Clinical Hypnosis Workshop

October 17-20, 2019, Embassy Suites by Hilton
Dallas Park Central Area, Dallas, TX

- Level 1 (Basic) Workshop
- Refining Skills and Treatment Applications (Level 2/Intermediate Workshop)
- "Mastering Informal Uses of Hypnosis a la Milton Erickson and Kay Thompson" (Advanced Workshop)

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 (Basic) 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.

Level 1 Workshop Faculty: Maggie Dickens (Workshop Chair), Linda Thomson, Kevin Windisch

ASCH-ERF Educational Schedule

<table>
<thead>
<tr>
<th>Year</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2019</td>
<td>December 5-8, 2019</td>
<td>ASCH-ERF Regional Workshop; Rosen Plaza; Orlando, FL</td>
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<tr>
<td>2020</td>
<td>March 19-22, 2020</td>
<td>ASCH-ERF Annual Scientific Meeting and Workshops; Nugget Casino Resort; Reno/Tahoe</td>
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<td></td>
<td>May 7-10, 2020</td>
<td>ASCH-ERF Regional Workshop; Embassy Suites Charlotte Concord Golf Resort; Concord, NC</td>
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<tr>
<td></td>
<td>June 25-28, 2020</td>
<td>ASCH-ERF Regional Workshop; Hilton Alexandria Mark Center; Alexandria, VA</td>
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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
Level 1 (Basic) Workshop

THURSDAY, October 17, 2019 – This workshop begins in the evening

6:30-6:45 pm  Welcome and Workshop Introduction (Combined Groups) (Thomson)
6:45-7:00  Introduction to Level 1 (Dickens)
7:00-7:30  Introduction to Hypnosis (Dickens) .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.
  -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.

7:30-8:15  Neurophysiology (Windisch) .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) (Dickens, Windisch, Thomson) .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 (Dickens) .5 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, October 18, 2019

7:45-8:30 am  BREAKFAST (available to guests of the hotel)
8:30-9:45  Rapport, Elicitation, and Re-orienting (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 signs of trance.
  -Discuss the importance of removing suggestions.
  -Demonstrate at least three methods of reorienting.

9:45-10:00  Demonstration of Induction #1: Focused/Diaphragmatic Breathing (Thomson) .25 CE/CME
  At the conclusion of this session the participant will be able to:
  -Describe an elicitation using Focused/Diaphragmatic Breathing.

10:00-10:30  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.

10:30-10:45  BREAK

10:45-12:15 pm  Small Group Practice #1 (SGP1): Rapport, Elicitation, Re-orienting (Dickens, Windisch, Thomson, Glaser, Jung) 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 (Thomson) .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 (Windisch) 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  
**Fundamentals of Hypnotic Language and Formulation of Suggestions (Dickens).** .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 (Dickens).** .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, Re-orienting (Dickens, Windisch, Thomson, Glaser, Jung) 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.

9:15-10:00  
**Self-Hypnosis: How and What to Teach Patients (Windisch).** .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: Easy as 1 - 2 - 3 (Eye Roll) (Windisch).** .25 CE/CME

At the conclusion of this session the participant will be able to:
- Describe a rapid induction using eye roll.

10:30-12:00 pm  
**Small Group Practice #3 (SGP3): Rapport, Elicitation, Intensification, Ego-strengthening Suggestions, Re-orienting (Dickens, Windisch, Thomson, Glaser, Nesbitt) 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  
**Strategies for Managing Resistance (Dickens).** .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, Presenting Hypnosis to the Patient/Client (Dickens).** .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 (Dickens).** .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**
Small Group Practice #4 (SGP4): Rapport, Induction, Deepening, Hypnotic Phenomenon, Ego-strengthening, Suggestions, Re-alerting (Dickens, Windisch, Thomson, Nesbitt, Jung) 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 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.

RECESS

SUNDAY, October 20, 2019

7:45-8:30 am BREAKFAST (available to guests of the hotel)

8:30-9:15 Hypnosis with Children (Windisch) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Identify three developmental characteristics that make children particularly hypnotizable.
- Describe how hypnotic approaches vary according to 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 Hypnotherapy (Dickens) 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 into Practice (Dickens, Windisch, Thomson) .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 (with Level 2) (Thomson) .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 pm ASCH Membership and Certification (with Level 2) (Thomson) .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 pm ADJOURN

Thank you very much for your participation in this training experience!
Refining Skills and Treatment Applications (Level 2/Intermediate) Workshop

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; Irritable Bowel Syndrome; Anxiety and Sleep Disorders; Depression; Habit Disorders; Dissociative Identify Disorder).
• 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, procedural hypnosis, PTSD).
• More practice with the feedback of expert faculty.

The Intermediate 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.
– Practice two hypnotic methods for dealing with depression.
– 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.

Refining Skills and Treatment Applications Workshop Faculty: George Glaser, Anita Jung, Deb Nesbitt, Linda Thomson (Intermediate Workshop Chair)

THURSDAY, October 17, 2019

6:30-6:45 pm  Welcome and Workshop Introduction (Combined Groups) (Thomson)
6:45-7:00  Introduction to Level 2 (Glaser) .25 CE/CME
7:00-8:00  Applications of Hypnosis: Pediatrics (Thomson) 1.0 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.

8:00-8:45  Skill Development with Metaphorical Approaches (Jung) .75 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 (Jung) .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, October 18, 2019
7:45-8:30 am BREAKFAST (available to guests of the hotel)
8:30-9:30 Neurophysiology of Hypnosis (Glaser) 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 Elicitations and Intensification (Glaser, Jung, Nesbitt) 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 (Nesbitt) .75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe how to enhance rapport and compliance through 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 (Nesbitt) .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 (Nesbitt) .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 pm LUNCH ON YOUR OWN
1:30-3:15 Small Group Skill Practice #1 (SGP1) (Glaser, Jung, Nesbitt, Dickens) 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: Pain (Nesbitt) 1.5 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.
5:00-6:00 Demonstration and Practice of Glove Anesthesia (Nesbitt) 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
6:00-700 NETWORKING HOUR (Hotel Lounge, light snacks, cash bar)

SATURDAY, October 19, 2019
7:45-8:30 am BREAKFAST (available to guests of the hotel)
8:30-9:00 Demonstration of hypnotic strategy or technique (Glaser) 1.5 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.
9:00-10:15 Small Group Skill Practice #2 (SGP2) (Glaser, Jung, Nesbitt, Thomson) 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.
10:15-10:30 BREAK
10:30-12:00 pm Applications of Hypnosis: Anxiety, Fears & Phobias (Jung) 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) (Glaser, Jung, Nesbitt, Thomson) 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 | Applications of Hypnosis: Sleep Disorders (Glaser) .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.

4:00-4:30 | Ego-Strengthening (Glaser) .5 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.

4:30-6:00 | Applications of Hypnosis: Habit Disorders (Glaser) 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 disorders.

6:00 | RECESS

SUNDAY, October 20, 2019

7:45-8:30 am | BREAKFAST (available to guests of the hotel)

8:30-9:15 | Treatment Planning (Glaser) .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 (Glaser, Jung, Nesbitt) 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 (Glaser, Jung, Nesbitt) .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 (with Level 1) (Thomson) .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 pm | Certification, Training and Wrap-up (with Level 1) (Thomson) .25 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

Thank you very much for your participation in this training experience!

Save the date for the ASCH-ERF 2020 Annual Meeting!!
This workshop was planned jointly by Holly Forester-Miller, PhD and Betty Alice Erickson, MS, LMFT to further the knowledge and awareness of the informal uses of hypnosis as masterfully implemented and taught by Milton Erickson, MD and Kay Thompson, DDS. Dr. Forester-Miller is honored to be able to present this workshop in Betty Alice Erickson’s memory.

The workshop will be interactive and experiential. There will be ample time for participant practice and case discussions. We will address Conversational Inductions, the Use of Language, Word Play, Metaphors, and Teaching Tales. Each of these uses of hypnosis or hypnotic language will be explained with examples based on the work of Drs. Erickson and Thompson. Each technique and approach will be demonstrated. We will process the demonstrations discussing the how’s and why’s of what was done and answering participants’ questions. The participants will then have the opportunity to practice each technique.

At the end of this activity attendees will be able to:
- Demonstrate developing metaphors and embedded metaphors.
- Enhance their use of hypnotic language.
- Understand the value and purpose of word play.
- Be able to conduct a conversational induction.
- Understand the purpose and proper use of teaching tales.

Faculty: Holly Forester-Miller, PhD (Advanced Workshop Chair) and Ron A. Havens, PhD

**THURSDAY, October 17, 2019**

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<td>6:30-6:45 pm</td>
<td>Welcome and Workshop Introduction (Combined Groups) (Thomson)</td>
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<td>6:45-7:00</td>
<td>Introduction and Overview .25 CE/CME</td>
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<td>7:00–9:30</td>
<td>Erickson’s Principle of Individualization and Utilization of Patient’s Interests, Needs, Personality, Talents and Motivation 2.5 CE/CME</td>
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<td>Conceptualizing Conversational Inductions</td>
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<td>Demonstration and Processing of a Conversational Induction</td>
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**FRIDAY, October 18, 2019**

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<td>7:45-8:30 am</td>
<td>BREAKFAST (available to guests of the hotel)</td>
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<tr>
<td>8:30-10:30</td>
<td>Participant Skill Practice Conversational Inductions 2.0 CE/CME</td>
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<td>At the conclusion of this session the participant will be able to:</td>
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<td>- Describe how to use Erickson’s principle of individualization and utilization of patient’s interests, needs, personality, talents, and motivation.</td>
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<td>- Identify the subject’s language and current suggestions around the issue.</td>
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<td>- Develop and demonstrate implementing at least two naturalistic (conversational or interactive) inductions.</td>
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<td>- Identify and apply the subject’s language and current suggestions in a session.</td>
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<td>10:30-10:45</td>
<td>BREAK</td>
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<tr>
<td>10:45-12:00 pm</td>
<td>Use of Language and Word Play 1.75 CE/CME</td>
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<tr>
<td>12:00-1:30</td>
<td>Video Recorded Presentation by Betty Alice Erickson on Hypnotic Language Implicative Words as Part of Hypnotic Language</td>
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<td>1:30-3:15</td>
<td>LUNCH ON YOUR OWN</td>
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<td>3:15-3:30</td>
<td>BREAK</td>
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<tr>
<td>3:30–6:00</td>
<td>Demonstration Using Word Play 2.5 CE/CME</td>
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<td>Processing the Demonstration</td>
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<td>Participant exercise – Developing Word Plays</td>
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<td>Participant Skill Practice/Using Word Play</td>
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<td>At the conclusion of this session the participant will be able to:</td>
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<td>- Identify at least five implicative words and phrases and how to use them.</td>
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<td>- Discuss the use and purpose of word play in hypnosis.</td>
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<td>- Develop at least one word play applicable to a clinical scenario.</td>
</tr>
<tr>
<td>6:00</td>
<td>RECESS</td>
</tr>
<tr>
<td>6:00-700</td>
<td>NETWORKING HOUR (Hotel Lounge, light snacks, cash bar)</td>
</tr>
</tbody>
</table>

**SATURDAY, October 19, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45-8:30 am</td>
<td>BREAKFAST (available to guests of the hotel)</td>
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<tr>
<td>8:30-10:15</td>
<td>Developing Teaching Tales 1.75 CE/CME</td>
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<td></td>
<td>How, When, and Why to Use Them</td>
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<tr>
<td></td>
<td>Demonstration and Processing</td>
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</tbody>
</table>
10:15-10:30    BREAK
10:30-12:00 pm Participant Skill Practice: Telling Teaching Tales 1.5 CE/CME
At the conclusion of this session the participant will be able to:
- Construct and implement teaching tales/stories that apply to at least two cases.
- Identify stories that would be applicable to the individual they are working with.
- Discuss how and why they made the choices and decisions to use the teaching tale they used.
- Use their clients’ own language as the language for change.

12:00-1:30    LUNCH ON YOUR OWN
1:30-3:15    Constructing Metaphors and Embedded Metaphors 1.75 CE/CME
3:15-3:30    BREAK
3:30-6:00    Demonstration Utilizing a Metaphor 2.5 CE/CME
Processing the Demonstration
Participant Skill Practice: Developing and Delivering Metaphors
At the conclusion of this session the participant will be able to:
- Explain why and when they would use therapeutic metaphors as a type of hypnotic suggestion.
- Construct at least two metaphors for a particular clinical issue.
- Deliver at least one metaphor.
- Explain why they chose the metaphor they used and how they decided on which aspects of it to include.

6:00    RECESS

SUNDAY, October 20, 2019
7:45-8:30 am    BREAKFAST (available to guests of the hotel)
8:30-10:15    Case Presentations and Treatment Approaches 1.75 CE/CME
10:15-10:30    BREAK
10:30-12:00 pm Small Group Exercise: Case Conferencing and Developing Treatment Plans Utilizing Word Play, Teaching Tales, and Metaphors 1.5 CE/CME
At the conclusion of this session the participant will be able to:
- Discuss cases and decide which hypnotic approach they would utilize for each and explain why they chose the approach they did.
- Develop metaphors and embedded metaphors for at least two cases.
- Demonstrate applying teaching tales to at least 2 cases.

12:00 pm    ADJOURN

Thank you very much for your participation in this training experience!

Embassy Suites by Hilton Dallas Park Central Area, Dallas, TX

This Regional Workshop will be held at the Embassy Suites by Hilton, located at 13131 North Central Expressway, Dallas, Texas, 75243.

Embassy Suites by Hilton Dallas Park Central Area is located near Highway 75 and I-635, just a short 12-mile drive from Dallas Love Field Airport, Addison and Richardson. ASCH-ERF has contracted a limited number of rooms at a discounted room rate of $130 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 October 3, 2019. So book early to receive the group rate. Call 1.972.234.3300 to make reservations for this event. Use code 'SCH' to secure the group room rate.
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.

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.

Linda Thomson, MSN, APRN, ABMH, ABHN; Ludlow, VT (Workshop Chair)
Member, Association for Applied Psychophysiology and Biofeedback; Member, The Milton H. Erickson Institute of Austin; Member, The Milton H. Erickson Foundation, Inc. (Phoenix); Member, Central Texas Society of Clinical Hypnosis; Member, International Society of Hypnosis; Member, National Association of Social Workers; Member, Society for Clinical and Experimental Hypnosis; Psychotherapy practice, Austin, TX.

Holly Forester-Miller, PhD; Durham, NC
Holly Forester-Miller, Ph.D., LPC: President, Medical Hypnosis Consultants, PLLC and Wellness Consultants International, Durham, NC.; ASCH Approved Consultant; 15 years as Medical Center Instructor/Small Group Leader, Practice Course, Duke University Medical Center; Founder, Medical Hypnosis Foundation. Professor of Counseling (2001) North Carolina Central University. Developed protocol and teach - Self-Hypnosis Classes for Cancer Patients. Chair of the Training and Consultation Workshop (TCW) for ASCH. Past-Treasurer of the American Society of Clinical Hypnosis. Course coordinator and Faculty in ASCH approved workshops for 30 years. Guest Editor of 2017 special edition of AJCH - The Benefits of Hypnosis in Cancer Care.

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

Ron Havens, PhD; Springfield, IL

Anita Jung, LPA, LPC-S, FAPA; Austin, TX
President-Elect and Member, American Society of Clinical Hypnosis; Approved Consultant, American Society of Clinical Hypnosis; Fellow, American Psychotherapy Association; Provider Planning Team, Karisha Community Integrative Medical Clinic; Elected Officer, Central Texas Society of Clinical Hypnosis; Chief, Advisory Board, SIMS Foundation; Member, International Society of Hypnosis; Founder, Director and Consultant, Jung Wellness Institute, Austin, TX.

Deb Nesbitt, ARNP, PMHNP, ABMH; Green Valley, AZ
Member, American Society of Clinical Hypnosis; Chair, Clinical Hypnosis Day Task Force, American Society of Clinical Hypnosis; Past President, Oregon Society of Clinical Hypnosis; Member, American Holistic Nurses Association; Member, American Psychiatric Nurses Association.

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 Medical 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.

Kevin Windisch, MD, FAAP; Highland Village, TX
Dr. Windisch is a board certified general pediatrician splits his time working as the Medical Director of North Texas Job Corps and as an attending physician at Girls to Women/Young Men’s Health in North Dallas. He is also an adjunct clinical professor at Touro University, California. He received his Bachelors in Biology from the University of California at Irvine and his Medical Degree at the University of Southern California Keck School of Medicine and completed his internship and residency in General Pediatrics at Kaiser Foundation Hospital Los Angeles Medical Center. Dr. Windisch Began training in Clinical Hypnosis in 2010 and is the Social Media Coordinator for the National Pediatric Hypnosis Training Institute and is an ASCH Approved Clinical Consultant.
Continuing Education

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 official 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:

<table>
<thead>
<tr>
<th>Category</th>
<th>Member</th>
<th>Non-Member</th>
<th>Resident/Intern/ECP</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic*</td>
<td>$457</td>
<td>$657</td>
<td>$317</td>
<td>$272</td>
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<tr>
<td>Intermediate</td>
<td>$457</td>
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<td>$317</td>
<td>$272</td>
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<tr>
<td>Advanced</td>
<td>$457</td>
<td>$657</td>
<td>$317</td>
<td>$272</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 September 18, 2019 but on or before October 9, 2019 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after October 9, 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.