



## PRESIDENT'S SUGGESTION Shep Myers, PhD, LP

### The Self in Self-Hypnosis

Despite my over 25 years of experience as a psychologist, I often succumb to moments, even hours or days, where I am absolutely overwhelmed. The mission to facilitate healing, usually both physical and emotional, at times appears, on the surface, to be impossible. It is then that I often think of Peter Graves in the old TV series, Mission Impossible, as he received the tape recording of his difficult mission. As the tape disintegrated I could feel the heat. Yet, he seemed so calm as he contemplated his "nearly" impossible assignment. This is my mission, to be like Peter Graves.

I was recently overwhelmed when interviewing an older woman from a different culture, who was tormented by chronic headaches, likely a parallel to the torment she had experienced in the violence of the war she endured, then moving to America, which was to her a foreign country, where she was further traumatized by isolation from a community she desperately needed. The plan that evolved was to try hypnosis, which has to be facilitated through an interpreter, an assignment I have never attempted.

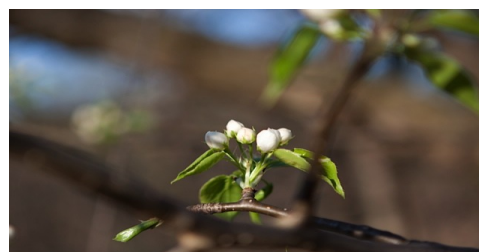
How can we make an impact when the woundedness being witnessed is so deep and ingrained? How can we have impact when we do not even speak the same language?

# I M A G E S

The first answer to these questions is not about the patient, but one's self. I know that the sense of being overwhelmed I feel is likely a reflection of how overwhelmed my patient feels. I know that two people panicking won't help. These are moments when hypnosis is a great resource, not only as a therapeutic method for others, but for ourselves.

One of my favorite hypnotic methods is the ideal internalized therapist, where mentors and moments of great clarity are anchored and cued, to be accessible during times of anxiety and difficulty. I often introduce hypnosis to my students using this method. For me it's an image of past teachers and Peter Graves. It's a message that "I'll come up with something," a message that "trying too hard and worry" is a waste of energy, and a directive to be open to what might come, to what will evolve. It is a call to be open to possibilities, and break down the therapeutic mission to only one or two small tasks in which to focus my energy. "Center, be open,

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don't do it all by yourself" recites my internalized hypnotherapist. "We are a team, so listen and guide the client to her own resources for healing."

I always talk to my clients about how the process is paramount, how the momentary emotions are not a valid indication of progress, and can be utilized for growth and healing. For practitioners, our anxiety is not a valid indication of our abilities, but a call to "practice what we preach." The goal is to be on a path of healing, which will likely be difficult, and our process is equally important.

The goal is to pace, to join, to empathize, and in the case above, to teach the interpreter to mirror my pace and tone, and help all of us relax. That is sufficient for the next session. As I write this, I begin to calm down.

Peter Graves would be proud.

On another note of pride, we are proud to have Maggie Phillips, Ph.D., present for the Advanced Annual Workshop on May 31<sup>st</sup> to June 2<sup>nd</sup>. She is a very wise and seasoned teacher and clinician, who integrates a variety of novel approaches. Be sure to sign-up soon and "spread the word."

In addition, our outreach workshop this year will be held in Rochester, Minnesota on Saturday, April 28<sup>th</sup> featuring David Wark, PhD, Al Clavel, MD, Mark Weisberg, PhD and myself, presenting on "Progress In Evidence-Based Hypnotherapy: Chronic Pain, Anxiety, Depression, IBS, and Education/Performance Enhancement." The object of this workshop is to highlight the integration of empirical literature with clinical application.

The seminar is open to non-members and all professionals. Please plan on attending. Carpool with a friend!



MSCH President



#### NEWS OF NOTE

- **Reminder regarding membership renewal period.** Please note that MSCH membership runs from **July 1 to June 30**, in tandem with our fiscal year. If you renew in the spring, such as before the annual May/June workshops, your membership is **still due on July 1<sup>st</sup>** for the next year. We encourage you to **renew at the May/June Workshops** which allows you to receive all of the benefits of membership year-round including receiving each edition of Images, admission to all of the great, very reasonably priced monthly workshops, and being in the directory.
- **Location of monthly workshops has changed to Carondelet Center.** As you may have noticed, MSCH is no longer using the First Universalist Church for our monthly workshops. This was a financially-driven decision by the board. We are working closely with Carondelet Center's staff to fine-tune services there.
- **We are going even more electronic!** Next year all notices of workshops, even the **annual May/June Workshops** will **only** be sent out electronically. This has worked well for the National Pediatric Hypnosis Training Institute (NPHTI), is the green thing to do, and is another good financial move for MSCH.



## AN INTERVIEW WITH OUR PAST PRESIDENT, PEGGY TREZONA BY CAROL ROGERS-TANNER, IMAGES EDITOR

Peggy Trezona still serves on the Board as Past-President. She has learned much and has a unique perspective on MSCH. I have been curious about what insights she might be able to share with us. (I also learned that she had already captured some reflections last summer. See below.)

CR-T: I've noticed that as you have transitioned from President to Past-President your role on the board seems to have changed from encouraging and optimistic to more of a voice of reason, sort of "Let's be realistic." How do you see that your role on the board has changed?

PT: That's an interesting observation. I learned a lot in the role of president about the responsibility for stewardship of the organization. Everyone on the board is a steward but when you are president you feel that more acutely. It's very important to be discerning about what we decide to take on. I am more aware of the challenges of a volunteer organization in an age where there is so much competition for people's time that we have to be really discerning about what we can do, kind of a nice mixture of possibility and practicality.

C.R-T: What surprised you as President?

PT: How much work it is, frankly. You need to work on it every week. The president and others on the board really need to keep the ball bouncing or it's dead on the floor.

CR-T: Is there anything you wish you could have done but weren't able to accomplish?

PT: I wish we had been able to develop an ongoing working committee structure for membership and for nominations. I think those are really crucial. I've been charged with that now and I've talked to a number of people, and it's hard to find people who would be willing to be on it. I've been digging for people who are non-board members because I think that's important.

CR-T: Do you have any wishes for MSCH at this point?

PT: My fervent hope is that our members are more able to get excited enough and motivated enough to attend more of the monthly workshops because they are so good. They are cheap and phenomenal.

CR-T: Anything else that you might want to mention that you learned as president or about your own personal growth?

PT: I developed an even greater appreciation for all the work that has gone on by other boards and presidents before my tenure. The organization has such an incredibly rich history of investment and commitment over time that when you are president you really realize that it's like wow, you are the steward of this rich legacy of creative, competent and committed people and that this is kind of cool.

As a MSCH member I'd encourage people who are intrigued by hypnosis to consider being on the board because there is nothing more motivating in terms of getting your own clinical practice of hypnosis deepened than being on the board because you are really steeped in it. My practice continued to improve at a faster pace because of being on the board.

## REFLECTIONS ON THE LAST TWO YEARS AS MSCH PREZ BY PEGGY TREZONA, WRITTEN IN SUMMER 2011

The main direction I hope I've helped move us toward is one of greater focus and clarity as a working Board and an organization, so that we can build on what we've done rather than keep starting over as we try to recall what we really did and who knows what it was and where is that, anyway? (A common problem, I think, with most volunteer organizations).

We developed some new MSCH Board processes, like-

- the Board Log, so we can refer back to policy decisions we've made and aren't scratching our heads trying to remember what in the hell *did* we do about that? - thanks to Kate Pfaffinger's comprehensive, readable minutes
- a very specific Job Performance Description for our Administrative Secretary and a process for on-going job performance evaluation (wowsie, a first for MSCH)

- recognition of the need for on-going committees, like membership (a good start) and nominations (thanks to Al Clavel)
- By-Laws revisions (thanks to Shep Myers for the legalese and to Kate Pfaffinger for making the boring work palatable with a 'Bylaws, beer and brats' meeting) and our first real MSCH annual business meeting
- moving to on-line Images and a new format—kudos to Mark Fastner
- maintaining fiscal sanity thru the transition to a new treasurer—thanks to Carol Rogers-Tanner
- a marketing committee and a presence on Facebook—yea, Deb Simmons.
- greater presence of nursing (yea, Laurel Riedel, for moving this forward)
- Hypnosis Story Time—a way for the board to get to know each other's clinical work

There was a lot of work to do— even with Delle Jacob's willingness to stay on an extra two years... and Dan Kohen's steadfast guidance through uncounted years, we still had a lot on our hands. Mostly, I just feel really fortunate that I got to be at the helm—for a while-- of this great group of people.



During one of her last responsibilities as President, Peggy Trezona introduced new Board member Cheryl Bemel who is being congratulated by Al Clavel. Annual workshop, 2011.



## January Workshop

### Yoga-Nidra: Learning the Technique of Conscious Deep Sleep and Its Relationship To Hypnosis

By Katheleen Avila

The Saturday morning of January 21, 2012, I didn't know that by going to Stephen Parker's workshop I would be getting a better night's sleep (even though it was morning!). I have been curious about what exactly Yoga-Nidra was for a long time, as I knew it had a relationship with meditation, yet was not yoga stretches. This "play shop," as Stephen suggested, was the perfect introduction, and Stephen Parker, a long time member of MSCH, was the perfect person for this experiential opportunity. Stephen is an experienced yoga teacher since 1976, teaches with the U.S. Yoga Alliance, and is a senior faculty at the Meditation Center in N.E. Minneapolis, traveling more than half the year around the world teaching meditation and yoga. As a licensed psychologist he is also in practice at Northland Therapy Center.



Stephen Parker teaching and conversing.  
January 21, 2012



Participants converse with Stephen Parker  
after the Sixty-one points of light meditation

The first hour was spent with a general overview of this potentially very deep meditation process. Participants were posed with exploring the question of what our personal opinions would be at the end of the time; "do hypnosis and yoga-nidra have anything in common"? I was very curious about the words "deep sleep" and what my experience would be. Yoga-nidra or yoga sleep is defined as the experience of a state of conscious sleep in which the subject shows all the symptoms of deep, non-REM sleep, while remaining aware of their surroundings. The practice and experience of yoga-nidra exists along a continuum from relaxation to a profoundly deep state of awareness, where one can watch the mind and body sleep. There are four states or levels of yoga-nidra, moving from deep relaxation to a state where the mind simultaneously remains at two levels: one layer of the mind is in sleep in the ordinary sense of the word and a second deeper layer of the mind remains in a conscious awareness of a mantra and meditation in which there is the person-wide awareness of kundalini (See [Wikipedia's definition](#)). Stages one through three must be mastered before "gliding" into stage four.

Stephen used the last hour to guide us in a yoga-nidra practice, the 61 points of light. My experience was a very, very deep relaxation carrying my felt-body sense in a light upward sensation. It was like a very detailed methodical body scan, prefacing each focused location with the words "point of light... at the tip of your small finger," etc. Very detailed!

Stephen asked us to guess the time that had past in this (I do believe) trance state. I think that for most, it probably seemed shorter than the 60-75 minutes. For me it seemed brief, maybe 30 minutes. The discussion pointed to several elements of trance state and similarities. I don't believe this particular method would be applicable in a therapy session due to its length. I think it would be exceptional as part of a workshop retreat. It would be wonderful for clients suffering from anxiety and panic disorders if managed in a safe and holding environment.

Katheleen Avila, MA, Licensed Psychologist has been a practicing clinician for 30 years. To learn more about her practice check out her link.

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

### REVIEW OF FEBRUARY WORKSHOP: EGO STATE THERAPY AND CLINICAL HYPNOSIS Wendy Lemke, MS LP



Wendy Lemke  
presenting on  
Ego State Therapy  
and Clinical Hypnosis,  
Feb. 11, 2012.

As I braved a surprisingly cold Saturday morning, I was not sure what to expect attending my first MSCH monthly workshop. A part of me was excited to learn about Ego State Therapy and connect with other hypnotherapists, while another part of me longed for the warmth of my bed and a lazy Saturday afternoon. This overall thought/feeling/idea fit well with the topic: Ego State Therapy and Hypnotic Applications. Within the first 30 minutes of our time together, I was completely in agreement with (all of) my self: I'm glad I came. This was going to be a great workshop!

Wendy Lemke, MS, LP, was dynamic and engaging. Her presentation provided a wonderful outline of Ego State theory, its history and development, and several clinical strategies and applications. Techniques to access various ego states (both overt and covert) were identified and explored.

Strategies for clinical applications (affect regulation, trauma, interpersonal relationships, work/life balance, etc.) were discussed, and a good deal of dialogue exploring these applications in our practices followed. Several case examples demonstrating Ego State Therapy in psychotherapy were provided, and ongoing parallel processes were noted and discussed throughout the morning. By the time we parted ways, a great deal of resources had been identified and I left excited to learn more, practice/use aspects of what we discussed, and to attend my next MSCH event. See you next month!

Donald D. Cratchy, MS, LPCC  
Director of Clinical Services  
Acumen Counseling Services, LLC.



Donald D. Cratchy, MS, LPCC works with adolescents, adults, and couples in both Rochester and Austin, MN. Don specializes in helping adolescents and adults addressing conduct and co-occurring (MI/CD) concerns.

### MSCH Members Learn, Teach, Enjoy and are Honored at ASCH

"MSCH was again well represented at the ASCH (The American Society of Clinical Hypnosis) Annual Scientific Meeting in Charlotte, NC, this past March. Along with the southern hospitality, the educational mind-body theme, great fellowship, and a massive St. Patrick's Day Celebration (I was told the largest in America), highlights included Dave Wark, Ph.D. presenting a Master Class on Alert Hypnosis, Mark Weisberg, Ph.D. and Al Clavel, M.D. presenting on the treatment of headaches and TMD, and David Alter presenting on neuroscience lessons to enhance clinical practice." Comments from MSCH President, Shep Myers

Editor's note: Below is a list of MSCH attendees and their roles at the meeting and/or in ASCH. Then see the awards received below that. Quite impressive!

**Dan Kohen**, M.D. - Faculty, Basic Workshop, Advanced Workshop; Outgoing Vice-President, ASCH; Co-Chair Advanced Workshops for ASCH 2013 Annual Meeting.

**Wendy Lemke**, M.A. - Incoming Vice-President, ASCH

**David Wark**, Ph.D. - Faculty, Advanced Workshop, Member, Standards of Training Committee and Distance Learning Committee.

**David Alter**, Ph.D. - Faculty, Advanced Workshop; Outgoing Treasurer, ASCH

**Shep Myers**, Ph.D. - MSCH Representative to Board of Governors

**Mark Weisberg**, Ph.D. - Faculty, Advanced Workshop

**Al Clavel**, M.D. - Faculty, Advanced Workshop

**David Wark** received the Ernest R. Hilgard Award for the Best Paper on a Historical Topic on Hypnosis. "Traditional and Alert Hypnosis for Education: a Literature Review" Published in Volume 54, (2), October 2011 of the American Journal of Clinical Hypnosis.

**Dan Kohen** received the William C. Wester Award for Excellence in Child Hypnosis for his significant contributions to the field of hypnosis as applied to the treatment of children and research in the application of hypnosis with children.

### MARCH 31, 2012 WORKSHOP

#### ANXIETY IN CHILDREN, TEENS, AND YOUNG ADULTS: DESIGNING INDIVIDUALIZED HYPNOSIS SESSIONS – A DEVELOPMENTAL PERSPECTIVE



Pamela Kaiser teaching us about her approach to working with kids and teens with anxiety.

Long ago are the days when I lived three blocks from the First Universalist Church, could wake up 10 minutes before 9, throw my hoody on and stumble over to our monthly trainings.

After receiving about five emails for the March workshop it became difficult to ignore this one, with a kicker email subject line stating, "DON'T MISS THIS OPPORTUNITY."

It was time for the inevitable, to make my first trek from my new home in Duluth, to say goodbye to the only MSCH home I had ever known in uptown and hello to the new one in St Paul.

I had been truly missing the familiar faces, the camaraderie and being in the presence of MSCH members' wisdom. All things I knew I could count on from attending any MSCH training, workshop or event.

But the greatest reason of attendance was Pamela Kaiser, PhD, PNP. After reading the first few sentences about her training experiences, expertise, research and clinical successes I realized why the subject line of that last email said "DON'T MISS THIS OPPORTUNITY."

I learned more in Dr. Pamela Kaiser's 6 hour training about Anxiety in Children, Teens, and Young Adults than a 3-credit graduate class I had taken five years prior.

Pamela had us all captivated as she told the infamous Three Little Pigs story, when a sudden change took place and the end of the story became different. In fact it really was not the same story. There was a pause and a common puzzled look in the room, reminding us that really, anything can be different.

The metaphors about metaphors continued, pushing us to think. Think about the meanings we give and the meanings that are given. Reminding us of the power of reframing. To watch Dr. Pamela Kaiser work with children was nothing short of amazing. The children in her video clips were able to realize they had power to stop their thinking, remember that they were the boss, do deep breathing exercises and know they did have tools to use against anxiety.

After the workshop I noticed the way I was asking questions. I switched my 'why' questions to 'how'. The difference: I was getting more valuable information from one 'how' question versus five 'why' questions.

Dr. Kaiser asked us to pick any common children's story with two requirements: 1. To change something in it, and 2. It had to have a therapeutic message. I chose Snow White, instead of waiting for a prince to wake her from her spell she awoke on her own, the first day.

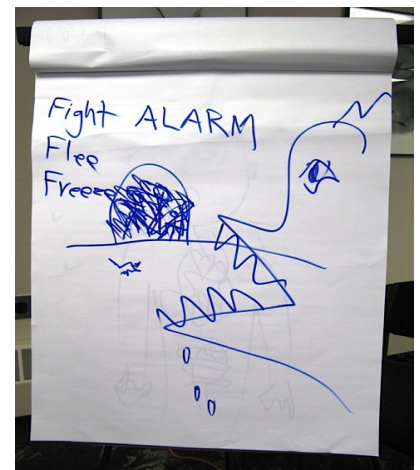
It was amazing to hear the intelligence in the room, within a few moments MSCH members came up with new profound therapeutic messages from differing children's stories.

This was a true opportunity well worth the drive. Thanks to Dr. Pamela Kaiser and MSCH for a wonderful learning experience.

Andrea Mousel, MA, LMFT

Andrea currently resides and works in Duluth as clinical supervisor of a children's mental health clinic and owner of a small private practice.

Andrea has been a MSCH member since 2009. Areas of interest include trauma, anxiety, depression, gender disorders and/or variances and compulsive gambling.



One of Dr. Kaiser's illustrations showing how she explains anxiety and false alarms to children.



### Would you like to learn to be a Small Group Facilitator for the Introductory Hypnosis Workshops?

The MSCH June Workshop will be 41 years old in June, 2012. Our Introductory course continues in demand as more health care professionals come to study with our experienced local faculty. Our Small Group Practice Sessions--where practical learning experience occurs--are much more effective with 6 students per group. The Minnesota Society **needs new small group leaders**, clinicians whose **experience, competence, and confidence** allow them to be **ready and eager** to pass on their skills. So.....

When the time is right we will again offering a 2-session (3 hours each) seminar to train small group leaders for the Annual (and future) Workshops. You will learn something didactic about adult students, about the social psychology of small groups, and the methods of small group training. More importantly, you will **practice and model** the roles and tasks of group leadership. Feedback will come from the members of your group, whom you will get to know well. Qualified graduates of this

training will be invited to join the MSCH Faculty and lead at least two small group sessions in forthcoming Annual Introductory Workshop. Participating Faculty receive a reduced-fee registration for the Advanced Workshop when they are not leading small groups for the Introductory workshop.

#### Pre-requisites for Applications:

Applicants for this training and potential Faculty must have:

- (1) Membership in MSCH for minimum of 3 years;
- (2) Participation in a minimum of three workshops (Introductory and two Intermediate and/or Advanced);
- (3) Use of formal and informal inductions regularly (daily or "most days") in your practice.

Since this training is provided at no cost to prospective small group leaders, it is anticipated and expected that participants will utilize their new teaching skills in service to MSCH by participating regularly as a small group facilitator in forthcoming Annual Workshops.

When an appropriate group of prospective participant/trainees has been identified the dates will be set for this training.

If you have the pre-requisites, are interested, and enthusiastic, please submit your hypnosis c.v./resume, i.e. your training, how you meet the pre-requisites – to Roni Ahern at [Roni.Ahern@visi.com](mailto:Roni.Ahern@visi.com)

Dan Kohen, M.D.

Director of Education and Training, MSCH

Roni Ahern, M.A., L.P., Coordinator of Small Group Facilitator Education

### MSCH PHOTO ALBUM



Socializing at Wendy Lemke's presentation, February 11, 2012.



Lunch break walk near the Carondelet Center. Scott Cruse (workshop coordinator), Pamela Kaiser (presenter), Shep Myers (MSCH President) and Elaine Wynne (attendee). March 31, 2012.



Sharing thoughts at the Kaiser workshop. Christine Siegel and Andrea Mousel (workshop reviewer) March 31, 2012

**NOTE: ALL MSCH CE SESSIONS ARE MEMBERS ONLY UNLESS OTHERWISE INDICATED**

**REMAINING 2011-2012 PROGRAM IN CONTINUING HYPNOSIS EDUCATION**

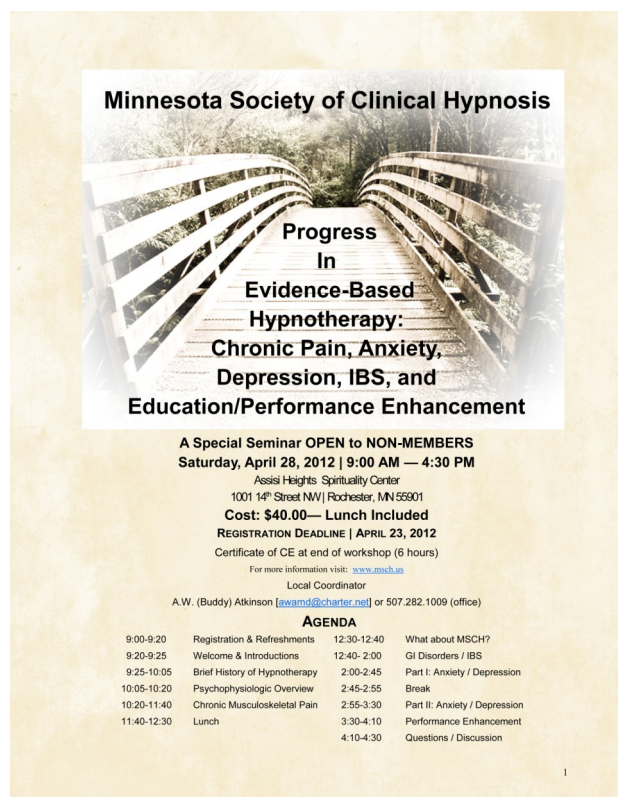
Date/Location	Focus/Title	Speaker
<b>Saturday, April 28, 2012</b> <b>9:00 AM — 4:30 PM</b> Assisi Heights Spirituality Center 1001 14 <sup>th</sup> St NW Rochester	<b>Special Seminar</b> <b>Progress in Evidence-Based Hypnotherapy:</b> <b>Chronic Pain, Anxiety, Depression, IBS, Insomnia</b> <b>and Education/Performance Enhancement</b> <b>Special Seminar OPEN to NON-MEMBERS</b>	Faculty: Al Clavel, MD   Shep Myers, PhD David Wark, PhD   Mark Weisberg, PhD Local Coordinator: AW (Buddy) Atkinson, MD
<b>Thursday May 31 –</b> <b>Saturday June 2, 2012</b> Thurs Evening, All Day Fri & Sat	<b>41st Annual MSCH/U of MN Workshops</b> <b>Introductory &amp; Advanced Workshops</b> <b>in Clinical Hypnosis OPEN TO NON-MEMBERS</b>	Guest Faculty: Maggie Phillips, PhD
<b>Wednesday, June 20, 2012</b> <b>6:30 – 9:00 p.m.</b> Carondelet Center	<b>Follow-Up to Annual Workshop</b>	<b>Workshop Faculty</b>

**TENTATIVE 2012-2013 PROGRAM IN CONTINUING HYPNOSIS EDUCATION**

**THEME: BACK TO BASICS - UTILIZATION**

<b>Sept, 2012</b> <b>8:30 a.m. – 12:00 p.m.</b> Date/Location TBA	<b>Tentative Topic: Furthering Integration</b> <b>of the teaching of Maggie Phillips, PhD)</b>	<b>Faculty To Be Announced</b>
<b>Thursday September 20 to</b> <b>Saturday September 22, 2012</b> Crowne Plaza Hotel and Conference Center Mpls West (Plymouth)	<b>Pediatric Hypnosis Workshops</b> <b>Introductory-Intermediate-Advanced</b> <i>sponsored by NPHTI</i> <i>National Pediatric Hypnosis Training Institute</i> <i>MSCH &amp; U of MN Dept of Pediatrics</i>	<b>Internationally and</b> <b>Nationally recognized Faculty</b> <b>** NPHTI Small Group Training “FFF”</b> <b>Wed. 9.19.12 – Wark/Kohen</b>
<b>Sunday, October 7, 2012</b> <b>8:30 a.m. - 4:30 p.m.</b> Carondelet Center	<b>Annual Rosenthal Retreat Members Only</b> <b>“Sufism, Science, and Spiritual Healing”</b>	Guest Faculty: <b>Howard Hall, PhD, PsyD</b> <b>Case Western Reserve University</b> <b>Medical School</b>
<b>October 10-14, 2012</b>	<b>SCEH 63<sup>rd</sup> Annual Workshops &amp;</b> <b>Scientific Program Toronto, Ontario, CANADA</b>	<b>Info: <a href="http://www.sceh.us">www.sceh.us</a></b>
<b>October 17-21, 2012</b>	<b>19<sup>th</sup> International Congress of Hypnosis</b> <b>BREMEN, GERMANY</b>	<b>Info: <a href="https://cx-services.com/htx12/ish2012.php?page=start">https://cx-services.com/htx12/ish2012.php?page=start</a></b>
<b>Saturday, Nov. 10, 2012</b> <b>8:30 a.m. – 12:00 p.m.</b> Carondelet Center	<b>Utilization - Treatment Design: How to Design</b> <b>Hypnotic Interventions Using Your Own and Your</b> <b>Client’s Unique Qualities</b>	<b>Faculty:</b> <b>Mark Weisberg, PhD. and</b> <b>Suzanne Candell, PhD</b>
<b>Saturday, Jan. 12, 2013</b> <b>8:30 a.m. – 12:00 p.m.</b> Carondelet Center	<b>Resistance: Creating A Force for Good</b> <b>for a Change</b>	<b>Faculty:</b> <b>David Alter Ph.D. and</b> <b>Shep Myers, Ph.D.</b>
<b>Thursday Eve Feb 7, 2013</b> <b>6:30 p.m. – 9:30 pm</b> Carondelet Center	<b>Utilization – Children and Adolescents: How do</b> <b>Experienced Clinicians Design and Implement Indi-</b> <b>vidualized Interventions with Young People?</b>	<b>Faculty: Andrew Barnes, MD</b> <b>Dan Kohen,MD, Kate Pfaffinger, PhD</b>
<b>March 15-19, 2013</b> <b>Louisville, KY</b>	<b>American Society of Clinical Hypnosis (ASCH)</b> <b>55th Annual Scientific Meeting and Workshops</b>	<b>Info:</b> <b><a href="http://www.asch.net">www.asch.net</a></b>
<b>Saturday, March 2013</b> <b>Date TBA</b>	<b>Special Full Day Seminar</b> <b>“Working with Suffering: The Integration of Hyp-</b> <b>nosis and Mindful Awareness</b>	<b>Faculty:</b> <b>Peggy Trezona</b>
<b>April, 2013   TBA</b>	<b>Outreach Workshop</b>	<b>Faculty To Be Announced</b>
<b>Thursday, May 30 –</b> <b>Saturday, June 1, 2013</b> <i>Thurs eve, all day Fri/Sat</i>	<b>42<sup>nd</sup> Annual MSCH/U of MN Introductory and Ad-</b> <b>vanced Workshops in Clinical Hypnosis</b>	<b>Guest Faculty To Be Announced</b>





**Minnesota Society of Clinical Hypnosis**

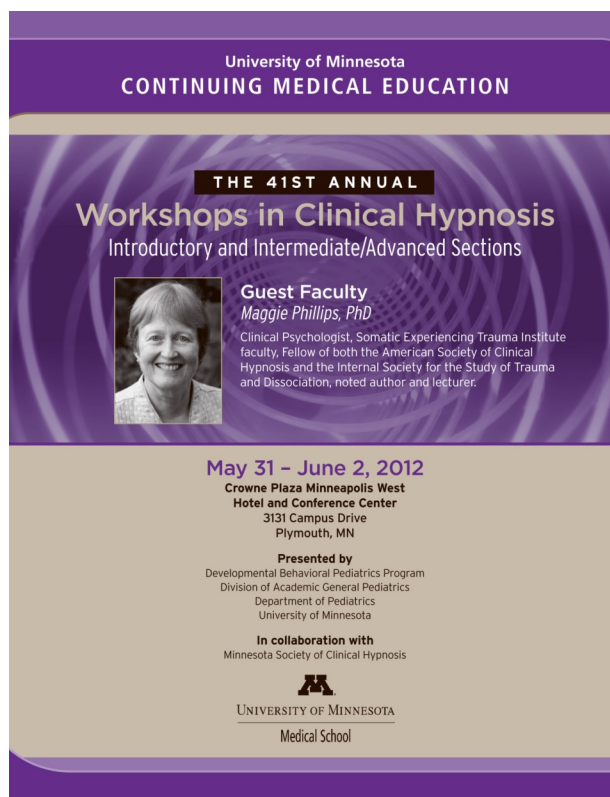
**Progress  
In  
Evidence-Based  
Hypnotherapy:  
Chronic Pain, Anxiety,  
Depression, IBS, and  
Education/Performance Enhancement**

**A Special Seminar OPEN to NON-MEMBERS**  
**Saturday, April 28, 2012 | 9:00 AM — 4:30 PM**  
 Assisi Heights Spirituality Center  
 1001 14<sup>th</sup> Street NW | Rochester, MN 55901  
**Cost: \$40.00— Lunch Included**  
**REGISTRATION DEADLINE | APRIL 23, 2012**  
 Certificate of CE at end of workshop (6 hours)  
 For more information visit: [www.mschn.org](http://www.mschn.org)  
 Local Coordinator  
 A.W. (Buddy) Atkinson ([jawand@charter.net](mailto:jawand@charter.net)) or 507.282.1009 (office)

**AGENDA**

9:00-9:20	Registration & Refreshments	12:30-12:40	What about MSCH?
9:20-9:25	Welcome & Introductions	12:40- 2:00	GI Disorders / IBS
9:25-10:05	Brief History of Hypnotherapy	2:00-2:45	Part I: Anxiety / Depression
10:05-10:20	Psychophysiology Overview	2:45-2:55	Break
10:20-11:40	Chronic Musculoskeletal Pain	2:55-3:30	Part II: Anxiety / Depression
11:40-12:30	Lunch	3:30-4:10	Performance Enhancement
		4:10-4:30	Questions / Discussion

For more information on the Rochester Workshop click below:  
[Progress in Evidence-Based Hypnotherapy | April 28, 2012](#)



University of Minnesota  
**CONTINUING MEDICAL EDUCATION**

**THE 41ST ANNUAL**  
**Workshops in Clinical Hypnosis**  
 Introductory and Intermediate/Advanced Sections

**Guest Faculty**  
**Maggie Phillips, PhD**  
 Clinical Psychologist, Somatic Experiencing Trauma Institute  
 faculty, Fellow of both the American Society of Clinical  
 Hypnosis and the Internal Society for the Study of Trauma  
 and Dissociation, noted author and lecturer.

**May 31 – June 2, 2012**  
**Crowne Plaza Minneapolis West**  
**Hotel and Conference Center**  
 3131 Campus Drive  
 Plymouth, MN

**Presented by**  
 Developmental Behavioral Pediatrics Program  
 Division of Academic General Pediatrics  
 Department of Pediatrics  
 University of Minnesota

**In collaboration with**  
 Minnesota Society of Clinical Hypnosis

**UNIVERSITY OF MINNESOTA**  
 Medical School

For more information on the Annual Workshop click below:  
[Introductory Workshop](#) | [Intermediate/Advanced Workshop](#)



### Pediatric Clinical Hypnosis Skills Workshop

**September 20–22, 2012**

Minneapolis, MN

**Levels: Introductory, Intermediate &  
 Advanced (Individualized Consultation)**

**Faculty:** Our internationally & nationally renowned faculty includes Drs. Karen Olness, Dan Kohen, Leora Kuttner, Pamela Kaiser, Tim Culbert, Laurence Sugarman, and other Master clinician-teachers.

**Details:** **September 20 –22, 2012.** Crowne Plaza Minneapolis West Hotel & Conference Center in Plymouth (Minneapolis suburb). Co-sponsored by the University of Minnesota (Pediatrics Department) & the Minnesota Society of Clinical Hypnosis

**Brochure:** Check out our website: [www.NPHTI.org](http://www.NPHTI.org) to review our 2012 brochure. Please share with your colleagues.

**EARLY REGISTRATION:** Register **now** as our group limits filled very early the past two years. Registration fee also includes 6 incredible meals & hearty refreshments. Plus, the hotel rate is extremely reduced & the foliage may be turning color!

For additional information (including registration), click on the following links:

**Introductory Workshop:** [www.cme.umn.edu/intropedshypnosisinfo](http://www.cme.umn.edu/intropedshypnosisinfo)

**Intermediate Workshop:** [www.cme.umn.edu/interpedshypnosisinfo](http://www.cme.umn.edu/interpedshypnosisinfo)

**Advanced Workshop:** [www.cme.umn.edu/advpedshypnosisinfo](http://www.cme.umn.edu/advpedshypnosisinfo)

**Continuing Education Credit & ASCH Certification:** Approved for most health care providers. Certification by the American Society of Clinical Hypnosis (ASCH) anticipated.

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

Pamela Kaiser, PhD, CPNP, CNS and Daniel P. Kohen, MD, ABMH

Co-Founders and Co-Directors, NPHTI

For more information on the NPHTI Workshop click below:

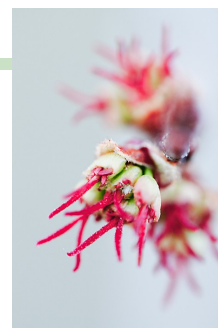
[www.nphti.com](http://www.nphti.com)

[Introductory Workshop](#) | [Intermediate Workshop](#) | [Advanced Workshop](#)



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