

## **ASCH-ERF 2024 ASMW Abstract Submission Application**

PROGRAM DEADLINE : November 20, 2023 at 11:59 PM EST (Midnight) - CLOSED

### **Applicant Information**

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**App ID:** 04263038

**Status:** Submitted

**Last Modified:** Aug 26 2023 16:06 EDT by courtney@courtneyarmstrong.net

**Last IP Address:** 34.120.172.148

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## ASCH-ERF 2024 ASMW Abstract Submission Form

### Contact Information

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|--------------------------|--------------------------------|
| <b>Name</b>              | Courtney Armstrong             |
| <b>Street Address</b>    | 1407 Jefferson Street          |
| <b>City</b>              | Chattanooga                    |
| <b>State</b>             | TN                             |
| <b>Zip Code</b>          | 37408                          |
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**If you answer Yes to ASCH Membership and/or Approved Consultant, you can move to the last question on this page. If you answer No to both ASCH Member and ASCH Approved Consultant, you must provide a response to the questions below.**

Yes

**Are you a member of ASCH?**

**Are you an ASCH Approved Consultant? (Collected for Informational Purposes Only)**

Yes

**Please list your graduate degree in a medical or mental health care field.**

**List the accredited university from which you received your graduate degree.**

**Please list your license or certification to practice as a medical or mental health care professional.**

Licensed Professional Counselor (with Mental Health Service Provider Status)

**List the state or province from which you received your license.**

Tennessee

**Will others be presenting with you? If yes, please identify those individuals, with their credentials below.**

No

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### **Proposed Presentation Details**

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**Proposed Title**

Transforming Traumatic Grief with Hypnosis

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**Abstract Description (100 Word limit)**

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In this workshop, you'll discover why the face of grief and loss has changed since the Covid-19 pandemic, and acquire a host of contemporary strategies you can use to comfort grieving clients and help them move forward in positive, healthy ways after loss.

Through engaging discussion, video examples, and experiential activities, you'll learn scientific breakthroughs that have led to better treatments for grief and discover how hypnosis can be used to help clients resolve difficult emotions, navigate the journey of grief more easily, and view loss as a pathway to greater compassion, deeper relationships, and more meaningful living.

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**Rate the Presentation Abstract:**

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**Learning Objectives (Please review the Guide to Writing Meaningful Learning Objectives to ensure they meet accreditation standards.)**

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1. Describe the dual-process model of grief and its implications for treatment.
2. Distinguish typical grieving patterns vs. symptoms of Prolonged Grief Disorder.
3. Outline a simple 6-step process for guiding clients through the journey of grief.
4. Demonstrate two hypnosis strategies that can be used to resolve difficult emotions such as guilt, resentment, and despair.
5. Explain how hypnosis can be used to instill hope, facilitate healthy continuing bonds, and foster post-traumatic growth.

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**Rate the Presentation Learning Objectives:**

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**Select Applicable Track(s)**  
**(Definitions for each track can be found on the ASMW webpage.)**      Trauma

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**Correct Track?**

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**Change track to**

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**Length of Presentation**      3 Hours

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**Length of Presentation:**

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**Check the days of your availability if selected to present:**      Friday, February 24, 2024~Saturday, February 25, 2024

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**Educational Purpose**

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**Professional Practice Gap(s)**

As a result of the Covid-19 pandemic, the incidence of sudden, traumatic loss and complicated grief has risen. This workshop will get clinicians up to date regarding best practices for treating grief, loss, and trauma that is informed by evidence-based research in neuroscience, psychology, and clinical hypnosis.

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**Educational Needs(s)**

Knowledge~Competence~Performance

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**Explain how this activity was designed to change competence, performance, or patient outcomes.**

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The didactic portion of this workshop will improve clinicians' knowledge in best practices and for treating patients struggling with grief and loss, and how to appropriately integrate evidence-based clinical hypnosis techniques as an adjunct to treatment. Video demonstrations and hands-on activities will then give clinicians opportunities to improve their competence and performance by applying and demonstrating what they are learning in small peer groups with guided coaching and feedback.

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**Select the desirable attribute(s) this activity addresses. The list below includes the Competencies of: ACGME/ABMS, Institute of Medicine Interprofessional Education Collaborative, or you may enter other competencies recognized by your organization. Select all that apply:**

Patient Care and Procedural Skills~Interpersonal and Communication Skills~Practice-Based Learning and Improvement~Provide Patient-Centered Care~Employ Evidence-Based Practice

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**If the list above did not contain your attribute, please enter it here**

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**Practice Gap and Educational Need:**

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**Provide 3 References (Must be within the past 5-years.)**

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**Reference or Resource (1):**

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Black, J., Belicki, K., Emberley-Ralph, J. & McCann, A. (2022) Internalized versus externalized continuing bonds: Relations to grief, trauma, attachment, openness to experience, and posttraumatic growth, *Death Studies*, 46(2), 399-414.

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**Reference or Resource (2):**

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Fiore, J. (2021). A systematic review of the dual process model of coping with bereavement (1999–2016). *OMEGA - Journal of Death and Dying, 84*(2), 414–458.

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**Reference or Resource (3):**

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Rossi, K. L. (2021). Transforming grief into peace: The normal grieving mind—memory construction, deconstruction, and reconsolidation. *American Journal of Clinical Hypnosis, 64*(2), 157-170.

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**Reference or Resource (4):**

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Shear, M.K., Skritskaya, N., Bloom, C. (2022). Prolonged Grief Disorder Therapy (PGDT). In: Schnyder, U., Cloitre, M. (eds) *Evidence Based Treatments for Trauma-Related Psychological Disorders*. Springer: Cham, Switzerland.

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**Reference or Resource (5):**

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Tramontana, J. Sharkey, A. & Hays, S. (2022) Future projection therapy: Techniques and case examples, *American Journal of Clinical Hypnosis, 65*(1), 60-71.

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**Acknowledgements**

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**I understand that my presentation cannot be considered without all of the required information, documentation, and program materials.**

I agree

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**I understand that there is not an honorarium associated with this presentation.**

I acknowledge

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**I verify that all content, images, and references to be used in my presentation have been properly referenced and that the permissions have been secured for its educational use and live presentation.** I agree

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**I give permission to ASCH-ERF to use a recording of my presentation, after ASMW, as Enduring Material for CME/ASCH CE as part of the e-Learning program.** Yes, I give permission for ASCH-ERF to use a recording of my session as Enduring Material

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### **Commercial and Conflicts of Interest**

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**I declare that neither I nor any member of my family have a financial interest/arrangement or affiliation with a corporate organization related to the content of the program and content proposed above.** I disagree

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**Employee, full or part-time**

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**Grant/Research support**

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**Consultant, Speaking, and/or Teaching**

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**Stock or Shareholder**

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**Paid an additional honorarium**

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**Other financial or material support** Book royalties from W. W. Norton and Amazon.com

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**Owner/Part-Owner**

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**Membership on an Advisory Committee or Board Panel and/Board Membership** Member, ASCH Committee for Education and Training

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**Review Conflict of Interest:**

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### **About the Presenter**

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**Short Bio - Presenter #1:**

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Courtney Armstrong is a licensed professional counselor with over 25 years' experience who specializes in grief and trauma recovery. She is author of the books, *Rethinking Trauma Treatment*, *The Therapeutic "Aha"* and *Transforming Traumatic Grief* and contributes to publications such as the *Psychotherapy Networker*, *Counseling Today*, and *The Science of Psychotherapy*.

Courtney is an ASCH Approved Consultant and serves on the ASCH Education and Training Committee. She is also founder of the Institute for Trauma Informed Hypnotherapy through which she's trained clinicians worldwide and developed a nationally recognized clinical hypnosis training program for the US Veterans Administration.

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**Image**

KRN\_4182-2.jpg

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**Short Bio - Presenter #2:**

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**Image**

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**Short Bio - Presenter #3:**

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**Image**

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**Overall Rating and Comments**

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**Overall Rating**

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**Please give an overall rating for this application:**

**0 = Below average**

**1 = Average**

**2 = Above Average**

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**Outcome - CME Review**

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**If this program is not currently eligible for CME, provide specifics as to why and any action the submitter should take to ensure his/her workshop is eligible.**

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**Assignment of CME Hours:**

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