



Clinical Hypnosis Level 2 Workshop

The following schedule is from a previous Level 2 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	WELCOME
12:15 – 12:30	WELCOME TO LEVEL 2
12:30 – 1:30	REFINING SKILLS: HYPNOTIC LANGUAGE AND SUGGESTION – (1.0 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Describe two methods of rapport enhancement and utilization including tailoring to the patient/client.- Demonstrate the ability to structure two direct and two indirect suggestions.- Define a truism and be able to develop three truisms to construct a “yes set”.
1:30 – 2:00	GROUP EXPERIENCE & PROCESSING EXPERIENCE– (0.5 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Describe the use of hypnotic language and suggestions utilized in the experience.- Recognized the different experiences client/patients may have to suggestions.
2:00 – 2:30	BIO AND STRETCH BREAK
2:30 – 3:15	NEUROSCIENCE OF HYPNOSIS – (.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- List three brain regions or networks that research shows may be hypnotically altered.- Discuss how the polyvagal theory related to hypnosis and the stress response. Detail three implications of neurophysiological research on use of clinical hypnosis.
3:15 – 4:30	APPLICATIONS OF HYPNOSIS: INSIGHT AND EXPLORATORY TECHNIQUES WITH DEMONSTRATION– (1.25 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Identify prerequisites for the use of hypnotic exploratory techniques.- Identify two clinical situations contraindicated for exploratory work. Describe and apply three insight-oriented techniques.
4:30 – 4:45	BIO AND STRETCH BREAK



4:45 – 5:45	IDEOMOTOR TRANCE FACILITATIONS AND DEMONSTRATION – (1.0 CE/CME) At the conclusion of this session the participant will be able to: - Define the uses and demonstrate the use of ideomotor phenomena.
5:45 – 6:30	REFINING SKILLS: ADVANCED ELICITATIONS AND INTENSIFICATIONS WITH DEMONSTRATION – (.75 CE/CME) At the conclusion of this session the participant will be able to: - Describe three types of advanced inductions. - Describe three signs of increased suggestibility/trance. - Describe at least three advanced methods for intensification of the hypnotic experience.
6:30 – 6:45	REVIEW / Q&A
6:45	CHECK OUT GROUP WITH FACULTY
	COMPLETE DAY 1 PROGRAM EVALUATION



FRIDAY

12:00 – 12:15	CHECK-IN AND REVIEW
12:15 – 1:45	APPLICATIONS OF HYPNOSIS: HABIT DISORDERS – (1.5 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Discuss research literature on hypnosis in the treatment of habits.- Design an effective therapeutic intervention for two common habit disorders.
1:45 – 2:00	BIO AND STRETCH BREAK
2:00 – 3:45	APPLICATIONS: PATIENTS WITH ANXIETY WITH DEMO – (1.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Review principles stemming from research data on the treatment of anxiety and phobic disorders.- Explicate a minimum of three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.
3:45 – 4:15	BIO AND STRETCH BREAK
4:15 – 6:15	EXPERIENTIAL: SMALL GROUP PRACTICE #1: UTILIZATION – ANXIETY APPLICATIONS (2.0 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Demonstrate as the facilitator and personally experience as the recipient a hypnotic trance: following the rapport building, elicit, intensify, re-orient SGP process.- Utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.
6:15 – 6:30	REVIEW / Q&A
6:30	CHECK OUT GROUP WITH FACULTY
	COMPLETE DAY 2 PROGRAM EVALUATION



SATURDAY

12:00 – 12:15	CHECK-IN AND REVIEW
12:15 – 2:00	APPLICATIONS: PATEINTS WITH PAIN – (1.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.- Outline precautions in using hypnotic methods for pain relief.- Discuss how hypnotic phenomena such as amnesia, time distortion, and dissociation can be helpful in hypnotic management of pain.- Identify three hypnotic techniques that can be utilized in management of either acute or chronic pain.
2:00 – 2:15	BIO AND STRETCH BREAK
2:15 – 4:15	EXPERIENTIAL: SMALL GROUP # 2: – (2.0 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Identify the risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem.- Outline precautions in using hypnotic methods for pain relief.- Discuss how hypnotic phenomena such as amnesia, time distortion, and dissociation can be helpful in hypnotic management of pain.- Identify six hypnotic techniques that can be utilized in management of either acute or chronic pain.
4:15 – 4:30	BIO AND STRETCH BREAK
4:30 – 5:00	SELF-HYPNOSIS: HOW AND WHAT TO TEACH PATIENTS – (.5 CE/CME) At the conclusion of this session the participant will be able to: <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.
5:00 – 5:30	DYAD PRACTICE – (.5 CE/CME) Breakout into groups of two for skill practice. At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Practice teaching the steps of self-hypnosis in dyads to develop skill in application to patient/client practice for L2 self-hypnosis



5:30 – 6:15	APPLICATIONS: DISTURBED SLEEP AND UTILIZATION OF HYPNOSIS – (.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Describe the difference between primary and secondary sleep problems.- Describe applications of three hypnotic techniques to improve sleep.
6:15 – 7:00	SKILLS: FACULTY DEMONSTRATION OF HYPNOTIC STRATEGY AND PARTICIPANT PRACTICE OF HYPNOTIC STRATEGY / TECHNIQUES – (0.75 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">- Describe how the demonstrated technique may be used in clinical practice.
7:00 – 7:15	Review / Q & A
7:15	CHECK OUT GROUP WITH FACULTY
	COMPLETE DAY 3 PROGRAM EVALUATION

SUNDAY

12:00 – 12:15	CHECK-IN AND REVIEW
12:15 – 1:00	<p>SKILL DEVELOPMENT: METAPHORICAL APPROACHES – (.75 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Explain the concept of utilization in the creation of metaphors. - Name two metaphorical inductions.
1:00 – 1:45	<p>EXPERIENTIAL: GROUP PRACTICE DEVELOPING METAPHORS – (.75 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Demonstrate how to construct therapeutic metaphors. - Give two examples of metaphorical suggestions developed in group practice.
1:45 – 2:15	BIO AND STRETCH BREAK
2:15 – 4:30	<p>EXPERIENTIAL: SMALL GROUP PRACTICE #3: PAIN MANAGEMENT – (2.25 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Demonstrate as facility and experience as subject a hypnotic trance. - Utilize a new hypnotic skill or application learned from the preceding lectures.
4:30 – 5:00	<p>ETHICS PRINCIPLES AND PROFESSIONAL CONDUCT – (0.5 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Identify pertinent ethics standards and concerns with respect to the intermediate and advanced use of clinical hypnosis. - Describe ethical issues and standards for professional conduct in using hypnosis clinically in person and virtually.
5:00 – 5:30	<p>ASCH MEMBERSHIP AND CERTIFICATION – (0.5 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> - Identify steps for further training to achieve the Certification and the Approved Consultant designations.
5:30 – 5:45	REVIEW / Q&A / ADJOURN
5:45	CHECK OUT GROUP WITH FACULTY
	COMPLETE DAY 4 PROGRAM EVALUATION