



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

EDUCATION & RESEARCH FOUNDATION

Clinical Hypnosis Workshop

September 14-17, 2017 / Schaumburg, IL / Hyatt Regency Schaumburg

Fundamentals of Hypnosis (Basic Workshop)

Refining Skills and Treatment Applications (Intermediate Workshop)

*A Proactive Response to the Opiate Prescription Crisis with
Compassionate Patient Centered Care: Integrating Hypnotic
Utilization, Neuroplasticity, and the Psychophysiologic Pattern
(Advanced Workshop)*

Fundamentals of Hypnosis (Basic Workshop)

Why pursue training in Clinical Hypnosis? What are the benefits?

Clinicians who are trained in clinical hypnosis learn a range of communication skills that facilitate reaching the therapeutic goal through more effective utilization of the patient's or client's innate resources. Clinical hypnosis incorporates the science of neurobiology and brain plasticity. Suggestion is an inevitable part of any treatment. Learning hypnosis allows you to better understand how you currently use suggestive language in your treatment approaches and how to increase and diversify your range of skills in suggesting therapeutic possibilities.

Benefits:

- Rapidly establish rapport and the hypnotic relationship across developmental ages;
- Facilitate change, Ego-strengthen and reduce impediments to change;
- Cost-effective, collaborative, person centered treatment; and
- Provide clients and patients with life-long skills for better health.

The Basic clinical hypnosis training is the first part of a series of workshops in the certification program for clinical hypnosis. A diverse faculty from a range of health disciplines will teach you the principles and process of hypnotic inductions, suggestions and treatment. The workshop is a mix of didactic presentations, demonstrations, experiential exercises and faculty-led small group practice tailored to the specific needs and learning style of each participant. At the conclusion of the workshop you will have been taught the basic skills required to utilize clinical hypnosis and begin to apply it to your practice.

Objectives:

Upon completion of this workshop, participants will be able to do the following in their practice:

- *Identify and demonstrate at least three ways to induce a hypnotic trance and realert a subject from a trance;*
- *Demonstrate two methods for deepening a trance; and*
- *Describe four clinical conditions in which hypnotic techniques may be used.*

FUNDAMENTALS

THURSDAY, September 14, 2017 - This workshop begins in the evening

6:30 pm Welcome

6:45 Intro to Fundamentals- Forester-Miller

7:00 Intro to Hypnosis, Definitions, history, myths - Bemel

Educational Objectives for this session:

Outline major historical events in hypnosis and mesmerism;

Provide a definition of hypnosis and related terms

Identify the major myths and misconceptions regarding hypnosis.

7:45 Neurophysiology of Hypnosis and Hypnotic Phenomenon - Beighle

Educational Objectives for this session:

Detail three implications of neurophysiological research on the practice of clinical hypnosis.

Identify 5 different hypnotic phenomena

Discuss and describe how the concept of trance logic and other hypnotic phenomenon can be used therapeutically.

9:00 Group experience – Forester-Miller

Educational Objectives for this session:

Personally experience a hypnotic trance facilitated by senior faculty

Illustrate applications of hypnotic phenomena in a first trance experience.

Provide illustrative suggestions for eliciting hypnotic phenomena;

Illustrate the concept of trance logic

9:30 Recess

FRIDAY, September 15, 2017

8:30 am Rapport, Inductions and Re-alerting - Bemel

Educational Objectives for this session:

Describe three principles of developing rapport with a client/patient

Identify the steps in facilitating a hypnotic induction

Describe at least two reasons for removing suggestions and re-alerting patients

9:45 Demo of Induction # 1: Arm Levitation – Forester-Miller

Educational Objectives for this session:

Describe an induction using Levitation/Reverse Levitation

10:00 Introduction to Small Group Practice –Forester-Miller

Educational Objectives for this session:

Identify the goals and rules of the experiential small group practicesessions

10:15 BREAK

10:30 Small Group #1 Rapport, Induction, Re-alerting

Educational Objectives for this session:

Demonstrate one method to build rapport with the subject.

Facilitate at least one induction method and realerting.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00 pm Lunch on your own

Fundamentals of Hypnosis (Basic Workshop)

1:30 Fundamentals of Hypnotic Language and Formulating Suggestions – Forester-Miller

Educational Objectives for this session:

Name three ways that language and hypnotic suggestion can be used to facilitate trance.

Describe an effective therapeutic suggestion

Differentiate between direct and indirect suggestions

2:30 Deepening or Intensifying Trance - with demonstration - Thomson

Educational Objectives for this session:

Describe at least 2 hypnotic inductions for intensification of trance

Describe at least 4 traditional methods for “deepening” hypnotic involvement.

3:15 BREAK

3:30 Pediatric Hypnosis -Thomson

Educational Objectives for this session:

Describe the therapeutic benefits and applications of using hypnosis with children

Identify the developmental characteristics that make children particularly hypnotizable

Describe how hypnotic approaches vary according to the developmental age of the child

4:15 Demo of Induction # 2 - Diaphragmatic Breathing -Thomson

Educational Objectives for this session:

Describe an induction using diaphragmatic breathing

4:30 Small Group # 2 Rapport, Induction, Deepening, Re-alerting

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method and realerting.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

6:00 Recess

SATURDAY, September 16, 2017

8:30 am Ego strengthening - Thomson

Educational Objectives for this session:

Identify 3 types of Ego-Strengthening techniques and suggestions

Describe how to create and utilize ego-strengthening suggestions

9:15 Self-Hypnosis –Forester-Miller

Educational Objectives for this session:

Define self-hypnosis

Describe 3 therapeutic applications of self-hypnosis in clinical practice.

Demonstrate one method to teach self-hypnosis to patients/clients

10:00 Demo of Induction # 3 - Coin Drop – Forester-Miller

Educational Objectives for this session:

Describe a rapid induction using an eye roll technique

10:15 BREAK

10:30 Small Group # 3 Rapport, Induction, Deepening, Suggestions, Re-alerting

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method, a simple suggestion and realerting

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

12:00 pm Lunch on your own

1:30 Hypnotizability, Stages of Hypnosis and Informed Consent - Thomson

Educational Objectives for this session:

Discuss the factors that affect hypnotic responsivity

Define and describe identifiable stages of hypnotic experience

Identify important elements in obtaining informed consent regarding the use of hypnosis clinically.

2:00 Presenting Hypnosis to Patients - Thomson

Educational Objectives for this session:

Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient;

Explain the difference between spontaneous hypnosis, hetero-hypnosis and self-hypnosis

3:00 Demo of Induction #4 Eye Fixation - Thomson

Educational Objectives for this session:

Describe and demonstrate an induction using eye fixation

3:15 BREAK

3:30 Small Group #4 Rapport, Induction, Deepening, Hypnotic Phenomenon, Ego-strengthening, Suggestions, Re-alerting

Educational Objectives for this session:

Demonstrate the ability to build rapport with the subject different from previous practice sessions.

Facilitate at least one induction method, one deepening method, a simple suggestion and realerting.

Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.

Clarify readiness for incorporating hypnosis into practice

6:00 Recess

Fundamentals of Hypnosis (Basic Workshop)

SUNDAY, September 17, 2017

8:30 am Memory –Forester-Miller

Educational Objectives for this session:

Discuss the clinical controversy regarding hypnosis and the possible creation of false or pseudomemory

Discuss the research on hypnosis and memory.

9:00 Managing Resistance –Forester-Miller

Educational Objectives for this session:

Discuss the therapist, patient, and context variables that may contribute to resistance

Identify at least 3 alternative techniques for bypassing or working through resistance to hypnosis.

9:30 Treatment Planning - Bemel

Educational Objectives for this session:

Identify clinical conditions where hypnosis may be used as an effective adjunctive therapy

List at least 4 hypnotic techniques that may be best suited to achieve a specific therapeutic goal.

Differentiate when to use a suggestive hypnotic approach and when to use an insight-oriented or exploratory hypnotic approach

Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan

10:15 BREAK

10:30 Integrating into Practice – Thomson, Bemel, Forester-Miller

Educational Objectives for this session:

Describe the different types of therapeutic goals to which hypnotic techniques may be applied in clinical practice

Identify the obstacles and strategies to introduce hypnosis into practice

Outline the issues around billing and documenting for services

11:30 Ethics, Certification, Training and Wrap-up –Thomson (with Intermediate)

Educational Objectives for this session:

Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis

Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification

Describe ethical issues and standards for professional conduct in using hypnosis clinically and the opportunities available for further training, membership and certification

12:00 pm Adjourn



Educational Schedule

June 15-18, 2017	ASCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria, Alexandria, VA
September 14-17, 2017	ASCH-ERF Regional Workshop; Hyatt Regency Schaumburg, Schaumburg, IL
September 14-17, 2017	ASCH-ERF Individualized Consultation Workshop; Hyatt Regency Schaumburg, Schaumburg, IL
October 12-15, 2017	ASCH-ERF Regional Workshop; JW Marriott Houston Downtown, Houston, TX
November 30- December 3, 2017	ASCH-ERF Regional Workshop; Westgate Hotel, San Diego, CA
March 15-18, 2018	ASCH-ERF Annual Scientific Meeting & Workshop; Embassy Suites Lake Buena Vista South, Kissimmee, FL
April 26-29, 2018	ASCH-ERF Regional Workshop; Holiday Inn Express Denver Downtown, Denver, CO
June 21-24, 2018	ASCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria, Alexandria, VA
September 27-30, 2018	ASCH-ERF Regional Workshop; Hyatt Regency Schaumburg, Schaumburg, IL
October 2018	ASCH-ERF Regional Workshop; TBA
December 2018	ASCH-ERF Regional Workshop; TBA
June 20-23, 2019	ASCH-ERF Regional Workshop; Crowne Plaza Old Town Alexandria, Alexandria, VA

For more information visit www.asch.net or contact ASCH at +1-630-980-4740 or info@asch.net

Sponsored by the American Society of Clinical Hypnosis-Education and Research Foundation

Refining Skills and Treatment Applications (Intermediate Workshop)

What are the advantages of more training in Clinical Hypnosis?

The second step in certification training is to strengthen your skills, strategies and applications of clinical hypnosis. Part one taught you “how to” do clinical hypnosis, and part two builds on this skill set and refines and furthers your development so you add the when, why and where to the “how to”.

Advantages:

- Introduction to a wider range of topics on the utility of clinical hypnosis (e.g., Pain Management, Anxiety, Fears and Phobias, Functional and Habit Disorders)
- Learn more techniques for the creative use of the language of suggestion and metaphor to facilitate change;
- Learn specific tools (complex inductions and intensification techniques) for specific populations (children, procedural and dental hypnosis)
- More practice with the feedback of expert faculty.

The Intermediate Workshop increases your skills and builds confidence in your use of hypnosis. It prepares you to move on to the advanced workshop level and individual consultation with a strong basis of skills and understanding of the principles and practice of clinical hypnosis.

Objectives: Upon completion of this workshop, participants will be able to do the following in their practice:

- Identify two hypnotic strategies for use in pain management;
- Practice two hypnotic methods for dealing with anxiety
- Cite at least two examples of metaphors that might be used with clinical problems; and
- Demonstrate three types of techniques and types of suggestions that might be used with common behavioral problems.

THURSDAY, September 14, 2017 - This workshop begins in the evening

6:30 pm Welcome

6:45 Intro to Skills & Applications -Jacobs

7:00 Refining Skills of Inductions and Deepening – Jacobs, Beighle, Oster

Educational Objectives for this session:

Observe and identify 3 advanced inductions, and clarify conditions under which they may be indicated.

Describe 3 signs of increased suggestibility/trance

Describe at least 2 hypnotic techniques for intensification or deepening of trance.

8:00 Refining Skills of Language and Suggestion – Oster

Educational Objectives for this session: LindaThomson@Hypnovations.com

Describe how to enhance rapport and compliance through positive reinforcement and utilization

Describe how to structure 2 direct and indirect suggestions

Define a conversational postulate and a double bind

9:00 Group experience - Thomson

Educational Objectives for this session:

Experience an advanced Ericksonian trance experience.

9:30 Recess

FRIDAY, September 15, 2017

8:30 am Applications of Hypnosis: Sleep Disorders - Forester-Miller

Educational Objectives for this session:

Describe the difference between primary and secondary sleep problems

Develop a hypnotic intervention to address the common pattern of sleep performance anxiety.

9:00 am Applications of Hypnosis: Psychodynamic Exploration -Jacobs

Educational Objectives for this session:

Discuss indications and contraindications for using an insight-oriented hypnotic approach.

Describe at least 3 exploratory hypnotic methods.

10:15 BREAK

10:30 Applications of Hypnosis: Mind - Body Medicine - Beighle

Educational Objectives for this session:

Review how stress and pain affect body systems

Identify 3 ways that hypnosis can be integrated into the treatment of patients with psychophysiological disorders

11:00 Applications of Hypnosis: Pain - Beighle

Educational Objectives for this session:

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 amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain

Identify 6 hypnotic techniques for use in pain management.

12:00 pm Lunch on your own

1:30 Ideomotor Signaling -Beighle

Educational Objectives for this session:

Define and demonstrate ideomotor phenomena / signaling

Refining Skills and Applications (Intermediate Workshop)

2:00 Small Group Skill Practice # 1 Jacobs, Beighle, Oster

Educational Objectives for this session:

Demonstrate as the operator and personally experience as the subject a hypnotic trance

Utilize a new induction and deepening technique along with a new skill or application learned from the preceding lectures and demonstrations

3:15 BREAK

3:30 Applications of Hypnosis: Anxiety -Oster

Educational Objectives for this session:

Review principles stemming from research data on the treatment of anxiety and phobic disorders

Explicate a minimum of 3 hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method

4:45 Applications of Hypnosis: Habit Disorders - Jacobs

Educational Objectives for this session:

Discuss research literature on hypnosis in the treatment of habits

Design an effective therapeutic intervention for two common habit disorders

6:00 Recess

SATURDAY, September 16, 2017

8:30 am Neurophysiology of Hypnosis -Beighle

Educational Objectives for this session:

List three brain regions or networks that research shows may be altered with hypnosis.

Detail 3 implications of neurophysiological research on the practice of clinical hypnosis

9:00 Small Group Skill Practice # 2 Bemel, Jacobs, Oster

Educational Objectives for this session:

Demonstrate as the operator and personally experience as the subject a hypnotic trance

Utilize a new induction and deepening technique along with a new hypnotic skill or application learned from the preceding lectures and demonstrations

10:15 BREAK

10:30 Applications of Hypnosis: Pediatrics - Thomson

Educational Objectives for this session:

List at least three ways in which working with children is different from work with adults.

Demonstrate 2 hypnotic techniques that are effective with children and vary with the development level of the patient/client.

11:30 Applications of Hypnosis: Peak Performance - Jacobs

Educational Objectives for this session:

Describe the effects of positive self-talk and visualization on performance enhancement

Demonstrate the Stein Clenched Fist technique and state how it might be used

12:00 pm Lunch on your own

1:30 Small Group Practice #3 Beighle, Jacobs, Oster

Each Intermediate participant will be encouraged to attend 1 of the 3 choices

Group A - Heart Rate Variability Biofeedback

Educational Objective for this session:

Demonstrate how to increase skill in HRV Biofeedback

Group B - Ideomotor Signaling

Educational Objective for this session:

Demonstrate how to increase skill in using ideomotor signaling

Group C - Glove analgesia

Educational Objective for this session:

Demonstrate how to increase skill in producing glove analgesia

2:15 Small Group Practice #4

Each Intermediate participant will be encouraged to attend a second of the 3 choices

Group D - Heart Rate Variability Biofeedback

Educational Objective for this session:

Demonstrate how to increase skill in HRV Biofeedback

Group E - Ideomotor Signaling

Educational Objective for this session:

Demonstrate how to increase skill in using ideomotor signaling

Group F - Glove analgesia

Educational Objective for this session:

Demonstrate how to increase skill in producing glove analgesia

3:15 BREAK

3:30 Refining Skills of Ego Strengthening – Jacobs

Educational Objectives for this session:

Describe the Ego-Strengthening techniques of anchoring, using an affect bridge and future projection of successful self

Describe how to enhance ego-strengthening suggestions

4:00 Applications of Hypnosis: Depression - Jacobs

Educational Objectives for this session:

Demonstrate how to introduce positive expectancy during an induction with a depressed client

Explain how to use hypnosis to support behavioral activation.

Refining Skills and Treatment Applications (Intermediate Workshop)

4:30 Skill Development with Metaphorical Approaches - Oster

Educational Objectives for this session:

Explain the concept of utilization in the creation of metaphors.

Demonstrate how to construct therapeutic metaphors and give 2 examples of metaphorical suggestions.

6:00 Recess

SUNDAY, September 17, 2017

8:30 am Preparation for Surgery - Beighle

Educational Objectives for this session:

Describe effective hypnotic techniques that can be used preoperatively, intraoperatively and post operatively

9:00 Treatment Planning - Oster

Educational Objectives for this session:

Discuss the variables that determine whether hypnotic techniques may be indicated or relatively contraindicated in a treatment plan.

List at least 4 applications of hypnosis suited to achieve a specific therapeutic goal.

10:15 BREAK

10:30 Skills of Integrating into Practice – Jacobs, Beighle, Oster

Educational Objectives for this session:

List at least 4 hypnotic techniques that may be best suited to achieve a specific therapeutic goal.

Describe the potential application of hypnosis for a particular clinical vignette.

11:30 Ethics, Certification, Training and Wrap-up – Thomson (with Fundamentals)

Educational Objectives for this session:

Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis

Become familiar with clinical hypnosis standards of training, levels of, and requirements for, ASCH certification

Describe ethical issues and standards for professional conduct in using hypnosis clinically and the opportunities available for further training, membership and certification

12:00 Adjourn

A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiologic Pattern (Advanced Workshop)

The 2011 Institute of Medicine report *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research* estimated that 100 million Americans have chronic pain. Over the last 15 years, the primary reliance on and excessive use of opiate medications has created a serious medical crisis.

The United States, which makes up 5% of the world population, uses 80% of the world's opiates. Numerous studies demonstrate that dependence on opiate medications leads to overwhelming suffering and disability. Addressing this crisis will require considerable effort and commitment across all health-related fields.

Over the last three decades, more than 1,000 randomized controlled clinical trials have been published on low back pain alone. Most treatments for low back pain have limited clinical value. What is missing from these treatments is the role of the patient in healing and patient-centered care. We can do better.

Helping Patients Recover and Heal Chronic Low Back Pain.

Since back pain is the most common of chronic pain, this workshop will focus on low back pain. The critical step in managing any chronic condition is asking the patient to be part of the solution. Engaging patients in daily self-care, gradual conditioning programs, releasing tension from stress or guarding from pain and the all-important step of activating self-healing resources is critical. Opiates—especially at high doses—disconnect the brain from the body in a dissociative process, making self-care and activating self-healing resources more challenging. The goal of good treatment is to reduce dissociation and increase somatic awareness. Repetition of awareness training changes the brain through neuroplasticity and can reverse the changes in the brain associated with chronic pain. Daily practice activates self-healing resources, regulates the autonomic nervous system and creates empowerment. It prevents deconditioning and the depression that follows inactivity and isolation.

At times, modern medicine has forgotten how to help these patients switch from survival mode to healing mode, and eventually, to a state of well-being. This workshop will help you understand this process.

Workshop Description

In this 20 hour workshop, we will consider the role that hypnosis can play in facilitating an ideal healing state to effectively treat low back pain, help wean patients off opiate medications, and reduce central sensitization. The presenters will review the literature and take the participants on an experiential journey using a mixture of didactic and experiential approaches they can use on a daily basis in their clinical practice.

As a group, we will explore our societal over reliance on opiate medication and its consequences, understand opiate induced hyperalgesia, and create effective treatment plans for engaging patients to be part of the solution to chronic low back pain- all while tapering their opiate medications. The integration of hypnosis to help engage patient motivation, facilitate rehabilitation, reduce the pain experience, and develop a strong core will be woven throughout the workshop. Patients who undergo this training report high levels of satisfaction.

About the Presenters



Mark B. Weisberg, Ph.D., ABPP is a Board-Certified Clinical Health Psychologist in Minneapolis, Minnesota. He is Adjunct Community Faculty, Academic Health Center, University of Minnesota. Dr. Weisberg is a Fellow of the American Psychological Association, American Society of Clinical Hypnosis, and American Academy of Clinical Health Psychology. He has been involved in clinical practice and consultation in integrative mind-body medicine for over 25 years, and lectures on related topics nationally and internationally. At the Minnesota Head and Neck Pain Clinic, he consults in the treatment of a wide variety of adults and adolescents with back pain, headache, temporomandibular disorders, and other widespread pain conditions. Dr. Weisberg is the co-author of *Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs* (Conari Press, 2013), a consumer book on integrative treatment of digestive disorders. He also conducts a private psychotherapy and consultation practice in Minneapolis.



Alfred L. Clavel Jr., M.D. is a Neurologist and Pain Specialist and current Department Chair of Pain Management for HealthPartners Inc. He served as Medical Director of the Hennepin County Medical Center Pain Program from 1993 to 2006. He practiced at Fairview-University Pain and Palliative Care Center from 2006 to 2015. He is an owner of the Minnesota Head and Neck Pain Clinic, St Paul, Minnesota a unique medical-dental integrated clinic. Dr. Clavel has found pain management to be a challenging career and a wonderful opportunity to help patients recapture their lives. His approach with patient care is simple; they work as a team to create the ideal healing state. He believes all patients have the capacity to heal. He is President of the Minnesota Society of Clinical Hypnosis (MSCH) and often offers hypnosis as part of an integrated treatment plan promoting neuroplasticity and positive change.

Together, Drs. Weisberg and Clavel have taught and written together extensively for years on topics related to integrative treatment of chronic pain conditions including the use of hypnosis.

Upon completion of this workshop, participants will:

Educate patients on how their opiate medication has actually trapped them and maintained their chronic pain state.

Explain the fundamental background information for conceptualizing Psychophysiologic Disorders, particularly chronic LBP, as an example of a dysregulation syndrome.

Describe why many traditional treatments for LBP are ineffective or insufficient while participating in an actual rehab program.

Facilitate several hypnotic techniques for reducing pain and opiate dependence, as part of this integrative treatment.

A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiology Pattern (Advanced Workshop)

THURSDAY, September 14, 2017 - This workshop begins in the evening

6:30 pm Welcome

6:45 Intro to Advanced - Clavel

7:00 Workshop overview - Clavel

Group induction—Demonstration 1

The opiate Crisis and opiate induced hyperalgesia

Pathophysiology of addiction

Opiate tapering for success

8:15 Break

8:30 Workshop continues - Clavel

Introduction to Core strength: concepts, literature, and repair

Understanding core activation experientially- Demonstration 2

Hypnosis for sleep enhancement (group trance)- Demonstration 3

9:30 Recess

FRIDAY, September 15, 2017 – *(Wear sweats and bring your yoga mats)*

8:30 am Getting started--beginning a typical pain management day - Clavel

Finding, activating, and strengthen your core

Demonstration 4

Group practice 1

10:30 Break

10:45 A look at pain and central sensitization - Clavel

Demonstration 5—An act of kindness

Understanding LBP for real

12:00 pm Lunch on your own

1:30 The guarding response and autonomic dysregulation - Clavel

The power of focus and ego strengthening

Demonstration 6

Group practice 2

3:00 Break

3:15 Lets stretch together—"the body guides the mind" - Clavel

Chair and floor stretches

Neuromuscular re-education and Neuroplasticity

Hypnotic enhanced rehabilitation--Demonstration 7

Group practice 3

6:00 Recess

SATURDAY, Septemer 16, 2017

8:30 am Introduction to Psychoneuroimmunology - Clavel & Weisberg

Healing vs fixing

Demonstration 8

Group practice 4

10:30 Break

10:45 The Problem of normal dissociation - Clavel & Weisberg

Healing from the body up

Demonstration 9

Group Practice 5

12:00 pm Lunch on your own

1:30 Hypnotic Strategies in Chronic LBP - Clavel & Weisberg

Treatment considerations

Demonstration 10

Group practice 6

3:00 Break

3:15- Targets for hypnotic intervention - Clavel & Weisberg

Demonstration 11

Group practice 7

6:00 pm Recess

Sunday

8:30 Resistance and personality styles - Clavel & Weisberg

Demonstration 12

Group practice 8

10:30 Break

10:45 Case Discussion

Bring your difficult cases

Case discussion and ideas

12:00 pm Adjourn

Faculty Bios and Disclosures

The association accepted no commercial support to subsidize this educational event, nor does any party involved in the development, planning or execution of educational content - faculty, staff or committee members - have any financial relationships or conflicts of interest to disclose unless otherwise noted below.

Cheryl Beighle, MD; Everett, WA

Member, Approved Consultant, ASCH; Board Certified, Pediatrics; Instructor, Weight Loss for Life; Medical Director, Integrative Medicine, Providence Regional Cancer Partnership; Board Member, Medical Director, ChildStrive; Partner, Physician, Behavioral and Integrative Consultive Practice, Chair, Pediatrics, Provider, Well Being Program, The Everett Clinic, Everett, WA.

Cheryl Bemel, PhD, LP, NCSP/NASP; St Paul, MN

Member, Approved Consultant, ASCH; Board of Directors, Treasurer, President-elect, Teaching Faculty, Minnesota Society of Clinical Hypnosis (MSCH); Teaching Faculty, National Pediatric Hypnosis Training Institute (NPHTI); Hospital based Crisis Psychologist; Field based Crisis Psychologist, Minneapolis Police Department; Psychologist, Allina Health, West St. Paul, MN; Private Practice; Psychologist, St. Paul, MN; Nationally Certified School Psychologist.

Alfred Clavel, Jr, MD; Minneapolis, MN

Member, Approved Consultant, ASCH; President, Minnesota Society of Clinical Hypnosis (MSCH); Chair, Pain Management Department, HealthPartners Inc.; Medical Director, Hennepin County Medical Center Pain Program; Consultant and co-owner, Minnesota Head and Neck Pain Clinic, Minneapolis, MN.

Holly Forester-Miller, PhD; Durham, NC

Member, Approved Consultant, Chair, Training and Consultation Workshop (TCW), ASCH; Guest Editor, "The Benefits of Hypnosis in Cancer Care,": *American Journal of Clinical Hypnosis* (AJCH); Member, North Carolina Society for Clinical Hypnosis; Past President, North Carolina Mental Health Counselors Association; Member, International Association for Counseling (IAC formerly IRTAC); Member, American Counseling Association (ACA, formerly AACD); Member, Association for Specialists in Group Work (ASGW); Member, North Carolina Counseling Association, North Carolina Mental Health Counselors Association, North Carolina Association for Specialists in Group Work; Medical Center Instructor/ Small Group Leader, The Practice Course, Duke University School of Medicine; Guest Lecturer, Duke University & Duke University Medical Center; Developer, Instructor, Self-Hypnosis for Cancer Patients, Duke Raleigh Cancer Center; President, Medical Hypnosis Consultants, PLLC and Wellness Consultants International, Durham, NC.

Delle Jacobs, MSW, LICSW, LMFT; St. Paul, MN

Member, Approved Consultant, Chair, Component Section Committee, ASCH; Past President and ASCH Liaison, Minnesota Society of Clinical Hypnosis (MSCH); psychotherapy practice, St. Paul, MN.

Marc Oster, PsyD, ABPH; Bloomingdale, IL

Fellow, Approved Consultant, Past President, ASCH; Diplomate and President, American Board of Psychological Hypnosis (ABPH); Fellow, American Psychological Association (APA); Advisory Editor, *American Journal of Clinical Hypnosis*; Professor, Illinois School of Professional Psychology at Argosy University Schaumburg (IL) Campus; Clinical Psychologist private practice, Algonquin and St. Charles, IL.

Linda Thomson, MSN, CPNP, ABMH, ABHN; Ludlow, VT

Fellow, Approved Consultant, Member, Education Committee, Co-Chair, Power of Words Workshop, 2018 Annual Meeting Program, Committee, Moderator, ASCH Board of Governors, Past President, ASCH; Past President, New England Society of Clinical Hypnosis (NESCH); President, Northeastern Mountain Society of Clinical Hypnosis (NMSCH); Fellow, National Association of Pediatric Nurse Practitioners (NAPNAP); Member, International Society of Hypnosis (ISH); Diplomate, American Board of Medical Hypnosis (ABMH); Diplomate, American Board of Hypnosis in Nursing (ABHN) Adjunct Faculty, University of Vermont; Nurse Practitioner, Springfield Medical Care Systems, Bellows Falls, Ludlow & Springfield, VT; Pediatric Nurse Practitioner, Pioneer Valley Pediatrics, Longmeadow, MA and Enfield, CT; author, [Harry the Hypno-potamus: Metaphorical Tales for the Treatment of Children: Volumes I and II](#), the accompanying Harry the Hypno-potamus Imagination Cards and *Stress Free Surgery: A Self Relaxation Program to Help You Prepare for and Recover from Surgery*; Ludlow, VT.

Ms. Thomson is the author of 2 books on pediatric hypnosis and the creator of a CD set for surgery patients who wish to use hypnosis as an adjunct to anesthesia during their surgery, from which some of her teaching content is derived and for which she receives financial remuneration.

Mark Weisberg, PhD, ABPP; Minneapolis, MN

Fellow, Approved Consultant, ASCH; Past President, Minnesota Society of Clinical Hypnosis (MSCH); Fellow, American Psychological Association (APA); Diplomate, Clinical Health Psychology, American Board of Professional Psychology (ABPP); Co-Author, [Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs](#); Community Adjunct Professor, Academic Health Center, University of Minnesota; Consultant and co-owner, Minnesota Head and Neck Pain Clinic, Minneapolis, MN.

Dr. Weisberg is the author of a text from which some of his teaching content may be derived and for which he receives financial remuneration.

Hyatt Regency Chicago Schaumburg

This Regional Workshop will be held at the Hyatt Regency Chicago Schaumburg, located at 1800 East Golf Street in Schaumburg, IL a northwest suburb of Chicago. Our hotel is located only 30 miles from the exceptional shops, restaurants and cultural attractions of downtown Chicago, and nine miles from the Chicago O'Hare International Airport. Enjoy a short, five minute drive to the Schaumburg Convention Center, and convenient access to the famous Woodfield Mall, the Midwest's largest shopping center.

ASCH has contracted a limited number of rooms at a discounted room rate of \$119 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 August 24, 2017. So book early to receive the group rate.

Make reservations for this event call 1-847-605-1234.

Continuing Education

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

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 activity is pending approval from the National Association of Social Workers.

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.



American Society of Clinical Hypnosis-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 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.

Additional Information

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 from regionally accredited graduate schools in an appropriate discipline. Students need not be residents of Virginia, but simply be attending an institution of higher learning located 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.

For more information regarding the ASCH Tuition Assistance programs, contact ASCH at 630/980-4740 (phone), 630/351-8490 (fax) or info@asch.net (email).

Eligibility

Registrants must hold a masters degree or higher 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 bachelors 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.

Students enrolled full-time in masters level or higher program are eligible to attend at a reduced rate. Students must have completed a minimum of one full semester of the program and must 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 and date of intended graduation.

Full time residents or interns participating in a recognized residency or internship program may also register to attend at a reduced rate. 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.

September 14-17, 2017 / Schaumburg, IL / Hyatt Regency Schaumburg

Name/Degree: (Print Clearly) _____ Nickname: _____ License #: _____

Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Office Phone: _____ Home Phone: _____

Email Address: _____

☐ I would like to receive all correspondence for this meeting electronically. (Note: If you select this, you must supply a working email address in the personal information block above.)

Category of Attendance: (Select One)

I am a member of: ☐ ASCH ☐ Component Section: _____ ☐ SCEH (Members of SCEH and ASCH Component Sections qualify for ASCH Member rate)

☐ Student ☐ 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 and date of intended graduation.

☐ Resident / ☐ Intern 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.

Registration Fees:

	Member	Non-Member	Resident/Intern	Student
Basic*	☐ \$457	☐ \$657	☐ \$317	☐ \$272
Intermediate	☐ \$457	☐ \$657	☐ \$317	☐ \$272
Advanced	☐ \$457	☐ \$657	☐ \$317	☐ \$272

All registration fees include a \$37 printed handout fee. If you wish to receive your handouts electronically, select the appropriate box below and subtract the \$37 fee from your total amount due.

☐ I wish to print out my own handouts for this workshop. Please remove the \$37 handout fee already included in the registration fee.

☐ I DO NOT wish to print out my own handouts for this workshop.

☐ I would like to request the Virginia Hypnosis Fund (VHS) Grant. The required written request and proof of my status as a student enrolled full-time in a Virginia-based institution of higher education accompanies my registration form.

* Basic Fee includes two books: Standards of Training and Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis.

There is an additional fee for Hypnotic Induction and Suggestion by D. Corydon Hammond, PhD, ABPH. It is a strongly recommended text for the Basic Workshop, however, it is not required. Preorder your copy of Hypnotic Induction and Suggestion for \$20 each.

Registration Fee: _____
Hypnotic Induction and Suggestion- \$20 each x _____ = _____

Handout Fee (minus \$37) _____

Continuing Education/Letter of Attendance Fee Removal (minus \$25): _____

You will not receive a CE certificate/Letter of Attendance if you select this

Total Amount Due: _____

Payment Method:

☐ MasterCard ☐ Visa ☐ Check #: _____ (Make payable to American Society of Clinical Hypnosis; US funds only)

Credit Card #: _____ Exp. Date: _____ CVS Code: _____

Name as it appears on the card: _____

Participant Signature: _____ Date: _____

ADA Statement: In compliance with the Americans with Disabilities Act (ADA), please check this box ☐ if you require assistance because of a disability to make this program accessible to you. Someone from the ASCH Office will contact you.

Cancellation Policy:

Cancellations postmarked/faxed after August 11, 2017 but on or before August 31, 2017 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds on or after August 31, 2017.** Exceptions will only be granted due to death of the participant or an immediate family member, severe illness/injury of the participant or an immediate family member, or the inability of the participant to travel due to legal or governmental restrictions/obligations, and require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

Mail to: ASCH, 140 North Bloomingdale Rd., Bloomingdale, IL 60108-1017

Fax to: 630/351-8490 / Questions? Please Call 630/980-4740