

## INTEGRATING HYPNOSIS AND MINDFULNESS-BASED STRATEGIES INTO A CBT PROGRAM FOR SMOKING CESSATION

PRESENTED BY JOSEPH P. GREEN, PH.D.

**FRIDAY, SEPTEMBER 13, 2019**

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

**EVENT WILL BE HELD VIA GOTOWEBINAR – REGISTER AT:**

<https://www.eventbrite.com/e/cognitive-behavioral-therapy-mindfulness-and-hypnosis-for-smoking-cessati-tickets-65106807213?aff=affiliate165106807213?aff=affiliate1>

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

As a brief, cost-effective intervention, hypnosis can be a catalyst for change. Joseph Green and Steven Jay Lynn designed *The Winning Edge* program to incorporate recent advances and best clinical practices in the treatment of tobacco addiction. The intervention provides a unique blend of strategies based on cognitive-behavioral, mindfulness, and hypnotic approaches to smoking cessation. Webinar participants will learn the key ingredients of the program and how to apply the approach on an individual or group basis.

During the webinar, we will briefly review the health risks associated with smoking tobacco. We will discuss consumption trends in the United State and the European Union. We will discuss growing concerns over the use of e-cigarettes. The webinar will concentrate on the evidence for the inclusion of hypnosis into a multi-modal behavioral approach to smoking cessation. We will discuss the benefits of incorporating nicotine replacement therapy into the program. The webinar will address commonly asked questions and anticipated concerns from clients enrolled in the program and how to deal with ambivalent or low motivated clients. Finally, we will show how clinicians can collect outcome data while using the program

### **Professional Bio of Joseph P. Green Ph.D., Professor, The Ohio State University**

Dr. Green has published over 70 journal articles, book chapters, and encyclopedia entries, and produced two volumes on applied clinical hypnosis. The majority of his publications have centered around the topics of hypnosis, imagination, and suggestion-based approaches to psychotherapy. Dr. Green has been elected president of Division 30 of the American Psychological Association (*Society for Psychological Hypnosis*) three times. He is a *Fellow* of APA Division 30 and the *Society for Clinical and Experimental Hypnosis*, and is a member of honor of the *Association for the Advance of Experimental and Applied Hypnosis* (AAEAH; Spain). He has received a number of awards for research, teaching, and mentoring of undergraduate students and early career researchers.

Dr. Green serves on the editorial board of the *International Journal of Clinical and Experimental Hypnosis* and *Psychology of Consciousness: Theory, Research, and Practice*. During his tenure at OSU Lima, Dr. Green received campus awards for *Outstanding Scholarship* (3 times), *Outstanding Teaching* (twice), and *Sustained Faculty Mentorship* (twice). He also received The Ohio State University's highest honor for distinguished teaching.

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

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



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