

Intermediate Workshop Agenda

200 M - Intermediate Workshop: Refining Skills and Treatment Applications – 12.5 CE/CME

Presenters: *Louis F. Damis, PhD, ABPP, FASCH and Akira Otani, EdD, ABPH, FASCH*

Louis Damis, PhD, ABPH, FASCH, is a Diplomate with the American Board of Professional Psychology, a Fellow of the American Academy of Clinical Health Psychology, the Biofeedback Certification International Alliance, the American Society of Clinical Hypnosis, and the Florida Society of Clinical Hypnosis. He is an Assistant Professor at the UCF College of Medicine and an ESTI-accredited Ego State Therapist. Dr. Damis is a licensed psychologist with ASCH Consultant Status and SCEH Certification in Clinical Hypnosis. He is a Past President of ASCH as well as the Florida and Washington DC Societies of Clinical Hypnosis. He has taught hypnosis for over 25 years for the American Society of Clinical Hypnosis, the Florida Society of Clinical Hypnosis, and the Society of Clinical and Experimental Hypnosis. Dr. Damis maintains a private practice and works as an instructor, author, and consultant.

Akira Otani, EdD, ABPH, FASCH, is a psychologist in private practice at Waypoint Wellness Center in Annapolis, MD. Before joining the current practice group, he served on the graduate faculty at the Division of Education, The Johns Hopkins University, and as Senior Staff Psychologist at the University of Maryland Counseling Center at College Park.

Akira's interest in and training in clinical hypnosis began during his doctoral internship, when he worked with Kay F. Thompson, DDS, a close friend and colleague of Milton H. Erickson, M.D. He has long been interested in meditation. In 2016, he had a 6-month sabbatical in Kobe, Japan, where he studied mindfulness meditation with a former Buddhist monk-turned-psychologist. This experience has greatly helped him synthesize hypnosis with mindfulness meditation. Akira is a Fellow and Approved Consultant of ASCH as well as a Diplomate in Psychological Hypnosis (ABPH). He has published nine books (in Japanese) and more than 70 scholarly articles and book chapters (in English and Japanese) on topics ranging from psychotherapy training and hypnosis to meditation. He is an avid book collector, meditator (more than 3,200 plus hours to date), and aficionado of spicy food.

Workshop Description:

The Intermediate Workshop is taken as a cohort, and can be used toward SCEH intermediate certification requirements or simply to refresh and expand hypnotic skills. The Intermediate Workshop assists attendees in preparing for certification in hypnosis and clinical practice. The workshop features hypnotic techniques for advancing induction and deepening skills and therapeutic applications for modification of implicit memory, ego strengthening, insight, anxiety, habit disorders, and pain management.

April 24, 2026 - Day one of two

Workshop 8:00 AM - 4:30 PM PT (includes breaks)

April 25, 2026 - Day two of two

Workshop 8:00 AM - 4:00 PM PT (includes breaks)

Total Training Hours: 12;5

Intermediate Workshop Agenda – All times are in Pacific Time (PT)

Friday, April 24, 2026

8:00 - 9:15 AM	Interactive Experiential Clinical Hypnosis (Damis) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none">• List two ways of phrasing suggestions to promote empowerment and mastery.• Identify two strategies to promote attunement and deepening in hypnotic interactions.• Describe the difference between rational and experiential processing and two benefits of accessing the experiential mode of processing with hypnosis.
9:15 - 9:30 AM	Adverse Reaction to Hypnosis & Howard Alertness Scale (Damis) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none">• Describe two common and one extreme adverse reaction to hypnosis.• Identify two factors associated with adverse reactions.• Describe the Howard Alertness Scale and demonstrate its use to prevent adverse reactions.
9:30 - 10:30 AM	Hypnotic Phenomena and Advanced Inductions (Otani) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none">• Observe and identify two advanced inductions and clarify conditions under which they may be indicated.• Define the concepts of individualization and utilization when choosing or selecting an appropriate elicitation and/or intensification strategy.• Describe at least two hypnotic techniques for intensification (deepening of trance).
10:30 -10:45 AM	Break (15 minutes)
10:45- 12:00 PM	Small Group Work #1 – 75 minutes (Damis & Otani) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none">• Demonstrate the ability facilitation of effortlessness and experiential processing.• Demonstrate as the facilitator and personally experience a hypnotic trance.• Utilize interactive strategies to elicit and intensify trance.• Demonstrate use of the Howard Alertness Scale.
12:00 - 1:00 PM	Lunch Break (60 minutes)
1:00 - 2:00 PM	Insight and Exploratory Techniques (Damis) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none">• Describe and apply three Bridge techniques.

	<ul style="list-style-type: none"> • Describe and apply two hypnoprojective techniques for insight. • Describe and apply Ideomotor Signaling • Identify Cheek & LeCron’s Seven Common Causes of Symptoms.
2:00 - 3:00 PM	<p>Hypnosis and Memory; Documentation (Damis)</p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Review important elements and recommended procedures in obtaining informed consent regarding the use of clinical hypnosis. • Discuss the fallibility of Memory.
3:00 - 3:15 PM	Break (15 minutes)
3:15-4:15 PM	<p>Ego Strengthening (Otani)</p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Identify three benefits of incorporating ego-strengthening into hypnotic work with clients/patients. • Identify two hypnotic techniques used in ego-strengthening. • List two client benefits of incorporating self-hypnosis into their ego-strengthening practice.
4:15-4:30 PM	Participant Questions (Damis & Otani)
4:30 PM	Adjourn for the day

Saturday, April 25, 2026

8:00-8:45 AM	<p>Hypnotic Treatment of Habit Disorders (Damis)</p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • List one hypnotic intervention empirically supported in the research literature on hypnosis found to be effective in the modification of habits. • Participants will be able to identify four stages of change relevant to treating habit disorders, one goal of hypnotic intervention for each, and apply one or more specific hypnotic interventions appropriate to each stage of change. • Participants will be able to describe a four-stage model of habit control applicable to various habit disorders.
8:45 -9:45 AM	<p>Pain Management (Damis)</p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> • Identify two risk factors in using hypnosis before the medical and psychological evaluation of a pain problem. • Describe the difference between acute and chronic pain. • Describe at least four hypnotic techniques for use in pain management/recovery. • Outline the steps for elicitation of glove analgesia.
9:45 -10:15 AM	Break (15 minutes)
10:15-11:45 AM	<p>Small Group Work #2 – 90 Minutes (Damis & Otani)</p> <p>At the conclusion of this session, the participant will be able to:</p>

	<ul style="list-style-type: none"> • Demonstrate as the facilitator and personally experience an exploratory bridge technique. • Demonstrate as the operator and personally experience as the subject a hypnotic trance. • Utilize a bridge technique to access a positive state for ego-strengthening.
11:45 AM-12:45PM	Lunch Break (60 minutes)
12:45-1:45 PM	Hypnosis and Anxiety (Otani) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> • Describe two basic principles stemming from research data on the treatment of anxiety and phobic disorders relevant to the application of hypnosis. • Identify three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.
1:45 - 2:30 PM	Integrating Hypnosis into Clinical Practice (Otani) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> • Identify two cases from one’s practice applicable to the use of hypnosis. • How to initiate hypnotic interventions.
2:30- 3:00 PM	Break (30 minutes)
3:00 - 4: 00 PM	Ethics (Damis) At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> • Describe how to apply ethical and risk management approaches when utilizing hypnosis in clinical practice. • Describe two ethical-legal/risk management issues and standards for professional conduct in using hypnosis clinically.
4:00 PM	Workshop ends

References

- Aravena, Valentina, Felipe E. García, Arnoldo Téllez, and Patricio R. Arias. “Hypnotic Intervention in People with Fibromyalgia: A Randomized Controlled Trial.” *American Journal of Clinical Hypnosis* 63, no. 1 (July 1, 2020): 49–61. <https://doi.org/10.1080/00029157.2020.1742088>.
- Bicego, Aminata, Floriane Rousseaux, Marie-Elisabeth Faymonville, Anne-Sophie Nyssen, and Audrey Vanhauzenhuysse. “Neurophysiology of Hypnosis in Chronic Pain: A Review of Recent Literature.” *American Journal of Clinical Hypnosis* 64, no. 1 (October 15, 2021): 62–80. <https://doi.org/10.1080/00029157.2020.1869517>.
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