

SOCIETIES OF HYPNOSIS

SCEH & ASCH

Joint Workshop

for the

International Society for the Study of Trauma & Dissociation

Director: Richard P. Kluft, M.D.
Co-Directors: Catherine G. Fine, Ph.D., Wendy K. Lemke, M.S.,
Denis Pilon, M.S.W., A.S.C.W.
Faculty: Dan Handel, M.D., Hedy Howard, M.D., Carole Low, Ph.D., Jean
Manlove, Ph.,D., Akira Otani, Ph.D., Mitch Smith,
M.S.W., Marilee Snyder, D.S.W., Sharon Spiegel, Ph.D.

DAY 1 (8 hours) Thursday, November 19, 2009, 8:30am – 6:30pm

8:30 – 9:45	Introduction Defining Hypnosis Theories of Hypnosis History of Hypnosis Ethics and Professional Conduct Certification Organizations	<u>Kluft</u>
9:45 -- 10:35	Myths and Misperceptions of Hypnosis Assessment, Presenting Hypnosis to the Patient, Informed Consent	<u>Howard</u>
10:35 – 10:50	Break	
10:50 – 11:50	Hypnotic Phenomena and their Therapeutic Applications	<u>Spiegel</u>
11:50 – 1:20	Lunch	
1:20 – 3:00	Principles and Process of Induction and Realerting: Principles in Formulating Hypnotic Suggestions	<u>Handel</u>
3:00 – 4:00	Eliciting Hypnotic Phenomena	<u>Handel</u>
4:00 – 4:15	Break	
4:15 – 5:45	Practice Group #1	
5:45 – 6:30	Self-Hypnosis: How and What to Teach Patients	<u>Otani</u>

DAY 2 (8.25 hours) **Friday, November 20, 2009, 8:30am – 6:30pm**

8:30 – 9:30	Demonstration of Inductions	<u>Pilon et al.</u>
9:30 – 10:30	Concepts of Hypnotic Susceptibility, Stages of Hypnosis, and Methods of Deepening Hypnotic Involvement	<u>Lemke & Manlove</u>
10:30 – 10:45	Break	
10:45 – 12:15	Practice Group #2	
12:15 – 1:30	Lunch	
1:30 – 2:30	Treatment Planning, Strategy and Technique Selection in Hypnotherapy	<u>Fine</u>
2:30 – 3:15	Strategies for Managing Resistance to Hypnosis	<u>Snyder</u>
3:15 – 3:30	Break	
3:30 – 5:00	Practice Group #3	
5:00 – 6:00	Hypnosis and the Body-Mind Interface in Health, Illness, and Trauma	<u>Low</u>
6:00 – 6:30	Dehypnosis and Casualty Prevention	<u>Howard</u>

DAY 3 (4.5 hours) **Saturday, November 21, 2009, 8:00am – 12:30pm**

8:00 – 9:00	Integrating Hypnosis into Psychotherapy	<u>Fine</u>
9:00 – 9:30	An Introduction to Ego State Psychotherapy	<u>Lemke/Pilon</u>
9:30 – 9:50	Measures of Hypnotizability	<u>Kluft</u>
9:50 – 10:00	Break	
10:00 – 11:00	Practice Group #4	
11:00 – 11:30	Hypnosis for Anxiety/Insomnia	<u>Manlove</u>
11:30 – 12:00	Hypnosis for Peak Performance and Self-Fulfillment	<u>Smith</u>
12:00 – 12:30	Hypnosis in the Exploration of Symptoms	<u>Fine & Kluft</u>

(Total 20.75 hours)