

## CREATING EFFECTIVE HYPNOSIS INTERVENTIONS FOR CHRONIC PHYSICAL SYMPTOMS

PRESENTED BY OLAFUR S. PALSSON, PSYD

FRIDAY, JANUARY 22, 2021

9:00AM – 10:30AM PT / 11:00AM -12:30PM CT / 12:00PM -1:30PM ET

EVENT WILL BE HELD VIA ZOOM

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Program Offers 1.5 APA CE for Psychologists and 1.5 BBS CEU for Counselors and Social Workers

Chronic physical symptoms that have already proven unresponsive to the usual medical treatment methods can present formidable challenges in healthcare. Clinical hypnosis offers unique techniques for addressing medically unresponsive symptoms, but for the best effects the clinician often has to apply treatment differently for those problems than in other therapeutic applications of hypnosis. In this webinar, Dr. Palsson will provide participants with a detailed overview of a specific structure and set of essential elements in hypnosis treatment that together produce high probability of improvement in chronic and stubborn physical symptoms.

The success of this approach has been empirically demonstrated in published research on GI disorders, including IBS, functional abdominal pain, inflammatory bowel disease, and esophageal disorders, but the same framework is equally useful for creating successful hypnosis treatment for other chronic health problems, such as migraine and fibromyalgia. This includes the approach to the chronic medical patient, formulating the hypnosis sessions to contain key principles that maximize therapeutic impact, and crafting suggestions and metaphors that effectively target psychological and physiological processes that influence body symptoms

### Professional Bio of Presenter, Olafur S. Palsson, PsyD, Professor of Medicine, University of North Carolina at Chapel Hill

Dr. Olafur S. Palsson is a clinical psychologist and Professor of Medicine at the University of North Carolina at Chapel Hill. He was previously Director of Behavioral Medicine and Assistant professor of Psychiatry and Family Medicine at Eastern Virginia Medical School in Norfolk, Virginia. Much of Dr. Palsson's work has focused on biopsychosocial and epidemiological aspects of functional gastrointestinal disorders, psychological factors that modulate physical symptoms, and treatment of chronic GI problems with hypnosis. He developed the fully scripted North Carolina hypnosis protocol for IBS, which has been tested and found efficacious in seven published studies. It is used in clinical practice by hundreds of hypnosis-trained health professional in the U.S. and world-wide, and has served as a model for the development of standardized hypnosis treatment approaches for several other health problems. Dr. Palsson has authored more than 130 published papers in psychology and medicine, as well as numerous book chapters in edited books.

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**Admission: \$55, for SCEH members and Faculty, \$65 for Community Members, \$15 For students**

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Questions? Contact the Institute for Professional & Continuing Studies at [officeofce@thechicagoschool.edu](mailto:officeofce@thechicagoschool.edu) or 312.467.2364



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