

## 2024 Annual Conference

# 200 - Intermediate Workshop Agenda

### Intermediate Workshop

20 CE/CME

Cohort workshop – must attend all three days (Wednesday – Friday) to earn CE/CME credits.  
Agenda subject to change.

**Co-chairs:** *Nicholas Olendzki, PsyD and Yeganeh Farahzadi, MS*

**Faculty:** *Ciara C. Christensen, PhD; Louis F. Damis, PhD, ABPP, FASCH; Deanna Denman, PhD; Gary R. Ekins, PhD, ABPP, ABPH; Cassandra Jackson, MA; Zoltan Kekecs, PhD; Barbara S. McCann, PhD; Vanessa Muniz, MA; Nicholas Olendzki, PsyD; David R. Patterson, PhD, ABPP and Liz Slonena, PsyD*

**Breaks:** Wednesday: 7:00-7:15 PM; Thursday & Friday 10:00-10:15 AM and 3:15-3:30 PM

Note some breaks happen within a session; others in between sessions.

## Wednesday, October 23, 2024

7:00 - 7:15 PM

Break

6:00 - 7:00 PM and 7:15-9:15 PM

### Hypnosis for the Treatment of Trauma

*Louis F. Damis, PhD, ABPP, FASCH*

This workshop will present an overview of a phase-oriented approach to treating trauma, including aspects of attachment repair, emphasizing the necessary client capacities to process and resolve adverse childhood and other trauma-related experiences effectively. This approach's stabilization and skill-building components will include psychophysiological and hypnotic techniques for establishing the neurophysiological substrate for trauma resolution and attachment repair. Whereas this will be an overview of hypnotic trauma recovery strategies, participants will be able to apply basic hypnotic stabilization skills with their traumatized clients. This workshop will include didactic presentations, demonstrations, and a practice session.

Learning Objectives:

- 1) Describe the three components of the phase-oriented trauma treatment.

- 2) Outline two strategies for establishing a neurophysiological substrate for trauma processing and attachment repair.
- 3) Describe the importance of prioritizing neglect repair and related implicit memory modification hypnotic strategies.
- 4) Describe specific clinical hypnosis strategies for each phase of trauma recovery.

## Thursday, October 24, 2024

8:00 AM - 10:00 AM

### Alert Hypnosis

*Deanna Denman, PhD*

Many hypnotic inductions involve a closed-eye, relaxed experience. These inductions make it difficult for clients to participate in other activities during the induction. The current presentation will review alert and active-alert hypnosis with participation in tasks by clients (Banyai, 2018; Wark, 2011). I will review applications of alert hypnosis and provide examples of alert hypnotic strategies (Wark, 2023). The session will offer opportunities for experiential learning and practice with scripts.

Learning Objectives:

- 1) Describe at least two similarities and differences between traditional and alert hypnotic strategies.
- 2) Demonstrate and practice alert hypnosis techniques.

10:00 - 10:15 AM

### Break

10:15 AM - 12:15 PM

### Hypnosis for Anxiety

*Barbara S. McCann, PhD*

This intermediate-level workshop is designed for mental health professionals and medical practitioners. Participants will gain practical knowledge and skills to utilize hypnosis as an effective tool for managing anxiety in various contexts. The evidence base for using hypnosis to address

anxiety associated with psychiatric conditions, distressing medical procedures, and performance-related anxiety will be reviewed briefly. This will be followed by practical, hands-on demonstrations and practice. Attendees will learn to incorporate hypnosis techniques into their practice to help clients and patients achieve better outcomes.

Learning Objectives:

- 5) Identify the nature of anxiety in various psychiatric conditions, medical procedures, and performance situations.
- 6) Create effective hypnotic interventions for use in anxiety disorders and related conditions, as preparation for distressing medical procedures or during their acute administration, and for use in several performance situations

12:15 - 1:15 PM

**Lunch on own**

1:15 - 3:15 PM

## **Navigating Clinical Research: Developing a Critical Eye for Evidence**

*Zoltan Kekecs, PhD*

Staying abreast of clinical research is pivotal for evidence-based practice, yet discerning reliable evidence remains a challenge. Biases and methodological limitations often obscure truth. This workshop equips participants with tools to evaluate credibility of clinical hypnosis research papers. Through established best-practice guidelines (such as CONSORT and TIDieR) and standardized tools (such as the Risk of Bias tool 2.0) we explore markers of rigorous methodology as well as red flags for bias detection. Through practical examples, we dissect hypnosis research papers to scrutinize their validity. Leveraging open science resources like preprints and trial registrations, we verify research claims. Join us to fortify your ability to identify robust evidence, ensuring informed clinical decision-making. This workshop is tailored for clinicians, researchers, and healthcare professionals seeking to enhance their critical appraisal skills, empowering them to confidently navigate the complex landscape of clinical research.

Learning Objectives:

- 1) Recognize key indicators of high-quality methodology in clinical research, enabling participants to assess the reliability of study findings.
- 2) Identify common biases and pitfalls in clinical research, equipping attendees with tools to critically evaluate research evidence.

- 3) Utilize open science resources such as preprints and trial registrations to verify research claims and enhance evidence-based decision-making in clinical practice.

3:15 - 3:30 PM

## Break

3:30 PM - 5:00 PM

## Ego-strengthening

*Louis F. Damis, PhD, ABPP, FASCH and Ciara C. Christensen, PhD*

Description:

This workshop will briefly review the nature and relevance of hypnotic ego-strengthening. Knowing what to do is often not sufficient to mobilize behavior change. Ego-strengthening, via the creation of a felt sense of confidence, promotes the self-efficacy needed to actualize constructive behaviors and enhance self-esteem. Two ego-strengthening techniques will be demonstrated and practiced in this 90-minute workshop.

Learning Objectives:

- 1) List three benefits of ego-strengthening.
- 2) Define the nature of “felt sense” and explain its relevance to effective ego-strengthening.
- 3) Delineate and perform two hypnotic ego-strengthening techniques.

5:00 - 6:00 PM

## Using Hypnosis for Addressing Stress and Deep Transformation in Daily Life

*Cassandra Jackson, MA*

This workshop focuses on using hypnosis to address stress and profound transformation in daily life. With the current state of the world, having more tools in your toolkit can prevent stress, burnout, and rust out, which could impact the quality of care we provide to others. In this workshop, we will take a journey through these states and what they look like, as well as apply techniques and develop action plans. Whether you or your clients seek to reduce stress, overcome limiting beliefs, or achieve goals, this workshop will provide you with the tools and techniques to harness the power of your mind and create lasting positive change.

Learning Objectives:

- 1) Identify the key principles of hypnosis and its role in stress management, personal, and life transformation.
- 2) Apply hypnotic techniques for deep relaxation, stress relief, and goal achievement in daily life.
- 3) Develop a personalized action plan with a script for incorporating hypnosis and self-reflection exercises for ongoing stress management and personal growth.

## Friday, October 25, 2024

8:00 - 10:00 AM and 10:15 - 11:15 AM (break 10:00 - 10:15 AM)

### Mindful Hypnotherapy: Experiential Principles & Practice

*Nicholas Olendzki, PsyD and Liz Slonena, PsyD*

Mindful Hypnotherapy is an evidence-based modality for integrating mindfulness and hypnosis into clinical and personal practice. Attendees of this experiential workshop will learn the core principles of mindfulness, the similarities and differences between meditation and hypnosis, understand the existing research supporting the effects of Mindful Hypnosis, and have opportunities to experience and practice Mindful Hypnosis using scripts. Brief clinical vignettes and clinical anecdotes will be incorporated to ignite imagination and discussion. Practical strategies for integrating mindfulness-based inductions and suggestions into hypnosis and establishing a mindful self-hypnosis practice will be presented.

Learning Objectives:

- 1) Describe the core principles of mindfulness and Mindful Hypnotherapy.
- 2) Identify three ways that mindfulness and hypnotherapy traditionally diverge, and three ways they can converge.
- 3) Define the eight sessions of Mindful Hypnotherapy as a manualized intervention, as well as the underlying principles that enable adaptation.
- 4) Demonstrate the ability to use three mindful hypnosis suggestions.

10:00 - 10:15 AM

### Break

11:15 AM - 12:15 and 1:15 - 3:15 PM (lunch 12:15 – 1:15 PM)

## Pain Management

*David R. Patterson, PhD, ABPP*

This intermediate workshop addresses acute and chronic pain management. This three hour workshop show will discuss the neurophysiology of pain, the difference between acute and chronic pain, and how hypnosis is applied to each. The presenter will present research, theory, hypnotic approaches and demonstrations, Attendees will have an opportunity to practice the approaches.

Learning Objectives:

- 1) Describe the neurophysiology and psychology associated with acute and chronic pain. Perform an induction for a patient in acute pain.
- 2) Perform a non-linear induction that integrates biopsychosocial approaches to chronic pain.

12:15 – 1:15 PM

## Lunch on your own

or

if you are a Student or Early Career Professional, attend the Student/ECP Lunch

3:15 - 3:30 PM

## Break

3:30 PM - 4:30 PM

## Assessment of Hypnotizability in Clinical Practice

*Gary R. Elkins, PhD, ABPP, ABPH and Vanessa Muniz, MA*

This workshop will review the relevance of hypnotizability in hypnotherapy practice. Research on hypnotizability will be reviewed and relevant scales discussed. Both formal and informal assessment methods will be discussed. The Elkins Hypnotizability Scale-Clinical Form will be presented and demonstrated. Question and answer will be encouraged.

Learning Objectives:

- 1) Define hypnotizability.
- 2) Discuss assessment of hypnotizability.
- 3) Demonstrate the Elkins Hypnotizability Scale-Clinical Form (EHS-CF).

4:30 - 5:15 PM

## Hypnotic Language and Phrasing Suggestions in Hypnotherapy

*Gary R. Elkins, PhD, ABPP, ABPH and Vanessa Muniz, MA*

This workshop will review the principles of hypnotic language and phrasing hypnotic suggestions. The process of delivery of hypnotic suggestions will be covered. In addition, unconscious processing of information will be discussed. Specific examples of hypnotic language, metaphors, and mental imagery will be presented and discussed. Question and answer will be encouraged.

Learning Objectives:

- 1) Explain the purpose and importance of effective hypnotic communication.
- 2) Describe laws and principles underlying the formulation of effective hypnotic suggestions and metaphors.
- 3) Discuss adaptive experiential theory of hypnotherapy and unconscious processes.

5:15 - 6:00 PM

## Bridging the Cultural Divide: Understanding and Adopting a Culturally-Congruent Hypnotherapy

*Vanessa Muniz, MA and Gary R. Elkins, PhD, ABPP, ABPH*

While hypnotherapy has been found to be effective amongst diverse populations, utilizing hypnotic interventions that do not resonate culturally may interfere with therapeutic progress. Examples include not properly assessing for or addressing hypnotherapy-interfering beliefs (e.g. stigma), metaphors that come from the hypnotherapist's cultural background but are not relevant for the patient, utilizing interpreters without appropriate preparation and beginning hypnotherapeutic work before understanding the broader cultural context of the patient. Tailoring hypnotherapy to an individual's cultural background may enhance clinical outcomes in terms of improved rapport between patient & therapist and potentially facilitating & maintaining hypnotic absorption. With this advanced workshop, we hope to provide a framework to define culturally-congruent hypnosis, understand relevant research and how to apply it clinically. Specifically, we aim to discuss relevant multicultural factors in research & practice of hypnosis, providing hypnosis via a vis interpreters and

assessing patient- and culture-specific factors to create hypnotic interventions that resonate with an individual's cultural background.

Learning Objectives:

- 1) Articulate what is meant by culturally-congruent hypnotherapy.
- 2) Describe two cultural & linguistic considerations that are relevant to hypnosis.
- 3) Identify three key strategies for providing culturally-congruent hypnosis and working with interpreters.

6:00 PM

Adjourn Workshop

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**2024 Annual Conference**

**75th Annual Workshops and Scientific Program October 23-27, 2024 (Wednesday-Sunday)**  
**Mind Unleashed**

**Anaheim Majestic Garden Hotel, Anaheim, CA**

<https://www.sceh.us/conference-details>