Clinical Hypnosis Workshop

September 19-22, 2019, DoubleTree by Hilton Hotel Chicago, Oak Brook, IL

- Fundamentals of Clinical Hypnosis (Level 1/Basic Workshop)
- Refining Skills and Treatment Applications (Level 2/Intermediate Workshop)
- “Hypnosis for Treatment of Trauma, Attachment Issues, and Related Integrative Medicine Applications" (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 may be subject to change prior to the actual event.
Level 1 (Fundamentals of Clinical Hypnosis/Basic) Workshop

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.

Workshop Faculty: Lane Wagaman (Chair), Maggie Dickens, Akira Otani, Eric Smith

ASCH-ERF Educational Schedule

2019
October 17-20, 2019
ASCH-ERF Regional Workshop; Embassy Suites by Hilton Dallas Park Central Area, Dallas, TX
December 5-8, 2019
ASCH-ERF Regional Workshop; Rosen Plaza; Orlando, FL

2020
March 19-22, 2020
ASCH-ERF Annual Scientific Meeting and Workshops; Nugget Casino Resort; Reno/Tahoe
May 7-10, 2020
ASCH-ERF Regional Workshop; Embassy Suites Charlotte Concord Golf Resort; Concord, NC
June 25-28, 2020
ASCH-ERF Regional Workshop; Hilton Alexandria Mark Center; Alexandria, VA

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 (Fundamentals/Basic) Workshop

THURSDAY, September 19, 2019
6:30-6:45 pm Welcome and Workshop Introduction (Wagaman)

6:45-7:00 Introduction to Level 1 (Wagaman) .25 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.

7:00-7:30 Introduction to Clinical Hypnosis (Wagaman) .5 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.

7:30-8:15 Anatomy of a Hypnotic Session (Live Demonstration or Video) (Wagaman, Dickens, Smith) .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.

8:15-9:00 Neurophysiology of Hypnosis (Otani) .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.

9:00-9:30 Group Experience (Wagaman) .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, September 20, 2019
7:45-8:30 am BREAKFAST (provided for workshop participants staying at the hotel)

8:30-9:45 Rapport, Elicitation of Trance (Induction), and Re-orienting (Re-alerting) (Dickens) 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 (Smith, Dickens) .25 CE/CME
At the conclusion of this session the participant will be able to:
- Describe an elicitation using Focused/Diaphragmatic Breathing.

10:30-10:45 BREAK

10:45-12:15 pm Small Group Practice #1 (SGP1): Rapport, Elicitation of Trance (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

1:30-2:30  Hypnotic Phenomenon (Wagaman) 1.0 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.

2:30-3:15  Intensifying (Deepening) of Hypnotic Experience (with demonstration) (Dickens) .75 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 (Smith) .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 Practice #2 (SGP2): 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

6:00-7:00  NETWORKING HOUR (Hotel lounge, light snacks, cash bar)

SATURDAY, September 21, 2019

7:45-8:30 am  BREAKFAST (provided for workshop participants staying at the hotel)

8:30-9:15 am  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 (Dickens) .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, 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 (SGP3): 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 (Wagaman) .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 (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 (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

3:30-6:00 Small Group Practice #4 (SGP4): Rapport, Elicitation of Trance (Induction), Intensification (Deepening), Hypnotic Phenomenon, Ego-strengthening, Suggestions, Re-orienting (Re-alerting) (Faculty) 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.

6:00 RECESS

SUNDAY, September 22, 2019

7:45-8:30 am BREAKFAST (provided for workshop participants staying at the hotel)

8:30-9:15 Applications of Hypnosis: Pediatrics (Smith) .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.

9:15-10:15 Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis, with Participants/ Practice (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 Clinical Hypnosis into Practice (Wagaman) .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 (Smith) .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) (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.

12:00 pm ADJOURN

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

WORKSHOP REMINDERS:

- Sign in at the start of every morning and afternoon session (you are not required to sign out).

- Check the Participant List at the registration table to make sure your information is correct and note any corrections directly on the document. DO NOT remove the list from the table.

- Post-workshop timeline:
  - The workshop concludes 9/22/19
  - A web link to electronic evaluation will be sent the week of 9/30/19
  - The evaluation web link will be disabled 10/14/19
  - Certificates will be sent shortly after the evaluation web link is disabled
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 Intermediate Workshop (Level 2) 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.

Refining Skills and Treatment Applications Workshop Faculty: Mary Ann Callen, Akira Otani (Chair), Jennifer Swaim, Lane Wagaman

Save the date for the ASCH-ERF 2020 Annual Meeting!!
Refining Skills and Treatment Applications (Level 2/Intermediate) Workshop

THURSDAY, September 19, 2019
6:30-6:45 pm Welcome (Wagaman)

6:45-7:00 Introduction to Intermediate/Refining Skills (Level 2) (Otani) .25 CE/CME
7:00-7:45 Applications of Hypnosis: Pediatrics (Smith) .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, September 20, 2019
7:45-8:30 am BREAKFAST (provided for guests at the hotel)
8:30-9:30 Neurophysiology of Hypnosis (Otani) 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 Hypnotic Communication 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 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 (Callen) .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 (Callen, Swaim, Otani) .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 (SGP1) (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

3:30-4:00 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.

4:00-4:45 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; and Describe at least three strategies for ego strengthening in clinical hypnosis practice.

4:45-6:00 Applications of Hypnosis: Habit Disorders (Faculty) 1.25 CE/CME
At the conclusion of this session the participant will be able to:
-Discuss research literature on hypnosis in the treatment of habits.
-Design an effective therapeutic intervention for two common habit disorder.

6:00 RECESS

6:00-7:00 NETWORKING HOUR (Hotel lounge, light snacks, cash bar)

SATURDAY, September 21, 2019

7:45-8:30 am BREAKFAST (provided for guests at the hotel)

8:30-9:00 Demonstration and Practice of Selected Facilitation of Trance (Faculty) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Describe how the demonstrated strategy can be used in clinical practice.

9:00-10:15 Small Group Skill Practice #2 (SGP2) (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.

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 (SGP3) (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

3:30-5:00 Applications of Hypnosis: Pain (Swaim) 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 (Swaim) .5 CE/CME
At the conclusion of this session the participant will be able to:
-Describe two strategies for facilitation of glove anesthesia.
-Describe how to increase clinical skill in the facilitation and use of glove anesthesia.

6:00 RECESS

SUNDAY, September 22, 2019

7:45-8:30 am BREAKFAST (provided for guests at the hotel)
8:30-9:15 Treatment Planning (Callen) .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 (Callen) 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 (Swaim) .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 (Otani) .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!

ASCH-ERF is pleased to offer the following webinars via OnDemand:

“Power of Words: The Art of Suggestion in Medicine” by Dan Handel, MD
(recorded live November 13, 2018)

“Hypnosis for Behavioral Change in Chronic Pain Management” by Mark P. Jensen, PhD
(recorded live January 20, 2019)

To view these, and other webinars, in the ASCH e-Learning Center log in as a member or create an e-Learning log in and browse the catalog.
Go to: www.asch.net/Education/e-LearningCenterIntro.aspx

$35 for members
$45 for non-members
The incidence of trauma and neglect is very high across a wide range of mental disorders presenting for counseling and psychotherapy. In addition to the trauma-specific conditions of Post-traumatic Stress Disorder (PTSD) and dissociation, childhood abuse, neglect, and parental dysfunction as well as adult experiences of intimate partner violence and combat often underlie or contribute to client experiences of depression, anxiety, substance abuse, eating disorders, interpersonal difficulties, and personality disorders. Often, trauma-related factors, especially remote neglect and abuse, can go undiagnosed in the context of more prominent presentations of the disorders noted above. Many times, treatments focused on these more prominent symptoms are limited by lack of treatment of underlining trauma-related factors. Furthermore, trauma histories are strong contributors to somatic conditions.

This workshop will present a phase-oriented approach to the treatment of trauma and neglect with an emphasis on instilling necessary client capacities to effectively process and resolve adverse childhood and other trauma-related experiences. The stabilization and skill-building components of this approach will include both psychophysiological and hypnotic interventions. The Poly-Vagal Theory will be presented along with specific strategies for optimizing autonomic nervous system functioning for management of emotional and physical consequences of trauma. Strategies for modification of attachment issues that are often comorbid with trauma damages will also be addressed. The workshop will conclude with hypnotic strategies for the treatment of comorbid problems with sleep, habits, and common psychophysiological disorders such as myofascial pain, fibromyalgia, headaches, and irritable bowel syndrome.

The workshop will provide sufficient information for participants new to the advanced workshops as well as more senior practitioners looking for specialized training in trauma, attachment, and integrative medicine applications. Overall, a comprehensive hypnotic approach, including relevant non-hypnotic components, will be outlined and taught through didactic presentation, demonstration, and dyadic practice.
THURSDAY, September 19, 2019  This workshop begins in the evening
6:30-6:45 pm  Introduction (All Groups)
6:45-7:00 pm  Advanced Workshop Introduction and Overview (Damis) .25 CE/CME
7:00-8:00 pm  Trauma, Neglect, and Attachment The Phase-oriented Treatment Model  1.0 CE/CME
   At the conclusion of this session the participant will be able to:
   -Describe five dimensions of the impact of trauma and neglect.
   -Describe a phase-oriented approach to the treatment of trauma.
8:00-9:30 pm  Permissive Hypnosis and Hypnoprojectives: Accessing the Solutions Within  1.5 CE/CME
   At the conclusion of this session the participant will be able to:
   -Describe the nature of permissive hypnosis and its contribution to attachment repair.
   -List three aspects of hypnotic language characteristic of the permissive approach.
   -Use and describe three hypnoprojective techniques.
9:30 pm  ADJOURN

FRIDAY, September 20, 2019
7:45-8:30 am  BREAKFAST (provided for guests at the hotel)
8:30-10:15 am  Integrating Physiological and Psychological Strategies for Arousal Reduction (Damis) 1.75 CE/CME
   Demonstration and Dyadic Practice
   At the conclusion of this session the participant will be able to:
   -Explain the Polyvagal Theory and its relation to physical and emotional functioning.
   -Identify three types of breathing and strategies for breath training.
   -Describe a method for activation of the ventral vagal complex and describe its role in optimization of the autonomic nervous system.
10:15-10:30 pm  BREAK
10:30-12:00 pm  Desensitization, Exploratory, Ego-state, and Time-orientation Techniques (Damis) 1.5 CE/CME
   At the conclusion of this session the participant will be able to:
   -Identify three reasons for the use of desensitization and two strategies for facilitating desensitization.
   -Identify the role of exploratory work and three related hypnotic strategies.
   -Describe the benefits and methods of future-time orientation.
   -Explain the relationship between self-representation and maintenance of behavior/attitude changes.
12:00-1:30 pm  LUNCH ON YOUR OWN
1:30-3:15 pm  Trauma Stabilization (Damis) 1.75 CE/CME
   At the conclusion of this session the participant will be able to:
   -Appreciate relevant issues of memory and hypnosis and identify the components of informed consent.
   -Describe two strategies for arousal reduction and promotion of an internalized sense of safety.
   -List two methods for modification of negative beliefs.
   -Describe and apply an individualized approach to the generation of coping strategies.
   -Explain the functions of anxious intrusions in hypnotic stabilization work and strategies for management of them.
3:15-3:30 pm  BREAK
3:30-6:00 pm  Management of Trauma and Attachment Related Issues (Damis) 2.5 CE/CME
   At the conclusion of this session the participant will be able to:
   -Identify the role of neglect and the importance of neglect repair
   -Explain and apply hypnosis for repair of neglect damages and promotion of ego-strengthening.
   -Identify four attachment styles and related indications for attachment repair.
6:00 pm  RECESS
6:00-7:00 pm  NETWORKING HOUR (Hotel lounge, light snacks, cash bar)

SATURDAY, September 21, 2019
7:45-8:30 am  BREAKFAST (provided for guests at the hotel)
8:30-10:30 am  Trauma Processing/Integration including Somatic and Sensorimotor Methods (Damis) 2.0 CE/CME
   At the conclusion of this session the participant will be able to:
   -Describe a model of trauma processing that promotes patient mastery.
   -Describe a method of facilitating somatic trauma processing with hypnosis.
   -Describe and apply hypnotic stabilization strategies to potentiate somatic processing.
10:15-10:30 pm  BREAK
10:30-11:30 pm  Post-Integration Self-Development (Damis) 1.0 CE/CME
   At the conclusion of this session the participant will be able to:
   -List three targets for self-development and related outcomes.
   -Describe three hypnotic techniques to foster self-development.
11:30-12:00 pm  Somatic Consequences of PTSD (Damis) .5 CE/CME
   Biology of PTSD and Illness
   At the conclusion of this session the participant will be able to:
   -List three somatic consequences of trauma and PTSD.
   -Describe three biological mechanisms relating PTSD to physical illness.
12:00-1:30 pm  LUNCH ON YOUR OWN
Management of Trauma from a Mindfulness Perspective (Otani) 1.75 CE/CME
At the conclusion of this session the participant will be able to:
- Describe the three factors essential in the management of psychological trauma using mindfulness.
- Identify and describe the four similarities and dissimilarities between hypnosis and mindfulness.

BREAK

Management of Trauma from a Mindfulness Perspective-Continued (Otani) 1.0 CE/CME
At the conclusion of this session the participant will be able to: (Continued):
- Learn and experience the 4-Step Mindfulness-Based Phase-Oriented Trauma Therapy (MB-POTT).

Hypnosis for Sleep Promotion (Damis) .75 CE/CME

Hypnosis for Healthy Lifestyle Changes and Habit Control
At the conclusion of this session the participant will be able to:
- Identify major factors contributing to sleep difficulties, teach constructive sleep promotion habits, and apply hypnotic strategies for enhancement of restorative sleep.
- Be able to apply three hypnotic techniques for enhancing motivation and effecting health-related lifestyle changes.

Hypnosis for Irritable Bowel Syndrome and Headache (Damis) 1.75 CE/CME
- Identify relevant psychophysiology of common headaches and Irritable Bowel Syndrome.
- Identify relevant psychophysiological treatment targets and non-hypnotic strategies for intervention.
- Describe and apply three hypnotic strategies for management of headache and IBS.

Myofascial Pain Syndrome
Fibromyalgia and Neuroplasticity
At the conclusion of this session the participant will be able to:
- Identify four categories and eight strategies for pain modulation.
- Explain the nature of myofascial pain.
- Explain the nature of fibromyalgia, the role of neuroplasticity, and the application of hypnosis for promotion of constructive neuroplasticity.

BREAK

Hypnotic Strategies for Pain Modulation (Damis) .75 CE/CME

SUNDAY, September 22, 2019
7:45-8:30 am BREAKFAST (provided for guests at the hotel)

8:30-10:15 Hypnosis for Irritable Bowel Syndrome and Headache (Damis) 1.75 CE/CME
At the conclusion of this session the participant will be able to:
- Identify relevant psychophysiology of common headaches and Irritable Bowel Syndrome.
- Identify relevant psychophysiological treatment targets and non-hypnotic strategies for intervention.
- Describe and apply three hypnotic strategies for management of headache and IBS.

10:15-10:30 BREAK

10:30-12:00 pm Further Elaboration and Application (Damis) 1.5 CE/CME
Integrating into Practice – Case Discussions
Question and Answer Session
At the conclusion of this session the participant will be able to:
- Identify at least five clinical applications of the methods presented in this workshop.

12:00 pm ADJOURN

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

DoubleTree by Hilton Hotel Chicago, Oak Brook, IL

This workshop will be held at the DoubleTree by Hilton Hotel Chicago, 1909 Spring Road, Oak Brook, Illinois 60523. Oak Brook is convenient to Chicago O'Hare Airport, Midway Airport, downtown Chicago, and the business districts of Oak Brook, Oakbrook Terrace, Lombard, Burr Ridge, Westchester, Lisle and Naperville. Our full-service hotel has easy access to Interstates 88, 290, 294, and is close to shopping, dining and businesses in Oak Brook and downtown Chicago, IL.

ASCH-ERF has contracted a limited number of rooms at a discounted room rate of $129 single/double 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 August 29, 2019. So book early to receive the group rate. Call 1.630.472.6000 to make reservations for this event.

Photo credit: DoubleTree by Hilton Chicago - OakBrook
**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.

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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.

**Akira Otani, EdD, ABPH; Arnold, MD**

Fellow, Approved Consultant, ASCH. Member, ASCH Standards of Training Committee; Diplomate, American Board of Psychological Hypnosis (ABPH); Former President, the Washington DC Society of Clinical Hypnosis; Psychologist in private practice at Spectrum Behavioral Health in Annapolis, MD; (since 1989) Former Assistant Professor at Johns Hopkins University (1986-1989), Former Senior Staff Psychologist at the Counseling Center, University of Maryland at College Park (1989-2008); Author of 3 books in Buddhist meditation (in Japanese).

**Eric A. Smith, MD; Wooster, MA**

Member, Approved Consultant, ASCH; Member, Regional Workshop Committee, ASCH; Diplomat, American Board of Holistic Medicine; Diplomat, American Board of Medical Acupuncture; Diplomat, American Board of Family Practice; Lecturer, College of Wooster, Community Care Network; Medical Director, Viola Startzman Clinic; Medical Acupuncture, Milltown Medical Acupuncture, LLC; Family Physician, Milltown Family Physicians, Inc.; Wooster, MA.

**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 (Workshop Chair)**

Member, Approved Consultant, Chair, Education Committee; Chair, Individual Consultation and Certification Committee; Member, Ethics Committee; Regional Workshop; Co-Chair, Fundamentals Workshop, 2018, 2019 Annual Meeting Program Committee, ASCH; Co-Chair, Advanced Workshops, 2017, Annual Meeting Program Committee, ASCH; Diplomate: Academy of Integrative Pain Management; Certificate of Professional Qualification in Psychology, 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; Member, North Carolina Psychological Association (NCAPA) and NCAPA Division of Independent Professional Practice; Fellow, Past-President, West Virginia Psychological Association; Past President, Member, Supervision Chair, West Virginia Board of Examiners of Psychologists; Clinical Associate Professor, 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

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 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.
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* 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.

Payment Method:

- [ ] MasterCard
- [ ] Visa
- [ ] Check #: ______________________ (Make payable to American Society of Clinical Hypnosis; US funds only)

Credit Card #: ______________________ Exp. Date: _________ CVS Code: _________

Name as it appears on the card: __________________________________________________________

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 August 22, 2019 but on or before September 11, 2019 will receive a refund of the amount paid less a $50 administrative charge. No refunds on or after September 11, 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.