



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

Clinical Hypnosis Level 1 Workshop

The following schedule is from a previous Level 1 Workshop. It is presented to provide potential and registered participants a general idea of how the four-day program will operate. A detailed schedule, along with workshop materials, is digitally provided to registered attendees two weeks prior to the workshop.

Program Dates/Times

- DAY ONE: Thursday 12:00 PM – 6:45 PM
- DAY TWO: Friday 12:00 PM – 6:30 PM
- DAY THREE: Saturday 12:00 PM – 7:45 PM
- DAY FOUR: Sunday 12:00 PM – 5:45 PM

Eligibility for Continuing Education Credit

Participants are eligible for 21.5 hours of Continuing Education if these two conditions are met: a) participant is fully present and engaged for the duration of the workshop; and b) the daily program evaluations are completed by the assigned due date. Certificates will be issued approximately one week after program evaluations are due.

THURSDAY

12:00 – 12:15	LEVEL 1 WELCOME
12:15 – 12:30	LEVEL 1 / FUNDAMENTALS
12:30 – 1:15	<p>INTRODUCTION TO CLINICAL HYPNOSIS – (0.75 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Provide at least one commonly accepted definition of clinical hypnosis. - Explain three to four hypnosis terms and how they apply to clinical hypnosis. - Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each.
1:15 – 2:00	<p>NEUROPHYSIOLOGY OF HYPNOSIS – (.75 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Describe how hypnosis affects the autonomic nervous system and the stress-response. - Detail three implications of neurophysiological research on the practice of clinical hypnosis.
2:00 – 2:15	BIO AND STRECH BREAK

<p>2:15 – 3:00</p>	<p>ANATOMY OF THE HYPNOTIC EXPERIENCE – (0.75 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Describe the steps in a formal hypnotic encounter. - Identify two characteristics of trance exhibited by the recipient. - Define three changes the facilitator made to promote the reorientation phase of trance.
<p>3:00 – 3:30</p>	<p>GROUP EXPERIENCE – (0.5 CE/CME) At the conclusion of this session the participant will be able to: Experience a full anatomy of a clinical hypnosis session.</p>
<p>3:30 – 3:45</p>	<p>PROCESS GROUP EXPERIENCE – (0.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - - Identify three aspects of their individual experience of trance.
<p>3:45 – 4:15</p>	<p>BIO AND STRECH BREAK</p>
<p>4:15 – 5:15</p>	<p>HYPNOTIC PHENOMENA – (1.0 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Explain five different hypnotic phenomena. - Discuss and describe how the concept of trance logic and other hypnotic phenomena may be used therapeutically. - List at least three principles of eliciting phenomenon. - Define abreaction and describe how it can be addressed therapeutically.
<p>5:15 – 6:30</p>	<p>PRINCIPLES & PROCESS OF RAPPORT, ATTUNEMENT, TRANCE ELICITATION, RE-ALERTING AND RE- ORIENTING – (1.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Describe three effective ways to build and reinforce rapport. - Describe at least four observable physiological and four psychological signs of trance. - Discuss the importance of removing suggestions. <p>Demonstrate at least three methods of reorienting.</p>
<p>6:30 – 6:45</p>	<p>REVIEW / Q&A</p>
<p>6:45</p>	<p>CHECK OUT GROUP WITH FACILITY</p>
	<p>COMPLETE DAY 1 PROGRAM EVALUATION</p>



FRIDAY

<p>12:00 – 12:15</p>	<p>CHECK-IN AND REVIEW</p>
<p>12:15 – 12:45</p>	<p>INTRODUCTION TO SMALL GROUP PRACTICE – (0.5 CE/CME) At the conclusion of this session the participant will be able to: - Identify the goals and rules of the experiential small group practice sessions.</p>
<p>12:45 – 1:00</p>	<p>DEMONSTRATION OF ELICITATION OF TRANCE # 1: FOCUSED/ DIAPHRAGMATIC BREATHING – (0.25 CE/CME) At the conclusion of this session the participant will be able to: - Describe an elicitation using focused/diaphragmatic breathing.</p>
<p>1:00 – 2:30</p>	<p>SMALL GROUP PRACTICE OF HYPNOTIC PROCESS #1: RAPPORT, ELICITATION OF TRANCE, RE-ALERTING/ RE-ORIENTING – (1.5 CE/CME) At the conclusion of this session the participant will be able to: - Demonstrate one method to build attunement (rapport) with the recipient. - Facilitate at least one elicitation (induction) and reorientation method with a member of the group. - Describe the recipient responses and what behavior they observed in the participant. - Adapt the hypnotic process/procedures to the recipient’s observed behavior in trance.</p>
<p>2:30 – 3:00</p>	<p>BIO BREAK AND STRETCH</p>
<p>3:00 – 4:00</p>	<p>INTENSIFICATION OF HYPNOTIC EXPERIENCE – (1.0 CE/CME) At the conclusion of this session the participant will be able to: - Describe three methods of trance intensification. - Demonstrate the ability to intensify the hypnotic experience in ways best tailored to the patient/client. - Identify how fractionation can be used to intensify trance.</p>
<p>4:00 – 5:00</p>	<p>PATIENT/CLIENT ASSESSMENT, PRESENTING CLINICAL HYPNOSIS TO THE PATIENT/CLIENT (1.0 CE/CME) At the conclusion of this session the participant will be able to: - Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client. - Review important elements and recommended procedures in obtaining informed consent.</p>



5:00 – 5:15	BIO BREAK AND STRETCH
5:15 – 6:15	FUNDAMENTALS OF HYPNOTIC COMMUNICATION AND FORMULATION OF SUGGESTIONS – (1.0 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Explain at least two ways hypnotic communication creates positive expectancy.- Discuss Erickson’s Principle of Individualization and Utilization as it pertains to language and suggestion.- Name at least four commonly used words/phrases to reinforce the patient’s hypnotic experience.- Differentiate between direct and indirect suggestion.
6:15 – 6:30	REVIEW / Q&A
6:30	CHECK OUT GROUP WITH FACILITY
	COMPLETE DAY 2 PROGRAM EVALUATION



SATURDAY

12:00 – 12:15	CHECK-IN AND REVIEW
12:15 – 12:30	DEMONSTRATION OF ELICITATION OF TRANCE # 2: EYE FIXATION – (0.25 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Describe and demonstrate an elicitation of trance using an eye fixation strategy.
12:30 – 2:00	SMALL GROUP # 2 RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, RE-ALERTING/RE-ORIENTING – (1.5 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Demonstrate the ability to build attunement (rapport) with a recipient different from previous practice session.- Facilitate at least one elicitation (induction) method, one intensification (deepening) method, and reorientation method.- Describe the recipient responses and what behavior they observed in the participant.- Adapt the hypnotic process/procedures to the observed behavior of the recipient.
2:00 – 2:30	BIO AND STRETCH BREAK
2:30 – 3:15	HYPNOSIS WITH CHILDREN – (0.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Identify three developmental characteristics that make children particularly hypnotizable.- Describe how hypnotic approaches vary according to developmental age.- Describe the therapeutic benefits and applications of using hypnosis with children.
3:15 – 4:00	EGO STRENGTHENING WITH DEMO – (0.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Define what is meant by ego strengthening and how it might be used in clinical practice.- Identify three different types of ego strengthening.- Describe at least three strategies for ego strengthening utilizing clinical hypnosis.
4:00 – 4:15	BIO AND STRETCH BREAK

<p>4:15 – 4:30</p>	<p>DEMONSTRATION OF TRANCE ELICITATION #3: EYE ROLL – (0.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Describe the process of a rapid induction using eye roll elicitation.
<p>4:30 – 6:30</p>	<p>SMALL GROUP # 3: RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, EGO-STRENGTHENING SUGGESTIONS, RE-ALERTING/REORIENTING – (2.0 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Demonstrate the ability to build attunement (rapport) with the recipient different from previous practice session. - Facilitate at least one elicitation (induction) method, one intensification (deepening) method, demonstrate providing a simple recipient-specific ego strengthening suggestion, and clear reorientation. - Describe the recipient responses and what behavior they observed in the participant. - Adapt the hypnotic process/procedures to the observed behavior of the recipient.
<p>6:30 – 7:15</p>	<p>SELF-HYPNOSIS: HOW AND WHAT TO TEACH PATIENTS – (.75 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Define self-hypnosis and explain the difference between self and hetero hypnosis. - Describe at least three therapeutic applications of self-hypnosis in clinical practice. - Explain how to teach self-hypnosis to a patient.
<p>7:15 – 7:30</p>	<p>DEMONSTRATION OF ELICITATION OF TRANCE ELICITATION #4: ARM LEVITATION – (0.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Describe and demonstrate an elicitation using arm levitation and/or reverse levitation.
<p>7:30 – 7:45</p>	<p>Review / Q & A</p>
<p>7:45</p>	<p>CHECK OUT GROUP WITH FACILITY</p>
	<p>COMPLETE DAY 3 PROGRAM EVALUATION</p>

SUNDAY

12:00 – 12:15	CHECK-IN AND REVIEW
12:15 – 2:15	<p>SMALL GROUP #4: RAPPORT, ELICITATION OF TRANCE, INTENSIFICATION OF TRANCE, HYPNOTIC PHENOMENON, EGO-STRENGTHENING SUGGESTIONS, RE-ALERTING / RE-ORIENTING – (2 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Demonstrate the ability to build attunement (rapport) with a different recipient and elicit ego strengthening suggestions of interest to recipient touse in the treatment phase of the process. - Facilitate at least one elicitation method, one intensification method, elicit one hypnotic phenomena, provide a simple ego strengthening suggestion, reorientation recipient, describe recipient responses, and what recipient behaviors were observed. - Adapt the hypnotic process/procedures to the observed behavior of the recipient. - Clarify readiness for incorporating hypnosis into practice.
2:15 – 2:45	BIO AND STRETCH BREAK
2:45 – 3:45	<p>TREATMENT PLANNING, STRATEGY AND TECHNIQUE SELECTION IN CLINICAL HYPNOSIS – (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such; - List at least tree uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training; - Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis and hypnotic techniques into his/her practice
3:45 – 4:30	<p>INTEGRATING HYPNOSIS INTO CLINICAL PRACTICE – (.75 CE/CME)</p> <p>At the conclusion of this session the physicians and other participants will be able to:</p> <ul style="list-style-type: none"> - Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan. - Design a treatment plan for a patient/client who presents with anxiety. - List at least four hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.



4:30 – 5:00	ETHICAL PRINCIPLES AND PROFESSIONAL CONDUCT – (0.5 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Describe at least two ethical-legal issues.- Discuss standards for professional conduct in using hypnosis clinically.
5:00 – 5:30	ASCH MEMBERSHIP AND CERTIFICATION – (0.5 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Discuss ASCH’s clinical hypnosis standards of training, levels of training, and requirements for, ASCH certification.- Describe the opportunities available for further training, membership, and certification.
5:30 – 5:45	REVIEW / Q&A / ADJOURN
5:45	CHECK OUT GROUP WITH FACILITY
	COMPLETE DAY 4 PROGRAM EVALUATION