

**THE 49TH ANNUAL**

# Workshops in Clinical Hypnosis

Choose our Beginners Workshop or Our Refined Workshop

**June 11-13, 2020**

**ANNOUNCING NEW LOCATION FOR  
WORKSHOP AND HOTEL LOCATION!**

**WORKSHOP:**

Amherst H. Wilder Center  
451 Lexington Parkway North  
St. Paul MN 55104

**HOTEL:**

St. Paul Hotel  
350 Market St.  
St. Paul, MN 55102

**Provided by:**

Minnesota Society of Clinical Hypnosis



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

(MA/MS)

### Level 1 Beginners Workshop Description

This workshop is for all practitioners who wish to begin ASCH Approved education in Clinical Hypnosis. It is designed **FOR ALL PARTICIPANTS NEW TO HYPNOSIS**.

Clinical hypnosis has been a valuable treatment modality and adjunct for hundreds of years and has been used as an efficacious intervention in medical, dental, and behavioral health care. Clinical hypnosis incorporates understanding of current concepts of neuroanatomy, neurophysiology, and neuroplasticity with effective patient relationship and communication skills. This effective and useful clinical strategy has been defined as a special state of mental functioning, the process to create that state, the experience of oneself in that special state, and all of the above.

Hypnotic trance has also been described as a state of focused attention, inner absorption, perceptual distortion, and openness to change. Clinical hypnosis is a powerful therapeutic intervention that draws upon the skill, adaptability, and creativity of clinicians.

The benefits of using clinical hypnosis in treatment situations include:

- Rapid establishment of rapport and the hypnotic relationship development and readiness to change stages.
- Facilitation of change, ego-strengthening, personal mastery, and reduction of impediments to change.
- Cost-effective, collaborative, person-centered treatment.
- Providing patients with life-long skills for better health.

The MSCH Level 1 training is an approved Level 1 training through ASCH (American Society of Clinical Hypnosis) and is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of healthcare experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in intermediate (Level 2) and Advanced level ASCH or ASCH-approved workshops.

Upon completion of this workshop, participants will be able to do the following in their clinical practices:

- Identify and demonstrate at least three ways to facilitate hypnotic trance and to appropriately re-orient a patient from trance state.
- Demonstrate at least three strategies for facilitating intensification of trance.
- Describe at least four clinical conditions in which hypnotic strategies might be successfully utilized.

### Refined Workshop Description

The Refined Workshop is for ANYONE who has completed an ASCH approved Level 1 Workshop. Our 2020 workshop features Dr. Michae Yapko. This is an inclusive workshop for anyone who has completed Level 1.

In this two-day workshop based on Dr. Yapko's recent book, *The Discriminating Therapist: Asking "How" Questions, Making Distinctions, and Finding Direction in Therapy*, we will look at people through the lens of cognitive style and HOW they make the choices they make. Instead of following the therapy tradition of analyzing *why* someone makes the choices they make, *The Discriminating Therapist* focuses on *how* people choose. We will especially focus on what they failed to either notice or discriminate in their global response to some circumstance. From this gentler perspective about people's problems, we can focus on the roles of missing skills or incorrect information relevant to making better decisions instead of simply pathologizing people. Hypnosis then becomes an invaluable tool for shifting the client's focus to what is relevant and effective while also mobilizing the resources necessary to make and implement good decisions. Through carefully constructed "how" questions that reveal the client's ineffective decision-making framework, the goals of therapy quickly become clearer and the likelihood of hitting well-defined therapy targets with well-structured hypnosis sessions increases.

### ELIGIBILITY AND TARGET AUDIENCE

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 sub-specialty 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

Applications are being submitted for accreditation. This section will be updated as applications get accepted.

*Outstanding content and great networking! Safe learning environment.*

(PhD)

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

(MD)

## NEW WORKSHOP LOCATION

Amherst H. Wilder Center  
451 Lexington Parkway North  
St. Paul MN 55104  
[www.wilder.org](http://www.wilder.org)

## NEW OVERNIGHT ACCOMMODATIONS

St. Paul Hotel  
350 Market St.  
St. Paul, MN 55102  
800-292-9292

A limited block of sleeping rooms is available at the discounted rate of \$159.00 per night plus the current state and local taxes. Please make your reservations directly with the hotel by the cut-off date of **Thursday, May 14, 2020**, and request the **MSCH 2020** block to receive the discounted rate. Reservations will be accepted based on space and rate availability. Please use the following reservation link:

Guests can also go online to reserve by visiting:

<http://www.saintpaulhotel.com> select the arrival and departure dates and enter **200611MSC** as the group/block code to get the discounted rate.

## 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:

### Level 1 Beginners Workshop:

[https://iplanit.swoogo.com/MSCH2020/register?reg\\_type\\_id=81645](https://iplanit.swoogo.com/MSCH2020/register?reg_type_id=81645)

### Refined Workshop:

[https://iplanit.swoogo.com/MSCH2020/register?reg\\_type\\_id=81646](https://iplanit.swoogo.com/MSCH2020/register?reg_type_id=81646)

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

*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)*

## WEBSITE

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

[www.msch.us](http://www.msch.us)

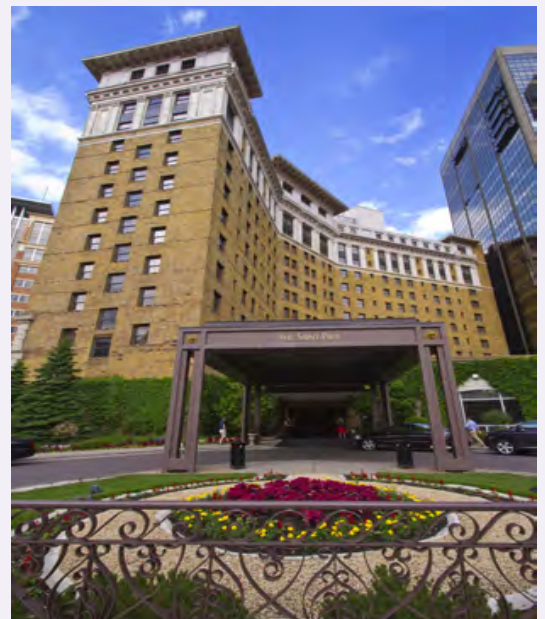
## NEW LOCATIONS IN 2020!

The workshop will be held at the new location at the Amherst H. Wilder Center in St. Paul! Wilder has been committed to improving people's lives and well-being since 1906. Wilder has been able to accomplish this by drawing on the strengths of our community to solve problems together. We are excited to support them and to have our 2020 Workshop in their building!



The Saint Paul Hotel is regarded as one of the nation's premier hotels, a gem of our namesake city. From President John F. Kennedy to Charles Lindberg, The Hotel has hosted some of America's most defining figures in addition to thousands of leisure and business travelers.

Guests from around the country have come to know The Saint Paul Hotel's trademark style, sophistication and comfort. Whatever your need, The Saint Paul Hotel will meet it with grace, warmth and class. The Saint Paul Hotel is Minnesota's landmark hotel — luxurious, romantic, timeless — and one of the last of its kind.



# Level 1 Beginners 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 elicitation methods
- Demonstrate three appropriate elicitation techniques
- Describe methods for deepening (intensification) of and re-orientating from hypnosis
- Outline applications for guided imagery
- Describe the use of hypnosis for pain control and stress reduction
- Outline a strategy for getting started using hypnosis in clinical practice

## Preliminary Agenda

*Curriculum and faculty are subject to change.*

### Thursday, June 11, 2020

5:00 pm	Registration/Check-In
5:40	Welcome/Announcements/Introduction to Level 1.....Cheryl Bemel
5:50	Introduction to Clinical Hypnosis.....Delle Jacobs
6:20	Hypnotic Principles and Stages I: Rapport and Attunement...Suzanne Candell
7:10	<b>Refreshment Break</b>
7:25	Hypnotic Principles and Stages II: Trance Elicitation and Reorienting.....Cheryl Bemel, Heather Klein
8:15	Group Experience with Debriefing.....Jack Rusinoff
<b>9:00pm</b>	<b>Adjourn</b>

### Friday, June 12, 2020

#### 7:00 am Continental Breakfast/Registration/Check-In

7:55	Announcements.....Cheryl Bemel
8:00	Hypnotic Phenomena.....Jack Rusinoff
8:45	Anatomy of a Hypnotic Experience (Live demo or video).....Suzanne Candell
<b>9:30</b>	<b>Refreshment Break</b>
9:45	Introduction to Small Group Practice.....Heather Klein
10:15	Demonstration of Elicitation #1: Focused/Diaphragmatic Breathing Elicitation, Reorienting.....Cheryl Bemel
10:45	Small Group Practice #1: Rapport, Focused/Diaphragmatic Breathing Elicitation, Reorienting.....Small Group Faculty
<b>12:15</b>	<b>Lunch Break</b>

1:15	Intensification of Hypnotic Experience and Reorienting with Demo.....Mark Weisberg
2:00	Fundamentals of Hypnotic Language and Formulation of Suggestions.....Suzanne Candell
2:45	Demonstration of Elicitation #2: Eye Fixation Elicitation, Safe Place Intensification, Reorienting.....Jennifer Stoops
<b>3:25</b>	<b>Refreshment Break</b>
3:30	Small Group Practice #2: Eye Fixation Elicitation, Safe Place Intensification, Reorienting.....Small Group Faculty
5:00	Self Hypnosis: What and How to Teach Patients/Clients.....Delle Jacobs
5:45	Patient/Client Assessment and Introducing Hypnosis to the Patient/Client.....Cheryl Bemel
<b>6:30 pm</b>	<b>Cocktail Hour - All Faculty and Participants Invited!</b>

### Saturday, June 13, 2020

#### 7:00 am Continental Breakfast

<b>7:30</b>	<b>MSCH Open Board Meeting</b>
7:55	Announcements
8:00	Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis + Presentation of Case Study.....Delle Jacobs
9:00	Ethics.....Cheryl Bemel, Catherine Russell
<b>9:30</b>	<b>Refreshment Break</b>
10:00	Facilitation of Self Efficacy/Ego Strengthening.....Wendy Lemke
10:30	Demonstration of Elicitation #3: Eye Roll Elicitation, Intensification, Ego Strengthening Suggestions, Reorienting.....Small Group Faculty
10:45	Small Group Practice #3: Eye Roll Elicitation, Intensification, Ego Strengthening Suggestions, Reorienting.....Heather Klein
<b>12:30</b>	<b>Lunch Break</b>
1:30	Neurophysiology of Hypnosis.....Mark Weisberg
2:15	Managing Resistance: Strategies That Work.....Jennifer Stoops
3:00	Raffle/Prizes/Awards Ceremony.....MSCH Board
<b>3:30</b>	<b>Refreshment Break</b>
3:45	Integrating Hypnosis into Your Practice: Improving Health and Resilience.....Alfred Clavel, Jr., Kevin Harrington
4:30	Demonstration of Elicitation #4: Chaisson Hand Technique Elicitation.....Wendy Lemke
4:50	Small Group Practice #4: Rapport, Chaisson Hand Technique Elicitation, Hypnotic Phenomenon, Ego Strengthening, Suggestions, Reorienting.....Small Group Faculty
6:10	Membership Certification and Good-byes.....Carol Siegel
<b>6:30 pm</b>	<b>Dismissal and CME's</b>

*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)



# Refined Workshop

## *The Discriminating Therapist: Hypnosis in Enhancing Decision-Making*



### Guest Faculty

Michael D. Yapko, Ph.D., is a clinical psychologist residing near San Diego, California. He is internationally recognized for his work in advancing brief, active treatments for depression and applications of clinical hypnosis in outcome-focused psychotherapies. He routinely teaches to professional audiences all over the world, having been invited to present his innovative ideas and methods to colleagues in more than 30 countries across six continents, and all over the United States.

Dr. Yapko is the author of 15 books and editor of three others, as well as numerous book chapters and articles on the subjects of the brief therapy of depression and the use of clinical hypnosis in strategic psychotherapies. His books include his classic text on hypnosis, *Trancework: An Introduction to the Practice of Clinical Hypnosis*, now in its 5th edition, as well as *The Discriminating Therapist*, *Taking Hypnosis to the Next Level*, *Depression is Contagious*, and *Treating Depression with Hypnosis*.

Dr. Yapko is a Fellow of the American Psychological Association (Div. 30), a Fellow of the American Society of Clinical Hypnosis, and a member of the International Society of Hypnosis. He is a recipient of lifetime achievement awards from the American Psychological Association's Division 30, the International Society of Hypnosis, and The Milton H. Erickson Foundation. More information about Dr. Yapko's work is available on his website: [www.yapko.com](http://www.yapko.com).

### Educational Objectives

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

- Recognize cognitive style and its effect on experience in general and symptomatic experience in particular
- Identify the role of global cognitions in client problems
- Relate how a low tolerance for ambiguity increases the likelihood of poor decision-making
- Ask "how" questions that identify the client's experiential deficits (i.e., missing or incorrect information that work against his or her effective decision-making)
- Recognize how a therapist's cognitive style may hinder treatment results
- Motivate the client to make key distinctions that regulate decision-making related to his or her presenting problems
- Identify and articulate discrimination criteria that help teach discrimination strategies
- Recognize how identifying more possible solutions to the client's problem may prevent him or her from implementing them
- Design and deliver hypnosis sessions to teach discrimination strategies as they relate to more effective decision making

### Thursday, June 11, 2020

#### 6:00 pm Registration/Check In

6:55 Faculty Introductions

#### 7:00 Small Group Seminars, select one:

1. Using Hypnosis With Couples and Families
2. Chronic Illness: An Integrative Model for Complex Conditions
3. Using Hypnosis for Restoring Our Personal and Professional Resilience

9:30 Adjourn

### Friday, June 13, 2020

#### 8:00am Continental Breakfast/Check-In

9:00 Introductions and Workshop Overview

9:15 Conventional Wisdom is Often Contradictory Michael Yapko

- Real news vs. "Fake" news, the social climate and global cognition
- Discrimination strategies in therapy – and in life
- Group hypnosis: Making discriminations with insight

#### 10:45 Break

11:00 Group exercise: Assessing controllability

- Group exercise: Identifying discrimination issues from interviews
- The "how" question in action

#### 12:30 Lunch

1:30 Watching it Work: A Video Demonstration: The Case of Myra  
- Addressing how bad decisions make depression worse  
- Deconstruction of the Session: Targets of Treatment

#### 3:15 Break

3:30 Sequencing a hypnosis session: Designing a discrimination strategy  
1:1 Exercise: Delivering a session focused on a discrimination Debriefing the exercise

4:45 Q & A; Closure

#### 5:00 Adjourn

### Saturday, June 13, 2020

#### 7:00 am Continental Breakfast/Check In

#### 7:30 MSCH Open Board Meeting

8:55 Announcements

9:00 Global cognitive style and problems: Implications for treatment Michael Yapko  
- Types of discriminations by dimension  
- Types of discriminations by diagnosis

#### 10:30 Break

10:45 Small Group Exercise: Forming Discrimination Criteria

#### 12:15 LunchBreak

1:15 Decision Making and Choice Architecture  
- Framing effects on choice  
- Group hypnosis: Enhancing decision-making

#### 3:00 Raffle & Awards Ceremony

#### 3:30 Break

3:45 1:1 Exercise: Hypnosis to help a colleague with a decision

4:45 Q & A, Summary and Closure

#### 5:00 Adjourn and End

# Workshops in Clinical Hypnosis

June 11-13, 2020

## 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/PsyD ☐ 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:

- ☐ Level 1 Beginners Workshop (includes FREE 1-year MSCH membership, \$90 value)  
☐ Refined Workshop  
☐ MSCH Member - Discounted Workshop Rate  
☐ Resident/Fellow/Graduate Student  
☐ Course Speaker/ Faculty

	On or Before March 20, 2020	March 21 - May 2, 2020	After May 2, 2020
<input type="checkbox"/> Level 1 Beginners Workshop (includes FREE 1-year MSCH membership, \$90 value)	\$590	\$630	\$685
<input type="checkbox"/> Refined Workshop	\$590	\$630	\$685
<input type="checkbox"/> MSCH Member - Discounted Workshop Rate	\$480	\$510	\$540
<input type="checkbox"/> Resident/Fellow/Graduate Student	\$350	\$350	\$350
<input type="checkbox"/> Course Speaker/ Faculty	\$350	\$350	\$350

**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 workshop?**

☐ 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:** Such needs as dietary restrictions, mothers room, etc. should be indicated in advance; requests cannot always be accommodated onsite.

Dietary: \_\_\_\_\_ Other: \_\_\_\_\_

### REGISTRATION

 (check **ONE** practice session below for Refined)

**Refined Workshop, select ONE of the three (3) Small Group Seminars, Tutorials & Practice Sessions for Thursday,**

**June 11, 2020, 7:00 - 9:15 p.m.**

- ☐ Using Hypnosis With Couples and Families  
☐ Chronic Illness: An Integrative Model for Complex Conditions  
☐ Using Hypnosis for Restoring Our Personal and Professional Resilience

### TO REGISTER

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

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#### Refined Workshop:

[https://iplanit.swoogo.com/MSCH2020/register?reg\\_type\\_id=81646](https://iplanit.swoogo.com/MSCH2020/register?reg_type_id=81646)

### 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 15, 2020** no refunds will be made after this date.

If you have any questions, please contact our office at 800.781.1193 ext 60, or email us at [MSCH@iplanitmeetings.com](mailto:MSCH@iplanitmeetings.com)