

Meeting Schedule

Friday, March 12, 2010

6:00 pm Faculty Meeting
7:00-9:00 pm Vanderbilt Library Reception

Saturday, March 13, 2010

07:00 am Continental Breakfast
07:30 ASCH General Membership Meeting
08:00 Plenary I
10:00 Break
10:30 Basic and Intermediate Workshops begin
Advanced Workshops begin
12:30 pm Lunch
02:00 Basic, Intermediate and Advanced
Workshops resume
03:45 Break
04:00 Basic, Intermediate and Advanced
Workshops resume
05:45 Evening Recess
07:00 Opening Reception

Sunday, March 14, 2010

07:00 am Continental Breakfast
08:00 Plenary II
09:00 Break
09:15 Scientific Symposia begin
10:15 Break
10:30 Basic, Intermediate and Advanced
Workshops resume
12:30 pm Lunch (on your own)
12:30 pm Nurse's Networking Lunch
02:00 Basic and Intermediate and Advanced
Workshops resume
03:45 Break
04:00 Basic, Intermediate and Advanced
Workshops resume
05:45 Evening Recess
07:00 Video Program
07:00 Student Reception
07:30 Board of Governors' Meeting

Monday, March 15, 2010

07:00 am Continental Breakfast
08:00 Plenary III
09:00 Break
09:15 Scientific Symposia resume
10:15 Break
10:30 Basic, Intermediate and Advanced
Workshops resume
12:30 pm Lunch (on your own)
02:00 Basic and Intermediate and Advanced
Workshops resume
03:45 Break
04:00 Basic, Intermediate and Advanced
Workshops resume
05:45 Evening Recess
06:30 Cocktail Reception
07:00 Awards Ceremony and Dinner

Tuesday, March 16, 2010

07:00 am Continental Breakfast
08:00 Plenary IV
09:00 Break
09:15 Case Consultation Sessions
10:15 Break
10:30 Basic, Intermediate and Advanced
Workshops resume
12:30 pm Lunch (on your own)
02:00 Basic, Intermediate and Advanced
Workshops resume
03:30 Conference Concludes

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Session Codes

Codes for Advanced Workshops are based on the day of the week on which they meet.

S = Saturday
D = Sunday
M = Monday
T = Tuesday

Workshops that meet only in the morning are coded with an A. Workshops that meet only in the afternoon are coded with a P. Symposia sessions are coded with a Y. For example, DA1 is a morning workshop on Sunday, and YT2 is a symposium on Tuesday morning.

For 2010, ASCH is offering attendees an opportunity to case consultations with several master clinicians. Codes for these sessions will be "CC."

**View a
Schedule-at-a-Glance and
Register online now at
www.asch.net**

Important Information

Registration

A 4-day Basic, Intermediate or Advanced registration includes:

- Daily continental breakfast
- Lunch on Saturday
- Saturday evening Welcome Reception
- Sunday night video program
- Daily Plenary presentations
- Daily Workshop sessions
- Scientific sessions on Sunday and Monday
- Meet the Masters sessions on Tuesday

Registration is limited to available space. With the exception of Saturday, lunch is on your own. Participants must attend those sessions for which they register.

Cancellation Policy

Cancellations postmarked/faxed after February 12, 2010 but on or before February 26, 2010 will receive a refund of the amount paid less a \$50 administrative charge. No refunds after February 26, 2010. Exceptions can only be granted due to death of participant or immediate family member, severe illness/injury of participant or immediate family member, or the inability of participant to travel due to legal or governmental restrictions/obligations, and require written notification and appropriate documentation. Registration fees are not transferable to another workshop.

General Membership Meeting

There will be a meeting for the ASCH membership on Saturday, March 13, 2010 from 7:30 am - 8:00 am.

Board of Governors' Meeting

The ASCH Board of Governors will meet Sunday, March 14, 2010 from 7:30 pm to 10:30 pm. The meeting is open to the general membership.

Faculty Meeting

There will be an orientation meeting that all presenters and faculty will be expected to attend on Friday, March 12, 2010 from 6:00 p.m. - 7:00 p.m.

Conference Bookstore

A bookstore will be available under the auspices of Seminar Services.

Conference Recordings

All Advanced Workshops and all of the Scientific Meeting sessions will be recorded. CDs or MP3s can be ordered and will be shipped after the meeting.

Networking Events

Vanderbilt Library Reception

Join colleagues on Friday, March 12, 2010 at 7:00 pm at Vanderbilt University for a reception among the library's vast selection of works on clinical hypnosis. Tickets can be purchased for \$40 per person and included appetisers and round-trip transportation. Pre-registration is the only way to guarantee your place, so sign up today!

Welcome Reception

Mingle with colleagues at 7:00 p.m. on Saturday, March 13, 2010. Afterwards mosey downtown with old friends and new ones to take in the Nashville nightlife experience.

Awards Ceremony and Dinner

ASCH is hosting this year's dinner celebration on Monday, March 15, 2010. Tickets can be purchased for \$60 per person. Pre-registration is the only way to guarantee your place, so sign up today!

Hotel Information:



The Sheraton Music City, located at 777 McGavock Pike in Nashville, Tennessee, will host our 52nd Annual Scientific Meeting and Workshops March 12-16, 2010. The hotel is an elegant, plantation-style hotel nestled atop 23 beautifully landscaped acres.

ASCH has contracted a limited number of rooms at a discounted room rate of \$139 *single/double per room per night*, plus applicable taxes. The contracted rate will be available 3 days pre and 3 days post event. This rate will be available until the ASCH block is full or until 5:00 pm CST on Sunday, February 28, 2010 whichever occurs

first. Make your reservation early to take advantage of the discounted contract rate.

Call the Sheraton Music City Hotel directly at +1-615-885-2200 or toll-free at +1-888-627-7060 to make reservations for this event.

Continuing Education

Eligibility

- Persons holding doctoral or masters degrees in a health care discipline deemed appropriate by the Society (who are licensed by the state/province in which they practice).
- Students of these disciplines, enrolled in doctoral or masters level programs (who must submit proof of their status with registration).

Full-time Students and Residents/Interns

Full-time Students: A letter from your department head certifying that you are currently enrolled full-time in a ACE-Accredited degree-granting health care program must accompany this registration form to receive the discounted rate. Students must have completed the first year of their graduate program to participate in this workshop.

Resident/Interns: A letter from your supervisor certifying that you are currently a resident or intern must accompany this registration form to receive the discounted rate.

Tuition Assistance for Graduate Students

Virginia Hypnosis Fund

In the fall of 2003, the Virginia Hypnosis Society, upon its dissolution, kindly donated money to ASCH-ERF for the establishment of a fund designed to provide scholarships to applicants enrolled full-time in a ACE-Accredited degree-granting health care program offered by a institution of higher learning with a brick and mortar headquarters in Virginia. The student needs to meet the minimum eligibility requirements listed above. Students need not be residents of Virginia, but simply be enrolled in either a traditional or distance learning program headquartered in Virginia. Grants will be for the entire workshop fee. Applicants do not need to demonstrate financial need. Applicants requesting funding must provide a letter from their advisor or department head clearly outlining the course of study, area of concentration and expected graduation date. For more information, contact ASCH at 630/980-4740 (phone), 630/351-8490 (fax) or info@asch.net (email).

General Information

Participants may be asked to take part in exercises in which they are induced into a hypnotic trance. If you have any conditions which would preclude this, please inform a faculty member prior to the start of the workshop.

Anyone who feels he/she is not fully realerted after a workshop for any reason, should consult the workshop leader or the conference Chair. If you are having trouble finding either of these individuals or you simply need assistance, staff at the registration desk would be happy to help you find a clinician with whom to speak.

Contributions or gifts to ASCH are not tax deductible as charitable contributions. However, they may be tax deductible as ordinary and necessary business expenses.

Continuing Education

Certificates of Continuing Education will be mailed after the event.

Continuing Education Credits

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. ASCH-ERF designates this continuing medical education activity as meeting criteria for up to 26.5 hours in Category I of the Physicians Recognition Award of the American Medical Association. The American Medical Association has determined that non-US licensed physicians who participate in this CME activity are eligible for AMA PRA Category I credit. Each physician should claim only those credits that he/she actually spends in the activity.

ASCH-ERF is approved by the American Psychological Association to sponsor continuing education for psychologists. ASCH-ERF maintains responsibility for this program and its content.

American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 10/1/2007 to 9/30/2011.

ASCH-ERF is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines.

ASCH-ERF is an approved continuing education provider (PCE# 3063) by the California Board of Behavioral Sciences. This course meets the qualifications for up to 26.5 hours of continuing education for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 for Social Workers, Counselors and Marriage & Family Therapists in the State of Florida.

Unless otherwise indicated, there are no significant financial or other relationships between faculty members and the manufacturers of any commercial products or providers of any commercial services discussed in this educational activity.

For more information or to register online, visit the ASCH website at www.asch.net.

Membership & Certification

ASCH is unique among organizations for professionals using hypnosis. Our members are psychologists, psychiatrists, clinical social workers, marriage and family therapists, mental health counselors, medical doctors, masters-level nurses, dentists and chiropractors. As an interdisciplinary organization, ASCH provides an opportunity to learn from and interact with colleagues in other health and mental health care disciplines. This allows for a cross fertilization of ideas and applications of clinical hypnosis that meshes neatly with current thinking such as mind-body health and integrative medicine.

Membership

Membership Levels

To be eligible for Full Membership in ASCH, applicants must hold a masters degree or better in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body. In addition, applicants must be licensed or certified in the state in which they practice, be a member of or eligible for membership in a professional society consistent with their degree, such as the AMA, APA or ADA, have a stated interest in the clinical use of hypnosis, and have completed twenty hours of ASCH approved clinical hypnosis training.

Associate Membership is for people who meet all the above criteria except the twenty hours of training. Associate Members have two years to meet the training requirement after joining.

Students enrolled full-time in doctoral programs in medicine, dentistry, podiatry or psychology, or masters level programs in nursing, social work, psychology, or marital/family therapy, are eligible for Student Affiliate status at a reduced rate.

Resident/Intern Affiliate Status is available for full time residents or interns participating in a recognized medical, dental, podiatric or psychological residency or internship program.

Membership in ASCH has many benefits, including:

- Discounted rates for the annual conference and regional clinical hypnosis training workshops;
- Discounted Certification fees;
- A subscription to the *American Journal of Clinical Hypnosis*;
- A quarterly Newsletter with clinical columns;
- Access to the ASCH video library; and
- Inclusion on the ASCH referral list of qualified professionals who use hypnosis in their clinical practices (ASCH receives approximately 8600 monthly requests for names of qualified practitioners utilizing clinical hypnosis).

A special category of membership is now available for individuals engaged in full time research and teaching related to clinical hypnosis at an accredited university or other institution of higher learning, or engaged full time in research related to clinical hypnosis at a governmental or research agency.

Certification

Certification offers non-statutory voluntary credentialing in clinical hypnosis and provides recognition of the advanced clinician who has met educational qualifications and required training in clinical hypnosis. The ASCH Certification and Approved Consultant Program is gaining national recognition as a standard for the practice of hypnosis. Anecdotal evidence suggests that hospitals and third party payers are beginning to recognize the importance of such standards and view ASCH Certification as a basic requirement for promoting hypnosis as a treatment modality.

How does ASCH Certification Differ From Other Certification Programs?

ASCH Certification in clinical hypnosis is distinct from other "certification" programs in that it ensures that the certified individual is a bona fide health care professional who is licensed in his or her state or province to provide medical, dental, or psychotherapeutic services. ASCH believes that persons trained only in hypnosis lack the diagnostic and therapeutic skills as well as the licensure required to safely and responsibly treat medical, psychological, or dental problems with hypnosis. ASCH Certification distinguishes the professional practitioner from the lay hypnotist.

What does ASCH Certification indicate?

Certification does not automatically imply competence or guarantee the quality of a practitioner's work. Certification does indicate several things that fellow professionals, consumers, third party payers, managed care programs, hospitals and clinics are all interested in knowing about individuals who incorporate hypnosis in their practices. Certification indicates that the practitioner:

1. Has undergone advanced training in his/her profession to obtain a legitimate advanced degree from an accredited institution of higher education;
2. Is licensed or certified to practice in his/her state/province;
3. Has had his/her education and training in clinical hypnosis reviewed by qualified peers and approved consultants and such training has met the minimum requirements established by a Standards of Training Committee of qualified peers; and
4. Has been determined to have received at least the minimum educational training that ASCH, the largest such interdisciplinary organization in North America, considers as necessary for utilizing hypnosis.

Requirements for Certification in Clinical Hypnosis

- masters degree or better in a health care discipline deemed appropriate by the Society from a college or university accredited by its appropriate regional accrediting body;
- Membership in a professional society consistent with degree;
- Licensure or Certification by the state or province in which you practice;
- Minimum of 40 hours of ASCH approved workshop training (20 hours each of beginning and intermediate workshops);
- Minimum of 20 hours of individualized consultation with an ASCH Approved Consultant; and
- Minimum of two years of independent practice utilizing clinical hypnosis.

Requirements for Approved Consultant in Clinical Hypnosis

- All of the above requirements, plus
- Minimum of 60 additional hours of ASCH approved workshop training;
- Minimum of five years of independent practice utilizing clinical hypnosis; and
- Minimum of five years of membership in ASCH, SCEH, or equivalent.

Plenary Speakers

Saturday, March 13, 2010 - 8:00 am - 10:00 am

Practicing in the Current Healthcare Arena: Shared Frustrations and Shared Hopes

Panelists: James H. Bray, PhD; Greg Greenwood, PhD, MBA; Aaron E. Carroll, MD

Moderator: Elgan Baker, Jr., PhD, ABPH

Healthcare reform has been the focus of concern and debate for some time, with increased attention in recent months. This plenary presentation will feature a panel of experts who will discuss a range of data, national survey results and the findings of a recent national summit regarding current problems, possible solutions, healthcare trends and the positions of providers, patients and payers on core issues in this contemporary dilemma.



James H. Bray, PhD is the 2009 President of the American Psychological Association. He is an Associate Professor of Family and Community Medicine at Baylor College of Medicine. Dr. Bray's NIH funded research focuses on adolescent substance use, divorce, remarriage and stepfamilies. He is a pioneer in collaborative health care and primary care psychology. He also maintains an active clinical practice focusing on children and families. His presidential themes are the Future of Psychology Practice and Science Education.

Health Care Reform: Past, Current, and Future Perspectives



A major overhaul of the United States health care system is long overdue. As a clinical psychologist who has devoted my career to effecting change in the health care system, it is clear that clinical hypnosis can and should play a significant role in the new system. This presentation will examine the history and evolution of health care reform from the perspective of someone who has worked from within the system, including the impact of managed care, advancement toward mental health parity, and the integration of behavioral health with physical health care. It will also explore how the speaker is currently working to facilitate change in the traditional system, as well as the potential opportunities for the field of clinical

hypnosis. The presentation will include recommendations regarding how individual practitioners and professional organizations can influence the effectiveness and ultimate outcome of health care reform

Greg T. Greenwood, PhD, MBA is a clinical psychologist with over 25 years experience as a health care business executive. Following his internship and tenure-track faculty position at the Indiana University School of Medicine, Department of Psychiatry, Dr. Greenwood began his efforts to reform health care. Dr. Greenwood was a pioneer and advocate for behavioral health care during the early days of the managed care era. He built and led an innovative program, INROADS, at BCBS of Texas that won the prestigious Eli Lilly National Managed Health Care Congress Managed Behavioral Healthcare Leadership Award in 1998, and played a significant role in contributing to the Domenici-Wellstone legislation for advancement of mental health parity. Today, Dr. Greenwood continues his efforts through one of his companies – Human Capital Specialists – a management consulting company that integrates behavioral health with physical health care at the operational and policy level



Aaron E. Carroll, MD, MS is an associate professor of Pediatrics and the associate director of Children's Health Services Research at Indiana University School of Medicine. He is also the director of the Center for Health Policy and Professionalism Research. He earned a BA in chemistry from Amherst College, an MD from the University of Pennsylvania School of Medicine, and an MS in health services from the University of Washington, where he was also a Robert Wood Johnson Clinical Scholar.

*Aaron's research focuses on the study of information technology to improve pediatric care and areas of health policy including physician malpractice, the pharmaceutical industry/physician relationship, and health care financing reform. He is also the co-author of Don't Swallow Your Gum: Myths, Half-Truths, and Outright Lies About Your Body and Health, published by St. Martin's Press. His work has been featured in *The New York Times*, *USA Today*, *The Los Angeles Times*, *Newsweek*, and many other national publications. He has appeared on *Good Morning America*, *CBS Evening News*, *ABC News Now*, and *The Colbert Report*.*

Plenary Speakers

Sunday, March 14, 2010 - 8:00 am - 9:00 am

Knowing Where You Are, Where You're Going, and Why You're Beginning Here: Methods of Diagnosis that Begin a Conversation

Mary Jo Peebles, PhD, ABPH, ABPP

Like any intriguing tool, hypnosis is most artfully wielded when precision of alignment - with the person, her story, her context, and her selected journey at present - is mindfully sought. "Diagnosis" is the stilted-edged word we have inherited to summarize this kind of pondering we engage in, but we feel the limitations of that word-its linearity and compartmentalization, inherited from its origins in the search for classification. Trees can be classified, but how fast and hardly one tree will grow, under the conditions of soil and sun awarded it, with the energies of forest vs. highway medium surrounding it, is a puzzle poorly aided by simply knowing it is a red maple. This discussion will offer possibilities, about what can be important to understand, before plunging too quickly or too enthusiastically with hypnosis, and how such understandings can emerge, in the sensitive interplay of opening conversations, with that person who has come to meet us.

Dr. Peebles received her undergraduate degree from Wellesley College, her PhD in Clinical Psychology from Case Western University, and completed two Post-Doctoral fellowships, one in Child and Family Psychology at University of Texas in Galveston and one in Adult Psychology at the Menninger Clinic in Topeka, Kansas. Dr. Peebles was a teacher, supervisor, and clinician at the Menninger Clinic for over 20 years, was on staff at Chestnut Lodge Hospital for several years, and has been in private practice in Bethesda, MD for the past ten years, where she works with children, adolescents, and adults. A psychoanalyst with the Washington Center for Psychoanalysis, Dr. Peebles is Board Certified in clinical hypnosis, as well as an Approved Consultant with ASCH. She has taught and published in the areas of diagnosis and hypnosis, and is currently working on the Second Edition of her book, *Beginnings: The Art and Science of Planning Psychotherapy*.



Monday, March 15, 2010 - 8:00 am - 9:00 am

Hypnosis Research: What We Know, What We Don't Know, and What We Need to Know

Michael R. Nash, PhD, ABPP

Dr. Nash will offer a summary of knowledge about hypnosis secured by research findings. Looking to the future, he will identify core conceptual and methodological matters we need to sort-out if hypnosis research is to move ahead productively, producing meaning that matters. Further, he urges the field to begin asking some very different questions.

Dr. Nash is a Professor of Psychology at the University of Tennessee, and is Editor Emeritus of *The International Journal of Clinical and Experimental Hypnosis*. He received his PhD from Ohio University in 1983 and completed his clinical internship at Yale University School of Medicine Department of Psychiatry in the same year. He has published three books and many scientific articles. In 2008 Oxford University Press published Dr. Nash's third book on the nature of hypnosis, co-edited with Amanda Barnier. Dr. Nash is an active researcher on topics of dissociative pathology, sex abuse, psychotherapy, time series analysis, and hypnosis. He is a Diplomate in Clinical Psychology (ABPP), and is the recipient of numerous national and international awards for his scientific, clinical, and teaching accomplishments including the Morton Prince (science), the Ernst Hilgard, (theory), and the Erika Fromm (teaching) Awards.



Tuesday, March 16, 2010 - 8:00 am - 9:00 am

Hypnosis for Pain Control: Current Developments

David R. Patterson PhD, ABPP

This presentation will address the scientific basis and practical clinical applications of hypnosis for pain control. With regard to science, the theoretical and basic psychophysiological studies that underlie hypnotic analgesia will be discussed, and the randomized clinical trials that have been conducted will be reviewed. However, this presentation will also discuss very practical applications of hypnotic analgesia. Using an Ericksonian framework, paradigms for applying hypnosis to 1) pain crisis, 2) medical procedures and 3) chronic pain will be discussed.



David R. Patterson PhD, ABPP is professor of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine. He has diplomate degrees in hypnosis and rehabilitation psychology. Dr. Patterson has been using hypnosis for 25 years in his role of a psychologist at a Level I regional trauma center in Seattle. He has been funded by the National Institutes of Health for his research in the use of hypnosis to reduce pain since 1989 and has over 150 articles and chapters on this and related subjects. Dr. Patterson's invited book to be published by the American Psychological Association entitled *Clinical Hypnosis for Pain Control* is scheduled for release in April, 2010.

Basic Workshop

Program Co-Chairs:

David Wark, PhD, ABPH and Linda Thomson, MSN, CPNP, ABMH

Additional Faculty:

Norma Barretta, PhD; Philip Barretta, MA; Susan Dowell, MSW, LCSW; Gabor Filo, DDS, ABHD; Daniel Handel, MD; Stephen Kahn, PhD; Daniel Kohen, MD, ABMH; Akira Otani, EdD, ABPH; Max Shapiro, PhD; Rick Voit, PhD; Mark Weisberg, PhD, ABPP

Basic Workshop Schedule (20.0 CE/CME)

Saturday, March 13, 2010

8:00 am	Plenary I
10:00 am	Break
10:30 am	Introduction (Thomson and Wark)
11:00 am	History, Theories and Definitions (Wark)
11:30 am	Principles of Hypnotic Induction 1 - Group Experience (Wark)
12:00 pm	Myths and Misperceptions (Thomson)
12:30 pm	Lunch
2:00 pm	Induction and Realerting with Demonstrations (Thomson and Wark)
3:00 pm	Principles of Induction 2 (Barretta and Barretta)
3:45 pm	Break
4:00 pm	Introductions to Small Groups (Thomson and Wark)
4:15 pm	Small Group Practice I
5:45 pm	Recess

Sunday, March 14, 2010

8:00 am	Plenary II
9:00 am	Break
9:15 am	Attend your choice of Scientific Symposia
10:15 am	Break
10:30 am	Self Hypnosis (Kahn)
11:00 am	Anxiety and Self Regulation (Otani)
11:45 am	Managing Resistance (Voit)
12:30 pm	Lunch
2:00 pm	Hypnotizability and Stages of Hypnosis (Wark)
2:45 pm	Deepening (Shapiro)
3:45 pm	Break
4:00 pm	Preparation for Small Group (Thomson and Wark)
4:15 pm	Small Group Practice II
5:45 pm	Recess

Monday, March 15, 2010

8:00 am	Plenary III
9:00 am	Break
9:15 am	Attend your choice of Scientific Symposia
10:15 am	Break
10:30 am	Demonstration of Hypnotic Phenomena (Wark)
11:30 am	Hypnotic Language and Suggestions (Kohen)
12:30 pm	Lunch
2:00 pm	Preparation for Small Group (Thomson and Wark)
2:15 pm	Small Group III
3:45 pm	Break
4:00 pm	Intro to Psychoneuroimmunology/Mind-Body Integration (Weisberg)
4:15 pm	Treatment Planning, Strategy and Technique Selection (Weisberg)
5:45 pm	Recess

Tuesday, March 16, 2010

8:00 am	Plenary IV
9:00 am	Break
9:15 am	Attend your choice of Case Consultation Sessions
10:15 am	Break
10:30 am	Applications of Hypnosis (Choose one) Medical Applications with Physicians and Other Medical Professionals (Thomson and Handel) Psychological Applications with Therapists and Social Workers (Dowell) Dental Applications (Filo) Educational and School Psychology Applications (Wark)
12:30 pm	Lunch
2:00 pm	Preparation for Small Group (Thomson and Wark)
2:15 pm	Small Group IV
3:30 pm	Ethical Principles, Professional Conduct, Certification and Professional Development (Thomson)
4:00 pm	Adjourn

Objectives: At the end of the workshop, participants should be able to:

- (1) Identify and demonstrate at least three ways to induce a hypnotic trance and realert a subject from a trance;
- (2) Demonstrate two methods for deepening a trance; and
- (3) Describe four clinical conditions in which hypnotic techniques may be used.

Intermediate Workshop

Program Co-Chairs:

Carolyn Daitch, PhD and Dabney Ewin, MD, ABMH

Additional Faculty:

Ran D. Anbar, MD; Sheryll Daniel, PhD; Molly DeLaney, PsyD; Jacqueline Irland, MD; Stephen Kahn, PhD; Wendy Lemke, MS, LP; Julie Linden, PhD; Dennis Pilon, MSW; Mary Pratt Miller, PhD; Thomas Nagy, PhD; Mark Weisberg, PhD, ABPP; William Wester, II, EdD, ABPP, ABPH; Joseph Zastrow, MD

Intermediate Workshop Schedule (20.0 CE/CME)

Saturday, March 13, 2010

8:00 am	Plenary I
10:00 am	Break
10:30 am	Welcome and Introductions (Daitch, Ewin)
10:45 am	Advanced Inductions (Daitch, Ewin, Wester)
11:30 am	Ego Strengthening (Linden)
12:30 pm	Lunch
2:00 pm	Small Group Practice I
3:45 pm	Break
4:00 pm	Hypnotic Language - Structuring Suggestions, Resistance and Metaphors (Daniel, Delaney)
5:30 pm	Hypnotic Language Practice (Daitch)
5:45 pm	Recess

Sunday, March 14, 2010

8:00 am	Plenary II
9:00 am	Break
9:15 am	Attend your choice of Scientific Symposia
10:15 am	Break
10:30 am	Hypnosis for Habit Control (Kahn)
11:30 am	Hypnosis and Memory - Principles of Working Through Trauma (Pilon, Lemke)
12:30 pm	Lunch
2:00 pm	Small Group Practice II
3:45 pm	Break
4:00 pm	Hypnotic Approaches for Treatment of Anxiety (Daitch)
5:00 pm	Questions and Review - Psychotherapy and Medical Issues (Daitch and Irland)
5:45 pm	Recess

Monday, March 15, 2010

8:00 am	Plenary III
9:00 am	Break
9:15 am	Attend your choice of Scientific Symposia
10:15 am	Break
10:30 am	Integrating Hypnosis with Medical Challenges - Pain Management and Preparation for Surgery (Zastrow)
11:30 am	Psychoneuroimmunology (Weisberg)
12:30 pm	Lunch
2:00 pm	Developing Insight Through Ideomotor Signaling (Ewin)
3:45 pm	Break
4:00 pm	Small Group Practice III
5:45 pm	Recess

Tuesday, March 16, 2010

8:00 am	Plenary IV
9:00 am	Break
9:15 am	Attend your choice of Case Consultation Sessions
10:15 am	Break
10:30 am	Utilization Utilizing Hypnosis with Children (Anbar)
11:30 am	Small Group Practice IV
12:30 pm	Lunch
2:00 pm	Self Hypnosis (Miller)
3:00 pm	Ethics (Nagy)
3:30 pm	Adjourn

Objectives: At the end of the workshop, participants should be able to:

- (1) Identify two hypnotic strategies for use in pain management;
- (2) Cite at least two examples of metaphors that might be used with clinical problems; and
- (3) Demonstrate three types of ego-strengthening techniques and types of suggestions.

6:00 – 8:00 pm - Faculty Meeting

4:00 - 6:00 pm - Moll Hypnosis Collection Viewing

6:00 - 9:00 pm - Cocktail Reception

Dr. Dabney Ewin, MD, ABMH, on behalf of the 2010 ASCH Annual Scientific Meeting and Workshop Program Committee would like to invite you to join colleagues and friends for an viewing of the Moll Hypnosis Collection at the Eskin Biomedical Library in the Vanderbilt University Medical Center. After viewing the collection join Dr. Ewin at the University Club of Nashville located at 2402 Garland Ave for an evening of wine and scholarly repartee.



A distinguished figure in the history of hypnosis and psychotherapy, Albert Moll, M.D. (1862-1939) studied under Jean-Martin Charcot at the Salpêtrière in Paris and Auguste-Ambroise Liebeault at Nancy. These two French schools were internationally renowned centers of hypnosis in the late 19th century, which was a time of prolific output of publications on therapeutic treatment by hypnosis. In addition to a number of journal articles, Moll's book Der Hypnotismus was published in 1889 and went through five editions, the latest in 1924. An English-language translation of this classic appeared initially in 1890. With the publication of his work and theories, Moll became an influential force in the developing uses of hypnosis in treatment, and he continues to be cited in the modern scientific literature.

In 1935, facing persecution from the ruling Nazis in Germany and the almost guaranteed destruction of his vast work, Moll sold the collection of letters, articles and thombs to Vanderbilt University where it remained in storage until 1973, when it was cleaned, cataloged, and made available to scholars.

Mary Teloh, Special Collections Curator, has graciously agreed to hold a private viewing of this collection at the Eskin Biomedical Library on the Vanderbilt University Medical Center campus for ASCH after which ASCH will hold a reception at the University Club of Nashville on Friday, March 12, 2010.

The entire catalogue is available through the Special Collections Desk at the library by appointment for research purposes Monday through Friday.

Beverages and light appetizers as well as round trip transportation will be provided by ASCH for this once in a lifetime opportunity. Tickets can be purchased for \$40 per person. Pre-registration is the only way to guarantee your place, so sign up today!

For more information, contact ASCH at +1-630-980-4740 or info@asch.net.

View the meeting program in an easy to use
Schedule-at-a-Glance and register online now at
www.asch.net

Saturday, March 13, 2010

8:00 am – 10:00 am - Plenary 1

P1: Practicing in the Current Healthcare Arena: Shared Frustrations and Shared Hopes

Panelists: James H. Bray, PhD; Greg Greenwood, PhD, MBA; and Aaron E. Carroll, MD

Moderator: Elgan L. Baker, Jr., PhD, ABPH

10:00 am – 10:30 am - Break

10:30 am – 5:45 pm - Full Day Advanced Workshops

S1: The Hypnosis Toolbox: Advanced Strategy and Techniques (5.5 CE/CME)

Elgan Baker, Jr. PhD, ABPH, co-chair; Tom Wall, PhD, ABPH, ABPP, co-chair; Joan Murray-Jobsis, PhD, ABPH;

Shirley McNeal, PhD and Moshe Torem, MD, ABMH

This workshop is most appropriate for participants of at least intermediate level skill who seek a balance of theory and experiential exercises.

This full-day workshop will address a range of core issues and advanced technical concerns for applying hypnosis in psychotherapy and symptom-focused intervention. Designed for clinicians with at least intermediate level skill, this workshop will be an applied “how-to” learning experience and will emphasize clinical description, demonstration, supervised practice and personalized feedback on topics such as:

- How to tailor specific inductions and trance deepening strategies for specific types of patients;
- How to formulate detailed treatment plans;
- How to manage the process of trance, trance involvement, absorption and iatrogenic regression;
- How to facilitate access to the unconscious and related dynamics;
- How to craft effective metaphors and hypnotic language utilizing trance logic;
- How to anticipate and manage the impact of hypnosis on the therapeutic relationship;
- How to manage various forms of resistance; and
- How to integrate hypnosis into various forms of ongoing psychotherapy.

Upon completing this session, the participant should be able to:

- Tailor strategies and techniques based on patients’ character structure and style, motivational set, relationship issues and symptomatic presentation;
- Craft metaphors and utilize language to access and utilize unconscious dynamics and internal response sets;
- Use hypnotic strategies to titrate transference and enhance alliance;
- Use specific techniques to reduce resistance and increase post-hypnotic compliance; and
- Develop case formulations and treatment plans for a range of specific hypnotherapeutic applications.

S2: Advanced Techniques in Medical and Behavioral Hypnosis (5.5 CE/CME)

Max Shapiro, PhD

This workshop is most appropriate for participants who work in behavioral/mental medicine who may or may not work with medical/surgical patients and are 2-4 years post basic course who seek a balance of theory and experiential exercises.

Appropriate for Physicians, Nurses and Dentists also.

This Workshop will showcase several advanced techniques in both psychological and medical hypnosis. Focal areas will include: treating trauma patients, innovative uses of hypnosis, novel induction techniques, advanced treatment of mind-body problems, and various aspects of ego-strengthening both at the bed-side as well as the office/clinic setting.

Upon completing this session, the participant should be able to:

- Describe and implement new induction techniques.
- Describe and implement new techniques for resolving mind-body problems and syndromes.
- Describe and implement new techniques for treating trauma

S3: Finding the Hypnosis in the Encounter: Principles and Practice in Pediatrics

(5.5 CE/CME)

Laurence Sugarman, MD, ABMH and Dan Kohen, MD, ABMH

This workshop is most appropriate for participants who are working in behavioral medicine with medical/surgical patients or Physicians and/or Nurses and/or Child/Adolescent Therapists who seek a balance of theory and experiential exercises.

All clinical encounters contain elements of trance. The experience of coming to the doctor’s office involves intensified, focused attention, heightened responsivity to ideas and various expectancies, all conditioned from previous encounters. Clinical hypnosis is about utilizing trance therapeutically. This workshop is about the principles and practice of integrating hypnosis into common clinical encounters in child and adolescent healthcare by “finding the hypnosis in the encounter.” We will focus on the continuum of child health care - from primary care, to subspecialty situations and behavioral and mental health care. From our experiences (both faculties’ and participants’) we will extract principles of (1) how one recognizes opportunities for hypnotic interaction; (2) how one creates an office environment that is conducive to hypnotic experiences; and, (3) how one integrates hypnosis into common clinical interactions (physical examination, medical procedures, teaching about self-care, etc.). This will be a participatory experience. We will use your clinical experiences and challenges to find common principles, role-play clinical vignettes to illustrate the use of hypnotic strategies and discuss videorecorded examples. Participants can look forward to creating

new ways to discover the hypnotic potential lurking in every encounter. Bring your experience!

Upon completing this session, the participant should be able to:

- List principles for integrating hypnosis into clinical encounters;
- Describe various strategies for integrating hypnosis into common clinical encounters with children and adolescents; and
- Explain the value of integrating hypnosis into common clinical encounters with children and adolescents.

10:30 am – 12:00 pm - Morning Advanced Workshops

SA1: Teaching Discrimination Strategies Through Hypnosis: The Importance of Distinguishing Contexts in Effective Decision-Making (1.5 CE/CME)

Michael Yapko, PhD

This workshop is most appropriate for participants who are behavioral/mental health practitioners with 2-8 years of hypnosis experience who seek a balance of theory and experiential exercises.

The quality of your life is a direct consequence of the choices you make. The key question underlying effective decision-making is some variation of this one: How do you know whether you should do “this” or “that?” This seemingly simple question provides the foundation of this workshop. It is actually a complex question, however, because it requires one to make a discrimination, a distinction, between available options in order to choose wisely how to best respond. A discrimination strategy, then, is a series of steps you follow in your thinking and appraisal that lead you to form an effective response to the circumstances at hand. The qualities of your discrimination strategy will be the sole determinant of whether you end up handling a specific situation well or badly. In this workshop, we will identify numerous discriminations that must be made well on a daily basis, and we will explore the role of hypnosis in teaching key discrimination strategies. A dyad-based skill building exercise employing hypnosis as a means of teaching discrimination skills will be included.

Upon completing this session, the participant should be able to:

- Identify the role of contextual distinctions in effective decision making;
- List and describe common discrimination strategies that must be employed effectively in daily living and how symptom patterns evolve when strategies are either absent or ineffective; and
- Develop and articulate discrimination criteria and weave them into a structured hypnosis strategy.

SA2: Hypnosis for Skin Procedures and Disorders (1.5 CE/CME)

Philip Shenefelt, MD, ABMH

This workshop is most appropriate for participants who are behavioral/mental health practitioners with 2-8 years of hypnosis experience who seek a balance of theory and experiential exercises.

The skin and the nervous system begin together as ectoderm in the fetus. They remain closely connected and continue to influence each other strongly throughout life. Stress, negative feelings, and undesirable behaviors such as scratching or picking or noncompliance with the prescribed treatment can adversely affect many skin disorders. Conversely, having a serious or cosmetically disfiguring skin disorder can negatively affect the psyche in many patients. Hypnosis can help patients deal with the emotional and physical impact that the skin disease has on their lives. This workshop will present the uses of hypnosis for relaxation for skin procedures and for calming, reframing, ameliorating, or resolving skin disorders. Experiential eye-roll rapid induction and self-guided imagery will be included. The effective use of medical psychosomatic hypnoanalysis for treating selected resistant skin disorders will be discussed.

Upon completing this session, the participant should be able to:

- Appreciation for the interplay of nervous system and skin.
- Understand what skin procedures and disorders may benefit from hypnosis and how to use rapid induction and suggestions for self-guided imagery.
- Recognize types of cases in which psychosomatic hypnoanalysis may be necessary.

SA3: Staying Steady While Being Tossed Around: The Challenge of Infertility for the Patient, the Options for the Therapist (1.5 CE/CME)

Helen Adrienne, MSW

This workshop is most appropriate for participants who work in behavioral/mental medicine who may or may not work with medical/surgical patients and are 2-4 years post basic course who seek a balance of theory and experiential exercises. Appropriate for Physicians, Nurses also.

Infertility patients have been tossed out of the age-appropriate family-building mainstream, suffer terribly, and desperately need to feel understood. The intricacies which cascade from the experience of the diagnosis and treatment are vast. No area of life is untouched. It is a life crisis which may not come to resolution for years. How can these patients find their grounding and their solutions unless those to whom they go for solace and guidance are well-informed about the parameters of this unique and painful issue, and the treatment options?

This workshop will move the attendee into the infertility mind-set. Modern medicine is clearly a boon, yet what must be endured along the way is a bane. Love-making becomes irrelevant and is replaced with the science of baby-making. This unwanted change mandates that the demands of treatment be met even as one's sense of self is being shattered. Relationships become unrecognizable as friends and family fail

to realize the depth of the heartache. Individuals and couples are sometimes at risk for getting lost in the disruptive response to the hormonal cocktails that must be injected according to the medical protocol of in vitro fertilization.

Attendees can expect to be sensitized to the many stressors integral to the infertility journey and learn to co-create interventions - not the least of which is hypnosis - which humanize the medical technology. Growth from adversity is a valued consolation prize.

Participants will develop awareness of the power of hypnotic interventions for use with this condition; and assess and prioritize the needs of fertility patients so as to individualize treatment

Upon completing this session, the participant should be able to:

- Delineate key aspects of the infertility struggle;
- Identify typical physical and emotional responses to the stress;
- Scrutinize six manifestations of the stress;
- Describe four characteristics of build trances and bring other mind body stress-reduction exercises to their clients based upon experiencing and deconstructing sample trances in this workshop.

SA4: Addictions Hypnosis (1.5 CE/CME)

Michael S. McGee, MS, LPC

This workshop is most appropriate for participants with 2 years of hypnosis experience who are mental/behavioral health practitioners who seek primarily theory.

Clients with addictions are a constant challenge in our field. Current trends in addictions counseling enhance self motivation to change. Many clients who are referred for addictions treatment are not yet motivated to make any changes in their behaviors. The criminal justice system, their family, or their employer may have forced them into treatment. They are typically externally motivated and will often be resistant to active participation in treatment. These techniques enhance internal motivation. Patients who are internally motivated to end addictive behaviors are shown to have more successful outcomes

This workshop will furnish the information and therapeutic tools needed to motivate clients resistant to change. Theory and techniques of motivational interviewing will be discussed and demonstrated. Precise instruction will be provided as to how best to incorporate MET into hypnotherapy. The integration of motivational enhancement and directive hypnosis creates a powerful environment for client success.

Upon completing this session, the participant should be able to:

- Learn theoretical and practical approaches to motivational Interviewing techniques;
- Obtain experience with motivational homework assignments and how to integrate them into hypnotherapy sessions; and
- Demonstrate ability to integrate motivational information into simple hypnotic scripts.

SA5: Dad, Did You Ever Really Love . . . No! . . . Care About Me?": The Use of Hypnotherapy with Adolescent and Adult Males in Healing the Trauma of Father Abandonment (1.5 CE/CME)

Charles Streff, PhD

This workshop is most appropriate for participants who are behavioral/mental health practitioners with 4-8 years of hypnosis experience who seek a balance of theory and experiential exercises.

Many males have experienced physical and emotional abandonment by their fathers, through death, divorce, desertion, physical or emotional abuse, withholding of attention or affection, or abuse of substances. This workshop will examine the distinctions between uncomplicated grief and abandonment, explore the differences between "father hunger" and "father wounds", and identify the importance of the CONTEXT of the abandonment (the perceived circumstances and situations surrounding the abandonment). It will present the behavioral and psychological symptoms in adolescent and adult males that may indicate father abandonment. Using case studies, the workshop will identify possible hypnotherapeutic suggestions, metaphors, and techniques that may be used in healing the trauma. In addition to theory and the presenter's case examples, the professional experiences and case examples from participants will be elicited to allow the workshop to be as applicable and practical as possible within the time allotted. Additional bibliographical material will be provided to the participants.

Upon completing this session, the participant should be able to:

- Distinguish between uncomplicated grief and abandonment, and describe the differences between "father hunger" and father wounds";
- Recognize the behavioral and psychological symptoms that may indicate abandonment by a father, and identify the impact of the "context" for those symptoms; and
- Develop patient-tailored metaphors and suggestions for use in the hypnotherapeutic treatment of the trauma.

SA6: Developing Hypnosis Workshops that Adhere to ASCH Standards of Training and its Accrediting Organizations (1.5 CE/CME)

Joel Marcus, PsyD

This workshop is most appropriate for participant with 4-8 years of hypnosis experience who seek a balance of theory and experiential exercises. This workshop requires advanced level of integration of hypnosis into practice.

The first declaration in the American Society of Clinical Hypnosis' Mission statement is "To provide and encourage education programs to further, in every ethical way, the knowledge, understanding, and application of hypnosis in health care."

There have been recent changes in the requirements of workshops. In an effort to continue to provide appropriate, relevant training the Standard of Training committee has continued to evolve and stay abreast with accrediting bodies. This workshop will provide participants the most up to date standards for preparation of all three levels of workshops ie: Basic, Intermediate and Advanced.

At the end of this workshop participants will be able to:

- Elucidate the criteria necessary of approval for each level of hypnosis workshop and describe how that would be implemented in each of the workshops
- Review and describe the process and timeline of submission and approval for each level of hypnosis workshop and they will apply this in practice
- Describe the necessary and sufficient conditions of objectives for each workshop and how they will prepare those objectives.

12:30 pm – 2:00 pm – Lunch

2:00 pm – 5:45 pm – Afternoon Advanced Workshops

SP1: Depression is Contagious: Applying Hypnosis in Treating the Social Dimension of Depression (3.5 CE/CME)

Michael Yapko, PhD

This workshop is most appropriate for participants who are behavioral/mental health practitioners with 4-8 years of hypnosis experience who seek a balance of theory and experiential exercises. This course requires an advanced level of integration of hypnosis into practice.

While the pharmaceutical industry and medical establishment successfully promote the general idea that depression is a medical disease needing medication, the scientific evidence at best lends only weak support to this notion. In fact, there is much more hard evidence pointing to social factors leading to the large and still growing population of depression sufferers in the world. Consider these facts: 1) as societies Westernize, their rates of depression go up; 2) therapeutic regimens that do not involve drugs at all have matched and, in some specific ways, even exceeded medication regimens; 3) depression's severity increases with each successive generation; and, 4) the age at which depression first strikes has been steadily dropping for a half century.

In this presentation, the focus will be on identifying some of the social factors that lead to and exacerbate depression. How therapy that employs hypnosis, itself a social process, can teach skills known to reduce and even prevent depression will be explored. Interventions involving skill building homework assignments in combination with strategic applications of hypnosis will be considered. The workshop will provide an empirical basis for considering the social aspects of depression as well as a structured skill building practice hypnosis session for addressing the client's internal orientation, a core component of depression.

At the end of this workshop participants will be able to:

- Describe and discuss the epidemiology of depression and relate the rising rates to social factors;
- List, describe and discuss key interpersonal patterns that cause and maintain depression; and
- Develop specific hypnotic intervention strategies for facilitating recovery.

SP2: Clinical Hypnosis in Palliative Care: Techniques for Effectively Relieving Pain and Symptoms (3.5 CE/CME)

Dan Handel, MD – co-chair; Paola Brugnoli, MD- co-chair; Michael Flynn, PhD and Sylvain Neron, PhD

This workshop is most appropriate for participants who are behavioral/mental health or medical practitioners with 2-8 years of hypnosis experience who seek mainly theory with some experiential exercises

This workshop will focus on skill building for those who work with chronic and/or progressive health conditions and patients whose life feels threatened by medical conditions. The workshop will focus on practical clinical approaches and techniques with sound underpinnings based on recent advances in our understanding of pain processing. Following an introduction to the evaluation of chronic pain, a practical methodology for building clinical strategies will be introduced. Case based approaches will be discussed and through audience participation the basis for each approach will be discussed. Practical exercises will encourage participants to build rapid assessment skills while facilitating therapeutic planning strategies that utilize hypnotic language. In addition to specific skills, participants will also explore their own reactions to life-limiting illness and to developing deep and life-altering relationships with individuals whose lives are imminently threatened by illness.

At the end of this workshop participants will be able to:

- Effectively assess and differentiate the three major types of pain encountered in advanced illness;
- Develop cogent hypnotic strategies for symptom control that reflect patient characteristics such as type of pain, setting characteristics such as degree of impairment of function and anticipated life span, that relies on and builds upon the therapeutic relationship between therapist and patient; and
- Rapidly develop scripts that reflect, respect, and amplify unique aspects of the individual patient.

SP3: Hypnosis in the Media: Learning to Wield the Double-Edged Sword (3.5 CE/CME)

Eric Willmarth, PhD and Alex Willmarth

This workshop is most appropriate for all participants who seek a balance of theory and experiential exercises.

Hypnosis can only help those who are willing to learn to use their hypnotic abilities. Unfortunately, many

Saturday, March 13, 2010

patients refuse to consider the use of hypnosis because of images and fears produced by movies, television and the many other media sources that portray hypnosis as an unwise if not evil path to follow. This workshop will take fun look at the films and other media presentations of hypnosis and discuss methods of using the best of these images to increase rather than decrease the likelihood that hypnosis can be used in the clinical setting. The workshop will cover the classic "best and worst" of hypnosis in the media, how to use media in the clinical setting and recommendations for locating and/or accessing these films. Clinicians of all levels will enjoy this workshop

At the end of this workshop participants will be able to:

- List at least 5 myths about hypnosis commonly portrayed in the popular media;
- Evaluate positive messages in various media presentations of hypnosis; and
- Design an effective presentation to help clients choose to use their hypnotic abilities.

SP4: Teaching Hypnosis to Meet the ASCH Standards of Training (3.5 CE/CME)

Julie Linden, PhD; Ran Anbar, MD and Jacqueline Irland, MD

This workshop is most appropriate for participan with 4-8 years of hypnosis experience who seek a balance of theory and experiential exercises. This workshop requires advanced level of integration of hypnosis into practice

This advanced workshop will introduce you to the ASCH mission and guidelines for teaching basic, intermediate and advanced hypnosis courses. You will learn about the standards of training, how to organize a workshop to meet the standards, and how to prepare presentations that are both didactic and experiential. You will be introduced to theories in adult continuing education and how to present in ways that are attentive to a variety of learning styles. You will learn how to run small group practice sessions. If you have an interest in planning hypnosis courses that meet the ASCH standards or are interested in teaching for ASCH, this course is strongly recommended.

At the end of this workshop participants will be able to:

- Understand the content of the standards of training guidelines;
- Describe how to run a small group practice; and
- List 3 ways that adult learners are different from young learners.

3:30 pm – 3:45 pm - Break

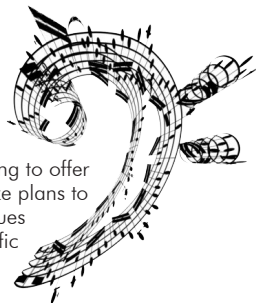
7:00 pm - 9:30 pm - Welcome Reception



Compose the time of your life.

Join ASCH for a Welcome Reception that will highlight Nashville's rich heritage and strong musical culture.

Whether you want to savor the honky-tonks of Lower Broad, explore Nashville's Southern history and charm, or meander through one-of-a-kind museums, Nashville has something to offer everyone. Learn more about Nashville and make plans to enjoy the town with old friends and new colleagues while you attend the 2010 ASCH Annual Scientific Meeting and Workshops.



DAYLIGHT SAVINGS REMINDER!!!

Don't forget to spring forward an hour tonight before you go to bed.

8:00 am – 9:00 am - Plenary 2

P2: Knowing Where You Are, Where You're Going, and Why You're Beginning Here: Methods of Diagnosis that Begin a Conversation (1.0 CE/CME)

Mary Jo Peebles, PhD, ABPH, ABPP

9:00 am – 9:15 am – Break

9:15 am – 10:15 am – Scientific Symposia

YD1: Hypnotic Dissociation Modalities to Reduce the Pain and Anxiety of Immunizations in 4-6 Year Old Children (1.0 CE/CME)

F. Ralph Berberich, MD, FAAP and Zachary Landman, BA

Introduction: Since children currently receive twenty or more separate immunizations before their fifth birthday, they often experience anxiety, fear, even panic, when visiting their pediatrician. This randomized, controlled, non-blinded clinical trial evaluates an intervention that blends four interactive hypnotic modalities to reduce immunization discomfort in children receiving their pre-kindergarten immunizations. The intervention consists of spraying a topical anesthetic, applying a multi-pronged plastic arm gripper, and offering a visual distraction activity, all augmented by verbal suggestions of diminished sensation

Methods: After IRB approval, 41 children aged 4-6 years due to have DtaP, MMR, and IPV were approached, enrolled and randomized by coin flip to receive the intervention or standard office immunization practice. After a demonstration accompanied by verbal suggestions of diminished sensation and "bother," ethyl chloride spray was applied and the injection site arm gently gripped. Then, a vibrating instrument was manipulated to descend on the contra-lateral arm from shoulder to elbow, with instructions to shout "elbow" when that destination was reached. The child and accompanying adult sequentially rated discomfort using the Faces Pain Scale –Revised (FPS-R). The injection sequence was videotaped and scored by using the Faces-Legs-Arms-Cry-Consolability (FLACC) scale.

Results: In 20 study and 21 control patients with comparable demographics, statistically significant differences were found favoring the intervention, both for patient and parent FPS-R ($p < .0013$ and $p < .0002$ respectively). The inter-correlation between patient and parent was $r = 0.8275$. There was also a statistically significant advantage for the intervention in the FLACC score ($p < .0001$)

Conclusion: A technique combining kinesthetic, visual and aural paths to dissociation can dramatically reduce anxiety and pain in children receiving pre-kindergarten immunizations.

At the end of this workshop participants will be able to:

- Use the method described to reduce discomfort of injections and the process of immunizing children;
- Devise comparable methods that combine interactive sensory stimuli and verbal suggestions to enhance dissociation; and
- Design a meaningful small n, prospective study evaluating one or several hypnotic techniques in a small practice setting.

YD2: Hypnotically Induced Relaxation and Self-Guided Imagery During Dermatologic Procedures (1.0 CE/CME)

Philip D. Shenefelt, MD, ABMH

Rapid hypnotic induction with deepening and self-guided imagery has been effective in alleviating anxiety and discomfort associated with dermatologic procedures, as illustrated by a published case report. When patients choose their own imagery, they remain absorbed in something that they personally enjoy and are able to remain focused on for the duration of the procedure. Advantages of this process have been well documented in the interventional radiology literature and include less anxiety, less discomfort, less need for conscious sedation, less hemodynamic instability, and shortened procedure time.

In this ongoing study with 30 patients completed so far, scripted live induction versus audio-recorded induction is compared with controls. Zero to ten range subjective unit scales are used for rating patient expectancy and motivation prior to the procedure and for rating patient anxiety and pain prior to the procedure and at ten minute intervals during the procedure. Blood pressure and pulse rate measurements are also obtained. Local anesthesia is employed. After the procedure is completed, a Hypnotic Induction Profile is performed on each patient. Advantages of live induction are the ability to pace the induction and tailor it in response to patient responses. Disadvantages are the higher level of training required and the extra person or extra attention required. Advantages of the audiotape induction are the consistency obtained and the lower levels of training and attention required. Disadvantages are the inability to match pacing to the patient's responses and to tailor the process to the timing involved in the individual procedure.

At the end of this workshop participants will be able to:

- Recognize the frequent anxiety and concomitant autonomic dysregulation associated with dermatologic procedures;
- Use the concepts of rapid induction and self guided imagery to assist patients to overcome anxiety and discomfort;
- Assess the patient's response in terms of anxiety and discomfort reduction.

YD3: Ego State Therapy for the Resolution of Grieving (1.0 CE/CME)

Moshe Torem, MD, ABMH and Shirley McNeal, PhD

Every behavioral health practitioner will encounter patients who have experienced recent losses and are grieving. Patients with delayed grieving and pathological grief are also frequently seen. In addition to the usual methods of psychotherapeutic treatment, hypnotic methods utilizing ego state therapy have been successfully employed for the treatment of complicated grieving. Ego state therapy has been especially useful in cases where an individual has been unaware of experiencing grief. Case examples will be presented to illustrate this approach along with the theoretical explanations justifying this use of ego state therapy.

Upon completion of this workshop, participants will be able to

- Discuss and explain how ego state therapy can be used for the treatment of grieving;
- Compare and contrast traditional psychotherapy and ego state therapy for the treatment of unresolved grief; and
- Evaluate whether ego state therapy would be appropriate for particular grieving patients.

YD4: Clinical Hypnosis and Electro-Acupuncture in the Treatment of Headaches: Integrating International Headache Society (IHS) Classification and Traditional Chinese Medicine into a Multimodal Approach (1.0 CE/CME)

Paola Brugnoli, MD

In medicine a headache is a symptom of a number of different conditions of the head and neck. There are a number of different classification systems for headaches. The most well-recognized is that of the International Headache Society: The International Classification of Headache Disorders (ICHD). It contains explicit diagnostic criteria for headache disorders and is accepted by the World Health Organization (WHO). Acupuncture in Traditional Chinese Medicine have been used to relieve headaches and migraines, as well as their underlying causes, for thousands of years.

In 2003, the WHO published a landmark study, titled "Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials" which concluded that headache can be treated with acupuncture. Treatment of a headache depends on the underlying etiology or cause. Treatment of headaches can be difficult with only a pharmacological approach. Reductions in stress with clinical hypnosis and changes in daily living activities designed to reduce the frequency and intensity of tension headache episodes are recommended. Oral medications are not particularly effective due to the nature of cluster headaches, which presents with sudden severe pain and typically has rapid resolution. Pharmacologic treatment of migraine headaches falls into 2 basic categories: preventive and abortive. Various rescue medications can be used in the event of failure of triptan treatment for migraine headache, but they can have potential toxicity, and other limitations. A multimodal approach with clinical hypnosis and electro-acupuncture can be quite effective for managing the acute and chronic pain of mild to moderate headaches.

Methods: 10 patients who were suffering for chronic headaches were recruited for ten weeks. Pre-procedural pain (VAS) and post-procedural pain (VAS) were assessed (0-10 scale). We evaluated the patient's anxiety and muscular tension using the The Hamilton Anxiety Scale (HAMA); a rating scale developed to quantify the severity of anxiety symptomatology and muscular tension. Patients had a single-session of hypnosis and electroacupuncture in a week for 10 weeks. After ten weeks the patient's headaches pain and anxiety are measured.

Results: At baseline, the headaches chronic pain was high and the anxiety and the muscular tension level of the chronic headaches was medium-high. This presentation will illustrate basic research design logic, measurement techniques and scales as well as sampling methods. Real clinical cases data will be examined, analyzed and summarized during the Symposium.

Upon completion of this workshop, participants will be able to

- Develop knowledge of the headaches clinical scenarios, in international headache society classification, and traditional chinese medicine;
- Assess, analyze and experiment a multimodal approach in headaches, and their management with hypnosis techniques;
- Develop a knowledge of the hypnotic and electro-acupuncture methods for the management of chronic pain, anxiety and muscular tension in headaches; discuss recent advances in a headache's multimodal approach; and
- Describe up-to-date hypnosis modalities in managing headaches.

YD5: The Sympathetic Connection: The Use of Hypnotic Suggestions for Sympathetic Augmentation (1.0 CE/CME)

Reginald Humphreys, PhD; Armand DeGrenier, EdM; Philip Accaria, PhD; Bruce Eimer, PhD

Recent advances in basic research involving the brain and the sympathetic nervous system have suggested a conceptual framework for understanding the augmentation of sympathetic nervous system activity during hypnosis. The presenting faculty will share groundbreaking work in expanding the application of the autonomic model to the domain of sympathetic nervous system functioning, and will share their experiences in initial testing of suggestions designed to result in sympathetic augmentation.

Papers to be presented include:

Neuroanatomical Foundations of Sympathetic Nervous System Augmentation, Reginald Humphreys, PhD
Use of Suggestions for Sympathetic Elevation in Adult & Adolescent Psychotherapy, Armand DeGrenier, EdM
Sympathetic Elevations Induced During the Use of Indigenous Healing Practices, Philip Accaria, PhD
Sympathetic Suggestions in Everyday Practice: Depression & Performance Enhancement, Bruce Eimer, PhD

Upon completion of this workshop, participants will be able to

- Evidence understanding of the proposed suggestions for sympathetic augmentation, and the neuroanatomical and metaphorical rationales behind their design;
- Understand the primary applications of suggestions for sympathetic augmentation, and some of the clinical phenomena they may encounter using these suggestions; and
- Evidence an understanding of the role of sympathetic nervous system involvement during the use of indigenous healing practices.

YD6: Application of Hypnosis in the Management of Perioperative Anxiety and Chronic Pain in Children and Adolescents (1.0 CE/CME)

Haleh Saadat, MD, FAAP

With the increased popularity of Complementary and Alternative Medicine (CAM), clinicians are confronted with demands related to the integration of CAM in patient management. Hypnosis is one of the very first ancient CAM interventions and is defined as "a natural state of focused concentration coupled with a relative suspension of peripheral awareness." Even though hypnotic therapy has been suggested for the management of multiple disorders in children, the frequency of use of this modality in general pediatric practice is still very low. This abstract discusses the ease of integration of hypnosis as an adjunct in the management of perioperative anxiety, acute and chronic pain in busy clinical settings.

Upon completion of this workshop, participants will be able to

- Assess the implications of pre-operative anxiety on post-operative outcomes such as pain and recovery;
- Review applications of clinical hypnosis in pediatric acute and chronic pain management; and
- Overview of three different models of hypnotic inductions and application of effective suggestion.

10:15 am – 10:30 am – Break

10:30 am – 5:45 pm – Full Day Advanced Workshops

D1: Ideomotor Techniques for Rapid Hypnoanalysis (5.5 CE/CME)

Dabney Ewin, MD, ABMH and Bruce Eimer, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises. Appropriate for Physicians, Nurses and Dentists also.

Ideomotor signals are just another form of body language. Patient/clients can be taught how to use them to express feelings without talking. We will discuss theory, body language in general, how to set up the signals, and how to interpret them. After demonstration and practice with each other, we will review the seven common causes of psychosomatic disorders, with color slide examples of each. Then we will review how ideomotor signals can quickly help identify the most significant psychological factors in an individual case, to confirm or deny acceptance of a suggestion, call up an ego state, or review subconscious imprints of information that does not come up in the conscious history.

Upon completion of this workshop, participants will be able to

- Explain how patients/clients can communicate with ideomotor signals;
- Name the seven common causes of psychosomatic disorders; and
- Demonstrate the use of ideomotor signals as an adjunct to hypnoanalysis

D2: Integrating Hypnosis into the Treatment of Psychophysiological Disorders: Is There a Better Approach for Low Back Pain? (5.5 CE/CME)

Mark Weisberg, PhD, ABPP and Alfred Clavel, Jr., MD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients who are 2-4 years post basic course who seek a balance of theory and experiential exercises.

In spite of multiple different treatments from various health providers and enthusiastic claims, experience indicates that treatment of low back pain (LBP) leads to unsatisfactory results. LBP is ubiquitous: 80% of adults experience at least one episode of severe disabling pain in their life, and LBP is the second most common complaint in physician offices. Regardless of the underlying structural deficits in the back, pain and disability result from guarding, bracing, restricted movement, body mechanics, and deconditioning. Trouble relaxing and associated psychophysiological states create patterns of avoidance alternating with somatic anxiety that trap patients into continuing the quest for the elusive "fix" or sink into feelings of hopelessness and despair.

New developments in understanding pain mechanisms (including pain modulation, neurogenic inflammation and mind-body interactions) are challenging our traditional approaches to the treatment of chronic LBP. We are rapidly discovering the neurobiological mechanisms that provide the connectivity and interaction between mind, body and spirit. Hypnosis provides both a tool and a language to help unlock the secrets of internal self-healing. In this full-day workshop, participants will learn how to utilize hypnosis as a part of an integrative mind-body approach to effectively treat LBP.

Upon completion of this workshop, participants will be able to

- Conceptualize a Psychophysiological Pattern;
- Identify LBP as an example of an autonomic dysregulation syndrome;
- Illustrate why many traditional treatments for LBP are ineffective or insufficient; and
- Use at least 3 effective applications of clinical hypnosis as part of integrative treatment of LBP.

D3: Complex Trauma, Dissociation, Autonomic Dysregulation, And Physical Disease: A Solution-Focused Approach To Puzzling Medical Disorders (5.5 CE/CME)

Carol Low, PsyD and David Flemming, MD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises.

Complex trauma represents the combined effects of negative life experiences and trauma, past and present, including impaired attachment, abandonment issues in childhood, and overt child abuse superimposed upon by adult trauma such as medical trauma; devastating, unnatural loss; and adult physical and sexual abuse. This process leads to progressive dysregulation of emotional and cognitive functions and of autonomic processes in the nervous, endocrine and immune systems, essentially a process of dissociation of the mind and body from internal regulatory mechanisms. The result is a variety of psychological disorders and a host of poorly understood medical conditions that reflect disordered neuroregulation and procedural memory. These include chronic fatigue syndrome, various visceral disorders (IBS, GERDS, interstitial cystitis), tics and movement disorders, chronic pain syndromes (fibromyalgia, CRPS-1), autoimmune disorders, and syndromes of neurosensitization. CRPS-1 provides a model for these disorders in comprehending the connection between lifetime trauma load and the development of chronic illness and how this must inform our treatment approach.

Understanding such disorders as adaptations to trauma has significant implications for medical and psychological treatment of these medical enigmas, importantly clarifying the essential role of such psychological techniques as hypnosis in their treatment. CRPS-1 provides a model for these disorders in comprehending the connection between lifetime trauma load and the development of chronic illness and how this must inform our treatment approach.

Upon completion of this workshop, participants will be able to

- Recognize the rationale for the role of the continuum of traumatic stress in the genesis of many chronic medical diseases;
- Comprehend the difference diagnostically and in treatment between functional disorders in the trauma spectrum and those with a somatic etiology; and
- Identify and demonstrate appropriate treatment approaches for somatic dissociation based upon this model.

10:30 am – 12:00 pm - Morning Advanced Workshops

DA1: The Use of Hypnotherapy and EMDR in Medical and Somatic Problems: Special Emphasis on Early Life Influences (1.5 CE/CME)

Phyllis Klaus, MFT, LMSW

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises.

Integrating hypnotherapy and EMDR for patients facing medical or somatic conditions provides a unique approach to explore and heal unresolved traumatic events that may have originated at or before the adult client's birth, or in the early period of life. Clinicians will learn about the types of events that create psychological and physiological distress and trauma at birth for one's parents such as unresolved losses, separation from one's infant, feeling powerless, and in danger, difficulty in the parents' relationship, and unresolved generational traumas and negative messages. Early trauma can impair bonding and attachment and affect later mental and physical health. Many somatic conditions (i.e. asthma, GI ,chronic pain) and psychological disorders, (i.e. panic, pervasive dysfunction in sense of self-relationship, life function) as well as distrust in one's body to heal (i.e. immune system, cancer) have their origin during this early period, Participants will learn methods to work within the infant mind/body memory to retrieve early traumas and the subsequent events that reinforced them as well as facilitate healing through the life path of the individual. Clinicians can benefit by recognizing the elements that influence these situations, learn innovative ways to uncover and resolve these very early experiences to help clients reach a higher level of adaptation for health. Hypnotherapeutic methods of history taking include exploring, reframing, and healing several levels of investigation, i.e. past psychosocial, developmental, and intrapsychic history and symptoms, premonitory or co-morbid conditions, and helping clients uncover related traumas as well as unrecognized strengths. Integrating hypnosis with EMDR, clinicians will learn a special multi-layered approach for assessment, uncovering the client's negative experiences, beliefs, emotions, and sensations, and then developing targets for EMDR processing with realistic beliefs and imagery for healing.

Upon completion of this workshop, participants will be able to

- List methods to help client remain centered and stable during a vulnerable time when suffering from medical or somatic conditions;
- Describe specific hypnotherapeutic methods to safely uncover and explore emotional and psychological factors that affect acute or chronic physical conditions;
- Identify early life experiences that may have influenced the disease process;
- Describe the role of hypnosis and EMDR to work through any layers of associated traumas, desensitize negative events and beliefs, and empower client.

DA2: Finding Your Own Voice: The Art of Using Hypnotic Language (1.5 CE/CME)

Hedy Howard, MD and Dan Handel, MD

This workshop is most appropriate for participants with at least 2 years of hypnosis experience who seek a balance of theory and experiential exercises

This workshop is designed for those wishing to develop or enhance the skills needed to use hypnotic language and formulate hypnotic suggestions. Fundamental principles of hypnotic suggestion will be reviewed such as creating positive expectancy, interspersing, individuation and utilization, timing, and positive reinforcement. Participants will increase their understanding of the use of hypnotic language and gain the skills and confidence needed to develop their own scripts.

Attention will also be given to the enhancement of observational skills essential to the hypnotic process and to the creation of individualized hypnotic suggestions. This will be accomplished through lecture, videos of hypnotic sessions illustrating specific principles, and participation in supervised small group practice sessions.

Upon completion of this workshop, participants will be able to

- Identify and define several key principles of hypnotic suggestions;
- Formulate hypnotic suggestions to create individualized scripts; and
- Identify several indicators of hypnotic participation of subjects and have confidence evaluating hypnotic involvement and choosing hypnotic strategies.

DA3: Future Focused Hypnotherapy (1.5 CE/CME)

Moshe Torem, MD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 4 years post basic course who seek a balance of theory and experiential exercises.

This workshop will review the various forms of hypnotherapy as related to the issue of time focus. Many therapies have focused on the present and the past, attention to the future has been rather minimal. However, future focused therapy can be a powerful strategy to bring about transformational change in patient's behavior and symptoms in the present. Hypnosis allows the patient to experience a desirable therapeutic outcome which is internalized on both a conscious and sub-conscious level. Participants will learn the use of future focused communication, suggestions, and a variety of age progression techniques enhanced by hypnosis.

Upon completion of this workshop, participants will be able to

- Understand hypnotic communication in terms of its time focus (past, present, or future);
- Value a future focused orientation; and
- Comprehend the use of effective therapeutic communication and suggestions with age progression techniques enhanced by hypnosis.

DA4: The Interface Between Hypnosis and the Bowel in Irritable Bowel Syndrome (1.5 CE/CME)

Joseph F. Zastrow, MD, FAAFP

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek more theory than experiential exercises. Appropriate for Physicians and Nurses.

This lecture will review, explain and define the condition known as Irritable Bowel Syndrome. The presenter will review all pertinent literature where IBS and hypnosis interface. He will discuss the fMRI data and possible mechanism of action of hypnosis in IBS. He will then facilitate a group discussion on the implementation of hypnosis for the treatment of IBS in the participant's practices at a practical level.

Upon completion of the program, attendees will be able to:

- Explain and define Irritable Bowel Syndrome using the current Rome criteria;
- Review the current Hypnosis research in IBS including fMRI data; and
- Discuss how hypnotic treatment of IBS may be bridged across traditional medical practices and psychology practices.

12:30 pm – 2:00 pm – Lunch on your own

2:00 pm – 5:45 pm – Afternoon Advanced Workshops

DPI: Examining Yapko's Assessment Method from a Developmental Perspective: Applications for Clinical Hypnosis with Children and Adolescents (3.5 CE/CME)

Pamela Kaiser, PhD, CPNP, RN and Jody Thomas, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises. Appropriate for Physicians, Nurses and Dentists also. This workshop requires advanced level of integration of hypnosis into practice.

Translating adult approaches for use in child hypnosis is a major challenge facing pediatric clinicians. Michael Yapko, PhD, has developed a systematic and efficient method to identify an individual's strengths and underdeveloped resources in order to target goals and strategies for hypnosis intervention. His pragmatic and pluralistic perspective, informed by utilization principles, positive psychology, and brief strategic therapy, is complementary to the teachings of Karen Olness, MD and Daniel Kohen, MD, leading

experts in the pediatric hypnosis arena.

This workshop will examine Yapko's assessment method from a developmental perspective. Through the lens of current developmental psychology research, we will consider the emerging patterns in cognitive, perceptual, and behavioral styles across developmental stages. An assessment of these stylistic patterns can then be translated into therapeutic goals and targeted hypnotic intervention. Case transcripts and videotapes emphasizing children's verbalizations and their responses to key questions will illustrate this process. In small groups, participants will use a clinical worksheet to identify style patterns from case transcripts. Two extended case presentations on children with pain and anxiety issues will demonstrate the process in full. This will include significant audience participation to help consolidate this information for participants and demonstrate real life clinical application. Interdisciplinary collaboration and differing perspectives will be highlighted during small and large group discussions. Participants from various professional backgrounds are encouraged to join us.

Upon completion of this workshop, participants will be able to:

- Express a basic understanding of Yapko's assessment method;
- Define features of children's cognitive, perceptual and coping style as it relates to hypnosis.
- Explain some of the developmental underpinnings of children's cognitive, perceptual and coping style;
- Appraise a child's strengths and under-developed resources as targets for hypnotic intervention based on Yapko's systematic method to assess style patterns; and
- For a child either experiencing pain or anxiety issues, describe two examples of how a child's style pattern profile could influence selecting targets for intervention in hypnosis.

DP2: Advances in Dental Hypnosis for Dentists and Psychology Professionals (3.5 CE/CME)

Ashley A. Goodman, DDS, ABHD and Gabor Filo, DDS, ABHD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine and are at least 2 years post basic course who seek a balance of theory and experiential exercises. Appropriate for Dentists also.

This workshop will review basic, intermediate, and more advanced hypnotic skills including rapid, timesaving techniques as they apply to the providing of effective and comfortable dental care for both the providers (hygienists and RDAs) and patients. The uses of creative visualization, desensitization, restorative appliance acceptance, control of saliva and blood flow, more rapid healing, pain control, etc., will be demonstrated. Specific applications of clinical dental uses for behavior modifications, relaxation, pediatric situations, anxiety and oral habit control, minimizing gagging, enhancing personal communications, and self-hypnosis/stress reduction methods for the dental patient, the dental care provider, and psychologists working with the dental team will be examined.

Upon completion of this workshop, participants will be able to:

- Discuss the applications of hypnosis in the treatment of dental problems;
- Identify the uses of hypnotherapy for behavior modification, relaxation, anxiety control, fear elimination, quelling undesirable habits (tongue thrust, reverse swallowing, TMJ dysfunction, bruxism, clenching), amnesia, analgesia, anesthesia, pain control, prevention of gagging and nausea, control of saliva and bleeding, creative visualization for healing, restorative appliance tolerance, pretreatment desensitization, self-image, self-esteem, and confidence; and
- Provide training for psychologists who wish to expand their knowledge and practice with dental health providers (referral).

DP3: Individualized Consultation and Brainstorming Session (3.5 CE/CME)

Moshe Torem, MD and Philip Appel, PhD

This workshop is most appropriate for participants who work in behavioral medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises.

This workshop is for the practitioner who is looking for feedback or an opportunity to discuss challenging cases or syndromes with a psychologist and psychiatrist team who utilize hypnosis in their hospital-based practices. Dr. Appel is the Director of the Psychology Service at the National Rehabilitation Hospital and Dr. Torem is the Chief of Integrative Medicine at Akron General Medical Center, & Professor of Psychiatry at Northeastern Ohio Universities College of Medicine. Participants will garner insight about their patients that they want consultation with by role-playing their patients and the facilitators will demonstrate different approaches to working with the presenting phenomenology. At other times the instructors will facilitate group discussion about treating a particular problem, syndrome, illness or condition.

Upon completion of this workshop, participants will be able to:

- Use the symptoms as beginning of an induction; and
- Elucidate alternative ways of working with their patients using an integrative approach.

DP4: Hypnosis for Weight Loss – Avoiding the “Adipose Complex” (3.5 CE/CME)

Thomas Barr, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises.

In recent years, food laboratories in the United States and Europe have conducted numerous studies that shed light and add to the science of why we overeat and why obesity is becoming the most expensive health risk to Americans. This workshop will review the latest research on why we overeat. Comprehensive assessment and treatment strategies will be presented with specific suggestions for hypnotic intervention.

Sunday, March 14, 2010

Treatment protocols to be discussed will include a wide range of patients, from individuals that are mildly overweight to patients that have undergone bariatric surgery.

Upon completion of this workshop, participants will be able to:

- Describe 3 unconscious determinants of overeating behavior;
- Describe 3 interventions for changing unconscious patterns to facilitate weight loss; and
- Perform a multi-level assessment of an obese patient and plan strategic hypnotic interventions.

3:30 pm – 3:45 am - Break

7:00 pm - 10:00 pm - Video Program

7:00 pm - 10:00 pm - Student Reception

The 2010 ASCH Annual Scientific meeting and Workshops Program Committee would like to invite all students in attendance to join them and a few of their colleagues for opportunity to mingle and learn more about clinical hypnosis and the American Society of Clinical Hypnosis.

7:30 pm - 10:30 pm - Board of Governors Meeting

ATTENTION GRADUATE AND POST-GRADUATE STUDENTS AND ACADEMIC INSTITUTIONS

ASCH is offering additional student discounts beyond the already reduced student registration fee for the 2010 Annual Scientific Meeting and Workshops.

For every five (5) student registrations that ASCH receives from the same educational program, ASCH will offer one of two discount options...

Option A: With four (4) student registrations at full price, ASCH will register a fifth student at no-cost to that student. If this option is chosen by the group of students, the registrations must clearly indicate the name of the individual who will receive the free registration.

Option B: ASCH will award a additional 20% discount off the student registration fee to each of the five student registrations.

Each student must meet the minimum eligibility requirements listed on page 3 of this brochure and submit an official letter verifying his/her student status with the completed registration form.

All registration forms, accompanying documentation and fees must be submitted at the same time to take advantage of one of these discount options. The desired discount option must be clearly indicated on all of the registrations.

These discounts are not valid in conjunction with any other grants or discounts.

For more information, Contact ASCH at +1-630-980-4740 or info@asch.net.

8:00 am – 9:00 am - Plenary 3

P3: Hypnosis Research: What We Know, What We Don't Know, and What We Need to Know (1.0 CE/CME)

Michael R. Nash, PhD, ABPP

9:00 am - 9:15 am – Break

9:15 am – 10:15 am – Scientific Sessions

YM1: The Use of Talking Hypnosis with Step/Blended Families (1.0 CE/CME)

Jeannette Lofas, PhD, LCSW

Talking hypnosis, especially in the process of the intake, allows us achieve a deeper level of the desired outcomes of the stepfamily couple. It allows the practitioner to obtain a deeper access as to what is, and what is not working. We then teach the couple and eventually the family, the only complete management system now available.

Upon completion of this workshop, participants will be able to:

- Define and utilize "talking hypnosis;"
- Obtain profound outcomes without ever even using the word "hypnosis;" and
- Pitch their voice in a conversational manner which induces trance.

YM2: Emotional Regulation Skills Training – Helping the Child Who Explodes

(1.0 CE/CME)

Cheryl Beighle, MD

In the typical pediatric office, behavior and emotional disorders are making up a greater percentage of visits. It was estimated in a paper by Wills, Pediatrics 2004, that 15% of office visits were about behavioral health related disorders. Pediatric and Family Practice physicians commonly diagnose and treat ADHD, anxiety and depression. They also express a desire to know more about treating these and other behavioral disorders. Families are increasingly requesting a non-pharmaceutical intervention which leaves fewer options for care. For the right conditions, hypnosis can be an effective and appropriate intervention.

Review of the literature shows few studies on the use of hypnosis for emotional regulation in children and adolescents. This series of case presentations demonstrates how hypnosis can be effectively used to help children and adolescents learn new ways to handle their emotions. Some children have emotional reactivity causing them to react, melt down, or have other outward displays of the emotions they are feeling. The reactivity can be to specific situations or to events out of their control. This can cause family distress and problems for the child at school with teachers or the other children. Counseling is usually prescribed, but for some children it is ineffective. The case reports to be discussed are of children with hypersensitivity to their surroundings to the point it was impairing them at home, and in school. They had all been previously in counseling with one or more therapists and not making progress.

Upon completion of this workshop, participants will be able to:

- Use specific hypnotic techniques to teach children with poor emotional regulation skills;
- Assess the developmental level of the child to so as to craft an age appropriate hypnotic intervention; and
- Identify indications for emotional regulation skills training.

YM3: Hypnotherapy for Gastrointestinal Disorders: Empirically Supported Techniques for Adolescents (1.0 CE/CME)

Eva Szigethy, MD, PhD

Introduction: Hypnosis has been shown to have effects on various aspects of gastrointestinal functioning in adults including changing intestinal motility and decreasing pain sensitivity in the GI tract. Hypnosis has also been shown to alter immune functioning in inflammatory bowel disease (IBD). This symposium will describe several studies assessing the efficacy of different hypnotic techniques in adolescents with various gastrointestinal disorders (IBD, gastroparesis, and irritable bowel disease).

Methods: Study 1: 10 adolescents with active IBD randomized to either hypnotherapy (3 sessions) or standard medical treatment and assessed at baseline and two weeks post-treatment for emotional distress, pain, IBD severity, and non-invasive physiological measures. Study 2: 20 adolescents with gastroparesis randomized to either 8 hypnotherapy sessions or acupuncture over 3 month period and assessed for self-reported gastrointestinal symptoms and psychopathology. Study 3: Case reports comparing pre-post results of automatic writing technique of hypnotherapy for adolescents with IBS who do not respond to cognitive behavioral therapy.

Results: Details of the study designs including detailed description of hypnotic manuals developed, developmental considerations, and study limitations will be provided. Preliminary data from all three trials will be presented using both within – and between- subject analyses.

Conclusions: These studies provide empirical evidence for using hypnotherapy to treat gastrointestinal disorders in adolescents and have implications for youth with other medical conditions.

Upon completion of this workshop, participants will be able to:

- Access existing literature supporting efficacy of hypnotherapy for adults with gastrointestinal disorders;
- Utilize randomized trial design for studying hypnotherapy efficacy; and
- Identify specific hypnotherapy techniques to alter both emotional and physical illness related outcomes to adolescents with gastrointestinal disorders.

YM4: Sufi Rapid Wound Healing: Hypnosis or Biofields? (1.0 CE/CME)

Howard Hall, PhD, PsyD, BCIA/C

Mesmer is credited with the establishment of hypnosis, but now his early notions of "animal magnetism" are being reviewed within the growing field of energy healing or biofields as noted by physicist Richard Pavek. Both hypnosis and energy interventions are associated with physiological healing, but have been characterized as operating by different mechanisms (e.g. hypnosis is viewed as a local or mind-body process whereas energy healing is seen as a non-local or biofield phenomenon, Dossey, 1993). Rapid wound healing followed inflicted injuries has been observed across many cultures around the world and has been viewed not as a hypnotic, but more of an energy based healing phenomenon.

My systematic research of "Deliberately Caused Bodily Damage" (DCBD) from the Middle Eastern Sufi (Islamic mysticism) school known as Tariqa, Casnazaniyyah, an Arabic-Kurdish name meaning "the way of the secret that is known to no one" will be discussed. Laboratory examinations of EEG activity, random event generators, and Gas Discharge Visualization measures of energy fields will be reviewed. It is concluded that the findings of this systematic work are more consistent with energy versus a hypnosis model. Perhaps Mesmer was correct after all in his early notions of energy healing.

Upon completion of this workshop, participants will be able to:

- List three methods that have been employed to measure energy processes;
- Distinguish between hypnotic and energy healing processes; and
- Describe several energy healing approaches.

10:15 am – 10:30 am – Break

10:30 am – 5:45 pm – Full day Advanced Workshops

M1: Hypnosis for Enhancing Creativity (5.5 CE/CME)

Stephen Kahn, PhD and Nancy Riemer, MSW, LICSW

This workshop is most appropriate for participants who work in behavioral/mental health and are at least 2 years post basic course who seek a primarily experiential workshop.

All the realms of life, athletic and artistic performance, professional capacities, experiencing joy in daily life can be enhanced when informed by our creative flow. Hypnosis can put us in touch with this flow. This workshop will focus on: defining creativity, with a brief literature review and clinical and life examples. Hypnotic experiences will be facilitated to access each attendee's inner creative energy. Writing, drawing, and improvisational acting exercises will be utilized with active trance for engaging our own personal storehouse within.

Upon completion of this workshop, participants will be able to:

- Learn cognitively and experientially about creativity;
- Apply creativity via trance experiences to writing, drawing and improvisation; and
- Apply creativity to his/her clinical work.

M2: Integrating ECEM (Eye Closure, Eye Movement) and Heart Rate Variability with Hypnosis: Applications to Anxiety, Panic, and Depersonalization (5.5 CE/CME)

Harriet E. Hollander, PhD and George P. Glaser, MSW, DAHB

This workshop is most appropriate for participants who work in behavioral/mental health and are at least 2 years post basic course who seek a balance of theory and experiential exercises.

This workshop explores the combination of two innovative approaches to the management of anxiety, panic, and depersonalization disorders. ECEM (Eye Closure Eye Movement) is presented as a clinical approach that integrates the eye movement component of EMDR into hypnosis for the treatment of anxiety, panic and depersonalization disorders. Depersonalization Disorder will be described as a subtype of Panic Disorder and contrasted with dissociation as occurs in PTSD. The use of ECEM will be presented didactically and through demonstration. Heart Rate Variability (HRV) is a core physiological measurement increasingly used as an important physiological measure of systemic health. It is also a dynamic marker of autonomic nervous system status. As such, it is both interesting and useful as a monitoring tool during hypnotic interventions. Freeze-Framer™ is an inexpensive monitoring/biofeedback tool that is easily incorporated in therapy and hypnotherapy. The use of Freeze-Framer™ software to monitor heart rate variability will be explained and demonstrated with hypnotic and non-hypnotic interventions.

In Part I of the workshop ECEM will be presented; Part II will cover the use of HRV as a psycho-physiological monitoring practice; and in Part III participants will have an opportunity to explore how clients can manage the symptoms of anxiety, panic, and depersonalization disorder using both ECEM and clinician and self-monitoring of HRV with the biofeedback equipment. Participants will have a novel opportunity to explore how clients can manage symptoms of these disorders with ECEM and HRV, and how both approaches are easily integrated into hypnotic work.

Upon completion of the program, attendees will be able to:

- Utilize two symptoms each of anxiety, panic and depersonalization in formulating a treatment plan;
- Employ ECEM (Eye Closure Eye Movement) for two disorders in which eye movements, adapted from EMDR, are integrated within a hypnotherapeutic experience; and
- Identify three aspects of heart rate variability monitoring as a method of assessing hypnotic responsiveness to anxiety management.

M3: Trance Enhancement of Core Renewal and Mind/Body Healing: East and West

(5.5 CE/CME)

Carol Ginandes, PhD, ABPP

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 4 years post basic course who seek a balance of theory and experiential exercises.

Trance states, ranging from Eastern ancient (yoga) to Western contemporary (clinical hypnosis), have been used in myriad cultural contexts to elicit beneficial psycho-physiological changes. This intensive workshop will provide both a schematic, multi-component model as well as specific hypnotic techniques to target mind/body healing. Other topics will include strategies for designing a "biologically-paced" hypnotic intervention protocol and the use of hypnosis for structural healing as well as for functional improvement (illustrated by the instructor's research). The workshop program will then zoom in on the benefits and methods of using trance to induce profound psychobiological rest, systemic homeostasis, energetic replenishment and regenerative healing. Hatha yoga and meditation techniques will be demonstrated and compared with Western hypnotic approaches to fostering such core renewal. This daylong workshop draws on the presenter's experience both as hypnotherapist and former yoga instructor. Practice segments of the program will include both approaches.

The program is geared toward clinicians from both psychological and behavioral medicine backgrounds who wish to refine their skill sets in this area. The workshop method will include didactic, experiential and practicum components as well as movement and core trance rest practice. Comfortable attire for such activities is suggested. It is expected that participants currently use hypnosis in clinical practice. The minimum level of hypnosis training required for participation is Intermediate.

Upon completion of the program, attendees will be able to:

- Describe a customizable multi-modal hypnotic model integrating various strategies to facilitate mind/body healing;
- Create a biologically-paced, phased hypnotic intervention protocol to treat various conditions; and
- Demonstrate three strategies for eliciting profound psychophysiological rest to foster mind/body replenishment.

10:30 am – 12:00 pm – Morning Advanced Workshops

MA1: A Holistic Approach to the Treatment of Interstitial Cystitis/Chronic Pelvic Pain

(1.5 CE/CME)

Ragi Doggweiler, MD; Michael Nash, PhD, ABPP and Nicole Perez-Camoirano, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 4 years post basic course who seek a balance of theory and experiential exercises.

Interstitial cystitis chronic pelvic pain in the absence of identifiable somatic pathology represents one of the most confounding and challenging problems to care givers. In many ways, current practices still follow a traditional Cartesian view of a mind-body dichotomy. Symptoms are seen as being physical (real) or mental. This view implies that a person's pain experience is proportional to the amount of physical damage the more damage, the more pain. If there is no obvious illness, but the patient complaints are intense patients are declared as drug addicted and psychotic. At this point, the patient is angry and feels betrayed and humiliated. Often she/he continues the search for a cure elsewhere.

The cause of interstitial cystitis/chronic pelvic pain is poorly understood. Hypothesis are recurrent urinary tract infections, autoimmune, genetic and/or to behavioral etiologies. Fact is that many of these patients suffer not only interstitial cystitis, but also endometriosis, irritable bowel syndrome, and many are diagnosed with fibromyalgia, chronic fatigue syndrome and/or Sjogren Syndrome.

The treatment can only be successful if the whole person is evaluated and treated and included as an active partner in the healing process.

1. Lifestyle changes
2. Physical therapy and myofascial release
3. Pharmacological treatment
4. Hypnotherapy
5. Acupuncture
6. Energy medicine
7. Meditation

The goal of all these treatments is to empower the patient. Help the patient to shift from a victim role to move into a position of active ability to respond to symptoms and become responsible.

Upon completion of the program, attendees will be able to:

- Understand current thinking as to the causes of interstitial cystitis;
- Carry-out a comprehensive evaluation; and
- Formulate a treatment plan that might include hypnosis and implement it.

MA2: The Pursuit of Excellence: An Introduction to the Psychological Hypnosis Diplomat Examination (1.5 CE/CME)

Elgan Baker, PhD, ABPP, ABPH; Marc Oster, PsyD, ABPH; Akira Otani, EdD, ABPH; David Wark, PhD, ABPH; Artemio Brambila, PhD, ABPH; Chuck Burbridge, PhD, ABPH

This workshop is most appropriate for participants who work in behavioral/mental health. This workshop requires advanced level of integration of hypnosis into practice.

This workshop will offer an orientation to the process of preparing-for, and successfully taking, the Diplomat Examination of the American Board of Psychological Hypnosis. The time will be devoted to instruction and consultation on how to assess one's readiness for the application and the exam, choice and use of a mentor, choice of a proper testing case, exam style report writing, proper study and/or preparation skills, time management, readings, the value of obtaining the ABPH Diplomat, and other interests or needs of the attendees. The program will not be an academic review of hypnosis, except where such experience is very specific to the examination experience itself.

Upon completion of the program, attendees will be able to:

- Assess their developmental readiness to apply for the examination, and summarize the specific steps to take in order to become a Diplomat in Psychological Hypnosis;
- Plan a study schedule, and select a case for presentation at the examination; and
- Discuss the personal and professional benefits of becoming a Diplomat in Psychological Hypnosis.

MA3: The Self-Hypnosis Diet – The Missing Ingredient (1.5 CE/CME)

Steven Gurgevich, PhD and Joy Gurgevich, BS

This workshop is most appropriate for participants who work in behavioral/mental health who may or may not work with medical/surgical patients. Appropriate for Physicians and Nurses. This workshop requires advanced level of integration of hypnosis into practice. The Gurgevichs are authors of a published work upon which this workshop is based and as such receive monetary compensation for their work.

The Self-Hypnosis Diet is not a diet at all, but it is a comprehensive way to incorporate the use of a patient's mind to achieve greater success in weight loss. With current estimates of seventy-two percent of the United States being overweight or obese, and alarming rates of type II diabetes in adolescent populations, weight-related health problems warrant innovative approaches. The Self-Hypnosis Diet presents a model for integrating clinical hypnosis and behavioral nutrition to deal with the overweight epidemic affecting over two thirds of Americans.

The Self-Hypnosis Diet is not a diet, but it is a missing ingredient from most weight loss programs that uses hypnosis to unlock any emotional origins of obesity, and to facilitate compliance to a lifestyle that will maintain a healthy weight.

The central feature of this workshop is the application and methods of trancework and hypnotic suggestion

Hungry for more knowledge?

Continue your ASCH education by attending one or more of the following Regional Workshops scheduled for 2010.

May 6-9, 2010	Scottsdale, AZ (Chaparral Suites Resort)
June 24-27, 2010	Alexandria, VA (Alexandria Mark Center Hotel)
September 22-26, 2010	Oak Brook, IL (The Hyatt Lodge at McDonald's Campus)
October 21-24, 2010	San Antonio, TX (Crowne Plaza Riverwalk Hotel)
December 9-12, 2010	New Orleans, LA (Astor Crown Plaza)

For more information, contact the ASCH office at 630-980-4740 or info@asch.net.

Monday, March 15, 2010

directed toward patient motivation, belief, expectations, and behavioral change. The variety of topics include mind-body connection and interaction, emotional and subconscious patterns, enhancing a loving relationship to eating and food, self-hypnosis techniques, removing obstacles to success, and enhancing compliance. Hypnotic suggestive techniques are presented for the variety of topics related to weight loss, along with ego-strengthening methods that help patients overcome self-sabotaging behaviors.

Upon completion of the program, attendees will be able to:

- Use at least three methods to help individuals use self-hypnosis to remove obstacles to weight loss;
- Use at least three hypnotic approaches identify and unlock the emotional response patterns that have been functional to weight gain and resistant to weight loss in the past; and
- Integrate behavioral nutrition with hypnotic strategies for behavioral change and lifestyle maintenance.

MA4: Healing from the Shame, Loss and/or Self-Blame of Abortion and/or Miscarriage (1.5 CE/CME)

Walter W. Roemer, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and are at least 2 years post basic course who seek a balance of theory and experiential exercises.

In this workshop, a treatment protocol will be presented which has helped women to resolve/heal the deeper levels of grief attached to the pain of loss experienced long after an abortion or miscarriage has occurred. For some individuals, the shame associated with the decision to have an abortion and the event itself are reexperienced with horror and despair for many years. Likewise, the individual's reactions to the mishaps of fate that seemed to predestine a miscarriage may be experienced with projected self-blame, shadowing the individual's relationships, self-concept and inner permission to feel worthy.

In this workshop, the treatment presented is specifically focused on helping the individual to heal from the shame, anger, helplessness, sense of isolation and overwhelming sadness associated with the losses from these events. Even more important, this treatment helps to access individual forgiveness by way of spiritual re-connections. Forgiveness is sought to release the burdens of unworthiness in dialogue with the maternal bond and with the higher spiritual sources of belief. This treatment leaves the individual with a refreshing sense of 'I'm finally okay' and 'I don't have to keep punishing myself any longer.' This treatment uses hypnosis, interactive imagery, ego states and spirituality to guide the individual toward acceptance and healing. A cognitive understanding of these events is suggested and often accepted as a way to appreciate the spiritual lessons offered to help. This treatment helps the individual to accept the inherent humanity of our choices.

Upon completion of the program, attendees will be able to:

- Describe how to identify ego states associated with emotional reactions to a miscarriage and/or abortion experience;
- Describe how to heal ego states and painful clustered affects (shame, anger, sadness) with the methods of interactive imagery and trance at the subconscious level; and
- Demonstrate or describe how to guide the client in trance to find release from the guilt in dialogue with the unborn infant and the spiritual resources of one's faith.

12:30 pm – 2:00 pm – Lunch on your own

2:00 pm – 5:45 pm – Afternoon Advanced Workshops

MP1: Ethical Principles and Professional Conduct (3.5 CE/CME)

Thomas Nagy, PhD

Appropriate for all practitioners.

Therapists are often faced with situations which require appropriate and sound ethical decision making ability. The field of Hypnosis presents new challenges. Determining the appropriate course to take when faced with a difficult ethical dilemma can be a challenge for even the most seasoned professional. This workshop will cover the basics of the difference between laws and ethics. It will provide a model for ethical decision making. Variables such as children's rights and research questions will be covered. Areas of possible ethical violations will be covered. This workshop will present a review of standard ethical issues, and dilemma that will be suitable learning material for seasoned clinicians and those starting in the field.

Upon completion of the program, attendees will be able to:

- Discuss the differences between relevant laws and ethical principals in the practice of hypnosis;
- Articulate an ethical decision making model as it applies to hypnosis; and
- Articulate 3 possible ethical violations.

MP2: Enhancing Women's Seven Strengths: Hypnotic Solutions (3.5 CE/CME)

Julie Linden, PhD and Consuelo Casula, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek more experiential exercises.

The talents, virtues, and wisdom of women can be clustered into seven strengths. Each one has its own uniqueness and is complementary to the others. This workshop will begin with an overview of the history of the feminist movement and its concepts and the use of hypnosis for and with women. This will include

Monday, March 15, 2010

a discussion of the 5E's of feminist hypnotherapy. Then we will present the 7 E's of women's strengths, a compilation of qualities to be nurtured and developed in women as the tasks of treatment. These include: Empathy, Ego-strength, Empowerment/Efficacy, Equality/Egalitarian, Embodiment, Ethics/ Equanimity and Evolution. Each will be explored from the point of view both of therapist and of patient in the utilization of hypnotic techniques. We will conclude with demonstrating and creating hypnotic techniques to enhance these seven ingredients in women.

Upon completion of the program, attendees will be able to:

- List the problems women face in each of the 7 areas of potential strengths;
- Utilize hypnotic language to address the awareness and development of each strength; and
- Demonstrate an hypnotic induction for transformation of a weakness into a strength.

MP3: Using Tools of Intention in Hypnosis (3.5 CE/CME)

Stephen Lankton, MSW

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises. Appropriate for Physicians and Nurses

This workshop will teach six positive techniques that actually make experiential hypnosis successful. Dysfunctional families fail to teach children how to use their experiences to succeed. Consequently, clients learn dozens of self-defeating habits and later present in our offices as adults with depression, anxiety, phobias, etc. The desire to change, insight, and motivation do not counteract those habits - nor does hypnotic suggestion create such change. Experience is the key to cure. The Tools of Intention protocols are designed to teach clients exactly that. Using these tools with, and teaching them to, clients is valuable for overcoming learned limitations and achieving self-mastery in various desired situations. Therapy can proceed without them, but with them, the therapeutic process is more efficient and focused.

Upon completion of the program, attendees will be able to:

- Perform the protocol and indications for Chunking Logic and Vivid Symbolic Imagery;
- Perform the protocol and indications for 3 forms of Self-Hypnosis and the Self-Image Thinking protocol; and
- Perform the protocol and indications for Emanate Imagery and the Heart-Joy protocol.

3:30 pm – 3:45 am - Break

6:30 pm – 7:00 pm - Cocktail Reception

7:00 pm – 9:00 pm - Awards Dinner

Join ASCH for a shamrockin' good time at its annual awards dinner bash. In honor of St. Patrick's Day, ASCH will throw an event that highlights all things Irish.



9:00 pm - A Night in *Music City*

Many movies have been made about Nashville. Enough books about Music City have been written to fill a bookcase. And, of course, scores of songs are dedicated to the city of music. But, while music is the lifeblood of Nashville, visitors will also find here a city of culture and history, of haute cuisine, of pro sports, outstanding academics, natural beauty and pure Southern charm. Nashville is a place where the past and the future peacefully coexist and build, one on the other, to create a destination that appeals to the interests of every visitor. This city is alive. You can feel its pulse when you walk down its sidewalks. And, fortunately, you can also hear it almost anywhere you go.

Join ASCH now and receive the discounted member rate.

For more information visit www.asch.net or call 630-980-4740 to receive the discounts on registration for ASCH educational events.

Tuesday, March 16, 2010

8:00 am – 9:00 am - Plenary 4

P4: Hypnosis for Pain Control: Current Developments

David R. Patterson, PhD, ABPH

9:00 am - 9:15 am – Break

9:15 am – 10:15 am – Case Consultation Sessions (1.0 CE/CME)

This series of case conferences is designed to present a range of clinical vignettes which demonstrate the applications of hypnosis in actual practice. Each conference will include a brief presentation of clinical material followed by case discussion from experts in the field. These discussions will include case conceptualization and formulation of key issues and foci for treatment, an examination of the role of hypnosis in treatment planning, and explication of specific hypnotic strategies, and techniques which might be utilized. Time will also be available for questions and discussion from the audience.

CC1: Breath or Death: A Case Study of an Eight Year Old with Cystic Fibrosis and Anxiety

Presenter: Julie Linden, PhD

Discussants: Reinhild Draeger-Muenke, PsyD, LMFT and Jeffrey Lazarus, MD

CC2: The Case of the Robot Man: "Stiff as a Board; Tight as a Drum"

Presenter: Elgan L. Baker, Jr., PhD, ABPP, ABPH

Discussants: Michael Nash, PhD, ABPP and Thomas Wall, PhD, ABPP, ABPH

CC3: Sharing Trance: Hypnosis with a Couple

Presenter: Stephen Kahn, PhD

Discussants: Carolyn Daitch, PhD and Sheryll Daniel, PhD

CC4: A Case of Complex Chronic Pain

Presenter: Mark Weisberg, PhD, ABPP

Discussants: Tom Barr, PhD and Anthony Tranguch, MD, PhD

CC5: The Case of Eleanor: A 68-Year Old African American Woman Suffering Shattered Dreams, a Loss of Identity and the Long Term Effects of Diabetes.

Presenter: Marc Oster, PhD

Discussants: Philip Accaria, PhD and Philip Appel, PhD

10:15 am – 10:30 am – Break

10:30 am – 3:30 pm – Full day Advanced Workshops

T1: Pain Control (3.5 CE/CME)

David Patterson, PhD, ABPH

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a balance of theory and experiential exercises. Appropriate for Physicians and Nurses. This workshop requires advanced level of integration of hypnosis into practice.

This full day workshop will focus on hypnosis for treating acute and chronic pain. The morning will include a brief overview of pain control theory, Ericksonian approaches to hypnosis and approaches to acute pain. The afternoon will focus more on chronic pain treatment with a discussion on integrating Motivational Interviewing into treatment. Attendees will be given clear paradigms to use for hypnotic interventions for patients who are 1) in acute pain and crisis, 2) anticipating a painful medical procedure, or 3) suffering from chronic pain. The instructor will base the workshop on close to 125 papers he published in the area of pain control and health psychology (including Psychological Bulletin, Journal of Consulting and Clinical Psychology and Journal of Abnormal Psychology), as well as a book on this topic scheduled to be published by APA this year. At the same time, the emphasis of the workshop will be more on applied clinical technique, based on his 25 years of clinical experience in the field of pain management. Demonstrations, brief exercises and the opportunity for consultation will be included.

Upon completion of the program, attendees will be able to:

- Understand a biopsychosocial model of pain control;
- Distinguish between acute and chronic pain;
- Understand Ericksonian approaches to hypnosis; and
- Be able to describe approaches to acute crisis, procedural and chronic pain.

T2: Treatment of Pathological Dissociation and Dissociative Disorders (3.5 CE/CME)

Richard Kluff, PhD, MD

This workshop is most appropriate for participants who work in behavioral/mental health and are at least 2 years post basic course who seek a balance of theory and experiential exercises. This workshop requires advanced level of integration of hypnosis into practice.

This course will move from a study of several models of dissociation and their clinical relevance to an exploration of both normal and pathological dissociation. Then it will proceed to consider the treatment of pathological dissociation and the dissociative disorders, especially dissociative identity disorder and allied forms of dissociative disorder not otherwise specified. Throughout these topics, the relevance of hypnosis to facilitate interventions and the demonstration of relevant specific techniques will be an ongoing theme. Over 20 specific hypnotically-facilitated interventions will be taught. In addition, the interplay of hypnosis,,

dissociation, and modern basic affect theory (Sylvan Tomkins' work, as communicated in the work of Donald Nathanson) will be discussed, and its technical implications and the interventions that follow from them will be reviewed.

Upon completion of the program, attendees will be able to:

- List 22 hypnotic techniques useful in the treatment of pathological dissociation and the dissociative disorders;
- Name and describe the four poles of Nathanson's Compass of Shame; and
- Contrast the psychoanalytic and supportive approaches to the treatment of dissociative disorders.

T3: The Autonomic Model of Hypnosis: Ten Years of Progress (3.5 CE/CME)

Reginald Humphreys, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek more theory than experiential exercises. This workshop requires advanced level of integration of hypnosis into practice.

The Autonomic Model of Consciousness is an overarching theoretical framework for understanding the benefits of hypnosis and other mind-body medicine techniques. The Autonomic Model asserts that the benefits of hypnosis and other behavioral medicine techniques are best conceptualized in terms of their effects on the autonomic nervous system. Certain symptoms/syndromes respond positively to hypnotic procedures emphasizing an enhanced parasympathetic tone, while other types of symptoms respond to suggestions for sympathetic nervous system augmentation. An entire taxonomy of symptoms, illness, and disease based on autonomic concepts can be used as an aid to treatment, guiding both psychotherapy and medical treatments alike.

In the 10 years since the presenter first offered the modern autonomic model of hypnosis, there has been considerable progress towards verifying the linkage between parasympathetic health and cardiovascular fitness. This has been accomplished largely through the study of heart-rate variability (HRV). More recent advances in the understanding of oscillator neurons residing in the suprachiasmatic nucleus have led to insights regarding the sympathetic branch of the autonomic nervous system (ANS). These insights have immediate implications for the use of hypnosis in promoting sympathetic increases in the treatment of certain conditions. In this workshop, the presenter reviews the history of the autonomic model, and provides a decision-tree methodology for treatment planning, along with a complete array of hypnosis scripts for use with cases requiring either sympathetic or parasympathetic augmentation. Protocols are also given for more complex cases requiring a special combination of both sympathetic and parasympathetic suggestions in a specified sequence.

Upon completion of the program, attendees will be able to:

- Verbalize case formulations using the autonomic model of hypnosis;
- Differentiate between clinical conditions requiring parasympathetic vs sympathetic interventions; and
- Evidence a familiarity with specific hypnotic suggestions and scripts designed to promote either sympathetic or parasympathetic augmentation.

T4: Treating the Person with Dis-Ease (3.5 CE/CME)

Steven Gurgevich, PhD; Philip Appel, PhD; and Philip L. Accaria, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a primarily experiential exercises. Appropriate for physicians and Nurses. This workshop requires advanced level of integration of hypnosis into practice.

This workshop focuses on applications of clinical hypnosis to treat patients with medical conditions and the sequelae of those conditions. Dr. Philip Appel has a hospital-based practice with special emphasis on physical medicine and rehabilitation. Dr. Steven Gurgevich is the Director of the Mind-Body Clinic at Dr. Andrew Weil's Center for Integrative Medicine. Dr. Philip Accaria maintains a private practice in Montclair, NJ and incorporates indigenous energy medicine methods in his treatment of physical and psychological symptoms.

The presenters bring over 80 years of combined experience in using hypnosis to treat patients with medical conditions that they view and treat in a holistic fashion; seeing illness as a function of dis-ease within the consciousness of the individual. Consciousness is an energy pattern that manifests itself physically and when there is a lack of harmony in the being, a disruption in the flow of the energy then there is "dis-ease."

This workshop uses case presentations, experiential exercises, demonstrations and specifically welcomes the participants to bring their own cases for consultation and have the presenters demonstrate alternative and creative hypnotic techniques that they may utilize in working with their patients and clients.

Upon completion of the program, attendees will be able to:

- Discuss how to use symptoms as the beginning of an induction;
- Describe how to use mindfulness-like strategies for attenuation of symptoms; and
- Use methods to begin interpreting a person's physical symptoms as expressions of metaphors of their "dis-easing" life experience

T5: Trauma Resolution (3.5 CE/CME)

James H. Straub, EdD and Vicki W. Straub, PhD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine are at least 2 years post basic course who seek a primarily experiential exercises. This workshop requires advanced level of integration of hypnosis into practice.

PTSD is an all too common outcome of assaults, natural disasters, childhood abuse and motor vehicle

accidents. PTSD is related to the difficulty in resolving chronic pain, anxiety and depression as well as having a negative impact on relationships. The resolution of traumatic memories, with desensitization to various triggers and restructuring of related limiting beliefs about self, world and others is a central component in resolving PTSD.

The primary evidence based treatment for traumatic memories is prolonged exposure therapy (PET). However, there are many forms and variations of exposure therapy ranging from the early implosive therapy of Stampfl and various flooding techniques to the approaches of Edna Foa and her contemporaries. Hypnotic and CBT combined approaches and EMDR have also been found effective. Some current research suggests the effective component of EMDR and other approaches is prolonged exposure.

This workshop will review and discuss current research in the area; review and discuss aspects of trauma and traumatic memories in relation to the brain and chronic pain; review and discuss various flooding approaches and their clinical applications; discuss the possible added effects beyond prolonged exposure flooding desensitization of other approaches; and introduce and teach an alternative hypnotic cognitive therapy approach to resolving and restructuring traumatic memories and discuss its clinical applications.

Upon completion of the program, attendees will be able to:

- Discuss current understandings and hypotheses related to the neurological underpinnings and impact of PTSD;
- Discuss current understandings and hypotheses as to the relationship of PTSD and chronic or persistent pain;
- Discuss and explain prolonged exposure therapy ;
- Identify several variations of prolonged exposure therapy;
- Understand the hypnotic and imagery patterns that enhance or interfere with these approaches;
- Understand and apply a deep structure grounding technique;
- Identify hot spots in memories and help patients disidentify from them;
- Have at least one way of transferring and integrating surface structure reframing to deeper neurologic patterns; and
- Apply the basics of a hypnotic cognitive memory resolution strategy.

T6: Transpersonal Perspectives and the New Paradigm: Implications for Hypnosis (3.5 CE/CME)

Darlene Osowiec, PhD; Consuelo Casula, PhD; and John Tatum, MD

This workshop is most appropriate for participants who work in behavioral/mental health and medicine who may or may not work with medical/surgical patients and are at least 2 years post basic course who seek a primarily experiential exercises. Appropriate for physicians and Nurses.

The emerging worldview had its origins in the mid-twentieth century by way of Western Physics. Eastern traditions have long-tapped this view through intricately detailed direct-experience reports. At this crucial juncture in our history, we find that Western science and Eastern traditions are validating each others' views of reality—that we are all interconnected.

The purpose of this workshop is to present three approaches that resonate with the Transpersonal Perspective and the new Paradigm. Dr. Darlene Osowiec will begin with grounding us in the ancient practices of Pranayama, the Science of Breath. The breath (spiritus) is considered to be the bridge between body and mind. Through demonstrations and practice, participants will learn Centering techniques for bringing a fuller presence in their hypnotherapeutic work with patients. Continuing the theme, Dr. Consuelo Casula will inspire and elaborate on how hypnotherapists can incorporate their practice of words of wisdom and spiritual exercises to deepen the level of trance and to improve efficacy. Philosophical words of wisdom are able to awaken "lazy" minds, help in caressing suffering souls, and are ready to mend broken hearts. Dr. Consuelo will show how imagination, emotion, and will are also ingredients of hypnotic inductions and suggestions. Dr. John Tatum will present his work on Chakra Based Exposure and Desensitization in psychotherapy, based on a two-year personal study and two-year clinical study. He will review the standard treatments for anxiety, phobias, and PTSD and show how including a focus on the sensations in the chakras can enhance those treatments.

Upon completion of the program, attendees will be able to:

- Elaborate the framework of a transpersonal perspective, three transpersonal presenters will explain and demonstrate their work. In the first segment, participants will learn how to integrate yogic breathing practices (i.e., pranayama) into their self-hypnosis and hypnotic work with patients and clients. Participants will take away with at least three applicable approaches and the theory and science that support them. Time will be allowed in all three segments of instruction for questions and check-ins on technique with a partner and in the group;
- Give the location of the 10 main chakras, describing the thoughts and feelings associated with each in both healthy and troubled states;
- Do chakra-based desensitization with patients; and
- Identify contraindications

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General Jackson Showboat, Heavenly Perspectives, Nashville CVB

Music Calls Us Home.

There are a handful of cities in the world where the mere mention of their names conjures up specific images...Nashville is one of these special places. While the instant images- performances by country music legends on stage at the Grand Ole Opry, songwriters furiously scribbling down ideas they hope will be the next Top 10 hit, young hopefuls arriving in town with a guitar and a dream- are all an integral part of the city's fabric, Nashville is so much more.

It's a city that resonates with life and vibrates to the beat of every type of song. It's a town that sizzles with American music, Southern hospitality, delicious regional cuisine and a boundless spectrum of entertainment options. It's steel magnolias and downtown skyscrapers, Greek architecture and great shopping, a hip nightlife and hopping business climate, a tribute to the past and a look toward the future. Nashville is a delightful mix of old and new...and it's all waiting for you to come experience this truly unique American city. Discover here why Music Calls Us Home www.visitmusiccity.com.

"Welcome to Music City, folks," the pilot said as we touched down at the Nashville International Airport. Music City. I'd heard Nashville called that for years, but having never been I didn't quite understand why. "Every city has music, why does Nashville claim to be the 'Music City'?" I wondered to myself as I headed down the terminal to baggage claim. As if the universe was answering my question I suddenly heard the sound of a steel guitar. "That's nice that they play music over the loudspeakers" I again thought to myself. But wait, this wasn't over the loudspeakers. Right there in one of the airport restaurants was a full band belting out a tune like they were singing to a packed out arena. The funny thing was that they were pretty good. "There must be some major talent in this town if these guys are pulling afternoon gigs out at the airport," I thought. As if to agree with me, I heard Vince Gill's voice on the loudspeaker welcoming me to Music City.



Country Music Hall of Fame & Museum, Barry M. Winiker, Nashville CVB

why is Nashville called Music City?" I asked. He thought for a moment and replied "It is because there are so many musicians and songwriters who live here." He explained to me that that is what brought him here, that he was in a rock band and thought this was the best place for him to be. "There are great recording studios, tons of venues, and with so many musicians in one place there is a creative vibe that I just haven't experienced anywhere else." Then, right on cue, he pulled out a flyer and told me his band was playing at Mercy Lounge tomorrow night, and I should come check it out.

I woke up my first morning in Music City to a phone call from Amy Grant, well her prerecorded voice was my wake up call, but I still thought that was pretty cool. I decided it was time to start exploring. I started downtown and hit the Country Music Hall of Fame & Museum, the Ryman Auditorium, the Musicians Hall of Fame and ambled through the Music City Walk of Fame stars located along Music Mile. Seeing the stars of people like Little Richard, Elvis and Jimi Hendrix next to artists like Martina McBride, Hank Williams Sr., and Emmylou Harris reminded me what people had been telling me before my trip- "there's country music and a whole lot more in Nashville."

As I walked along I came across something else I wasn't expecting to see in Nashville, a beautiful, state-of-the-art symphony center. The Schermerhorn Symphony Center had such grandeur it looked like it belonged in Europe, and I later learned that it was inspired by many

I decided I was going to get to the bottom of the whole 'Music City' nickname and who better to start with than my cab driver. "So why is Nashville called Music City?" I asked him as I noticed his music note air freshener. "It is because of all the live music you can find here," he explained. "You can find just about any kind of music any night of the week." On the way to the hotel he pointed out all of the live music venue signs shaped like big guitar picks. "Some of the venues are a little hidden so to find all of the live music around here just follow the signs."

As the bellboy at my hotel helped me with my bags I noticed his nametag said Neal: Rolling Stones. He explained that everyone puts their favorite band or singer on their nametags. He seemed like the perfect next victim in my quest for answers. "So Neal,



Downtown - BellSouth & Broadway, Barry M. Winiker, Nashville CVB



Schermerhorn Symphony Center, Nashville CVB

of Europe's great concert halls. I also learned that the building, which was constructed in 2006, is home to the GRAMMY® Award-winning Nashville Symphony who is also one of the most active recording orchestras in the country. Yet another reason Music City is Music City!

It was my somewhat secret obsession with Elvis that got me to take the tour of Historic RCA Studio B, a popular recording studio in the 1960s that helped establish Nashville as an international recording center, and also where Elvis recorded over 250 songs. After the tour I decided to get a professional answer to my question so I asked the tour guide, "Why is Nashville called Music City?" She said rumor had it the nickname goes all the way back to 1873 when the world famous Fisk Jubilee singers sang to Queen Victoria in England, and upon hearing their voices

proclaimed "they must come from Music City." Then, in the 1950s a local radio DJ coined the term and it just stuck. However," she said, "the reason it has stuck all these years is because the city's music scene continues to grow and diversify. It's a perfect mix of the new and the old." I also learned from her that Nashville is home to several music associations including Americana, Bluegrass, Gospel, Barbershop Quartet and Country as well as NSAI, the Nashville Songwriters Association International.

As my visit went on I was continually amazed by the common theme of music throughout the city. Don't get me wrong, there is more than just music in Nashville. However, it was as if music was interwoven into everything from their art to their culture. For example, at the Frist Center for the Visual Arts there was music in the Grand Lobby, and on my visit to Belle Meade Plantation I enjoyed jazz music on the lawn. Even the Nashville Visitor Information Center had live music.

One of the highlights of my trip happened in a quaint little coffee shop in Hillsboro Village located near Vanderbilt University. I was sipping on my milkbone latte at the pet-loving coffee shop Fido and noticed one of my all time favorite musicians sitting not far from me. Why wasn't anybody else freaking out, asking for his autograph, or in the very least staring at him like me? I decided I couldn't be the lone crazed fan among all the cool, coffee shop, musician types so I played it cool. Later I was telling Neal the bellboy about it and he explained to me that it is pretty common to see famous musicians around town. People in Nashville leave them alone and that's part of what they love about the city. Artists and musicians can roam around unbothered.



Live Music at The Bluebird, Mike Rutherford, Nashville CVB

I spent my last night in town at the famous Bluebird Cafe. A friend had told me it was a must-see while in town. The gist of the Bluebird is that three or four songwriters would play "in the round" taking turns singing and telling stories about songs they have written. I drove up and was surprised by how small and unassuming the place was. I sat down in the intimate little restaurant/bar and checked out the lineup for the night. It was three men and a woman, none of whose names I had ever heard before. "Oh well," I thought "I don't know any of these people, but I'm sure it will be nice anyway." How wrong I was! I may not have known their names but I certainly knew their songs. They were playing some of the biggest country hits of all times. I was blown away. By the time the woman, Victoria Shaw, got around to singing "The River," recorded by Garth Brooks, I was in tears.



Grand Ole Opry stage, Randy Piland, Nashville CVB

As all great trips do, this one had come to an end. As I passed a singer playing at the airport's lobby I smiled to myself as I thought of the memories I had made since passing that same spot a few days earlier. And as I heard Vince Gill's voice overhead, I realized I would never again ask the question "Why is Nashville called Music City?"

Copy and photos courtesy of the Nashville Convention and Visitors Bureau, www.visitmusiccity.com

Registration Form

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Check here if this is your first time at an ASCH Annual Meeting

Category of Attendance: (Select One)

I am a member of: ASCH Component Section: _____ SCEH (Members of SCEH and ASCH Component Sections qualify for the member registration rate)

Non-Member

Student *Along with a completed registration form and payment of registration fees, students need to submit proof of full-time enrollment at an ACE-approved institution of higher education on school letterhead that clearly identifies the individual's program of study, area of concentration (if applicable), level of degree pursued (masters degree or better required) and date of intended graduation.*

Resident / Intern *Along with a completed registration form and payment of registration fees, residents/interns need to submit correspondence from their supervisor on official letterhead explaining the nature of the residency/internship and date of intended completion of the program.*

Students: Please write the name of your college or university below and indicate your graduate department and whether masters or doctoral level degree is being pursued.

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Member of (Select all that apply) ABMH ABPH ABPP ABHD AHBCSW

I will bring a guest to the social functions: yes no

Name for guest's badge: _____

Please check here if you require kosher vegetarian special dietary: _____

I would like to receive all correspondence for this meeting electronically. (Note: If you select this, you must supply a working email address in the personal information block above.)

In accordance with the Americans with Disabilities Act (ADA), please check this box if you require assistance because of a disability to make this program accessible to you. Someone from the ASCH Central Office will contact you.

Registration Information

You will be automatically registered for the Plenary Session and the lunch presentations (if applicable) on the days you will be attending workshops. You will need to choose either Basic, Intermediate or Advanced level of registration. You may register for the Sunday Evening Video Program. Basic and Intermediate Workshops will run Saturday through Tuesday and require a full 4-day registration. Advanced registrants can sign up for 1, 2 or 4 days of programs and will need to choose from the Advanced Workshops and Scientific Symposia/Case Consultation listed on pages 9-30 of the brochure. Attendees of the Basic and Intermediate Workshops should choose one scientific symposia to attend on Sunday and Monday mornings as well as one Case Consultation session on Tuesday morning.

Workshops:

I will attend the Sunday Video Program I will attend the Sunday Nurses' Networking Luncheon
 Basic (Saturday-Tuesday) Intermediate (Saturday-Tuesday)

Advanced Workshop Registration Options:

1-day Advanced Workshop 2-day Advanced Workshops
 4-day Advanced Workshops

Registration Form

Saturday Advanced Workshops

Member ID (for office use only) _____

Choose the full day workshop and write the number here:

- S1: The Hypnosis Toolbox: Advanced Strategy and Techniques
- S2: Advanced Techniques in Medical and Behavioral Hypnosis
- S3: Finding the Hypnosis in the Encounter: Principles and Practice in Pediatrics

OR

Choose one a.m. workshop and write the number here:

- SA1: Teaching Discrimination Strategies Through Hypnosis: The Importance of Distinguishing Contexts in Effective Decision-Making
- SA2: Hypnosis for Skin Procedures and Disorders
- SA3: Staying Steady While Being Tossed Around: The Challenge of Infertility for the Patient, the Options for the Therapist
- SA4: Addictions Hypnosis
- SA5: Dad, Did You Ever Really Love . . . No! . . . Care About Me?" The Use of Hypnotherapy with Adolescent and Adult Males in Healing the Trauma of Father Abandonment.
- SA6: Developing Hypnosis Workshops that Adhere to ASCH Standards of Training and its Accrediting Organizations

AND

Choose one p.m. workshops and write the number here:

- SP1: Depression is Contagious: Applying Hypnosis in Treating the Social Dimension of Depression
- SP2: Clinical Hypnosis in Palliative Care: Techniques for Effectively Relieving Pain and Symptoms
- SP3: Hypnosis in the Media: Learning to Wield the Double-Edged Sword

Sunday Scientific Symposia

Choose a hour-long symposium and write the number here:

- YD1: Hypnotic Dissociation Modalities to Reduce the Pain and Anxiety of Immunizations in 4-6 Year Old Children
- YD2: Hypnotically Induced Relaxation and Self-Guided Imagery during Dermatologic Procedures
- YD3: Ego State Therapy for the Resolution of Grieving
- YD4: Clinical Hypnosis And Electro-Acupuncture In The Treatment Of Headaches: Integrating International Headache Society Classification and Traditional Chinese Medicine, In A Multimodal Approach
- YD5: The Sympathetic Connection: The Use of Hypnotic Suggestions for Sympathetic Augmentation
- YD6: Application of Hypnosis in the Management of Perioperative Anxiety and Chronic Pain in Children and Adolescents

AND

Choose one full day workshop and write the number here:

Sunday Advanced Workshops

- D1: Ideomotor Techniques for Rapid Hypnoanalysis
- D2: Integrating Hypnosis into the Treatment of Psychophysiological Disorders: Is There a Better Approach for Low Back Pain?
- D3: Complex Trauma, Dissociation, Autonomic Dysregulation, And Physical Disease: A Solution-Focused Approach To Puzzling Medical Disorders

OR

Choose one a.m. workshop and write the number here:

- DA1: The Use of Hypnotherapy and EMDR in Medical and Somatic Problems: Special Emphasis on Early Life Influences
- DA2: Finding Your Own Voice: The Art of Using Hypnotic Language
- DA3: Future Focused Hypnotherapy
- DA4: The Interface Between Hypnosis and the Bowel in Irritable Bowel Syndrome

AND

Choose one p.m. workshop and write the number here:

- DP1: Examining Yapko's Assessment Method from a Developmental Perspective: Applications for Clinical Hypnosis with Children and Adolescents
- DP2: Advances in Dental Hypnosis for Dentists and Psychology Professionals
- DP3: Individualized Consultation and Brainstorming Session
- DP4: Hypnosis for Weight Loss – Avoiding the "Adipose Complex"

Registration Form

Member ID (for office use only) _____

Monday Scientific Symposia

Choose one hour-long symposium and write the number here:

- YM1: The Use of Talking Hypnosis with Step/Blended Families
YM2: Emotional Regulation Skills Training – Helping the Child Who Explodes
YM3: Hypnotherapy for Gastrointestinal Disorders: Empirically Supported Techniques for Adolescents
YM4: Sufi Rapid Wound Healing: Hypnosis or Biofields?

Monday Advanced Workshops

Choose one full day workshop and write the number here:

- M1: Hypnosis for Enhancing Creativity
M2: Integrating ECEM (Eye Closure, Eye Movement) and Heart Rate Variability with Hypnosis: Applications to Anxiety, Panic, and Depersonalization
M3: Trance Enhancement of Core Renewal and Mind/Body Healing :East and West

OR

Choose one a.m. workshop and write the number here:

- MA1: A Holistic Approach to the Treatment of Interstitial Cystitis/Chronic Pelvic Pain
MA2: The Pursuit of Excellence: An Introduction to the Psychological Hypnosis Diplomate Examination
MA3: The Self-Hypnosis Diet – The Missing Ingredient
MA4: Healing from the Shame, Loss and/or Self-Blame of Abortion and/or Miscarriage

AND

Choose one p.m. workshop and write the number here:

- MP1: Ethical Principles and Professional Conduct
MP2: Enhancing Women's Seven Strengths: Hypnotic Solutions
MP3: Using Tools of Intention in Hypnosis

Tuesday Case Consultation

Choose one of the following and write the number here:

- CC1: Breath or Death: A Case Study of an Eight Year Old with Cystic Fibrosis and Anxiety
CC2: The Case of the Robot Man: "Stiff as a Board; Tight as a Drum"
CC3: Sharing Trance: Hypnosis with a Couple
CC4: A Case of Complex Chronic Pain
CC5: The Case of Eleanor: A 68-Year Old African-American Woman Suffering Shattered Dreams, a Loss of Identity and the Long Term Effects of Diabetes.

AND

Tuesday Advanced Workshops

Choose one of the following and write the number here:

- T1: Pain Control
T2: Treatment of Pathological Dissociation and Dissociative Disorders
T3: The Autonomic Model of Hypnosis: Ten years of Progress
T4: Treating the Person with Dis-Ease
T5: Trauma Resolution
T6: Transpersonal Perspectives and the New Paradigm: Implications for Hypnosis

Student Discount: Indicate the desired discount option and provide the requested information. Check only one option.

Option A: For every four (4) full fee student registrations, a fifth student will be registered for free. Please indicate the name of the individual to receive the free registration here. _____

Option B: Each of the 5 registrations will receive a 20% discount off of the already discounted student registration fee.

Please note that all registration forms and fees must be submitted at the same time to receive the requested discount option. These discounts can not be used in conjunction with any other grants or discounts.

For more information, Contact ASCH at +1-630-980-4740 or info@asch.net.

Registration Form

Member ID (for office use only) _____

Registration Fees: Please check the appropriate registration category.

* **Basic****, Intermediate and 4-Day Advanced require full registration.

Early-Bird Fees When postmarked/faxed by Friday, February 12, 2010.

	Member	Non-Member	Resident/Intern	Student
Full Registration*	<input type="checkbox"/> \$570	<input type="checkbox"/> \$720	<input type="checkbox"/> \$435	<input type="checkbox"/> \$275
2-day Advanced	<input type="checkbox"/> \$300	<input type="checkbox"/> \$375	<input type="checkbox"/> \$260	<input type="checkbox"/> \$275
1-day Advanced	<input type="checkbox"/> \$180	<input type="checkbox"/> \$255	<input type="checkbox"/> \$145	<input type="checkbox"/> \$275
Faculty Fee	<input type="checkbox"/> \$285	<input type="checkbox"/> \$285	N/A	N/A
1-day Faculty Fee	<input type="checkbox"/> \$180	<input type="checkbox"/> \$180	N/A	N/A

Regular Fees When postmarked/faxed after Friday, February 12, 2010 but before February 26, 2010.

	Member	Non-Member	Resident/Intern	Student
Full Registration*	<input type="checkbox"/> \$620	<input type="checkbox"/> \$770	<input type="checkbox"/> \$485	<input type="checkbox"/> \$300
2-day Advanced	<input type="checkbox"/> \$350	<input type="checkbox"/> \$425	<input type="checkbox"/> \$310	<input type="checkbox"/> \$300
1-day Advanced	<input type="checkbox"/> \$230	<input type="checkbox"/> \$305	<input type="checkbox"/> \$195	<input type="checkbox"/> \$300
Faculty Fee	<input type="checkbox"/> \$285	<input type="checkbox"/> \$285	N/A	N/A
1-day Faculty Fee	<input type="checkbox"/> \$180	<input type="checkbox"/> \$180	N/A	N/A

On Site Fees On or after February 26, 2010 please register on site. ***A \$50 administrative fee will be added to on-site registrations.

	Member	Non-Member	Resident/Intern	Student
Full Registration*	<input type="checkbox"/> \$670	<input type="checkbox"/> \$820	<input type="checkbox"/> \$535	<input type="checkbox"/> \$300
2-day Advanced	<input type="checkbox"/> \$400	<input type="checkbox"/> \$475	<input type="checkbox"/> \$360	<input type="checkbox"/> \$300
1-day Advanced	<input type="checkbox"/> \$280	<input type="checkbox"/> \$355	<input type="checkbox"/> \$245	<input type="checkbox"/> \$300
Faculty Fee	<input type="checkbox"/> \$285	<input type="checkbox"/> \$285	N/A	
1-day Faculty Fee	<input type="checkbox"/> \$180	<input type="checkbox"/> \$180	N/A	

* Basic attendees receive two books: Standards of Training and Clinical Hypnosis and Memory: Guidelines for Clinicians and for Forensic Hypnosis

I would like to request the Virginia Hypnosis Fund (VHS) Grant. The required written request and proof of my status as a student enrolled full-time in a Virginia-based institution of higher education accompanies my registration form.

I do not wish to receive a continuing education certificate/letter of attendance (LOA). Please remove the \$25 fee already included in the registration fee.

Registration Fee:	<input type="text"/>	=	<input type="text"/>
Vanderbilt Library Reception Tickets: \$40 each x	<input type="text"/>	=	<input type="text"/>
ASCH Banquet Tickets: \$60 each x	<input type="text"/>	=	<input type="text"/>
Continuing Education/Letter of Attendance Fee Removal (minus \$25) <i>You will not receive a CE certificate/Letter of Attendance if you select this.</i>	<input type="text"/>		<input type="text"/>
Total amount due:	<input type="text"/>		

Payment:

Check # _____ (Payable to American Society of Clinical Hypnosis in US funds only)

MasterCard Visa

Account number _____

Exp. Date: _____ CVS Security Code: _____

Signature: _____ Date: _____

Cancellation Policy: Cancellations postmarked/faxed after February 12, 2010 but on or before February 26, 2010 will receive a refund of the amount paid less a \$50 administrative charge. **No refunds after February 26, 2010.** Exceptions will only be granted due to death of participant or immediate family member, severe illness/injury of participant or immediate family member, or the inability of participant to travel due to legal or governmental restrictions/obligations, and will require written notification and appropriate documentation. **Registration fees are not transferable to another workshop.**

Return form and payment to: ASCH, 140 N Bloomingdale Rd, Bloomingdale, IL 60108-1017
FAX: 630/351-8490

Questions? Contact ASCH at info@asch.net or 630/980-4740