

The Future of Professional Hypnosis: Practice, Process & Outcomes

2013 Introductory Workshop Schedule

Wednesday, October 2nd

6:00 p.m.	Introductions
6:10-6:45	History, Nature of Hypnosis & Theories of Hypnosis
6:45-7:45	Presenting Hypnosis to Patient; Myths & Misconceptions; Hypnosis & Memory; Informed Consent
7:45-8:00	BREAK
8:00-8:30	Principles of Hypnotic Induction
8:30-9:10	Process of Hypnotic Induction & Re-alerting
9:10-9:30	Demonstration of a Hypnotic Induction & Re-alerting

Thursday, October 3rd

8:00-9:00 a.m.	Demonstrations of Hypnotic Induction & Re-alerting
9:00-9:05	Introduction to Small Group Practice Sessions
9:05-10:45	Supervised Small Group Practice Session 1
10:45-11:00	BREAK
11:00-Noon	Hypnotic Phenomena & their Therapeutic Applications
Noon – 1:00	LUNCH
1:00-2:00	Principles in Formulating Hypnotic Suggestions; Types of Hypnotic Suggestions
2:00-2:45	Depth & Stages of Hypnosis, Hypnotizability, & Methods of Deepening Hypnotic Involvement
2:45-3:00	BREAK
3:00-3:45	Strategies for Managing Resistance to Hypnosis
3:45-4:30	Medical Applications of Hypnosis
4:30-6:00	Supervised Small Group Practice Session 2

Friday, October 4th

8:00-9:30	Hypnotic Strategies and Techniques for Pain Management
9:30-10:30	Video Demonstration of Eliciting Hypnotic Phenomena
10:30-10:45	BREAK
10:45-12:15	Supervised Small Group Practice Session 3
12:15-1:15	LUNCH
1:15-2:00	Teaching Patients Self Hypnosis and Treatment of Anxiety
2:00-3:00	Ideomotor Signaling for Unconscious Exploration
3:00-3:15	BREAK
3:15-4:00	Strategy & Technique Selection in Clinical Hypnosis
4:00-4:45	Hypnosis with Habit Disorders
4:45-5:30	Question/Answers regarding Integrating Hypnosis into Clinical Practice
5:30-6:00	Ethics, Professional Conduct, Certification and Professional Development