Day 1 (at Sea)
8AM - 12:15PM (with 15 min break)

Improve your skills in helping your patients/clients make life-saving, lifestyle changes. Starting with motivational change, motivational interviewing skills, how to build a motivationally structured plan. We will then move into the science of weight loss and weight maintenance. What interventions work, what is the data, how does hypnosis fit into this to affect change?

Day 6 (after Ketchikan excursions)
3PM - 5PM

Today’s focus is on the specifics of a weight loss program, what has worked for Dr. Beighle in the past and how to structure a program for your clients weight loss goals. This will be a review of a successful weight loss program developed and implemented by the speaker and how to bring such a program to your community for group classes or to work with individuals.

Day 7 (before Victoria)

8AM - 10AM
This portion of the workshop will begin with a review of the history of tobacco consumption and its worldwide use. Psychological habituated dependence and neurophysiologic nicotine addiction will be addressed. Participants will learn interventions available to medical and behavioral health practitioners that can be used to promote smoking cessation through counseling, motivational interviewing and hypnosis. Strategies to help patients prepare to stop smoking and how to incorporate hypnosis into the treatment plan will be presented.

2PM - 4PM
The workshop will conclude with a wrap up of the morning session on smoking cessation, any remaining questions about developing a weight loss program and a general dialogue with the participants about behavior change.