

MINDFUL HYPNOTHERAPY: INTEGRATING MINDFULNESS INTO HYPNOTHERAPY PRACTICE PRESENTED BY GARY ELKINS, PH.D., ABPP, ABPH.

FRIDAY, NOVEMBER 15, 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/mindful-hypnotherapy-integrating-mindfulness-into-hypnotherapy-practice-tickets-65108413016?aff=affiliate1>

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

Mindful hypnotherapy is an intervention that intentionally uses hypnosis (hypnotic induction and suggestion) to integrate mindfulness for personal or therapeutic benefit. Clinicians who are only trained in mindfulness may have preconceived notions about hypnosis. Likewise, individuals who are only trained in hypnosis may have self-limiting ideas about mindfulness. In addition, there may be some problems or symptoms that that benefit most from hypnotic suggestions for change and others that a mindfulness approach (acceptance) is more beneficial.

In this webinar, participants will learn about the conceptual basis and theoretical foundations of mindful hypnotherapy and hypnotically oriented interventions in psychotherapy. Mindful hypnotherapy will be considered in regard to stress and anxiety management. Hypnotherapy presents an intriguing synchronicity with some aspects of mindfulness, in that both practices involves focused attention, experiencing the world differently, and relaxation.

Professional Bio of Gary Elkins, Ph.D., Professor and Director, Mind-Body Medicine Research Laboratory, Baylor University. Editor-in-Chief, International Journal of Clinical and Experimental Hypnosis.

Dr. Elkins is a Professor of Psychology and Neuroscience at Baylor University in Waco, Texas where he is the Director of the Mind-Body Medicine Research Program. He is the Editor-in-Chief of the *International Journal of Clinical and Experimental Hypnosis* and Past-President of the Society for Clinical and Experimental Hypnosis. Dr. Elkins' publications include *Mindful Hypnotherapy: The Basics for Clinical Practice* and *The Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues*.

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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 or 312.467.2364



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