

# SCEH 2018 Annual Conference – Skills Workshops

*Revised July 11, 2018*

If you wish to take the Skills Workshops to satisfy Intermediate level requirements for certification, please note that you must take all the Skills Workshops as a cohort, requiring full attendance for the duration of the workshop (Wednesday through Saturday).

Skills Workshops are designed to refresh and expand skills, regardless of skill level.

Advanced Workshop registrants may choose from the Advanced Workshops list or may elect to take a Skills Workshops independently for CE credit. Please note that if taking a Skills Workshop separately, that CEs are awarded in only full or half hours.

## Wednesday, Oct. 10

**Skills Session 1 - 6:30-9:30 PM**

**Advanced and Specialized Inductions and Small Group Practice - 2.75 CE**

*David Reid, PsyD*

Some patient issues require treatment that call for more advanced or specialized hypnotic inductions. This session will introduce these inductions, and review specific instances where they may be best utilized. There will also be ample time for demonstration and small group practice.

Learning Objectives:

- Observe and identify three intermediate to advanced level inductions.
- Describe disorders and conditions where these inductions may be indicated.
- Practice three types of induction, both as hypnotic operator and as subject.

# Thursday, Oct. 11

## Skills Session 2 - 9:30 AM-12:45 PM

### Ego Strengthening and Small Group Practice - 3 CE

*Donald Moss, PhD and Eric Willmarth, PhD*

There are many clinical situations where ego strengthening can help your patient. Participants will learn what is meant by ego-strengthening, review specific ego-strengthening procedures and discuss how and when they may be used in clinical practice. There will also be ample time for demonstration and small group practice.

#### Learning Objectives:

- Define what is meant by ego-strengthening.
- Describe how ego-strengthening may be used in clinical practice.
- Observe and identify three different types of ego-strengthening suggestions.
- Practice/Demonstrate two ego-strengthening procedures

## Skills Session 3 - 2:00-5:30 PM

### Hypnotic Strategies and Techniques for Behavioral Medicine and Pain Management and Small Group Practice - 3.25 CE

*David Patterson, PhD*

A growing body of research has demonstrated the efficacy of hypnosis for improved behavioral health and pain management. Participants will learn hypnotic techniques for behavioral health and pain management. For pain management, we will also cover how and when to use hypnosis, and how to identify both precautions for its use and risk factors in using hypnosis prior to a medical and psychological evaluation. There will be ample time for demonstration and small group practice.

#### Learning Objectives:

- Clarify the importance of non-hypnotic methods of both medical and psychological evaluation for chronic pain and behavioral medicine patients.
- Name three hypnotic techniques for use in behavioral health.
- Name four disorders or conditions in behavioral medicine for whom hypnotic techniques have demonstrated efficacy
- Observe and identify at least five hypnotic strategies for use in pain management.
- Identify risk factors in using hypnosis prior to a medical and psychological evaluation of a pain or behavioral medicine problem.
- Identify precautions in using hypnotic treatment methods for both behavioral medicine and pain relief.

*(continued on next page)*

## Friday, Oct. 12

### Skills Session 4 - 8:30 AM-12:00 NOON

#### The Nature of Hypnosis and Memory: Principles and Techniques of Age Regression and the Working Through of Trauma and Small Group Practice – 3.25 CE

*Janna Henning JD, PsyD, FT, BCETS and Ciara Christensen, PhD; Small Group Practice: Evelyn Segal, PhD*

This session will review the nature of hypnosis and memory, principles and techniques of age regression, and strategies for working through trauma. There will be ample time for demonstration and small group practice.

##### Educational Objectives:

- Highlight and describe current literature on hypnosis and memory, and its implications for clinical work.
- Describe the legal implications of the “constructive” nature of hypnosis and memory.
- Identify 3 different techniques for facilitating age regression.
- Identify at least 3 contraindications for conducting age regression and abreactive work.
- Identify how to facilitate therapeutic abreaction and methods for modulating affective intensity in age regression.
- Identify specific techniques for using hypnosis with trauma patients.

### Skills Session 5 - 1:30-4:30 PM

#### Hypnosis Applications: I.) Anxiety Disorders and II. Habit Disorders and Small Group Practice – 2.75 CE

*Carolyn Daitch, PhD and Joe Green, PhD*

This session will review how hypnosis can be used to help treat anxiety disorders and habit disorders. There will be ample time for demonstration and small group practice.

##### Educational Objectives:

- Name three hypnotic techniques for treating anxiety, along with a rationale for using each method.
- Identify research literature that demonstrates the efficacy of hypnosis for treatment of anxiety or habit disorders.
- Identify at least 3 different types of suggestions or hypnotic techniques that may be used in the treatment of smoking or obesity.
- Review how hypnosis may also be used to work with other habit disorders such as nail biting and trichotillomania
- Observe and practice at least one hypnotic technique for anxiety disorders and one for habit disorders.

# Saturday, Oct. 13

Skills Session 6 - 9:30AM - 12:30 PM

## Applying Hypnosis in Psychotherapy and Small Group Practice – 2.75 CE

*Gary Elkins, PhD, ABPP, ABPH*

This session will review how to apply hypnosis in a psychotherapy practice. There will be ample time for demonstration and small group practice.

Learning Objectives:

- Identify three areas within a psychotherapy practice where hypnosis may be applied
- Identify ethics standards and concerns that apply with respect to using hypnosis in a clinical practice.
- Introduce ideas about how to construct therapeutic metaphors as a type of hypnotic suggestion.
- Observe and practice least 3 hypnotic strategies for use in psychotherapy.

Skills Session 7 - 3:15-5:30 PM

## Case Consultation in Integrating Hypnosis into Clinical Practice, for Medical and Emotional Problems – 2.25 CE

*Donald Moss, PhD and Eric Willmarth, PhD*

Participants will learn how to integrate hypnosis into clinical practice for a variety of medical and emotional problems. Participants will review specific examples and learn how to evaluate situations where its use will be most effective. We will also identify precautions and risk factors for using hypnosis prior to a medical and psychological evaluation. There will be ample time for demonstration and small group practice.

Learning Objectives

- Name two medical and emotional problems where hypnosis is often effective.
- Identify risk factors in using hypnosis prior to a medical and psychological evaluation of a medical or emotional problem.
- Review one or more case narratives showing the use of hypnosis within an integrative treatment program for a medical or mental health patient.
- Identify precautions in using hypnotic methods for medical and emotional problems.