Clinical Hypnosis Workshops

May 7-10, 2020, Embassy Suites by Hilton Charlotte Concord Golf Resort and Spa; Concord, NC

Workshop Chair: Lane Wagaman, EdD

- **Level 1/Basic Workshop**
- **Intermediate (Level 2) Workshop**
- **Advanced Workshop: "Clinical Hypnosis for Acute and Chronic Pain, and Palliation of Incurable Illness"**

*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.

Please note that attendance of all sessions is required to earn continuing education credit for this program. Partial credit is not provided.

ASCH-ERF Educational Schedule 2020

June 25-28, 2020, Hilton Alexandria Mark Center, Alexandria, VA

September 10-13, 2020, Lincolnshire Marriott Resort, Lincolnshire, IL

October 22-25, 2020, DoubleTree by Hilton, Irving, TX

December 3-7, 2020, Wyndham Celebration, Kissimmee, FL

For more information visit www.asch.net or contact ASCH at 1.630.980.4740 or info@asch.net

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
THURSDAY, May 7, 2020 – This workshop begins in the evening
6:30-6:45 pm Welcome and Workshop Introduction (Wagaman)
6:45-7:00 Intro to Level 1 (Wagaman) (.25 CE/CME)
7:00-7:45 Intro to Clinical Hypnosis (Wagaman) (.75 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.
- Identify and explain the contributions of 2 historical figures or studies that have modern day applications in clinical hypnosis.
- Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each.
7:45-8:30 Anatomy of a Hypnotic Session (Live Demonstration or Video) (Wagaman, Dickens, 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.
8:30-9:15 Neurophysiology of Hypnosis (Faculty) (.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.
9:15-9:30 Group Experience (Wagaman) (.25 CE/CME)
At the conclusion of this session the participant will be able to:
- Provide illustrative suggestions for eliciting hypnotic phenomena.
- Demonstrate the concept of trance logic.
- Illustrate applications of hypnotic phenomena in a trance experience.
9:30 RECESS
FRIDAY, May 8, 2020
7:45-8:30 am BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)
8:30-9:45 Rapport, Elicitation of Trance (Induction), and Re-orienting (Re-alerting) (Faculty) (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 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 (Dickens) (.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 (Induction) # 1: Focused/ Diaphragmatic Breathing (Dickens, Callen) (.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 #1: Rapport, Elicitation of Trance (Induction), Re-orienting (Re-alerting) (Faculty) (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 Phenomenon (Wagaman) (.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 two principles of eliciting phenomenon.
- Define abreaction and describe how it can be addressed therapeutically.

2:15-3:15 Intensifying (Deepening) of Hypnotic Experience (with demonstration) (Faculty) (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 (Faculty) (.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 Induction # 2: Eye Fixation (Wagaman) (.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 # 2: Rapport, of Trance (Induction), Intensification (Deepening), Re-orienting (Re-alerting) (Faculty) (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 (induction) method, one intensification (deepening) 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 RECESS/THE NETWORKING HOUR (local/hotel bar, beverages will be provided)

SATURDAY, May 9, 2020
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 (Faculty) (.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 (Faculty) (.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 Induction # 3: Eye Roll (Dickens, Callen, Wagaman) (.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 # 3: Rapport, Elicitation of Trance (Induction), Intensification (Deepening), Ego-strengthening Suggestions, Re-orienting (Re-alerting) (Faculty) (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 (induction) method, one intensification (deepening) method, a simple 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.
12:00-1:30 LUNCH ON YOUR OWN

1:30-2:15 Understanding and Utilizing Resistance: Strategies that Work (Faculty) (.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 (Faculty) (.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 Induction #4: Levitation and Reverse Levitation (Wagaman) (.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

3:30-6:15 Small Group #4: Rapport, Elicitation of Trance (Induction), Intensification (Deepening), Hypnotic Phenomenon, Ego-strengthening, Suggestions, Re-orienting (Re-alerting) (Faculty) (2.75 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 suggestions of interest to subject to use in the treatment phase of the process.
- Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple 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.

6:15 RECESS

SUNDAY, May 10, 2020

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, Strategy and Technique Selection in Clinical Hypnosis (Faculty) (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/applications that may be best suited to achieve the specific therapeutic goal in the case presented.

9:30-10:15 Applications of Hypnosis: Pediatrics (Faculty) (.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 working 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 (Wagaman, Dickens, 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 (Wagaman) (.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 (Wagaman) (.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.
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.

Please note that attendance of all sessions is required to earn continuing education credit for this program. Partial credit is not provided.

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**ASCH-ERF Individualized Consultation Workshop**

*June 25-28, 2020, Hilton Alexandria Mark Center, Alexandria, VA*

*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
Level 2: Refining Skills and Applications of Clinical Hypnosis
Faculty: Louis Damis (Coordinator), Wendy Lemke, Jennifer Swaim, Lane Wagaman

THURSDAY, May 7, 2020 – This workshop begins in the evening

6:30-6:45 pm  
Welcome (Wagaman)

6:45-7:00  
Intro to Level 2 (Damis) (.25 CE/CME)

7:00-7:45  
Applications of Hypnosis: Pediatrics (Faculty) (.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.

7:45-8:45  
Skill Development with Metaphorical Approaches (Faculty) (1.0 CE/CME)
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.

8:45-9:30  
Group Practice Developing Metaphors (Faculty) (.75 CE/CME)
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.

9:30  
RECESS

FRIDAY, May 8, 2020

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

8:30-9:30  
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.
- Discuss how the polyvagal theory relates to hypnosis.
- Detail three implications of neurophysiological research on the practice of clinical hypnosis.

9:30-10:30  
Refining Skills of Elicitation and Intensification of Trance (Wagaman) (1.0 CE/CME)
At the conclusion of this session the participant will be able to:
- Observe and identify three advanced inductions, and clarify conditions under which they may be indicated.
- Describe three signs of increased suggestibility/trance.
- Describe at least two hypnotic techniques for intensification or deepening of trance.

10:30-10:45  
BREAK

10:45-11:30  
Refining Skills of Language and Suggestion (Faculty) (.75 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.

11:30-12:00 pm  
Group Experience (Faculty) (.5 CE/CME)
At the conclusion of this session the participant will be able to:
- Experience an advanced Ericksonian trance experience.

12:00-12:15  
Processing Group Experience (Faculty) (.25 CE/CME)
At the conclusion of this session the participant will be able to:
- Describe the use of hypnotic language and suggestions utilized in the group experience.

12:15-1:30  
LUNCH ON YOUR OWN

1:30-3:15  
Small Group Skill Practice # 1 (Faculty) (1.75 CE/CME)
At the conclusion of this session the participant will be able to:
- Demonstrate as the operator and personally experience as the subject a hypnotic trance, new skill or application learned from the preceding lectures and demonstrations on the utilization of metaphors.

3:15-3:30  
BREAK

3:30-5:00  
Applications of Hypnosis: Habit Disorders (Faculty) (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.
5:00-6:00  Demonstration and Practice of Selected Facilitation of Trance (Faculty) (1.0 CE/CME)
At the conclusion of this session the participant will be able to:
-Describe two strategies for glove anesthesia.
-Demonstrate how to increase skill in producing glove analgesia.

6:00  RECESS/NETWORKING (local/hotel bar, beverages will be provided)

SATURDAY, May 9, 2020

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)
8:30-9:45  Small Group Skill Practice # 2 (Faculty) (1.25 CE/CME)
At the conclusion of this session the participant will be able to:
-Demonstrate as the operator and personally experience as the subject a hypnotic trance, new hypnotic skill or application learned from the preceding lectures and demonstrations on managing pain.

9:45-10:15  Ego-Strengthening (Faculty) (.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.

10:15-10:30  BREAK
10:30-12:00 pm  Applications of Hypnosis: Anxiety, Fears & Phobias (Faculty) (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 (Faculty) (1.75 CE/CME)
At the conclusion of this session the participant will be able to:
-Demonstrate as the operator 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
3:30-4:00  Demonstration of Specific Hypnotic Trance Facilitation:Brief/Rapid Trance Facilitation (Wagaman) (.5 CE/CME)
At the conclusion of this session the participant will be able to:
-Describe how the demonstrated technique can be used in clinical practice.

4:00-4:30  Applications of Hypnosis: Sleep Disorders (Faculty) (.5 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.

4:30-6:15  Applications of Hypnosis: Pain (Faculty) (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.

6:15  RECESS

SUNDAY, May 10, 2020

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)
8:30-9:15  Treatment Planning (Faculty) (.75 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.

9:15-10:15  Treatment Planning Practice (Faculty) (1.0 CE/CME)
At the conclusion of this session the participant will be able to:
-Demonstrate how to create a treatment plan for two case examples.

10:15-10:30  BREAK
10:30-11:15 Demonstrations and/or Videos (Faculty) (.75 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.

11:15-11:45 Ethics (Faculty) (.5 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.

11:45-12:00 Certification, Training and Wrap-up (Faculty) (.5 CE/CME)
At the conclusion of this session the participant will be able to:
-Identify the opportunities available for further training, membership and certification.

12:00 ADJOURN

ASCH-ERF Educational Schedule 2021

May 6-9, 2021, DoubleTree by Hilton, Albuquerque, NM
June 17-20, 2021, Hyatt Regency Bethesda (Metro Center), Bethesda, MD
September 9-12, 2021, Lincolnshire Marriott Resort, Lincolnshire, IL
October 28-31, 2021, Crowne Plaza, Austin, TX
December 2-6, 2021, Wyndham Celebration, Kissimmee, FL

For more information visit www.asch.net or contact ASCH at 1.630.980.4740 or info@asch.net

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation
Advanced Workshop: Clinical Hypnosis for Acute and Chronic Pain, and Palliation of Incurable Illness  
Faculty: Dan Handel, MD, and Sylvain Neron, PhD

This workshop will be presented in three sections which focus on the management of acute and procedural pain, chronic pain, and palliation in advanced illness. It is intended for experienced clinicians with interest in advanced hypnotic applications appropriate for acute and procedural pain, motivational and behavioral hypnotic suggestions for chronic pain, and meaning-based approaches for suffering encountered by patients with chronic and terminal illness pain and suffering.

Acute pain is common and often inadequately controlled in clinical settings. Rapid techniques for induction and primary or adjuvant hypnotic analgesia will be presented, demonstrated, and practiced in small group format. A protocol for teaching and implementing rapid self-hypnosis will be demonstrated as well. This fast-paced single day module includes demonstrations and practice of a variety of direct and indirect styled ideosensory suggestions to enhance learner’s confident, flexible style. While focused on acute pain, these techniques and principles will also provide a solid foundation for advanced hypnotic approaches to chronic pain as well. A brief review of the biology of pain mechanisms and hypnotic analgesia will also be presented, providing a foundation for modeling suggestions and hypnotic approaches.

The second day’s chronic pain module includes a review of the epidemiology and unique pathophysiology of chronic pain, review of efficacy for various approaches, and unifying principles of effective therapy. Common treatment barriers including misattribution of pain origins, lack of hope, and fears or secondary gain factors will be reviewed, along with targeted hypnotic approaches. Small groups will practice the construction and delivery of hypnotic suggestions employing patient language through word play, along with incorporation of suggestions to improve hope, motivation, and sleep quality. A biobehavioral, stepped treatment model will be shared and demonstrated, incorporating suggestions for a reinterpretation of pain signals and their meaning, exercise and pain posture (splinting and guarding), pacing, and healthy sleep behaviors. Practice sessions and demonstrations will increase appreciation for and delivery of suggested behaviors, goals, and necessary beliefs to increase hope, confidence, and strategies employed in successful management of chronic pain.

The final session will focus upon patient-centered care incorporating therapeutic suggestion in the care of patients with advanced and terminal conditions. We will discuss the nature of suffering and its derivatives, patient-centered suggestions for changing the contextual meaning of hope, and engage in demonstration and small group practice of symptom based hypnotic suggestions that also offer positive expectancy regarding the dying process. We will discuss and practice conversational approaches for better understanding patients’ beliefs, concerns, and questions raised during incurable conditions, and offer suggested approaches for each. This section will also include skill building exercises targeted towards intractable symptoms such as breathlessness, agitation, and pain. All sessions will include case-based discussions, including audience questions and case discussion.

At the end of this workshop the participant will be able to:

1. Enhance rapid pain management by modeling nonverbal cues and suggesting behavioral correlates, including respiratory and motor tone through systematic training.
2. Facilitate functional improvements in chronic pain utilizing a behavioral model including suggestions that address and mitigate resistance.
3. Address existential suffering in terminal illness through indirect suggestion.

Please note that attendance of all sessions is required to earn continuing education credit for this program. Partial credit is not provided.
THURSDAY, May 7, 2020 – This workshop begins in the evening

6:30-6:45  Welcome (Combined Groups) (Wagaman)
6:45-7:00  Introduction to Advanced Workshop (Handel & Neron) (.25 CE/CME)
7:00-8:45  Rapid Hypnotic Techniques for Acute Pain and Preparation for Medical Procedures (Handel & Neron) (1.75 CE/CME)

At the conclusion of this session the participant will be able to:
-Identify at least two rapid inductions that are well suited for acute pain situations.
-Identify three hypnotic phenomenon strategies for acute and procedural pain treatment.

8:45-9:30  Dyad practice session of rapid hypnotic induction for pain (Handel & Neron) (.75 CE/CME)
At the conclusion of this session the participant will be able to:
-Utilize at least one rapid induction well-suited to aid in sensory modulation and affect regulation necessary in hypnotic pain control.

9:30  RECESS

FRIDAY, May 8, 2020

7:45-8:30 am  BREAKFAST (a light, Continental breakfast will be available for workshop participants staying at the hotel)
8:30-10:15 Acute and Procedural Pain (Handel & Neron) (1.75 CE/CME)

At the conclusion of this session the participant will be able to:
-Identify and be able to employ two methods for brief induction leading to ideosensory pain control.
-Master two trance deepening methods that employ ideosensory or Ideomotor phenomena.
-Be able to elucidate strategy to utilize environmental cues into the deepening process.

10:15-10:30  BREAK
10:30-12:00 pm  Acute and Procedural Pain, Small group practice (Handel & Neron) (1.5 CE/CME)

12:00-1:30  LUNCH ON YOUR OWN
1:30-2:15  Chronic Pain: Epidemiology and Evidence-Based Role for Hypnosis (Handel) (.75 CE/CME)
At the conclusion of this session the participant will be able to:
-Understand and employ the Fordyce behavioral activation principles for chronic pain management.
-Develop chronic pain treatment plan utilizing hypnotic suggestion to alter, stop, or facilitate specific cognitions about pain and facilitate behavioral change for chronic pain.

2:15-3:15  Chronic Pain: Treatment Planning with Hypnotic Approaches (Handel & Neron) (1.0 CE/CME)
At the conclusion of this session the participant will be able to:
-Articulate at least one treatment plan to address common problems that hinder progress in chronic pain:
  1) misattribution of pain origins causing fear of movement; 2) fixed ideas that limit self-management;
  3) lack of hope; 4) fears or secondary gains that create ambivalence and stymie efforts to change behavior.
-Utilize patient language through word play to facilitate changes in thoughts and feelings during hypnotic chronic pain training.

3:15-3:30  BREAK
3:30-4:30  Hypnotic Approach with Phantom Limb Case (Neron) (1.0 CE/CME)
At the conclusion of this session the participant will be able to:
-Demonstrate a hypnotic script to aid sensory modulation and promote activation of non-pain behaviors utilizing patient’s language to address pertinent fears and misattributions.
-Understand current and evolving theories of PL pathophysiology and address through hypnotic strategy.

4:30-5:15  Addressing Resistance (Handel) (.75 CE/CME)
At the conclusion of this session the participant will be able to:
-Elucidate the principles for motivational interviewing and their application to behavioral change necessary for chronic pain management.
-Identify pertinent statements that prompt behavioral change and foster healthy thought patterns in chronic pain.
-Practice building treatment plans that strategically integrate hypnotic suggestion.
-Demonstrate word play that bypasses or addresses unhelpful beliefs common to patients with chronic pain problems.
Saturday, May 9, 2020

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

8:30-9:30 Acute and Chronic Pain Q&A: Case Discussion as Brought by Participants (Handel & Neron) (1.0 CE/CME)
At the conclusion of this session the participant will be able to:
- Reinforce the basic principles and practice of weaving hypnotic suggestion into well-formulated, evidence-based approaches for chronic and acute pain through case discussions.
- Demonstrate hypnotic approaches as indicated for clarifying principles.

9:30-10:15 Layered Suggestions: Time Distortion, Hope and the Timeless Healing Place (Neron) (.75 CE/CME)
At the conclusion of this session the participant will be able to:
- Describe and elucidate a hypnotic strategy for existential issues at end-of-life.
- Describe at least two benefits for time distortion in this population.

10:15-10:30 BREAK

10:30-12:00 pm Hypnosis for Symptom Palliation (Neron) (1.5 CE/CME)
At the conclusion of this session the participant will be able to:
- Identify at least three distinct symptoms amenable to hypnotic interventions for palliation of symptoms.
- Describe and/or articulate three distinct hypnotic strategies for cancer pain management.
- Demonstrate hypnotic suggestion for most common symptoms in terminal illness, such as pain, shortness of breath, anxiety, nausea, anorexia, and insomnia.

12:00-1:30 LUNCH ON YOUR OWN

1:30-3:15 Hypnotic Approaches to Alleviate Fears and Address Spiritual and Existential Suffering (Neron) (1.75 CE/CME)
At the conclusion of this session the participant will be able to:
- Formulate suggestions to address suffering that utilize patient language and/or are consistent with patient’s frame of reference.
- Formulate dual directed therapy—symptom control and reframing opportunities (transformative suggestions).

3:15-3:30 BREAK

3:30-6:15 Small Group Practice (Neron and Handel) (2.75 CE/CME)
At the conclusion of this session the participant will be able to:
- Practice the formulation and elucidation of an advanced induction/intervention to facilitate hope of rapid change for patients who are at or preparing for end of life.
- Demonstrate at least one advanced induction combined with an advanced level of intervention when working with severe pain or shortness of breath.
- Demonstrate proficiency with assisting others with using self-hypnosis, including the role and limits of self-hypnosis.

6:15 RECESS

Sunday, May 10, 2020

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

8:30-10:15 Integrative Approaches: Hypnosis with Mindfulness, CBT, and Ego State Therapy (Neron) (1.75 CE/CME)
At the conclusion of this session the participant will be able to:
- Identify the relative indications for insight-oriented vs. suggestive hypnosis approaches and be able to integrate them into therapy.
- Identify three hypnotic approaches/interventions that can be included with other therapeutic interventions during treatment planning.

10:15-10:30 BREAK

10:30-12:00 Case Discussion, Integration Into Practice (Neron and Handel) (1.5 CE/CME)
At the conclusion of this session the participant will be able to:
- Identify specific strategies that are immediately possible to implement to clinical practice to speed up or facilitate changes in sensation, perception, or thought patterns.
- Identify three hypnotic approaches/interventions that can uniquely address hope as well as provide symptom relief (dual directed therapy).

12:00 ADJOURN
**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.

**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.

**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.

**Daniel L. Handel, MD, Denver, CO**
Dr. Handel has recently retired in 2019 as founding Chief of Palliative Medicine at Denver Health Medical Center and emeritus professor at University of Colorado School of Medicine. During Dan’s forty-year career in palliative and family medicine he has incorporated hypnotic approaches to empower his patients’ self-management skills. He previously founded and directed one of the first eleven accredited U.S. programs, the National Institutes of Health Palliative Medicine Fellowship training program in Bethesda, Maryland (2002-2013). He is a graduate of Case Western Reserve University School of Medicine and the University of Minnesota’s Family Practice residency, is board certified in Family Practice, Hospice and Palliative Medicine, and as Diplomat of the American Academy of Pain Management. Dr. Handel’s career has included medical service and leadership for nonprofit hospices, a nonprofit medical institute for pain research and practice, and founding a pain and palliative care service in a large acute hospital. He has served in volunteer leadership positions in the American Cancer Society, the NIH Palliative Care Medical Working Group, Texas Medical Association, Federation for State Medical Boards, American Academy of Hospice and Palliative Medicine, and American Society of Clinical Hypnosis. Dr. Handel enjoys teaching nationally and internationally, and has authored and coauthored more than thirty books, book chapters, and journal articles on pain, palliative care, and medical hypnosis, and serves on the three editorial review boards of professional journals.

**Wendy Lemke, MS, LP; Clearwater, MN**
Member, Approved Consultant, Masters Level Representative, Executive Committee, ASCH; Member, Minnesota Society of Clinical Hypnosis; Member, Fellow, International Society for the Study of Trauma and Dissociation; Adjunct faculty St. Cloud Technical Community College; private practice, Clearwater and Brooklyn Park, MN.

**Sylvain Neron, PhD, Cote Saint Luc, Quebec**
Member, Approved Consultant, ASCH; Retired (August 2019) psychologist from the Segal Cancer Centre, Jewish General Hospital of Montreal; Part-Time Assistant professor (Professional) (Joint) in the Department of Psychology of the Faculty of Science, and the Gerald Bronfman Department of Oncology of the Faculty of Medicine, McGill University, Montreal, Canada; Associate Professor, Department of Psychology, Cognitive-behavioral Section, Université du Québec à Montréal, Québec, Canada. He started in the fall of 2019 to provide consultation at the In-Patient Palliative Care Unit of Mount Sinai Hospital (Integrated Health and Social Services University Network for West-Central Montreal), Côte Saint-Luc, Quebec, Canada. Dr. Néron is the co-author of a text from which some of his teaching content may be derived and for which he receives no financial remuneration as all royalties have been directed to charity.

**Jennifer Swaim, PhD, BCB; Kansas City, MO**
Member, Approved Consultant, ASCH; Board Certification, General Biofeedback, Biofeedback Certification International Alliance. Medical Psychologist, Kansas City VA Medical Center (Integrated Pain Clinic). Former Faculty and Interim Counseling Center Director, Ross University School of Medicine, Commonwealth of Dominica; Former Assistant Professor North Eastern Ohio University College of Medicine.

**G. Lane Wagaman, EdD; Hollywood, SC**
Member, Approved Consultant, Chair, Education Committee, Regional Workshop Committee, Chair, Certification Committee; Member, Ethics Committee; Co-Chair, Refining Skills Workshop, Advanced Workshops (2016), Refining Skills Workshop (2017), Level 1 Workshop (2018) (2019) (2020), ASCH Annual Meeting Program Committee; Member, Society for Clinical & Experimental Hypnosis (SCEH); Diplomate, Academy of Integrative Pain Management; Certificate of Professional Qualification in Psychology and Interjurisdictional Practice Certificate; 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; Life Member, North Carolina Psychological Association (NCPA) and NCPA Division of Independent Practice; Life Member, Fellow, Past APA Council Representative, Past President, West Virginia Psychological Association; Member, Past President, Supervisor Chair, West Virginia Board of Examiners of Psychologists; Clinical Associate Professor and Preceptor, 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.
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.

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.

Students need to submit correspondence from their advisor or department head 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 is responsible for any cancellation or change fees for travel or lodging expenses incurred as a result.
The Embassy Suites by Hilton Charlotte Concord Golf Resort & Spa is located at 5400 John Q. Hammons Drive, NW, Concord, NC 28027, a 25-minute ride from the Charlotte/Douglas International Airport.

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 April 21, 2020. Book early to receive the group rate.

Guests may book their reservations by either:
- Going online to www.embassysuitesconcord.com - 1. Make a Reservation; 2. Select Dates of your stay; 3. Add Special Rate Codes; 4. Group Code: SCH
- Calling the hotel direct @ 704 455 8200 and speaking to our reservations department; please give the agent the dates needed and your group, SCH
- Calling 1 800 362-2779 and let the reservationist know that you’re looking to book with the group code SCH and for what dates.

Photo credit: Embassy Suites
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: __________________________  ☐ SCHE  (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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<th>Category</th>
<th>Member</th>
<th>Non-Member</th>
<th>Resident/Intern/ECP</th>
<th>Student</th>
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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 April 8, 2020, but on or before April 29, 2020, will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after April 29, 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