

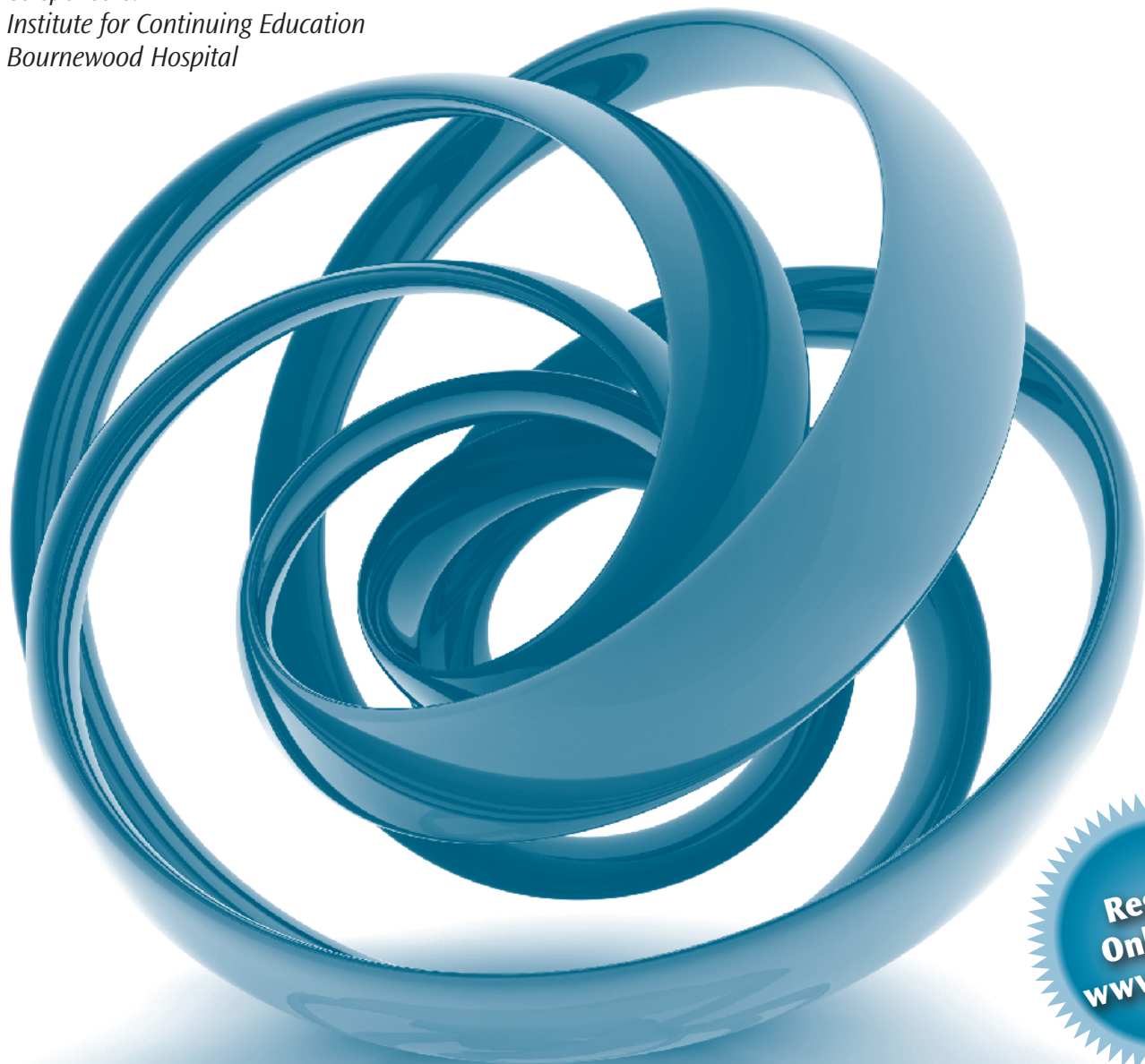
# 62nd Annual Workshops and Scientific Program

## Leading Edge Healthcare The Tradition of Quality

**September 14-18, 2011**  
**New Orleans, Louisiana**

*Sheraton New Orleans*

*Co-sponsors:*  
*Institute for Continuing Education*  
*Bournewood Hospital*



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## WORKSHOP PROGRAM—September 14-16, 2011

*Introductory Workshop Co-Chairs: Edward J. Frischholz, PhD, ABPH, & David Godot, MA, LPC*

*Intermediate Workshop Co-Chairs: Eleanor Laser, PhD; Philip D. Shenefelt, MD • Advanced Workshop Chair: Claire Frederick, MD*

The **AIM OF THE WORKSHOPS** is to teach participants hypnotic theory and practical techniques for immediate use in professional practice. The educational approaches will consist of lectures, audiovisual presentations and skill-practice groups.

2011 Workshop Program Schedule At-A-Glance					
Wed, Sept. 14	Thu, Sept. 15		Fri, Sept. 16		Sat, Sept. 17
Evening	Morning	Afternoon	Morning	Afternoon	Evening
<b>Introductory Workshop in Clinical Hypnosis</b> Wed, 6:00 – 10:00 pm; Thu, 8:30 am – 6:30 pm; Fri, 8:30 am – 6:30 pm 20 CE/CME Credits					<b>No-Host Cocktail Reception</b> 7:00 – 8:00 pm
<b>Intermediate Workshop in Clinical Hypnosis</b> Wed, 5:30 – 9:45 pm; Thu, 8:00 am – 6:00 pm; Fri, 8:00 am – 6:00 pm 21 CE/CME Credits					
<b>Finding the Fertility in Infertility</b> 6:00 – 9:00 pm 3 CE/CME Credits	<b>Self-Hypnosis, Meditation, and Body-Mind-Spirit Balance</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>Heart Rate Variability Biofeedback: What is Heart Rate Variability? What is its Medical Significance? How Can We Train Positive HRV Changes?</b> 1:15 – 4:30 pm 3 CE/CME Credits	<b>Palliative Care III: Comprehensive Pain Management for End of Life</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>The Use of Anti-Craving Hypnotic Counter Conditioning to Promote Abstinence from Alcohol and Drug Use</b> 1:15 – 4:30 pm 3 CE/CME Credits	<b>Presidential Banquet and Awards Ceremony</b> 8:00 – 10:00 pm
<b>Hypnosis for Skin Procedures and Disorders</b> 6:00 – 9:00 pm 3 CE/CME Credits	<b>Hypnosis with Children: What WORKS and What Does NOT</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>Footprintings: Ego State Therapy in Three Dimensions</b> 1:15 – 4:30 pm 3 CE/CME Credits	<b>The Traumatized Body: Using the Symptoms to Develop the Solutions</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>Clinical Hypnosis with Gay Men</b> 1:15 – 4:30 pm 3 CE/CME Credits	
<b>Alert Hypnosis: Using Hypnotic Phenomena with Your Eyes Wide Open</b> 6:00 – 9:00 pm 3 CE/CME Credits	<b>Integrating Hypnosis and Biofeedback for Pain Management</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>Age Regression (In this Life!): Treating the Cause/Extinguishing the Symptoms Theory, Techniques, Case Histories, and Video Demonstration</b> 1:15 – 4:30 pm 3 CE/CME Credits	<b>Subliminal Therapy: Blurring the Boundaries of Psychogenic and Organic Illnesses</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>The Mental Side of Sports: How Hypnosis and Self-Hypnosis Training Can Enhance Peak Performance</b> 1:15 – 4:30 pm 3 CE/CME Credits	
	<b>The Re-Definition of Self Process: A Hypnosis-Based Protocol for Trauma Resolution</b> 8:30 – 11:45 am 3 CE/CME Credits	<b>Acupressure and Hypnosis: Heal Thyself and Thy Patients</b> 1:15 – 4:30 pm 3 CE/CME Credits	<b>The Self-Compassion Diet</b> 8:30 – 11:45 am 3 CE/CME Credits		
	<b>Hypnosis in the Treatment of Dissociation and the Dissociative Disorders</b> 8:30 am – 4:00 pm 6 CE/CME Credits		<b>Advanced Hypnotherapy: Hypnodynamic Techniques</b> 8:30 am – 4:00 pm 6 CE/CME Credits		
	<b>Palliative Care I &amp; II: Hypnotic Approaches for Palliation of Symptoms, Self-Regulation, and Alleviation of Suffering in Advanced Cancer</b> 8:30 am – 4:00 pm 6 CE/CME Credits		<b>An Integrative CBT Hypnotic Approach to the Rapid Resolution and Restructuring of Traumatic and Key Decision Memories</b> 8:30 am – 4:00 pm 6 CE/CME Credits		
	<b>If a Hypnotic Method Works, is it Okay to Use it if You Believe the Underlying Theory is Invalid? The Problem with Therapy of the “Past Life” Type</b> 8:30 am – 4:00 pm 6 CE/CME Credits		<b>The Evolution of Ego State Therapy in the New Millenium</b> 8:30 am – 4:00 pm 6 CE/CME Credits		

WEDNESDAY  
thru  
FRIDAY

September  
14-16, 2011

### Introductory Workshop in Clinical Hypnosis

**Co-Chairs:** Edward J. Frischholz, PhD, ABPH & David Godot, MA, LPC, Chicago, IL

This workshop will provide introductory clinical training in the theory and application of hypnosis in psychotherapy, dentistry, and medicine. A combined format of lecture, demonstration, and supervised practice is used to teach and develop clinical skills in the use of hypnosis. Topics include: types and principles of hypnotic induction, self-hypnosis, addressing resistance issues, and integration of hypnosis into clinical practice. Participants will have many opportunities for hands-on practice in supervised small-group sessions. The goal of the workshop is to provide the requisite training for attendees to begin utilizing hypnosis in their own clinical practices. Ongoing feedback and mentoring will be provided to support the development and applicability of new skills. The contents of the workshop comply with the Standard of Training in Clinical Hypnosis utilized by the American Society of Clinical Hypnosis.

Participants will also have the option to attend two sessions of the SCEH Scientific Program (History, Theories, & Definitions of Hypnosis; and New Techniques For Treating Smoking) during the Saturday morning Scientific Program totaling 90 minutes. There is no additional cost for introductory students to attend these optional CE/CME sessions.

**Wed, 6:00–10:00 pm • Thu, 8:30 am–6:30 pm • Fri, 8:30 am–6:30 pm**

**20 CE/CME Credits** (21.5 CE/CME Credits with optional Scientific Sessions)

### Intermediate Workshop in Clinical Hypnosis

**Co-Chairs:** Eleanor Laser, PhD, Psychologist, co-author “Patient Sedation without Medication”, Chicago, IL; Philip D. Shenefelt, MD, ABMH, Associate Professor, Department of Dermatology and Cutaneous Surgery, University of South Florida College of Medicine

**Presenters:** Eleanor Laser, PhD; Philip D. Shenefelt, MD; Elvira Lang, MD; Ran Anbar, MD; Dabney Ewin, MD

This intermediate level instruction allows individuals who have taken a basic workshop the opportunity to refine and hone their clinical hypnosis skills. It is also a great refresher for anyone who feels their clinical hypnosis skills are a little rusty. This course is interlaced with experiential hands-on practice and many instructive examples of common clinical applications of hypnosis in psychological and in medical settings.

**Wed, 5:30 - 9:45 pm • Thu, 8:00 am - 6:00 pm • Fri, 8:00 am - 6:00 pm**

**21 CE/CME Credits**

WEDNESDAY  
EVENING  
September 14

6:00–9:00 pm

3 CE/CME  
Credits

### Finding the Fertility in Infertility

*Helen Adrienne, MSW, BCD, private practice, New York, NY*

Attendees to this workshop will be sensitized to the agony of the infertility experience for patients. The inability to produce the next generation is an existential blow. Infertility patients are desperate to escape from the frenzy that is launched with their diagnosis. Even those who are confident in their coping skills eventually despair that this is bigger than they are. The pain of this loss is compounded many times by the rigors of medical treatment as well as the need to make difficult decisions. Despite the growing numbers of couples who find themselves in this state, there is no social protocol. Life becomes unrecognizable at the same time that well meaning friends and family can make things worse. Therapists need to understand this complex gestalt. Attendees will be apprised of the panoply of treatment choices. Because what has been called “letting-go coping” (of which hypnosis is a part) has a statistically significant association to pregnancy rates, emphasis will be put on the value of this approach and my personal twist to it. This aspect of the presentation will be both didactic and experiential. Finding the fertility in infertility is a challenge, but the experience can be framed as a metaphor which allows patients to keep a space open for hope as they learn to grow from adversity.

### Hypnosis for Skin Procedures and Disorders

*Philip D. Shenefelt, MD, ABMH, Associate Professor, Department of Dermatology and Cutaneous Surgery, University of South Florida College of Medicine; Eleanor Laser, PhD, private practice, Chicago, IL*

The skin and the nervous system begin together as ectoderm in the fetus. They remain closely connected and influence each other strongly throughout life. This workshop will present the uses of hypnosis for skin procedures and skin disorders, including the effective use of medical psychosomatic hypnoanalysis for treating selected resistant skin disorders. Having a serious or cosmetically disfiguring skin disorder also has the potential to affect the psyche negatively in many patients. Hypnosis can help patients deal with the emotional and physical impact that the skin disease has on their lives.

(continued)

### Alert Hypnosis: Using Hypnotic Phenomena with Your Eyes Wide Open

*David M. Wark, PhD, ABPH, FASCH, FSCEH, private practice, St. Paul, MN*

WEDNESDAY  
EVENING  
September 14

6:00–9:00 pm

3 CE/CME  
Credits

Dr. Wark will review research findings, the possible mechanisms underlying alert hypnosis and demonstrate a rapid alert induction. Participants will be invited to experience the increase in focus and concentration while reading in alert hypnosis. Then, role-playing clinicians and client, they will talk and listen in alert hypnosis, and discuss their experience and reactions. Dr. Wark will speculate on when and how alert hypnosis may be more efficient than the traditional model. Participants will pair up and do extensive and carefully guided exercises in effective techniques for inducing alert, eyes open self-hypnosis in clients. The workshop will end with practice exercises in preparing suggestions for alert hypnosis.

THURSDAY  
MORNING  
September 15

8:30–11:45 am

3 CE/CME  
Credits

### Self-Hypnosis, Meditation, and Body-Mind-Spirit Balance

*Darlene A. Osowiec, PhD, private practice, Geneva, Illinois and Alameda, CA*

In these challenging times of ecological, economic, social, technological, corporate workplace, and global uncertainties, the ability to develop and sustain resilience is the hallmark of “staying afloat” and being centered. This is especially true for those engaged in the healing arts and helping professions since we are the beacons in these stormy seas.

The purpose of this workshop is to present practical skills of self-development for the practitioner and the academician and those in the allied health fields. The application lies in our ability to maintain an on-going inner resilience when working in challenging settings and times. We will examine how self-hypnosis and meditation as self-regulation practices can be incorporated into our everyday lives as well as in our work with ever-difficult client populations and contexts.

Benefits of both approaches—self-hypnosis and meditation—will be explained, explored, and practiced. Distinctions and commonalities, historical and theoretical underpinnings, and pertinent findings from the current body of scientific knowledge will be reviewed, thus serving as a basis for praxis. Included will be an introduction to yogic breathing practices and their importance in alleviating stress and strain.

There will be a combination and flow of the didactic, experiential, and interactive learning styles with ample time for questions, discussion, assimilation, and application to one’s own personal lifestyle and professional work. The outcome will include a more attuned sense of centeredness, mindful awareness, and action plans to incorporate into one’s life and work.

### Hypnosis with Children: What WORKS and What Does NOT

*Marilee Snyder, LCSW, DCSW, Boulder, CO*

In working with children, effective treatment interventions must be tailored to the developmental age of the child. Using audio and video recordings, as well as some slides and case studies, the presenter will review specific hypnotic interventions with children and adolescents aged 1½ to 19 years. Some of these clips illustrate successful interventions, some illustrate unsuccessful ones, and some show a combination. Here, success is defined in terms of the client’s observable reactions and positive behavioral change. Many variables will be explored through a developmental lens, including respect, boundaries, humor, silence, body language, pacing and leading, subject matter, treatment focus, and metaphor.

### Integrating Hypnosis and Biofeedback for Pain Management

*Eric Willmarth, PhD, FSCEH, Adjunct Professor, Saybrook University, Grand Rapids, MI; Donald Moss, PhD, Chair of the College of Mind-Body Medicine, Saybrook University, San Francisco and private practice, MI*

Hypnosis and biofeedback have distinctly different histories and yet share substantial common ground as pillars of self-regulation. Applied to the experience of pain, each modality permits a clinician to address both the source of perceived pain and the perception of pain itself. This workshop will allow participants to have hands-on experience with multiple biofeedback instruments and observe a number of different hypnotic approaches to the management of pain. The course will include live demonstrations, video and PowerPoint displays.

(continued)

## The Re-Definition of Self Process: A Hypnosis-Based Protocol for Trauma Resolution

Marie Wilson, MD, private practice, Edmonton, Canada

As a result of basic biological research over the past decade, the mechanism of fear based memory creation, maintenance, and modification has been delineated. In this workshop presentation, Dr. Wilson will describe the five step pathway that has been identified as essential in order to modify fear-based memory, specifically, memory activation, retrieval, labilization, updating, and reconsolidation. This pathway is identifiable within the hypnosis-based trauma therapy protocol, titled the Re-Definition of Self Process, developed by Dr. Wilson. The theoretical background supporting the structure and purpose of the protocol will be explained followed by a detailed description of what to do and how to use the protocol. Participants will be provided with handouts detailing all this information as well as view a filmed demonstration of this protocol used with one of Dr. Wilson's clients. Effective grieving for past losses is a significant component of trauma resolution and participants will have the opportunity to experience the use of a grief letter writing exercise that is immediately applicable to clinical practice.

THURSDAY  
MORNING  
September 15

8:30–11:45 am

3 CE/CME  
Credits

THURSDAY  
AFTERNOON  
September 15

1:15–4:30 pm

3 CE/CME  
Credits

## Heart Rate Variability Biofeedback: What is Heart Rate Variability? What is its Medical Significance? How Can We Train Positive HRV Changes?

Donald Moss, PhD, Chair of the College of Mind-Body Medicine, Saybrook University, San Francisco and private practice, MI; Eric Willmarth, PhD, FSCEH, Adjunct Professor, Saybrook University, Grand Rapids, MI

Heart rate variability (HRV) has been recognized as a medical index of health and resilience for over three decades. Lower HRV is a predictor of sudden death in cardiovascular clinics. Research shows that HRV is lowered by anxiety, depression, post traumatic stress, fibromyalgia, cardiovascular illness, and many chronic medical conditions. Higher HRV is associated with youthfulness, aerobic fitness, and vitality. Increasing HRV is also an index of depth of trance. This workshop will review the physiology of HRV and explain the HRV indices used in research.

Only in the past fifteen years has a practical technology developed to provide real time feedback on HRV for biofeedback training. This workshop will introduce and demonstrate basic biofeedback instrumentation and procedures to train increased HRV. The workshop will emphasize the Lehrer-Vaschillo protocol for HRV biofeedback training, which has been used as the basis for most of the research investigations showing improved HRV measures in study participants. The workshop will review the outcome studies showing that HRV biofeedback can produce symptom reduction or functional improvement for the following disorders: asthma, anxiety, depression, fibromyalgia, heart disease, hypertension, and post-traumatic stress disorder, as well as two sample applications for optimal performance.

## Footprintings: Ego State Therapy in Three Dimensions

Susan Dowell, LCSW, Co-Director, CATCH (Center for Advancement of Training in Clinical Hypnosis), founder and developer of Footprintings, New York, NY

Footprintings is a dynamic new treatment approach providing effective and easy to use tools for identifying, observing, and experiencing various Self States. Using color footprintings to diagram relationships between Parts, participants can step into different Self States as they work on clarifying these internal relationships.

Recent findings indicate differing Self States have distinctive firing patterns in the brain. This three dimensional hypnoprojective model provides a constructive format for gaining a deeper connection to the body experience, affect and cognitive orientation of each of Self State, as well as providing a direct opportunity to learn more about the unique process of communication between Parts. Furthermore this process lays the groundwork for reorganizing and forging important new internal alliances.

In this workshop, we will offer an introduction to the theory and practice of Footprintings. There will be a demo and attendees will have a chance to participate in a three-dimensional practicum.

(continued)

THURSDAY  
AFTERNOON  
September 15

1:15–4:30 pm

3 CE/CME  
Credits

## Age Regression (In this Life!): Treating the Cause/Extinguishing the Symptoms Theory, Techniques, Case Histories, and Video Demonstration

*Maureen Finnerty Turner, RN-BC, LCMHC, LCSW, Vermont*

This workshop will present a brief overview of the past history, theory, and best-known techniques of Age Regression, along with discussion and demonstration of depth levels needed for effective Age Regression utilizing a specialized Induction and Depth Level Anchoring Technique. This workshop will also present a specific Somatic Affect Bridge Technique with case histories as well as a discussion of the brain functions involved in trauma storage and retrieval.

Attendees will be able to: (1) Conduct effective age regression techniques to identify the causal (imprinting) belief of the subset of behavioral and psychological symptoms of focus in a minimum of 80% of clinical hypnosis patients/clients at the first application of Turner's Somatic-Affect Bridge Technique, (2) Reframe behavioral and psychological symptoms as "purposeful" psycho-somatic indicators of an unconscious belief system that can be treated with Age Regression Techniques in a minimum of 80% of patient/client appropriate cases, i.e., instead of focusing on the management of symptoms—this will allow the clinician and client to be led to the cause of the symptoms—hence, enhance diagnosis.

Presentation of a creative and reliable Rescue Technique utilizing current knowledge from imaging, video presentation and case discussion will be used.

## Acupressure and Hypnosis: Heal Thyself and Thy Patients

*Maximillian Muenke, MD, private practice, Bala Cynwyd, PA*

This program is an experiential workshop for those clinicians who are interested in integrating aspects of Traditional Chinese Medicine (TCM) into their hypnosis practice. It will provide an overview of the theory and practice of TCM as it pertains to mind-body healing, and the integration of clinical hypnosis with TCM energy work. According to TCM, specific physiological and emotional symptoms are related to impeded energy flow along the meridians and their associated organs. This workshop will allow participants to familiarize themselves with the energy flow along specific meridians and with ways to activate this flow through acupressure combined with hypnosis. Participants will have the opportunity to engage in a unique hands-on experience to further mind-body healing.

THURSDAY  
FULL DAY  
September 15

8:30 am–  
4:00 pm

6 CE/CME  
Credits

## Hypnosis in the Treatment of Dissociation and the Dissociative Disorders

*Richard P. Kluff, MD, PhD, Temple University School of Medicine, Bala Cynwyd, PA*

This workshop will begin with a review of the history of dissociation and the dissociative disorders. Twenty contemporary attempts to define and circumscribe dissociation will be summarized, and their relevance to clinical practice will be discussed. The concept of normal dissociation will be explored and its role as the foundation for many forms of pathological dissociation considered. The occurrence of dissociation in conditions other than the dissociative disorders will be discussed along with the role of hypnosis in clarifying and resolving these symptoms. The workshop then will move to focus on the treatment of the major complex chronic dissociative disorders, Dissociative Identity Disorder (DID) and allied forms of Dissociative Disorder Not Otherwise Specified (DDNOS). After a review of certain core conceptual concerns, the use of hypnotic techniques not specifically designed for use with DID/DDNOS will be reviewed, and twenty-two varieties of hypnotherapeutic interventions designed for or adapted to use with these conditions will be taught. Time is reserved for the discussion of concerns raised by participants.

## Palliative Care I & II: Hypnotic Approaches for Palliation of Symptoms, Self-Regulation, and Alleviation of Suffering in Advanced Cancer

*Sylvain Néron, PhD, Assistant Professor, McGill University, Montreal; Daniel Handel, MD, Director, NIH-Capital Hospice Palliative and Hospice Medicine Fellowship, Bethesda, MD*

This workshop will first focus on purposeful use of language for palliation of symptoms, self-regulation, and alleviation of suffering. Secondly, it will focus on selecting specific suggestions in symbolic and metaphorical form in several clinical contexts at different points of the treatment trajectory.

The goal of this clinically-oriented workshop is to advance the skills and confidence of those practitioners who are interested in learning rapid hypnotic techniques for managing physical symptoms and hypnotic techniques for assisting patients with the important work of spiritual, existential, and interpersonal issues experienced by those of us with incurable illness.

This workshop will describe the current state of integrating hypnotic suggestion in the management of distressing symptoms such as pain, nausea, insomnia, and anxiety that are commonly encountered by this population. Using case examples, the workshop will focus extensively on practical techniques that can be effectively used in medical settings, in different clinical contexts, and at different endpoints of the illness trajectory.

(continued)

THURSDAY  
FULL DAY  
September 15

8:30 am–  
4:00 pm

6 CE/CME  
Credits

## If a Hypnotic Method Works, is it Okay to Use it if You Believe the Underlying Theory is Invalid? The Problem with Therapy of the “Past Life” Type

*Paul W. Schenk, PsyD, private practice, Tucker, GA*

For some, “past life” therapy is to western psychotherapy as acupuncture once was to western medicine. An increasing number of clinicians now use acupuncture—because they find it works—even though the mechanism of action remains difficult to prove via classical models. This advanced workshop will take a careful, pragmatic look at the therapeutic effectiveness of therapy of the “past life” type via numerous case studies (videotapes, transcripts, published literature). Next, participants will break into small groups to formulate a theoretical model to explain the observed results; i.e., a model that does not require a belief in reincarnation. The models developed by the participants will be compared/contrasted with (a) a model that relies on reincarnation as an explanatory factor, and (b) the presenter’s “waking dream” model, which does not. Each model will then be tested with additional videotaped case studies.

FRIDAY  
MORNING  
September 16

8:30–11:45 am

3 CE/CME  
Credits

## Palliative Care III: Comprehensive Pain Management for End of Life

*Joel D. Marcus, PsyD, private practice, Nevada*

Management of complex psychological, psychiatric and psychosocial issues facing patients with terminal illnesses is frequently beyond the realm of clinical expertise of most clinicians. The assessment and treatment of the sequela to terminal illness and the application of health and behavioral intervention procedures requires a skilled professional. In this context hypnosis for palliative cancer care is used to modify the psychological, behavioral, and emotional factors identified as important to or directly affecting the patient’s well being. Hypnosis is primarily viewed as a way to help patients deal with the pain from the cancer as well as dealing with the side effects from the cancer treatment. Physiological issues of pain and discomfort can contribute greatly in the psychological distress in dying patients. Common manifestations of psychological distress secondary to the exacerbation of pain and dyspnea may present as anxiety, depression, hopelessness and remorse.

Dr. Marcus will address the role of solution-focused hypnotic interventions for supportive palliative care for cancer patients. A four stage model will be presented with appropriate hypnotic interventions at each stage. Interventions discussed are aimed at addressing primary treatment sequela of pain management, nausea and insomnia. This may include aspects of relaxation training, imagery, distraction and restructuring negative thoughts.

## The Traumatized Body: Using the Symptoms to Develop the Solutions

*Carol B. Low, PsyD, private practice, proprietor of the Center for Conscious Living, Naperville, IL; David C. Flemming, MD, Director of Anesthesiology, Heywood Hospital, Gardner, MA*

In the developing field of complex trauma, professionals are increasingly aware of the many serious physical symptoms presented by trauma clients. In contrast, medical and mental health professionals in more general practice are often less aware of the interrelationship between certain physical symptoms and disorders and a history of trauma. This workshop explores the spectrum of such disorders, often referred to as functional disorders of dysregulation, including complex regional pain syndrome and other chronic pain disorders, migraine, irritable bowel, cyclic vomiting, and other dysregulations of the GI system, autoimmune disorders, cardiac arrhythmias, and pseudo-seizure-like activity. These physical symptoms presented by trauma patients are often refractory to appropriate medical intervention, and exhibit improvement with trauma-informed psychological intervention. We present data confirming specific relationships between trauma, dissociation, and certain physical diseases. The workshop will outline how to develop and carry out a treatment plan for this population, using an integrated model to treat the whole person, rather than the disease: appropriate medical interventions must support the possibility of health while reducing the emphasis on eliminating symptomatology; psychological treatment interprets the symptoms as vital information regarding the needs of the system, utilizing hypnosis and hypnotically informed language, boundary setting exercises, and sensory motor work; and the protocol is completed with somatic educational modalities such as the Feldenkrais Method®, a specific body-centered intervention to help clients more fully integrate their physical and psycho-emotional selves. Case studies will be offered to clarify the paradigm.

(continued)

**FRIDAY  
MORNING  
September 16  
8:30–11:45 am**

**3 CE/CME  
Credits**

### **Subliminal Therapy: Blurring the Boundaries of Psychogenic and Organic Illnesses**

*Edwin K. Yager, PhD, Clinical Professor, Department of Psychiatry, University of California at San Diego School of Medicine, Staff Psychologist, UCSD Medical Group, private practice, San Diego, CA.*

The roots of physiological and psychological illness are deeply entwined; each impacts the other. A psychological problem can be a consequence of medical illness and a medical illness can be exacerbated and even caused by psychological concerns. This workshop will focus on the latter situation.

It is commonly accepted that many medical problems are negatively impacted by negative emotion. Asthma, GI-related problems and dermatological issues are examples. There is also clear indication that prolonged depression and/or anxiety can compromise immune function, thereby exposing us to various medical illnesses. In the clinical situation, differentiating between the possible causes of a presenting problem can be difficult, making treatment decisions difficult.

The capacities of subconscious mental process, including higher-order functions, can be of aid in identifying the actual causes of presenting problems, as well as in resolving those causes. Subliminal Therapy is a highly effective technique to accomplish this and participants in this workshop will be taught how to use Subliminal Therapy.

### **The Self-Compassion Diet**

*Jean Fain, MSW, LICSW, Teaching Associate, Cambridge Health Alliance & private practice, Concord, MA*

When it comes to weight loss, many hypnotherapists know that hypnosis and cognitive-behavioral therapy (CBT) are a winning combination. But most don't think to add self-compassion and mindfulness practices into the therapeutic mix. Why would they? Researchers interested in eating issues have only recently turned a scientific eye on these ancient attention-focusing practices. Plus, most clinicians haven't had a chance to survey the scientific literature, let alone translate the exciting findings on loving-kindness and mindful-eating practices into trance work. This workshop offers participants the chance to survey the research on hypnosis, self-compassion and mindfulness, and then learn a best-of-all-worlds' approach to sustainable weight loss. Based on Jean Fain's new book and audio program, "The Self-Compassion Diet," the workshop will review this step-by-step slimming program for clients, offer case illustrations and, depending on the group's preference, provide a one-on-one demonstration or a group trance experience.

**FRIDAY  
AFTERNOON  
September 16**

**1:15–4:30 pm**

**3 CE/CME  
Credits**

### **The Use of Anti-Craving Hypnotic Counter Conditioning to Promote Abstinence from Alcohol and Drug Use**

*Ralph L. Elkins, Director of Research, Schick Shadel Hospital & Hypnotherapist, Schick Shadel Hospital, Seattle, WA; Jennifer Lind Whitford, PhD, Staff Psychologist, Charlie Norwood Veterans Affairs Medical Center; Clinical Assistant Professor, Medical College of Georgia; Adjunct Faculty, Department of Psychology, Augusta State University, Augusta, GA, and Clinical and Research Consultant, Schick Shadel Hospital, Seattle, WA*

Covert sensitization (CS), an anti-craving hypnotic counter conditioning against alcohol and drug use, is appropriate for those who have at least temporarily resolved an alcohol or drug dependency via abstinence, but who still struggle with substance cravings and preoccupations that compromise their lives and threaten their sobriety. Workshop participants will learn to pair patients' imagined substance use rituals with verbal suggestions that induce genuine physical nausea (as opposed to imagined nausea). Continued ritual-nausea pairings typically produce automatic conditioned nausea responses to the patients' focus on the consumption rituals. Conditioned nausea is reactive to real world substance cues and becomes an effective relapse deterrent among abstinence oriented patients.

Fully informed consent and a good client therapist rapport are essential for success. Therapists depict themselves as coaches who guide patients through successful experiences. However, patients retain responsibility with respect to successful outcomes. Most patients rise to this challenge and, with encouragement, develop pride in their contributions. They recognize that treatment success will banish their substance cravings and preoccupations, thereby freeing them to find positive replacements for their prior life-constricting substance habits.

The instructors will provide hand-outs that will be useful in post-workshop mastery of the treatment. Participants will be given opportunities to practice treatment essentials (e.g., constructing use rituals and practicing nausea suggestions). However there will be no intention or need for any participant to feel any nausea or discomfort during the workshop.



(continued)

**FRIDAY  
AFTERNOON  
September 16**

**1:15–4:30 pm**

**3 CE/CME  
Credits**

### **Clinical Hypnosis with Gay Men**

*Richard Miller, LICSW, private practice, Boston, MA*

Comfort and compassion are essential components for successful treatment with gay men. Too often gay males, triggered by shame, leave providers rather than address the feelings of being judged and misunderstood.

This workshop will highlight core issues common in the gay male community: interpersonal difficulties, rejection from family of origin, internalized homophobia, feelings of inadequacy and shame, drug use and sexual compulsivity. Aging, body image issues, and complications of establishing boundaries in monogamous versus open relationships are also challenging.

With hypnosis and appropriate interventions, workshop participants will learn to establish a greater level of awareness and confidence, which will have a positive impact for both provider and patient. Mind-body connections will also be taught to motivate clients to achieve internal relief and meet treatment goals. These interventions are effective due to positive self representations as well as the benefits of an interactive therapist.

This will provide a lasting benefit to the patient who will be able to identify triggers that activate states of positive or negative arousal, and identify internal resources to cope effectively.

Inductions, scripts and specific ego strengthening techniques will be provided.

### **The Mental Side of Sports: How Hypnosis and Self-Hypnosis Training Can Enhance Peak Performance**

*Joseph Tramontana, PhD, psychologist, Baton Rouge, LA; Mitch Smith, LCSW-C, DAHB, private practice, Baltimore, MD*

Athletes are so highly motivated to improve and so much into repetition of practicing physical aspects of their sport, they actually practice the mental techniques when so instructed. Scripts, strategies, case examples, interviews with former clients and coaches will be included. While Dr. Tramontana had experience playing football, soccer, and running track when younger, and later with endurance running, including coaching marathon teams, there are many sports for which he had little knowledge. A major premise of his approach is that the therapist need not have experience as long as he/she develops ways to gather information regarding goal behaviors from coaches or the athletes themselves. With younger clients, parents are asked to find out from coaches what are the key words, phrases, and instructions they try to instill. The therapist then works with the athlete to reinforce these concepts hypnotically and to teach them self-hypnotic approaches. Emphasis is on relaxation and concentration.

Instructions regarding ideomotor signals during competition to calm and relax, plus techniques to “lock in” successful plays/moves and “flick away” mistakes are taught. The goal is focusing on the present and forgetting the past, good or bad. Golf, track, running, gymnastics, tennis, volleyball, equestrian jumping, football, baseball, basketball, and softball are included, plus discussions of returning to sport from injury and drug abuse in sports.

Mitch Smith is well-known for teaching advanced workshops on sports hypnosis. Mitch, himself, was a racquetball world-champion for 9 years in the 35 and older age group. He talks about how his personal experience with self-hypnosis training allowed him to perform at such a high level and for so long.

Attendees will further understand the importance of training the athlete in methods to remain focused and relaxed, while creating positive expectancies. Didactic plus demonstration as time allows. Attendees will be given handouts which include a bibliography and a list of affirmations that are presented to clients.

**FRIDAY  
FULL DAY  
September 15**

**8:30 am–  
4:00 pm**

**6 CE/CME  
Credits**

### **Advanced Hypnotherapy: Hypnodynamic Techniques**

*Arreed Barabasz, PhD, ABPP, Washington State University, Pullman, WA;  
Marianne Barabasz, EdD, Washington State University, Pullman, WA*

This workshop is intended for those clinicians who find they are using only a limited range of hypnotic techniques. Based on approaches from Watkins and Barabasz (2008) “Advanced Hypnotherapy: Hypnodynamic Techniques,” Barabasz and Watkins (2005) “Hypnotherapeutic Techniques, 2E,” and demonstrated in the Barabasz and Christensen (2010) DVD set, this workshop will include a variety of induction techniques. Brief lecture and discussion will feature demonstrations of hypnotic phenomena and induction techniques. The over arching aim of this workshop is to teach techniques that can facilitate responses well beyond those that can be wrought by mere suggestion alone as are required for the treatment of trauma and the resolution of underlying conflicts.

Participants will be able to recognize and apply key discrete hypnotic induction components; minimize conscious volition and foster dissociated control; and review the following induction procedures (time permitting): Chevreul’s pendulum to reveal defensiveness, opposed arm-hand levitation for resistant patients, Barabasz’s Verbal-Nonverbal induction for resistant patients, Watkins’ Non-verbal Method, Subject-Object-Complex indirect technique, leaving the stones behind (used when hypnoanalytic contact time is brief), Milton Erickson’s induction concepts, Erickson’s covert handshake induction, In-Out Technique for hypnoanalytic diagnosis, Ideomotor signaling, Age Regression for release of repressed material, hypnoplasty in hypnoanalysis-hypnography, plastotherapy and digital, and hypnography.

(continued)

FRIDAY  
FULL DAY  
September 16

8:30 am–  
4:00 pm

6 CE/CME  
Credits

## An Integrative CBT Hypnotic Approach to the Rapid Resolution and Restructuring of Traumatic and Key Decision Memories

*James H. Straub, EdD, Center for Individual and Family Counseling, Columbia, MO;  
Vicki W. Straub, PhD, MBA, Columbia, MO*

*THIS WORKSHOP INVOLVES EXPERIENTIAL ELEMENTS*

PTSD is an all too common outcome of assaults, natural disasters, childhood abuse and motor vehicle accidents. PTSD is related to the difficulty in resolving chronic pain, anxiety and depression as well as having a negative impact on relationships. The resolution of traumatic memories, with desensitization to various triggers and restructuring of related limiting beliefs about self, world and others is a central component in resolving PTSD and resolving many therapeutic issues. In this workshop a variety of approaches for resolving traumatic memories and their application will be briefly reviewed and an integrative CBT/Hypnotic approach to restructuring and resolving memories will be presented in detail.

The primary evidence-based treatment for traumatic memories is the behavior therapy based prolonged exposure therapy (PE), a flooding technique popularized by the work of Edna Foa and her contemporaries. However, there are many forms and variations of exposure therapy ranging from the early implosive therapy of Stampfl and other flooding techniques to the approaches of Edna Foa and her contemporaries. The application and outcome goals of various flooding techniques and what is involved in their effective application will be presented and discussed. Hypnotic, cognitive therapeutic, NLP and combined approaches such as EMDR and imagery rehearsal have also been found effective and will be briefly reviewed. How behaviorally-based flooding approaches from analytically-based abreaction differ and why the difference is important will also be addressed.

The bulk of the workshop will involve the review and application of an integrative CBT/Hypnotic set of approaches and techniques for rapidly restructuring and resolving memories, often in a single session. This approach was created in response to the old adage “Get all of the memory out of the person and all of the person out of the memory.” As such it utilizes a minimum of revivification of the memory. Particular emphasis will be placed on grounding, restructuring of the meanings and beliefs related to the memory, the use of submodality characteristics to identify unresolved issues in the memories and aspects of the person connected to the memory, and bringing closure to the memory.

These integrative approaches and techniques draw upon the works of Alfred Adler, Robert Goulding and Roberto Assagioli as well as techniques from Precision Cognitive Therapy, Neurolinguistic Programming, Timeline Therapy, Eriksonian Hypnosis and Imagery Therapy.

These techniques can be effectively utilized in one or two sessions and have been found to be highly effective for nearly all clients. Participants are expected to be grounded in basic hypnotic language patterns, sensory acuity and pacing.

An overview of the neurological and symbolic storage and representation of memories will be discussed. Techniques for accessing key decision memories will be reviewed. Then a variety of techniques for restructuring and resolving traumatic and key decision memories will be taught. Application to persons with DID and large numbers of repetitious trauma memories will be discussed as will integration of EMDR approaches to facilitate deeper integration of the restructuring.

## The Evolution of Ego State Therapy in the New Millenium

*Claire Frederick, MD, Saybrook University, San Francisco, CA*

Ego State Therapy, a therapeutic modality that emerged in the 1970's, is focused on working therapeutically with the polypsychic energies of the human mind. It combines techniques of individual, family, and group therapies and has been used for the successful treatment of many disorders including complex post traumatic stress disorder and the dissociative disorders. Its co-creators believed that Ego State Therapy “should generate research,” and they assumed that future neurobiological studies would confirm their theories.

This workshop will introduce the fundamentals of Ego State Therapy in light of the evolution of the fields of trauma, dissociation, and psychotherapy in the past thirty years. It will include history and neurobiological foundations as well as the role of neuroplasticity as they relate to clinical issues. Participants will learn how ego states are experienced, how they are formed, and the roles of the trauma response and attachment variables in the formation of pathological ego states. Participants will also learn how to activate safely and stabilize ego states in therapy, securely access trauma, introduce corrective emotional experiences, and work toward integration. The mechanisms of healing in Ego State Therapy will be explained as will the integration of other therapeutic modalities (such as somatic experiencing, energy therapies, CBT, and EMDR) into Ego State Therapy. The problems presented by malevolent, silent, and immature ego states will be considered. Although the workshop will include lecture and slides, it will focus on clinical applications and will integrate lively experiential components with the inclusion of video, practica, role-playing, and discussion. This workshop prepares participants for more advanced studies of Ego State Therapy and can be applied toward applicable certification as a “Basic Workshop in Ego State Therapy.”

# 62nd Annual Scientific Program—September 16-18, 2011

Chair: Stephen Pauker, MD, MACP, FSCEH, ABMH | 16 CE/CME Credits

## FRIDAY, September 16, 2011

1.5 CE/CME  
Credits

6:00 – 7:30 pm **PANEL DISCUSSION**  
**CHAIR:** Marilee Snyder, LCSW, DCSW, Boulder, CO

### My Worst Mistake Using Hypnosis

**DISCUSSANTS:** Richard P. Kluft, MD, Temple University School of Medicine, Abala Cynwyd, PA; Claire Frederick, MD, Saybrook University, San Francisco, CA; Dabney Ewin, MD, ABMH, Tulane University School of Medicine, New Orleans, LA; Peter Bloom, MD, ABMH, Bryn Mawr, PA

## SATURDAY, September 17, 2011

### SESSION ONE

Moderator:  
Amir Raz, PhD

3 CE/CME  
Credits

8:30–9:30 am **Empirically Validated Training in Hypnosis**  
Edward J. Frischholz, PhD, ABPH, Chicago, IL

9:30–10:00 am **Long-Term Follow-Up of Smoking Cessation Treatment with Adjunctive Hypnosis**  
Edward J. Frischholz, PhD, ABPH, Chicago, IL

10:00–10:15 am **COFFEE BREAK**

10:15–10:45 am **Manualized Ego State Therapy for PTSD: Procedure and Evidence**  
Arreed Barabasz, PhD, ABPH; Marianne Barabasz, EdD, Ciara Christensen, Washington State University, Pullman, WA

10:45–11:45 am **PRESIDENTIAL ADDRESS**  
Elvira Lang, MD, FSCEH, President, SCEH, Harvard Medical School and Hypnalgescics, L.L.C., Boston, MA

11:45 am–1:00 pm **LUNCHEON BUSINESS MEETING** (lunch will be provided for SCEH members)

### SESSION TWO

Moderator:  
Arreed  
Barabasz, PhD

2.25 CE/CME  
Credits

1:00–1:45 pm **Defining Hypnosis – Preliminary Analysis of the Willmarth Hypnosis Interviews**  
Eric Willmarth, PhD, FSCEH, Saybrook University, San Francisco, CA

1:45–2:15 pm **Using Meditation to Improve Decision-Making – A Feasibility Study**  
Jonathan Marshall, PhD, National University of Singapore

2:15–2:45 pm **Clarifying the Relationship between Hypnotizability and Mindfulness: Correlational Findings Utilizing the Harvard Group Scale of Hypnotic Susceptibility and the Toronto Mindfulness Scale**  
Al Wong, MA; Scott Swan, MA; Mike Finn, BA; Erin Gray, MA; Michael R. Nash, PhD; ABPP, University of Tennessee, Knoxville, TN

2:45–3:15 pm **Hypnosis and Meditation: Overlapping and Unique Perspectives on Cognitive Control and Mind-Body Interactions**  
Michael Lifschitz, BA; Amir Raz, PhD, ABPH, McGill University, Montreal

3:15–3:30 pm **COFFEE BREAK**

### SESSION THREE

Moderator:  
Eric  
Willmarth, PhD

3 CE/CME  
Credits

3:30–4:30 pm **Clinical Hypnosis Laboratory: Nine Consecutive Treatments in Emergency Medicine and Outpatient Settings**  
Michael Nash, PhD, ABPP, University of Tennessee, Knoxville, TN; Dabney Ewin, MD, ABMH, Tulane University Medical School, New Orleans, LA; Nicole Perez, PhD, University of Tennessee Medical School, Knoxville, TN; Elgan Baker, PhD, ABPH, Meridian Associates, Indianapolis, IN

4:30–5:15 pm **Insight Oriented Treatment of Asthma, Including Spontaneous Regression to Birth**  
Dabney Ewin, MD, ABMH, Tulane University, New Orleans, LA

5:15–6:30 pm **PANEL DISCUSSION**

### Ethics in Therapy and Research

Tom Nagy, PhD, Stanford University, Palo Alto, CA; Arreed Barabasz, PhD, Washington State University, Pullman, WA

SATURDAY, September 17, 2011 continued

- 7:00–8:00 pm NO-HOST COCKTAIL RECEPTION
- 8:00–10:00 pm PRESIDENTIAL BANQUET AND AWARDS CEREMONY

SUNDAY, September 18, 2011

SESSION FOUR

Moderator:  
Dabney  
Ewin, MD

3.5 CE/CME  
Credits

- 8:30 – 9:15 am **Integrating Current Research in Neurobiology, Psychotherapy and Hypnosis**  
*James H. Straub, EdD, Center for Individual and Family Counseling, Columbia, MO*
- 9:15–10:00 am **Hypnosis in the Era of Traditional Chinese Medicine**  
*Maximillian Muenke, MD, private practice, Bala Cynwyd, PA*
- 10:00–10:15 am **COFFEE BREAK**
- 10:15–11:15 am **KEYNOTE ADDRESS**  
**Taking Hypnosis to Resource Poor Areas of the World: Offering Hypnosis in Disasters**  
*Karen Olness, MD, ABMH, Cleveland, OH*
- 11:15–11:45 am **An Exploratory Single Case Intervention in a Father-Son Relationship**  
*Marilee Snyder, LCSW, DCSW, Boulder, CO*
- 11:45 am–12:15 pm **The Development and Use of Ideomotor Signaling as Nonverbal Communication in Hypnosis**  
*Philip D. Shenefelt, MD, ABMH, Associate Professor, Department of Dermatology and Cutaneous Surgery, University of South Florida College of Medicine, Tampa, FL*

12:15–1:15 pm LUNCH BREAK

SESSION FIVE

Moderator:  
Michael  
Nash, PhD

2.75 CE/CME  
Credits

- 1:15–1:45 pm **The Valencia Scale of Attitudes and Beliefs Toward Hypnosis: A Factor Analysis**  
*Joseph Green, PhD, Ohio State University, Lima, OH*
- 1:45–2:15 pm **A Clinical Outcome Study of Subliminal Therapy**  
*Edwin K. Yager, PhD, clinical professor, Department of Psychiatry, University of California at San Diego School of Medicine, staff psychologist, UCSD Medical Group, private practice, San Diego, CA.*
- 2:15–2:45 pm **Hypnotherapy Counter Conditioning for Alcohol and Drug Dependence: Anti-Craving and Abstinence Benefits**  
*Ralph L. Elkins, PhD, Director of Research, Schick Shadel Hospital & Hypnotherapist, Schick Shadel Hospital, Seattle, WA*
- 2:45–3:30 pm **The American Boards: Demonstrating Competence in Hypnosis**  
*Stephen Pauker, MD, ABMH, Tufts University School of Medicine, Boston, MA;  
Philip D. Shenefelt, MD, ABMH, University of South Florida College of Medicine, Tampa, FL;  
Peter Bloom, MD, ABMH, Bryn Mawr, PA; Dabney Ewin, MD, ABMH, Tulane Medical School, New Orleans, LA*
- 3:30 - 4:00 pm **Discrete Response Patterns in the Upper Range of Hypnotic Suggestibility: A Latent Profile Analysis**  
*Devin Terhune, PhD, University of Oxford, UK*
- 4:00 pm **ADJOURN**



Register online at [www.sceh.us](http://www.sceh.us)

Name: \_\_\_\_\_ Degree: \_\_\_\_\_  
 Name for Badge: \_\_\_\_\_ Profession: \_\_\_\_\_  
 Organizational Affiliation: \_\_\_\_\_

**Mailing Address**

Company Name: (if any) \_\_\_\_\_  
 Street \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Phone (work): \_\_\_\_\_ (home): \_\_\_\_\_

How did you hear about this event?

- SCEH/ASCH/CFCH/CSCH Member – (2011 SCEH/ASCH/CFCH/CSCH dues paying members please check)  Non-Member  
 SCEH/ASCH/CFCH/CSCH Student Affiliate – (2011 SCEH/ASCH/CFCH/CSCH dues paying members please check)  Student Non-Affiliate

**Workshop Applicants** Please check appropriate boxes below; also complete the Workshop Application on page 14.

- |   |  |
|---|--|
| <input type="checkbox"/> Introductory Workshop in Clinical Hypnosis   | <input type="checkbox"/> Hypnosis in the Treatment of Dissociation and the Dissociative Disorders (6 CEs/CMes)   |
| <input type="checkbox"/> Intermediate Workshop in Clinical Hypnosis   | <input type="checkbox"/> If a Hypnotic Method Works, is it Okay to Use it if You Believe the Underlying Theory is Invalid? The Problem with Therapy of the “Past Life” Type (6 CEs/CMes) |
| <input type="checkbox"/> Finding the Fertility in Infertility (3 CEs/CMes)  | <input type="checkbox"/> The Self-Compassion Diet (3 CEs/CMes)   |
| <input type="checkbox"/> Hypnosis for Skin Procedures and Disorders (3 CEs/CMes)  | <input type="checkbox"/> Palliative Care III: Comprehensive Pain Management for End of Life (3 CEs/CMes)   |
| <input type="checkbox"/> Alert Hypnosis: Using Hypnotic Phenomena with Your Eyes Wide Open (3 CEs/CMes)   | <input type="checkbox"/> The Traumatized Body: Using the Symptoms to Develop the Solutions (3 CEs/CMes)  |
| <input type="checkbox"/> Self-Hypnosis, Meditation, and Body-Mind-Spirit Balance (3 CEs/CMes)   | <input type="checkbox"/> Subliminal Therapy: Blurring the Boundaries of Psychogenic and Organic Illnesses (3 CEs/CMes)   |
| <input type="checkbox"/> Hypnosis with Children: What WORKS and What Does NOT (3 CEs/CMes)  | <input type="checkbox"/> The Use of Anti-Craving Hypnotic Counter Conditioning to Promote Abstinence from Alcohol and Drug Use (3 CEs/CMes)  |
| <input type="checkbox"/> Integrating Hypnosis and Biofeedback for Pain Management (3 CEs/CMes)  | <input type="checkbox"/> Clinical Hypnosis with Gay Men (3 CEs/CMes)   |
| <input type="checkbox"/> The Re-Definition of Self Process: A Hypnosis-Based Protocol for Trauma Resolution (3 CEs/CMes)  | <input type="checkbox"/> The Mental Side of Sports: How Hypnosis and Self-Hypnosis Training Can Enhance Peak Performance (3 CEs/CMes)  |
| <input type="checkbox"/> Heart Rate Variability Biofeedback: What is Heart Rate Variability? (3 CEs/CMes)   | <input type="checkbox"/> Advanced Hypnotherapy: Hypnodynamic Techniques (6 CEs/CMes)   |
| <input type="checkbox"/> Footprintings: Ego State Therapy in Three Dimensions (3 CEs/CMes)  | <input type="checkbox"/> An Integrative CBT Hypnotic Approach to the Rapid Resolution and Restructuring of Traumatic and Key Decision Memories (6 CEs/CMes)                              |
| <input type="checkbox"/> Age Regression (in this Life!): Treating the Cause/Extinguishing the Symptoms Theory, Techniques, Case Histories, and Video Demonstration (3 CEs/CMes) | <input type="checkbox"/> The Evolution of Ego State Therapy in the New Millennium (6 CEs/CMes)   |
| <input type="checkbox"/> Acupressure and Hypnosis: Heal Thyself and Thy Patients (3 CEs/CMes)   |  |
| <input type="checkbox"/> Palliative Care I & II: Hypnotic Approaches for Palliation of Symptoms, Self-Regulation, and Alleviation of Suffering in Advanced Cancer (6 CEs/CMes)  |  |

**Circle the Appropriate Registration Fees**

All registrations include a banquet ticket to the Saturday evening banquet, as well as CEs or CMes. There is no discount if you elect not to receive continuing education credits or attend the banquet. Additional CE and CME information will be available when registration opens.

	Non-Member*	SCEH/ASCH/CFCH/CSCH Member	Student Non-Member**	SCEH/ASCH/CFCH/CSCH Student Member
<b>Meeting Package</b> (Workshops & Scientific Program, September 14-18, 2011)	\$625	\$525	\$350	\$250
<b>Workshops Only</b> (September 14-16, 2011)	\$525	\$450	N/A	N/A
<b>Scientific Program Only</b> (September 16-18, 2011)	\$295	\$250	N/A	N/A
<b>Program Presenter</b>	\$250	\$250	N/A	N/A

**Additional Tickets/Person for the Scientific Program ONLY** (Accompanying person – spouse, child, etc.) — \$70

**Guest Registration for Banquet** (Price includes gratuity and all taxes.) — \$85

**Early bird rates receive a \$50 discount before July 1, 2011. ONLINE USE DISCOUNT CODE SCEH62.**

**A \$50 late registration fee will be assessed after September 1, 2011.**

**\*Non-Members:** Contact the SCEH office for an application to be mailed or faxed to you. To be eligible for member rates include the completed application, formal registration, payment and documentation.

**\*\*Students:** Full-time interns/residents/fellows and graduate students in an accredited college, university or professional school program must submit proof of student status. We also suggest you apply for a SCEH Scholarship to help with conference costs.

**Refunds & Cancellations:** Cancellations received on or before September 1, 2011 will be issued a refund, minus a \$50 processing fee. **No refunds will be made after September 1, 2011.**

**Presidential Banquet Saturday, September 17**  
 Cost is included in your registration fee. Banquet includes beverage, salad, main course, coffee/tea and dessert. Please select your main course:

Chicken  Salmon  
 Vegetarian  Not Attending

**Payment**

**Total Enclosed:** \$ \_\_\_\_\_ **Credit Card Type:**  Visa  MasterCard  American Express  Discover  
 Credit Card No.: \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_ Security Code (3 or 4 digit code on back of card): \_\_\_\_\_  
 Signature: \_\_\_\_\_

**\*Postmarked no later than September 1, 2011. After September 1, add a \$50.00 late registration fee. Refunds will not be given after September 1.**

**\*\*NON-MEMBERS:** Please visit our website at [www.sceh.us](http://www.sceh.us) or contact the SCEH office for an application to be mailed or faxed to you. To be eligible for member rates, include the completed application, appropriate checks and documentation along with this meeting registration form.

Eligibility for Workshops

Workshops are open to applicants who are eligible for membership in SCEH at the student or full membership level (although they need not be members). This includes an earned degree as MD, DO, DDS, DMD, MB ChB, PhD, EdD, PsyD, MSW, DSW, an NP or PA or a similar degree acceptable to the Executive Committee or the Board of SCEH from a regionally- or nationally-accredited university or Training Institution, or status as a registered and licensed practitioner in healthcare such as RN, RTR, registered medical technologist or technician. All applicants shall be licensed in the state or province where they practice. Interns or residents in medicine and dentistry, and advanced graduate students in accredited doctoral programs in psychology and in second year MSW (or equivalent) social work programs are eligible for Student Affiliate status in SCEH, and therefore may be admitted. However, only full time students, interns, and residents qualify for the special reduced rates shown on the registration form upon submission of verification of status. To qualify for reduced fees, please be certain the letter of endorsement indicates full time student status. Students may also apply for Scholarships Funds. Please see our web site at www.sceh.us or contact the Central Office at info@sceh.us for more information.

Attendance at the SCEH Annual Conference can be used toward SCEH ACE Certification, which requires successful completion of one Basic, one Intermediate and three Advanced Hypnosis workshops as offered at the annual SCEH national meetings, Canadian Federation of Hypnosis, ASCH or other venues approved by SCEH. Of the Advanced Workshops at least one must have been offered through SCEH. The total training must consist of a minimum of 40 total hours of training.

Name: \_\_\_\_\_

Profession: \_\_\_\_\_ Licensed as: \_\_\_\_\_

Degree: \_\_\_\_\_ Year: \_\_\_\_\_

Hypnosis Training

Institution/Organization & Instructor \_\_\_\_\_ Date \_\_\_\_\_ No. of Hours \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Purpose and Goals for Taking Workshop(s)

Please state your goals for taking this workshop: the instructor(s) may review your comments prior to the workshop(s).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Graduate Students, Interns, Fellows and Residents

Training status:  Resident  Fellow  Intern  Graduate Student (working toward which degree?) \_\_\_\_\_

School or Hospital and Department: \_\_\_\_\_

Department Chair/Graduate Advisor/Clinical Director: \_\_\_\_\_

Year graduate school or internship/residency/fellowship began: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Fill out both sides of this form and fax or mail, along with payment to:

Society for Clinical & Experimental Hypnosis  
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ADA Statement: In compliance with the Federal American Disabilities Act (ADA), please check this box  if you require assistance because of a disability to make this program accessible to you. Someone from the SCEH Central Office will contact you.

## Meeting Objectives Include

Providing a definition of hypnosis; identifying the principles of hypnotic inductions; cite uses of direct and indirect suggestions; identifying uses of hypnosis for pain control; identifying uses of hypnosis for anxiety management; identifying uses of self-hypnosis; identifying the uses of hypnosis for health performance; and identifying correlates of hypnotizability.

The annual workshops and scientific program are designed for Psychologists, Physicians, Social Workers, Dentists, Chiropractors, master's level Nurses and Clinical Nurse Practitioners and other master's level licensed mental health and healthcare professionals.

**NON-MEMBERS:** JOIN SCEH AS A FULL MEMBER FOR ONLY \$139 AND SAVE \$100 ON THE MEETING PACKAGE. REGISTER BEFORE JULY 1 AND SAVE AN ADDITIONAL \$50.

**STUDENTS:** BECOME A STUDENT AFFILIATE FOR ONLY \$45 AND SAVE \$100 ON THE MEETING PACKAGE. Students may also apply for a Scholarship to assist with the cost of attending the meeting and registration. Please see the web site or contact the Central Office for more information.

IF YOU ARE NOT A MEMBER AND YOU WANT TO REGISTER AT MEMBER RATES, APPLY FOR MEMBERSHIP AT THE SAME TIME THAT YOU SUBMIT YOUR MEETING REGISTRATION, BUT NO LATER THAN September 1, 2011. Get a membership application at our website, [www.sceh.us](http://www.sceh.us), or call the SCEH office at (508) 598-5553 or email [info@sceh.us](mailto:info@sceh.us) to request a membership application. Submit the application and registration form together, with separate checks for membership dues and member conference registration fees.

**Your dues will include a 2011 subscription to the International Journal of Clinical and Experimental Hypnosis and the SCEH Newsletter.**

*If you are found ineligible for membership, we will refund your application fee less the member discount for the conference.*

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## Continuing Medical Education Credit

**PHYSICIANS:** Bournewood Hospital designates this live activity for a maximum of 37 AMA PRA Category 1 Credit(s)<sup>™</sup> for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the conference activities. Bournewood Hospital is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

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## Continuing Education Credit

Continuing education credit for this event is sponsored by The Institute for Continuing Education. Credit is awarded on a session-by-session basis, with full attendance required for the sessions attended. The Conference offers a total of up to 37.00 contact hours. Application forms and other continuing education materials will be available on site. If you have questions regarding continuing education credit, or for a listing of learning objectives by session, please contact The Institute at: 800-557-1950; FAX: 866-990-1960; EMAIL: [instconted@aol.com](mailto:instconted@aol.com).

**PSYCHOLOGY:** This activity is co-sponsored by the Society for Clinical and Experimental Hypnosis and The Institute for Continuing Education. The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

**COUNSELING:** The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for the content of this program. NBCC Provider No. 5643.

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### 62nd ANNUAL SCEH MEETING

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Please mention the **SCEH Fall Meeting** to receive preferred rates.

Make reservations by August 15 and be sure to tell them that you are with the **Society for Clinical and Experimental Hypnosis** to obtain the conference room rate of \$159/night for a single or double.



**SOCIAL WORK:** The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.

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**Florida Dept. Health, Div. SW, MFT, Counseling** Provider BAP 255, expiration 0311.

**NURSING:** The Institute for Continuing Education is an approved provider of continuing education in nursing by the California Board of Nursing, Provider CEP 12646. Nurses are responsible for checking with their state board to determine if credit issued by an approved provider of the CA Board of Nursing is accepted by their state board.

**SKILLS LEVEL:** Please refer to Eligibility for Workshops.

**NON-CREDIT EVENTS:** Continuing education credit is not offered for breakfast, luncheon, dinner, reception events or poster sessions; breaks; Board meetings; Committee meetings. If you have questions regarding continuing education credit, please contact The Institute at 800-557-1950; FAX: 866-990-1960.

**ETHICS CREDIT:** No Ethics CE credit is offered for scheduled workshop events.

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## Registration For Workshops and Scientific Program

Registration for some workshops is limited, so apply early. SCEH reserves the right to cancel any workshop due to insufficient registration. Applications must be accompanied by checks or credit card information. Refunds, minus a \$50 service charge, will be made if the request is received by mail or email prior to September 1, 2011.

**No refunds will be made after September 1, 2011.**

**DO YOU HAVE QUESTIONS?** Call 508-598-5553, fax 866-397-1839, email us at [info@sceh.us](mailto:info@sceh.us), or check our website [www.sceh.us](http://www.sceh.us) for a full description of the conference.

**REGISTER ONLINE at [www.sceh.us](http://www.sceh.us)**

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## Site and Accommodations

This year, our Conference will be held at the

### **Sheraton New Orleans**

500 Canal Street

New Orleans, Louisiana 70130

1-800-325-3535

[www.sheratonneworleans.com](http://www.sheratonneworleans.com)

**Reservation Phone:** 1-888-627-7033

Guests may make reservation by calling the hotel directly at 888-627-7033. Please mention that you are part of the SCEH group. Rates are \$159 per night before August 15, 2011. Please note that you cannot book a room online at the discount rate, you must call the hotel.

Sheraton New Orleans is a four-diamond hotel located on historic Canal Street just steps from the French Quarter, a short walk from Bourbon Street, Mardi Gras parades, Jazz Fest activities, the Ernest N. Morial Convention Center, the Aquarium of the Americas, Riverwalk Marketplace and an assortment of renowned restaurants and the live music clubs of the Vieux Carre.

**\*\*Please Note: In order to guarantee the SCEH room rate of \$159 /night for a single or double you must book your room by August 15, 2011.**

