



ASCH-ERF Regional Workshop

December 13-16, 2018

Sheraton Sand Key Resort

Clearwater Beach, FL

In addition to offering the Fundamentals of Clinical Hypnosis and Refining Skills & Treatment Applications Workshops, ASCH-ERF will be offering the following Advanced Workshop:

Case Conceptualization, Treatment Planning, and the Use of Clinical Hypnosis in Integrated Health Care **Lane Wagaman, EdD; David Reid, PsyD; Chery Beighle, MD; and Sheryll Daniel, PhD**

Integrative case formulation has long been considered a core skill of trained health care professionals. However, while many articles describe what case formulation might include, and how to use the process, many health care professionals remain uncertain and uncomfortable with the use of this skill, how to integrate hypnosis into the plan and how it can appropriately inform ongoing and frequently changing treatment. This might be particularly true for clinicians from varied health care disciplines who use the dynamic and powerful intervention strategy of clinical hypnosis.

Lane Wagaman will begin the workshop with an overview of the what, why, when, and how of case formulation, core content of a pertinent case conceptualization, a brief review of integrative conceptualization models, and the importance of case conceptualization in the development of an initial, and adaptable, treatment plan. The how, why and when of incorporating hypnosis into the treatment plan will also be presented.

The workshop will continue with presentations and discussion by several widely experienced and capable clinicians, who are accomplished and respected educators, of clinical applications of case conceptualization and treatment planning, with emphasis on specific patient populations and presentations, and with particular focus on the inclusion of clinical hypnosis in the health care relationship.

Dr. David Reid will focus on case formulation and treatment planning using hypnosis for the treatment of anxiety and phobic disorders. Two case studies will be reviewed and include a thorough review of each case and the rationale for selected treatment interventions. Participants will have the opportunity to generate their own hypnotic treatment plan for an individual who suffers from a specific phobia.

How to conceptualize the issues being presented in complicated cases will be discussed and demonstrated by Dr. Holly Forester-Miller. She will review the psychological and medical issues in hypnotic surgery preparation for a patient having very complex surgery with a trauma history related to prior surgeries and related grief issues. Participants will have the opportunity to work through another complicated case for which hypnosis was effective in helping a woman whose anxiety impacted every area of her life and manifested in a variety of physical symptoms.

Case formulation and treatment planning when working with patients with obesity will be discussed by Dr. Cheryl Beighle. Biobehavioral interventions and hypnotic strategies will be presented.

Dr. Sheryll Daniel will discuss case formulation and the use of hypnosis in the treatment of depressive disorders. She will focus on when and how to focus on addressing the patient's symptoms, and how to discern when deeper exploration of the causes of depression and the triggers for a specific depressive episode is indicated. She will demonstrate the integration of hypnosis with cognitive-behavioral techniques. She will provide case reviews as examples. Participants will create treatment plans for a patient with a depressive disorder.



This Regional Workshop will be held at the Sheraton Sand Key Resort, 1160 Gulf Blvd, Clearwater Beach, FL 33767.

Tampa International Airport is a 40-minute drive from Sheraton Sand Key Resort Clearwater.

ASCH-ERF has contracted a limited number of rooms at a discounted room rate of \$162 single/double per room per night, plus applicable taxes. Reservations will be taken on a first-come first-serve basis until the contracted block is full. Any unbooked rooms will be released to the general public on November 19, 2018. So book early to receive the group rate. Call 1.727.595.1611 to make reservations for this event. Use registration code 2L10AA.