

THE USE OF HYPNOSIS FOR COMPLEX HEALTH CONDITIONS AND IN INTEGRATIVE MEDICINE SETTINGS

PRESENTED BY LINDSEY C. MCKERNAN, PH.D., MPH

FRIDAY, NOVEMBER 13TH, 2020

9:00AM – 10:30AM PT / 11:00AM -12:30PM CT / 12:00PM -1:30PM ET

EVENT WILL BE HELD VIA ZOOM

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Program Offers 1.5 APA CEs for Psychologists and 1.5 BBS California CEUs for Counselors and Social Workers

This presentation will discuss the applications of clinical hypnosis in integrative medicine settings, which serve individuals experiencing chronic, and often overlapping complex health conditions. Examples include migraine, irritable bowel syndrome, complex regional pain syndrome, and fibromyalgia. We will review integrative care models and the use of hypnosis with this population by applying individual and group approaches guided by the biopsychosocial model of care. Specific strategies to use hypnosis in integrative care settings will be discussed, including hypnosis for relaxation, to gain mastery over feared material with imaginal exposure, and self-hypnosis training for chronic conditions. Lastly, we will discuss methods of integrating inductions into specific care pathways to facilitate treatment, such as in physical therapy or for acupuncture treatments.

Empirical data on group and individual case studies will be shared when possible. We will also reserve time for a Q & A to discuss specific induction and suggestion techniques.

Professional Bio of Presenter, Lindsey C. McKernan, PhD MPH, Associate Professor Department of Psychiatry and Behavioral Sciences, Physical Medicine & Rehabilitation, Vanderbilt University Medical Center Osher Center for Integrative Medicine at Vanderbilt

Lindsey C. McKernan, PhD MPH is an Associate Professor of Psychiatry and Behavioral Sciences at Vanderbilt University Medical Center (VUMC) and Director of Psychotherapy Training at the Osher Center for Integrative Medicine at Vanderbilt. Dr. McKernan is a licensed clinical psychologist specializing in treating and researching the intersection of co-occurring chronic health conditions and mental health. She established a hypnosis service line at VUMC and an associated multidisciplinary hypnosis training program, which currently supports providers at the medical center and in the community in the transition from learning to sustained clinical practice over time. She has a highly collaborative and active research lab funded by the National Institute of Health, with regular updates available at <https://mckernanlab.com/> or on twitter through @LCMPHD.

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Admission: \$55, for SCEH members and Faculty, \$65 for Community Members, \$15 For students

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