



## President's Suggestion



Entering fall, we cross a threshold from the slower

rhythm of

summer into what is still, for many of us, a kind of new year with its associations of returning to school combined with a certain air of expectancy.

I truly love the summer and notice my reluctance to let it go when I begin to hear State Fair ads appearing on the radio. And yet, as I move through these last days of August and turn toward what is coming, I have a certain anticipation of the shift in energy and the potential experiences on the near horizon.

In terms of MSCH, its even better than anticipation; its downright amazing that a membership opens the door to this upcoming year

of top notch workshops. It has to be one of the best deals in town! (And – in case you forgot to remember, its renewal time.)

In addition to planning this year's education, your Board members have been hard at work improving the organization's infrastructure so that MSCH remains healthy in a world that is constantly changing. As you would guess, it's a big job to deliver our core mission of education and training in clinical hypnosis while we simultaneously do maintenance and remodeling.

One of my goals as president is to develop a committee structure that strengthens our membership, draws on members' creativity, and makes it possible to get good ideas moved into implementation. I don't know what your associations

are to committees, but some of them might not be so favorable. In fact, in writing this article, I just spent 20 minutes trying to think of another word besides committee. What I have in mind is a small group of people who enjoy working together to make things happen with important projects like growing and nurturing our membership.

Stay tuned for more specifics and email me about your interest ([pltrezona@gmail.com](mailto:pltrezona@gmail.com)). Its one way of getting more involved; one way to give back.

See you at the fall workshops--

Peggy

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### News of Note

- *IMAGES* is now electronic. You can find this and past issues on our web site at <http://www.msch.us>
- Please note that monthly workshops are only for MSCH members in good standing (dues are paid) unless otherwise noted on the web site and in announcements.
- The fee for monthly workshops has increased from \$10 to \$15 beginning with the November 2010 workshop. \$25 for non-members at monthly workshops open to non-members.

# Editor's Notebook

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With this issue of IMAGES, MSCH is going completely (well, almost) electronic. Notice that this Issue arrived in your email box rather than your snail-mail box. We hope that this makes IMAGES more timely and cost-effective. You can also find the current and past issues of IMAGES on our web site at [www.msch.us](http://www.msch.us) under the "members only" heading.

And speaking (writing) of *members only*, take some time to peruse our new look. We have been working to make the web site more attractive and helpful to members and non-members. We have a members only site which requires registration and is a benefit of membership. This section contains updated information on MSCH activities, upcoming workshops, current and archived issues of IMAGES and some pictures from past events. Visit often as the site is meant to be fluid and changing often.

## ASCH Approved Consultants

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*If you are an ASCH approved consultant and would like to be added to our list, contact Mark Fastner at*

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## Introductory Workshop in Clinical Hypnosis June 10-12, 2010

As I sat in rush hour traffic (certainly not in a roadway trance!) on my way to the start of the intensive three-day Introductory Workshops in Clinical hypnosis sponsored by the University of Minnesota Office of Continuing Medical Education in collaboration with the Minnesota Society of Clinical Hypnosis, I knew not what to expect. As the program unfolded I, along with about 60 other attendees from a plethora of professions—psychology, social work, medicine, nursing, and physical therapy—was quickly introduced to the program's "spiral curriculum" developed by

local practitioners David Wark, Ph.D. and Daniel Kohen, MD which has been adopted as the standard training module by ASCH, the American Society For Clinical Hypnosis. In brief, the program began by introducing the neophyte to the history of hypnosis, descriptions of hypnotic phenomena, myths and misconceptions of hypnosis, and many ways that hypnosis can be used in clinical practice. Soon concepts such as fractionation, ratification, susceptibility, autoinduction, time regression, hyperamnesia, and anesthesia, among many others, were presented. While, one might fear getting absolutely confused and overwhelmed by such seemingly

heavy topics, I simply gave into the flow of the presentations, figuring that I'd make sense of it all in the days (and years) to come. Theory soon gave way to practice, however, and participants were quickly immersed in learning various trance induction and deepening techniques, ways of re-alerting, and the power that hypnotic language, suggestions, and metaphor have in facilitating therapeutic change (with a heavy nod to the hypnotic maestro of maestros, Milton Erickson). As the curriculum unfolded, participants were led from the broad to the specific, issues were revisited and explored in more depth

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## Meet Our New Board Members

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**Mary M. Grove  
Psy. D.**

My current professional interests focus on mind body integrative medicine. This includes offering groups in mind body skills, teaching meditation, and offering experiential therapies to individuals and couples. My growing edge with hypnosis is in developing a utilization approach and integrating hypnosis and EMDR in the treatment of trauma.



**Dr. Deborah  
Simmons, LMFT**

Practices at Partners in Healing of Minneapolis in Minnesota. She specializes with people with reproductive complications, including fertility challenges, miscarriage, pregnancy complications, fetal anomalies, premature delivery, postpartum depression, and stillbirth. Dr. Simmons enjoys using clinical hypnosis and EMDR in her work with individuals adults and couples.



**Carol D. Rogers.  
Tanner MSE**

I began attending the MSCH annual workshops about 20 years ago after being strongly encouraged to do so by a colleague to whom I had mentioned that I used guided imagery in my psychotherapy practice. It's been one of the best recommendations I've ever received since hypnosis continues to be one of my strongest (and most enjoyable) interventions. As part of the board I'm glad to be able to help support the continuing education of our ever-expanding community of providers.

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(hence the “spiraling” concept in the curriculum), and specific techniques for children, pain management, sports medicine, integrated medical care, and psychotherapy were offered.

There are a number of factors that make this program exceptional and well worth considering if you are new to the practice and art of clinical hypnotherapy and contemplating making hypnosis part of your therapeutic skill set. First, the curriculum is masterfully well conceived, executed, and organized. Only in retrospect did I realize that the three-day sequential flow of topics, demonstrations, group inductions, and hands-on small group practice sessions served as a higher order model for a hypnotic induc-

tion itself—gently moving the participant through increasingly deeper and deeper stages of learning, hypnotic thought, and practice. There was a nice balance between lecture-style instruction and hands-on experimentation and practice. While at times it felt as though we were being asked to fly by the seat of our pants with little background and training as we rehearsed our induction, deepening, and re-alerting skills on our peers, the compassion of our facilitators and fellow participants allowed us to let down our defensive guards, freeing us to learn in a safe and supportive atmosphere. Be prepared for some intensive learning; so much is jam-packed into the three-day program that at times it felt hard to catch one's breath. In addition, the instructors, all advanced and extraordinarily experienced practitioners and mem-

bers of MSCH, did a splendid job of teaching, demonstrating, and providing sensitive and supportive feedback throughout the program. Given the eclectic practices and strategies employed by the faculty and small group facilitators, we came away not with a single-minded, dogmatic view of how clinical hypnosis can be utilized, but with an appreciation that we are only limited by our own creativities in how we put our learning to use. Not only was the teaching staff

Collaboration between:

Nina Holiday-Lynch, MA, LP and C. Jayne Emerson, MA, LP

We, the writers of this review have been members of MSCH since the early 90's. Our friendship developed a few years earlier as biofeedback therapists with shared interests in the body/mind connection, imagery, and how creativity and art relate to mental health. Our entrance into the hypnosis society deepened our friendship. Early on in our membership we decided to make the yearly conference an opportunity for professional growth and a "friend's night out" by booking a hotel room for two nights at or near the conference. We'd start our day with a swim in the hotel pool, breakfast and then attend the workshop. At the end of the day we dined out and sometimes shopped and then went back to our room to practice the hypnosis skills we were learning, consult about our clients and, of course, talk far into the night. Now, almost 20 years later we don't practice so much after dinner nor talk too long into the night. We go to sleep, tired after a long day and many years of work, living, learning and life. The time together is still if not more enjoyable and important to us.

This year the conference was held at the Radisson Hotel and Conference Center in Plymouth, MN. It was a lovely choice with comfortable presentation rooms and breakfast and lunch buffets offering a fine array of food and dessert. It was a nice addition to the excellent presentation by Dr. Michael Yapko. He is an apt presenter. His approach is brief, efficient and practical. The information he presented gave us a precise strategy for eliciting change.

In the first session, Dr. Yapko focused on the initial interview with a client. He called it strategic interviewing. The strategic interview is designed to look for the presenting patterns of the client. Some of the patterns he identified as important included the client's belief system, attributional style, whether the client's symptoms were past, present or future oriented, event or process driven and the client's ability to tolerate ambiguity. To elicit information, Dr. Yapko, recommended open ended questions that usually begin with how, such as: How did you decide?; How do you know when to listen to feelings and when not to?; How did you make that distinction?; etc. The how questions are geared to disrupt the "patterned thinking" (story) of the client and can potentially lead to more awareness and new possibilities for understanding and change. He demonstrated the strategic interview he was teaching and hypnosis with a volunteer from the audience. The volunteer had a reoccurring insomnia. Through precise questioning the cognitions and beliefs about the sleep issue were brought out and then used to create a hypnosis session using metaphor to diffuse and confuse her sense of "watching the clock".

On the second day, Dr. Yapko, began the day with a discussion on designing an intervention using metaphor and hypnosis. He showed the conference participants how to use the information gathered in the strategic interview to address a client's presenting issue. He took into account the client's hypnotic suggestibility, sensory modality, relational process and personal context for organizing and producing patterns. It is worth noting in his discussion of relational process how neuroscience is discovering more and more the influence of social/interpersonal factors in our patterns of thinking and behaving. The importance of setting up a hypnosis encounter and tailoring the intervention to the strengths and uniqueness of the client was emphasized. A film clip gave an example of a professional woman too busy to find time to do the writing she desired. Dr. Yapko's intervention focused on her decision frame. He looked for her criteria for making decisions and the obstacles to reaching her goal. He asked about how she prioritized and how she used time. He discovered she chose her activities reactively and, by using the information he had gathered, helped her begin to build a sense of empowerment to choose proactively. He reiterated that behavior is not always internally motivated. Her fantasy relief was to "work so I can quit".

After the break, we, the conference participants, broke into groups of three to begin practicing the structural interview and hypnosis. We took turns being the "client" with two therapists. The "client" was encouraged to present a real concern or problem to the small group. After the initial interview the "client" left and the group deconstructed the interview and constructed material for the hypnosis session. It was an interesting experiential from both perspectives of client and therapist. The "clients" reported new awareness and areas of possibility for themselves. It was very helpful to have a collaboration between "two therapists" when putting together the hypnosis using metaphor from the elements gathered in the interview. It otherwise could have been an intimidating task.

The small group had another opportunity to practice the next day after a discussion on introducing, framing and using metaphor to stimulate a search for personal relevance within the client. Our small group experience went well. One "client" presented with a complaint of not having enough recreational time for himself with a busy medical practice and a family with small children. When he took time he felt guilty. After the strategic interview a meta-

phor of a dolphin swimming and leaping beside a ship was chosen as a metaphor for balancing and revising ideas about responsibility and play. After the hypnosis, the "client" reported freedom to know when to be at home and when to play.

Dr. Yapko discussed the elements of designing and delivering effective and efficient treatment. He emphasized assessing what abilities a client needs to succeed, then identifying and creating specific and concrete goals with learnable, linear steps. He talked about contextualization and asked us to consider how we build a connection between resources and context. The examples he gave were through hypnosis, task assignments, role play, modeling, and focused imagery. During the interview he is assessing how a symptom is kept in play and identifying the sequence a client uses to stay the same. A book he referenced on this subject was *Mistakes Were Made but Not by Me*, by Carol Tauris. The book gives examples of how people justify staying the same. Some of the examples he gave are as follows: defining symptoms in unchangeable terms, defining the problem in global terms, attributing symptom to secondary gain, ruminating and avoiding as coping strategies, ignoring or not seeking either objective or contradictory evidence, and justifying ideas about how things "should be".

Dr. Yapko demonstrated an impressive intervention on a DVD with a 34 year old client called Mike. Mike suffered from a lifelong depression reporting a history of early invalidating and negative family interactions. He had seen 6 therapists prior to the current session. In less than 50 minutes, Dr. Yapko, elicited enough information and delivered a hypnotic intervention that built on Mike's strengths and ability to create a different future. Yapko brought out how Mike had given up on his strengths and successes as if they were of no consequence. He asked Mike how he decided what to listen to and suggested the past has less and less influence on the future. He used a metaphor, "It is hard to drive forward while looking backward" to reference Mike's past orientation and negative expectations for the future. He told Mike it is right to discover what's right with him. The effect of the intervention was evident by the change on Mike's face and in his posture as the hypnosis continued. As the years have gone by since the intervention, Dr. Yapko reported he had received several communications from the Mike reporting how his life had changed and how the hope he received had become an integral part of his life. The DVD, *Brief Therapy Inside/Out, 4 Depressed Clients* is put out by Zieg and Tucker.

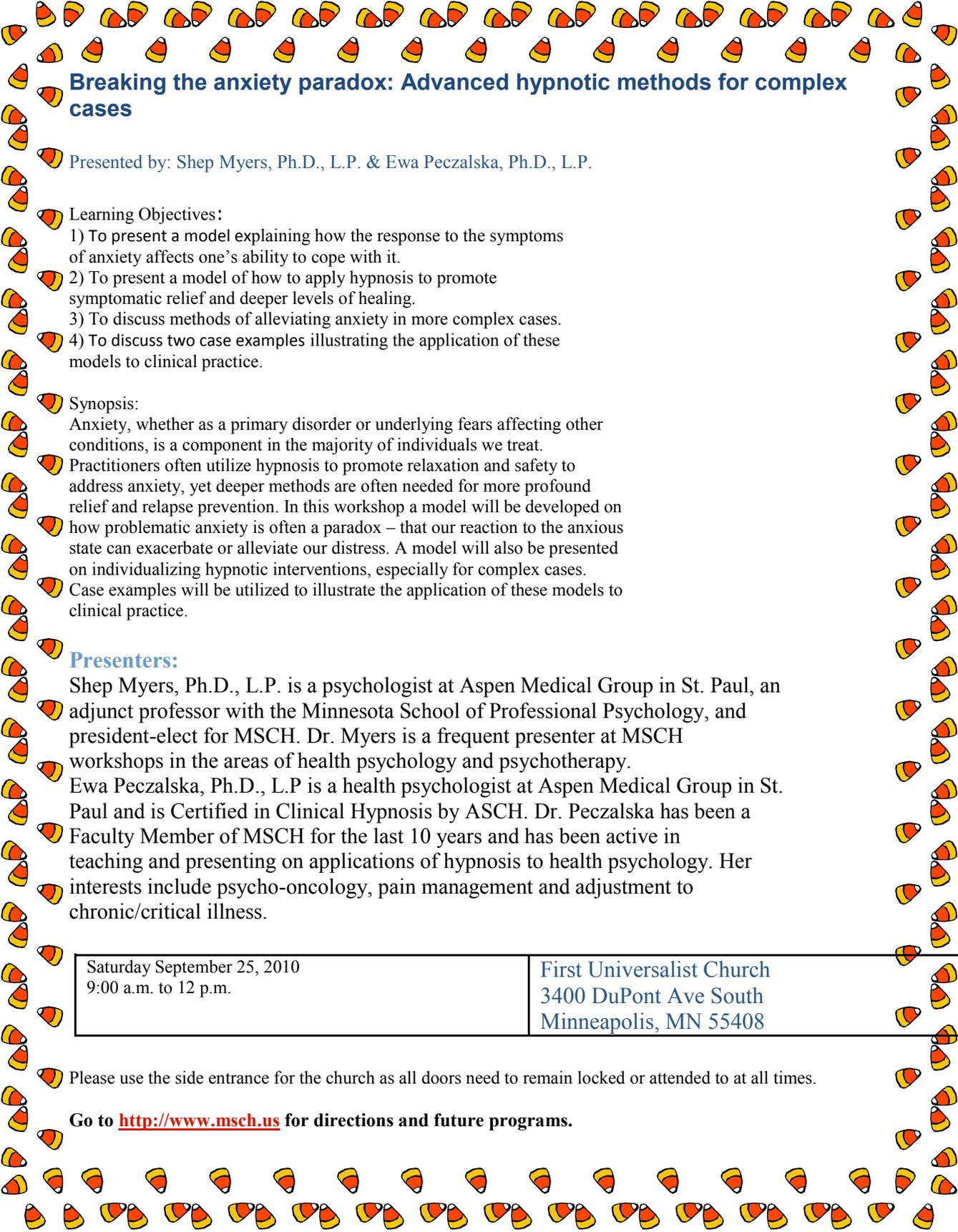
The DVD is a powerful testimony for Dr. Yapko's program. Throughout the conference he was disparaging of theories that pathologize people and focus treatment on past histories and trauma. He saw the future of psychotherapy going away from an emphasis on manualized treatment models and predicted the future will be about building alliance and embracing what works regardless of orientation. He mentioned current research projects comparing medication, placebo and therapy bringing into question our theories on brain chemistry and mental health, a subject no doubt controversial and too big a subject for an aside, yet hopefully enough to promote further exploration and openness.

A very humanizing and touching experience occurred on the last day watching slides of Dr. Yapko's work with elephants at the San Diego Zoo. He was hired to follow the main elephant trainer to break down and document what appeared to be the trainer's intuitive style and skill with the elephants. It was fascinating to watch as close relationships evolved between Dr. Yapko and the elephants. It clearly held deep meaning for him, as well as another way to share his expertise as an interviewer, observer, and builder of effective programs.

The conference, at 2.5 days, was longer than it has been in prior years. Dr. Yapko presented throughout the conference. At the end we had pages and pages of notes and information to integrate and study. The material was excellent for enhancing therapeutic skill and effectiveness. The structure became clearer as the conference unfolded and we participated in our small group experiences. We encourage anyone who didn't make this year's conference to see Dr. Yapko's presentation. It will be available on DVD, we believe, and well worth the time. The nice thing about having the DVD is being able to play parts of it over as desired.

We are looking forward to another "friends nights out" next year with more learning, more growth, meeting old and new colleagues and being in the flow of good company.

Jayne and Nina



## Breaking the anxiety paradox: Advanced hypnotic methods for complex cases

Presented by: Shep Myers, Ph.D., L.P. & Ewa Peczalska, Ph.D., L.P.

### Learning Objectives:

- 1) To present a model explaining how the response to the symptoms of anxiety affects one's ability to cope with it.
- 2) To present a model of how to apply hypnosis to promote symptomatic relief and deeper levels of healing.
- 3) To discuss methods of alleviating anxiety in more complex cases.
- 4) To discuss two case examples illustrating the application of these models to clinical practice.

### Synopsis:

Anxiety, whether as a primary disorder or underlying fears affecting other conditions, is a component in the majority of individuals we treat.

Practitioners often utilize hypnosis to promote relaxation and safety to address anxiety, yet deeper methods are often needed for more profound relief and relapse prevention. In this workshop a model will be developed on how problematic anxiety is often a paradox – that our reaction to the anxious state can exacerbate or alleviate our distress. A model will also be presented on individualizing hypnotic interventions, especially for complex cases.

Case examples will be utilized to illustrate the application of these models to clinical practice.

### Presenters:

Shep Myers, Ph.D., L.P. is a psychologist at Aspen Medical Group in St. Paul, an adjunct professor with the Minnesota School of Professional Psychology, and president-elect for MSCH. Dr. Myers is a frequent presenter at MSCH workshops in the areas of health psychology and psychotherapy.

Ewa Peczalska, Ph.D., L.P. is a health psychologist at Aspen Medical Group in St. Paul and is Certified in Clinical Hypnosis by ASCH. Dr. Peczalska has been a Faculty Member of MSCH for the last 10 years and has been active in teaching and presenting on applications of hypnosis to health psychology. Her interests include psycho-oncology, pain management and adjustment to chronic/critical illness.

Saturday September 25, 2010 9:00 a.m. to 12 p.m.	First Universalist Church 3400 DuPont Ave South Minneapolis, MN 55408
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Please use the side entrance for the church as all doors need to remain locked or attended to at all times.

Go to <http://www.msch.us> for directions and future programs.



# Pediatric Clinical Hypnosis Skill Development Workshops 2010

*presented by*

*National Pediatric Training Institute*

**September 30 – October 2, 2010**

**Radisson Hotel and Conference Center Minneapolis**

**3131 Campus Drive**

**Plymouth, Minnesota**

**MINNESOTA SOCIETY OF CLINICAL  
HYPNOSIS**

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*In Collaboration with:*

Minnesota Society of Clinical Hypnosis

University of Minnesota Department of Pediatrics

For more details go to: <http://www.msch.us>

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