiding patients in their efforts to stop smoking.
• Describe how to incorporate hypnosis into the treatment plan for smoking cessation.
• Formulate a metaphor useful for smoking cessation.

Cheryl Beighle, MD, Everett, WA
Cheryl is an ASCH approved consultant who has taught at many regional workshops for ASCH in the Fundamentals, Intermediate and Advanced level. She is also a Mindfulness Based Stress Reduction teacher. She has had nutrition education as it relates to health during her Integrative Medicine fellowship and with many subsequent nutrition courses.

Linda Thomson, MSN, APRN, ABMH, ABHN; Ludlow, VT
Fellow, Approved Consultant, Member, of the American Society of Clinical Hypnosis (ASCH); ASCH Regional Workshop Committee; Co-Chair, Power of Words Workshop, Moderator, ASCH Board of Governors, Past President, ASCH; Past President, New England Society of Clinical Hypnosis (NESCH); 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); Past President, ABHN; Nurse Practitioner, Springfield Medical Care Systems, Bellows Falls, Ludlow & Springfield, VT; author, Harry the Hypno-potamus: Metaphorical Tales for Children: Volumes I and II, the accompanying Harry the Hypno-potamus Imagination Cards and the creator of Learning the Lingo of Language Cards and Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery, Ludlow, VT.
"Helping Others to Make Lifestyle Changes: Weight Management and Smoking Cessation"

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**Cruise Itinerary:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Port of Call</th>
<th>Arrive</th>
<th>Depart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>05/30/20</td>
<td>Seattle, WA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>05/31/20</td>
<td>Day at Sea/Education Day (8 am-12:15 pm)</td>
<td>1:00 pm</td>
<td>10:00 pm</td>
</tr>
<tr>
<td>Mon</td>
<td>06/01/20</td>
<td>Juneau, AKK</td>
<td>7:00 am</td>
<td>4:00 pm</td>
</tr>
<tr>
<td>Tue</td>
<td>06/02/20</td>
<td>Glacier Bay</td>
<td>8:00 am</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>Wed</td>
<td>06/03/20</td>
<td>Sitka, AK</td>
<td>7:00 am</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>Thu</td>
<td>06/04/20</td>
<td>Ketchikan, AK/Education Day (3-5 pm)</td>
<td>6:00 am</td>
<td>10:00 pm</td>
</tr>
<tr>
<td>Fri</td>
<td>06/05/20</td>
<td>Victoria, BC, CANADA/Education Day (8-10 am/2-4 pm)</td>
<td>7:00 am</td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>06/06/20</td>
<td>Seattle, WA</td>
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</table>

Itinerary, ship and sailing dates are subject to change based on Cruise Line deployment schedules.

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**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.

Students enrolled full-time in masters level or higher program are eligible to attend. 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. 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.

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**Financial Assistance**

**Virginia Hypnosis Society Fund**

In the fall of 2003, the Virginia Hypnosis Society, upon its dissolution, kindly donated funds 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, and applicants do not need to demonstrate financial need. All applicants requesting funding must provide a letter from their advisor or department head. Funds are available for upcoming workshops.

Interested persons should contact Kathy Matousek at education@asch.net or 630.980.4740.

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**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 10 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.
Day 1: Seattle, WA (departs at 4:00 pm, PDT)

Bounded by the Puget Sound to the west and Lake Washington to the east, and surrounded by forests and mountains, Seattle, Washington boasts a stunning location.

From logging to shipbuilding to aircraft manufacturing to modern-day software and biotech development, the Emerald City has worn a succession of industrial hats, birthing the likes of Amazon and Starbucks—not to mention music legends Jimi Hendrix and Nirvana—along the way.

Visitors are spoiled for choice of things to do in Seattle, with iconic attractions like the waterfront, Space Needle, Chihuly Garden and Glass and Pike Place Market all easily accessible.

Puget Sound

Ice-crowned peaks cradle Seattle—the Pacific Northwest’s urban epicenter—a city full of evergreen-ringed coves and waterways. The most glorious mountain remains the stratovolcano of Mount Rainier: This 4,392-meter (14,410-foot) snow cone has 27 glaciers, making it the most heavily frosted region of America’s lower 48. Also visible are the mountains of the Cascade Range, along with the jagged outcrops of the rainforest—fringed Olympic National Park.

The Puget Sound fills the notch of western Washington’s mitten shape, and goes more formally by the name Salish Sea, since the ecosystem stretches up into the San Juan Islands and British Columbia’s neighboring Gulf Islands. With luck, visitors will see pods of endangered orcas here—pods that have been enjoying a 2015–16 baby boom.

Parting shot: Concentrated in and around its waters is a greatest hits of Alaskan wildlife, from humpback whales, the whoosh of their breath loud enough to be heard almost a kilometer away, to giant sea lions.

Day 2: At Sea

Day 3: Scenic Cruising Stephens Passage

Stephens Passage is like the best shortcut in the world, a straight line through Southeast Alaska in a landscape that comes with very few straight lines. It’s not only people and ships that use the passage: Concentrated in and around its waters is a greatest hits of Alaskan wildlife, from humpback whales, the whoosh of their breath loud enough to be heard almost a kilometer away, to giant sea lions.

The water of the passage is ridiculously deep, well over 300 meters (1,000 feet) in places. But in this landscape cut by the last ice age, you really have to measure to the mountain peaks for true scale: They climb to summits at 1,500 meters (5,000 feet), their slopes covered with forests, meadows that turn sunset into alpenglow, and best of all, by the purple tinge of glaciers that form the passage’s crown.

Juneau, AK (arrives 1:00 pm, departs 10:00 pm)

Juneau, Alaska may well be the remotest, most beautiful and strangest state capital in the United States. Surrounded by water, forest and mountain sights, visitors seeking things to do in Juneau indoors and outdoors can hike a glacier, eat fresh-caught fish on a seaside patio and tour a grand capitol building all in one day. The sleepy, misty city of around 32,000—mostly fishermen and small-business owners—has a frontier town vibe, but welcomes more than a million visitors each summer to its natural attractions, cementing Juneau as Alaska’s number-one tourist destination.

Day 4: Glacier Bay (arrives 7:00 am, departs 4:00 pm)

Frosted crags descend into mossy forests and a 457-meter-deep (1,500-foot-deep) fjord at this World Heritage Site, which is also one of the planet’s largest biosphere reserves. Stone, ice and water continue to collide, sculpting a dramatic landscape that is the crown jewel of southeastern Alaska’s natural wonders. While the national park is open year round, most travelers prefer the warmth of late May to early September. Even in summer, be prepared for any weather—especially rain! Pack a hat, gloves, wool or fleece layers, a warm coat and waterproof gear if you want to admire the landscape from the open deck of your ship.

Day 5: Sitka, AK (arrives 8:00 am, departs 5:00 pm)

The ports of Alaska inspire visions of remote wilderness outposts, legendary gold-rush towns and Native Alaskan villages, all set amid lush forests and frigid, glacier-flanked waters. And while you’ll certainly find these things in and around Sitka, you’ll witness a unique slice of Alaskan history not found anywhere else. Russia controlled Alaska from the mid-1700s until the United States purchased it in 1867, and Sitka was settled as the capital of Russian America under the name New Archangel.

Sitka also boasts an abundance of epic natural scenery and wildlife. Take a walk up Castle Hill to enjoy an ideal vantage point across the water to the dormant volcano Mount Edgecumbe, and trips to the nearby Fortress of the Bear and the Alaska Raptor Center offer up-close encounters with some of Alaska’s most captivating creatures.

Day 6: Ketchikan, AK (arrives 7:00 am, departs 1:00 pm)

Alaska’s “First City” of Ketchikan is so named because it’s the first major landfall for most cruisers as they enter the picturesque fjords of the Inside Passage, where the town clings to the banks of the Tongass Narrows, flanked by green forests nurtured by abundant rain.

It is also one of the best spots along the Inside Passage to explore the rich cultural sights of Native Alaskan nations like the Tlingit, Haida and Tsimshian. You can see intricately carved totem poles at the Totem Heritage Center and Totem Bight State Park, while the attractions of Saxman Village just outside of Ketchikan offers the chance to see Tlingit culture in action, with working carvers and a dance show in the clan house.
**Day 7: Victoria, BC, CANADA (arrives 6:00 pm, departs 11:30 pm)**

Of all the cities in Canada, Victoria may be the furthest from Great Britain, but it has the most British vibe. Between sipping afternoon tea, visiting flower gardens and castles and stopping in at pubs, one could easily forget about the Pacific Ocean lapping at the other side of Vancouver Island. The influence of the First Nations culture is also strong here in Victoria, with totem poles taking a front-and-center position on the Inner Harbour and in Beacon Hill Park.

Start your visit to Victoria’s sights and attractions at the Inner Harbour. Whale-watching cruises and sightseeing floatplanes take off and return from their excursions here and government buildings, museums, the Visitor Centre and the grand Fairmont Empress provide a dignified welcome. However you choose to spend your day here or decide where to go in Victoria, the city’s civilized delights will charm you.

**Day 8: Seattle, WA (arrives 7:00 am)**

Disembark

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**Holland America Lines / Eurodam / May 30-June 6, 2020 / Alaska Cruise**

Holland America will guarantee the following rates when booked using ASCH’S group number with a refundable downpayment of $350/person.

<table>
<thead>
<tr>
<th>Cabin Type</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Interior Cabin</td>
<td>$949 plus taxes and port fees</td>
</tr>
<tr>
<td>Ocean View (obstructed)</td>
<td>$1,199 plus taxes and port fees</td>
</tr>
<tr>
<td>Ocean View (unobstructed)</td>
<td>$1,449 plus taxes and port fees</td>
</tr>
<tr>
<td>Veranda/Balcony</td>
<td>$1,449 plus taxes and port fees</td>
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**To make a Reservation for this cruise:**

Call Holland America Lines directly: 1.800.355.3017 Ext. 29347 or via email at bjohnson@hollandamerica.com

Group Code: TPT
Voyage Code: D038
Group Name: Am Soc of Clin Hypn (ASCH)

You will need to have the exact legal names of all travelers as they appear on each person’s passport on hand when you make your reservation. Deposits are within 2 days of making a booking and final and full payments are due on 3/1/2020.

To see the cruise itinerary click on https://www.hollandamerica.com/en_US/find-a-cruise/A0E07A/D038.html

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**Educational Schedule**

**2019**

- September 19-22, 2019: ASCH-ERF Regional Workshop; DoubleTree by Hilton Hotel Chicago, Oak Brook, IL
- October 17-20, 2019: ASCH-ERF Regional Workshop; Embassy Suites by Hilton Dallas Park Central Area, Dallas, TX
- December 5-8, 2019: ASCH-ERF Regional Workshop; Rosen Plaza, Orlando, FL

**2020**

- March 19-22, 2020: ASCH-ERF Annual Scientific Meeting & Workshop; Nugget Casino Resort, Reno/Tahoe
- May 7-10, 2020: ASCH-ERF Regional Workshop; Embassy Suites Charlotte Concord Golf Course, Concord, NC

For more information visit www.asch.net or contact ASCH at 630.980.4740 or info@asch.net

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

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)
☐ Licensed or nationally certified health care professional
☐ Student    Along with a completed registration form and payment of registration fees, students need to submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued and date of intended graduation.
☐ Resident / ☐ Intern    Along with a completed registration form and payment of registration fees, residents/interns need to submit correspondence from their supervisor on official letterhead explaining the nature of the residency/internship and date of intended completion of the program.

Education Registration Fee:    ☐ $500*

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*If participants book their cabin with ASCH’s personal cruise consultant using our group number, $200 of the registration fee will be refunded following the cruise. Individuals who want to use credit card points or frequent flier credits or their own travel agent will not receive the $200 refund.

☐ 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.

Subtotal Amount Due: ______________________

Payment Method:
☐ MasterCard    ☐ Visa    ☐ Check #____________________ (Make payable to American Society of Clinical Hypnosis; US funds only)

Credit Card # ______________________Exp. Date: ______________________CVS Code: __________

Name as it appears on the card: ______________________

Participant Signature: ______________________Date: ______________________

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

Cancellation Policy:
Cancellations for the workshop postmarked/faxed after May 2, 2020 but on or before May 16, 2020 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after May 16, 2020. Exceptions will only be granted due to death of the participant or an immediate family member, severe illness/injury of the participant or an immediate family member, or the inability of the participant to travel due to legal or governmental restrictions/obligations, and require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

Mail to: ASCH, 140 North Bloomingdale Rd., Bloomingdale, IL 60108-1017
Fax to: 630.351.8490 / Questions? Please Call 630.980.4740