



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

## Clinical Hypnosis Level 2 Workshop

### Program Times

	Thursday	Friday	Saturday	Sunday
Workshop	6:15– 9:30 PM	8:15 AM –6:00 PM	8:15 AM-6:00 PM	8:15 AM-12:00 PM
Lunch		12:15– 1:15 PM	12:30-1:30 PM	

### Important Information

Participants are eligible for 20 hours of Continuing Education if these two conditions are met: a) the participant is fully present and engaged for the duration of the workshop; b) the daily program evaluations are completed **the Monday following the course**. Certificates will be issued the 2 weeks after the live date.

### Thursday, 2024

6:15-6:30 PM	<b>Welcome to Level 2</b>
6:30-7:45 PM	<p><b>Refining Skills: Hypnotic Language and Suggestion with Demonstration [1.25]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• List two ways of phrasing suggestions to promote empowerment and mastery.</li> <li>• Identify two strategies to promote attunement and deepening in hypnotic interactions.</li> <li>• Describe the difference between rational and experiential processing and two benefits of accessing the experiential mode of processing with hypnosis.</li> </ul>
7:45-8:00 PM	<p><b>Adverse Reaction to Hypnosis &amp; Howard Alertness Scale [.25]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• Describe two common and one extreme adverse reaction to hypnosis.</li> <li>• Identify two factors associated with adverse reactions.</li> <li>• Describe the Howard Alertness Scale and demonstrate its use to prevent adverse reactions.</li> </ul>
8:00-8:15 PM	<b>Break</b>
8:15-9:30 PM	<p><b>Refining Skills: Advanced Elicitations and Intensifications with Demonstration [1.25]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• Observe and identify two advanced inductions and clarify conditions under which they may be indicated.</li> <li>• Define the concept of individualization and utilization when choosing/selecting an appropriate elicitation and/or intensification strategy.</li> </ul>

	<ul style="list-style-type: none"> <li>Describe at least two hypnotic techniques for intensification (deepening of trance).</li> </ul>
<b>9:30 PM</b>	<b>Complete Day 1 Program Evaluations</b>

**Friday, 2024**

<b>8:15-8:30 AM</b>	<b>Check-in And Review (Louis Damis)</b>
<b>8:30-10:15 AM</b>	<p><b>Application Of Clinical Hypnosis: Patients with Anxiety with Demo [1.75]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>Describe two basic principles stemming from research data on the treatment of anxiety and phobic disorders relevant to the application of hypnosis.</li> <li>Identify three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.</li> </ul>
<b>10:15-10:30 AM</b>	<b>Break</b>
<b>10:45-12:15 AM</b>	<p><b>Application Of Clinical Hypnosis: Insight and Exploratory Techniques &amp; Ideomotor Techniques [1.5]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>Identify three forms of ideomotor signaling.</li> <li>Articulate Cheek's three levels at which mind-body information can be encoded.</li> <li>Identify LeCron's seven Common Causes of Symptoms.</li> <li>Conduct classic Ideomotor Signaling.</li> <li>Conduct Muscle-Testing.</li> </ul>
<b>12:15-1:15 PM</b>	<b>Lunch</b>
<b>1:15-2:15 PM</b>	<p><b>Refining Skills: Ego-Strengthening (Inner Strength, Resilience, &amp; Resource Mastery – ISRRM) [1.0]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>Identify three benefits of incorporating ISRRM into hypnotic work with clients/patients.</li> <li>Identify two hypnotic techniques used in ISRRM</li> <li>List two client benefits of incorporating self-hypnosis into their ISRRM practice.</li> </ul>
<b>2:15-4:15 PM</b>	<p><b>Experiential: Small Group Practice #1: Practicing Ericksonian and Interactive Skills for Ego Strengthening [2.0]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>Demonstrate the ability to build attunement (rapport) with the subject.</li> <li>Demonstrate as the facilitator and personally experience a hypnotic trance.</li> <li>Utilize Ericksonian and interactive strategies for eliciting and intensifying trance.</li> <li>Demonstrate a new skill or application learned from the preceding lectures.</li> </ul>
<b>4:15-4:30 PM</b>	<b>Break</b>

4:30-6:00 PM	<p><b>Application Of Clinical Hypnosis: Habituated Patterns of Behavior [1.50]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• List one hypnotic intervention empirically supported in the research literature on hypnosis found to be effective in the modification of habits.</li> <li>• Participants will be able to identify four stages of change relevant to treating habit disorders, one goal of hypnotic intervention for each, and apply one or more specific hypnotic interventions appropriate to each stage of change.</li> <li>• Participants will be able to describe a four-stage model of habit control applicable to various habit disorders.</li> </ul>
6:00 PM	<p><b>Complete Day 2 Program Evaluations</b></p>

**Saturday, 2024**

8:15-8:30 AM	<p><b>Check-in And Review</b></p>
8:30-10:30 AM	<p><b>Experiential: Small Group Practice #2: Bridge Technique for Ego Strengthening [2.0]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate as the facilitator and personally experience an exploratory bridge technique.</li> <li>• Demonstrate as the operator and personally experience as the subject a hypnotic trance.</li> <li>• Utilize a bridge technique for accessing a positive state and ego-strengthening.</li> </ul>
10:30-10:45 AM	<p><b>Break</b></p>
10:45-12:30 AM	<p><b>Application Of Clinical Hypnosis: Pain Management [1.75]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• Identify two risk factors in using hypnosis before medical and psychological evaluation of a pain problem.</li> <li>• Describe the difference between acute and chronic pain.</li> <li>• Describe at least four hypnotic techniques for use in pain management/recovery.</li> <li>• Outline the steps for elicitation of a glove analgesia.</li> </ul>
12:30-1:30 PM	<p><b>Lunch</b></p>
1:30-3:30 PM	<p><b>Experiential: Small Group Practice #3: Utilizing Techniques for Pain Management [2.0]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate as the facilitator and personally experience as the recipient a hypnotic trance.</li> <li>• Utilize a hypnotic strategy for pain management.</li> </ul>
3:30-3:45 PM	<p><b>Break</b></p>
3:45-4:45 PM	<p><b>Utilization Of Metaphors in Hypnosis [1.25]</b></p> <p>At the conclusion of this session, the participant will be able to:</p>

	<ul style="list-style-type: none"> <li>• Describe two or more benefits of utilization in the creation of metaphors.</li> <li>• Describe one way in which metaphors can reduce resistance.</li> <li>• Identify two processes that result in the effectiveness of metaphors in using hypnosis.</li> </ul>
<b>4:45-5:00 PM</b>	<b>Group Practice Developing and Applying Metaphors (0.25)</b> At the conclusion of this session, participants will be able to: <ul style="list-style-type: none"> <li>• Identify a clinical issue from their practice and devise a metaphor to address it constructively.</li> </ul>
<b>5:00-6:00 PM</b>	<b>Integrating hypnosis with mindfulness meditation: Breath techniques [1.0]</b> At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> <li>• List the four elements of the Touch-and-Return mindfulness protocol.</li> <li>• Describe two types of breathing techniques, i.e., samatha and vipassana, as incorporated into hypnosis and mindfulness.</li> <li>• Experience trance induction using the Touch-and-Return technique.</li> <li>• Identify at least one clinical application of mindfulness-based hypnosis in the participant’s own area of expertise.</li> </ul>
<b>6:00 PM</b>	<b>Complete Day 3 Program Evaluations</b>

**Sunday, 2024**

<b>8:15-8:30 AM</b>	<b>Check-in And Review (Louis Damis)</b>
<b>8:30-9:30 AM</b>	<b>Application Of Clinical Hypnosis: Sleep Disorders [1.0]</b> At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> <li>• List three cognitive-behavioral factors contributing to insomnia.</li> <li>• Describe the application of three hypnotic techniques to improve sleep.</li> <li>• Explain the importance of screening for sleep apnea and describe the appropriate role of clinical hypnosis in working with sleep apnea.</li> </ul>
<b>9:30-10:00 AM</b>	<b>Treatment Planning [.50]</b> At the conclusion of this session, participants will be able to: <ul style="list-style-type: none"> <li>• List three levels of pathology that may be addressed in a treatment plan.</li> <li>• List two hypnotic interventions applicable to each level of pathology.</li> <li>• List one benefit of tailoring interventions to consider each level and a method for integrating interventions to address them concurrently.</li> </ul>
<b>10:00-10:15 AM</b>	<b>Break</b>
<b>10:15-10:45 AM</b>	<b>Participant Requested Demonstration [.50]</b> At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> <li>• Describe the rationale and steps for utilizing hypnosis as demonstrated.</li> </ul>
<b>10:45-11:30 AM</b>	<b>Ethics and Clinical Hypnosis [.75]</b> At the conclusion of this session, the participant will be able to: <ul style="list-style-type: none"> <li>• Describe how to apply ethical and risk management approaches when utilizing hypnosis in clinical practice.</li> <li>• Describe two ethical-legal/risk management issues and standards for professional conduct in using hypnosis clinically.</li> </ul>

	<ul style="list-style-type: none"> <li>Describe two ethical-legal/risk management issues and standards for professional conduct in using hypnosis in telehealth settings.</li> </ul>
<b>11:30-11:45 AM</b>	<p><b>ASCH Membership, Certification and Further Training [.25]</b></p> <p>At the conclusion of this session, the participant will be able to:</p> <ul style="list-style-type: none"> <li>Discuss ASCH’s clinical hypnosis training standards, training levels, and requirements for ASCH certification.</li> <li>Describe the opportunities available for further training, membership, and certification.</li> </ul>
<b>11:45-12:00 AM</b>	<b>Wrap Up</b>
<b>12:00 PM</b>	<p><b>Complete Day 4 Program Evaluations</b></p> <p><b>Conclude Workshop</b></p>