

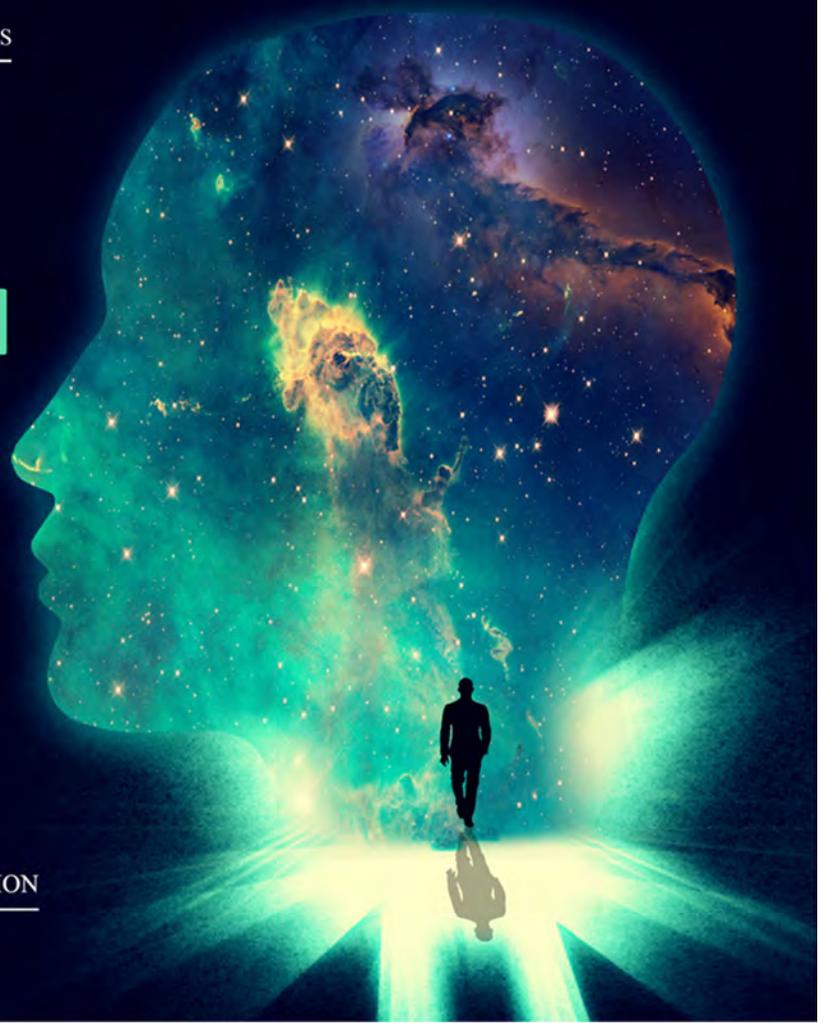
63RD ANNUAL SCIENTIFIC MEETING AND WORKSHOPS

Bypassing the Conscious Mind

March 4-7, 2021
via Zoom



AMERICAN SOCIETY OF CLINICAL HYPNOSIS
EDUCATION & RESEARCH FOUNDATION



Thank you for your interest in our programming.

If you have any questions, please contact us via email at info@asch.net; via telephone at 630-980-4740; or via fax at 630-351-8490.

“See” you at the meeting!

Table of Contents

Membership and Certification (pg. 4)
Schedule-at-a-Glance (pg. 6-7)
e-Poster Program Info (8, 29)
Preconference Workshop (pg. 9)
Plenary Speakers (pg. 9-10)
Advanced Workshops (pg. 10-28)
Paper Registration form (30-34)
Faculty List and 2022 ASMW Announcement (pg. 35)

Registration:

Registration is available until Wednesday, March 3, 2021 on-line, as well as via fax.

Cancellation Policy:

Cancellations postmarked/faxed after February 11, 2021 but on or before February 24, 2021 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after February 26, 2021.** Exceptions will only be granted due to death of participant or immediate family member severe illness/injury of participant or immediate family member Registration fees are not transferable to another meeting or workshop.

Conference Recordings:

All Advanced Workshops and Plenary Sessions will be recorded and will be available to the All Access Annual Meeting registrants for a limited length of time after the Annual Meeting on the ASCH website. CEs will not be available for watching these videos during that limited period of time.

Continuing Education Credits:

Certificates will be generated and sent via email upon completion of each evaluation and attendance verification for the workshops they attend.

Accreditation Statement:

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 27 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (Approval # 886386995-9063) for 27 continuing education contact hours.

ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. ASCH-ERF maintains responsibility for this program and its content.

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.



The American Society of Clinical Hypnosis - Education & Research Foundation (ASCH-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 the 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.

The association accepted no commercial support to subsidize this educational event. Unless otherwise indicated in the brochure, parties involved in the development, planning or execution of educational content - faculty, staff or committee members - do not have any financial relationships or conflicts of interest to disclose.

Eligibility

With the exception recognized in the following paragraph, registrants must hold at least a master's degree 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 baccalaureate 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 on Clinical Hypnosis.

Full-time Students

Students enrolled full-time in a masters or doctoral level program in a health care discipline deemed appropriate by the Society at a college or university accredited by its appropriate regional accrediting body are eligible to attend at a reduced rate. The degree must qualify the individual for future independent licensed practice in a health care profession. Students must have completed a minimum of one full semester of the program.

Along with a completed registration form and payment of registration fees, students need to submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued (masters or doctoral degree required) and date of intended graduation.

Resident/Interns

Full time residents or interns participating in a recognized residency or internship program which will qualify them for independent licensed practice in a health care discipline considered appropriate by the Society may also register to attend at a reduced rate.

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.

Early Career Professional (ECP)

Reduced registration rate for Early Career Professional (ECP) is available. An ECP is an individual who is eligible to attend ASCH-ERF educational programming AND who has completed the initial graduate degree used for licensure within the last five years. ECP registrants will need to provide a copy of their diploma with their registration.

Tuition Assistance for Graduate Students/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 enrolled full-time in an ACE-accredited degree- granting health care program offered by an institution of higher learning with a brick and mortar headquarters in Virginia. The student needs to meet the minimum eligibility requirements listed above. Students need not be residents of Virginia, but simply be enrolled in either a traditional or distance learning program headquartered 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 clearly outlining the course of study, area of concentration and expected graduation date. For more information, contact ASCH at 630.980.4740 (phone), 630.351.8490 (fax) or via email: info@asch.net.

General Information

Participants may be asked to take part in exercises in which they are induced into a hypnotic trance. If you have any conditions which would preclude this, please inform a faculty member prior to the start of the workshop.

Anyone who feels he/she is not fully re-alerted after a workshop for any reason should consult the workshop leader or the Conference Chair. If you are having trouble finding either of these individuals or you simply need assistance, please notify the staff assigned to the workshop Zoom room and they will be happy to help you find a clinician with whom to speak.

Contributions or gifts to ASCH are not tax deductible as a charitable contribution. However, they may be tax deductible as ordinary and necessary business expenses. Contributions to ASCH-ERF may be tax deductible as a charitable donation. Please check with your tax specialist.

ASCH is unique among organizations for professionals using hypnosis. Our members are psychologists, psychiatrists, clinical social workers, marriage and family therapists, mental health counselors, medical doctors, masters-level nurses, speech pathologists, dentists and chiropractors. As an interdisciplinary organization, ASCH provides an opportunity to learn from and interact with colleagues in other health and mental health care disciplines. This allows for a cross fertilization of ideas and applications of clinical hypnosis that meshes neatly with current thinking such as mind-body health and integrative medicine.

Membership and Membership Levels

To be eligible for Full Membership in ASCH, applicants must hold a masters or doctorate degree in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body. In addition, applicants must be licensed or certified in the state in which they practice; be a member of, or eligible for membership, in a professional society consistent with their degree (such as the AMA, APA or ADA); have a stated interest in the clinical use of hypnosis; and have completed twenty hours of ASCH approved clinical hypnosis training.

Associate Membership is available for people who meet all the above criteria except the twenty hours of training. Associate Members have two years to meet the training requirement after joining.

Students enrolled full-time in a master's or doctoral level program in a health care discipline deemed appropriate by the Society, which will qualify the individual for future licensed practice in a health care profession, at a college or university accredited by its appropriate regional accrediting body are eligible for Student Affiliate status at a reduced rate.

Resident/Intern Affiliate Status is available for full time residents/ interns participating in a recognized residency or internship program which will qualify them for licensed practice in a health care discipline considered appropriate by the Society are eligible for Resident Intern status at a reduced rate.

A special category of membership, Research Member is available for individuals engaged in full-time in research in teaching related to clinical hypnosis at an accredited university or other institution of higher learning, or engaged full time research related to clinical hypnosis at a governmental or research agency.

Membership Benefits

Membership in ASCH has many benefits, including:

- Discounted rates for the annual conference and regional clinical hypnosis training workshops;
- Discounted Certification fees;
- A subscription and electronic access to the *American Journal of Clinical Hypnosis*;
- A quarterly *Newsletter* with clinical columns;
- Access to the ASCH video library; and
- Inclusion on the ASCH referral list of qualified professionals who use hypnosis in their clinical practices (ASCH receives approximately 8600 monthly requests for names of qualified practitioners utilizing clinical hypnosis).

Certification

Certification offers non-statutory voluntary credentialing in clinical hypnosis and provides recognition of the advanced clinician who has met educational qualifications and required training in clinical hypnosis. The ASCH Certification and Approved Consultant Program has gained national recognition as a standard for the practice of

hypnosis. Anecdotal evidence suggests that hospitals and third-party payers are beginning to recognize the importance of such standards and view ASCH Certification as a basic requirement for promoting hypnosis as a treatment modality.

How does ASCH certification differ from other certification programs?

ASCH Certification in clinical hypnosis is distinct from other "certification" programs in that it ensures that the certified individual is a bona fide health care professional who is licensed in his or her state or province to provide medical, dental, or psychotherapeutic services. ASCH believes that persons trained only in hypnosis lack the diagnostic and therapeutic skills as well as the licensure required to safely and responsibly treat medical, psychological, or dental problems with hypnosis. ASCH Certification distinguishes the professional practitioner from the lay hypnotist.

What does ASCH Certification indicate?

Certification does not automatically imply competence or guarantee the quality of a practitioner's work. Certification does indicate several things that fellow professionals, consumers, third party payers, managed care programs, hospitals and clinics are all interested in knowing about individuals who incorporate hypnosis in their practices.

Certification indicates that the practitioner:

1. Has undergone advanced training in his/her profession to obtain a legitimate advanced degree from an accredited institution of higher education;
2. Is licensed or certified to practice in his/her state/province;
3. Has had his/her education and training in clinical hypnosis reviewed by qualified peers and Approved Consultants and such training has met the minimum requirements established by Standards of Training Committee of qualified peers;
4. Has been determined to have received at least the minimum educational training that ASCH, the largest such interdisciplinary organization in North America, considers as necessary for utilizing hypnosis.

Requirements for Certification in Clinical Hypnosis:

1. Master's degree or better in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body;
2. Membership or eligibility for membership in a professional society consistent with degree;
3. Licensure or Certification by the state or province in which you practice;
4. Minimum of 40 hours of ASCH approved workshop training (20 hours each of basic and intermediate workshops);
5. Minimum of 20 hours of individualized consultation with an ASCH Approved Consultant; and
6. Minimum of two years of independent practice utilizing clinical hypnosis.

Requirements for Approved Consultant in Clinical Hypnosis

All of the above requirements, plus:

1. Minimum of 40 additional hours of ASCH approved workshop training.
2. Minimum of five years of independent practice utilizing clinical hypnosis.

Meeting times are Eastern Standard Time (EST): 9:00 am EST = 8:00 am Central; 7:00 am Mountain; 6:00 am Pacific. Please adjust your attendance according to the time zone from which you will be participating. Level Three workshops are identified with  All 2021 Virtual Annual Meeting participants are invited to attend the Level 3 workshops.

		ZOOM #1	ZOOM #2	ZOOM #3	ZOOM #4
Thursday March 4 2021	9:00 - 11:00 am EST	(PRC) Preconference Workshop: How to Create Natural Problem-Solving and Mind-to-Body Healing: The Mirroring Hands Approach (Hill) (4 CE/CME)			
	11:00 - 11:15 am EST	BREAK			
	11:15 am - 1:15 pm EST	PRC (cont'd)			
	1:15 - 2:15 pm EST	LUNCH BREAK			
	2:15 - 3:15 pm EST	PL01: 4000 Years of Bypassing the Conscious Mind: The Vedic Mind-Body Connection (Rossi) (1 CE/CME)			
	3:15 - 3:45 pm EST	BREAK			
	3:45 - 5:15 pm EST	TA01: Changing Our Clients' Biased Perceptions (MacDonald) (1.5 CE/CME)	TA02: From Hypnos to Hypnosis: A Modern Take on the Timeless Link between Sleep and Clinical Hypnosis (Alter) (1.5 CE/CME)	TA09: An Erickson, Multilayered Approach to Chronic Pain and Illness (Patterson) (1.5 CE/CME) 	TA04: Kabbalistic Meditation and The Hypnotic Therapy of Rabbi Nachman of Breslov (Yaffe) (1.5 CE/CME)
	5:15 - 5:30 pm EST	BREAK			
	5:30 - 7:00 pm EST	TA05: Hypnosis for the Healthcare Practitioner: Open the Healing Potentials through Fun and Creative Communication (Lonchamp) (1.5 CE/CME) 	TA06: Clinical Hypnosis with Modern Military Veterans (Hall/Gaffney/Hayes) (1.5 CE/CME)	TA07: Crafting Imagery and Metaphors to Augment Mind/Body Healing (Ginandes) (1.5 CE/CME)	TA08: Music in Hypnosis to Bypass the Conscious Mind (Jung) (1.5 CE/CME)
7:00 - 8:00 pm EST	WEL: Welcome/President's Address/Early-Career Professionals (ECP) Networking (No CE/CME)				
Friday March 5 2021	9:00 am - 10:30 am EST	FA01: The Hypnotic Idea Exchange: A New Model of Online Continuing Education in Clinical Hypnosis (Hall/Lebo/Gardner) (1.5 CE/CME)	FA02: Promoting Mind-Body Interface with Combining Clinical Hypnosis and Chakra Balancing: Inductions, Techniques, Cases, and Practice (Turner) (1.5 CE/CME)	FA03: Hypnotic Tools for Psychotherapy: Anchoring, Future Progression of Successful Self (Nesbitt) (1.5 CE/CME) 	FA04: The Use of Hypnosis and Creative Imagery to Alleviate Medical and Psychological Symptoms of Pregnancy (Klaus) (1.5 CE/CME) 
	10:30 - 10:45 am EST	BREAK			
	10:45 am - 12:15 pm EST	FA05: Creating Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders (Shenefelt) (1.5 CE/CME)	FA06: The Art and Science of Ideomotor Signaling: History, Theory, Application (Yaffe) (Part 1) (1.5 CE/CME) 	FA07: Watching Hypnosis Work in Treating a Depressed Woman: The Merits of Therapeutic Dissociation and Automaticity in Therapy (Yapko) (1.5 CE/CME) 	FA08: Repairing disruptions in Maternal-infant Bonding (Madrid) (1.5 CE/CME) 
	12:15 - 1:45 pm EST	LUNCH BREAK			
	1:45 - 3:15 pm EST	FA09: Spontaneous Abreaction and the Three Stay-C's (Miller) (1.5 CE/CME)	FA10: The Art and Science of Ideomotor Signaling: History, Theory, Application (Yaffe) (Part 2) (1.5 CE/CME)	FA11: From Principle to Practice: Deconstructing Problem Patterns to Create Hypnotically Guided Solutions (Alter) (1.5 CE/CME)	FA12: The Subconscious as Co-Therapist and Spiritual Guide in the Treatment of School Age Children and Adolescents (Anbar) (1.5 CE/CME)
	3:15 - 3:30 pm EST	BREAK			
	3:30 - 5:00 pm EST	FA13: Psychosomatic Endodontics, Periodontics, and Prosthodontics in Clinical Practice (Ramenzai) (1.5 CE/CME)	FA14: Using Loving Kindness Meditation-Based Ego Strengthening Techniques in Hypnotherapy (Otani) (1.5 CE/CME)	FA15: Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale (EHS) (Elkins) (1.5 CE/CME)	FA12 (cont'd): The Subconscious as Co-Therapist and Spiritual Guide in the Treatment of School Age Children and Adolescents (Anbar) (1.5 CE/CME)
	5:00 - 5:30 pm EST	BREAK			
5:30 - 7:00 pm EST	FA16: Case Consultation (Handel/Anbar) (1.5 CE/CME)	FA17: Case Consultation (Lankton/Torem) (1.5 CE/CME)	FA18: Ericksonian Hypnosis for Clinical Practitioners and Physicians (Jung) (1.5 CE/CME) 	FA19: Case Consultation (Wagaman/Dickens) (1.5 CE/CME)	

Meeting times are Eastern Standard Time (EST): 9:00 am EST = 8:00 am Central; 7:00 am Mountain; 6:00 am Pacific. Please adjust your attendance according to the time zone from which you will be participating. Level Three workshops are identified with  All 2021 Virtual Annual Meeting participants are invited to attend the Level 3 workshops.

		ZOOM #1	ZOOM #2	ZOOM #3	TRAUMA TRACK ZOOM #4
Saturday March 6 2021	9:00 am - 12:15 pm EST (includes 15 min break)	SA01: Helping Children Help Themselves with Habits (Thomson) (3 CE/CME)	SA02: Breaking the Panic Cycle with an Integrative Approach (Daitch) (3 CE/CME)	SA03: Using Clinical Hypnosis and Healing Relationship for Treatment of Unexplained Physical Symptomatology Frustrating to Patients/Clients and Practitioners Alike (Zarren) (3 CE/CME) 	SA04: Integrating Hypnotic Strategies into Contextual Trauma Therapy for Complex PTSD (Gold) Neurobiological Implications of the Applicability of Hypnosis to Treating Complex PTSD (Quinones) (3 CE/CME)
	12:15 - 12:45 pm EST	BREAK			
	12:45 - 1:45 pm EST	PL02: How We Create Emotions and How this Creates Effective Therapy (Hill)			
	1:45 - 2:45 pm EST	LUNCH BREAK			
	2:45 - 4:15 pm EST	SA05: Dialectical HypnoTherapy: Applications of The Dialectical Method for Creating Change in Hypnotically Augmented Psychotherapy (Alexander) (1.5 CE/CME)	SA06: 4000 Years of Bypassing the Conscious Mind: The Vedic Mind-Body Connection-Continuation of PL01 (Rossi) (1.5 CE/CME)	SA07: Effective Communication in Medical/Dental Offices (Nesbitt) (1.5 CE/CME) 	SA08: The Unrepressed Unconscious, Complex PTSD, Attachment, and Hypnosis (Damis) (1.5 CE/CME)
	4:15 - 4:30 pm EST	BREAK			
	4:30 - 6:00 pm EST	SA09: Hypnotically Enhanced Treatment of Addictions during This Time of Opioid Crisis, Coronavirus, and Telemedicine (Tramontona) (1.5 CE/CME)	SA17: Enhancing Creativity and Wisdom with Therapeutic Age Progression (Torem) (1.5 CE/CME)	SA11: Preparing Patients for Surgery Using Hypnotic Strategies (Wells) (1.5 CE/CME) 	SA12: From Divided to United: Ego State Therapy and Hypnotic Strategies for Conflict Resolution (Lemke) (1.5 CE/CME)
	6:00 - 6:30 pm EST	BREAK			
	6:30 - 8:00 pm EST	SA13: Case Consultation (Handel/Anbar) (1.5 CE/CME)	SA14: Case Consultation (Lankton/Torem) (1.5 CE/CME)	SA15: IBS Hypnosis (Zastrow) (1.5 CE/CME) 	SA16: Complex PTSD Interventions: Hypnotic Contextual Trauma, Neurophysiological, Attachment, and Ego-State Treatment Approaches (Damis, Quinones, Gold, Lemke) (1.5 CE/CME)
8:00 - 9:00 pm EST	VAW: Virtual ASCH Awards, Networking to follow Awards presentations (No CE/CME)				
Sunday March 7 2021		ZOOM #1	ZOOM #2	ZOOM #3	ETHICS TRACK ZOOM #4
	9:00 am - 12:15 pm EST (includes 15 min break)	SUA01: An Extended Application of LeCron and Cheek's "Past Experience" Common Cause: Past Life Therapy, Trauma and the Spiritual/Transpersonal (Schenk/Accaria) (3 CE/CME)	SUA02: Alleviating Pain and Suffering Associated with Illness and Injury (Appel/Torem) (3 CE/CME)	SUA03: Enlisting Our Biology for Healing, Rather than Overwhelming It: The Use of Poetry and Clinical Hypnosis to Treat Suffering Patients (Zarren) (3 CE/CME)	SUA04: Ethics in a Time of COVID: The ASCH Ethics for Telemedicine and Distance Education Guidelines and the Department of Veterans Affairs Experience (Hall/Gaffney/Hayes) (3 CE/CME)
	12:15 - 12:30 pm EST	VCA: Virtual Closing Address (No CE/CME)			

On-Line Program Description

This brochure provides a schedule of events. All scheduled workshops, earned CE/CME and speaker information are subject to change prior to the actual event.

ASCH e-Poster Program

Eric K. Willmarth, PhD; Louis Damis, PhD, ABPP

Accepted posters will be made available for viewing at any time during the 2021 Virtual Annual Meeting via the ASCH web site. The abstracts for the posters will be published in an upcoming edition of the ASCH Journal.

Level 3 Track

Select Advanced workshops have been identified as 'Level 3' for past ASCH-ERF Level 1 and Intermediate Clinical Hypnosis workshop attendees. All 2021 Virtual Annual Meeting participants are invited to attend the Level 3 workshops as well. The following workshops have been designated as Level 3: TA05; TA09; FA03; FA04; FA06; FA07; FA08; FA18; SA03; SA07; SA11; SA15 (designations are indicated on the workshop/description).

NEW for Annual Meeting: Trauma and Ethics tracks

Trauma Track: Saturday, March 6 (7.5 CE/CME)

Ethics Track: Sunday, March 7 (3 CE/CME)

Attendees who select the 'All Access' registration will have access to the Trauma and Ethics tracks – OR – they can register for the Trauma track only. The Ethics track can be registered via the A la Carte registration feature.

Thursday, March 4, 2021

7:00-8:00 pm (EST)

WEL: Virtual Welcome and President's Address/Early Career Professional (ECP) Networking

Anita Jung, MS; Amy W. Taylor, PsyD, HSP; Maggie Dickens, MS, LPCS, LCDC

Join your colleagues for the official welcome and address by the ASCH President. Early Career Professionals are cordially invited to remain after the Virtual Welcome and President's Address for networking opportunities.

Saturday, March 6, 2021

Trauma Track (Zoom #4)

9:00 am-8:00 pm (EST)

Attendance at workshops designated in this track can earn up to 7.5 CE/CME.

8:00-9:00 pm (EST)

VAW: Virtual ASCH Awards, Networking

Anita Jung, MS; Stephen Lankton, LCSW, DAHB

Meeting attendees are invited to attend the announcement, and distribution, of ASCH and Journal Awards, and encouraged to stay afterwards for networking.

Sunday, March 7, 2021

9:00 am-12:15 pm (EST)

Ethics Track (Zoom #4)

Attendance at the workshop designated in this track can earn 3 CE/CME.

12:15-12:30 pm (EST)

VCA: Virtual Closing Address

Bridget Bongaard, MD

Meeting attendees and Faculty are invited to attend the closing remarks by the newly-inducted ASCH President.

MEETING SCHEDULE

Preconference Workshop

Thursday, March 4, 2021

9:00 - 11:00 am, 11:15 am - 1:15 pm (EST)

PRC: Preconference Workshop: How to Create Natural Problem-solving and Mind-to-Body Healing: The Mirroring Hands Approach (Additional Registration fee: \$85.00)

Richard Hill, MA, MEd, MBMSc

4.0 CE/CME



Mirroring Hands is a therapeutic process and an approach to therapy that emerged from Ernest Rossi's work with Milton Erickson. It has its roots in hypnotherapy, but takes the process a step further to be a client-responsive process where the therapist utilizes their sensitive observation to respond to the client in a way that allows the client to activate their natural problem-solving capacities with minimal interference. Mirroring hands allows the client to generate their own, best experience. The group will experience the process and also have the opportunity to work directly with Richard in practice and demonstration.

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

- 1. Activate natural-problem in the client;*
- 2. Apply a mind to body healing process with a client; and*
- 3. Utilize the Mirroring Hands process in a therapeutic session.*

Plenary Sessions

Thursday, March 4, 2021, 2:15-3:15 pm (EST)

PL01: 4000 Years of Bypassing the Conscious Mind: The Vedic Mind-Body Connection

Kathryn Rossi, PhD

1.0 CE/CME



Hypnosis began with the mind-body question that we have been trying to solve ever since. The wondering womb was believed by the Aretaeus, in 2nd Century AD Greece, to be an animal within the flanks of a women. Soranus, also in the 2nd Century, likened the condition to hysterical suffocation which later morphed into female hysteria, a common diagnosis until 1952. German mystic and astronomer Mesmer, in the 18th Century, believed celestial energy could be magnetized to help treat hysteria. Charcot, the French founder of Neurology, introduced hystero-epilepsy suggesting men suffered too. William James, the American founder of hypnosis moved into the spiritual dimensions writing *The Varieties of Religious Experience: A Study in Human Nature* in 1902. Milton H. Erickson, the modern-day father of Therapeutic Hypnosis, became the innovative

and practical hypnotherapist to utilize mind-body techniques to advance trance for emotional, social and physical healing. He found that one could bypass the conscious mind by minimal and sometimes subtle tactile cues. Ernest Rossi introduced deep biology into the mix synthesized in the 4-Stage Creative Cycle based on ultradian rhythms, neuroscience and PsychoSocial genomics. Kathryn Rossi discovered there is a confluence between the history and integration of hypnosis' 200-year history with traditional yoga practices of Patañjali, author of the ancient Yoga Sutra. Yoga Story Therapy, a mind-body self-exploration modality that involves both trance and numinous psychodrama with underpinnings of neuroscience, biology and epigenetics enhancing brain plasticity and neuro-integration.

At the end of this session participants will be able to:

1. *Identify the 4-Stage biological-dynamics that underlies hypnosis, yoga and all of healthy life processes.*

Saturday, March 6, 2021, 12:45 - 1:45 pm (EST)

PL02: How We Create Emotions and How This Creates Effective Therapy

Richard Hill, MA, MEd, MBMSc

1.0 CE/CME



The central component of almost all therapy is working with emotions, but understanding exactly what they are, how they are generated and how therapy changes them is not well understood. Recent work by Joseph LeDoux and Richard Brown gives us insight into what emotions are and how we can best apply therapeutic process to assist our clients. Sometimes it seems that almost every sort of therapy works in some way. Understanding the complexity of emotions, what part is played by the “self,” and how therapy generates shift and change is fundamental knowledge in creating an effective experience for the client.

At the end of this session participants will be able to:

1. *Explain the latest description of “emotion”;*
2. *Differentiate between implicit and explicit emotional experience; and*
3. *Apply this understanding of emotion to create effective therapy.*

ADVANCED WORKSHOPS

Thursday, March 4, 2021

3:45-5:15 pm (EST)

TA01: Changing our Clients’ Biased Perceptions

Wendy MacDonald, CCH, CHt

1.5 CE/CME

Those practicing hypnosis in the medical profession (including physicians, clinical and mental health care professionals) often deal with patients with fixed beliefs based on prior perceptions that have been continuously reinforced. This method is a way of changing their patients understanding and allowing new and more healthy behaviors to be created. Understanding of neurobiology and how this selectively influences the creation of bias by engagement in the reticular activating system. Perceptions are changed into selective bias which is then reinforced and strengthened and hypnosis techniques taught to identify this selective bias and create new pathways.

At the end of this session participants will be able to:

1. *Utilize hypnotic techniques to work with resistant or rigid patients in changing perception of situations and changing future behavioral outcomes;*
2. *Recognize selective bias in the patient; and*

3. Utilization of their understanding regarding how bias is created and use of the therapeutic tools taught to allow patient to change perception/bias to healthy behavior.

TA02: From Hypnos to Hypnosis: A Modern Take on the Timeless Link between Sleep and Clinical Hypnosis

David S. Alter, PhD, ABPP, ABPH

1.5 CE/CME

The historical records clearly reveal our millennia-old fascination with the nature of sleep, the bizarre behaviors in which people engage during sleep, and the mysteries of the linkages between our days and our nights. Contemporary understandings of the nature of sleep are “opening our eyes” to the wonder of sleep and its impact on brain health, immune functioning, learning and memory, creativity, inspiration, and its role in all many of mental health challenges.

Despite numerous pharmaceutical and technological advances in treating all manner of sleep disturbances, well-informed clinicians – physicians, social workers, nurses, psychologists, and dentists – recognize that at the vanguard of advancing science sits a timeless therapeutic process for restoring restful sleep: clinical hypnosis. This 90-minute, advanced experiential workshop will review our evolving understanding of sleep, the taxonomy of sleep disturbances, hypnotic principles and practices for treating disturbances of sleep and its architecture, and an opportunity to expand your clinical comfort in incorporating hypnosis into your practice of sleep medicine.

At the end of this session participants will be able to:

- 1. Develop a working familiarity with sleep’s electrical architecture and the role sleep plays in supporting the health of or brain, body, mind, and social relationships;*
- 2. Identify disturbances and their clinical manifestations via knowledge of the taxonomy of sleep; and*
- 3. Apply restorative sleep medicine principles to clinical hypnosis practices in the treatment of insomnia and several parasomnias.*



Level 3 workshop (see description on page 4)

TA09: An Erickson, Multilayered Approach to Chronic Pain and Illness

David R. Patterson, PhD, ABPH

1.5 CE/CME

This workshop provides the basics of using hypnosis to manage chronic pain. The approach will be based on biopsychosocial management rather than a "cure" approach which is seldom applicable to chronic disease or pain. The presenter will offer Ericksonian, social psychology, motivational interviewing, and the neurophysiology of hypnosis to craft inductions that address chronic health issues from a multi-dimensional basis, which are applicable by physicians, clinical and mental health care professionals.

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

- 1. Apply a biopsychosocial approach to the management chronic pain and other medical problems that lends itself to the use of hypnosis.*
- 2. Provide a mode of hypnosis that is based on current science and is theoretical expansive enough to offer suggestions at multiple levels of patient symptoms*
- 3. Facilitate language that is useful in provided multiple layered, complex inductions for medical and psychological management of chronic disorders.*

TA04: Kabbalistic Meditation and The Hypnotic Therapy of Rabbi Nachman of Breslov

Sherwin Yaffe, MD

1.5 CE/CME

Kabbalistic meditation is an ancient form of Jewish meditation which has much overlap with contemporary Hypnosis. This workshop will be both didactic and experiential and will detail a brief history of this form of meditation and present numerous meditative techniques along with Kabbalistic metaphors which can be utilized by the participants (including physicians, clinical and mental health care professionals) in their clinical practices. Also to be discussed will be a look at one of Judaism's greatest story tellers, Rabbi Nachman of Breslov. Many Jewish metaphors can be learned and amended by the clinician to meet the patient's specific needs.

At the end of this session participants will be able to:

1. Integrate Kabbalistic meditations into their traditional hypnotic skills to help their clients and patients;
2. Contrast Kabbalistic meditation with contemporary Hypnosis in how these modalities have common components and how they differ; and
3. Apply new forms of meditations which can be added to their hypnotic repertoire as well as new metaphors to weave into their story telling.

5:30-7:00 pm (EST)

 **Level 3 workshop (see description on page 4)**

TA05: Hypnosis for the Health Care Practitioner: Open the Healing Potentials Through Fun and Creative Communication

Danielle Lonchamp, MD

1.5 CE/CME

Clinical practitioners (including physicians, clinical and mental health care professionals) are confronted with the increasing health-services needs and expectations. When time and resources are limited, children and adolescents present in the office easily become invisible as practitioners focus their attention to the families who are giving the history of the problem. Adding hypnosis in the medical visit, safely and enjoyably allows the clinician to move from the biomedical model to a more individualized patient-centered care solution-focused model. Brief hypnotic experiences during a medical visit put the young persons at the forefront. They become engaged at reframing the problem and quickly shift their attention to a solution. This often leads to rapid healing. In this workshop, clinicians will learn how hypnosis is easily and naturally incorporated into medical work without extra demand on time. During this workshop clinical vignettes will illustrate how hypnotic interventions can be rapid, effective, and even fun and have long-lasting positive effects for both the clinician and the patient. Video clips will illustrate some of those points.

At the end of this session participants will be able to:

1. Formulate 3 naturally applicable hypnotic techniques for their daily work in the out-patient and hospital settings;
2. Recognize when hypnosis starts and use this to allow patients to be even more focused on tapping into their inner resources in order to find their own solutions;
3. Develop a richer, more effective relationship with patients; and
4. Apply changes in their routine encounters in order to create effective healing-centered care in the midst of busy practices.

TA06: Clinical Hypnosis with Modern Military Veterans

John Hall, PhD; David Gaffney, LMSW; William V. Hayes, LCSW

1.5 CE/CME

In this workshop, three clinical hypnotherapists from across the Veterans Health Administration (VHA), one of whom is also a veteran, will present information on modern veterans, the clinical problems they face, and the modern VHA that combine to make clinical hypnosis a particularly useful tool for this population. While we know that a significant portion of the early writing about clinical hypnosis was accomplished with military personnel and veterans, the modern context in which our veterans served and who they are can be very different. In discussing characteristics of modern veterans, gender issues, multicultural concerns, patterns of service, and the complexities of trauma will be explored. In discussing the most frequently seen disorders in modern veterans, issues related to chronic pain, traumatic brain injury, and PTSD will be discussed, including the related problems of sleep disorders and sexual dysfunction (which may present itself when under treatment by physicians, clinical and mental health care professionals). While exploring characteristics of the modern VHA, a cultural shift to the integrative treatment framework of Whole Health and away from a purely medical model will be highlighted, particularly in relation to chronic pain management, along with the sudden shift to much more reliance on technology in care provision. Contextual factors of congressional mandates related to clinical hypnosis will also be discussed.

At the end of this session participants will be able to:

1. Describe three characteristics of modern veterans and their service that are different than veterans from earlier conflicts;
2. Describe three of the most common presenting injuries from post 9/11 veterans;
3. Name at least three challenges that might be faced by culturally diverse modern veterans, including women, people of color, and those with minority sexual orientation/gender identity;
4. Demonstrate the use of a breathing technique induction based on target shooting practice common to most veterans; and
5. Perform more complete assessments of their veteran patients, whether they are practicing within the Department of Veterans Affairs or in the community, to allow for more tailored suggestions and inductions to deal with the most

TA07: Crafting Imagery and Metaphors to Augment Mind/Body Healing

Carol Ginandes, PhD, ABPP

1.5 CE/CME

This workshop will discuss the utilization of hypnotic metaphors and imagery to speak to the deeper consciousness in order to accelerate mind/body healing in therapeutic interventions. Hypnotic strategies highlighted will include: tapping core physiological rest, eliciting systemic homeostasis, fostering energetic replenishment and stimulating somatic regeneration for use in a variety of mind-body conditions. Techniques for implementing such healing strategies will be outlined such as speaking the language of the client's perceptual dominance, creating metaphors of healing for unconscious utilization, accessing biological resource retrieval and using targeted imagery for site-specific healing. The workshop draws on the presenter's specialty expertise from clinical practice, her medical hypnosis audio protocols, and from her research on using hypnosis to accelerate physical healing. This workshop is interactive and experiential as well as didactic and is designed to provide a stimulating clinical "stretch" for intermediate through advanced hypnosis practitioners. In practicum exercises, participants will be guided to "think on their hypnotic feet" without scripts as they generate tailor-made unique metaphors to stimulate the therapeutic healing process.

At the end of this session participants will be able to:

- 1. Develop greater confidence speaking hypnotically and learning to deliver direct and indirect suggestions for patient interactions seamlessly;*
- 2. Describe three hypnosis intervention strategies to address mind/body healing (tapping core physiological rest, eliciting systemic homeostasis, stimulating somatic regeneration) and practice them;*
- 3. Recognize three component strategies to foster hypnotic healing: creating personalized imagery for healing, evoking states of deep relaxation, targeting site specific healing; and*
- 4. Generate hypnotic metaphors to enhance mind/body healing for specific cases.*

TA08: Music in Hypnosis to Bypass the Conscious Mind

Anita Jung, MS

1.5 CE/CME

The Greek philosopher Pythagoras was among the first to recognize the healing powers of music. Milton Erickson, the musician of mind, body and soul, was the first to structure communication for greatest effect so that clients could change many aspects of their life, not merely their presenting symptoms. Just as the cadence of voice and patterns of speech form the music of Ericksonian communication, repetition and rhythm create the emergence of a trance state in music. The utilization of music within a hypnotherapy model functions as a catalyst accentuating the nuances of seeding, guiding associations, deepening trance, shifting perceptions, and inspiring change. In a combination of hypnotic concepts giftwrapped in landscapes of music and film, participants (including physicians, clinical and mental health care professionals) will master how to interrupt and transform symptomatic states with rhythm bypassing the conscious mind. Methods for discovering, recognizing, and utilizing rhythmic components inherent in medical and therapeutic processes will enhance the participant's self-awareness and guide the client's awareness towards healing and positive expectancy of outcomes.

At the end of this session participants will be able to:

- 1. Develop a consistent method to recognize and utilize various rhythms inherent in a visit with your patient/client to bypass their conscious mind and increase positive client's expectancy of treatment outcome; and*
- 2. Demonstrate and design a consistent method to attune to your own rhythm and to the rhythm of the patient/client to increase rapport, avoid nocebo effects and utilize placebo effects.*

Friday, March 5, 2021

9:00-10:30 am (EST)

FA01: The Hypnotic Idea Exchange: A New Model of Online Continuing Education in Clinical Hypnosis

John Hall, PhD; Dana L. Lebo, PhD; Peter W. Gardner, MD, FACP, FAGC

1.5 CE/CME

As COVID-19 precautions forced continuing education in hypnosis online and online learning presented unique challenges for

adult learners, a consortium of ASCH component societies, including the North Carolina, the Eastern, the Northern Virginia, and the New Jersey came together to create a unique approach, the Hypnotic Idea Exchange (HIE), building on what is known about successful continuing education among adult learners. Respectful of existing learner knowledge, geared towards helping participants meet their own goals for learning, and recognizing the motivation gained through social connection, the HIE allows participants from around the world, in groups of several hundred, to hear new information related to a topic of interest from internationally-renowned experts and then join with other participants in virtual breakout rooms to share their own thoughts, ideas, and reactions. The thought process behind the organizing committee's planning along with successes and challenges will be discussed to help learners (including physicians, clinical and mental health care professionals) decide whether this is a model to apply in their own continuing education offerings.

At the end of this session participants will be able to:

- 1. List at least three characteristics of successful adult learner focused training;*
- 2. Name four types of motivation common to adult learners;*
- 3. Describe three technologies that could help distance continuing education better motivate adult learners;*
- 4. Name three hypnotically-informed techniques to include in distance education with adult learners to increase retention; and*
- 5. Design maximally effective continuing education, which they can then offer to clinical hypnotherapists to improve their practice.*

FA02: Promoting Mind-Body Interface with Combining Clinical Hypnosis and Chakra Balancing: Inductions, Techniques, Cases, and Practice

Maureen Turner, MEd, RNBC, LCMHC, LCSW

1.5 CE/CME

Practices of hypnosis date back to most ancient cultures. In India, as early as 1500-500 BC, the Sanskrit book known as the Law of Manu described different levels of hypnosis in terms of sleep. Around the same time, India's Vedas texts described the origins of yoga and documented the chakras (Sanskrit for wheel or disk - vortexes of energy located throughout the body). Our body has 7 major and many minor chakras (Shiv Samhita, 2012). Chakra balancing has become central to numerous mind-body-spirit healing therapies. Over the past 20 years, the presenter has developed hypnosis induction techniques based on the chakra system. These have been well received by patients and have become the most requested mode of induction and treatment. The anchoring of the chakras provides the patient with guidance, encourages confidence, enables agency, and facilitates the practice of self-hypnosis. Simultaneously, the clinician can tap into the positive strengths of the chakra system and use the framework to suggest healing images in therapy. This workshop will explain the qualities and functions of the chakras, introducing the attendees to relevant theory and background. Techniques and tools for chakra inductions and treatments, utilizing trance states and self-hypnosis, will be demonstrated. This technique has been specifically requested by patients during this COVID-19 pandemic. Case studies will be reviewed, handout guides will be provided, and experiential opportunities will be integrated. This novel approach of combining hypnosis and chakra balancing offers attendees (including physicians, clinical and mental health care professionals) innovative options to weave into their practice.

At the end of this session participants will be able to:

- 1. Instruct patients in the mind-body connection of hypnosis and chakra balancing;*
- 2. Describe the 3 benefits of enhanced Chakra Balancing augmented by being conducted in clinical hypnotic trance;*
- 3. Tailor the Chakra Balancing hypnotic treatments to the needs of the patient;*
- 4. Develop treatment plans that are Mind-Body focused in conjunction with the patient goals and capabilities;*
- 5. Discuss current research, identify the qualities and practical functions of the seven basic chakras, and articulate how they can be incorporated into hypnotic clinical practice; and*
- 6. Deliver a chakra based hypnotic induction, utilize anchoring techniques (labels), and design novel treatment plans based on patients' goals and capabilities.*



Level 3 workshop (see description on page 4)

FA03: Hypnotic Tools for Psychotherapy: Anchoring, Future Progression of Successful Self

Debora L. Nesbitt, MSN, APRN, PMHNP, ABMH

1.5 CE/CME

In this workshop participants (including physicians, clinical and mental health care professionals) will learn about the process of anchoring positive emotional states to a future self or situation to support a successful outcome.

At the end of this session participants will be able to:

- 1. Apply these techniques with clients to support positive change in a variety of situations such as surgery, stress reduction,*

- test anxiety, and dental fear;*
2. *Define anchoring and list the steps to create an anchor;*
 3. *Identify the benefits of using anchoring to support positive outcomes;*
 4. *Outline the steps of future progression;*
 5. *Describe at least two situations in which anchoring could be applied to support positive outcomes; and*
 6. *Experience creating an anchor and apply it through future progression to a personal goal.*

 **Level 3 workshop (see description on page 4)**

FA04: The Use of Hypnosis and Creative Imagery to Alleviate Medical and Psychological Symptoms of Pregnancy

Phyllis Klaus, MEd, MFT, LMSW

1.5 CE/CME

During the perinatal period of pregnancy, birth, and postpartum many aspects of distress may manifest as physical or psychological symptoms such as hyperemesis gravidarum, premature contractions, intrauterine growth failure, severe anxiety, depression, or detachment from the infant. The vulnerability and openness of this period may allow to surface some aspect of unresolved issues of the mother's or father's own infancy, childhood, dysfunctional relationships, earlier traumas, imprinted negative beliefs, birth trauma, losses, or other significant stresses. If these issues are not resolved, the fetus, the pregnancy, or later the infant, or the partner, may become the transference object or take on in some symptomatic form this unfinished unconscious material. Current studies and descriptions of communication between the mother and the prenatal infant have opened up a realm of interventions enhanced by this communication to create positive change; such as, changing a breech position, lowering blood pressure, and stopping the above mentioned symptoms. Using creative hypnotherapeutic methods one can in most cases alleviate, or stop the symptoms fairly rapidly, but it is important to continue the therapy to reach the underlying material and create for the parent a deeper meaning and healing. This session (appropriate for physicians, as well as clinical and mental health care professionals) will describe demonstrations on how to elicit these prenatal interactions and show video clips of the fetus responding.

At the end of this session participants will be able to:

1. *Participants will use these methods to alleviate symptoms of pregnancy when freeing the distress of causal factors.*

10:45 am-12:15 pm (EST)

FA05: Creating Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders

Philip D. Shenefelt, MD, ABMH

1.5 CE/CME

Skin and skin disorders have had spiritual and religious dimensions often derived from created altered states of consciousness experiences since ancient times. Skin, hair, and nails are visible to self and others. The skin is a major sense organ for touch, pain, itch, heat, cold, pressure, and vibration. Skin also expresses emotions detectable by others through pallor, coldness, 'goose bumps', redness, warmth, or sweating. How much skin is covered with what kind of coverings, scalp and beard hair cutting, shaving, and styling, skin and nail and hair coloring and decorating, tattooing, and intentional scarring of skin all have had and continue to have spiritual and religious significance, often derived originally from visions or other altered state of consciousness experiences. Persons with visible skin disorders have often been stigmatized or even treated as outcasts. Spiritual and religious interactions with various skin disorders such as psoriasis, leprosy, and vitiligo are discussed.

At the end of this session participants will be able to:

1. *Be more aware and attuned to how altered states of consciousness experiences and their derivatives with spiritual or religious significance can affect the patient's personal and cultural beliefs with respect to what is meaningful and appropriate display of skin, hair, and nails, what clothing and decoration is meaningful and appropriate, and their beliefs about others based on what they see; and*
2. *Become more aware of the personal and cultural beliefs about skin disorders and what spiritual or religious meanings may be attached to them.*

 **Level 3 workshop (see description on page 4)**

FA06: The Art and Science of Ideomotor Signaling: History, Theory, Application (Part 1)

Sherwin Yaffe, MD

1.5 CE/CME

Ideomotor signaling can be a powerful intervention to help patients and clients uncover deeply repressed material. This workshop will be both didactic and experiential and will cover a broad introduction into the history and theory of the ideomotor concept and part 2 will cover the broad range of ideomotor applications. Participants (including physicians, clinical and mental health care professionals) will be able to utilize skills learned in this workshop immediately in their practices to help clients uncover deeply repressed information which has resulted in medical or psychological dysfunction. Once this is accomplished ideomotor signaling can be used to then treat the underlying issues resulting in improvement or possibly complete resolution of the condition.

At the end of this session participants will be able to:

- 1. Help clients uncover deeply repressed information which has resulted in medical or psychological dysfunction;*
- 2. Describe the development of Ideomotor Signaling from an historical perspective which has set the stage for the successful application of Ideomotor signaling;*
- 3. Apply at least three Ideomotor hypnotic inductions to be used in clinical practice to facilitate trance induction and deepening (experiential); and*
- 4. Formulate strategies for the successful use of Ideomotor Signaling based on the underlying psycho-dynamic theory of Ideomotor signaling.*

 **Level 3 workshop (see description on page 4)**

FA07: Watching Hypnosis Work in Treating a Depressed Woman: The Merits of Therapeutic Dissociation and Automaticity in Therapy

Michael Yapko, PhD

1.5 CE/CME

This session features a clinical demonstration of a single hypnosis session with a volunteer client at a therapy conference. Depressed, socially isolated, and saddled with lots of demotivating negative expectations, this woman reports feeling as if she is "trapped in prison." Open to hypnosis, she readily agrees to participating in a goal-oriented session. This teaching video provides subtitles explaining key points and methods of the interaction. These include suggestions for age progression, dissociation, and automaticity. Follow-up information affirming the value of the session will also be provided. Rather than getting caught up in the content of a client's problems, attendees (including physicians, clinical and mental health care professionals) will learn how to respond to the underlying processes giving rise to those problems. Intervening more quickly and effectively is an immediate benefit to attendees since all too often depressed clients in particular need some fairly immediate benefits from treatment or they may drop out of therapy prematurely. Hypnosis in particular lends itself to creating a climate for active and goal-oriented treatment, essential ingredients for effective treatment of depression.

At the end of this session participants will be able to:

- 1. Develop a means of suggesting purposeful dissociations in hypnosis that serve the larger therapeutic goals;*
- 2. Identify specific patterns of dissociation and how they relate to the goals of treatment; and*
- 3. Define the role of dissociation in depression treatment and the types of suggestions that can facilitate meaningful dissociations that serve the larger therapeutic goals.*

 **Level 3 workshop (see description on page 4)**

FA08: Repairing Disruptions in Maternal-Infant Bonding

Antonio Madrid, PhD

1.5 CE/CME

If a mother does not bond with her baby, this problem can be repaired through a hypnotic protocol that is easy to learn and easy to do. It has been used by hundreds of therapists throughout the world. Participants (including physicians, clinical and mental health care professionals) will view this protocol being used on a participant with bonding issue. Breakout groups will work on participants with bonding issues.

At the end of this session participants will be able to:

1. Identify examples of events that disrupt bonding; and
2. Demonstrate clinical approaches to address bonding issues.

1:45-3:15 pm (EST)

FA09: Spontaneous Abreaction and The Three Stay-C's

Mary Pratt Miller, PhD

1.5 CE/CME

Although many of us learned of abreactions in our graduate work, this workshop provides an opportunity to rethink the value of strong and incongruent emotional reactions that may occur in therapy. It provides guidelines for the therapist (as well as physicians, clinical and mental health care professionals) to assure the patient/client remains safe throughout and benefits from the experience.

At the end of this session participants will be able to:

1. Provide a safety net for the patient/client who may experience this phenomenon in or outside of therapy.

FA10: The Art and Science of Ideomotor Signaling: History, Theory, Application (Part 2)

Sherwin Yaffe, MD

1.5 CE/CME

Ideomotor signaling can be a powerful intervention for practitioners (including physicians, clinical and mental health care professionals) to help patients and clients uncover deeply repressed material. This workshop will be both didactic and experiential and will cover a broad discussion of Ideomotor applications including the seven "keys" for identifications and treatment of many medical and psychological conditions.

At the end of this session participants will be able to:

1. Incorporate at least eight medical and psychological conditions for which Ideomotor Signaling can be helpful;
2. Discuss the seven "keys" which are aimed at uncovering unconscious material through Ideomotor Signaling;
3. Devise a plan or treatment for each of the "seven keys" which would help the condition or possibly alleviate it; and
4. Teach the client or patient to control a wide variety of autonomic physiological functions which include pain control, blood pressure, secretion of hormones and many other functions.

FA11: From Principle to Practice: Deconstructing Problem Patterns to Create Hypnotically Guided Solutions

David S. Alter, PhD, ABPP, ABPH

1.5 CE/CME

Therapeutic approaches, with and without the use of hypnosis, rest upon underlying, often non-conscious, social engagement processes that regulate the self through intersubjective interaction patterns. This workshop invites participants (including physicians, clinical and mental health care professionals) to understand the core principles that guide these self/other interactions, how to use hypnosis to modify them, and to practice those methodologies during this advanced, interactive workshop.

At the end of this session participants will be able to:

1. Engage clients through prospective, curiosity and uncertainty-based practices that engage clients' natural resilience;
2. Apply techniques that enable them to move from identification of problem-maintaining principles to change-facilitating practices; and
3. Reduce dependence on diagnosis-based labeling and pre-scripted interventions in favor of individualized approaches impacting symptom development and maintenance.

1:45-3:15, 3:30-5:00 pm (EST)

FA12: The Subconscious as Co-Therapist and Spiritual Guide in the Treatment of School Age Children and Adolescents

Ran Anbar, MD

3.0 CE/CME

This workshop will discuss clinical hypnosis tools beyond the commonly used relaxation, suggestions, metaphors, and

ideomotor signaling. This workshop will focus on advanced utilization of the subconscious as a co-therapist and spiritual guide in children. Such tools have been reported to be helpful in the treatment of many children including those with anxiety, dyspnea, headaches, insomnia, and irritable bowel syndrome. This approach is effective in large part because of the hypnotic elicitation of children's abilities to identify and address their own psychosocial issues that likely underlie perpetuation of their symptoms. The workshop will include review of published patient cases, video examples, clinical pearls to help optimize use of these tools, and experiential exercises that demonstrate their application.

At the end of this session participants will be able to:

- 1. Explain how interactions with the subconscious can allow clinicians to better formulate hypnotic and counseling suggestions for individual patients.*
- 2. Use arm strength testing as a way of interacting with the subconscious, and explain limitations of this technique.*
- 3. Elicit automatic writing, automatic talking, and automatic word processing as advanced ways of interacting with the subconscious.*
- 4. Use interactions with the subconscious as a way of tapping into the spiritual strength of appropriate patients that can aid in their therapy.*

3:30-5:15 pm (EST)

FA13: Psychosomatic Endodontics, Periodontics, and Prosthodontics in Clinical Practice

Mohsen Ramenzai, DDS

1.5 CE/CME

Based on psychologically findings out of medicine, there is no healthy or unhealthy somatic manifestation without connection to the mind. Dentistry is not only an exception but also embraced tightly by this natural dictating frame. This workshop is planned to engage audiences to reveal, motivate and express their own mindful insights toward the topics in clinical practice. Discussion will focus on how to designate individually metaphors suitable for dominant sensual sense. The whole program is subdivided into thinking, linguistic expression of mind ideas, all leading to practical hypnotic intervention in the field of dental treatments. The goal is empowerment of ever-increasing ideas, information and practical skills. The high psychological demands in dentistry dictates us as researchers and clinical practitioners to look for the best modality of psychosomatic treatments. It is hoped that the workshop will be beneficial for practioners (including physicians, clinical and mental health care professionals) and patients/clients.

At the end of this session participants will be able to:

- 1. Implement interventions to cover the mind's issues related to the dental treatments.*

FA14: Using Loving-Kindness Meditation-Based Ego-Strengthening Techniques in Hypnotherapy

Akira Otani, EdD, ABPH

1.5 CE/CME

Ego-strengthening has been extensively used in clinical hypnosis. In this workshop, participants (including physicians, clinical and mental health care professionals) will learn two loving-kindness meditation-based techniques that are easily incorporated in a hypnotic framework. Loving-kindness meditation aims at (1) generating compassion, (2) removing suffering, (3) sharing empathic joy of others, and (4) maintain equanimity, for others and self. Of the two approaches covered in this workshop, one utilizes external resources by way of an imagery of somebody who can achieve a desired goal of the client. The other, in contrast, draws on the client's internal memories to accomplish this objective. These strategies resemble, respectively, the "My-Friend-John" technique developed by Milton Erickson and the "Inner Self Helper" approach advocated by Jack and Helen Watkins. Both strategies help enhance the client's self-efficacy and positive attitude toward self and others.

At the end of this session participants will be able to:

- 1. Enhance his/her client's self-esteem and confidence in psychotherapeutic work;*
- 2. Increase the client's resiliency coping with discomfort and pain while going through medical procedures;*
- 3. Assist the client's planning for future activities;*
- 4. Explain to the client in clear language the two (2) loving-kindness ego-strengthening techniques;*
- 5. Ascertain which of the two (2) techniques is more beneficial to the client; and*
- 6. Induce trance and incorporate the two (2) techniques to benefit the client.*

FA15: Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale (EHS)

Gary R. Elkins, PhD, ABPP, ABPH

1.5 CE/CME

Hypnotizability refers to a person's ability to experience various aspects of hypnosis such as cognitive, experiential, behavioral, and physiological responses to hypnotic suggestion. Assessment of hypnotizability can provide important information regarding case conceptualization, treatment planning, and mechanisms of hypnosis interventions. In addition, assessment of hypnotizability may be a useful means of introducing hypnosis through experiential means and may have therapeutic benefits. The Elkins Hypnotizability Scale (EHS) can be integrated into clinical practice and research. The clinical form (EHS-CF) takes about 20 minutes or less. It involves a hypnotic induction involving focus of attention, eye closure, and relaxation. Following deepening suggestions, items include inhibitory motor responses, facilitative motor and cognitive responses, and facilitative perceptual responses. The EHS-Clinical Form (EHS-CF) includes items with increased sensitivity to graded responses using an ordinal scoring method, takes into consideration both behavioral and experiential responses in scoring, and is pleasant while including a high variety of test suggestion types. Responses are scored based on subjective experience of the participant and observation by the assessor. The EHS has very good internal consistency (.85), test-retest reliability (.93), and scores highly correspond with the Stanford Hypnotic Susceptibility Scale-Form C (SHSS-C). In this workshop participants will gain knowledge about clinical and formal assessment of hypnotizability. In addition, participants (including physicians, clinical and mental health care professionals) will learn how to administer and score the EHS-CF. Further, participants will learn how the EHS-CF can inform clinical practice and be a valuable clinical tool.

At the end of this session participants will be able to:

- 1. Integrate EHS-CF into patient care by providing relevant information on hypnotic abilities and predict response to hypnosis intervention using standardized protocols; and*
- 2. Develop skill in assessment of hypnotizability using the EHS-CF.*

5:30-7:00 pm (EST)

Case Consultation (FA16, FA17, FA19)

FA16: Ran Anbar, MD; Dan L. Handel, MD

FA17: Stephen R. Lankton, LCSW, DAHB; Moshe S. Torem, MD, ABPN

FA19: Maggie Dickens, MS, LPC, LCDC; Lane Wagaman, EdD

1.5 CE/CME

Physicians, Dentists, and Psychologists are invited to bring difficult or interesting cases.

FA16 and FA17 will separate into two breakout groups and be moderated by an expert in hypnosis who will select the cases for discussion and the group will define challenges or obstacles that are present, and develop treatment options. Three to four cases will be discussed for 20-30 minutes, each.

Early Career Professionals (ECP) are encouraged to participate in the Dickens/Wagaman (FA19) group.

At the end of this session participants will be able to:

- 1. Present a compelling case to colleagues for analysis;*
- 2. Identify two underlying problems that are blocking the progress for either the therapist or patient/client; and*
- 3. Develop their own methods and participate in a collaborative effort to create positive resolutions.*



Level 3 workshop (see description on page 4)

FA18: Ericksonian Hypnosis for Clinical Practitioners and Physicians

Anita Jung, MS

1.5 CE/CME

Ericksonian therapy, defined as an experiential, phenomenologically-based approach to problem solving, utilizes existing client attributes while evoking natural processes of learning and adaptation. This workshop is designed to highlight the core competencies of Ericksonian Therapy. These key concepts have been subjected to empirical testing and found to be pivotal to the identity of this unique form of therapy. This wealth of information will make it easier for participants to understand and utilize Ericksonian hypnosis and its integration into any therapy model or medical practice.

At the end of this session participants will be able to:

1. *Work strategically with their patients and will be able to use their symptoms as a solution for healing and change;*
2. *Articulate and practice two core competencies as a new method of treatment;*
3. *Use and demonstrate 2 core competencies of Ericksonian therapy; and*
4. *Deliver Ericksonian hypnotic interventions to patients in an Ericksonian manner.*

Saturday, March 6, 2021

9:00 am-12:15 pm (EST)

SA01: Helping Children Help Themselves **Linda Thomson, MSN, APR, ABMH, ABHN** **3.0 CE/CME**

Long history and solid research has substantiated the therapeutic benefits of using hypnotherapeutic techniques with children for a variety of habit disorders. The presentation will describe interventions that can be used with children with habit disorders, that not only give the child skills to solve the problem himself, but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life.

This session will include a review of the developmental stages of childhood and the conditioned psychophysiological, semiconscious behavior patterns that may develop and then become habituated and difficult to extinguish. Effective hypnotic interventions for a variety of common habit disorders such as nail biting, thumb sucking, enuresis, encopresis, tics and trichotillomania will be discussed along with video demonstrations of hypnosis sessions with children.

The remainder of the workshop will be devoted to increasing the knowledge, skills and comfort level of the participants in designing treatment strategies for children with habit disorders. Small group skill practice sessions will be used as experiential opportunities for the attendees to learn to cultivate the positive forces of imagination, bypass natural resistance to change and generate new patterns of consciousness when working with children with habit disorders.

At the end of this session participants will be able to:

1. *Describe how to match hypnotic strategies for habit disorders to the developmental level of the child;*
2. *Design an effective hypnotic intervention for two common pediatric hand habits;*
3. *Develop an effective hypnotic intervention for an elimination disorder; and*
4. *Create an effective hypnotic intervention for a child with a tic disorder.*

SA02: Breaking the Panic Cycle with an Integrative Approach **Carolyn Daitch, PhD** **3.0 CE/CME**

In the United States, six million people, or 2.7 percent of adults suffer from panic disorder. For patients who experience panic attacks, the distress and suffering can be overwhelming. Individuals with panic often fear that they are going crazy, will lose control or embarrass themselves. They are beset by a chronic preoccupation with the fear that another panic attack might occur. Typically, they catastrophize about the significance of the somatic sensations that accompany panic. It is also common for patients with panic to develop depression over time if they are not successfully treated. These patients deserve effective strategies to help them tolerate and manage their panic. In this workshop, participants (including physicians, clinical and mental health care professionals) will be introduced to a powerful, integrative therapy model that combines: hypnosis; CBT; mindfulness and acceptance approaches.

At the end of this session participants will be able to:

1. *Explain the components of panic disorder;*
2. *Articulate the role of mindfulness in the treatment of panic;*
3. *Articulate the steps of exposure therapy to uncomfortable physical sensations and worried thoughts;*
4. *Articulate goals, interventions and modalities to patients; and*
5. *Identify two interventions that can help clients manage catastrophic thinking that accompanies panic.*

Level 3 workshop (see description on page 4)

SA03: Using Clinical Hypnosis and Healing Relationship for Treatment of Unexplained Physical Symptomatology Frustrating to Patients/Clients and Practitioners Alike **Harvey Zarren, MD** **3.0 CE/CME**

This workshop will provide practitioners of Clinical Hypnosis with a framework from which they can usefully utilize Clinical Hypnosis to relieve suffering in patients who have physical symptomatology, and in whom clinical testing has revealed no clear causation and prior treatments have not been significantly successful in relieving the suffering. Examples of such conditions are psychogenic seizures, fibromyalgia, some autoimmune conditions, and Complex Regional Pain Syndrome. These patients have often been suffering for a long time, often years, and have seen multiple practitioners of many specialties, and have spent long hours and many financial resources without adequate relief of their suffering.

In this workshop I will present a biological framework from which to approach, evaluate, and treat these patients using Clinical Hypnosis and Healing Relationship (which is much of the basis of effective Clinical Hypnosis). I have used this information for 15 years to effectively treat these kinds of patients. I will include examples of the kind of hypnotic interventions that I have found useful.

At the end of this session participants will be able to:

- 1. Explain the biological and evolutionary background for our human ability to heal: physically, mentally, emotionally, spiritually, and socially;*
- 2. Describe to other practitioners and patients/clients how our biology can be overwhelmed to produce unexplained physical symptoms that do not show up on clinical tests; and*
- 3. Articulate possibly new ways in which they can evaluate patients/clients with unexplained physical symptoms, and will be able to creatively develop and utilize their own utilization of Clinical Hypnosis in the treatment of such patients.*

SA04 3.0 CE/CME

9:00–10:30 am: TRAUMA TRACK: Integrating Hypnotic Strategies into Contextual Trauma Therapy for Complex PTSD

Stephen N. Gold, PhD

This presentation will provide an overview of the conceptual framework underlying Contextual Trauma Therapy (CTT), an approach specifically designed to treat Complex PTSD (C-PTSD), and highlight the value of integrating hypnotic strategies into this form of treatment. CTT is grounded in the observation that C-PTSD is not only the consequence of extensive childhood traumatization, but also of various forms of childhood deprivation leading to an array of developmental deficits that persist in adulthood. Simply stated, it suggests that C-PTSD is not only the consequence of the presence of harmful events, but also of a relative lack of beneficial conditions in a child's background. This dual-pathway model of CTT is supported by several converging lines of research that have emerged in recent years. The prominence of dissociative functioning in C-PTSD renders these clients especially responsive to hypnosis, which in turn lends itself to the use of hypnosis to remediate the restricted developmental capacities that characterize C-PTSD. A video of a hypnotic procedure for teaching C-PTSD clients how to modulate their dissociative states, which can subsequently be employed for the induction of hypnosis and self-hypnosis, will be shown. Finally, a general approach to employing this procedure to hypnotically promote movement toward the attainment of developmental capacities supportive of navigating the complexities of adulthood such as self-soothing; affect regulation; modulation of attention; secure attachment; a more stable and positive sense of self grounded in increased sensory, emotional, and cognitive awareness; and a heightened orientation to the present and future will be discussed. This session will present a therapeutic model specifically designed for treating Complex PTSD (C-PTSD), Contextual Trauma Therapy (CTT). Explanation of the conceptual component of CTT will provide a roadmap to help practitioners (including physicians, clinical and mental health care professionals) distinguish C-PTSD from PTSD, consider a range of aspects of C-PTSD for which hypnotic interventions are particularly well-suited, and understand how and why interventions exclusively devoted to processing trauma will not adequately resolve C-PTSD, and are instead likely to appreciably exacerbate it. Coverage of the manifestations of dissociation commonly encountered in C-PTSD and the ways in which they reflect a high level of hypnotic responsivity in this diagnostic cohort will be provided. A particular hypnotic procedure employed in CTT to teach clients with C-PTSD how to modulate dissociation will be delineated, experientially demonstrated, and illustrated via video. This procedure can then be employed to facilitate self-hypnosis outside of sessions and hypnotic induction in therapy.

At the end of this session participants will be able to:

- 1. Describe two out of the three major areas of research that converge to provide support for the CTT model of complex traumatization;*
- 2. Demonstrate that they can execute the steps comprising the dissociative dial procedure for modulating dissociative states and inducing hypnotic states;*
- 3. Apply the dual causation model of Complex PTSD proposed by the Contextual Trauma Therapy (CTT) model and the class of difficulties with which each of the two is associated; and*
- 4. Apply the conceptual material conveyed in this session to various difficulties presented by individuals with Complex PTSD that are related to restricted psychological development as opposed to traumatization.*

SA04 (10:45 am-12:15 pm) TRAUMA TRACK: Neurobiological Implications of the Applicability of Hypnosis to Treating Complex PTSD

Michael Quinones, PhD

Menon's Triple Network of Psychopathology model posits that psychological disorders have a 'neural signature' associated with aberrant activity and dysconnectivity (i.e., dissociated-activity) among specific neural networks in the brain (Menon 2010). Simultaneously, empirical literature on the neurobiological concomitants of hypnosis is expanding rapidly. This presentation will explore how these two areas of research can be drawn upon to enhance the effectiveness of therapy by conceptualizing state-changes as being central to recovery from psychopathological conditions. As a particular example, I will be focusing on Complex PTSD (C-PTSD) because it can encompass a wide range of psychological symptoms and functional impairments. The Contextual Trauma Therapy (CTT) model, which explicitly proposes a two-pronged causation of complex traumatization, trauma per se, leading to PTSD (psychological symptoms), and developmental deprivation, resulting in disturbances of self-organization (functional impairments), will be employed (Gold 2020). This presentation will then review the research on, 1) the utility and applications of clinical hypnosis for the treatment of trauma-related disorders (i.e. PTSD, dissociative disorders, depression, anxiety, substance use, chronic suicidality), 2) the neurobiological bases associated with clinical hypnosis (e.g. Polyvagal theory and attachment theory), and 3) the 'neural signatures' of various approaches to hypnosis as they relate to Menon's Triple Network Model of Psychopathology and Polyvagal theory. From this empirical base I will explore how an integration of the neurobiological bases of C-PTSD and clinical hypnosis can form a foundation for a coherent and comprehensive approach to the application of clinical hypnosis for the treatment of C-PTSD. Information from the session can be utilized by attendees (including physicians, clinical and mental health care professionals) to inform their approach to working with individuals with C-PTSD and complex traumatization and utilize information from the session to inform their treatment considerations for the use of clinical hypnosis in the treatment of trauma-related disorders. This session will also provide attendees with greater understanding about the functional impacts associated with C-PTSD and how it can inform their treatment approach through the utilization of clinical hypnosis.

At the end of this session participants will be able to:

- 1. Identify four specific neurological structures associated with trauma-related disorders and applications of clinical hypnosis; and*
- 2. Assess if treatment approaches are correlated with improving the activity and connectivity among specific neurological structures.*

2:45-4:15 pm (EST)

SA05: Dialectical HypnoTherapy: Applications of the Dialectical Method for Creating Change in Hypnotically Augmented Psychotherapy

John E. Alexander, PhD

1.5 CE/CME

The dialectical method is a time-honored procedure for creating change in eastern and western philosophies and spiritual practices. Dialectical HypnoTherapy (DHT) makes use of the dialectical method for creating change and overcoming problems in hypnotically augmented psychotherapy, a method first introduced into hypnotherapy by Herbert and David Spiegel and described in their landmark text on hypnosis, Trance and Treatment (1978, 2004). The Spiegels refer to their method of dialectical therapy as 'restructuring' and they use it in conjunction with the Hypnotic Induction Profile (HIP), their method for inducing hypnosis, assessing hypnotizability, and teaching self-hypnosis. In their text, the Spiegels note, that there is an interesting relationship between hypnosis and the dialectical approach to constructing therapeutic strategies to resolve problems. They maintain that the crux of the hypnotic process is the shift in the dialectical relationship between focal and peripheral awareness and the order of consciousness it gives rise to. The experience of hypnosis is characterized by a heightened responsiveness to suggestion and greater access to the capacity for dissociation, which may be experienced as a sense of parallel awareness, permitting patients to view themselves and their problems more objectively. The dialectical method for problem solving appears to map well onto the state of consciousness evoked in hypnosis since it also makes use of a triadic formula for creating change by reconciling differences between opposing forces through a process of sublation (negation and preservation) leading to a synthesis and a more satisfying state of well-being. This workshop will provide attendees (including physicians, clinical and mental health care professionals), with an overview of the history of the time-honored dialectical method for creating change in eastern and western philosophies and religious practices they will learn the added value of using hypnosis to augment dialectical problem solving strategies to enhance therapeutic effects.

At the end of this session participants will be able to:

- 1. Formulate some basic dialectical restructuring strategies for the treatment of common clinical concerns including habit disorders, fears, phobias and pain.*

SA06: 4000 Years of Bypassing the Conscious Mind: The Vedic Mind-Body Connection (continuation of Plenary presentation)

Kathryn Rossi, PhD

1.5 CE/CME

Hypnosis began with the mind-body question that we have been trying to solve ever since. The wondering womb was believed by the Aretaeus, in 2nd Century AD Greece, to be an animal within the flanks of a women. Soranus, also in the 2nd Century, likened the condition to hysterical suffocation which later morphed into female hysteria, a common diagnosis until 1952. German mystic and astronomer Mesmer, in the 18th Century, believed celestial energy could be magnetized to help treat hysteria. Charcot, the French founder of Neurology, introduced hysterio-epilepsy suggesting men suffered too. William James, the American founder of hypnosis moved into the spiritual dimensions writing *The Varieties of Religious Experience: A Study in Human Nature* in 1902. Milton H. Erickson, the modern-day father of Therapeutic Hypnosis, became the innovative and practical hypnotherapist to utilize mind-body techniques to advance trance for emotional, social and physical healing. He found that one could bypass the conscious mind by minimal and sometimes subtle tactile cues. Ernest Rossi introduced deep biology into the mix synthesized in the 4-Stage Creative Cycle based on ultradian rhythms, neuroscience and PsychoSocial genomics. Kathryn Rossi discovered there is a confluence between the history and integration of hypnosis' 200-year history with traditional yoga practices of Patañjali, author of the ancient Yoga Sutra. Yoga Story Therapy, a mind-body self-exploration modality that involves both trance and numinous psychodrama with underpinnings of neuroscience, biology and epigenetics enhancing brain plasticity and neuro-integration.

At the end of this session participants will be able to:

- 1. Identify the 4-Stage biological-dynamics that underlies hypnosis, yoga and all of healthy life processes.*



Level 3 workshop (see description on page 4)

SA07: Effective Communication in Medical/Dental Offices

Debora L. Nesbitt, MSN, APRN, PMHNP, ABMH

1.5 CE/CME

In this presentation participants will learn about the importance of effective, hypnotically informed communication to support positive client outcomes. The contents of this workshop may be used to share with colleagues and in-office trainings.

At the end of this session participants will be able to:

- 1. Improve client/provider communication to support positive outcomes; and*
- 2. Compare and contrast effective and ineffective communication.*

SA08: TRAUMA TRACK: The Unrepressed Unconscious, Complex PTSD, Attachment, and Hypnosis

Louis Damis, PhD, ABPP

1.5 CE/CME

Research increasingly supports clinical experience that many, if not the majority, of clients treated for Post-traumatic Stress Disorder actually have Complex Post-traumatic Stress Disorder (CPTSD). CPTSD is associated with histories of prolonged trauma, abuse, and neglect and is considered a form developmental trauma. Such Complex Traumatic Stress Disorders include disturbances of self organization that overlap with attachment deficits and pathologies requiring specialized interventions to modify. This program will review the nature of the unrepressed unconscious, related memory systems, and the use of clinical hypnosis to facilitate relevant change. The presentation will focus on attachment conceptualizations and methods of repair espoused by Albert Pesso (1991) and Brown & Elliot (2016). Application of the polyvagal theory will be reviewed to modulate the neurophysiological substrate of the ANS for promotion of attachment. Examples of specific interventions along with management of potential issues that may emerge as the process unfolds will be reviewed. In addition to modification of attachment issues, the range of strategies covered will also assist with trauma stabilization, promotion of positive self-regard, ego-strengthening, and self-efficacy. Participants (including physicians, clinical and mental health care professionals) will also acquire strategies for promoting a neurophysiological substrate for attachment development and hypnotic techniques for facilitating attachment repair and CPTSD resolution.

At the end of this session participants will be able to:

- 1. Differentiate simple PTSD from Complex PTSD;*
- 2. Appreciate the important role of attachment issues in Complex PTSD;*
- 3. Apply hypnotic strategies to facilitate attachment and developmental trauma repair in the service of Complex PTSD resolution;*
- 4. Distinguish PTSD from CPTSD and describe the three aspects of Disordered Self Organization that characterizes CPTSD;*
- 5. Describe the two major human memory systems and explain how different hypnotic strategies can modify each;*
- 6. List three types of insecure attachment and describe two hypnotic strategies to facilitate repair of each; and*
- 7. List the functions of secure attachment and describe how they are incorporated into hypnotic attachment repair interventions.*

4:30-6:00 pm (EST)

SA09: Hypnotically Enhanced Treatment of Addictions during this time of the Opioid Crisis, Coronavirus, and Telemedicine

Joseph Tramontana, PhD

1.5 CE/CME

In this workshop, new strategies and techniques will be provided to work with patients and addictions, including alcohol abuse, drug abuse, gambling addiction, smoking, and weight loss. The term "hypnotically enhanced" is used because many therapy approaches can elicit more powerful results with hypnosis than just conversationally. With the opioid crisis, the primary focus on addiction therapy became drugs, and during this pandemic, there are reports of an increase in opioid deaths by overdose. And temporarily, treatment is done primarily by telemedicine. This "new normal" might only spur greater dependence on substances. Participants not already working in the area of addictions will learn strategies/techniques for working with these populations. Those already working with addicts (including physicians, clinical and mental health care professionals) will learn new techniques or remember techniques they used successfully for other clinical conditions, for bypassing the conscious mind and helping patients gain insights into their self-sabotaging behaviors. Others will perhaps learn to provide effective treatments to populations they had not heretofore been treating.

At the end of this session participants will be able to:

- 1. Demonstrate use of hypnosis in treatment of drug addiction, alcohol abuse, and gambling addiction. They will be able to formulate treatment plans encompassing hypnotic techniques;*
- 2. Be more open to treat this very difficult clinical population, and those already treating addictions will leave with some new tools in their tool chest; and*
- 3. Construct treatment plans.*

SA17: Enhancing Creativity and Wisdom with Therapeutic Age Progression

Moshe Torem, MD, ABPH

1.5 CE/CME

Many therapies have focused on the present and the past, attention to the future has been rather meager. However, the use of future focused strategies can be a powerful approach to bring about creative transformational changes in peoples' behaviors and overall health. Such changes can be creatively realized and practically implemented in daily life. Hypnosis can help individuals to creatively experience a desirable positive and satisfying state of affairs in the future. This experience is then internalized on a conscious and sub-conscious level. This experience usually improves individuals confidence in themselves and their trust in creative problem solving applied to daily living. Participants in this workshop will learn the use of future focused communication, suggestions, imagery, and a variety of age progression techniques with and without formal hypnosis.

At the conclusion of this presentation, attendees will be able to:

- 1. Apply a clinical skill to the treatment of medical, surgical, or behavioral conditions.*
- 2. Help clients to internalize the best possible outcome of treatment with the use hypnosis and vividly experienced imagery.*



Level 3 workshop (see description on page 4)

SA11: Preparing Patients for Surgery Using Hypnotic Strategies

Mary Wells, PhD

1.5 CE/CME

Hypnosis has been used for more than 20 years to improve outcomes from surgical procedures to include shortened recovery times, decreased need for pain medication, maintain stable vital signs through the surgical process and facilitate medication

induced analgesia and recovery. The process is straightforward and well tolerated by patients who find it very helpful in facilitating better recovery.

At the end of this session participants will be able to:

- 1. Identify types of patients who would benefit from use of hypnosis in preparation for surgery/procedures;*
- 2. Educate patient on how hypnosis can be a useful tool in getting ready for medical procedures/surgery; and*
- 3. Identify preferred trance facilitation and metaphors specific to patient needs and medical/surgical situation*

SA12: TRAUMA TRACK: From Divided to United: Ego State Therapy and Hypnotic Strategies for Conflict Resolution

Wendy K. Lemke, MS, LP

1.5 CE/CME

Given the divisive time we live in with people divided on so many issues and the rise of traumatic experiences, the consideration of ego-state therapy principles applied to internal and external relationships can assist in improving relationships and overall functioning for those impacted by trauma and those that work with them.

Ego-state therapy (EST) is based on working with an internal system of self-states within a single individual. Often these states are unconscious and in great opposition resulting in internal conflict and psychological struggles. Our country is also a system with many parts that are in opposition with increasing polarity therefore the same EST principles are applicable. This workshop will review EST principles and demonstrate how applicable they are not only for our traumatized clients but how they can assist us all in managing our own self-states during such challenging times. EST and hypnotic strategies that promote cooperation and collaboration whether for an internal system or an external one will be discussed and demonstrated. The art of being hypnotic will also be discussed which includes strategies useful for hypnosis and telehealth when working with an EST approach

At the end of this session participants will be able to:

- 1. Describe Ego-state therapy principles relevant to resolving internal/external conflicts within self or with others;*
- 2. Demonstrate ways to enhance Ego-state therapy work with traumatized population especially via telehealth by 'being hypnotic' versus 'doing hypnosis';*
- 3. Identify three strategies based on EST principles to utilize for yourself when dealing with conflicts within self or with others that promote unity and collaboration versus further polarity; and*
- 4. Demonstrate hypnotic stories/metaphors useful in an ego-state approach that foster unity and collaboration versus separateness and division.*

6:30-8:00 pm (EST)

Case Consultation (SA13, SA14)

SA13: Ran Anbar, MD; Dan L. Handel, MD

SA14: Stephen Lankton, LCSW, DAHB; Moshe S. Torem, MD, ABPN

1.5 CE/CME

Physicians, Dentists, and Psychologists are invited to bring difficult or interesting cases. Each group will separate into two breakout groups and be moderated by an expert in hypnosis who will select the cases for discussion and the group will define challenges or obstacles that are present, and develop treatment options. Three to four cases will be discussed for 20-30 minutes, each.

At the end of this session participants will be able to:

- 1. Present a compelling case to colleagues for analysis;*
- 2. Identify two underlying problems that are blocking the progress for either the therapist or patient/client; and*
- 3. Develop their own methods and participate in a collaborative effort to create positive resolutions.*



Level 3 workshop (see description on page 4)

SA15: IBS Hypnosis

Joseph F. Zastrow, MD

1.5 CE/CME

The use of hypnosis in Irritable Bowel Syndrome is a well researched subject. This session will provide a basic understanding of IBS, research in hypnotic uses and techniques.

At the end of this session participants will be able to:

1. *Demonstrate proficiency in the use of hypnosis to treat IBS utilizing the framework of use within a clinical setting.*

SA16: TRAUMA TRACK: Complex PTSD Interventions: Hypnotic Contextual Trauma, Neurophysiological, Attachment, and Ego-State Treatment Approaches

Louis Damis, PhD, ABPP; Stephen Gold, PhD; Michael Quinones, PhD; Wendy Lemke, MS

1.5 CE/CME

Complex Post-traumatic Stress Disorder is associated with histories of prolonged trauma, abuse, and neglect and is considered a form developmental trauma. Such Complex Traumatic Stress Disorders include disturbances of self organization that overlap with attachment deficits, retuning of the autonomic nervous system, and other pathologies requiring specialized interventions to modify. This program will be hosted by a panel of experts specializing in developmental, attachment, ego-state, and neurophysiological/somatic damages of trauma and neglect. Faculty will share their hypnotic strategies for empowering the recovery from development trauma in a comprehensive many. Interventions from their varying perspective will be applied to cases presented by participants as well as examples from their individual practices.

At the end of this session participants will be able to:

1. *Distinguish PTSD from CPTSD and delineate the dual treatment approach of Contextual Trauma Therapy;*
2. *Explain the importance of appreciating attachment disorders present in individuals with Complex PTSD and outline a hypnotic strategy for constructive modification;*
3. *Explain the role of autonomic retuning secondary to trauma and be able to apply two techniques for improving autonomic nervous system function; and*
4. *Demonstrate two ways to enhance Ego-state therapy work with traumatized population especially via telehealth by 'being hypnotic' versus 'doing hypnosis.'*

Sunday, March 7, 2021

9:00 am - 12:15 pm (EST)

SUA01: An Extended Application of LeCron and Cheek's "Past Experience" Common Cause: Past Life Therapy, Trauma, and the Spiritual/Transpersonal

Paul W. Schenk, PsyD; Philip L. Accaria, PhD

3.0 CE/CME

This didactic and experiential workshop will address the successful utilization of hypnotic regression techniques in resolving/reducing a variety of chronic physiological, cognitive and emotional issues when ideomotor signaling indicated the origin of the symptom/issue was linked to a trauma reportedly experienced during a "past life". A theoretical basis and definition of "past life therapy" (PLT) will be presented which incorporates traditional concepts of family/systems theory, CBT, and trauma treatment. PLT protocols will be presented. Participants (including physicians, clinical and mental health care professionals) will have opportunities to experience a regression. Participants will be introduced to 60 years of research related to children who spontaneously remember a previous life. Alternative models which view the (PLT) experiences as purely fictional/metaphorical will also be presented. Using videotapes and case transcripts of hypnotic experiences of the "past life" type, participants will be asked to formulate alternative theoretical models to explain the observed therapeutic effectiveness. The models developed by the participants will be compared/contrasted with (a) a model that relies on reincarnation as an explanatory factor, (b) a "waking dream" model which assumes the experiences are purely fictional/metaphorical creations of the client's unconscious, and (c) indigenous medicine practices and constructs of "soul". The presentation will address differentiating the subset of clients for whom this treatment approach would be contraindicated, ways to discuss with clients the different theoretical bases underlying the technique, and the critical role of ideomotor signaling as a diagnostic component, with a particular focus on the "past experience" common cause of symptoms as postulated by Leslie LeCron and David Cheek.

At the end of this session participants will be able to:

1. *Apply ideomotor signaling to further explore possible origins of the client's presenting symptom(s) based on LeCron and Cheek's 7 keys;*
2. *Discuss how events from a different life can theoretically contribute to current life symptoms of various types;*
3. *Use hypnosis to generate fictional/metaphorical dream-like imagery that can be utilized by the client's mind to reduce/resolve symptoms of various types;*
4. *Be able to incorporate NDE related phenomena when it emerges in the client's experience;*
5. *Expand conceptualization of alternative causes of symptoms with a 4-dimensional model that adds to participants'*

- existing constructs for intrapersonal and interpersonal psychotherapy (e.g., intrapsychic, couples, family systems);*
- 6. Differentiate the subset of clients for whom this treatment approach would be contraindicated; and*
 - 7. Discuss with clients that the therapeutic effectiveness of this treatment approach to reduce/resolve symptoms of various types has no correlation with whether the therapist or client believe the experience was really a memory from another lifetime or was purely fictional/metaphorical dream-like imagery.*

SUA02: Alleviating Pain & Suffering Associated with Illness and Injury

Philip R. Appel, PhD; Moshe S. Torem, MD, ABPN

3.0 CE/CME

In this workshop we explore ways of dealing with suffering arising from pain and other symptoms associated with illness and injury as well as the undesirable effects of medical interventions. The presenters share their philosophical approaches and techniques learned over the last 40 years of practice. The workshop includes a variety of self-regulation strategies in the sensory, cognitive and affective realms as well as the use of ego-state therapy combined with self-focused loving kindness to address suffering and pain.

At the end of this session participants will be able to:

1. Describe Oyle's procedure for pain reduction and how to implement;
2. Use a hypnotic modification of a choiceless awareness mindfulness meditation for pain reduction;
3. Create a synesthesia-based state of relaxation;
4. Use the principle of Disidentification in clinical practice and learn Assagioli's technique for Disidentification;
5. Use ego-state therapy for reduction of suffering; and
6. Cite at least three frequent symptoms common in patients suffering from adverse undesirable results of medical and surgical procedures.

SUA03: Enlisting Our Biology for Healing, Rather than Overwhelming It: The Use of Poetry and Clinical Hypnosis to Treat Suffering Patients

Harvey Zarren, MD

3.0 CE/CME

Our long-evolved biological design is effective for healing if valued and nourished appropriately. But we practice healthcare the way we live with brusque efficiency, often impersonally and by the clock: minutes and hours and dollars dictating more than patients' needs. Our healing biology is overwhelmed by the pace of our lives and the pace of our healthcare, rather than fostered and nourished by some timely, attentive caring that suits our design: enabling our own healing to work its way given adequate time. Poetry enables our introspective attention, delight, knowing, remembering, and revealing that can foster and support the healing genes to work their wiles, at least along with whatever we've been given, and sometimes instead of chemical manipulations with pills. Clinical Hypnosis does the same with supportive relational caring, and metaphoric models for insight and learning, and well-paced Interventions that enable, allow the biological mechanisms to express their capable tools for healing, repair and recovery. Poetry and Clinical Hypnosis used at their best require adequate time that suits the timely design of the biology that we have inherited from ancestors who recovered from trauma, injury, disease and other limiting Experiences capable of shortening life, but that didn't on some occasions.

At the end of this session participants will be able to:

1. Capably describe our human biology, its wholeness and lack of separation into physical, mental, emotional, spiritual, and social aspects, and how that biological design is readily overwhelmed by our current lifestyle and by how we currently practice healthcare;
2. Discuss how incessant noise, information excess, activity, and fear are erosive for our biological design, and how time, quiet, Nature, spirituality/connection, caring relationship and love are supportive for our biological design and for healing; and
3. Explain how Poetry and Clinical Hypnosis create a wonderfully effective combination that suits our biological design to foster, enable, and stimulate healing.

SUA04: ETHICS TRACK: Ethics in a time of COVID: The ASCH Ethics for Telemedicine and Distance Education Guidelines and the Department of Veterans Affairs Experience

John Hall, PhD; David Gaffney, LMSW; William V. Hayes, LCSW

3.0 CE/CME

This 180 minute workshop will be offered by three practitioners of clinical hypnotherapy from across the Veterans Health Administration (VHA) who have also served as the subject matter experts for the starting of a clinical hypnosis training program offered for the thousands of healthcare providers at the VHA's 1,255 sites of care nationwide. Nationally, providers have been faced with challenges presented by COVID-19 which have strongly pushed many towards offering clinical hypnosis and training across distances using technology. This same adaptation has happened to the three presenters in their work with the VHA. This left the presenters eager for guidance from ASCH in the Ethics Statement on Telemedicine and Distance Education (ESTDE). Interestingly, however, many of the experiences within the VHA do not appear to fit with the ESTDE. Indeed, many of the limitations suggested in the ESTDE have largely been remedied by more nuanced use of more sophisticated technology. In the realm of training, VHA has recently launched a completely virtual hypnotherapy training program and results of the first two pilots are extremely positive in terms of learner satisfaction, engagement, and uptake of clinical hypnosis into their daily clinical work. In the realm of direct veteran service, anecdotal results from hypnosis offered over clinical video telehealth for several years also are encouraging. Presenters will offer both successes and failures of the program to allow participants (physicians, and clinical and mental health care professionals) to think more deeply about how they might offer either training or direct service at a distance using technology, both by following and by deviating from the ESTDE.

At the end of this session participants will be able to:

- 1. Describe three important factors to consider in offering online training or consultation in clinical hypnosis; and*
- 2. List at least two pros and cons for at least three of the suggestions offered in the ESTDE.*

ASCH e-Poster Program

Eric K. Willmarth, PhD; Louis Damis, PhD, ABPP

Accepted posters will be made available for viewing at any time during the 2021 Virtual Annual Meeting via the ASCH web site.

Abstracts for the posters will be published in an upcoming edition of the ASCH Journal.

ASCH Invites You to Visit our E-Learning Center:

Videos

Webinars

Past Annual Meeting Plenary Speakers

[E-Learning](#)

View our upcoming Regional Workshops:

[ASCH Education](#)

Bypassing the Conscious Mind

ASCH-ERF Virtual Scientific Meeting and Workshop Registration Form

March 4-7, 2021 via ZOOM

Name _____

Degree _____

Preferred Name _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Phone # (____) _____ License # _____

**Email _____

****All correspondence for this meeting will be sent via email. You must supply a working email address****

Check here if this is your first time attending an ASCH Annual Scientific Meeting & Workshops.

REGISTRATION TYPE *(Select One)*

I am a member of ASCH

Non-Member

Student

Along with a completed registration form and payment of registration fees, students need to submit proof of full-time enrollment at and 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 (masters or doctorate degree required) and date of intended graduation.

Resident / Intern / Early Career Professional (ECPs)

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 registrants will need to provide a copy of their diploma with their registration.

Faculty

REGISTRATION OPTIONS *(Select One)*

All Access:

Advanced Level – Real-time Participation in up to 14 Advanced Level Workshops

- Real-time Participation in 2 Plenary Presentations;
- Ability to Earn up to 26 CE/CME
- Virtual Welcome and President's Address (No CE/CME)
- Virtual ASCH and AJCH Awards (No CE/CME)
- Virtual Closing Address (No CE/CME)
- Access to Recordings of *All 47 Advanced-level Workshops* for a 30-day period.

A la Carte:

Register and Pay only for the workshops that you want to take.

Trauma Track:

Trauma Workshops Only – Saturday, March 6

WORKSHOP SELECTION

- Preconference Workshop Thursday, March 4, 2021– 9:00 AM-1:15 PM (EST)**
Additional \$85 Fee required for all registrants “How to Create Natural Problem-Solving and Mind-to-Body Healing: The Mirroring Hands Approach” (Hill)

All Access – Advanced Level Registrants – Please select one workshop from each of the time slots listed below. As an **All Access** registrant you will automatically be registered for both Plenary Presentations.

A la Carte Registrants – Please select the workshops and/or Plenary Presentations that you would like to attend.

Thursday, March 4, 2021

2:15-3:15 PM (EST) 1.0 CE/CME

- PL01: 4000 Years of Bypassing the Conscious Mind: The Vedic Mind-Body Connection (Rossi)

3:45-5:15 PM (EST) 1.5 CE/CME

- TA01: Changing our Clients’ Biased Perceptions (MacDonald)
- TA02: From Hypnos to Hypnosis: A Modern Take on the Timeless Link between Sleep and Clinical Hypnosis (Alter)
- TA09: An Erickson, Multilayered Approach to Chronic Pain and Illness (Patterson)
- TA04: Kabbalistic Meditation and The Hypnotic Therapy of Rabbi Nachman of Breslov (Yaffe)

5:30-7:00 PM (EST) 1.5 CE/CME

- TA05: Hypnosis for the Health Care Practitioner: Open the Healing Potentials Through Fun and Creative Communication (Lonchamp)
- TA06: Clinical Hypnosis with Modern Military Veterans (Hall/Gaffney/Hayes)
- TA07: Crafting Imagery and Metaphors to Augment Mind/Body Healing (Ginandes)
- TA08: Music in Hypnosis to Bypass the Conscious Mind (Jung)

7:00-8:00 PM (EST) (No CE/CME)

- WEL: Virtual Welcome/President’s Address/Early Career Professionals Networking

Friday, March 5, 2021

9:00 – 10:30 AM (EST) 1.5 CE/CME

- FA01 The Hypnotic Idea Exchange: A New Model of Online Continuing Education in Clinical Hypnosis (Hall/Lebo/Gardner)
- FA02: Promoting Mind-Body Interface with Combining Clinical Hypnosis and Chakra Balancing Inductions, Techniques, Cases, and Practice (Turner)
- FA03: Hypnotic Tools for Psychotherapy: Anchoring, Future Progression of Successful Self (Nesbitt)
- FA04: The Use of Hypnosis and Creative Imagery to Alleviate Medical and Psychological Symptoms of Pregnancy (Klaus)

10:45 am-12:15 PM (EST) 1.5 CE/CME

- FA05: Creating Altered States of Consciousness Experiences Related to Spiritual and Religious Aspects of Skin and Skin Disorders (Shenefelt)
- FA06: The Art and Science of Ideomotor Signaling: History, Theory, Application (Part 1) (Yaffe)
- FA07: Watching Hypnosis Work in Treating a Depressed Woman: The Merits of Therapeutic Dissociation and Automaticity in Therapy (Yapko)
- FA08: Repairing Disruptions in Maternal-Infant Bonding (Madrid)

12:15-1:45 PM (EST) (LUNCH BREAK)

1:45-3:15 PM (EST) 1.5 CE/CME

- FA09: Spontaneous Abreaction and The Three Stay-C'S (Miller)
- FA10: The Art and Science of Ideomotor Signaling: History, Theory, Application (Part 2) (Yaffe)
- FA11: From Principle to Practice: Deconstructing Problem Patterns to Create Hypnotically Guided Solutions (Alter)

1:45-3:15, 3:30-5:00 PM (EST) 3.0 CE/CME

- FA12: The Subconscious as Co-Therapist and Spiritual Guide in the Treatment of School Age Children and Adolescents (Anbar)

3:30-5:00 PM (EST) 1.5 CE/CME

- FA13: Psychosomatic Endodontics, Periodontics, and Prosthodontics in Clinical Practice (Ramazami)
- FA14: Using Loving-Kindness Meditation-Based Ego-Strengthening Techniques in Hypnotherapy (Otani)
- FA15: Assessment of Hypnotizability in Clinical Practice: Elkins Hypnotizability Scale (EHS) (Elkins)

5:30-7:00 PM (EST) 1.5 CE/CME

- FA16: Case Consultation (please circle one individual expert - Anbar Handel)
- FA17: Case Consultation (please circle one individual expert - Lankton Torem)
- FA18: Ericksonian Hypnosis for Clinical Practitioners and Physicians (Jung)
- FA19: Case Consultation (please circle one individual expert - Dickens Wagaman)

Saturday, March 6, 2021

9:00 AM-12:15 PM (EST) 3.0 CE/CME

- SA01: Helping Children Help Themselves (Thomson)
- SA02: Breaking the Panic Cycle with an Integrative Approach (Daitch)
- SA03: Using Clinical Hypnosis and Healing Relationship for Treatment of Unexplained Physical Symptomatology Frustrating to Patients/Clients and Practitioners Alike (Zarren)
- SA04 (9:00 – 10:30 am): **TRAUMA TRACK:** Integrating Hypnotic Strategies into Contextual Trauma Therapy for Complex PTSD (Gold)
(10:45 am-12:15 pm): Neurobiological Implications of the Applicability of Hypnosis to Treating Complex PTSD (Quinones)

12:45-1:45 PM (EST) 1.0 CE/CME

- PL02: How We Create Emotions and How This Creates Effective Therapy (Hill)

1:45-2:45 PM (EST) (LUNCH BREAK)

2:45-4:15 PM (EST) 1.5 CE/CME

- SA05: Dialectical HypnoTherapy: Applications of the Dialectical Method for Creating Change in Hypnotically Augmented Psychotherapy (Alexander)
- SA06: 4000 Years of Bypassing the Conscious Mind: The Vedic Mind-Body Connection (continuation of Plenary presentation) (Rossi)
- SA07: Effective Communication in Medical/Dental Offices (Nesbitt)
- SA08: **TRAUMA TRACK:** The Unrepressed Unconscious, Complex PTSD, Attachment, and Hypnosis (Damis)

4:30-6:00 PM (EST) 1.5 CE/CME

- SA09: Hypnotically Enhanced Treatment of Addictions during this time of the Opioid Crisis, Coronavirus, and Telemedicine (Tramontana)
- SA17: Enhancing Creativity and Wisdom with Therapeutic Age Progression (Torem)
- SA11: Preparing Patients for Surgery Using Hypnotic Strategies (Wells)
- SA12: **TRAUMA TRACK:** From Divided to United: Ego State Therapy and Hypnotic Strategies for Conflict Resolution (Lemke)

6:30-8:00 PM (EST) 1.5 CE/CME

- SA13: Case Consultation (please circle one individual expert - Anbar Handel)
- SA14: Case Consultation (please circle one individual expert - Lankton Torem)
- SA15: IBS Hypnosis (Zastrow)
- SA16: **TRAUMA TRACK:** Complex PTSD Interventions: Hypnotic Contextual Trauma, Neurophysiological, Attachment, and Ego-State Treatment Approaches (Damis; Gold; Quinones; Lemke)

8:00-9:00 PM (EST) (No CE/CME)

- VAW: Virtual Awards (ASCH and AJCH)

Sunday, March 7, 2021

9:00 AM-12:15 PM (EST) 3.0 CE/CME

- SUA01: An Extended Application of LeCron and Cheek's "Past Experience" Common Cause: Past Life Therapy, Trauma, and the Spiritual/Transpersonal (Schenk; Accaria)
- SUA02: Alleviating Pain & Suffering Associated with Illness and Injury (Appel; Torem)
- SUA03: Enlisting Our Biology for Healing, Rather than Overwhelming It: The Use of Poetry and Clinical Hypnosis to Treat Suffering Patients (Zarren)
- SUA04: **ETHICS TRACK:** Ethics in a Time of COVID: The ASCH Ethics for Telemedicine and Distance Education Guidelines and the Department of Veterans Affairs Experience (Hall/Gaffney/Hayes)

12:15-12:30 PM (EST) (No CE/CME)

- VCA: Virtual Closing Address to be given by ASCH President, Bridget Bongaard

12:30 PM (EST) - ADJOURN

Registration Fees

All Access

	Member	Non-Member	Resident/Intern/ECP	Student
Advanced	<input type="checkbox"/> \$595	<input type="checkbox"/> \$795	<input type="checkbox"/> \$455	<input type="checkbox"/> \$295
Faculty	<input type="checkbox"/> \$430	<input type="checkbox"/> \$430	n/a	n/a

A la Carte

	Price per Workshop – Based on Workshop Length		
	1 hour	1.5 hours	3 hours
Member	\$45.00	\$68.00	\$135.00
Non-Member	\$60.00	\$90.00	\$180.00
Resident/ECP	\$35.00	\$50.00	\$105.00
Student	\$25.00	\$40.00	\$75.00
Faculty	\$30.00	\$45.00	\$90.00

Amount Owed

Preconference Workshop @ \$85

“How to Create Natural Problem-Solving and Mind-to-Body Healing: The Mirroring Hands Approach” (Hill) \$ _____

All Access Registration Fee (applicable for Advanced Workshops) \$ _____

A la Carte Registration Fee(s):

_____ (# 1 hour Plenary) x \$ _____ (applicable fee) \$ _____

_____ (# 1.5 hour workshops) x \$ _____ (applicable fee) \$ _____

_____ (# 3 hour workshops) x \$ _____ (applicable fee) \$ _____

_____ Trauma Track: \$175 Member/\$200 non-Member \$ _____

TOTAL AMOUNT DUE \$ _____

I would like to request a Virginia Hypnosis Fund (VSH) Grant. The required written documents are enclosed.

I would like to request a Betty Alice Erickson & Kay Thompson Student Scholarship Fund Grant. The required written documents are enclosed.

For further scholarship information visit the web link provided here: <https://www.asch.net/Education/ASCH-ERFScholarships.aspx>

PAYMENT INFORMATION:

MasterCard Visa Check # _____ (Payable to American Society of Clinical Hypnosis in US funds only)

Account number _____ Exp. Date _____ CVS Security Code _____

Signature _____ Date _____

CANCELLATION POLICY: Cancellations postmarked/faxed after February 11, 2021 but on or before February 24, 2021 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after February 26, 2021.** Exceptions will only be granted due to death of participant or immediate family member or severe illness/injury of participant or immediate family member and will require written notification and appropriate documentation. **Registration fees are not transferable to another workshop.**

RETURN FORM AND PAYMENT TO:

ASCH
140 N. Bloomingdale Road
Bloomingdale, IL 60108-1017
FAX: 1.630.351.8490
Questions? Contact ASCH at info@asch.net or 1.630.980.4740.

**Paper Registration Forms Must Be Received By
5:00 PM on Monday, March 1, 2021**

Faculty List

Philip L. Accaria, PhD
David S. Alter, PhD, ABPP, ABPH
John E. Alexander, PhD
Ran Anbar, MD
Philip R. Appel, PhD
Carolyn Daitch, PhD
Louis F. Damis, PhD, ABPP
Maggie Dickens, MS, LPCS, LCDC
Gary R. Elkins, PhD, ABPP, ABPH
David Gaffney, LMSW
Peter W. Gardner, MD, FACP, FACG
Carol Ginandes, PhD, ABPP
Stephen N. Gold, PhD
John Hall, PhD
Daniel L. Handel, MD
William V. Hayes, LCSW
Richard Hill, MA, MEd, MBMSc
Anita Jung, MS
Phyllis H. Klaus, MEd, MFT, LMSW
Stephen R. Lankton, LCSW, DAHB
Danielle Lonchamp, MD
Dana L. Lebo, PhD

Wendy K. Lemke, MS, LP
Wendy MacDonald, CCH, CHT
Antonio Madrid, PhD
Mary Pratt-Miller, PhD
Debora L. Nesbitt, MSN, APRN, PMHNP, ABMH
Akira Otani, EdD, ABPH
David R. Patterson, PhD, ABPH
Mohsen Ramenzai, DDS
Michael Quinones, PhD
Kathryn Rossi, PhD
Paul W. Schenk, PsyD
Philip D. Shenefelt, MD, ABMH
Linda R. Thomson, MSN, APR, ABMH, ABHN
Moshe S. Torem, MD, ABPN
Joseph Tramontana, PhD
Maureen Turner, MEd, RNBC, LCMHC, LCSW
Lane Wagaman, EdD
Mary Wells, PhD
Sherwin Yaffe, MD
Michael Yapko, PhD
Harvey Zarren, MD
Joseph F. Zastrow, MD

SAVE-THE-DATE!!!
ASCH-ERF ASMW, March 3-6, 2022
Omni Hotel Jacksonville, Jacksonville, FL



Photo credit: Omni Hotel Jacksonville