

SCEH 2021 Annual Conference

Intermediate/Skills Agenda

All times are in PDT and may include breaks.

Wednesday, October 13 through Friday, October 15, 2021

Wednesday

- | | |
|------------------------|--|
| 8:00-9:30 AM PDT | Hypnosis and the Management of Acute and Chronic Pain (Patterson) |
| | Applications of the Dialectical Method for Creating Change With Hypnotically Augmented Psychotherapy in the Treatment of Common Clinical Concerns: Habit Disorders, Anxiety, Insomnia, Phobias and Pain (Alexander) |
| 9:45 AM – 12:00 PM PDT | |
| 12:15-1:45 PM PDT | The Magnifying Glass Metaphor (McCarthy) |

Thursday

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|--------------------|---|
| 8:00-10:15 AM PDT | Seeding Metaphors to Fertilize and Grow Therapeutic Changes (Ginandes) |
| 10:30-11:30 AM PDT | Hypnosis Application for Anxiety Disorders (Reyes) |
| 12:15-1:15 PM PDT | Special Place of Bliss (McCarthy) |

Friday

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|----------------------|---|
| 8:00-9:30 AM PDT | The Nature of Hypnosis and Memory: Principles & Techniques of Age Regression (Henning) |
| 9:45 AM-10:45 AM PDT | Hypnotic Interventions to Augment Working Through of Traumatic Stress-Related Symptoms (Henning) |
| 11:30-1:15 PM PDT | Ethics and Clinical Hypnosis (Reid) |

Intermediate/Skills Workshops – Session Descriptions and Learning Outcomes

Wednesday, October 13, 2021

8:00-9:30 AM PDT

Hypnosis and the Management of Acute and Chronic Pain

David Patterson, PhD

1.5 CE

This 1.5-hour presentation will discuss how hypnosis can be applied to help manage acute and chronic pain. The differences between acute and chronic pain will be discussed in terms of diagnosis and treatment. Paradigms will be provided for using hypnosis to treat pain crisis (e.g. emergency room), procedural pain and chronic pain. Demonstrations of these paradigms and approaches will be provided.

Learning Outcomes:

- Describe the difference between acute and chronic pain and how hypnosis is integrated into treatment
- Demonstrate knowledge of three different inductions for pain
- Articulate how chronic pain is best managed through a biopsychosocial model and how using Ericksonian multiple choice suggestions is often an efficient way to cover the layers of suffering that occur with such disorders.

9:45 AM-12:00 PM PDT

(Note break 10:45-11:30 AM)

Applications of the Dialectical Method for Creating Change With Hypnotically Augmented Psychotherapy in the Treatment of Common Clinical Concerns: Habit Disorders, Anxiety, Insomnia, Phobias and Pain

John Alexander, PhD

1..5 CE

The dialectical method is a time-honored procedure in eastern and western philosophies and spiritual traditions for overcoming obstacles, resolving conflicts and transforming lives. Philosophers in the 19th century, expanding upon earlier theories and practices, described a systematic dialectical method for creating social and personal transformation. Dialectical hypnotherapy (DHT) makes use of the dialectical

method for creating change in short-term hypnotically augmented psychotherapy, a method first introduced into hypnotherapy by Herbert and David Spiegel and described in their landmark text on hypnosis, *Trance and Treatment* (1978, 2004). The Spiegels refer to their method of dialectical therapy as restructuring and they use it in conjunction with the Hypnotic Induction Profile (HIP), their method for inducing hypnosis, assessing hypnotizability, and teaching self-hypnosis for therapeutic purposes. The purpose of this workshop is to: (1) describe the HIP and demonstrate a digital application of the exam which streamlines both learning and utilizing the exam, the HIP/App; (2) describe the application of the dialectical method for creating change in psychotherapy; (3) demonstrate how hypnosis as experienced with the HIP relates to the dialectical method for creating change; (4) show how the hypnotic phenomena evoked by the HIP can be used to leverage hypnotherapy and; and (5) describe the application of dialectical hypnotherapy in the treatment of common clinical concerns, including habit disorders, stress and anxiety disorders, insomnia, phobias and pain

The workshop will provide an understanding of the dialectical method for creating change which can be used to formulate hypnotically augmented treatment strategies to address a variety of common psychological and medical concerns.

Learning Outcomes:

- Describe the dialectical method of change adopted by Herbert and David Spiegel and introduced into hypnotherapy as “restructuring” for creating change.
- Describe how hypnosis as experienced with the Hypnotic Induction Profile relates to the dialectical method.
- Explain how the hypnotic phenomena achieved with the Hypnotic Induction Profile can be used to leverage dialectical hypnotherapy.
- Describe how hypnotically augmented dialectical therapeutic strategies can be applied in the treatment of common clinical concerns including habit disorders, anxiety, insomnia, phobias and pain.

12:15--1:45 PM PDT

[The Magnifying Glass Metaphor](#)

Patrick McCarthy, MMB, CHB, Wellington, New Zealand

1.5 CE

This workshop explores the microanalysis of the structure of a generic hypnosis session embedded with many hundreds of hypnotic suggestions.

This is the first session of hypnosis for virtually ALL of my patients irrespective of presenting problem. I believe that the first experience of hypnosis should be learning how to experience profound hypnosis, and how to enter and to leave it rapidly.

Learning Outcomes:

- Describe the importance of language and specific words to enhance the transition to hypnosis.
- Demonstrate rapid self-hypnosis to create this state in less than 60 seconds
- Describe amnestic loop metaphor as applied in hypnosis.
- Describe yes sets and truisms as applied to hypnosis

Thursday, October 14, 2021

[Seeding Metaphors to Fertilize and Grow Therapeutic Changes](#)

Carol Ginandes, PhD, ABPP

2 CE

The purpose of this 90- minute session is to overview the strategic use of therapeutic metaphors and stories in the context of both hypnotic induction and utilization. Also included will be a hypnotic practicum exercise focused on generating original imagery- based metaphors to stimulate therapeutic healing.

Learning Outcomes:

- Describe the benefits of integrating metaphors and storytelling along with more direct methods of hypnotic induction and suggestion.
- Discuss methods of constructing metaphors to match a specific client's context and resources.
- Demonstrate the use and creation of metaphors to introduce reframing of current dilemmas and to access possible alternate solutions.
- In a practicum exercise, generate hypnotic metaphors to enhance mind/body healing.

10:30-11:30 AM PDT

[Hypnosis Application for Anxiety Disorders](#)

Shelby Reyes, PhD

1 CE

This session will explore the clinical components of anxiety to establish the various points at which hypnosis can be utilized as an intervention technique. The purpose of this session will be to discuss a variety of different types of inductions and suggestions, for generalized anxiety, situational anxiety, specific phobias, and anxiety-related medical conditions. There will also be time given to practice generating in-the-moment suggestions utilizing case examples and working in small groups.

Learning Outcomes:

- Identify the psychological and physiological components that make up anxiety disorders.
- Identify research literature that demonstrates efficacy for the utilization of hypnosis in the treatment of anxiety disorders.
- Identify at least five different types of techniques or hypnotic suggestions that can be utilized to treat generalized anxiety and phobias, along with their rationale.
- Engage in suggestion generation based on case material and practice at least one hypnotic technique for anxiety disorders

12:15-1:15 PM PDT

[The Special Place of Bliss](#)

Patrick McCarthy, MMB, CHB, Wellington, New Zealand

1 CE

The Special Place of Bliss is a therapy graduation session that can be the final session of therapy for absolutely any patient. It allows people to park all their emotional baggage, worries, fears, problems, upsets and traumas without ever any need for disclosure and with no abreaction. It addresses not only the presenting problem but in fact all of the person's problems, whether spoken or unspoken. It ends the need for any further therapy for that patient! I use it as session five, but you might use it as perhaps session twenty. I have used it with over 10,000 people in New Zealand and it is greatly appreciated by all. Therapists all around the world have used it to great effect. This is the Omega session.

Learning Outcomes:

- Describe why you cannot treat trauma without discussing
- Describe why location of the problem more important than diagnosis or history.
- While the therapeutic aspect takes two minutes, describe how and why to package it with persiflage.

8:00-9:30 AM PDT

The Nature of Hypnosis and Memory: Principles and Techniques of Age Regression

Janna Henning JD, PsyD, FT

1.5 CE

This session will review the nature of hypnosis and memory, and describe the principles and techniques of age regression interventions.

Learning Outcomes:

- Describe current literature on hypnosis and memory, and its implications for clinical work.
- Describe the legal implications of the “constructive” nature of hypnosis and memory.
- Identify three techniques for facilitating age regression.
- Identify how to facilitate therapeutic abreaction and methods for modulating affective intensity in age regression.

9:45-10:45 AM PDT

Hypnotic Interventions to Augment Working Through of Traumatic Stress-Related Symptoms

Janna Henning JD, PsyD, FT

1 CE

This session will describe the different symptom profiles associated with exposure to a single traumatic event versus chronic interpersonal violence, and discuss evidence-based treatment approaches for both. The use of specific hypnotic interventions and techniques to augment and enhance the evidence-based overall treatment approaches for symptoms of traumatic stress in adults will be described and explained.

Learning Outcomes:

- Describe and differentiate between common post-traumatic reactions to chronic interpersonal violence exposure (complex/Type II trauma) vs. single-event trauma exposure in adulthood (PTSD/Type I trauma).
- Identify at least one hypnotic intervention to augment an evidence-based overall treatment approach for PTSD/Type I trauma reactions in adults.
- Identify at least one hypnotic intervention to augment an evidence-based overall treatment approach for complex/Type II trauma reactions in adults.
- Describe how to apply several research-supported traumatic stress treatment approaches to develop customized treatment plans for clients.

11:30-1:15 PM PDT

Ethics and Clinical Hypnosis

David B. Reid, PsyD

1.5 CE

This workshop will provide an overview of relevant ethical issues as related to the use of clinical hypnosis.

The following topics and learning objectives will be addressed in this Skills (Intermediate) Workshop.

Learning Outcomes:

- Describe potential contraindications for using hypnosis in clinical settings.
- Describe the implications of using hypnosis via remote (i.e., teletherapy/telemedicine) means.
- Describe the importance of informed consent when including hypnosis in treatment.
- Articulate potential conflicts of interest when using clinical hypnosis.
- Become familiar with clinical hypnosis standards of training, levels of certification, and professional clinical hypnosis societies Ethical Principles.
- List at least two ethical issues that may arise during the use of clinical hypnosis and appropriate ways to address/resolve them.