

THE 48TH ANNUAL

Workshops in Clinical Hypnosis

Fundamental and Intermediate / Advanced
Sections

June 13-15, 2019

Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441

Provided by:
Minnesota Society of Clinical Hypnosis

Joint Sponsorship provided by:





"Very supportive network of multidisciplinary group of professionals. Practical skills and techniques for utilizing in my profession."

(MA/MS)

Fundamental Section Description

This workshop offers responsive instruction in the theory and applications of hypnosis in a clinical setting. There is a mix of lectures, demonstrations, exercises and small group practice with supervision and feedback. Instructors systematically teach to the learning styles and needs of participants. Course content is organized in a spiral curriculum (conforming to the standards of training of the American Society of Clinical Hypnosis) with topics presented several times. Succeeding iterations of a technique, such as hypnotic induction (initiation), are more complex, increasing participants' knowledge and skills. After the skill basics, application topics include therapeutic communication, treatment planning, self-hypnosis, and hypnosis with children. Participants will choose sessions on the practice of hypnosis in their own medical, mental health, or professional specialization. It is estimated to be 20-24 hours of instruction and to be approved in advance by the American Society of Hypnosis (ASCH) as meeting criteria for Certification in Hypnosis by ASCH.

Intermediate / Advanced Section Description

In this two-day workshop, participants will learn about the conceptual basis and theoretical foundations of mindful hypnotherapy and hypnotically oriented interventions in psychotherapy. The presenter will provide demonstrations and a mixture of didactic and clinical material. The underpinnings of Buddhist concepts will lay our groundwork, and we will then explore hypnotic inductions, mindfulness, present moment awareness, and mindful hypnotherapy. Non-judgmental acceptance and compassion will be interwoven with stress management techniques, and this will weave into demonstrating individual mindful hypnosis for stress management. Together, we will also explore considerations of hypnotic ability in true clinical practices, and a multimodal approach to pain management. Individualization of hypnotic suggestion will be stressed and demonstrated, along with case conceptualization for modern practice in health care. We will also discuss the facilitation of insight and expand upon formulating hypnotic suggestions and metaphors.

ELIGIBILITY AND TARGET AUDIENCE

This conference is ideal for persons holding a Doctoral Degree in Medicine, Dentistry, or Psychology; persons holding a Master's Degree in Social Work, Marriage and Family Counseling, or Clinical or Counseling Psychology who are licensed by the state/province in which they practice; a Registered Nurse with advanced subspecialty training and certification or a Master's Degree; or a student actively enrolled in a graduate program leading to a degree in any of the foregoing. Master's level, licensed health professionals (e.g., Occupational and Physical Therapists, Speech and Language Pathologists, et. al.) are also welcome and encouraged to attend.

Advanced Workshop Requires Additional Eligibility:

This conference is ideal for health professionals who have had previous formal training in hypnosis. Participants should have previous experience in performing hypnotic inductions and facilitating hypnotic phenomena.

ACCREDITATION

This activity is planned and implemented by the Minnesota Society of Clinical Hypnosis. In support of improving patient care, Minnesota Society of Clinical Hypnosis is jointly accredited by the Minnesota Medical Association



Minnesota Medical Association (MMA)

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Minnesota Medical Association and the Minnesota Society of Clinical Hypnosis. The Minnesota Medical Association (MMA) is accredited by the ACCME to provide continuing medical education for physicians.

The Minnesota Medical Association designates this live activity for **Fundamentals Workshop** for a maximum of *20.25 AMA PRA Category 1 Credit(s)TM* and **Intermediate/Advanced Workshop** for a maximum of *16.0 AMA PRA Category 1 Credit(s)TM*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Minnesota Board of Social Work (BSOW)

This activity has been approved by the State of Minnesota Board of Social Work for 20.25 continuing education hours for the Workshops in Clinical Hypnosis - Fundamentals Workshop and 17.0 continuing education hours for the Advanced Workshop.

Minnesota Board of Psychology

This activity has been approved by the State of Minnesota Board of Psychology for 20.0 continuing education hours for the Workshops in Clinical Hypnosis - Fundamentals Workshop and 16.5 continuing education hours for the Advanced Workshop.

Minnesota Board of Marriage and Family Therapy

This activity has been approved by the State of Minnesota Board of Marriage and Family Therapy for 20.0 continuing education hours for the Workshops in Clinical Hypnosis.

Good mix of didactic and experiential approaches with plenty of time for Q and A.

(MD)

WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS

Crowne Plaza Minneapolis West

3131 Campus Drive
Plymouth, MN 55441
www.CPplymouth.com
763-559-6600
800-227-6963

A block of sleeping rooms is available at the discounted rate of \$125.00 per night plus the current state and local taxes. Please make your reservations directly with the hotel by the cut-off date of **May 24, 2019**, and request the **Uo# – Clinical Hypnosis** block to receive the discounted rate. Reservations will be accepted based on space and rate availability. Please use the following reservation link:

<https://book.passkey.com/e/49826806>

Parking is complimentary and adjacent to the facility. Valet parking is available for \$5.00 per day.

COURSE MATERIALS

Registered attendees will be emailed access instructions to view the presentations and the course materials online prior to the Workshop; and download or print for their use at the conference. Please note: NO services for printing syllabi are available on-site during the conference. A printed syllabus will **NOT** be distributed at the Workshop. Presentations and other workshop materials will remain available on a designated website for several weeks following the Workshop.

REGISTRATION

Register by **March 22** to receive the Kick-off Rate, or by **May 3** to receive an Early Registration Discount! **DUE TO MEETING SPACE LIMITATIONS, REGISTRATIONS WILL BE LIMITED.** Registration fees include continental breakfast, morning/afternoon breaks, and course materials. Dietary restrictions should be indicated in advance; requests cannot always be honored on-site.

TO REGISTER

Online

To register online with Visa, MasterCard, or American Express for the **Fundamentals Section**:

https://iplanit.swoogo.com/MSCH19/register?reg_type_id=45411

and to register for the Intermediate/Advanced Section:

https://iplanit.swoogo.com/MSCH19/register?reg_type_id=45412

In order to protect your credit card information, the Minnesota Society of Hypnosis (MSCH) does not accept credit card payments by phone, fax, mail, in person, or on-site.

WEBSITE

For more information about the Minnesota Society of Clinical Hypnosis, go to:

www.msch.us

I can't imagine a better place to get training in hypnosis, especially for early learners. The time spent with the small groups helps people feel safe and to practice in a setting where they can feel like they are really turning themselves into very capable clinicians, in whatever field they might work. This is the best place to get training, hands down!

(PsyD)

"What a dynamic and powerful training experience. If the information is only used by the participant for their own purposes it would be well worth it. There is a rich trove of expertise and wisdom offered in this exciting and productive workshop. I feel confident that I can enact my learnings at once."

Fundamental Workshop

Educational Objectives

Upon completion of this educational activity, learners should be better able to:

- List the stages of Hypnosis
- Describe hypnosis as a process of therapeutic communication
- Describe three induction methods
- Demonstrate three appropriate induction techniques
- Describe methods for deepening (intensification) of and re-alerting from hypnosis
- Outline applications for guided imagery
- Describe the use of hypnosis for pain control and stress reduction
- List applications and methods of hypnosis for children
- Outline a strategy for getting started using hypnosis in clinical practice

12:15	Instructions for Small Group Practice.....	Roni J. Ahem
12:30	Small Group Practice: Rhythmic/Diaphragmatic Induction.....	Faculty
2:15	Deepening Hypnosis and Re-Alerting.....	Mark Weisberg
3:00	Naturalistic Techniques for Deepening Hypnosis....	Cheryl Bemel
3:30	Demonstration: Breathing Induction and "Safe Place" Deepening.....	Jennifer Stoos
4:00	Refreshment Break - Discussion with Faculty	
4:15	Small Group Practice: Breathing Induction and "Safe Place" Deepening.....	Faculty
6:00	Self-Hypnosis.....	Delle Jacobs
6:30 pm	Adjourn	

Preliminary Agenda

Curriculum and faculty are subject to change.

Thursday, June 13, 2019

5:30 p.m. Registration/Check-In

6:25	Welcome and Announcements.....	Cheryl Bemel
6:35	Introduction to Clinical Hypnosis and Group Experience.....	Delle Jacobs
7:05	Hypnotic Phenomena; Stanford Scales.....	Jack Rusinoff
8:05	Refreshment Break – with Faculty	
8:20	Definitions, History, Theories of Hypnosis.....	David Wark
8:50	Myths, Misconceptions, and Memory.....	Cheryl Bemel
9:20	Meditation and Hypnosis: How are They Different?.....	Cheryl Bemel
9:30	Adjourn	

Friday, June 14, 2019

7:00 a.m. Continental Breakfast/Registration/Check-In

7:55 a.m.	Announcements.....	Cheryl Bemel
8:00	Hypnotic Structures and Stages I...Greg Heberlein, Suzanne Candell	
8:50	Hypnotic Structures and Stages II.....Heather Klein & Cheryl Bemel	
9:45	Refreshment Break – Discussion with Faculty	
10:00	Ethical Considerations: How to Introduce Hypnosis and Address Questions and Concerns.....	Suzanne Candell & Randi Born
10:45	Demonstration: Rhythmic/Diaphragmatic Breathing.....	Mary Grove
11:15	Lunch Break	

Saturday, June 15, 2019

7:00 am Continental Breakfast

7:30 MSCH Open Board Meeting

7:55	Announcements.....	Cheryl Bemel
8:00	Formulating Suggestions and Post Hypnotic Suggestions.....	Suzanne Candell
8:35	Language of Hypnosis.....	Suzanne Candell
9:05	Treatment Planning.....	Mark Weisberg
9:50	Demonstration: "Magnet Fingers" Induction, Deepening & Suggestions.....	Wendy Lemke
10:15	Refreshment Break	
10:30	Small Group Practice: Magnet Fingers Induction with Suggestions.....	Faculty
12:00	Lunch Break	
1:05	Raffle and Awards Ceremony	
1:35	Facilitating Mind-Body Healing with Hypnosis.....	Kevin Harrington, Al Clavel
3:05	Managing Resistance.....	Jennifer Stoos
3:50	Refreshment Break - Discussion with Faculty	
4:10	Integrating Hypnosis into Practice.....	Wendy Lemke
4:55	Breakout Sections: Integrating Hypnosis into Practice	
	1. Psychotherapy.....	Greg Heberlein, Heather Klein
	2.Acute and Chronic Pain.....	Al Clavel
6:10	Getting Started in your Practice.....	Julia Clowney
6:40 pm	Adjourn	

The conference was eye-opening and affirming. I learned a lot of useful information and am now looking forward to building on the skills I have gained toward better client care. The environment was warm and welcoming.

(Student)

Intermediate /Advanced Workshop

Mindful Hypnotherapy, Stress Management & Integration of Clinical Hypnosis in Psychotherapy Practice

Guest Faculty



Gary R. Elkins, PhD, ABPP, ABPH is a Professor of Psychology and Neuroscience at Baylor University. He is Director of the Mind-Body Medicine Research Program at Baylor University conducting NIH funded research into clinical applications of hypnosis. In addition, he maintains a part-time private practice. His research and clinical work have focused on areas such as the role of the therapeutic relationship in hypnotherapy, hypnotizability, mechanisms, pain, sleep, hot flashes, and stress. Dr. Elkins is the author of five books, Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues; Hypnotic Relaxation Therapy: Principles and Applications; Complementary and Alternative Medicine for Psychologists: An Essential Resource; Relief from Hot Flashes: The Natural, Drug-Free Program to Reduce Hot Flashes, Improve Sleep, and Ease Stress, and Mindful Hypnotherapy: The Basics for Clinical Practice. He is a renowned expert in clinical hypnosis and President of the Society for Clinical and Experimental Hypnosis; Past-President of the Society for Psychological Hypnosis (Division 30 of the American Psychological Association). He is also Past-President of both the American Society of Clinical Hypnosis and the American Board of Psychological Hypnosis. Elkins holds the Diplomate in Clinical Hypnosis from the American Board of Psychological Hypnosis (ABPH) and the Diplomate in Clinical Health Psychology from the American Board of Professional Psychology (ABPP). He has taught courses nationally and internationally on clinical hypnosis. Elkins is the co-author of the publication Standards of Training in Clinical Hypnosis published by ASCH. He is the incoming Editor-in- Chief of the International Journal of Clinical and Experimental Hypnosis.

Educational Objectives

Upon completion of this educational activity, learners should be better able to:

- Describe the principles of *mindful* hypnotherapy
- Articulate a mindful hypnotherapy treatment protocol and session-by-session goals
- Articulate how mindful hypnosis can be used for anxiety and stress management
- Describe the clinical assessment of hypnotizability
- Integrate how mindful hypnotic suggestions can be utilized to facilitate insight in psychotherapy

- 1:30 Discussion of Session-by-Session Process of Mindful Hypnotherapy
- 2:00 Demonstration – Non-Judgmental Acceptance and Compassion Practice Group 2
- 3:00 Refreshment Break**
- 3:15 Mindful Hypnotherapy and Stress Management
Demonstration: Individualizing Mindful Hypnosis for Stress Management
- 3:30 Case Conceptualization: Individualizing Mindful Hypnosis
- 4:00 Demonstration: Individualizing Mindful Hypnosis
- 4:30 Discussion: Q/A
- 5:00 pm Adjourn**

Thursday, June 13, 2019

6:00 pm Registration/Check In

6:55 Faculty Introductions

7:00 Small Group Seminars, select one

1. Sleep Problems: Working Hypnotically with Complex Cases.....Suzanne Candell
2. Chronic Illness: Reducing Resistance to Treatment and Activating Self-Healing Resources.....Alfred Clavel & Mark Weisberg
3. Using Hypnosis for Restoring Our Personal and Professional Resilience.....Kevin Harrington

9:15 pm Adjourn

Friday, June 14, 2019

7:00 am Continental Breakfast/Check In Gary R. Elkins

8:00 Introductions and Workshop Overview

8:15 Hypnotic Group Experience to Ready Learning

8:30 Laying the Groundwork: Buddhist Concepts

9:00 Conceptual Basis for Mindful Hypnotherapy

9:30 Hypnotherapeutic Relationship, Hypnotic Inductions and Mindfulness

10:00 Demonstration: Relaxation and Present Moment Awareness

10:30 Refreshment Break

10:45 Practice Group 1: Mindful Hypnotherapy

12:00 pm Lunch Break

Saturday, June 15, 2019

7:00 am Continental Breakfast/Check In

Gary R. Elkins

7:30 MSCH Open Board Meeting

8:00 Consideration of Hypnotic Abilities in Clinical Practice Elkins
Hypnotizability Scale

9:00 Demonstration

9:30 Group Practice 3: Formal and Informal Assessment of Hypnotizability

10:30 Refreshment Break

10:45 Multimodal Approach to Pain Management

11:30 Demonstration

12:00 Lunch Break

1:05 Raffle & Awards Ceremony

1:35 Group Practice 4: Pain Management

2:30 Pain Management: Discussion and Individualization of Hypnotic Suggestions

3:05 Refreshment Break

3:20 Integration of Clinical Hypnosis in Psychotherapy
Practice: Facilitating Insight

3:50 Case Conceptualization: Formulating Hypnotic Suggestions and Metaphors

4:45 Q&A

5:00 Adjourn

Workshops in Clinical Hypnosis

June 13-15, 2019

REGISTRATION FORM

Please type or print clearly. A name badge and statement of attendance are generated from this form.

Name _____

Affiliation _____

Department _____

HOME OFFICE

Address _____ Mail Stop _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Receipts, confirmations, and driving directions are e-mailed from our office. Please provide your e-mail address and print clearly.

DEGREE/CERTIFICATION

MD DO PhD EdD MSW/ACSW LMFT MA/MS RN
 APRN (NP, CNS) DDS/DMD

SPECIALTY Family Medicine / Subspecialty _____

Internal Medicine / Subspecialty _____

Pediatrics / Subspecialty _____

Other _____

Graduate Student (please list school, program, and date enrolled): _____

Profession you are currently licensed in _____ **State** _____ **Lic #** _____

REGISTRATION FEES

Select workshop Section:

	On or Before March 22, 2019	March 23 - May 3, 2019	After May 3, 2019
<input type="checkbox"/> Fundamental Workshop (includes FREE 1-year MSCH Membership, \$80 value)	\$580	\$620	\$675
<input type="checkbox"/> Intermediate / Advanced Workshop	\$580	\$620	\$675
<input type="checkbox"/> MSCH Member - Discounted Workshop Rate	\$470	\$500	\$530
<input type="checkbox"/> Resident/Fellow/Graduate Student	\$325	\$325	\$325
<input type="checkbox"/> Course Speaker/ Faculty	\$325	\$325	\$325

Published On-Site Attendee List: May we include your name, clinic, city, state (no email or mailing address) on the attendee list published only at this conference? Yes No

How did you hear about this conference?

Employer Email Colleague/Friend Website Flyer Other _____

GROUP REGISTRATION

A minimum of 3 registrants from the same organization are required for a group discount of \$20 per person to be deducted from the corresponding registration fees listed above. Submit all registrations together with one check payment. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

Special Needs: Special needs such as dietary restrictions, lactation room, etc. should be indicated in advance; requests cannot always be honored on site.

Dietary: _____ Other: _____

REGISTRATION (check ONE practice session below, depending if you are Fundamental or Intermediate/Advanced)

Fundamental Section - Select ONE of the two *Integrating Hypnosis into Practice* sessions for **Saturday, June 15, 4:55-6:10 pm**

Psychotherapy Acute and Chronic Pain

Intermediate / Advanced Section - Select ONE of the four *Small Group Seminars, Tutorials & Practice Sessions*

for **Thursday, June 13, 7:00 - 9:15 pm.**

Working with Challenging Emotions Using Hypnosis in Psychotherapy Hypnotically Informed Proactive Response to the Prescription Opiate Crisis
 Sleep: Working Hypnotically with Complex Cases

TO REGISTER

Mail this registration form and your check, payable to the Minnesota Society of Clinical Hypnosis, to: MSCH, P.O. Box 755, Prior Lake, MN 55372

CANCELLATION POLICY

In the event you need to cancel your registration, the registration fee, less a \$50 administrative fee, will be refunded if you notify us by 4:30 p.m. CST on **May 17, 2019**. No refunds will be made after this date.

If you have any questions, please contact our office at 800 781 1193 ext 610, or email us at MSCH@iplanitmeetings.com

Host Workshop Faculty

Guest Faculty

GARY R. ELKINS, PhD, ABPP, ABPH is a Professor of Psychology and Neuroscience at Baylor University. He is Director of the Mind-Body Medicine Research Program at Baylor University conducting NIH funded research into clinical applications of hypnosis. In addition, he maintains a part-time private practice. His research and clinical work have focused on areas such as the role of the therapeutic relationship in hypnotherapy, hypnotizability, mechanisms, pain, sleep, hot flashes, and stress. Dr. Elkins is the author of five books, Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues; Hypnotic Relaxation Therapy: Principles and Applications; Complementary and Alternative Medicine for Psychologists: An Essential Resource; Relief from Hot Flashes: The Natural, Drug-Free Program to Reduce Hot Flashes, Improve Sleep, and Ease Stress, and Mindful Hypnotherapy: The Basics for Clinical Practice. He is a renowned expert in clinical hypnosis and President of the Society for Clinical and Experimental Hypnosis; Past-President of the Society for Psychological Hypnosis (Division 30 of the American Psychological Association). He is also Past-President of both the American Society of Clinical Hypnosis and the American Board of Psychological Hypnosis. Elkins holds the Diplomate in Clinical Hypnosis from the American Board of Psychological Hypnosis (ABPH) and the Diplomate in Clinical Health Psychology from the American Board of Professional Psychology (ABPP). He has taught courses nationally and internationally on clinical hypnosis. Elkins is the co-author of the publication Standards of Training in Clinical Hypnosis published by ASCH. He is the incoming Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis.

***MARY GROVE, PsyD, LP**, Allina Health, MSCH Former Board member, MSCH Education Committee member

KEVIN HARRINGTON, PhD, LP, Private Practice, Partners in Resilience, Mpls, MSCH Former Board member

GREG HEBERLEIN, MA, LP, Private Practice, St. Paul and Stillwater, MN; MSCH Board Member

DELLE JACOBS, MSW, LICSW, LMFT, Private Practice, St. Paul, MN; MSCH Past President; ASCH Approved Consultant

HEATHER KLEIN, PhD, LP, Private Practice, St. Louis Park, MN; MSCH Board Member; IMAGES Editor

WENDY LEMKE MS, LP, Private Practice, Clearwater, Adjunct Faculty St. Cloud Technical Community College, Past President ASCH, Approved Consultant in Clinical Hypnosis, MSCH Former Board member

TERESA QUINN, MD, Assistant Professor, Family Medicine Residency, Park Nicollet Methodist Hospital, St. Louis Park, MN; Diplomate, American Board of Medical Hypnosis

JACK S. RUSINOFF, MA, LP, Minnesota Department of Corrections; ASCH Certified in Clinical Hypnosis; MSCH Former Board Member

JENNIFER STOOS, MA, M.Div., LM.F.T., Private Practice, ASCH Approved Consultant

DAVID WARK, PhD, ABPH, Emeritus Professor of Psychology, University of Minnesota; MSCH Past President; ASCH Past President

MARK WEISBERG, PhD, ABPP, LP, Clinical Health Psychologist, Diplomate in Health Psychology, American Board of Professional Psychology; Listed, National Register of Health Service Providers in Psychology; Independent Practice, Minneapolis; MSCH Past President; ASCH Approved Consultant in Clinical Hypnosis; Fellow, Past Vice President, ASCH

** Denotes Planning Committee Member*

Host Faculty

***RONI JAHERN, MA, LP**, Private Practice, Minneapolis; ASCH Approved Consultant in Clinical Hypnosis; Small Group Coordinator for MSCH Workshops in Clinical Hypnosis

***CHERYL S. BEMEL, PhD, LP**, Licensed Psychologist; Nationally Certified School Psychologist (NCSP); Staff Psychologist, Allina Health, President MSCH, ASCH Approved Consultant in Clinical Hypnosis

***RANDI BORN, PsyD, LP, MA, LMFT**, MSCH Education Committee member, Private Practice, St. Louis Park, MN

***SUZANNE CANDELL, PhD, LP**, Private Practice, Minneapolis; Clinical Health Psychologist, Minnesota Head and Neck Pain Clinic, St. Paul; Former MSCH Board Member; ASCH Approved Consultant in Clinical Hypnosis

ALFRED CLAVEL, JR, MD, Department Head, Pain Management, HealthPartners Inc; Minnesota Head and Neck Pain Clinic; Past President, MSCH

JULIA CLOWNEY, MSW, LICSW, Psychotherapist, Private Practice, St. Paul, MSCH Board member

Special thanks to our meeting professional partners, Bonnie Boucher, HMCC and Cheri Nichol, CCM from ConferenceDirect.

Additional Faculty will include Small Group Facilitators to be announced

