

Minnesota Society for Clinical Hypnosis

"Our mission is to promote clinical hypnosis and quality education through intellectual rigor, curiosity, integrity, and community."

Images Fall/Winter 2019



this issue

MSCH Opportunities

building community through quality education...

Rosenthal Retreat 2019



DAVID B. REID, PSY.D., is a Licensed Clinical Psychologist, Fellow and Approved Consultant of the American Society of Clinical Hypnosis (ASCH), Award Winning author of *Hypnosis for Behavioral Health: Professional's Guide to Expanding Your Practice* (Springer Publishing Company), and co-author of *Permanent Habit Control: Practitioners' Guide to Using Hypnosis and Other Alternative Health Strategies* (Springer Publishing Company). Dr. Reid also serves as a Science Editor for the *American Journal of Clinical Hypnosis*, Editor of the *ASCH Newsletter*, and Chairman of both the ASCH and Society for Clinical and Experimental Hypnosis (SCEH) Certification Committees. In the past three years, Dr. Reid has received numerous awards from ASCH and SCEH for his contributions to both societies, as well as his peer-reviewed published papers on clinical hypnosis. He maintains a private practice at Augusta Psychological Associates in Central Virginia.

Upcoming 2020 Workshops

Check out our website for details at:
<https://msch.us/>

Sat. Jan 25th 9:00 a.m. to 12:00

Delle Jacobs, LICSW, LMFT

The Hands Have It: Ernest Rossi's
Ideodynamic Hand Techniques for
Mind-Body Communication and
Healing

Sat. Feb 22nd 9:00 a.m. to 12:00

Heather Klein, PhD, LP

Tailoring the Hypnotic Experience:
Co-Authoring the Hypnotic
Narrative through Dialogue,
Sensory Engagement and Client
Preferences

Sun. Apr 26th 9:00 a.m. to 4:00

Wendy Lemke, MS, LP

Hypnosis and Ego State Therapy:
Clinical Applications with Emphasis
on Trauma Treatment including
Dissociative Disorders

Rosenthal Retreat 2019: Enhancing Your Clinical Practice Using Practical Hypnosis Interventions

David B. Reid, PsyD, FASCH



I Have Never Hypnotized Anyone

Review by: Gregory Heberlein, M.A., LP

When I saw the title of this year's Rosenthal Retreat: Enhancing Your Clinical Practice Using Practical Hypnosis Interventions, I'd assumed the presenter would provide specific ways to use hypnosis with various clinical issues like depression or anxiety. Instead, David Reid's humorous (does he have a background in doing Stand Up?) and entertaining presentation proved to be a lovely follow-up to the Saturday workshop that Heather Klein and Carol Siegel had led for MSCH back in September, On Being Hypnotic. Like the September workshop, David focused primarily on three of the four stages of the hypnotic experience: Induction, Deepening, and Re Alerting (or to use the revised ASCH approved terminology: Elicitation, Intensification and Reorienting....Heather and Carol are definitely on the cutting edge!). David explored and elaborated specific ways to use language to make the facilitation of trance experiences more effective and therapeutic in and of themselves.

Here are some of the day's takeaways:

- people are likely in and out of trance experiences all day long, but these experiences may be more impactful at specific times of the day: morning (after the first cup of coffee) and early afternoon;
- is trance an **altered** state of consciousness, or an **altering** state of consciousness?
- is it **induced** vs **elicited/evoked**?
- **presuppositions** ('where would you like to sit when you go into trance?') **contextual cues** (like the change in the tone or rhythm of your voice, turning down the lights) and **utilization** (as the client moves to get settled: "that's right, just allowing your the body to move in ways that will allow your subconscious mind to emerge an be helpful...") can initiate the transition into hypnosis even before applying any more formal elicitation method like eye fixation or church-and-steeple.
- David provided helpful examples of how **linking**, **permissiveness**, and **interspersal** facilitate intensification/deepening. Keep practicing these!
- **Anchoring**-a tool I've considered as something to be learned/developed once a client is in a well developed trance state- can also be a part of the induction/elicitation and deepening/ intensification phases as well. Who knew? And make sure to encourage clients to practice activating their anchor first in mildly stressful circumstances; they'll need a good amount of practice before it's likely to be effective in highly stressful circumstances- don't set them up for failure! (David told a humorous tale of suggesting a hand/finger anchor that was pretty insulting to his subject, having a culturally specific meaning he was unaware of....one more thing to be attentive to!)



Rosenthal cont...

- David did helpful demos of arm/hand levitation with glove analgesia and how one might work creatively with “low hypnotizables”. (Shoulda been there...)
- David also gave us some strong encouragement to see the re-alerting/reorienting phase as an underutilized resource: by recognizing its capacity for trance ratification, by incorporating post-hypnotic suggestions and ego strengthening, and by providing clients with more control as they reorient (he’s not a counting fan) this part of the hypnotic experience can pack a significantly greater punch.
- Finally, if you weren’t there, you missed a lovely conversational induction and waking trance conversation between David and Dave Wark. It was quite touching. Billed as an Intermediate level workshop, this was a terrific workshop for reviewing and deepening the skills taught in the Introductory level workshop, while at the same time a stimulating and broadening experience for more experienced folks.



Review by: Gregory Heberlein, M.A., LP

Annual MSCH Workshops in Clinical Hypnosis 2020

**The Discriminating
Therapist: Hypnosis in
Enhancing Decision-Making**
Guest Faculty:
Michael Yapko, PhD

June 11-13, 2020
NEW LOCATION
WILDER
Center for Communities
451 Lexington Parkway N
St. Paul, MN 55104

Membership Dues

Current dues are valid through
June 30, 2020.

NEW FOR NEXT YEAR!

1 year membership at \$90.00

July 1, 2020—June 30, 2021

OR

**3 year membership at
\$250.00 (\$20.00 discount)**

July 1, 2020— June 30, 2023

NEW OPPORTUNITY FOR MSCH MEMBERS

Exploring Hypnosis: A Monthly Series to Enhance Skills and Confidence under the Guidance of an ASCH-Approved Consultant

Sign up for the spring session now! The spring session meetings will take place on Feb 5th, Mar 4th, Apr 1st, and May 6th 2020. The same curriculum will be used for both the fall 2019 and spring 2020 sessions. If the session is filled, a waitlist will be created and utilized for Fall 2020. Gather in the Minneapolis home of MSCH member, Carol Siegel, and enjoy exploring hypnosis with other MSCH members. Given the nature of this group, we ask that you commit to attending all of the meetings for the session(s) in which you register. 7pm to 9pm – 2 CEUs provided (8 per session). Cost per meeting is \$20.00 (\$80.00 per session). Readings (journal article, book chapter, etc.) are provided beforehand and serve as the focus of the evening. Topics for the series: Fear/Anxiety, Sleep, Habits, Pain and Depression.

Register for this opportunity by emailing: Carol Siegel at cfsiegel@gmail.com or Heather Klein at heather.klein@parkdaletherapy.org



September Workshop

Being Hypnotic: A MSCH Member Practice Session

Faculty: Heather Klein, PhD, LP, Carol Siegel, PhD, LP

The workshop offered this fall as a practice session to review Fundamentals of Clinical Hypnosis was extremely helpful. Review of phases of hypnosis and practicing them helped increase my competency, but most of all increased confidence in myself to use hypnosis with clients. I would recommend the workshop offered to anyone wanting to gain confidence in their skills. The bonus of the workshop was that it offered an opportunity to be part of the MSCH community and build professional relationships.

Reviewed by: Kris Kampsula, LMFT, LADC

Mental Health Professional at Hazelden Betty Ford



November Workshop

Attachment Themes in Adult/Parent Psychotherapy: Using Metaphor and Imagery

Faculty: Carol Siegel, PhD, LP

Carol did a deep dive into attachment patterns, the research, and the themes that come into our relationships due to our early attachment. We learned and saw video demonstrations of what attachment looks like in childhood, and how the patterns continue into adulthood. She gave practical examples from her own work with parents who are working to not repeat the patterns of their own attachment. Carol invited a hypnotic experience using metaphor and projection, and shared several helpful metaphors giving examples of how to use them in conversation or hypnotic trance. I was able to leave feeling like I had some new tools to use to facilitate change and growth utilizing metaphors and imagery. The workshop was very informative, practical, and could have easily been an entire day! Thank you Carol and MSCH for providing yet another valuable learning opportunity.

GET INVOLVED

We have board positions, education planning opportunities, monthly workshop coordination, and so many other ways you could let your talents shine! If you're interested, please email Heather Klein at: heather.klein@parkdaletherapy.com



Reviewed by: Angie Gwiazdon, MSE, LMFT

Caspersen Therapy & Training Center