

Introductory Workshop In Clinical Hypnosis – 12.5 CE

Agenda

October 13-15, 2021; SCEH Virtual Conference

Co-Chairs: *Barbara S. McCann, PhD and Tova Fuller, MD, PhD*

Faculty: *Casey Applegate-Aguilar, MA, MS, LMHC, LSAA, CCHt, CMHIMP; Vivek Datta, MD, MPH; Tova Fuller, MD, PHD; Cassandra Jackson, MA; Catherine McCall, MD; Barbara S. McCann, PhD and Donald Moss, PhD*

NOTE: ALL TIMES ARE LISTED IN PDT

Wednesday, October 13, 2021		
Time	Topic	Learning Objectives:
8:00-8:30 AM	Introduction to Clinical Hypnosis (30 minutes) Faculty: Barbara McCann, PhD Demo: None	<ul style="list-style-type: none">● Provide at least one commonly accepted definition of clinical hypnosis,● Explain three to four hypnosis terms and how they apply to the clinical hypnosis experience, and● Define two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each
8:30-9:15 AM	Neurophysiology of Hypnosis (45 minutes) Faculty: Tova Fuller, MD, PhD Demo: None	<ul style="list-style-type: none">● Describe how hypnosis affects the autonomic nervous system and the stress response● Detail three implications of neurophysiological research on the practice of clinical hypnosis
9:15-10:00 AM	Anatomy of the Hypnotic Experience (45 minutes) Faculty: Cassandra Jackson, MA Demo: Brief induction and realerting	<ul style="list-style-type: none">● Describe the steps in a formal hypnotic encounter● Identify two characteristics of trance exhibited by the subject● Define three changes the facilitator made during the realerting phase of trance
10:00-10:15 AM	Break	
10:15-11:30 AM	Principles and Process of Rapport, Attunement, Induction, and Realerting (75 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none">● Describe three effective ways to build and reinforce rapport,● Describe at least four observable physiological and four psychological/behavioral signs of trance● Discuss the importance of removing suggestions

	Demo: Another brief session, emphasis on signs of trance	<ul style="list-style-type: none"> ● Demonstrate at least three methods of realerting
11:30 AM-12:00 Noon	Group Hypnosis Experience (30 minutes) Faculty: Barbara McCann, PhD	Experience clinical hypnosis and identify 3 aspects of their individual experience of trance
12:00 -1:00 PM	Break	
1:00-1:45 PM	Hypnotic Phenomena (45 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none"> ● Explain five different hypnotic phenomena ● Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically ● List at least three principles of eliciting phenomenon ● Define abreaction and describe how it can be addressed therapeutically
1:45-2:00 PM	Wrap-Up for Day One (No CE)	

Thursday, October 14, 2021		
Time	Topic	
8:00-9:00 AM	Deepening of Hypnotic Experience (60 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none"> ● Describe three methods of deepening ● Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client ● Identify how fractionation can be used to deepen trance
9:00-9:45 AM	Fundamentals of Hypnotic Communication and Formulation of Suggestions (45 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none"> ● Explain at least two ways hypnotic communication creates positive expectancy, ● Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion ● Name at least four commonly used words/phrases to reinforce the patient's hypnotic experience ● Differentiate between direct and indirect suggestion
9:45-10:00 AM	Break	
10:00-10:45 AM	Ego Strengthening (45 minutes) Faculty: Donald Moss, PhD	<ul style="list-style-type: none"> ● Define what is meant by ego strengthening and how it might be used in clinical practice ● Identify three different types of ego strengthening ● Describe at least three strategies for ego strengthening in clinical hypnosis practice
10:45-11:30 AM	Self-Hypnosis: How and What to Teach Patients (45 minutes)	<ul style="list-style-type: none"> ● Define self-hypnosis and explain the difference between self-hypnosis and heterohypnosis

	Faculty: Catherine McCall, MD	<ul style="list-style-type: none"> ● Describe at least three therapeutic applications of self-hypnosis in clinical practice ● Explain how to teach self-hypnosis to a patient
11:30 AM-12:30 PM	Break	
12:30-1:15 PM	Strategies for Managing Resistance (45 minutes) Faculty: Vivek Datta, MD, MPH	<ul style="list-style-type: none"> ● Describe three types of resistance ● Identify at least four strategies for bypassing or working through resistance
1:15-1:30 PM	Wrap-Up for Day Two (No CE)	

Friday, October 15, 2021		
Time	Topic	Learning Objectives:
8:00-8:45 AM	Patient/Client Assessment, Introducing Hypnosis to the Patient/Client (45 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none"> ● Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client ● Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically ● Discuss the fallibility of memory
8:45-9:45 AM	Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis (60 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none"> ● Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan ● Design a treatment plan for a patient/client who presents with anxiety ● List at least four hypnotic techniques or applications that may be best suited to achieve the specific therapeutic goal in the case presented
9:45-10:00	Break	
10:00-10:45 AM	Hypnosis with Children (45 minutes) Faculty: Casey Applegate-Aguilar, MA, MS, LMHC, LSAA, CCHt, CMHIMP	<ul style="list-style-type: none"> ● Identify three developmental characteristics that make children particularly hypnotizable ● Describe how hypnotic approaches vary according to the developmental age of the child ● Describe the therapeutic benefits and applications of using hypnosis with children
10:45-11:30 AM	Integrating Hypnosis into Clinical Practice (45 minutes) Faculty: Barbara McCann, PhD	<ul style="list-style-type: none"> ● Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving them

		<ul style="list-style-type: none"> ● List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training ● Describe three ways that the attendee will begin to incorporate hypnotic communication, hypnosis and hypnotic techniques into his/her practice.
11:30-12:30 PM	Break	
12:30-1:00 PM	<p>Ethical Principles and Professional Conduct (30 minutes)</p> <p>Faculty: Donald Moss, PhD</p>	<ul style="list-style-type: none"> ● Describe at least two ethical-legal issues ● Discuss standards for professional conduct in using hypnosis clinically
1:00-1:15 PM	<p>Membership and Certification in SCEH and ASCH (15 minutes)</p> <p>Faculty: Barbara McCann, PhD</p>	<ul style="list-style-type: none"> ● Discuss ASCH and SCEH clinical hypnosis standards of training, levels of training, and requirements for ASCH and SCEH certification ● Describe the opportunities available for further training, membership and certification
1:15-1:30 PM	Wrap-Up for Day Three (No CE) and Workshop Adjourns	

Bibliography

Elkins, G. R. (Ed.). (2017). *Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*. Springer Publishing Company.

Hammond, D.C. (1990). *Handbook of Hypnotic Suggestion and Metaphors*. Norton.

Jensen, M. O. (Ed.). (2017). *The Art and Practice of Hypnotic Induction: Favorite Methods of Master Clinicians*. Denny Creek Press.

Kuttner, L. (2020). Pediatric Hypnosis: Treatment that Adds and Rarely Subtracts. *International Journal of Clinical and Experimental Hypnosis*, 68(1), 16-28. <https://doi.org/10.1080/00207144.2020.1685329>

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