

2026 Annual Conference

Intermediate Workshop Agenda

V. 7/14/2026

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

Three-day cohort; attendance all three days is required. Total training hours: 12.5.

Application for CE/CME will be made.

Intermediate Workshop: Refining Skills and Treatment Applications

Co-Chairs and Faculty Leads: Cassondra Jackson, PhD and Barbara McCann, PhD

Additional Faculty: Shawn Criswell, PhD, LPC; Samuel B. Lurie, MEd, MSW; Scott Hoye, PsyD

About the Presenters:

Barbara S. McCann, PhD, is Professor of Psychiatry and Behavioral Sciences and Mental Health Counseling and Hypnosis Endowed Chair at the University of Washington in Seattle, Washington (USA). Her clinical psychology practice is based out of Harborview Medical Center, where she treats individuals with depression, anxiety, functional seizure disorder, and insomnia and conducts research and scholarship in these areas. Dr. McCann teaches psychiatry residents, psychology residents, medical students, and fellows, and has received numerous teaching awards. She has published over 60 journal articles and book chapters. She is Immediate Past-President of the Society for Clinical and Experimental Hypnosis and Certified as an Approved Consultant by the American Society of Clinical Hypnosis. She is on the Board of Editorial Consultants for the International Journal of Clinical and Experimental Hypnosis, serves as an Advisory Editor for the American Journal of Clinical Hypnosis, and is an Associate Editor of the Encyclopedia of Hypnosis and Suggestion, published online by the International Society of Hypnosis. She is a founding member and Co-Chair of the FND Society's Hypnosis Special Interest Group.

Workshop Description

The Intermediate Workshop includes many opportunities for practicing hypnosis with other workshop participants under the guidance of faculty. Therapeutic applications will span both psychotherapeutic and medical or procedural applications. The primary focus of Day One will be the treatment of anxiety in psychotherapeutic and medical settings. Day Two will cover a wide range of techniques for addressing somatic and mind-body concerns. Day Three will begin with a focus on helping people manage problematic habits. Strategies for combining hypnosis within various therapeutic frameworks and practices, including cognitive-behavioral therapy (CBT), behavior therapy (BT), motivational interviewing (MI), strategic therapy, and internal family systems therapy (IFS) will be discussed throughout this workshop. The Intermediate Workshop, taken as a cohort, may be used toward SCEH certification or simply to refresh and expand hypnotic skills.

Intermediate Schedule Overview

October 14, 2026 - Day 1 of 3

Schedule: 8:00 AM - 1:45 PDT (includes two 15 minute and one 45 minute break)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes

Day One Workshop Hours: 4.5

October 15, 2026 - Day 2 of 3

Schedule: 8:00 AM - 1:15 PM PDT (includes two 15 minute and one 45 minute break)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes, 10:45 AM PDT - 45 minutes

Day Two Workshop Hours: 4

October 16, 2026 – Day 3 of 3

Schedule: 8:00 AM - 1:15 PM PDT (include two 15 minute and one 45 minute break)

Breaks: 9:30 AM PDT and 12:00 PM PDT - 15 minutes; 10:45 AM PDT - 45 minutes

Day Three Workshop Hours: 4

Three day cohort; total workshop hours: 12.5 hours

Intermediate Workshop Agenda

Wednesday, October 14, 2026

Start-End Time	Topic/Presenters
Day 1	Treatment of Anxiety in Psychotherapeutic and Medical Settings (Criswell, Jackson, McCann)
8:00 - 9:30 AM PDT	Treatment of Anxiety Part 1
9:30 - 9:45 AM PDT	Break
9:45 - 10:45 AM PDT	Treatment of Anxiety Part 2
10:45 - 11:30 AM PDT	Lunch Break
11:30 - 12:00 PM PDT	Small Group Practice: Overview and Demonstration
12:00 - 12:15 PM PDT	Break
12:15 - 1:45 PM PDT	Small Group Practice, Wrap-up & Discussion
1:45 PM PDT	Intermediate Workshop ends for the day

Thursday, October 15, 2026

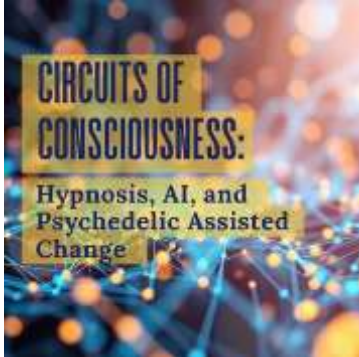
Start-End Time	Topic/Presenters
Day 2	Somatic and Mind-Body Applications (Lurie, Jackson, McCann)
8:00 - 9:30 AM PDT	Safe, Calm and Secure: Strengthening Safe-Place with Kinesthetic Anchoring
9:30 - 9:45 AM PDT	Break
9:45 - 10:45 AM PDT	Soothed, Calmed and Empowered: Inner Wisdom/Parts Therapy Technique for Anxiety Relief
10:45 - 11:30 AM PDT	Lunch Break
11:30 - 12:00 PM PDT	Small Group Practice: Overview and Demonstration
12:00 - 12:15 PM PDT	Break
12:15 - 1:15 PM PDT	Small Group Practice, Wrap-up & Discussion
1:15 PM PDT	Intermediate Workshop ends for the day

Friday, October 16, 2026

Start-End Time	Topic/Presenters
Day 3	Managing Problematic Habits (Hoye, Jackson, McCann)
8:00 - 9:30 AM PDT	Habits, Part 1
9:30 - 9:45 AM PDT	Break
9:45 - 10:45 AM PDT	Habits, Part 2
10:45 - 11:30 AM PDT	Lunch Break
11:30 - 12:00 PM PDT	Small Group Practice: Overview and Demonstration
12:00 - 12:15 PM PDT	Break
12:15 - 1:15 PM PDT	Small Group Practice, Wrap-up & Discussion
1:15 PM PDT	Intermediate Workshop Ends

Intermediate Workshop Learning Objectives

- 1) Articulate the nature of anxiety, describing similarities and differences in anxiety in various psychiatric conditions and medical illnesses, and during medical procedures and performance situations.
- 2) Articulate the process-oriented model of anxiety — distinguishing it from symptom-focused and diagnosis-drive...n approaches — and explain how anxiety arises from identifiable cognitive and relational processes (e.g., global thinking, future-oriented rumination, poor discrimination strategies, attentional inflexibility) rather than from a single underlying pathology.
- 3) Construct experiential hypnotic exercises that build specific coping skills — such as compartmentalization, cognitive flexibility, distress tolerance, and self-soothing — rather than relying solely on relaxation or insight.
- 4) Construct effective hypnotic interventions to address anxiety common to various psychiatric and medical conditions, as preparation for distressing medical procedures or during their acute administration, and for use in performance applications.
- 5) Describe the clinical rationale for establishing a safe-place resource during hypnosis and trauma-informed treatment.
- 6) Explain the principles of kinesthetic anchoring and its role in strengthening emotional regulation, sense of safety and use as resource outside of session (future pacing) to improve patient outcomes and sense of control.
- 7) Apply safe-place and anchoring techniques through case discussion, demonstration, and supervised small-group practice.
- 8) Describe the key components of the Body Wisdom/Parts Therapy technique, including its relationship to Autonomic Nervous System regulation and its application in reducing anxiety and emotional distress.
- 9) Apply hypnosis within the Body Wisdom/Parts Therapy framework in clinical practice by identifying appropriate client presentations, integrating the intervention into treatment planning, and increasing confidence in using the approach to promote self-soothing, emotional regulation, and empowerment beyond the therapy session.
- 10) Assess habits to identify factors that maintain the habit, including mapping the habit loop, assessing readiness for change, evaluating the role of stress and emotion regulation in habit maintenance, and determining the contributions of impulse control issues, anxiety-driven compulsions, and conditioned behavioral patterns.
- 11) Design hypnotic interventions that target specific behavioral, cognitive, emotional, and contextual factors that maintain habits based on an initial assessment of habits.
- 12) Differentiate the role of direct suggestion, posthypnotic suggestion, and symptom substitution as distinct hypnotic strategies for habit modification and demonstrate the ability to select and construct the appropriate strategy based on the clinical presentation.
- 13) Crafting each type of suggestion (direct suggestion, posthypnotic suggestion, and symptom substitution) for at least two different habit presentations.
- 14) Describe the evidence base for the use of hypnosis across anxiety presentations, mind-body problems, and habit change.



2026 Annual Conference

77th Annual Workshops & Scientific Program

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

October 14-18, 2026 (Wednesday-Sunday)

Virtual - live online via Zoom - #SCEH2026

[2026 Annual Conference Info](#)