NCSCH’s 2025 Annual Conference

“INTO THE MYSTICAL:

CREATING PSYCHEDELIC-LIKE EXPERIENCE UTILIZING HYPNOSIS”

February 8th, 2025

10:00-1:15

Cameron Alldredge, PhD

*Hypnosis and Mystical Experience*

2:15-5:30

David Patterson, PhD, ABPP

*Using the Unconscious in Hypnosis*

February 9th, 2025

10:00-12:15

Randy Buzan, MD

*Psychedelic-Assisted Psychotherapy and Hypnosis:*

*Pharmacologic, Psychotherapeutic, and Practical Considerations*

1:15-4:30

Ciara Christensen, PhD

*Hypnosis and the Preparation and Integration Phases of Psychedelic/Psychedelic-Like Experience*

4:30-5:30

Panel Discussion with all Presenters

**Description**: This year’s North Carolina Society of Clinical Hypnosis 55th Annual Conference offers a two-day virtual conference on using hypnosis to help create mystical, unconscious and psychedelic-like experience and to enhance psychedelic therapies – featuring among the nation’s foremost experts on these topics.

On Saturday, February 8th, from 10:00 am to 1:15 pm, **Dr. Cameron Alldredge** will present “**Hypnosis and Mystical Experiences**,” which he describes as follows:

With the popularity of psychedelic assisted therapy on the rise, more and more people are seeking a type of intervention that involves powerful and profound experiences that cultivate lasting change. These experiences are often called “mystical experiences” or “peak spiritual experiences” and often contain a sense of positive mood, unity, transcendence of time/space, and ineffability. During this workshop presentation, participants will learn about past research on the use of hypnosis to induce mystical experiences. A general overview of mystical experiences will be provided, and participants will be invited to participate in a hypnotic procedure designed to facilitate a mystical experience. There will be a discussion on how these ideas can be used in a therapeutic context and why it might be useful. Results from a recent study aimed at establishing feasibility of a hypnosis intervention for a mystical experience will be discussed. Participants will also engage in experiential portions where they will design and deliver suggestions for a mystical experience.

After Dr. Alldredge’s presentation, participants will be able to:

1. Describe at least 3 characteristics that are typical of mystical experiences

2. Summarize what past and recent research say about inducing mystical experiences with hypnosis only

3. State a theoretical rationale for the use of mystical experiences within therapeutic interventions

4. Demonstrate designing and delivering suggestions to integrate mystical elements into psychotherapy

Following Dr. Alldredge on Saturday, February 8th from 2:15 to 5:30 pm will be **Dr. David R. Patterson**, who will present “**Using the Unconscious in Hypnosis**,” which he describes as follows:

This 3-hour presentation will describe how scientifically based knowledge of unconscious processing can inform hypnotic inductions geared towards creating deep and long lasting shifts in thoughts, emotions and behaviors. The presenter will rotate through discussion of theoretical concepts, demonstration of hypnotic technique and participant practice. Using an approach of chaining, participants will practice elements of unconscious suggestion that are easy to learn and will then combine them into a nonlinear complex hypnotic induction. This will be an approach to use hypnosis and unconscious processing to strengthen psychotherapy and other forms of conscious learning, The instructor will describe his experience and training with psychedelic assisted therapies and explain the parallels between PAP and hypnosis that emphasizes the positive unconscious.

After Dr. Patterson’s presentation, participants will be able to:

1. Articulate three findings from research on the unconscious that provide a foundation for complex hypnotic inductions
2. Perform three suggestions that can be combined to form a non-linear hypnotic induction
3. Describe the concept of the positive unconscious and its association with the science of psychedelic therapies.

To start off Sunday, February 9th, from 10:00 am to 12:15, **Dr. Randy Buzan** will present “**Psychedelic-Assisted Psychotherapy and Hypnosis: Pharmacologic, Psychotherapeutic, and Practical Considerations**,” which he describes as follows:

Dr. Buzanwill present onthe science behind Psychedelic-Assisted Psychotherapy (PAP), reviewing psychedelic options and screening criteria for patients wanting PAP. He will describe the role of the facilitator/guide during PAP, the importance of integration work following the session, and possible overlap between psychedelic and hypnotic Non-Ordinary States of Consciousness (NOSC) experiences.

Following Dr. Buzan’s presentation, participants will be able to:

1. List at least 3 classic psychedelics and their postulated mechanisms of action and how they differ from MDMA and ketamine

2. List two psychiatric illnesses that appear responsive to psychedelic-assisted psychotherapy

3. Name two categories of patients who might not be appropriate for psychedelic-assisted psychotherapy

After Dr. Buzan on Sunday, February 9th from 1:15 to 4:30 pm will be **Dr. Ciara Christensen**, who will present “**Hypnosis and the Preparation and Integration Phases of Psychedelic/Psychedelic-Like Experience**,” which she describes as follows:

This workshop explores the shared features of hypnosis and psychedelics. It will highlighting the historical use of psychedelics, as well as the revival of interest in their therapeutic applications. Drawing from both personal and professional experiences, I will illustrate how hypnosis can help prepare individuals for increased openness which complements psychedelic experiences. We will also explore how it can be applied post-journey to integrate insights and solidify personal growth. Through discussion and demonstration participants will learn practical techniques and gain perspectives to enrich their understanding of the therapeutic potential of hypnosis and how it can be integrated in PAP.

After Dr. Christensen’s presentation, participants will be able to:

1. State two shared features of hypnosis and ketamine/psilocybin
2. State one difference between a ‘psycholytic dose’ vs a ‘heroic or psychedelic’ dose
3. State one hypnosis technique they can utilize during the preparation phase of PAP to enhance openness and readiness
4. State one hypnosis technique they can utilize for the integration**/**post-journey phase to help clients process insights and solidify personal growth

The last hour of the conference will be a panel discussion and question and answer time with all presenters from 4:30-5:30 on Sunday, February 9th.

**About the Presenters:**

**Dr. Cameron Alldredge** is a licensed psychologist and associate research scientist in the Mind-Body Medicine Research Laboratory at Baylor University. He teaches both undergraduate- and graduate-level psychology courses and runs a small private practice that focuses on hypnotherapy and non-ordinary states of consciousness. Dr. Alldredge has received multiple awards including APA Division 30’s recognition for ground-breaking early career contributions to the advancement of scientific hypnosis and the *Stanley Krippner Award* from the Society for Clinical and Experimental Hypnosis. He has published dozens of scientific articles on clinical hypnosis and has led countless workshops and trainings for the Society for Clinical and Experimental Hypnosis and the American Society of Clinical Hypnosis.

**David R Patterson PhD, ABPP** is an emeritus professor of psychology in the Departments of Rehabilitation Medicine, Surgery and Psychology at the University of Washington School of Medicine. Dr Patterson’s current interests are in psychological approaches to the reducing and managing pain, particularly through hypnosis, immersive virtual reality and Eastern concepts such as mindfulness and Zen Buddhism. He remains a strong advocate of providing interventions for people in pain, particularly after trauma and had conducted a number of studies using pharmacology, as well as psychological alternatives. Dr Patterson has over 200 peer-reviewed publications, chapters, monographs and book chapters in topics such as pain control and adjustment to burn injuries and trauma. He has co-directed the bioethics committee in his hospital and published in the *New England Journal of Medicine* on topics related to bioethics. He was funded from 1989 to 2020 by the National Institutes of Health to conduct randomized controlled trials on treating burn pain and trauma pain. He has developed internship and postdoctoral training programs and has mentored hundreds of students. He has given keynote lectures and clinical workshops in dozens of countries and his work as been featured on both national and international news outlets on numerous occasions over the past 30 years. Dr Patterson’s book with Elena Mendoza entitled *Clinical Hypnosis for Pain Control* was released in 2024.

**Dr. Randy Buzan** graduated from the University of Michigan with a BS in Psychology, from the U-M Medical School, and completed his psychiatry residency at the University of Colorado. He completed psychoanalytic training at the Denver Institute for Psychoanalysis. He joined the psychiatry faculty at the medical school where he directed the electroconvulsive therapy service, ran the psychiatry department’s outpatient services, and did psychopharmacology and neuropsychiatry research for 9 years. Randy has served as a peer reviewer for the Journal of Neuropsychiatry, is a Distinguished Fellow of the American Psychiatric Association, and has published more than 25 papers and book chapters.

Randy has been the chief psychiatric consultant at Craig Hospital for the past 30 years. More recently he graduated from the Psychedelic-Assisted Psychotherapy Program of the Integrative Psychiatry Institute in 2022, and the Ketamine-Assisted Psychotherapy program through PRATI in 2022. He has also completed the online portion of the MAPS MDMA training.

**Ciara Christensen, PhD**, earned her doctoral degree in Clinical Psychology from Washington State University in 2012. She is licensed as a Clinical Psychologist in Idaho, Colorado, Wisconsin, and Washington and has extensive experience in both hospital and private practice settings. Dr. Christensen is the former President of the Society for Clinical and Experimental Hypnosis (SCEH) and President-Elect of the American Psychological Association's Division 30, Society of Psychological Hypnosis. She also served as Editor for FOCUS, the publication of SCEH. Before completing her PhD, she was Managing Editor of the International Journal of Clinical and Experimental Hypnosis. Dr. Christensen is widely recognized for her contributions to hypnosis research and practice, having published in peer-reviewed journals and conducted workshops both nationally and internationally. She has also completed training in Psychedelic Assisted Therapy through the Integrative Psychiatry Institute (including the first step of the MAPS MDMA training), advanced training with the Experiential Training Institute in the Netherlands with emphasis on psilocybin and ketamine, as well as certification in breathwork (similar to Stan Grof’s Holotropic Breathwork).

**Workshop Agenda**

**Day 1**

Hypnosis and Mystical Experiences

10:00-11:00 am Discuss what mystical experiences are and the research on inducing them via hypnosis

11:00-12:00 pm Discuss a theoretical framework around mystical experience

12:00-12:15 pm Break

12:15-12:45 pm Provide experiential exercise of mystical experience for participants

12:45-1:15 pm Discuss specific suggestions/contexts and allow participants to practice and give/receive feedback

1:15-2:15 pm Lunch

Using the Unconscious in Hypnosis

2:15-3:30 pm Introduction, Science of Unconscious, Theory behind Clinical Inductions

3:30-3:45 pm Break

3:45-4:45 pm Demonstration and Practice of Components of a Non-Linear Induction

4:45-5:30 pm Practicing Full Non-Linear Inductions

**Day 2**

Psychedelic-Assisted Psychotherapy and Hypnosis: Pharmacologic, Psychotherapeutic, and Practical Considerations

10:00-11:15 am Didactic presentation of class psychedelics and their postulated mechanisms of action, and how they differ from MDMA and ketamine

11:15-11:30 am Break

11:30-12:00 pm Discuss psychiatric illnesses that appear responsive to psychedelic-assisted psychotherapy and two categories of patients who might not be appropriate for psychedelic-assisted psychotherapy

12:00-12:15 pm Question and answer

12:15-1:15 pm Lunch

Hypnosis and the Preparation and Integration Phases of Psychedelic/Psychedelic-Like Experience

1:15-2:45 pm Lecture on shared features of hypnosis and psychedelics, history of psychedelics and the renewed interest in their therapeutic applications

2:45-3:00 pm Break

3:00-3:30 pm Discussion of how hypnosis can be applied prior to psychedelic experiences for increased openness, and after psychedelic experiences to integrate insights and solidify personal growth.

3:30-4:15 pm Experiential and breakout rooms

4:15-4:30 pm Whole group debriefing, discussion, and questions/answers

Panel Discussion

4:30-5:30 pm All presenters return for panel discussion and questions/answers

NCSCH Conference Policies

**Setting**
This year’s Annual Conference is scheduled to take place online. Information on how to access the training through Zoom will be emailed to you once you register. Any internet-connected computer capable of running Zoom and having a functioning microphone and camera should be adequate for participation. The course will be highly interactive with large and small group discussions and practice.

**Schedule**
Workshop schedule is 10:00 a.m. – 5:30 p.m. each day. There will be 15-minute breaks mid-morning and mid-afternoon and one hour for lunch.

**Eligibility**
Persons are eligible if they hold doctoral degrees in Medicine, Psychology, Social Work, Counseling, or Nursing, or a Masters Degree in Psychology, Social Work, Counseling, or Nursing, and if they are licensed to practice in the state in which they practice. Also, current students of these disciplines are eligible.

**Continuing Education Credit**
PENDING APPROVAL

Certificates of Attendance Provided. Twelve (12) CE hours will be offered for attending both days in full. No partial credit will be given.

* Credit toward ASCH re-certification has been approved for these workshops at the advanced level.
* This program is co-sponsored by the North Carolina Psychological Association and the North Carolina Society of Clinical Hypnosis. The North Carolina Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychological Association maintains responsibility for this program and its content. This program is offered for 12 hours of continuing education credit.

**Target Audience**
The workshop is for intermediate and advanced practitioners of clinical hypnosis. Further training and supervision are recommended.

**Attendance Policy**
To receive continuing education credit, you must be present for the entire workshop, and you must indicate your attendance regularly throughout the conference by responding to verbal and written instructions. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. No credit will be given to participants who leave before the close of the workshop.

**Conference Fees**

Member $325

Non-Member $425

Student Member $162.50

Student Non-Member $212.50

**Refund Policy**
Refunds available if cancellation received before February 1st, minus a $75 fee. If cancellation received between February 1st and February 7th, refunds will be given minus a $125 fee. No refunds if cancellation received after February 7th.

**NCSCH Conference Grievance Policy**

The North Carolina Society of Clinical Hypnosis (NCSCH) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists, the American Society of Clinical Hypnosis’s Code of Conduct, the National Board of Certified Counselors’ Code of Ethics, and the NASW Code of Ethics. NCSCH will comply with all legal and ethical responsibilities to be non-discriminatory in promotional activities, program content and in the treatment of program participants. The monitoring and assessment of compliance with these standards will be the responsibility of the Board of Directors of the NCSCH.

While NCSCH goes to great lengths to assure fair treatment for all participants and attempts to anticipate problems, there will be occasional issues which come to the attention of the convention staff which require intervention and/or action on the part of the convention staff or an officer of NCSCH. This procedural description serves as a guideline for handling such grievances.

When a participant, either orally or in written format, files a grievance and expects action on the complaint, the following actions will be taken:

1. If the grievance concerns a speaker, the content presented by the speaker, or the style of presentation, the individual filing the grievance will be asked to put his/her comments in written format. The Board President will then pass on the comments to the speaker, assuring the confidentiality of the grieved individual.
2. If the grievance concerns a workshop offering, its content, level of presentation, or the facilities in which the workshop was offered, the Board President will mediate and will be the final arbitrator. If the participant requests action, the Board President may, if the grievance is determined to be founded:
Attempt to move the participant to another workshop or
	1. Provide a credit for a subsequent year's workshop or
	2. Provide a partial or full refund of the workshop fee.
	3. Actions 2b and 2c will require a written note, documenting the grievance, for record keeping purposes. The note need not be signed by the grieved individual.
3. If the grievance concerns NCSCH’s CE program, in a specific regard, the Board President will attempt to arbitrate.

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Email(s): drdanalebo@aol.com
Telephone number(s): 919.360.2495

**For Additional Information**
Please contact Dr. John Hallat 704.258.5553 (call or text)

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