

2026 Annual Conference

Advanced Workshops – Preliminary Agenda

Please note all 2026 SCEH Annual Conference times are in Pacific Time (PT).

Application for CE/CME will be made.

V. 6/8/2026

Wednesday, October 14, 2026

8:00 AM -12:00 PM PDT

Temporal State Psychology: Meeting Clients Where They Are

3 hours

Dan N. Short, PhD

This workshop introduces Temporal State Psychology, a model for recognizing whether clients need to problem-solve in the past, present, or future. Through clinical cases and experiential exercises, participants learn how to meet clients in their operative temporal state and restore flexibility using hypnotherapeutic methods that expand choice and psychological mobility.

Demonstration and Practice

State-matched micro-interventions will be demonstrated intermittently throughout the talk. Sample mini-scripts will be provided. In dyads, participants practice:

- A brief age-regression prompt for past-privileged material.
- A future-self or age-progression prompt for future-privileged material.
- A contingency-based framing for present-privileged distress.

Learning Objectives

1. Accurately classify a client vignette as past-, present-, or future-privileged and justify their classification by citing at least two diagnostic indicators from the model, with 80% accuracy across three cases.
2. Select an appropriate temporal intervention (e.g., age regression, age progression, or hypnotic contingency) and articulate a state-matched rationale that links the client's operative temporal zone to the chosen method, as demonstrated in a structured role-play.
3. Design a three-step clinical sequence that restores temporal mobility for a stuck client by (a) meeting the client in their operative temporal state, (b) eliciting a state shift, and (c) expanding choice, producing a written plan that satisfies all three criteria in peer review.

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8:00-10:15 AM PM PDT

Altered Consciousness Related to Spiritual and Religious Factors for Skin and Skin Disorders

2 hours

Philip D. Shenefelt, MD, ABMH

Skin and skin disorders have spiritual and religious dimensions often associated with altered states of consciousness experiences since antiquity. The skin is a major sense organ and also expresses emotions detectable by others. How much skin is covered, scalp and beard hair cutting and styling, skin and nail and hair coloring and decorating, tattooing, and intentional scarring of skin continue to have spiritual and religious significance, often derived originally from visions or other altered state of consciousness experiences. Persons with visible skin disorders have often been stigmatized. Building resilience through spiritual and religious interactions with various skin disorders are discussed.

Demonstration and Practice

Shamanic drumming, breath meditation, hypnotic eyeroll

Learning Objectives

1. Explain the connection between building resilience and altered states of consciousness and spiritual and religious experiences.
2. Recognize the culturally specific contexts in which the spiritual and religious experiences occur.
3. Describe the interaction between skin and psyche and their spiritual and religious dimensions.
4. Assess the influence of spiritual and religious dimensions on personal and cultural ramifications of skin disorders.

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9:30-9:45 AM PDT

Break

10:45 AM-11:30 PM PDT

Break

11:30 AM-1:45 PM PDT

Enhancing Motivational Interviewing With Hypnosis

2 hours

David R. Patterson, PhD, ABPP

This two-hour workshop will focus on combining motivational interviewing (MI) and hypnosis for managing addictions as well as changing lifestyle in managing chronic illness and pain. The first part of the workshop will focus on teaching the basics of MI with group practices. For example, participants will be trained to listen for potential for change and positive reframing, as well as to elicit such statements from clients. We will then introduce non-linear forms of inductions. The

hypnotic sessions will be designed to reinforce positive change statements, affirmations and values, all which are instrumental to MI. At the end of the workshop participants should be comfortable conducting a hypnotic session that integrates the principles of MI

Demonstration and Practice

The instructor will model an induction that combines hypnosis and motivational interviewing, after breaking it down to components. Participants will “interview” a partner and focus on identifying statements of change and positive cognitive reframes. Participants will then practice the hypnotic induction on a fellow participant.

Learning Objectives

1. Describe the empirically based approaches that motivational interviewing (MI) uses to elicit change in addition and health care practices.
2. Perform hypnotic inductions that increase the effect size of MI interventions.

Bibliography

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12:00-12:15 PM PDT

Break

12:15-1:45 PM PDT

Hypnotic Modelisation: Awaken the Genius That Sleeps Inside of You! An Experiential Workshop Integrating Neuroscience, Hypnosis, and Learning Systems

1.5 hours

Olivier . Benarroche, DDS

Human beings are learning machines. From birth, we continuously perceive, model, and integrate our environment, adapting and evolving through largely automatic processes. Much of this learning occurs through observation, imitation, and “identification” mechanisms now well documented in neuroscience, particularly through mirror neuron systems, attentional networks, imagination, empathy, and neuroplasticity. This advanced experiential workshop introduces Hypnotic Modeling, a structured hypnotic protocol designed to intentionally amplify these natural learning processes. Through deep trance and guided identification, participants learn how to unconsciously and efficiently internalize capacities, skills, and creative states embodied by an inspiring model, whether a real person, an archetype, or a symbolic figure. In the context of this year’s theme, Circuits of Consciousness, hypnotic modeling can be understood as a human analogue to artificial intelligence learning systems: much like AI analyzes, abstracts, and reproduces complex data structures, the hypnotic mind can absorb and reorganize patterns of perception, cognition, emotion, and behavior. Hypnosis provides access to these learning circuits at a depth where change becomes rapid, embodied, and enduring. The workshop also situates hypnotic modeling within its cross-cultural and historical roots. From shamanic shape-shifting rituals and ancient mystery traditions to mystical Christian practices and Balinese trance, humans have long used altered states of consciousness to “become someone else” in order to learn, heal, and transform. Modern hypnotherapy allows us to revisit these ancient mechanisms with contemporary scientific understanding and clinical precision. Participants will use a reproducible protocol, organized into three phases “Preparation, Modeling, and Application” unfolding across ten clearly defined steps. The workshop will emphasize both theoretical understanding and hands-on group practice, allowing participants to directly experience the method and develop clinical or personal applications.

Demonstration and Practice

This is an experiential workshop combining didactic segments with live demonstrations and guided group practice. Participants will leave with both a conceptual framework and practical tools they can immediately integrate into their professional or personal work.

Learning Objectives

1. Identify the neuroscientific foundations of learning through identification, including neuroplasticity, attention, memory, imagination, and empathy
2. Explore hypnotic modeling as a conscious activation of innate learning circuits
3. Utilize a complete, step-by-step hypnotic modeling protocol applicable in clinical, coaching, and self-development contexts
4. Experience how playful, imaginal, and seemingly “non-serious” processes -dreaming, symbolic play, rituals, and construction of a plot- are in fact powerful drivers of transformation and creativity
5. Apply hypnotic modeling ethically and safely for personal growth, patient work, and therapeutic change

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1:45 PM PDT **Advanced workshop sessions end for the day.**

Thursday, October 15, 2026

8:00 AM-12:15 PM PT

Applying the Ideal Parent Figure Protocol for Attachment Repair **3 hours**

Louis Francis Damis, PhD, ABPP, BCIA, FASCH

This workshop focuses on applying the Ideal Parent Figure protocol (Brown & Elliot, 2016) for attachment repair. The characteristics of the secure and three insecure attachment styles will be outlined, along with the caregiver behaviors that fostered them. The majority of the session will be dedicated to training techniques, with an emphasis on demonstrations. The Normative Implicit

Clinical Hypnosis approach taught facilitates modification of implicit memory and Internal Working Models that underlie attachment disorders and Complex PTSD.

Demonstration and Practice

This workshop will include demonstrations of safe-place imagery and the Ideal Parent Figure protocol.

Learning Objectives

1. Delineate three criteria for adequate acquisition of attachment repair.
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 and apply positive opposites for the repair of specific attachment wounds.

Bibliography

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8:00 AM-12:15 PM PT

Conversational Hypnosis: Trance without Induction

3 hours

Ron . Bell, MC

Goal: To bring awareness and interest to Conversational Hypnosis as a powerful and rapid set of therapeutic principles for problem solving and therapeutic healing.

Rationale: Advanced Conversational Hypnosis (ACH) demonstrates how naturally occurring mini-trances occur and can be utilized during the Hypnotic Interview (problem exploration) to effect change. Principles of ACH emphasize the governing position of the client's unconscious mind in problem resolution and the utility of the therapist accepting of one's secondary, yet essential, role as curious facilitator.

Outline:

- I. Explain the learning objectives
- II. List and define the eleven principles of ACH.
- III. Differentiate conscious from unconscious processing.
- IV. Demonstrate the hypnotic interview with a volunteer (or show a brief video demo if a volunteer cannot be enlisted).
- V. Analyze demo for examples of ACH principles, particularly UMs, conclusions and contradictions.
- VI. Differentiate between conscious and unconscious directed questions. In triads, participants to practice using both types and analyze types of responses.
- VII. Differentiate between conscious responses and UMs. In triads, participants restrict themselves to asking only unconscious questions, then observe and analyze responses and internal experience.
- VIII. Demonstrate UM enhancement (extended video or with volunteer): a) conduct hypnotic interview; b) gain feedback from volunteer and c) illustrate with examples of eleven principles includes use of clean language.

VIII. Evaluation, Questions, Resources

Workshop Description

This session follows a 2024 advanced workshop, Conversational Hypnosis: The Power of Unadulterated Curiosity, this time giving participants the opportunity to practice its principles through the Hypnotic Interview. Conversational hypnosis follows from the work of Milton Erickson who described it as a “reversal of the usual procedure of inducing hypnosis”. Erickson recognized that trance occurs naturally, and is not something imposed by the hypnotist, but can be facilitated by the hypnotherapist, recognizing and enhancing unconscious moments where the unconscious

reveals itself. Training will focus on putting to the test the eleven principles of conversational hypnosis, utilizing the Hypnotic Interview, as demonstrated with volunteer subjects. Participants will have opportunity to practice the eleven principles in triads. Emphasis will be placed on which therapeutic practices do not play well with Conversational Hypnosis, including summarizing, interpreting, history taking and solution seeking. Particular attention will be given to recognizing how conscious conclusions by both clients and therapists inhibit discovery of root problems. Participants will practice testing in an environment of constant unconscious feedback, testing not only solutions but each conscious conclusion, new awareness, or potential insight that occurs in session. Finally, participants will assess whether demonstrations result in hypnotic trance, provide clear identification of root issues, spark unconscious processing and result in discovery of choice in problem resolution. Assessment will include determination of how much was resolved by the client alone and what role the therapist played.

Demonstration and Practice

The hypnotic interview will be demonstrated by the presenter with volunteer subjects. Time will be allotted for participants to practice the following skills:

- Utilizing clean language to elicit client descriptions of the problem
- Identifying and bringing to client awareness four types of unconscious moment (UM) including Visual, Auditory, Verbal and Kinesthetic.
- Enhancing UMs through selective repetition, related questions and process instructions
- The Emotional Trance Method to assist clients to stay with and learn from their emotions as they are safely experienced.
- Testing moment-to-moment realizations against shifting description of the initial problem.
- Testing problem resolution

Learning Objectives

1. Conduct the Hypnotic Interview employing eleven principles of Conversational Hypnosis
2. Find and utilize four types Unconscious Moments to create and enhance trance.
3. Utilize Unconscious Moments to test therapeutic results continuously in session.

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9:30-9:45 AM PDT **Break**

10:45 AM-11:30 PM PDT **Break**

12:00-12:15 PM PDT **Break**

12:15-1:15 PM PDT

Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials & Preparing Papers for Publication

1 hour

Katherine A. Scheffrahn, BS and Gary R. Elkins, PhD, ABPP, ABPH

This workshop, led by the editor and managing editor of the leading journal in hypnosis research, the International Journal of Clinical & Experimental Hypnosis (IJCEH), provides a comprehensive guide on designing rigorous hypnosis research and preparing manuscripts for successful publication. Attendees will learn about the various types of manuscripts considered for publication, including theoretical papers, pilot studies, efficacy studies, and clinical case studies. A significant portion of the presentation focuses on the requirements for designing rigorous case studies. While case studies are valuable for advancing scientific knowledge, identifying new interventions, and informing clinical practice, successful case study manuscripts in the field of hypnosis require meticulous planning and specific components. This presentation addresses how to conduct quality case studies that are suitable for publication. The second major area of focus in this workshop is preparing papers for publication. Attendees will receive specific guidance on scholarly writing style, the structure of research papers and preparation of papers for submission for publication. An outline of the process of submitting manuscripts for publication and navigating the peer review process, including expected timelines and procedures for responding to revision requests, will be discussed. This workshop will be of interest empirically minded clinicians, researchers, experimental and clinical graduate students, interns, fellows, and residents, as well as professionals in the field who wish to learn more about the potential of hypnosis research to inform clinical practice.

Demonstration and Practice

This workshop will provide demonstration on how to go through the process of manuscript submission for authors. Also, practice questions and Q&A/discussion portions will be used throughout to build individual skills.

Learning Objectives

1. Understand the distinct requirements and contribution potential of various manuscript types (i.e., Theoretical Papers, Case Studies, Pilot Studies, and Efficacy Studies) in advancing scientific knowledge and informing clinical practice in hypnosis research.
2. Develop skills in rigorous research reporting and design, including identifying the necessary components for successful manuscripts to avoid common reasons for manuscript rejection
3. Apply appropriate academic writing standards and formatting conventions, specifically adhering to APA 7th Edition guidelines for style

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12:15-1:15 PM PDT

On The Spectrum of Pain: The Riddle of the Needle-- Non-Pharmacological Interventions in Blood Drawing-- A Case Study of a Young Adolescent Autistic Visually Impaired Patient

1 hour

Zsuzsanna . Besnyo, BA

The workshop presents the everyday life of an European blood draw clinic and the experiences of applying pain-relieving techniques acquired there, using the most modern pain theory models to describe the pain awareness processes from a developmental psychology approach, as well as the method of suggestive communication embedded in a bio-psycho-social theoretical framework. The workshop introduces a palette of international good practices addresses the challenges of working with sensitive groups in acute pain situations. In conclusion the age-specific application of non-pharmacological methods in an interdisciplinary approach with modern tools is effective in acute pain relief, creating a sense of security for children and parents, as well as in preventing conditions associated with chronic pain. The focus of the case study is on managing the support of a young blind autistic patient. The knowledge and effective application of these methods can serve as a stable basis for smoother ambulatory patient care.

This workshop emphasize the scientific, methodological, ethical aspects of a working with sensitive groups such as neurodivergent especially autistic children in medical settings -@Explore the uniqueness of non-@pharmacological techniques in ambulatory care with short summary via rapid demonstration about effective suggestive techniques in blood draw-@introducing some international good practices and suggestive communication adapted to the blood draw process to promote pain management

Demonstration and Practice

This workshop emphasizes the scientific, methodological, ethical aspects of a working with sensitive groups such as neurodivergent especially autistic children in medical settings. Explore the uniqueness of non-pharmacological techniques in ambulatory care with short summary via rapid demonstration about effective suggestive techniques in blood draw -- introducing some international good practices and suggestive communication adapted to the blood draw process to promote pain management.

Learning Objectives

1. Describe three key aspects of effective suggestive techniques in blood draw.
2. Explain differences between interventions for autistic and non-autistic young patients.
3. Identify three aspects of comfort promise.
4. Demonstrate effective use of non-pharmacological interventions to control acute pain in ambulatory care.

Bibliography

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1:15 PM PDT

Advanced workshop sessions end for the day.

Friday, October 16, 2026

8:00-10:15 AM PDT

A Practical Masterclass on Using AI in Hypnotherapy

2 hours

Cameron . Alldredge, PhD

This workshop will provide clinicians with practical guidance on using artificial intelligence to reduce the administrative and repetitive aspects of clinical hypnosis, allowing greater focus on the art, presence, and delivery of hypnotic interventions. Through live demonstration, attendees will

learn specific, pragmatic methods for integrating AI into their clinical workflow, including staying current with relevant research, generating customized background music for sessions and recordings, creating audio recordings for at-home practice, and developing personalized tools to help clients integrate hypnotic work into daily life and lasting change. In addition to instruction on the effective use of large language models (e.g., ChatGPT, Gemini, Copilot), the workshop will demonstrate the practical application of complementary AI tools such as ElevenLabs, Suno, and Notebook LM. The tone of the workshop will be informative, engaging, and experiential. Attendees will leave with concrete skills and a wide range of actionable ideas for thoughtfully incorporating AI into their own clinical practice in ways that enhance treatment.

Demonstration and Practice

- Attendees will practice writing prompts for AI assistance.
- Demonstration provided on using Notebook LM for professional development.
- Demonstration provided on using ElevenLabs for audio sessions.
- Demonstration provided on using Suno for music generation.
- Demonstration provided on using ChatGPT for image generation and administrative tasks.

Learning Objectives

1. Describe clinically appropriate and ethically responsible applications of artificial intelligence that support the practice of clinical hypnosis by reducing administrative and preparatory tasks.
2. Demonstrate the practical use of AI-assisted tools for professional development and the creation of hypnosis-related clinical materials.
3. Integrate AI-assisted methods into hypnosis-based client follow-up in ways that support skill generalization, between-session reinforcement, and real-world change.

Bibliography

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8:00-10:15 AM PDT

Integrating Pain Reprocessing Therapy Principles with Clinical Hypnosis for Chronic Pain 2 hours

Michael . Spertus, MD

Pain Reprocessing Therapy (PRT) is rapidly gaining recognition as a leading, evidence-based approach in pain psychology and chronic pain management, supported by emerging clinical research and real-world success. Clinical hypnosis has long been used to treat chronic pain with favorable, although sometimes variable results. This presentation aims to integrate PRT principles with clinical hypnosis to enhance both efficacy and scope. Attendees will learn how PRT's core principles of pain neuroscience education, safety reappraisal, addressing emotional threats, and positive affect induction can enhance hypnotic efficacy, and in turn, learn how using hypnotic language and techniques can deepen the effects of PRT.

Demonstration and Practice

Participants will practice describing neuroplastic pain to potential patients/clients in a breakout session. Participants will be guided as a group through a demonstration that integrates hypnotic techniques with somatic tracking.

Learning Objectives

1. Describe the core principles of Pain Reprocessing Therapy (PRT).
2. Compare the theory, mechanistic basis, and research between PRT and clinical hypnosis in improving chronic pain.
3. Describe the concept of neuroplastic pain to others.
3. Apply the principles of PRT in hypnotic interventions and vice versa.

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9:30-9:45 AM PDT **Break**

10:45 AM-11:30 PM PDT **Break**

11:30- 1:15 PM PDT

Hypnosis for Chronic Medical Conditions: A Brief, Action-Oriented Approach with Digital AI Platform Integration 1.5 hours

Jessie (Kittle). Markovits, MD

This advanced workshop, led by an internist, moves beyond basic relaxation to equip clinicians with the skills to design targeted, brief hypnotic interventions for complex chronic conditions such as IBS, autoimmune diseases, and long-COVID. Grounded in neurophysiological theory and clinical case studies, the session explores how hypnosis can elicit physiological change and disrupt the cycle of chronic symptoms. Participants will focus on transforming patient "illness scripts" into personalized, empowering wellness narratives. Additionally, the workshop will demonstrate how to leverage AI-driven tools, specifically the Reveri App, to bolster complex symptom management and enhance self-hypnosis practice at home.

Demonstration and Practice

Participants will practice formulating scripts for complex symptoms in small groups. There will also be a live demonstration of the Reveri AI-integrated hypnosis app.

Learning Objectives

1. Explain how hypnotic interventions elicit specific neurobiologic changes to modulate the "bottom-up" sensory processing and "top-down" regulation of complex conditions like chronic fatigue and autoimmune dysfunction.
2. Formulate patient-specific hypnotic scripts by identifying key elements of a patient's chronic illness narrative and reframing them into personalized, wellness-oriented suggestions.
3. Integrate AI-based platforms like the Reveri App into a comprehensive treatment plan to facilitate consistent home practice and improve long-term symptom management.

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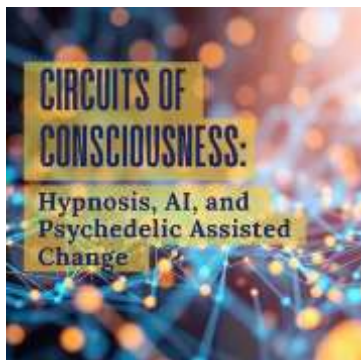
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12:00-12:15 PM PDT

Break

1:15 PM PDT

Advanced workshops end.



2026 Annual Conference

77th Annual Workshops & Scientific Program

Circuits of Consciousness: Hypnosis, AI, and Psychedelic-Assisted Change

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