

Introductory Workshop Agenda

100M - Introductory Workshop: Foundations of Clinical and Applied Hypnosis

Co-Chairs and Faculty Leads: *Eric Willmarth, PhD, and Barbara McCann, PhD*

Additional Faculty: *Linda Thomson, PhD., Louis Damis; PhD; Cassandra Jackson, PhD; Donald Moss, PhD, Nicholas Olendzki, PsyD; Scott Hoye, PsyD and David Paul Smith, PhD-*

About the Presenters:

Eric Willmarth, PhD, is the Director of the Applied Psychophysiology Program and the Coordinator for the Integrative Mental Health Specialization in the College of Integrative Medicine and Health Sciences, Saybrook University, Pasadena, CA. He is a licensed clinical psychologist and has worked for over three decades in the area of chronic pain management. He is certified in biofeedback, clinical hypnosis, and pain management. He is a past president of the Society for Psychological Hypnosis (APA Div. 30), the Society for Clinical and Experimental Hypnosis, the American Society for Clinical Hypnosis, and the Michigan Society for Behavioral Medicine and Biofeedback. Beginning college as a music major, he played bassoon in the orchestra, trombone in the jazz band, and guitar in a rock band. He continues to be interested in the psychology and health benefits of music and continues to sing in his church choir. He has been married to his high school sweetheart for 50 years and has two sons and three grandsons. Life is good!

Barbara 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. She 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. Dr. McCann 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.

Introductory Schedule Overview – Two Day Cohort

April 24, 2026 - Day one of two

Workshop 8:00 AM - 12:00 PM PT (includes 15-minute break)

Lunch Break 12:00 Noon - 1:00 PM PT

Workshop 1:00 - 4:30 PM PT (includes 15 minute break)

Day One Workshop Hours: 7.0 hours. One hour meal break and two 15-minute breaks

April 25, 2026 - Day two of two

Workshop 8:00 AM - 12:00 PM PT

Lunch Break 12:00 Noon - 1:00 PM PT

Workshop 1:00 - 4:00 PM PT

Day Two Workshop Hours: 6.5 hours. One hour meal break and two 15-minute breaks

Total Workshop Training Hours: 13.5

Workshop Description:

Hypnosis is a powerful tool that allows clinicians to assist patients or clients in making meaningful changes in their physical and mental health. Hypnosis is a fruitful area of research that allows for the study of the mind and human experience, as well as the nature of hypnosis itself. In this workshop, participants will be provided with foundations in hypnosis to begin using it within their scope of practice or research.

The workshop will include large and small group experiential sessions, in addition to didactic presentations and discussion. Faculty will present the historical context and neurobiological basis of hypnosis, discuss ethical use and practice integration, and demonstrate hypnotic techniques and phenomena. Participants will leave with a fundamental understanding of hypnosis and how to facilitate it. Participants will receive resources to help them use hypnosis in research and practice. Suggestions will be provided for further training and education in hypnosis, including practice and mentorship opportunities for SCEH members.

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

Friday, April 24, 2026		
8-8:30	Introduction to Clinical Hypnosis (30) Faculty: Eric Willmarth, PhD	Educational Objectives for this session: <ul style="list-style-type: none">● Identify and articulate widely accepted definitions of clinical hypnosis.● Define key terms related to hypnosis that are often used interchangeably and will be used throughout this workshop,● Recognize and elucidate prevalent myths and misconceptions about hypnosis and provide fact-based corrections for them.
8:30-9:15	Anatomy of the Hypnotic Experience (45 minutes) Faculty: Barbara McCann Demo: Brief induction and re-alerting	Educational Objectives for this session: <ul style="list-style-type: none">● Describe each step involved in conducting a formal hypnotic encounter.● Identify and analyze characteristics commonly exhibited by subjects during a trance state, explaining how these characteristics manifest and their relevance to the hypnotic process.● Define and evaluate specific actions or interventions implemented by the facilitator during the re-alerting phase of trance, discussing their impact on the subject's transition out of the hypnotic state.
9:15-10:00	Hypnotic Phenomena (45) Faculty: Barbara McCann Demo: Video that shows trance logic; demo with one participant showing eye closure	Educational Objectives for this session: <ul style="list-style-type: none">● Describe different types of hypnotic phenomena, detailing their unique characteristics.● Discuss and describe how hypnotic phenomena can be used therapeutically.● Describe several principles of eliciting hypnotic phenomena, emphasizing the techniques and

		<p>conditions conducive to their effective implementation.</p> <ul style="list-style-type: none"> ● Define abreaction within the context of hypnosis and describe how it can be addressed therapeutically, including managing potential challenges and improving therapeutic outcomes.
10:00-10:15	Break	
10:15-11:30	<p>Induction and Deepening of Hypnosis (60) Faculty: Willmarth/McCann/Moss/Jackson Breakout rooms: Brief induction, deepening, re-alerting (45) Small group leaders: Moss, Willmarth, McCann, Jackson Give talking points (PowerPoint) after the experiential component</p>	<p>Educational Objectives for this session:</p> <ul style="list-style-type: none"> ● Describe three distinct methods of hypnotic induction or trance elicitation, focusing on each method's techniques, rationale, and applicability in various scenarios. ● Articulate three specific methods for deepening trance in hypnotic practice, outlining each technique's steps, effectiveness, and situational appropriateness. ● Demonstrate their capability to effectively deepen the hypnotic experience, employing techniques that are best suited to the unique needs and responses of their individual patient or client. ● Identify and understand how fractionation can be used to deepen trance states.
11:30-12:00	<p>Group Hypnosis Experience (30) Faculty: Eric Willmarth, PhD</p>	<p>Educational Objective for this session: Engage actively in a clinical hypnosis session and subsequently identify and reflect upon three distinct aspects of their own personal experience during trance, focusing on the subjective perceptions, reactions, and sensations encountered.</p>
12:00-1:00	Lunch Break	
1:00-2:15	<p>Principles and Process of Rapport, Attunement, Trance Elicitation, and Reorientation (75) Faculty: Eric Willmarth, Ph.D. Demo: Another brief session, emphasis on signs of trance (participants may use an observation checklist to note rapport building, observable signs of trance, and how re-alerting was conducted) Small group leaders: Moss, Willmarth, McCann, Jackson Breakout Rooms: Practice a brief hypnosis session: elicitation, intensification, re-alerting (if</p>	<p>Educational Objectives for this session:</p> <ul style="list-style-type: none"> ● Articulate three effective strategies for building and reinforcing rapport in a therapeutic context, detailing the techniques, their practical implementation, and the impact on client relationships. ● Describe at least four observable physiological and four psychological or behavioral signs indicative of trance, emphasizing the significance of each sign in recognizing and assessing the depth of trance. ● Discuss the importance of removing hypnotic suggestions, exploring the ethical, practical, and psychological reasons why this step is crucial in hypnosis. ● Demonstrate at least three methods of reorienting subjects from trance.

	possible groups of 3; one person always observing) Materials: Observer Checklist	
2:30-2:45	Break	
2:45-3:30	Fundamentals of Hypnotic Communication and Formulation of Suggestions (45) Faculty: Barbara McCann	<p>Educational Objectives for this session:</p> <ul style="list-style-type: none"> ● Elucidate at least two specific ways in which hypnotic communication techniques contribute to creating a positive expectancy, detailing the psychological mechanisms and practical implications involved ● Discuss Milton H. Erickson's Principle of Individualization and Utilization, particularly focusing on how it applies to the use of language and suggestion in hypnotic contexts, including practical examples. ● Name at least four words or phrases that are commonly employed in hypnotherapy to reinforce and augment the patient's hypnotic experience, explaining the rationale behind their effectiveness. ● Differentiate between direct and indirect suggestion methods, discussing their unique characteristics, applications, and the contexts in which each is most effective.
3:30-4:15	When Hypnosis Doesn't Work (45) Faculty: Barbara McCann, Ph.D.	<p>Educational Objectives for this session:</p> <ul style="list-style-type: none"> ● Describe various scenarios and signs that may indicate hypnosis is not working, emphasizing the distinction between actual failure and common misconceptions about the hypnotic process. ● Identify and formulate several effective strategies for addressing situations where hypnosis appears to be ineffective, including alternative approaches and techniques to enhance the hypnotic experience.
4:15-4:30	Best Practices and Professionalism in Clinical Hypnosis (15) Faculty: Donald Moss, PhD	<p>Educational Objectives for this session:</p> <ul style="list-style-type: none"> ● Discuss pathways to professionalism, including best practices for clinical work. ● Discuss evidence-based, research-informed clinical practice, and resources to provide access to current research on clinical protocols. ● Discuss available sources of quality training in clinical hypnosis for continuing education, clinical certification, and re-certification.

Saturday, April, 2026

8:00-8:30	Ethical Principles and Professional Conduct (30) Faculty: Donald Moss, PhD	Educational Objectives for this session: <ul style="list-style-type: none">● Describe at least two ethical-legal issues, and● Discuss standards for professional conduct in using hypnosis clinically.
8:30-9:15	Patient/Client Assessment, Introducing Hypnosis to the Patient/Client (15min with 30 min breakout) Faculty: Cassandra Jackson, PhD Small group leaders: Moss, Willmarth, McCann, Jackson Breakout Rooms: Practice introducing hypnosis to someone unfamiliar with it	Educational Objectives for this session: <ul style="list-style-type: none">● Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client.● Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically, and● Discuss the fallibility of memory.
9:15-10:00	Self-Hypnosis: How and What to Teach Patients (45) Faculty: Nicholas Olendzki, PsyD	Educational Objectives for this session: <ul style="list-style-type: none">● Define self-hypnosis and explain the difference between self-hypnosis and hetero-hypnosis,● Describe at least three therapeutic applications of self-hypnosis in clinical practice and● Explain how to teach self-hypnosis to a patient.
10:00-10:15	Break	
10:15-11:15	Hypnosis, Ego Strengthening, and Empowerment (15/45) Faculty: Cassandra Jackson, Ph.D. Breakout Session: Practice induction and Hartland's script Small group leaders: McCann, Jackson, Moss, Willmarth Olendzki,	Educational Objectives for this session: <ul style="list-style-type: none">● Define what is meant by ego strengthening.● Discuss related concepts to ego strengthening, including self-efficacy and empowerment.● Describe how hypnosis can be used to empower patients and enhance self-efficacy.
11:15-12:00	Hypnosis with Children (45) Faculty: Linda Thomson, Ph.D.	Educational Objectives for this session: <ul style="list-style-type: none">● Identify three developmental characteristics that make children particularly Hypnotizable,● Describe how hypnotic approaches vary according to the developmental age of the child, and● Describe the therapeutic benefits and applications of using hypnosis with children.
12:00-1:00	Lunch Break	

1:00-1:45	Neurophysiology of Hypnosis (45) Faculty: Louis Damis, PhD Demo: None	Educational Objectives for this session: ● Describe how hypnosis affects the autonomic nervous system and the stress response. ● Detail three implications of neurophysiological research on the practice of clinical hypnosis.
1:45-2:45	Integrating Hypnosis into Clinical Practice (45) Faculty: Core Faculty Breakout rooms, by closely aligned disciplines Small Group Leaders: McCann, Jackson, Moss, Willmarth	Educational Objectives for this session: ● Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such, ● List at least 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, and ● Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis and hypnotic techniques into his/her practice.
2:45-3:00	Break	
3:00-4:00	Treatment Planning, Strategy and Technique Selection in Clinical Hypnosis (60) Faculty: All Faculty	Educational Objectives for this session: ● Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan, ● Design a treatment plan for a patient/client who presents with anxiety, and ● List at least 4 hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented.

References

- Elkins, G. (Ed.)(2022), *Introduction to clinical hypnosis*. Mountain Pine Publishing.
- Elkins, G. (Ed.)(2017), *Handbook of medical and psychological hypnosis: Foundations, applications, and professional issues*. Springer.
- Milling, L. S. (Ed.) (2023). *Evidence-based practice in clinical hypnosis*. American Psychological Association.
- Moss, D., & Willmarth, E. K. (2022). Treatment planning in clinical hypnosis. In G. Elkins (Ed.), *Introduction to clinical hypnosis* (pp. 307-328). Mountain Pine Publishing.
- Moss, D., Willmarth, W., & Reid, D. B. (2024). Advancing education in clinical hypnosis. In J. H. Linden, G. DeBenedittis, L. I. Sugarman, & K. Varga (Eds.). *The Routledge international handbook of clinical hypnosis*. Routledge.