Clinical Hypnosis Workshops

December 5-8, 2019, Rosen Plaza Hotel, Orlando, FL

Workshop Chair: Delle M. Jacobs, MSW, LICSW, LMFT

- Level 1/Basic Workshop
- Intermediate (Level 2) Workshop
- Advanced Workshop: "Wake Up to Better Sleep: Hypnosis, Neuroscience, and the Role of Sleep in Common and Uncommon Clinical Conditions"

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

The information provided in this brochure including faculty, presentation titles, and presentation order is preliminary and subject to change prior to the actual event.
Clinical hypnosis has been a valuable treatment modality and adjunct for hundreds of years and has been used as an efficacious intervention in medical, dental, and behavioral health care. Clinical hypnosis incorporates understanding of current concepts of neuroanatomy, neurophysiology, and neuroplasticity with effective patient relationship and communication skills. This effective and useful clinical strategy has been defined as a special state of mental functioning, the process to create that state, the experience of oneself in that special state, and all of the above.

Hypnotic trance has also been described as a state of focused attention, inner absorption, perceptual distortion, and openness to change. Clinical hypnosis is a powerful therapeutic intervention that draws upon the skill, adaptability, and creativity of clinicians.

The benefits of using clinical hypnosis in treatment situations include:

- Rapid establishment of rapport and the hypnotic relationship developmental and readiness to change stages.
- Facilitation of change, ego-strengthening, personal mastery, and reduction of impediments to change.
- Cost-effective, collaborative, person-centered treatment.
- Providing patients with life-long skills for better health.

American Society of Clinical Hypnosis (ASCH) - approved Level 1 training in clinical hypnosis is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of health care experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in Intermediate (Level 2) and Advanced level ASCH or ASCH-approved workshops.

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

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.
- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

For more information visit www.asch.net or contact ASCH at 1.630.980.4740 or info@asch.net
Level 1/Basic Workshop

Faculty: Akira Otani (Coordinator, Level 1/Basic), Cheryl Bemel, Mary Ann Callen, Delle Jacobs, Linda Thomson

THURSDAY, December 5, 2019 - This workshop begins in the evening

6:30-6:45 pm  Welcome and Workshop Introduction (Combined groups) (Jacobs)

6:45-7:00  Intro to Level 1 (Otani) .25 CE/CME

7:00-7:30  Intro to Clinical Hypnosis (Otani) .5 CE/CME
At the conclusion of this session the participant will be able to:
- Provide at least one commonly accepted definition of clinical hypnosis.
- Explain three to four hypnosis terms and how they apply to the clinical hypnosis experience.
- Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each.

7:30-8:15  Neurophysiology of Hypnosis (Thomson) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe how hypnosis affects the autonomic nervous system and the stress response.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis.
- Explain two differences and two similarities between hypnosis and meditation in a manner understandable by patient/clients.

8:15-9:00  Anatomy of a Hypnotic Session (Live Demonstration or Video) (Otani, Bemel, Callen) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe the steps in a formal hypnotic encounter.
- Identify two characteristics of trance exhibited by the subject.
- Define three changes the facilitator made during the reorientation phase of trance.

9:00-9:30  Group Experience (Otani) .5 CE/CME
At the conclusion of this session the participant will be able to:
- Experience clinical hypnosis and identify three aspects of their trance experience.

9:30  RECESS

FRIDAY, December 6, 2019

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-9:45  Principles and Process of Rapport, Attunement, Trance Elicitation and Reorientation (Thomson) 1.25 CE/CME
At the conclusion of this session the participant will be able to:
- Describe three effective ways to build and reinforce rapport.
- Describe at least four observable physiological and four observable psychological/behavioral signs of trance.
- Discuss the importance of removing suggestions.
- Demonstrate at least three methods of reorienting.

9:45-10:15  Introduction to Small Group Practice (Bemel) .5 CE/CME
At the conclusion of this session the participant will be able to:
- Identify the goals and rules of the experiential small group practice sessions.
10:15-10:30 Demonstration of Elicitation #1: Focused/Diaphragmatic Breathing (Bemel) .25 CE/CME

At the conclusion of this session the participant will be able to:
- Describe an elicitation using Focused/Diaphragmatic Breathing.

10:30-10:45 BREAK

10:45-12:15 pm Small Group Practice #1 (SGP1): Rapport, Elicitation of Trance, Reorienting (Otani, Bemel, Callen, Damis, Wells) 1.5 CE/CME

At the conclusion of this session the participant will be able to:
- Demonstrate one method to build attunement (rapport) with the subject.
- Facilitate at least one elicitation (induction) and reorientation method with a member of the group, describe his/her responses, and what they observed in the behavior of the participant.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:15-1:30 LUNCH ON YOUR OWN

1:30-2:15 Hypnotic Phenomena (Otani) .75 CE/CME

At the conclusion of this session the participant will be able to:
- Explain five different hypnotic phenomena.
- Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically.
- List at least three principles of eliciting phenomenon.
- Define abreaction and describe how it can be addressed therapeutically.

2:15-3:15 Intensification of Hypnotic Experience (with demonstration) (Callen) 1.0 CE/CME

At the conclusion of this session the participant will be able to:
- Describe three methods of trance intensification.
- Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client.
- Identify how fractionation can be used to intensify trance.

3:15-3:30 BREAK

3:30-4:15 Fundamentals of Hypnotic Communication and Formulation of Suggestions (Otani) .75 CE/CME

At the conclusion of this session the participant will be able to:
- Explain at least two ways hypnotic communication creates positive expectancy.
- Discuss Erickson’s Principle of Individualization and Utilization as it pertains to language and suggestion.
- Name at least four commonly used words/phrases to reinforce the patient’s hypnotic experience.
- Differentiate between direct and indirect suggestion.

4:15-4:30 Demonstration of Elicitation #2: Eye Fixation (Otani) .25 CE/CME

At the conclusion of this session the participant will be able to:
- Describe an elicitation using eye fixation.

4:30-6:00 Small Group Practice #2 (SGP2): Rapport, Elicitation, Intensification, Reorienting (Otani, Bemel, Callen, Damis, Jacobs) 1.5 CE/CME

At the conclusion of this session the participant will be able to:
- Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session.
- Facilitate at least one elicitation method, one intensification method and reorientation method with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

6:00-7:00 RECESS/NETWORKING HOUR (local/hotel bar, light snacks will be provided/cash bar)
SATURDAY, December 7, 2019

7:45-8:30 am BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-9:15 Ego Strengthening (Callen) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Define what is meant by Ego strengthening and how it might be used in clinical practice.
- Identify three different types of Ego strengthening.
- Describe at least three strategies for Ego strengthening in clinical hypnosis practice.

9:15-10:00 Self-Hypnosis: What and How to Teach Patients (Jacobs) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Define self-hypnosis and explain the difference between self-hypnosis and hetero-hypnosis.
- Describe at least three therapeutic applications of self-hypnosis in clinical practice.
- Explain how to teach self-hypnosis to a patient.

10:00-10:15 Demonstration of Elicitation #3: Eye Roll (Callen, Jacobs) .25 CE/CME
At the conclusion of this session the participant will be able to:
- Describe a rapid induction using eye roll.

10:15 -10:30 BREAK

10:30-12:00 pm Small Group Practice #3 (SGP3): Rapport, Elicitation, Intensification, Ego Strengthening Suggestions, Reorienting (Otani, Bemel, Callen, Damis, Alter) 1.5 CE/CME
At the conclusion of this session the participant will be able to:
- Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session.
- Facilitate at least one elicitation method, one intensification method, ego strengthening suggestion(s) and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant.
- Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00-1:30 LUNCH ON YOUR OWN

1:30-2:15 Understanding and Utilizing Resistance: Strategies that Work (Otani) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe three types of resistance.
- Identify at least four strategies for bypassing or working through resistance.

2:15-3:00 Patient/Client Assessment, Introducing Hypnosis to the Patient/Client (Bemel) .75 CE/CME
At the conclusion of this session the 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/client.
- Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically.
- Discuss the fallibility of memory.

3:00-3:15 Demo of Elicitation #4: Levitation and Reverse Levitation (Otani) .25 CE/CME
At the conclusion of this session the participant will be able to:
- Describe and demonstrate an induction using levitation and/or reverse levitation.

3:15-3:30 BREAK

3:30-6:00 Small Group Practice #4 (SGP4): Rapport, Elicitation, Intensification, Hypnotic Phenomenon, Ego strengthening, Suggestions, Reorienting (Otani, Bemel, Callen, Damis, Jacobs) 2.5 CE/CME
At the conclusion of this session the participant will be able to:
- Demonstrate the ability to build attunement (rapport) with the subject different from previous practice sessions by identifying ego strengthening suggestion(s) of interest to subject to use in the treatment phase of the process.
- Facilitate at least one elicitation method, one intensification method, an ego strengthening suggestion and reorientation with a member of the group different from previous practice session,
describe his/her responses, and what they observed in the behavior of the participant.
-Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.
-Clarify readiness for incorporating hypnosis into practice.

6:00
RECESS

SUNDAY, December 8, 2019

7:45-8:30 am BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-9:15 Hypnosis with Children (Thomson) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Identify at least three developmental characteristics that make children particularly hypnotizable.
-Describe how hypnotic approaches vary with the developmental age of the child.
-Describe the therapeutic benefits and applications of using hypnosis with children.

9:15-10:15 Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis (Otani) 1.0 CE/CME
At the conclusion of this session the participant will be able to:
-Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan.
-Design a treatment plan for a patient/client who presents with anxiety.
-List at least four hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.

10:15-10:30 BREAK

10:30-11:15 Integrating Clinical Hypnosis into Practice (Otani, Bemel, Callen) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such.
-List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training.
-Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into his/her practice.

11:15-11:45 Ethics (Otani) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Describe at least two ethical-legal issues.
-Discuss standards for professional conduct in using hypnosis clinically.

11:45-12:00 ASCH Membership and Certification (Otani) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Discuss ASCH’s clinical hypnosis standards of training, levels of training, and requirements for ASCH certification.
-Describe the opportunities available for further training, membership and certification.

12:00 ADJOURN

Thank you 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 skills, strategies and applications of clinical hypnosis. Part one taught the participant “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers their development so they 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; Anxiety and Sleep Disorders; Habit Disorders).
- 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).
- More practice with the feedback of expert faculty.

The Level 2 Workshop increases the learner's skills, builds confidence in their use of hypnosis and prepares them 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.

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.
- Cite at least two examples of metaphors that might be used with clinical problems.
- Demonstrate three types of techniques and types of suggestions that might be used with common behavioral problems.

ASCH-ERF
7-Day Alaska Cruise

May 30-June 6, 2020
Holland America Lines

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

For more information visit www.asch.net or contact Kathy Matousek, Education Manager, at 630.980.4740

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
Intermediate (Level 2) Workshop

Faculty: Louis Damis (Coordinator, Level 2), Delle Jacobs, Linda Thomson, Akira Otani

THURSDAY, December 5, 2019
6:30-6:45 pm Welcome and Workshop Introduction (Combined groups) (Jacobs)

6:45-7:00 Intro to Level 2 (Damis) .25 CE/CME
7:00-7:45 Neurophysiology of Hypnosis (Damis) 1.0 CE/CME
   At the conclusion of this session the participant will be able to:
   - 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.

7:45-8:45 Refining Skills of Hypnotic Communication and Suggestion (Jacobs) 1.25 CE/CME
   At the conclusion of this session the participant will be able to:
   - Describe how to enhance rapport and compliance though positive reinforcement and utilization.
   - Describe how to structure two direct and indirect suggestions.
   - Define a conversational postulate and a double bind.

8:45-9:30 Group Experience and Discussion (Thomson) .75 CE/CME
   At the conclusion of this session the participant will be able to:
   - Experience an advanced Ericksonian trance experience.
   - Describe the use of hypnotic language and suggestions utilized in the group experience.

9:30 - RECESS

FRIDAY, December 6, 2019

7:45-8:30 am BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-9:15 Refining Skills of Elicitation and Intensification of Trance (Otani) .75 CE/CME
   At the conclusion of this session the participant will be able to:
   - Observe and identify three advanced elicitations, and clarify conditions under which they may be indicated.
   - Describe three signs of increased suggestibility/trance.
   - Describe at least two hypnotic techniques for intensification of trance.

9:15-10:30 Insight-oriented and Exploratory Techniques (Damis) 1.5 CE/CME
   At the conclusion of this session the participant will be able to:
   - Identify prerequisites for the use of hypnotic exploratory techniques.
   - Identify two clinical situations contraindicated for exploratory work.
   - Describe and apply three insight oriented techniques.

10:30-10:45 BREAK
10:45-11:45 Skill Development with Metaphorical Approaches (Thomson)
   At the conclusion of this session the participant will be able to:
   - Explain the concept of utilization in the creation of metaphors.
   - Name two metaphorical inductions.
11:45-12:15pm Group Practice Developing Metaphors (Thomson)

At the conclusion of this session the participant will be able to:
- Demonstrate how to construct therapeutic metaphors and give two examples of metaphorical suggestions.

12:15-1:30 LUNCH ON YOUR OWN

1:30-3:15 Small Group Skill Practice # 1 (SGP1) (Bemel, Damis, Thomson, Jacobs) 1.75 CE/CME

At the conclusion of this session the participant will be able to:
- Demonstrate as the facilitator and personally experience as the subject a hypnotic trance new skill or application learned from the preceding lectures and demonstrations.

3:15-3:30 BREAK

3:30-5:15 Applications of Hypnosis: Pain (Thomson) 1.75 CE/CME

At the conclusion of this session the participant will be able to:
- 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.
- Discuss how hypnotic phenomenon such as amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain.
- Identify six hypnotic techniques that can be used either in acute or chronic pain management.

5:15-6:00 Demonstration and Practice of Glove Anesthesia (Thomson) .75 CE/CME

At the conclusion of this session the participant will be able to:
- Describe two strategies for facilitation of glove anesthesia.
- Describe how to increase clinical skill in the facilitation and use of glove anesthesia.

6:00 RECESS/NETWORKING HOUR (local/hotel bar, light snacks will be provided/cash bar)

SATURDAY, December 7, 2019

7:45-8:30 am BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-9:00 Demonstration and Practice of Selected Elicitation of Trance (Damis) .5 CE/CME

Educational Objective for this session:
- Describe how the demonstrated strategy can be used in clinical practice.

9:00-10:15 Small Group Skill Practice # 2 (SGP2) (Otani, Bemel, Damis, Thomson) 1.25 CE/CME

At the conclusion of this session the participant will be able to:
- Demonstrate as the facilitator and personally experience as the subject a hypnotic trance new hypnotic skill or application learned from the preceding lectures and demonstrations on managing pain.

10:15-10:30 BREAK

10:30-1200 pm Applications of Hypnosis: Anxiety, Fears & Phobias (Jacobs) 1.5 CE/CME

At the conclusion of this session the participant will be able to:
- Review principles stemming from research data on the treatment of anxiety and phobic disorders.
- Explicate a minimum of three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.

12:00-1:30 LUNCH ON YOUR OWN

1:30-3:15 Small Group Skill Practice # 3 (SGP3) (Callen, Damis, Thomson, Jacobs) 1.75 CE/CME

At the conclusion of this session the participant will be able to:
- Demonstrate as the facilitator and personally experience as the subject a hypnotic trance.
- Utilize a new induction and deepening technique along with a new skill or application learned from the preceding lectures and demonstrations on managing anxiety.

3:15-3:30 BREAK

3:30-4:15 Applications of Hypnosis: Sleep Disorders (Damis) .75 CE/CME

At the conclusion of this session the participant will be able to:
- Describe the difference between primary and secondary sleep problems.
Develop a hypnotic intervention to address the common pattern of sleep performance anxiety.

4:15-4:30 Demonstrations and/or Videos (Damis) .25 CE/CME
At the conclusion of this session the participant will be able to:
-Identify and resolve two questions about hypnotic techniques that may be best suited to achieve a specific therapeutic goal.

4:30-6:00 Applications of Hypnosis: Habit Disorders (Damis) 1.5 CE/CME
At the conclusion of this session the participant will be able to:
-Discuss research literature on hypnosis in the treatment of habits.
-Design an effective therapeutic intervention for two common habit disorder.

6:00 RECESS

SUNDAY, December 8, 2019
7:45-8:30 am BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-9:30 Treatment Planning (Jacobs) 1.0 CE/CME
At the conclusion of this session the participant will be able to:
-Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.
-List at least four applications of hypnosis suited to achieve a specific therapeutic goal.

9:30-10:15 Applications of Hypnosis: Pediatrics (Thomson) .75 CE/CME
At the conclusion of this session the participant will be able to:
-List at least three ways in which working with children is different from work with adults.
-Demonstrate two hypnotic techniques that are effective with children and vary with the development level of the patient/client.

10:15-10:30 BREAK

10:30-11:15 Integrating Clinical Hypnosis into Practice with Demonstrations and/or Videos (Damis, Thomson, Jacobs) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such.
-List at least three uses of hypnosis to their discipline that they have been taught and are ready to apply and three applications of hypnosis that require more training.
-Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into his/her practice.

11:15-12:00 Ethics, Certification, Training and Wrap-up (Damis) .75 CE/CME
At the conclusion of this session the participant will be able to:
-Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis.
-Describe ethical issues and standards for professional conduct in using hypnosis clinically.
-Identify the opportunities available for further training, membership and certification.

12:00 ADJOURN

Thank you for your participation in this training experience!
Advanced Workshop: *Wake Up to Better Sleep: Hypnosis, Neuroscience, and the Role of Sleep in Common and Uncommon Clinical Conditions*

**Faculty:** Mary Wells, PhD and David Alter, PhD, ABPP, ABPH

Centuries before de Cuvillers and Braid popularized the term *hypnosis*, the association between sleep and evocation of people’s deep reservoir of change-enabling states of mind and body was well established. The term hypnosis harks to ancient Greece mythology, where *Hypnos* (god of sleep) and his twin brother, *Thanatos*, lived as neighbors, personifying humanity’s timeless struggle with individual mortality, fate, and how the choices and actions we take in life alter our destiny.

Contemporary neuroscience makes clear the considerable differences between the experience of *trance* and *sleep*, and the role that hypnosis plays in accessing both. Nevertheless, popular conceptualizations of hypnosis continue to perpetuate unwarranted mischaracterizations of hypnosis, trance, and sleep. This workshop is a great opportunity to debunk hurtful myths while simultaneously enriching your sense of the wonder and potential of directing restful sleep toward healthful therapeutic ends.

This multi-day immersive workshop will guide participants along a journey of professional enrichment and personal discovery. Together, we will delve into mysteries of sleep from evolutionary, biological, cognitive, affective, interpersonal, and social perspectives. Through interweaving didactic presentation, group discussion, and active small group practice, we will come to appreciate sleep’s role as a healing buffer against our daily stressors and as a potentiator of our life’s highest aspirations. When sleep rhythms are intact, health flourishes. When desynchronized, as in insomnia, and a variety of parasomnias, a cascade of illness patterns begins to emerge.

Therefore, the workshop will devote ample practice time for acquiring methods of using hypnosis to re-establish optimal sleep rhythms, thereby unleashing sleep’s capacity to *reduce anxiety, stabilize mood, reduce pain, regulate behavior, improve memory and cognitive functioning, metabolize post-traumatic patterns, ease physiological distress, and support client’s ability to use dreams to build motivation to align their lives with a deeper purpose.*

Join us for this exciting multi-day adventure tour through the fascinating world that lies just beneath our conscious awareness. You’ll leave the workshop prepared to incorporate sleep-work into your clinical practice. So, ease off the snooze button, open your eyes, and discover a new vista on the world of sleep, our single greatest, naturally occurring, psychobiological reboot process.

**Learning Objectives:**

- **Attendees will gain an understanding of the function of sleep through an evolutionary lens and will learn to apply concepts of sleep neurobiology to understanding foundations of restorative sleep and sleep disorders.**
- **Attendees will study the somatic, brain-based, and psycho-emotional consequences of chronic, non-restorative sleep patterns and will practice hypnotic skills related to stabilizing common bodily and mental consequences of chronic sleep dysregulation.**
- **Attendees will develop tools for treating disruptions to sleep caused by chronic pain, trauma, mood disorders, and anxiety spectrum conditions and will learn effective hypnotically informed practices for restoring sleep for sufferers of common parasomnias.**
THURSDAY, December 5, 2019

6:30-6:45 pm  Welcome and Workshop Introduction (Combined groups) (Jacobs)
6:45-9:30  Topic: Sleep Across Evolutionary and Human Time Frames/Background & Sleep Foundations

Introduction
At the conclusion of Day 1 the participant will be able to:
- Identify two ancient concepts surrounding sleep and early hypnotic practices, and their enduring influence on contemporary understandings of sleep.
- Describe the function of sleep through an evolutionary lens with emphasis on the importance of sleep throughout the animal realm.
- Attendees will learn to apply concepts of sleep neurobiology to include NREM and REM sleep cycles to increase understanding of the foundations of restorative sleep and sleep disorders.

6:45-7:00  Story Time-Overview (Wells, Alter) .25 CE/CME
7:00-7:30  The Ancient Marriage of Hypnosis and Sleep (Wells, Alter) .5 CE/CME
7:30-8:30  The Neurobiology of Sleep (Wells, Alter) 1.0 CE/CME
8:30-9:15  Demonstration (Wells, Alter) .75 CE/CME
9:15-9:30  Q&A/Review of the Evening’s Salient Points (Wells, Alter) .25 CE/CME
9:30  RECESS

FRIDAY, December 6, 2019

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)
8:30-6:00  Topic: Sleeping in a 24/7 World/Foundations (cont’d)

At the conclusion of Day 2 the participant will be able to:
- Identify and explain the following concepts that contribute to poor sleep: corrosive and disruptive impact of multi-tasking, frenetic lifestyle pacing, FOMO, and productivity expectations on sleep patterns.
- Articulate the somatic, brain-based, and psycho-emotional consequences of chronic, non-restorative sleep patterns.
- Attendees will develop and practice hypnotic skills related to stabilizing common bodily and mental consequences of chronic sleep dysregulation in order to allow integration into daily practice.

8:30-9:30  The Neurobiology of Sleep: Applications and Practices (Wells, Alter) 1.0 CE/CME
9:30-10:30  Demonstration and Small Group Practice (Wells, Alter) 1.0 CE/CME
10:30-10:45  BREAK
10:45-11:45  Socio-Cultural Factors Affecting Sleep (Wells, Alter) 1.0 CE/CME
11:45-12:15 pm  Sleep De-synchronization: Attention, Pacing, Lifestyle (Wells, Alter) .5 CE/CME
12:15-1:30  LUNCH ON YOUR OWN
1:30-2:30  Health, Illness, and Sleep Dysregulation (Wells, Alter) 1.0 CE/CME
2:30-3:15  Demonstration (Wells, Alter) .75 CE/CME
3:15-3:30  BREAK
3:30-4:30  Multi-System Impact of Sleep Dysregulation (Wells, Alter) 1.0 CE/CME
4:30-5:30  Demonstration and Small Group Practice (Wells, Alter) 1.0 CE/CME
5:30-6:00  Summary and Highlighting of Day’s Topics (Wells, Alter) .5 CE/CME
6:00  RECESS/NETWORKING HOUR (local/hotel bar, light snacks will be provided/cash bar)

SATURDAY, December 7, 2019

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)
8:30-6:00  Topic: Sleep as both Cause and Casualty: Restoring Sleep when Experiencing Pain, Trauma, Depression, Anxiety, or Mysterious World of Parasomnias/Clinical Conditions and Interventions

At the conclusion of Day 3 the participant will be able to:
- Identify two desynchronization patterns of core biological rhythms in the presence of common clinical health conditions.
- Discern four specific tools for treating disruptions to sleep caused by chronic pain, trauma, mood disorders, and anxiety spectrum conditions.

- Develop and practice effective hypnotically informed skills for restoring sleep for sufferers of common parasomnias to integrate into clinical practice.

8:30-9:30  Sleep Dysregulation in Common Conditions: Anxiety, Mood, Trauma, Pain (Wells, Alter) 1.0 CE/CME

9:45-10:15  Demonstration (Wells, Alter) .5 CE/CME

10:15-10:30  BREAK

10:30-12:00  pm Pain (cont’d.), Trauma, Psychophysiology (Wells, Alter) 1.5 CE/CME

12:00-1:30  LUNCH ON YOUR OWN

1:30-3:15  Sleep Dysregulation in common Conditions: Psychophysiology, Aging, Pediatrics and Demonstration (Wells, Alter) 1.75 CE/CME

3:15-3:30  BREAK

3:30-4:30  Parasomnias: The Many Faces of Sleep Disruption (Wells, Alter) 1.0 CE/CME

4:30-5:15  Demonstration and Small Group Practice (Wells, Alter) .75 CE/CME

5:15-6:00  Parasomnias (Wells, Alter) .75 CE/CME

6:00  RECESS

SUNDAY, December 8, 2019

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)

8:30-12:00  Topic: Sleep as a Portal to a Fuller Life/Transpersonal (Trance-personal) Dimensions of Sleep

   At the conclusion of Day 4 the participant will be able to:

   - Develop a more comprehensive understanding of the world of dreams and their role in health, life direction, and purpose.

   - Develop and practice hypnotic skill development for utilizing dreams in healing work to allow for integration into daily clinical practice.

   - Clinically address in daily practice a wide range of disorders affected by sleep dysregulation and the restorative role of sleep in health maintenance across the lifespan.

8:30-9:45  Utilizing Sleep for Transpersonal Healing (Wells, Alter) 1.25 CE/CME

9:45-10:15  Demonstration and Discussion (Wells, Alter) .5 CE/CME

10:15-10:30  BREAK

10:30-12:00  pm The Mandala of Sleep (Wells, Alter) 1.5 CE/CME

12:00  ADJOURN

Thank you for your participation in this training experience!

This workshop will take place at the Rosen Plaza Hotel, Orlando, FL

Rosen Plaza® Hotel is located at 9700 International Drive, Orlando, FL. Located in the heart of Orlando, Rosen Plaza® Hotel is connected via skybridge to the Orlando Orange County Convention Center and only minutes away from world-famous attractions. Getting here is easy, too, with Orlando International Airport just 15 minutes away.

ASCH-ERF has contracted a limited number of rooms at a discounted room rate of $159 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 November 14, 2019. Book early to receive the group rate. Call 1.800.627.8258 to make reservations for this event. Use code 'GRPASCH19'.

Photo credit: Rosen Plaza® Hotel
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.

David Alter, PhD, ABPP, ABPH, Minneapolis, MN
Member, Approved Consultant, Diplomat, American Board of Psychological Hypnosis, ASCH. Past President, Minnesota Society of Clinical Hypnosis. Founder and Director, Partners in Healing of Minneapolis. Author, Teacher, Trainer - Minneapolis, MN.

Cheryl Bemel, PhD, LP, NCSP/NASP; St Paul, MN
Member, Approved Consultant, ASCH; President-Elect, Minnesota Society of Clinical Hypnosis; Psychologist, Health Partners Pain Management Clinic, St. Paul, MN; Psychologist, Private Practice, St. Paul, MN; Certified Tobacco Treatment Specialist (C-TTS), Nationally Certified Tobacco Treatment Practitioner (NCTTP).

Mary Ann S. Callen, PsyD; Huntsville, AL
Member, Approved Consultant, ASCH; Aeromedical Psychologist, Fox Army Health Center, Huntsville, AL and Lyster Army Health Clinic, Ft. Rucker, AL; Professional Psychologist, PTSD/Trauma Outpatient Clinics VA Medical Center, Huntington, WV; PTSD/SUD Specialist (residential treatment), VA Medical Center, Sheridan, WY; Lecturer, United States Army School of Aviation Medicine (USASAM), Ft. Rucker, AL; Presenter, American Psychological Association (APA) 2014, 2013; Published in The Military Psychologist, 2013; Member, EMDR International Association.

Louis F. Damis, PhD, ABPP; Oviedo, FL
Member, Approved Consultant, ASCH; Co-Chair, Review Committee, ASCH-ERF; President, Florida Society of Clinical Hypnosis; Diplomate, American Board of Professional Psychology; Fellow, American Academy of Clinical Health Psychology; Senior Fellow, Biofeedback Certification International Alliance; Assistant Professor of Psychology, UCF College of Medicine; Clinical Health Psychologist, Biofeedback and Pain Management, VA Medical Center, Orlando; President, Integrative Health Psychology, PA; Oviedo, FL.

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.

Linda Thomson, MSN, APRN, ABMH, ABHN; Ludlow, VT (Workshop Chair)
Fellow, Approved Consultant, Member, Regional Workshop Committee, Co-Chair, Power of Words Workshop, 2019 Annual Meeting Program Committee, 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 Hypnosis (ABMH); Diplomate, American Board of Hypnosis in Nursing (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.

Akira Otani, EdD, ABPH; Arnold, MD
Fellow, Approved Consultant, ASCH. Member, ASCH Standards of Training Committee; Diplomate, American Board of Psychological Hypnosis (ABPH); Former Consultant, 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 Buddhism (in Japanese).

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.
**Continuing Education Accreditation**

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)

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

☐ 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:

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<td>Basic*</td>
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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.

* 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.

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 November 6, 2019 but on or before November 27, 2019 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after November 27, 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.