



IMAGES

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News of Note

- Register for our March workshop, open to non-members. Pg 3
- You can sign up for the Annual Workshops on the [UofM CME](#) web site or the [MSCH](#) web site.
- Check out the Date of the 2011 Pediatric Hypnosis Workshop on [pg 4](#)

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President's Suggestion

Peggy Trezona MS, RN, CS



As we pull ourselves through the end of winter, some of us reveling in the possibilities that all this snow brings, and others just wanting the big melt to begin, we move closer to the 'Great Hypnosis Get Together' at the annual workshop. Before June arrives, we have two additional chances to soak up some new

learning: the March 19th workshop on using hypnotic and healing language in health care settings and the annual Duluth workshop in April.

My anticipation of these wonderful offerings is tempered by my surprise at how many MSCH members are missing out on these highly rated workshop experiences.

Another reason I've been reflecting on member attendance at workshops, is my hard-to-contain enthusiasm about the March, April and June workshops. Jackie Irland MD is a wonderful teacher, who is committed to improving the way health care providers communicate with their patients, using language that is healing and enhances comfort.

Dr. Irland will teach us how to utilize the natural, focused state of awareness experienced by many patients during health care encounters and how to ease the distress often associated with medical procedures. We are opening up this workshop to all licensed health care providers, so please let your colleagues in medical clinics and hospitals know about this.

I would also encourage you to combine a getaway in Duluth with learning how to use hypnosis for enhancing performance. Our speaker, Randy Barker, works at the College of St. Scholastica in Duluth, and has a strong background in using hypnosis for performance in

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Review: *Being Hypnotic in Couple Therapy: A Collaborative Exploration*

On a bright and cold Saturday morning in January, 15 couples' therapists from MSCH were treated to an excellent workshop by Greg Heberlein, titled: *Being Hypnotic in Couple Therapy: A Collaborative Exploration*.

Greg began the workshop with a review of several of Michael Yapko's hypnosis principles, and continued then through a comprehensive overview of the work of various well-respected, and published, couples' therapists. They each offer a way to define

and intervene upon a couple's entrenched negative cycles. Greg says to couples, "This is like an allergy. It takes less and less to elicit the same response".

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Review: *Being Hypnotic...*

(Continued from page 1)



**Participants
of the
2010
Annual
Duluth
workshop**

It's time to sign up for the MSCH Annual Meetings!!! Don't forget to invite a friend/colleague to learn how to use hypnosis to enhance his/her practice.

go to the U of M CME web site for a brochure

[MSCH Annual Workshops](#)

He introduced us to Carol Kershaw's 5 types of partner co-induced cue inductions, Brent Atkinson's PET-C model (Pragmatic and Experiential Therapy for Couples), which helps couples move into a more receptive state, and Carla Leone's work on partner's self capacities from her Self Psychological model. Sue Johnson's well-researched Emotionally Focused Couples Therapy, based on creating healthy attachment, was a lovely sample of her complex protocol. She has an acronym, RISSC, to remind us of indirect trance interventions with couples. Pacing and leading occur with:

Repeat key words and phrases
Images
Simple and concise
Slow pace

Soft voice
Client's own words and phrases

And, for the last model, Greg reviewed Dan Wile's Collaborative Couple Therapy. Dan Wile's approach seeks each partner's "elegant statement" which contains primary emotion.

Greg's presentation was an "elegant statement" itself. He gave us a solid overview of each therapist, their model and their books. He demonstrated the basic commonalities shared by these approaches, yet preserved the individual value of each.

I had just completed Sue Johnson's EFT Externship - one of the best trainings in my 30+ year career - before coming to Greg's workshop. Greg's enthusiasm for the other models, which he has both studied and trained in,

left me wanting to learn as much as I can from those brilliant and compassionate clinicians as well.

Greg closed our seminar with a challenging set of couples' role plays, utilizing principles from the models he had presented. The material he prepared could so easily have been expanded into a full day. He made our Saturday morning both very worthwhile and fun.

Roni Ahern

Roni has been in private practice 32 years, half of her clients are couples and families.

Roni been a member of MSCH since about 1985. Her training has been varied, with the strongest emphases on couples' therapy and hypnotherapy.

Rosenthal Retreat Oct 2010 Review of Presentation by Amir Raz

"The Magic and Neuroscience of Hypnosis"

Presented by Amir Raz
Reviewed by Mary Grove

Professor Raz was an engaging speaker whose presentation focused on the clinical implications of cognitive neuroscience investigations of attention, expectation, placebos, and hypnosis. A former magician, he studies the psychology of misdirection and the power of suggestion to influence psychology and physiology. He entertained us while teaching us about his experiments on how attention regulates internal processes involving cognition, emotion, thought, and action.

His first video clip demonstrated the ability of cortical, top down information in the form of hypnotic suggestion to overpower bottom up, physiological processes. He described his study using highly hypnotizable volunteers who were given .75 liters of water to drink before being hypnotized with the suggestion that they are thirsty. A hidden camera showed a young woman enter the empty room where she was directed to wait alone for the investigator. As soon as she was alone she desperately gulped a large bottle of juice. When Professor Raz entered the room she requested water and explained that she must have had salt for lunch.

She consumed the entire bottle of water he provided then told him she was still thirsty even though her stomach was full and she believed she might throw up if she continued drinking.

His research with 12 year olds with Tourette's demonstrated that a conditioning paradigm can utilize suggestion to inhibit semi-voluntary tic behaviors. Most tics are semi-voluntary, that is, the person can control the tic for a short period of time, a minute or two, and then will rebound with extra tics. Dr Raz created an impressive "tic detector" that an adult might

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Coming In March

The Skill of Hypnotic/Healing Communication and Behavior

Twice a year we open workshops to all Licensed health care providers who want to Learn more about clinical hypnosis.

This workshop will help improve your awareness and skill in the language of healing as you care for patients. In the course of seeking medical care, our patients often experience fear and anxiety, which can amplify the perception of pain and add to a sense of crisis.

By working with this intense, naturally focused state of awareness, we can help our patients diminish their anxiety while increasing a sense of control over both their mental and physical well-being.

Using hypnotic language can also create a calmer state of mind and body in the practitioner.

Objectives:

- Describe the effects of hypnotic/healing language on the healing process, symptoms and patient comfort
- List the physiologic changes that may occur with the use of hypnotic language

- Demonstrate simple hypnotic/healing language and behaviors
- Describe specific uses for hypnotic/healing language in the areas of emergency medicine, childbirth, inpatient care, surgical and radiologic care or out patient care

For more information click MSCH.us
Click on March Workshop (open to non-members)



Dr. Jacqueline Irland MD is a board certified obstetrician/gynecologist and a fellow of the American College of Obstetricians and Gynecologists from Milwaukee Wisconsin. She has a special interest working as a consultant with hospitals and their staff providing healing communications skills training. She also trains couples in the use of self-hypnosis for childbirth. Dr. Irland is certified in clinical hypnosis by the American Society of Clinical Hypnosis. She provides training nationally in the area of medical hypnosis. She recently contributed a chapter on Childbirth for the book Medical Hypnosis Primer.

**"A goal
without a date
is just a
Dream"**

**Milton H.
Erickson**

Rosenthal Retreat cont.

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recognize as a large, antiquated movie camera. A conditioning paradigm using a 'beep' and 'bop' occurring at random intervals was presented as originating from the 'tic detector' that had a 'tic deflector'. Subjects were told that the beep detected the tics and the bop deflected them thereby eliminating them before they could be expressed. Tic frequency dramatically declined without the expected rebound, although the effects were not sustainable. Subjects typically remained tic free only one or two hours before slowly returning to baseline.

Based on his investigations, he concluded that authorship and sense of control are central to suppression of

symptoms in disorders such as Tourette's, IBS, and hives. Persons with these disorders believe that the symptoms are in control of them. The source of the symptoms is subcortical. When, with the help of hypnosis, the subject believes an external agent (e.g., the tic detector) is in control, the cortex can suppress the automatic subcortical processes.

Professor Raz had us experience the highly automatic McGurk Effect and then explained it. A woman's face projected in front of us showed her mouthing the sound "GA" while the auditory dubbed voice projected the sound "MA". We, the subjects, heard the sound "NA" which demonstrated how the brain fuses visual and auditory information creating an automatic illusion even when we were made

aware of the dubbing. He explained that 1/3 of our brain is involved in processing visual information, much less for auditory information. The strongly automatic ability to read lips overrode the auditory processing and distorted the perception of sound.

The question he then investigated was whether persons can regain control over highly practiced, automated processes. He devised another experiment testing the hypothesis that hypnotic suggestion will decrease the McGurk effect in highly hypnotizable individuals. In this study, he made auditory processing primary with hypnotic suggestion even though visual processing is usually primary. Subjects were able to regain control over automated processes by reinvesting actions and

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NATIONAL PEDIATRIC HYPNOSIS TRAINING INSTITUTE

Pediatric Hypnosis Skills Workshop

September 15–17, 2011 Minneapolis, MN

Dear Colleagues,

We'd like to invite you to attend a 3-day hypnosis skills development workshop offered by the

National Pediatric Hypnosis Training Institute. (NPHTI.org = nifty!)

Faculty: Our multi-disciplinary faculty includes several luminaries in the pediatric hypnosis field: Drs. Karen Olness, Dan Kohen, Leora Kuttner, & Laurence Sugarman.

Updated Curriculum: Introductory, Intermediate and Advanced Levels

- Expanded experiential learning (e.g. More than 8 hours at the Intro. Level!)
- Training videotapes of the faculty's own patients
- Developmental considerations and examples emphasized for all topics
- Broadened networking opportunities
- Expanded opportunities to interact with faculty

ASCH Certification: An annual approval request to the American Society of Clinical Hypnosis (ASCH) has been submitted to designate our program as meeting criteria toward certification. ASCH-approval was granted in 2010 as fulfilling the required hours toward certification and membership: Intro. Level: 24.5 hrs; Intermed. Level: 23.75 hrs, & Advanced Level: 23 hrs.

Sponsor and Date: In collaboration with the University of Minnesota Department of Pediatrics and the Minnesota Society of Clinical Hypnosis, the program will be held **September 15 –17, 2011** at the **Crowne Plaza Minneapolis West Hotel & Conference Center** in a Western suburb.

Brochure: For more detail, go to www.NPHTI.org <<http://www.NPHTI.org>> to see our '2010' brochure. Sign up there if you'd like the '2011' Brochure. Please share it with your colleagues.

Registration: (**Enrollment is limited & was max'ed in 2010!**)

Please note: registration fee includes 6 incredible meals & hearty refreshments. A very reasonable hotel rate & the foliage may be turning color! Registration information will be available on www.NPHTI.org <<http://www.NPHTI.org>> in the coming months.

We look forward to meeting you in the Fall! Come join us: lots of fun & new friends!

Best regards,

Pamela Kaiser, PhD, CPNP Daniel P. Kohen, MD, ABMH
Co-Directors, NPHTI

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Check us out on the web
at

MSCH.us

Rosenthal cont.

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perceptions with attention via hypnosis. He observed that highly hypnotizable persons are better able to implement attentional strategies (top down control) when instructed to do so. He concludes that hypnosis can be used to train attention and to strengthen brain circuits that inhibit impulses. It is up to the clinician to experiment to find the right suggestion for each person in order to re-invest actions and perceptions with attention.

Finally, he told us the true story of the Kings Touch placebo phenomena in medieval England to further illustrate the value of paying attention in a different way. He then demonstrated his skill in directing attention by finishing the day with a magic trick.

Mary Grove PsyD, LP is in practice with Allina. Mary's 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. Her growing edge with hypnosis is in developing a utilization approach and integrating hypnosis and EMDR in the treatment of trauma.

MSCH Approved Consultants

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Make a Contribution

Read a good book lately?

Presented a paper or presentation on Hypnosis?

How 'bout,

Have you done anything new in your practice with hypnosis?

Take some time and write a quick article to contribute to the next issue of IMAGES. Make the article no more than 300 words and email it, along with a short bio. To:

mfast658@gmail.com

It's a great way to get noticed!

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education and sports. Consider using these skills with your clients as well as your own performance enhancement goals.

Did you know that 2011 marks the 40th year of annual workshops in clinical hypnosis?

When you open the brochure, and you notice that the presenter, David Patterson, is speaking about pain, I don't know how many of you will think, "Will this apply to me, if I don't work with pain patients?" and if that is where your mind goes, I'd urge you to reel those thoughts back in and consider this: Patterson's Ericksonian-based model of working hypnotically addresses the universal human experience of pain in its many manifestations—physical, emotional, mental, and spiritual. As you see from the workshop description, we will be honing core hypnotic skills as well as learning about clinical applications. Dr. Patterson is known for being a gifted teacher; we are lucky to have him come to Minnesota.

This spring is certainly going to be an abundant one for MSCH members.

Hope to see you three times--

Peggy