

## Who Should Attend

Workshops are designed for Psychologists, Physicians, Social Workers, Counselors, Dentists, Chiropractors, Master's level Nurses and Clinical Nurse Practitioners, other Master's level licensed mental health and healthcare professionals, and clinical and experimental researchers in the field of hypnosis. Workshops are of the highest teaching quality and feature experiential learning so that attendees can put into immediate practice the concepts learned,

## Pricing

Members of SCEH and APA Division 30, please use member pricing.

Category	Early bird pricing	Regular pricing
Member (SCEH/APA Div. 30)	\$457	\$557
Non-member	\$657	\$757
Student member	\$272	\$322
Student non-member	\$322	\$372

Deadline for early bird pricing: March 31, 2018  
Advance registration is required.

Make checks payable to Society for Clinical and Experimental Hypnosis and mail to SCEH (see address in next panel).

## How to Register

- [Register online here](#)

## How to Book a Hotel Room

We have secured a special discount rate at the Radisson Hotel Albany for attendees.

**To book your room**, please call the 24-hour hotel reservation line at 1-800-333-3333 and ask for the "Society for Clinical and Experimental Hypnosis Block".

**Hotel deadline:** Our special discounted rate is in effect until rooms sell out or March 30, 2018 whichever is earlier. See website for details.

## About SCEH



As its mission, SCEH exists to promote excellence and progress in scientifically based hypnosis research, education, and clinical practice. The Society's goal is to grow understanding and clinical applications of hypnosis now and in the future. SCEH boasts a rich history in hypnosis training and research, and each year presents its Annual Workshops and Scientific Session, now entering its 68th year. As the voice of professional hypnosis, SCEH provides benefits that include: education; the *International Journal of Clinical Hypnosis*; a mentor program; newsletter, and the ability to network with leaders in the hypnosis community. For membership info, please visit: [www.sceh.us](http://www.sceh.us)

## About APA Division 30



Division 30 is a section of the American Psychological Association (APA) focused on hypnosis and also known as the Society for Psychological Hypnosis. APA Division 30 is devoted to exchanging scientific information, advancing appropriate teaching and research, and developing high standards for the practice of hypnosis. Areas of interest of the membership are diverse, including topics such as mind/body connections; dissociation; hypnosis; medicine, and professional and public education. For membership info, please visit: [www.apa.org/about/division/div30.aspx](http://www.apa.org/about/division/div30.aspx)

## Workshop Location:

Radisson Hotel Albany,  
205 Wolf Road, Albany, NY 12205

**Questions:** Email us at: [info@sceh.us](mailto:info@sceh.us)

## Society for Clinical and Experimental Hypnosis

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Co-sponsored by SCEH and APA Division 30



# Introductory and Advanced Workshops in Clinical Hypnosis

*Two Track Workshop Series:*

**April 20-22 2018 (Friday thru Sunday)**  
**Radisson Hotel Albany, Albany, New York**

**Friday and Saturday: 8:30 AM - 6:00 PM**  
**Sunday: 8:30 AM - 1:00 PM**

*Advanced:*

***Power Tools for Anxiety and  
Affect Regulation***

*Introductory/Basic:*

***Introduction to Clinical Hypnosis***

*Continuing Education (CE) credits are provided by the  
Institute for Continuing Education.*

View complete workshop details at:  
[www.sceh.us/2018-midyear-workshops](http://www.sceh.us/2018-midyear-workshops)

## Introduction to Clinical Hypnosis

For hundreds of years, hypnosis has been a powerful tool that has allowed medical and psychological providers a means to assist their patients or clients. This course follows established Standards of Training to provide students with a basic background and understanding to begin using hypnosis within the context of their own scope of practice.

In addition to reviewing a brief history of hypnosis, this course will introduce students to the steps to facilitate a hypnotic state along with various types of suggestions for positive therapeutic change. Emphasis will be placed on how to integrate these skills into clinical practice or apply to research models.

This workshop will include live demonstrations, videos, PowerPoint lectures and supervised hands-on practice of hypnotic inductions, deepening techniques, suggestions and re-alerting. Each student will have the opportunity to hypnotize and to be hypnotized in the classroom setting.

Learning Outcomes (partial list):

- ✓ Identify at least three major figures in the historical development of hypnosis
- ✓ Develop and defend their own literature-based definition of hypnosis
- ✓ Discuss three major theories of hypnosis
- ✓ Identify the major myths and misconceptions regarding hypnosis
- ✓ Discuss issues related to informed consent as it pertains to hypnosis.
- ✓ Identify at least two examples of hypnotic phenomena and discuss possible clinical applications
- ✓ Identify and demonstrate the steps in facilitation hypnotic inductions
- ✓ Demonstrate a hypnotic induction and provide a therapeutic suggestion to a volunteer client.

View complete workshop details online at:  
[www.sceh.us/2018-midyear-workshops](http://www.sceh.us/2018-midyear-workshops)

## Power Tools for Anxiety and Affect Regulation: Integration of Hypnosis, Cognitive-Behavioral and Mindfulness Interventions in Clinical Hypnosis

Mastery and maintenance of affect regulation are often impeded by an individual's habitual knee-jerk response to frustration, perceived threats, or environmental stressors. This workshop focuses on what affect dysregulation is, how it affects our clients and their relationships, and how it can be controlled through self-regulation tools. In addition, the workshop will have a specific focus on anxiety as a sub-set of affect dysregulation.

With the right tools, therapists can help reactive clients stay calm in stressful situations. With the right tools, clients who stress out can learn to tone down or tune out their stressors. This workshop offers an affect regulation toolbox of techniques that incorporate hypnosis, cognitive behavioral approaches, and mindfulness. Therapists can dip into this all-purpose toolbox for interventions that can help clients manage their emotions, soften their anxiety, and navigate conflicted relationships with spouses, adult children, and co-workers.

This workshop also introduces the groundbreaking STOP Solution for calming emotional flooding. The STOP Solution provides a methodical protocol of easy-to-use tools that can be applied when clients experience anxiety or other difficult-to-manage emotions. The tools based on hypnosis, mindfulness and cognitive behavioral approaches have specific and individualized applicability to the most commonly experienced triggers.

Learning Outcomes (partial list):

- ✓ State two causes of affect dysregulation
- ✓ Describe four techniques that promote self-regulation
- ✓ Describe two specific interventions for patients with anxiety disorders
- ✓ Utilize one affect regulation technique for diminishing conflicts in relationships
- ✓ Articulate the rationale of teaching the STOP Solution

View complete workshop details online at:  
[www.sceh.us/2018-midyear-workshops](http://www.sceh.us/2018-midyear-workshops)

## About our Presenters

Leading our workshops will be experts and leaders in the field who are exceptional presenters. View complete presenter bios at: [\[link\]](#)

### Introduction to Clinical Hypnosis



Donald Moss, PhD, Dean, College of Integrative Medicine and Health Sciences, Saybrook University and co-author, *Pathways to Illness, Pathways to Health*.



Eric K. Willmarth, PhD, Saybrook University and Founder and President, Michigan Behavioral Consultants, P.C

### Advanced Workshop in Clinical Hypnosis: Power Tools for Anxiety and Affect Regulation



Carolyn Daitch, PhD, Director, Center for the Treatment of Anxiety Disorders, Farmington Hills, Michigan and renowned psychologist, trainer and author, *Affect Regulation Toolbox: Practical and Effective Hypnotic Interventions for the Over-Reactive Client*.

## Continuing Education

Continuing Education (CE) credits are provided by the Institute for Continuing Education.

Each workshop includes 20-credit hours of training, and 20 CEs. Workshops meet accepted Standards of Training-in Clinical Hypnosis. View complete Continuing Education information at: [www.sceh.us/2018-midyear-workshops](http://www.sceh.us/2018-midyear-workshops)