

SCEH 2025 Annual Conference

300 level - Advanced Workshops Schedule

76th Annual Workshops and Scientific Program

The Future of Healing: Hypnosis in Multidisciplinary Care

October 8-12, 2025 – Live online (Wednesday-Sunday)

- October 8-9 - Scientific Program
- October 10-12 – All Workshops

Advanced Workshops - Earn up to up to 12.5 CE/CME (varies depending on selections).

Advanced Workshops are designed for those who have completed Introductory and Intermediate level clinical hypnosis training. Advanced Workshop registrants select from varied topics offered in concurrent sessions. The total earned CE/CME will vary depending on the sessions you attend. See also the [Advanced Workshops Summary](#) which follows descriptions Agenda subject to change.

Note: All posted event times are in Pacific Time (PT). [Click here for help converting time zones.](#)

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

9:30-9:45 AM PT / 10:45-11:30 AM PT / 12:00-12:15 PM PT

Co-chairs: Jillian Ballantyne, PhD, APPH and Alexandra Chadderdon, PsyD

Faculty: Cameron Alldredge, PhD; Louis Francis Damis, PhD, ABPP, BCIA, FASCH; Carol S. Ginandes, PhD, ABPP; Brooke Hallowell, PhD; Brice Lemaire, PhD; David .R. Patterson, PhD, ABPP; Ronald J. Pekala, PhD; Eric J. Proescher, PsyD, MPH and Lauren Bridges Santana, MA

Friday, October 10, 2025

8:00 - 9:30 AM PT

301 - Incorporating Adult Learning Principles to Enhance Teaching and Learning about Conversational Hypnosis: Engaged Learning through Applied Improvisation

1.5 CE CME

Brooke Hallowell, PhD

In this session, we consider the importance of attending to adult learning theory and strategies in hypnosis education. Focusing on interdisciplinary andragogic principles, we then explore approaches to active, engaged practice with conversational hypnosis techniques based on applied improvisation. Attendees are invited to participate (and play) in illustrative experiential improv games; review the theoretical support and empirical evidence for the potential influence of applied improv on hypnosis outcomes; and engage in related reflection and discussion.

Adult learning theory can be readily incorporated in hypnosis education methods. It is well known that active, engaged learning methods lead to better learning outcomes. In efforts to enrich hypnosis education, it is vital that the clinical and scientific programming faculty consider creative means of incorporating adult learning principles to their teaching/mentoring roles. In this session, we consider and practice examples of interactive learning methods based on applied improvisation to advance adult learning principles, focusing on: redundancy and spiraling of key points, knowledge of performance versus knowledge of results, and strategic self-reflection.

WHY NON-SCRIPTED HYPNOSIS? Despite the known value of non-scripted conversational hypnosis, scripts remain popular, especially among clinicians who are new to hypnosis. Scripts provide a helpful crutch to those nervous about what to say, and those lacking confidence in their abilities. Ironically, reliance on scripts creates a lack of opportunity to practice and thus hone skills in non-scripted work, therefore perpetuating discomfort with more creative and engaging processes that lead to deeper attunement and flexible adaptation to each individual being treated. Designing educational programs to encourage more personalized conversational approaches sets learners on a more creative and in the long-term more effective path (Alter & Sugarman, 2017; Erickson, 1980; Hallowell, 2023; Hope & Sugarman, 2015; Matthews, Lankton, & Lankton, 1993; Short, 2018; Staffin, 2024; Sugarman & Linden, 2021; Yapko et al., 1998).

WHY APPLIED IMPROVISATION? The participatory art of improvisational acting (or theatrical improvisation, here called improv) is a form of living theater in which characters, roles, plots, actions, and verbal and non-verbal expressions are made up in the moment, making it distinct from scripted theater. Also distinct is improv's clear set of rules. The most important rule is YES, AND, the acceptance of verbal and nonverbal offers from others, and the absence of judgment about right or wrong responses.

Benefits of improv applied to training of clinicians in a wide array of healthcare disciplines include improved:

- Self-efficacy and confidence in engaging in specific treatment tasks/strategies;
- Engagement, focus in the moment during complex communication/interaction tasks;
- Attunement, rapport building, emotional connection with those being served, and
- Effectiveness in enhancing quality of life, perceived health, and reported benefit from those treated (Bermant, 2013; Koon Boon Tan, 2020; Morse et al., 2018; Sutherland et al, 2023).

Additional benefits of incorporating applied improv techniques in hypnosis training include the following:

- Improv techniques can be taught efficiently and practiced immediately multiple times in a session, allowing for many more trials for each learner than in a format where participants engage in lengthier sessions with one another.
- Adult learning theory can be readily incorporated in improv training methods.
- Research on applied improv in numerous healthcare fields underscores its effectiveness in boosting confidence of trainees; we know that self efficacy of clinicians is important to enhancing the self-efficacy of the people we serve.

In group training/educational contexts, improv's benefits extend well beyond the individual's outcomes. Dynamics of flow (natural interactional synergy of actions, ideas, and emotions; Nakamura & Csikszentmihalyi, 2011), collective effervescence (people 's simultaneous coming together of thought and action, enhancing a sense of belonging; Carlton-Ford, 1992), and assemblage (the relational network of co-created, emergent, inanimate/animate aspects of interaction) may be key to many long-term benefits for individuals and groups.

Learning Objectives

- 1) State a rationale for applying adult learning principles to hypnosis education.
- 2) List at least three potential benefits of applied improvisation for advancing non-scripted hypnosis skills.
- 3) Demonstrate the use of applied improvisation for practice in at least two hypnosis skill or performance areas

9:45 AM - 1:45 PM PT

302 - Creating Non-Linear Hypnotic Inductions

3 CE CME

David.R. Patterson, PhD, ABPP

This workshop will focus on doing non-linear hypnotic inductions and treatment sessions. Traditional hypnosis often relies on direct suggestions and logical, linear cognitive processing; this is often effective and it the approach of choice in many instances. However, for some patients, particularly those who are resistant to hypnosis or struggling with the process, non-linear inductions can be efficient means to engage the patient. During the workshop we will learn the components of a non-linear induction including: 1) following the patient, 2) pacing and leading; 3) mild confusion; 4) priming; 5) implicit learning; 6) the incubation effect, and 7) deliberate suggestions for dissociation. The workshop will cycle through theory and research, demonstration, practicing building blocks of non-linear inductions, and then experiencing and performing full complex inductions. The aim of the workshop is to make it fun, enjoyable and focused on issues that will benefit attendees.

Learning Objectives

- 1) Describe the difference between cognitive, linear hypnotic induction and non-linear ones
- 2) Articulate and practice seven components of complex inductions.
- 3) Perform an entire non-linear, complex induction on a fellow attendee

9:45 AM - 1:45 PM PT

303 - Envisioning Wellness: Some Tools for Hypnotic Healing

3 CE CME

Carol S. Ginandes, PhD, ABPP

For over two hundred and fifty years , clinical accounts have shown that hypnosis can stimulate functional changes to augment medical treatment. More recently, clinical studies have suggested hypnotic interventions may be utilized to elicit not only functional benefits but also to stimulate actual structural tissue healing. The clinical challenge is how to tap these powerful hypnotic resources to elicit the psychophysiological changes needed for healing . Drawing on the presenter's research and practice focus on accelerated healing, this workshop will first present her conceptual clinical model for mind/body hypnotic interventions. Then some key strategies for targeting healing will be presented. Such strategies will include learning to rapidly identify the patient's representational system, creating metaphors of healing for unconscious utilization, engaging in somatic ego state dialogue , accessing biological resource retrieval and using targeted imagery techniques. This

workshop is highly interactive and experiential as well as didactic .It has been designed to provide a stimulating clinical stretchfor intermediate through advanced hypnosis practitioners. Experiential and dyadic exercises will help participants "think on their hypnotic feet" without scripts as they generate tailor- made suggestions .Since the workshop unfolds as a cumulative learning journey , attendance at the beginning of the session is required to continue the rest of the workshop.

Learning Objectives

- 1) Describe the wide range of general and specific clinical applications in which hypnosis has been clinically documented to facilitate mind/body treatment and healing.
- 2) Demonstrate how to access the patient's representational system of specific language and imagery in order to create targeted ,personalized suggestions.
- 3) Describe how to apply techniques focused on stimulating site-specific cellular repair in a practicum exercise.

Saturday, October 11,2025

8:00 AM - 1:15 PM PT

304 - Eight Modules of Hypnotically Informed Hypnosis for Chronic Pain Management

3 CE CME

David R. PattersonPhD, ABPP

This workshop will focus on learning an eight-module psychotherapeutic approach to managing chronic pain. The modules include 1)biopsychosocial assessment, 2) motivational interviewing, 3)cognitive restructuring, 4) hypnosis, 5) meditation, 6) enhancing activity, 7) addressing psychological factors, and 8) improving sleep. The theory and science for each module will be addressed as well as the neurophysiology of chronic pain. Participants will practice doing a workup of a patient with chronic pain as a group, and then in dyads. This will be an interactive, fun workshop

Learning Objectives

1. Describe eight modules of psychotherapy for managing chronic pain.
2. Articulate how to assess a patient with complex chronic pain and establish goals for treatment.
3. Articulate how hypnosis can inform and advance most of the modules of treatment.

8:00 - 9:30 AM PT

305 - Integrative Approaches to Migraine: Clinical Hypnosis in Interdisciplinary Care

1.5 CE CME

Lauren Bridges Santana ,MA and Eric J. Proescher, PsyD, MPH

This experiential, skills-based workshop explores the use of clinical hypnosis as an evidence-informed intervention for migraine headaches within an interdisciplinary care model. Drawing on collaborative frameworks from Headache Centers of Excellence, the workshop focuses on integrating hypnosis with neurology and acupuncture to support individualized treatment plans. Participants will learn the theoretical underpinnings, empirical evidence, and applied techniques of clinical hypnosis for migraine management, including the role of psychological factors in chronic pain, mind-body regulation, and interdisciplinary communication. The workshop is designed for mental health professionals, neurologists, acupuncture providers, and interdisciplinary team members seeking to enhance migraine care by incorporating clinical hypnosis into comprehensive, biopsychosocial treatment plans. Case vignettes, live demonstrations, and small-group practice will support the development of hypnotic skills tailored to migraine symptomatology and treatment goals.

Learning Objectives

- 1) Describe the empirical and theoretical rationale for using clinical hypnosis in the treatment of migraine headaches, including its neurophysiological and psychological mechanisms of action.
- 2) Identify key components of a biopsychosocial and interdisciplinary approach to migraine management, including collaboration with neurology and acupuncture providers.
- 3) Demonstrate basic hypnotic induction techniques appropriate for migraine treatment, including relaxation, guided imagery, breathwork, and posthypnotic suggestions for pain regulation.
- 4) Explain the role of psychological and emotional factors (e.g., stress, trauma, perfectionism, identity, self-efficacy) in migraine expression and maintenance.
- 5) Integrate clinical hypnosis within interdisciplinary treatment plans, using collaborative case formulation, shared language, and clear referral pathways between providers
- 6) Apply a sample hypnosis protocol for migraine symptom reduction, including adaptations for chronic migraine, acute attacks, and co-occurring conditions (e.g., PTSD, anxiety, GI distress).
- 7) Evaluate clinical and ethical considerations, including scope of practice, informed consent, and cultural responsiveness when delivering hypnosis in integrated medical settings.

9:45 - 12:45 PM PT

306 - Clinical Hypnosis for Sleep Disturbance

2 CE CME

Cameron Alldredge, PhD

This workshop will begin with a thorough didactic component, providing participants with a solid foundation in the theoretical underpinnings of clinical hypnosis and its application in treating sleep disturbances. This will include a review of evidence-based research on the efficacy of clinical hypnosis in sleep management, highlighting its potential as a non-pharmacological alternative. Results from a recent systematic review on

hypnosis for sleep will be highlighted and potential mechanisms will be discussed. Following the initial segment, participants will engage in hands-on practice sessions. This will include exposure to a variety of sleep-specific hypnosis scripts and an overview of the various approaches. These practical exercises will be designed to foster confidence and competence in applying hypnotherapeutic techniques for sleep. Participants will explore the design and delivery of hypnotic suggestions aimed to address specific sleep-related issues, such as insomnia, nightmares, and pre-sleep arousal. Throughout the workshop, emphasis will be placed on tailoring hypnotherapeutic interventions to individual client needs, ensuring a personalized approach to treatment. The session will conclude with a debriefing and open forum for questions, providing participants with the opportunity to consolidate new knowledge and seek clarification on any aspects of the practice. The main goals of the workshop include 1) the provision of a holistic learning experience that will 2) empower clinicians to incorporate clinical hypnosis into their repertoire of therapeutic modalities for sleep-related disorders accompanied by 3) an enhanced familiarity with the state of the literature.

Learning Objectives

- 1) Develop familiarity with the state of the literature regarding hypnotic interventions to treat sleep disturbances.
- 2) Gain an understanding of proposed mechanism involved in hypnosis treatment for sleep.
- 3) Evaluate the efficacy of clinical hypnosis for sleep management.
- 4) Demonstrate competence in hypnotherapeutic techniques for sleep.
- 5) Demonstrate ability to personalize sleep-specific hypnotherapeutic interventions for a range of disturbances.
- 6) Practice the formulation and delivery of hypnotic suggestions targeting sleep.

Sunday, October 12, 2025

8:00 AM - 12:00 PM PT

307 - Headache Management with Clinical Hypnosis

3 CE CME

Louis Francis Damis, PhD, ABPP, BCIA, FASCH

Clinical hypnosis is a well-established and efficacious treatment for headaches and migraines. This workshop will review the diagnostic categories of primary headache disorders, their underlying pathophysiology, and clinical hypnosis and behavioral self-management strategies in an integrative medicine approach. Evidence-based hypnotic interventions will be reviewed in detail.

Learning Objectives

- 1) List the criteria for four types of headache disorders.
- 2) Describe the pathophysiology of three common headache disorders and the implications for management of each.
- 3) Explain the factors contributing to let-down headaches and how to prevent them.

- 4) Outline a four-stage model for the use of clinical hypnosis in the management of headache disorders.
- 5) Explain the factors contributing to two types of medication overuse headaches.

8:00 AM - 12:00 PM PT

308 - Tailoring Treatment Interventions to Your Client's Mind: How Noetic Analysis Can Help

3 CE CME

Ronald J. Pekala, PhD

This workshop will focus on acquainting therapists with a quantitative methodology for accessing your client's mind during relaxation-based interventions such as hypnosis, meditation, or biofeedback, and then using that methodology to differentially tailor interventions to the client's subjective experience. The methodology uses "noetic analysis" (the Greek word for mind is "nous") to generate a "snapshot" of the client's mind during an intervention condition, and then identify those individual differences to better tailor treatment interventions to the client. Clinical case reports will illustrate the differential application of mind/mood management strategies for clients of high, medium, or low hypnotic responsivity.

Learning Objectives

- 1) Enumerate and review the theoretical literature and replicated research concerning how several hypnotic components lead to the perception of being hypnotized: altered state effects, hypnotic imagoic suggestibility, and expectancy (hypnotic depth and therapeutic expectancy).
- 2) Describe the rationale for a phenomenologically based assessment of hypnotic talent via the PCI (Phenomenology of Consciousness Inventory) and the PCI-HAP (Phenomenology of Consciousness Inventory - Hypnotic Assessment Procedure).
- 3) Describe how to integrate various relaxation-based strategies into your client's treatment plan based on noetic (the Greek word for mind is "nous") analysis: pranayama (breathing strategies), meditation, visualization, heart rate variability (HRV) biofeedback, hypnosis.
- 4) Demonstrate how to utilize information about a client's phenomenological world during hypnosis (or other relaxation-based strategies) to generate suggestions/interventions congruent with that world, with particular reference to clients of varying hypnotic responsivity.

12:15 - 1:15PM PT

309 - Hypno Anesthesia

1 CE CME

Brice Lemaire, PhD

Hypnose anesthesia is one of the most fascinating application of hypnosis, showing the control of the mind over the body. Based on 25 years of experience of surgery with hypnosis, we'll explain and experiment hypnotic strategies to manage procedural pain. We'll cover a lot of hypnotic techniques : establishing rapport and mindset, testing hypnotizability, instant inductions procedures, self deepening technique, deep trance

management, hypnotic phenomena to manage pain control. This workshop is designed for practitioner working in medical hypnosis and especially pain management .

Learning Objectives

- 1) Describe each of the following terms: medical hypnosis application, procedural pain technique, deep trance management.

Advanced Workshops Summary

DAY	DATE	TITLE	PRESENTER(S)	CE/CME
Friday	Oct. 10			
301	8:00-9:30 AM PT	Incorporating Adult Learning Principles to Enhance Teaching and Learning about Conversational Hypnosis: Engaged Learning through Applied Improvisation	Hallowell	1.5
302	9:45 AM-1:45 PM PT	Creating Non-Linear Hypnotic Inductions	Patterson	3
303	9:45 AM-1:45 PM PT	Envisioning Wellness: Some Tools for Hypnotic Healing	Ginandes	3
Saturday	Oct. 11			
304	8:00-1:15 PM PT	Eight Modules of Hypnotically Informed Hypnosis for Chronic Pain Management	Patterson	3
305	8:00-9:30 AM PT	Integrative Approaches to Migraine: Clinical Hypnosis in Interdisciplinary Care	Bridges Santana and Proescher	1.5
306	9:45-12:45 PM PT	Clinical Hypnosis for Sleep Disturbance	Allredge	2
Sunday	Oct. 12			
307	8:00 AM-12:00 PM PT	Headache Management with Clinical Hypnosis	Damis	2.5
308	8:00 AM-12:00 PM PT	Tailoring Treatment Interventions to Your Client's Mind: How Noetic Analysis Can Help	Pekala	3.0
309	12:15-1:15 PM PT	Hypno Anesthesia	Lemaire	1

2025 Annual Conference

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The Future of Healing: Hypnosis in Multidisciplinary Care

October 8-12, 2025 (Wednesday-Sunday)

Live online via Zoom - live participation is required - #SCEH2025

Conference Info: <https://www.sceh.us/2025-annual-conference-info>

Questions: info@sceh.us

Event registration opens: Summer 2025