

## 2024 Annual Conference

# Introductory Workshop Agenda

## Introductory Workshop 20 CE/CME

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

**Co-chairs:** *Barbara McCann, PhD and Tova Fuller, MD, PhD*

**Faculty:** *Cameron Alldredge, PhD; Ciara Christensen, PhD; Deanna Denman, PhD; Tova Fuller, MD, PhD; Cassondra Jackson, MA; Barbara S. McCann, PhD; Donald Moss, PhD, and Nicholas Olendzki, 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.

### Overview

Hypnosis is a powerful tool that clinicians can use to assist patients or clients in making meaningful changes in their physical and mental health. It is also a fruitful area of research that allows for the study of the mind and human experience, as well as the nature of hypnosis itself. In this workshop, participants will be provided with foundations in hypnosis to begin using it within their scope of practice or research.

Get ready for an immersive experience! This workshop is not just about lectures and presentations. It's about active participation and hands-on learning. You'll be part of large- and small-group experiential sessions, engaging in lively discussions and didactic presentations. Our faculty will not only present the historical context and neurobiological basis of hypnosis but also demonstrate hypnotic techniques and phenomena. By the end, you'll have a fundamental understanding of hypnosis and the skills to facilitate it. You'll also receive resources to support your use of hypnosis in research and practice, and suggestions for further training and education, including practice and mentorship opportunities for SCEH members.

## Wednesday, October 23, 2024

6:00 - 7:00PM

### Hypnosis: An Historical Overview

*Barbara McCann, PhD*

Learning Objectives:

- 1) Describe the historical and empirical basis for using hypnosis in practice and research
- 2) Describe key terminology in characterizing hypnosis.

7:00 - 7:15 PM

Break

7:15 - 9:15 PM

## Myths and Misconceptions; Ethical Principles and Professional Conduct

*Donald Moss, PhD, Barbara McCann, PhD, Cameron Alldredge, PhD*

Learning Objectives:

- 1) Describe what hypnosis is, and what it is not; what it can and cannot do.
- 2) Address common myths and misconceptions surrounding the use of hypnosis.
- 3) Describe differences between professionals who use hypnosis within their scope of practice, lay hypnotists, stage hypnotists, and researchers.
- 4) Articulate principles and guidelines for the ethical practice of hypnosis within the participant's scope of practice.

## Thursday, October 23, 2024

8:00 - 10:00 AM

## Anatomy of the Hypnotic Experience; Group Hypnosis Experience

*Barbara McCann, PhD, Cassandra Jackson, MA and Tova Fuller, MD, PhD*

**Learning Objectives:**

- 1) Describe the steps involved in conducting a hypnotic encounter.
- 2) Identify subject characteristics during the trance state.
- 3) Describe specific actions taken by the facilitator during various phases of hypnosis and how they were received by the subject.
- 4) Engage actively in a clinical hypnosis session and subsequently identify and reflect upon distinct aspects of personal experience during trance, focusing on the subjective perceptions, reactions, and sensations encountered.

10:00 - 10:15 AM

Break

10:15 AM - 12:15 PM

## Elicitation and Intensification of Hypnosis; Re-Alerting

*Barbara McCann, PhD and Tova Fuller, MD, PhD*

### **Learning Objectives:**

- 1) Describe at least three distinct methods of hypnotic induction or trance elicitation, focusing on each method's techniques, rationale, and applicability in various scenarios.
- 2) Articulate three specific methods for deepening trance in hypnotic practice, outlining each technique's steps, effectiveness, and situational appropriateness.
- 3) Demonstrate the ability to effectively deepen the hypnotic experience, employing techniques that are best suited to the unique needs and responses of their individual patient or client.
- 4) Identify and understand how fractionation can be used to deepen trance states.
- 5) Demonstrate at least three different methods of re-alerting.

12:15 - 1:15 PM

## Lunch on own

1:15 - 3:15 PM

## Hypnotic Phenomena and their Elicitation; Fundamentals of Hypnotic Communication and Formulation of Suggestions

*Barbara McCann, PhD*

### **Learning Objectives:**

- 1) Describe different types of hypnotic phenomena and how they can be used therapeutically.
- 2) Describe principles of eliciting hypnotic phenomena.
- 3) Define abreaction within the context of hypnosis and how to address it therapeutically.
- 4) Describe ways in which hypnotic communication techniques create positive expectancy, including the psychological mechanisms involved and the practical implications.
- 5) Discuss principles of individualization and utilization.
- 6) Describe several ways in which the patient or client's hypnotic experience can be reinforced and strengthened
- 7) Differentiate direct and indirect suggestions.
- 8) Describe physical, psychological, and behavioral signs of trance.
- 9) Articulate the importance of suggestion removal and demonstrate how to do so.

3:15 - 3:30 PM

## Break

3:30 - 6:00 PM

## Small Group Practice

*Barbara McCann, PhD; Tova Fuller, MD, PhD; Cameron Alldredge, PhD; Ciara Christensen, PhD; Cassandra; Jackson, MA, and Deanna Denman, PhD*

### **Learning Objectives:**

- 1) Introduce hypnosis to someone not familiar with it.
- 2) Demonstrate appropriate strategies for elicitation.
- 3) Demonstrate appropriate strategies for intensification of hypnosis.
- 4) Demonstrate appropriate re-altering and debriefing

## Friday, October 23, 2024

8:00 - 10:00 AM

## Neurophysiology of Hypnosis; Hypnosis with Children

*Tova Fuller, MD, PhD, Barbara McCann, PhD*

### **Learning Objectives:**

- 1) Describe how hypnosis affects the autonomic nervous system and the stress response.
- 2) Describe the implications of neurophysiological research on the practice of clinical hypnosis.
- 3) Identify three developmental characteristics that make children particularly hypnotizable.
- 4) Describe how hypnotic approaches vary according to the developmental age of the child,
- 5) Describe the therapeutic benefits and applications of using hypnosis with children.

10:00 - 10:15 AM

## Break

10:15 AM - 12:15 PM

## Assessment, and Introducing Hypnosis to the Patient or Client When Hypnosis Doesn't Work

*Barbara McCann, PhD , Tova Fuller, MD, PhD, and Cameron Alldredge, PhD*

### **Learning Objectives:**

- 1) Describe elements of assessment unique to the practice of hypnosis.
- 2) Review approaches to obtaining and documenting informed consent.
- 3) Discuss the fallibility of memory.
- 4) Describe situations in which you may decide not to use hypnosis.

12:15 - 1:15 PM

## Lunch on your own

or

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

1:15 - 3:15 PM

## Self-Hypnosis

### Hypnosis for Empowering and Accessing Resources

*Barbara McCann, PhD , Tova Fuller, MD, PhD, Donald Moss, PhD, and Nicholas Olendzki, PsyD*

### **Learning Objectives:**

- 1) Define self-hypnosis.
- 2) Describe therapeutic applications of self-hypnosis.
- 3) Demonstrate how to teach self-hypnosis.
- 4) Relate empowerment and resource access to the term ego-strengthening and related concepts.
- 5) Demonstrate how hypnosis can be used to empower patients and help them access personal resources for solving problems.

3:15 - 3:30 PM

## Break

3:30 - 6:00 PM

## Integrating Hypnosis into Clinical Practice; Treatment Planning, Strategy, and Technique Selection in Clinical Hypnosis; Best Practices and Professionalism in Clinical Hypnosis

*Ciara Christensen, PhD; Barbara McCann, PhD, Tova Fuller, MD, PhD, and Donald Moss, PhD*

### Learning Objectives:

- 1) Describe uses of hypnosis relevant to your discipline and practice setting that you are ready to apply in practice, and additional applications that will require more training.
- 2) Describe ways you will begin to use hypnotic communication, hypnosis, and hypnotic techniques in practice.
- 3) For the sample case given, describe further information needed to develop a high- quality treatment plan.
- 4) For the sample case given, design a treatment plan.
- 5) For the case given, describe techniques or applications of hypnosis that may be best suited to treatment.
- 6) Discuss pathways to professionalism and best practices for clinical work.
- 7) Discuss evidence-based and research-informed clinical practice, and resources to provide access to current research on clinical protocols.
- 8) Discuss available sources of quality training gin clinical hypnosis for continuing education, clinical certification, or re-certification.

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>