



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

ASCH Individualized Consultation (IC) ASCH Individualized Consultation Workshop (ICW)

What is Individualized Consultation (IC)?

IC 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 (ASCH) Certification in Clinical Hypnosis or to obtain the hours of consultation necessary to become an ASCH Approved Consultant.

This requirement may be fulfilled one of two ways: participation in *one-on-one Individualized Consultation (IC)* or an *Individualized Consultation Workshop (ICW)*.

Option 1: Individualized Consultation (IC)

The option requires a certification candidate to establish a consultative relationship with an ASCH Approved Consultant. Together the candidate and Approved Consultant will

- complete an application for enrollment in IC,
- develop the ASCH Learning Contract, which may be revised at any time upon mutual agreement,
- agree on the content, duration, and frequency of IC meetings and, if applicable, compensation for the Approved Consultant.

IC hours can be done in-person, via video or telephone conference, or through the submission of video and/or audio recordings of work samples.

This method is a preferred strategy. The advantage of this format allows the IC participant time between meetings with the Approved Consultant to implement, practice, modify, and refine those elements and skills discussed. This provides further opportunities to experience noticeable change and growth, over time.

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

Option 2: Individualized Consultation Workshop (ICW)

This option requires a certification candidate to participate in an Individualized Consultation Workshop (ICW). Established as a 20-hour workshop, this program is designed to fulfill the individualized consultation requirements in a relatively compressed, intensive long weekend of study and practice facilitated by highly experienced ASCH faculty facilitators. The ICW is typically offered twice annually.

Participants meet and consult in both full group (typically 10-12 participants) and small group (5-6 participants) settings with fellow participants and ASCH faculty 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.

Consultation will focus 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. ICW is a highly interactive and integrative learning experience.

The first step to participating in ICW is to complete the ICW Application Form. Once approved, here are the steps that follow:

- Registration for ICW
- Complete of the ASCH Learning Contract and submit to the ASCH office 2 weeks prior to ICW
- Prepare at least two work samples in the form of video recording [preferred] and/or audio recording [accepted] to share with the group

Please note that if only audio recordings are presented, participant 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.

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For more information contact us at education@asch.net.