ADJUNCTIVE THERAPIES FOR USE WITH CLINICAL HYPNOSIS AND PSYCHOTHERAPY

PRESENTED BY DONALD MOSS, PH.D.

FRIDAY, APRIL 2, 2021

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

EVENT WILL BE HELD VIA ZOOM

REGISTER AT: https://www.eventbrite.com/e/adjunctive-therapies-for-use-with-clinical-hypnosis-and-psychotherapy-tickets-136373076543

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

Adjunctive therapies are interventions that combine well with clinical hypnosis and psychotherapy. These adjunctive techniques augment the therapeutic effect of the hypnosis and psychotherapy. The combined therapeutic effect of hypnosis and adjunctive skills together is often greater than the effect of either intervention alone. Regular home practice of adjunctive relaxation skills improves basal autonomic nervous system regulation and reduces the onset of problematic symptoms.

This Webinar introduces seven adjunctive therapies, including progressive muscle relaxation, autogenic training, paced diaphragmatic breathing, guided imagery, meditation, mindfulness, and expressive writing. Three to four of them will be demonstrated, as time allows, and brief clinical vignettes will illustrate the use of the adjunctive techniques with clients. Each of these skill sets can be administered on its own, with therapeutic effect, or provided in combination with clinical hypnosis as a treatment package. Clinical anecdotes will be utilized to illustrate the use of adjunctive therapies.

Professional Bio of Presenter, Donald Moss, Ph.D.

Donald Moss, Ph.D., is Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Oakland, CA. Dr. Moss is the Education Chair of the Society for Clinical and Experimental Hypnosis (SCEH) and a board member of Division 30 (hypnosis) of the American Psychological Association. He is also the ethics chair and international certification chair for the Biofeedback Certification International Alliance. He has served as president of Division 30, SCEH, and the Association for Applied Psychophysiology and Biofeedback (AAPB). Moss’ most recent books are a co-authored book on chronic illness, Integrative Pathways (Springer, 2019), and three co-edited books, Mindfulness, Acceptance, and Compassion in Biofeedback Practice (AAPB, 2020), Physiological Technology and Applicants in Biofeedback and Neurofeedback (AAPB, 2019), and Foundations of Heart Rate Variability (AAPB, 2016).

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

At present, live participation is required for our webinars. SCEH and TCSPP are building a recorded library of our webinars, which when completed, will allow on demand viewing of webinars, 24/7. We hope to roll this out later in 2021. This webinar is part of a series of SCEH Webinars on clinical hypnosis. Learn more at: www.sceh.us/webinars