

2018 SCEH Advanced Workshop Descriptions

Agenda is subject to change.

Revised: June 22, 2018

Wednesday, October 10, 2018

6:30-9:45 PM (3 CE)

The Sweet Tooth Extraction and Its Connection

Eleanor Laser, PhD and Justine Olson, PsyD

Metaphor can be very powerful. The Sweet Tooth Extraction, hypnosis, is the missing link for clients seeking removal of sugar addiction. Sweet Tooth Extraction is a powerful, professional hypnotic technique that helps eliminate sugar addiction to support weight loss and health. It gives you and your business an innovative, value added tool that sets you apart from the competition.

Learning Outcomes

- Gain an overview of research and statistics on American sugar consumption.
- Utilize a hypnosis technique to remove the craving for sugar.
- Identify a client's problem through the use of their language and assist them in gaining back self control through use of suggestion.

6:30-9:45 PM (3 CE)

Minding the Couple, Coupling The Minds: the Therapeutic Use of Hypnosis Strategies with Couples

Antonio Bustillo, PhD

This is a clinical presentation of a model that uses hypnosis in therapy with couples capitalizing on the dyad's natural and spontaneous hypnotic trance phenomena (HTP) to help them shift into more adapting states of consciousness. Spontaneous hypnotic trance phenomena (HTP) are used as internal and contextual cues for creating and/or enhancing self-regulatory process within the intra (mind) and interpersonal (couple) dynamics of the dyad's relational context.

Because hypnosis is part of the naturally occurring components of interpersonal dyads, it can be used in couple's therapy to help them use their natural hypnotic abilities to create healthier states of consciousness as an important skill. Shifting into more functional and creative states of consciousness the spouses can develop self-regulating skills while eliciting internal coping resources for conflict management and creating solutions.

These states of consciousness are useful for tapping into the client's biological, cognitive, interpersonal or spiritual active resources from previous experiences and memories or can be projected into expectations for future success within the relational context.

Wednesday, Oct. 10, Advanced Workshops, continued

The careful monitoring of the therapist while connecting with the couple during the hypnosis exercise is crucial for developing a caring and supportive therapeutic relationship and atmosphere, thus reinforcing and amplifying not only the internal positive alternative (a self-regulating one) state but also the interpersonal quality to the process.

Learning Outcomes

- Identify natural/spontaneous manifestations of three hypnotic trance phenomena in couple's conflicting patterns.
- Learn how to teach spouses how to use those hypnotic phenomena for shifting their conflicting or problem state to an internal positive trance state utilizing the same sensory process of their spontaneous trance phenomena as a concrete resource for self-regulating.
- Learn two practical hands on techniques to help guide the spouses to internal resourceful states to connect with past experiences with needed resources for creating solutions and use the self-regulating process as a future resource when tension arises within the relationship.

6:30-9:45 PM (3 CE)

Let's Get Started - Private Practice Nuts and Bolts

Nancy Faye, LCSW

Nancy Faye, LCSW and ASCH Consultant, is a licensed clinical social worker who has a private practice in Las Vegas, NV. With the encouragement of a hypnosis experience she established her practice over 10 years ago. Through trial and error she learned easy methods for getting her practice up and running. In this workshop she will share her experiences to provide you with solid information while answering questions regarding your own practice. Bring your fears along with your successes to confidently go the next step with your private practice.

Learning Outcomes

- Understand how to set up a private practice, including simple marketing tools and webpage development so that you can increase the number of people you see. Valuable handout of resources will be included.
- Be informed regarding insurance billing, billing companies, coding and even doing your own billing should you want to. Each state is different, so your own research can begin after this presentation.
- Boost your number of clientele by learning new ways of integrating hypnosis into your practice through current and new contacts in medical and mental health professions.
- Expand your practice by integrating your current skills, such as CBT, mindfulness, sports medicine, pain management, etc. with hypnosis.
- Experience a hypnosis session which will have the capacity to create your own vision for your private practice.

Thursday, October 11, 2018

9:30 AM-5:15 PM (6 CE)

Resolution and Restructuring of Traumatic and Key Decision Memories Utilizing Hypnosis and Deep Structure CBT

James Straub, EdD

The workshop will review current understanding of memories, neurological structures and implications for rapid resolution and restructuring of memories without prolonged exposure.

Specific approaches drawing upon hypnosis, deep structure CBT, timeline therapy, NLP, triple dissociation and the work of Roberto Assagioli, Alfred Adler and Robert Goulding will be presented.

These techniques often can lead to resolution of a memory in a single session.

Learning Outcomes

- Describe and apply a deep structure grounding technique.
- Describe methods of extracting parts/neuropatterns from traumatic memories.
- Describe and apply methods of restructuring limiting beliefs.
- Identify "hotspots"/neuropatterns and disidentify from them.
- Describe and apply triple dissociation from memories.
- Describe and apply techniques for reframing memories.

9:30 AM-5:15 PM (6 CE)

Hypnosis and Relationship Therapy

Carolyn Daitch, PhD

In this workshop, participants will learn a range of hetero and self-hypnotic interventions that aid in enhancing treatment goals through more effective use of the couple's innate resources. Participants will learn specific hypnotic approaches that enhance the couple's work. Clinical hypnosis incorporates the science of neurobiology and brain plasticity, and its principles are trans-theoretical. Since suggestion is an inevitable part of any treatment, and visualization is commonly incorporated into relationship therapy, learning hypnosis provides increased understanding of suggestive language in treatment approaches and more powerful and effective visualizations.

In addition, the skills learned will help clients enhance connection, empathy and attunement. Special attention will be on teaching self-hypnosis to promote affect regulation to avert unrestrained escalation of discord can undermine trust and intimacy.

Thursday, Oct. 11, Advanced Workshops, continued

Self- hypnotic approaches that mediate the psycho-physiological flooding that impedes appropriate interaction will be presented. Also included will be traditional hypnotic approaches such as age regression and age progression to elicit positive affect; ego-state therapy to help access the mature part of self and hypnotic visualization to rehearse the use of communication approaches.

Of the many tools used to help clients respond more intentionally in the face of interpersonal triggers, three that will be emphasized are:

1. Taking an immediate "time out" to practice self-hypnosis .
2. Contacting more mature, compassionate parts of the self.
3. Rehearsing and transferring skills learned in the therapy office to stressful relational moments in daily life.

Used together, these hypnotic tools can make the difference between over-reacting in an intense interpersonal encounter and responding with a measure of calm, consciousness and even wisdom.,

Learning Outcomes

- Describe how self-hypnosis can be used to elicit self-regulation for couples.
- Apply hypnotic phenomena in couples therapy.
- Learn hypnotic interventions that amplify positive affect and enhance emotional connection.
- Describe how to identify precursors to flooding responses.
- Describe how to use hypnotic rehearsal to promote transfer of effective communication.

9:30 AM -12:45 PM (3 CE)

Hypnotically Enhanced Addictions Treatment

Joseph Tramontana, PhD

In this time of what is being called the "opioid epidemic," working with pain patients to reduce their dependence on drugs is of utmost importance. While most hypnosis advanced workshops having to do with addictions focus on smoking and weight loss, this presentation also covers alcohol abuse, drug abuse, and gambling. Smoking and weight loss will be covered, as well, with strategies for packaging sessions. The presentation will include demonstrations, scripts, strategies, and ample case studies, including successes and failures.

Learning Outcomes

- Learn techniques to expand their practices into the addictions field.
- Learn strategies for working with pain patients to reduce dependence on opioids will be covered.
- Develop scripts to use with addicted clients.

Thursday, Oct. 11, Advanced Workshops, continued

9:30 AM -12:45 PM (3 CE)

First Things, First! ADHD as a Primary Foundational Disorder and Comorbid as Secondary! Let's Assess & Integrate ADHD and Comorbid Utilizing Clinical Hypnosis Applications with Proven Positive Results!

Maureen Turner, MEd, LCMHC, RN-BC, LCSW

As a result of the last 30 years of scientific research of ADHD, a new paradigm has emerged -- the concept of attention is expanding from being the singular focus to defining ADHD as a complex, often inherited (70%) syndrome of impairments of the brain's cognitive management system and its executive functions (Barkley, 2015) -- to instead, being viewed as an impairment with a cluster of chronic difficulties with the brain's self-management system. The new paradigm defines ADHD as a foundational disorder in that executive function impairments of ADHD also underlie many other disorders (Brown, 2017),

An estimated 11 million U.S. adults have ADHD; 80% are unaware. A literature review of the following comorbid clinical hypnosis applications will be included in this workshop: addictions (such as: alcohol; marijuana; nicotine; opioids; risk-taking behavior; sugar; worry, and procrastination); anxiety (including ruminating, catastrophizing and panic); depression; obsessive compulsive disorder(OCD); oppositional defiant disorder(ODD), and post-traumatic stress disorder (PTSD).

Diagnosis: Whether genetic or environmentally caused-the most recommended and validated Adult ADHD Screening Tools for ADHD are: 1. DSM-5 Criteria (2013) and 2. The World Health Organization ADHD Self-Report Scale (ASRS-v1.1) (2003, 2018) which will be reviewed (JAMA, Oct. 2017) and included in the handouts.

Researching the efficacy of Clinical Hypnosis applications to ADHD and its comorbid is of considerable interest to this presenter. Fortunately, there has been a burst of shared interest in the past 8 years, which she will be presenting along with tested proven application techniques (Turner, 2013, 2017).

Learning Outcomes

- Discuss the role of ADHD's new paradigm from a syndrome of impairments to a foundational disorder of underlying impairment with clusters of chronic difficulties with the brain's self-management system.
- Identify three common comorbid disorders with ADHD as a foundational disorder.
- Identify three Clinical Hypnosis applications specific to the enhanced management of ADHD.

Thursday, Oct. 11, Advanced Workshops, continued

2:00-5:15 PM (3 CE)

The Hypnotic Induction in Clinical Practice: a Measure of Hypnotizability and a Means for Exploring Personality Types and Relational Styles to Enhance the Therapeutic Alliance and Improve Clinical Outcomes

John Alexander, PhD

With the advent of evidenced-based practices in medicine and psychology, hypnosis is gaining increasing acceptance as a valuable therapeutic modality. Before deciding to include hypnosis in a treatment plan, however, it behooves the clinician to first determine whether the individual has the requisite hypnotic responsivity to benefit from hypnotherapy. It is also important for the clinician to develop a basic understanding of the patient or client with the problem in order to engage the individual most effectively in the treatment process.

The Hypnotic Induction Profile (HIP) is a brief and effective procedure for rapidly assessing hypnotic responsivity in clinical practice. What is less known is that an individual's performance on the HIP also provides insights into their personality type and relational style---how they relate to the themselves and to the world around them--as well as their relative mental health and capacity to change. The purpose of this presentation is to demonstrate: (1) how the HIP is administered, scored, and interpreted to determine a patient or client's level of hypnotizability; (2) how findings from the HIP can help foster a therapeutic alliance with a patient or client by providing the clinician with insights into their personality type and relational style; (3) how a treatment strategy can be developed from these findings which is both aesthetically pleasing to the individual and compatible with their unique personal characteristics ; (4) how HIP findings can provide an estimate of an individual's overall mental health and capacity to change.

Learning Outcomes

- Discover how the Hypnotic Induction Profile is structured, administered and scored to determine a patient or client's level of hypnotizability.
- Learn how an individual's personality type and interpersonal relational style can be inferred from the HIP.
- Learn how findings from the HIP can be used to foster a therapeutic alliance and inform the development of a treatment strategy for a given individual.
- Discover how an individual's hypnotic responsivity, as determined by the HIP, can provide an estimate of their overall mental health and capacity to change.

Thursday, Oct. 11, Advanced Workshops, continued

2:00-5:15 PM (3 CE)

Hypnotherapeutic Techniques Refresher: Live Demonstrations

Arreed Barabasz, PhD and Ciara Christensen, PhD

This workshop is for clinicians who wish to increase their range of hypnotic techniques. Using the Barabasz and Watkins (2005) and the Watkins and Barabasz (2008) books, this workshop will include a range of induction techniques. Brief lecture and discussion will include demonstrations.

Learning Outcomes

- Recognize and apply components of hypnotic inductions.
- Minimize compliance.
- Provide pre-induction tests using hypnotic-like procedures.

Friday, October 12, 2018

8:30 AM-4:15 PM (6 CE)

A Biopsychosocial and Ericksonian Approach to Hypnosis for Chronic Medical Conditions

David Patterson, PhD

This is a full day workshop that combines a Powerpoint presentation, didactics, demonstrations and experiential practice. It will focus on conceptualizing complex chronic health problems in a way that they are amenable to hypnotic induction. We will review the biopsychosocial framework for conceptualizing a health condition and understand its component. We will then review and practice the elements of hypnosis that is driven by both Ericksonian conceptualizations and motivational interviews. In the afternoon, we will select a volunteer and go through a clinical work up, as well as an example of an advanced, non-linear hypnotic suggestion. Participants will be given the opportunity to practice the concepts and language either through dyads or small groups. Thus this workshop will be roughly be 1/3 didactics, 1/3 demonstration and Q&A and 1/3 experiential practice.

Friday, Oct. 12, Advanced Workshops, continued

Learning Outcomes

- Articulate the components of a biopsychosocial conceptualization for chronic health problems (e.g., pain, obesity, diabetes).
- Describe and demonstrate the concepts behind Ericksonian hypnosis and motivational interviewing.
- Perform a hypnotic induction that applies multilayered suggestions that capture the components of a biopsychosocial approach.
- Conduct a hypnotic induction that is non-linear in nature.
- Work with a participant with the group that has a health problem and conceptualize for hypnotic intervention.
- Demonstrate giving suggestions through the pacing leading induction model.

8:30 AM-4:15 PM (6 CE)

Treatment of Dissociative Identity Disorder and Allied Conditions

Richard Kluft, MD, PhD

After an overview of the diagnosis and treatment of chronic complex dissociative disorders this course will explore the combination of psychodynamic psychotherapy and hypnotic interventions associated with the most successful treatments of these conditions. Treatment phases and characteristic transferences, enactments, reenactments, a countertransference pressures will be reviewed. "Verbatim process notes" generated from reconstructed and disguised sessions will be presented for discussion to illustrate the interface of the psychodynamic and the hypnotic. Specific techniques for accessing the alter system, crisis resolution, abreaction, and the safe termination of sessions will be taught.

Learning Outcomes

- List 20 hypnotic techniques for use in treating dissociative disorders.
- List the components of a fractionated abreaction.
- Define the "Rule of Thirds".
- List and describe three aspects of the safe termination of a trauma treatment session.
- List the four points of Nathanson's Compass of Shame.
- Define Luborsky's Symptom Context Method.

Friday, Oct. 12, Advanced Workshops, continued

8:30-11:45 AM (3 CE)

Flying Hands and Floating Fingers: Hypnotizability and Ideomotor Signaling as Diagnostic and Treatment Tools

Jeff Sugar, MD and Charles Pace, MFT

This workshop focuses on the clinical utility of ideomotor signaling and measuring ability to enter hypnosis (hypnotizability). Measuring hypnotizability, often essential in research, provides a seamless path from assessment to treatment of clinically challenging conditions, including Dissociation misdiagnosed as Psychosis, and Conversion. For cases of misdiagnosed psychosis, treatment can then focus on dissociated experience and therapy, rather than on antipsychotic medication. For Somatic Symptom Disorders, including Conversion, hypnosis helps patients become more aware of their own symptom process, and, along with this awareness gain a sense of control, providing symptomatic relief. We use the Hypnotic Induction Profile (HIP) as a model, because it is brief, involves direct and indirect suggestion, fosters a sense of relationship (rather than of being an experimental subject) and was the only measure in a landmark study that differentiated within and between patient and non-patient groups. The HIP uses both verbal and non-verbal cues to separate subjects' willful initiation of an action from the action itself. Thus, the hypnotized hand is not raised, but "levitates". Patients can learn to use these same, "non-willed" bodily movements as ideomotor signals to communicate important clinical information.

We will demonstrate (live and with patient video): Chevreul Pendulum, Finger Signaling and the HIP. Examples are drawn from work with Dissociative Disorders and Somatic Symptom Disorders, including Conversion. Participants will practice from scripts when appropriate, improvisation will be encouraged. Hypnosis experience is required, though not necessarily with these conditions. Presenters are clinician-researchers, experienced with adults and children in medical and non-medical settings.

Learning Outcomes

- Learn (through observation and practice) how to use a structured script to measure hypnotizability as standardized in the Hypnotic Induction Profile (HIP), modified for use with both adults and children.
- Explain how the HIP can be a useful tool in working clinically with Somatic Symptom Disorders, and has a unique ability to differentiate the phenomenologically similar states of Dissociation and Psychosis.
- Learn (through observation and practice) how ideomotor signals can help assess non-conscious motivation and lead to useful clinical information.

Friday, Oct. 12, Advanced Workshops, continued

1:15-4:45 PM (3 CE)

Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials and Preparing Papers for Publication

Gary Elkins, PhD, ABPP, ABPH, Baylor University, Editor, International Journal of Clinical and Experimental Hypnosis (IJCEH) and Lynae Roberts, BA, Baylor University, Managing Editor, IJCEH

This workshop is intended to provide foundational knowledge regarding hypnosis research. Topics include discussion of the evolving body of research into clinical and experimental hypnosis. Also, key considerations in design of case studies and randomized clinical trials of hypnosis and related concepts (relaxation, mindfulness, suggestion methods, etc.) will be discussed. Topics will also include assessment of hypnotizability and cognitive expectancies, participant selection in clinical and experimental studies, experimental designs and control conditions. Empirically-based research will be discussed and preparation of papers for submission for publication. Participants will be encouraged to bring and develop hypnosis research ideas. This workshop will be of interest to empirically minded clinicians, researchers, experimental and clinical graduate students, interns, fellows, and residents, as well as professionals in the field who wish to learn more about the potential of hypnosis research to inform clinical practice.

Learning Outcomes

- Identify key components of well-designed case studies of hypnosis interventions.
- Discuss purpose and design of pilot studies.
- Identify three components of randomized clinical trials of hypnosis interventions.

Friday, Oct. 12, Advanced Workshops, continued

1:15-4:45 PM (3 CE)

Hypnotic Like Practices of Dzogchen Meditation

Ian Wickramasekera II, PsyD

The tradition of Dzogchen meditation has been practiced by both the Bonpo and the Buddhist communities of Tibet for at least the last 1,500 years. The term Dzogchen refers to an experiential and philosophical understanding of the boundless nature of human potential which is often translated as 'the great self-perfection' (Reynolds, 2008). The term Dzogchen also refers to hypnotic-like methods of meditation and other experiential yogic exercises that help one to fully realize their true nature from the self-delusion that is said to commonly plague human beings.

The philosophical viewpoints and experiential practices of Dzogchen are very similar to many traditions of hypnosis. In particular, there are many aspects of the Ego State Therapy, Social Cognitive, and Transpersonal traditions of hypnosis that easily demonstrate the hypnotic-like (Krippner, 2004) nature of the tradition of Dzogchen meditation. In particular, the Dzogchen model of mind is polypsychic like some traditions of hypnosis (Frederick, 2005; Hilgard, 1977) which posit that the human mind has at least two psychic structures which refers to the conscious and unconscious nature of mind. The Dzogchen model posits that the polypsychic nature of human beings is caused by a psychic structure referred to as the Kunzi-Namshe which divides the seamless nature of experience into deluded conceptual categories that become the "parts" of people. This idea has a number of interesting parallels in the Neo-Dissociative, Ego States, and Social Cognitive positions on the nature of the self. Dzogchen techniques also utilize many hypnotic-like practices of selective attention, visualization, and post-hypnotic suggestion to help their practitioners develop an experiential understanding of the illusion of self that is also frequently spoken of in Transpersonal Psychology (Wickramasekera, 2013).

We will practice several introductory forms of Tibetan Yoga and meditation that are foundational to Dzogchen in this workshop. Please wear comfortable clothes and consider bringing a yoga mat and/or a meditation cushion so that you can learn the practice personally. We will then discuss the experience and the philosophy of Dzogchen theory in light of hypnosis research with the remaining time. Ian Wickramasekera II has written about and practiced these techniques from the perspective of hypnosis for over fifteen years and was authorized to teach these practices by the Bon lineage of Dzogchen by Khenpo Yungdrung Rinpoche, the Abbott of a Bon monastery in Kathmandu, Nepal.

Learning Outcomes

- Demonstrate the Nine Breathings practice of Tibetan yoga.
- Demonstrate the Five Tsa Lung practice of Tibetan yoga.
- Discuss research perspectives on the relationship between Tibetan yoga and Hypnosis.