

SCEH 2025 Annual Conference

Introductory Workshop Agenda

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

Introductory Workshop – Earn 15 CE/CME for this three-day cohort workshop.

The Introductory Workshop follows established Standards of Training to provide attendees with a basic background and understanding to begin using hypnosis within the context of their scope of practice.

Agenda subject to change.

Daily Schedule:

Friday, Oct. 10: 8:00 AM-2:00 PM PT

Saturday, Oct. 11: 8:00 AM-2:00 PM PT

Sunday, October 12: 8:00 AM-2:00 PM PT

Breaks: See agenda for scheduled breaks.

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

Co-Chairs: Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

Faculty: Barbara S. McCann, PhD; Shawn R. Criswell, PhD, LPC; Casey Applegate-Aguilar, PhD, LPCC; Ciara Christensen, PhD; Deanna Denman, PhD; Tova Fuller, MD, PhD; Jessie Markovits, MD; Lisa Lombard, PhD; Don Moss, PhD; Nicholas Olendzki, PsyD; David Reid, PsyD; Ilyse Spertus, PhD

Friday, October 10, 2025

8:00 AM - 2:00 PM

Topics, Presenters, Descriptions, Learning Objectives

8:00-8:15 AM

Welcome

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) What to expect.
- 2) Overview of the agenda.
- 3) Review of the handouts.
- 4) Parameters for Experiential and Breakout Session Work.

8:15-9:15 AM

Introduction to Clinical Hypnosis – What is Hypnosis?

Shawn R. Criswell, PhD, LPC

- 1) Describe clinical hypnosis and introduce some definitions of hypnosis (including theories of hypnosis).
- 2) Provide a brief history of hypnosis.
- 3) Give an overview of the evidence for applications of hypnosis.
- 4) Present a brief overview of the neurophysiology of hypnosis.
- 5) Discuss hypnotic phenomena.
- 6) Discuss commonly held misperceptions about hypnosis and give an accurate rebuttal for each.
- 7) Brief hypnosis demo video.

9:15-9:30 AM

Break

9:30-10:30 AM

Anatomy of the Hypnotic Experience – How is Hypnosis Done

Barbara S. McCann, PhD

- 1) Describe the steps in a formal hypnotic encounter.
- 2) Review basic styles of hypnosis and extent of empirical support for varying approaches.
- 3) Learn four types of inductions (utilization of prior experiences, eye fixation, breathing/relaxation, pleasant place).
- 4) Different deepening/engagement styles.
- 5) Describe observable physiological and psychological/behavioral signs of trance.
- 6) View demo/video again and identify parts of the session, responsiveness/rapport details and three changes the facilitator made during the re-orienting/re-alerting phase of hypnosis.

10:30-11:00 AM

Group Hypnosis Experience

Shawn R. Criswell, PhD, LPC

- 1) Experience clinical hypnosis.
- 2) Identify subjective and objective signs of hypnosis and compare them to others' experiences.

11:00-11:30 AM

Break

11:30 AM -12:00 Noon

Questions and Comments from the Morning

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

12:00-12:15 PM

SMALL GROUP - PRACTICE 1 and 2: Practicing the Structure of Formal Hypnosis

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

12:45-1:00 PM

Break

1:00-2:00 PM

SMALL GROUP - PRACTICE 1 and 2 Continues: Practicing the Structure of Formal Hypnosis

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) Demonstration of the practice session (including the feedback portion).
- 2) Review the worksheet for Hypnosis Practice Sessions 1 and 2.
- 3) Each person will practice guiding another group member in a formal hypnosis session TWICE.

2:00 PM

Workshop Adjourns for the Day

Saturday October 11, 2025

8:00 AM - 2:00 PM

Topics, Descriptions, Learning Objectives

8:00-8:15 AM

Welcome Back – Review and Overview

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) Review Day 1
- 2) Overview Day 2
- 3) Questions/Comments

8:15-9:00 AM

Fundamentals of Hypnotic Communication and Formulation of Suggestions

Barbara S. McCann, PhD

- 1) Explain at least two ways hypnotic communication creates positive expectancy.
- 2) Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion.
- 3) Name at least four commonly used words/phrases to reinforce the patient's hypnotic experience.
- 4) Discuss types of suggestions (content/process oriented; direct/indirect).

9:00-9:30 AM

PAIRS - PRACTICE 3: Practicing Hypnotic Communication and Suggestions

- 1) Demonstration of Practice Session 3 including the provision of feedback.
- 2) Review the worksheet for Practice Session 3.
- 3) Practice making suggestions in pairs. Do at least two rounds including providing feedback.

9:30-9:45 AM

Break

9:45-10:00 AM

Bringing it All Together

Shawn R. Criswell, PhD, LPC

- 1) Review the structure of a hypnosis session.
- 2) Review how to think about hypnotic communication and structuring suggestions
- 3) Demonstration of small group practice

10:00 – 11:00 AM

SMALL GROUP - PRACTICE 4: Practicing a Complete Formal Hypnosis Session

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) Review the worksheet for Practice Session 4
- 2) Each person will guide another group member through a brief formal hypnosis session

11:00-11:30 AM

Break

11:30 - 12:00 PM

Questions and Comments

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

12:00 - 12:45 PM

Dealing with Common Challenges

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) Learn how to handle intense and/or unexpected reactions.
- 2) Be able to describe how to handle the “hypnosis is not ‘working’” phenomenon
- 3) Be able to demonstrate handling of delayed or partial re-orientation
- 4) Demonstration of small group practice

12:45 - 1:00 PM

Break

1:00 - 2:00 PM

SMALL GROUP - PRACTICE 5: Dealing with Common Challenges

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) Each group will have one sample scenario of each of the three common challenges.
- 2) Review the worksheet for Practice Session 5.
- 3) Each person will guide another group member through a brief formal hypnosis session where a common challenge is role played.

2:00 PM

Workshop Adjourns for the Day

Sunday, October 12, 2025

8:00 AM - 2:00 PM

Topics, Descriptions, Learning Objectives

8:00 - 8:15 AM

Welcome Back – Review and Overview

Barbara S. McCann, PhD and Shawn R. Criswell, PhD, LPC

- 1) Review Days 1 and 2
- 2) Review self-assessment (notice improvements and set personal goals for today)

8:15- 8:30 AM

Welcome Back – Review and Overview

Shawn R. Criswell, PhD, LPC

- 1) Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client. (Review the slides from the first day highlighting misconceptions about hypnosis and rebuttals.)
- 2) Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically.
- 3) Demonstration of introducing hypnosis to the patient/client

8:30 - 9:00 AM

PAIRS - PRACTICE 6: Introducing Hypnosis to the Patient/Client

Shawn R. Criswell, PhD, LPC

9:00 – 9:15 AM

Break

9:15-9:45 AM

Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis

Barbara S. McCann, PhD)

- 1) Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan.
- 2) Design a treatment plan for a patient/client.

- 3) List 4 hypnotic techniques/ applications that may be best suited to achieve the specific therapeutic goal in the case presented.
- 4) Demonstration of the development of the treatment plan section of the small group practice.

9:45-11:00 AM

SMALL GROUP - PRACTICE 7: Practicing hypnosis that is geared to your work setting

Barbara S. McCann, PhD; Shawn R. Criswell, PhD, LPC, Casey Applegate-Aguilar, PhD, LPCC; Deanna Denman, PhD

- 1) Develop a likely treatment plan for your setting
- 2) Select an appropriate orientation to hypnosis, elicitation, deepener, suggestions + PHS and re-orientation for the selected situation
- 3) Participate in feedback and goal setting (notice what you are doing well and set a deliberate practice plan)

11:00-11:45 AM

Break

11:45 – 11:55 AM

Brief Review and Welcome to Final Section

Barbara S. McCann, PhD and Shawn R. Criswell, PhD

11:55 – 12:15 PM

GROUP DISCUSSION: Integrating Hypnosis into Clinical Practice

Barbara S. McCann, PhD

- 1) Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such.
- 2) List 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.
- 3) Describe three ways you will begin to incorporate hypnotic communication, hypnosis and hypnotic techniques into your practice.

12:15 – 12:30 PM

Break

12:30-1:30 PM

PANEL DISCUSSION: Brief Intro to Topics (20 minutes each)

Lisa Lombard, PhD; David Reid PsyD Nicholas Olendzki, PsyD

- Children and Hypnosis, Lisa Lombard, PhD
- Self-Hypnosis, David Reid PsyD
- Mindful Hypnosis, Nicholas Olendzki, PsyD

1:30-1:45 PM

Ethics Review

Shawn R. Criswell, PhD, LPC

- 1) Describe two ethical-legal issues.
- 2) Discuss standards for professional conduct in using hypnosis clinically.
- 3) Review the fallibility of memory.
- 4) Discuss the use of clinical hypnosis virtually and the use of recordings.

1:45-2:00 PM

Best Practices and Professionalism in Clinical Hypnosis

Barbara S. McCann, PhD

- 1) Discuss clinical hypnosis standards of training
- 2) Outline a plan for ongoing professional development

2:00 PM Introductory Workshop Concludes

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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