

## **ASCH Individualized Consultation (IC) /**

## **ASCH Individualized Consultation Workshop (ICW)**

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The American Society of Clinical Hypnosis (ASCH) Individualized Consultation is an advanced study program offered for those medical, dental, and behavioral health care professionals interested in enhancing their knowledge and expertise in the use of clinical hypnosis. This 20-hour program is designed to fulfill the consultation requirements for attaining the (ASCH) Certification in Clinical Hypnosis or to obtain the hours of consultation necessary to become an ASCH Approved Consultant. The Individualized Consultation program requirement for ASCH Certification in Clinical Hypnosis and/or Approved Consultant in Clinical Hypnosis may be fulfilled in two principal ways (or a combination of the two), i.e. Individualized Consultation (IC) or Individualized Consultation Workshop (ICW).

Many IC program participants choose to accrue the required 20 hours of IC by establishing a consultative relationship with an ASCH Approved Consultant. Together with the Approved Consultant participants complete an application for enrollment in IC, agree on and document an ASCH Learning Contract which may be revised as agreed upon throughout the IC program, and agree on the content, duration, and frequency of IC meetings as well as compensation for the Approved Consultant. Some participants utilizing this option work with a consultant in their local area and enjoy principally in person meetings. Some Approved Consultants provide IC service in regularly held small groups of participants in their local areas. Others IC participants establish IC relationships with Approved Consultants not in their local area and complete the 20 IC hours via video or telephone conference, submission of video and/or audio recordings of work samples, and/or occasional in-person meetings, often during ASCH-ERC regional workshops or the ASCH Annual Scientific Meeting and Workshops. While this strategy for completion of the IC typically requires more time than the extended weekend ICW format, there is often appreciated a significant advantage by allowing the IC participant time between meetings with the Approved Consultant to implement, practice, modify, and refine those elements and skills discussed with the Approved Consultant and in the learning contract. This provides further opportunities to experience noticeable change and growth, over time, through the IC process.

**N.B.: With respect to work samples demonstrating utilization of clinical hypnosis with patients, all appropriate standards of professional practice, privacy, confidentiality are expected.**

Individuals choosing to participate in this program must have completed an ASCH-ERF-sponsored or approved Level 1 (Fundamentals of Clinical Hypnosis) and Level 2 (Intermediate: Applications and Skills Development in Clinical Hypnosis) workshops. In addition, participants should be regularly utilizing clinical hypnosis in their professional practice.

Participants in this format of IC are required to submit the following to the ASCH Central Office, to the attention of Ms. Doris Bowens, ASCH Membership and Certification Manager:

- \*\* A completed IC application.
- \*\* A completed ASCH-ERF Learning Contract, with clear and measurable learning objectives, co-signed by the facilitating Approved Consultant

Following completion of the required IC hours delineated in the initial and/or revised learning contract the Approved Consultant will validate participant completion of the IC requirement in writing to the ASCH Certification Committee.

For additional information concerning the Individualized Consultation Workshop, or ASCH certification processes, please contact Ms. Doris Bowens, ASCH Membership and Certification Manager at (630) 980-4740 or via email at: [certification@asch.net](mailto:certification@asch.net).

Thank you for your interest. We look forward to hearing from and working with you in the near future.

## **ASCH Individualized Consultation Workshop (ICW)**

The Individualized Consultation Workshop (ICW) is offered for those medical, dental, and behavioral health care professionals interested in enhancing their knowledge and expertise in the use of clinical hypnosis. This 20-hour workshop is designed to fulfill the individualized consultation requirements in a relatively compressed, intensive long weekend of study and practice facilitated by highly experienced and respected ASCH faculty facilitators. The ICW is typically offered once or twice annually in conjunction with American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF)-sponsored Regional Workshops.

Individuals attending this program must have completed an ASCH-ERF- sponsored or approved Level 1 (Fundamentals of Clinical Hypnosis) and Level 2 (Intermediate: Applications and Skills Development in Clinical Hypnosis) workshops. In addition, participants should be regularly utilizing clinical hypnosis in their professional practice.

The ICW is unique among ASCH educational offerings. Participants meet and consult in both full group (typically 12 participants) and small group (typically 6 participants) settings with fellow participants and select and highly experienced faculty members who are all ASCH Approved Consultants. This consultation model encourages participants to learn from one another, to have their personal expertise affirmed and expanded, and to network with other professionals in the clinical hypnosis community. During the twenty hours of consultation the focus is on issues unique to each participant's clinical practice and occurs in both full and small group sessions. Small groups are heterogeneous as to discipline (medicine, psychology, dentistry, social work, etc.). This diversity in group membership encourages participants to focus on refining understanding and skills in a context of integrated, interdisciplinary learning with specific emphasis on mind-body considerations in the application of clinical hypnosis with a wide range of presenting patient concerns using a multiplicity of intervention strategies.

Each small group remains together throughout the 20-hour workshop with occasional opportunities for a self-selected group based on a specific topic. In such groups, participants will have access to work with a highly experienced faculty member to expand knowledge and applied skills in specific areas of health care such as behavioral medicine, acute, procedural and chronic pain management, obstetrics and gynecology, children and adolescents, trauma, DID, and chronic disease and palliative care. Actual topics will be determined and guided by attendee learning contract content and faculty availability.

The depth of learning in the ICW is directly related to the level of involvement and engagement of participants, thus allowing ICW to be a highly interactive and integrative learning experience.

Participants are required to submit the following to the ASCH Central Office, to the attention of Ms. Doris Bowens, ASCH Membership and Certification Manager:

- \*\* A completed ICW application and enrollment fee
- \*\* A completed ASCH-ERF Learning Contract with clear and measurable learning objectives

**In addition, all participants are required to bring with them to the ICW at least two work samples in the form of video recording [preferred] and/or audio recording [accepted]. Please note that if only audio recordings are presented, participants will be required to demonstrate at least one in vivo establishment of patient rapport, trance facilitation and intensification, elicitation of hypnotic phenomena, suggestion, and re-orienting of patient.**

**N.B.: With respect to work samples demonstrating utilization of clinical hypnosis with patients, all appropriate standards of professional practice, privacy, confidentiality are expected.**

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