



AMERICAN SOCIETY OF CLINICAL HYPNOSIS

Clinical Hypnosis Level 1 Workshop

Program Dates/Times

Thursday	6:15 PM-9:30 PM ET
Friday	8:15 AM-6:00 PM ET
Saturday	8:15 AM-6:00 PM ET
Sunday	8:15 AM-12:00 PM ET

Eligibility for Continuing Education Credit

Participants are eligible for 20 hours of Continuing Education if these two conditions are met: a) participant is fully present and engaged for the duration of the workshop; b) the daily program evaluations are **completed by the Monday following the course**.

Certificates will be issued the 2 weeks after the live date.

Thursday(All times are Eastern Time)

6:15-6:45 PM	Welcome And Introduction to Level 1 (0.50 CE/CME)
6:45-7:30 PM	Introduction To Clinical Hypnosis – (0.75 CE/CME)(Otani) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">• Explain 3 to 4 clinical hypnosis terms and how they apply to the clinical hypnosis experience• Identify three definitions of clinical hypnosis, and explain the contributions of 2 historical figures or studies that have modern day applications in clinical hypnosis• Define two commonly held misconceptions concerning hypnosis and give an accurate rebuttal for each
7:30-8:00 PM	Anatomy of a Hypnotic Session – (0.50 CE/CME) At the conclusion of this session the participant will be able to: <ul style="list-style-type: none">• Describe the steps in a formal hypnotic encounter• Identify two characteristics of trance exhibited by the participant• Define three changes the facilitator made to promote the relationship phase of trance
8:00-8:15 PM	Break

<p>8:15-9:15 PM</p>	<p>Neurophysiology Of Hypnosis – (1.00 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe how hypnosis affects the autonomic nervous system and the stress-response. • Detail three implications of neurophysiological research on the practice of clinical hypnosis. • Explain two differences and two similarities between hypnosis and meditation in a manner understandable by patient/clients.
<p>9:15-9:30 PM</p>	<p>Complete Day 1 Program Evaluations</p>

Friday (All times are Eastern Time)

<p>8:15-8:30 AM</p>	<p>Check-in and Review</p>
<p>8:30-9:30 AM</p>	<p>Principles and Process of Rapport, Attunement, Trance Elicitation, Re-Alerting and Re-Orienting– (1.00 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe three effective ways to build and reinforce rapport • Describe at least 4 observable physiological and 4 observable psychological signs of trance • Discuss the importance of removing suggestion • Demonstrate at least 3 methods of re-alerting, and reorienting
<p>9:30-10:00 AM</p>	<p>Group Experience and Discussion – (0.50 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Provide illustrative suggestions for eliciting hypnotic phenomena • Demonstrate the concept of trance logic • Illustrate applications of hypnotic phenomena in a trance experience
<p>10:00-10:15 AM</p>	<p>Break</p>
<p>10:15-11:15 PM</p>	<p>Hypnotic Phenomena, With Demo – (1.0 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Explain five different hypnotic phenomena • Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically • List at least three principles of eliciting phenomenon. • Define abreaction and describe how it can be addressed

	therapeutically.
11:15-11:30 AM	<p>Introduction To Small Group Practice – (0.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Identify the goals and rules of the experiential small group practice sessions
11:30-11:45 AM	<p>Demonstration Of Trance Facilitation # 1 Focused/ Diaphragmatic Breathing – (0.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe and demonstrate an elicitation using Focused/Diaphragmatic Breathing
11:45-12:15 PM	Lunch
12:15-1:45 PM	<p>Small Group #1 Rapport, Elicitation of Trance, Re-Alerting / Re-Orienting– (1.50 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Demonstrate one method to build attunement (rapport) with the subject • Facilitate at least one elicitation (induction) and reorientation method with a member of the group, describe his/her responses, and what they observed in the behavior of the participant • Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.
1:45-2:00 PM	Break
2:00-2:45 PM	<p>Intensification Of Hypnotic Experience, With Demo– (0.75 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe 3 methods of trance intensification. • Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client
2:45-3:00 PM	<p>Demonstration Of Trance Elicitation # 2 - Eye Fixation– (0.25 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe an elicitation using the eye fixation technique
3:00-3:15 PM	Break
3:15-5:00 PM	<p>Small Group # 2 Rapport, Elicitation of Trance, Intensification of Trance, Re-Alerting / Re-Orienting – (1.75 CE/CME) At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session • Facilitate at least one elicitation (induction) method, one intensification (deepening) method and reorientation method with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior

	<p>of the participant</p> <ul style="list-style-type: none"> • Adapt the hypnotic process/procedures to the observed behavior of the subject in trance. • Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion; -Name at least four commonly used words/phrases to reinforce the patient's hypnotic experience. -Differentiate between direct and indirect suggestion
5:00-6:00 PM	<p>Fundamentals Of Hypnotic Language and Formulation of Suggestions– (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Explain at least two ways hypnotic communication creates positive expectancy • Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion • Name at least four commonly used words/phrases to reinforce patients' hypnotic experience • Differentiate between direct and indirect suggestion
6:00 PM	Complete Day 2 Program Evaluations

Saturday (All times are Eastern Time)

8:15-8:30 AM	Check-in and Review
8:30-9:30 AM	<p>Patient/Client Assessment, Introducing the Patient/Client to Clinical Hypnosis– (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client • Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically • Discuss the fallibility of Memory
9:30-10:30 AM	<p>Ego Strengthening With Demo– (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Define what is meant by Ego strengthening and how it might be used in clinical practice • Identify three different types of Ego strengthening • Describe at least three strategies for Ego strengthening in clinical hypnosis practice
10:30-10:45 AM	Break
10:45-11:00 AM	<p>Demonstration Of Induction # 3 - Eye Roll– (0.25 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe a rapid trance facilitation using eye fixation

11:00-1:00 PM	<p>Small Group # 3 Rapport, Elicitation of Trance, Intensification of Trance, Ego- Strengthening Suggestions, Self Hypnosis Reminders, Re-Alerting / Re-Orienting– (2.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session • Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant • Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.
1:00-1:30 PM	Lunch
1:30-2:15 PM	<p>Self-Hypnosis: How and What to Teach Patients, With Demo– (0.75 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Define self-hypnosis and explain the difference between self-hypnosis and hetero hypnosis • Describe at least three therapeutic applications of self-hypnosis in clinical practice • Explain how to teach self-hypnosis to a patient
2:15-2:30 PM	<p>Demonstration Of Induction #4 - Arm Levitation– (0.25 CE/CME) (Willmarth/Staffin)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe and demonstrate an induction using levitation and/or reverse levitation
2:30-2:45 PM	Break
2:45-4:45 PM	<p>Small Group #4 Rapport, Trance Elicitation, Intensification of Trance, Suggesting/Eliciting Hypnotic Phenomenon, Ego-Strengthening, Review Self-Hypnosis, Suggestions, Re-Alerting /Re-Orienting– (2.0 CE/CME) (All Faculty)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the ability to build attunement (rapport) with the subject different from previous practice sessions by identifying • Ego strengthening suggestions of interest to subject to use in the treatment phase of the process • Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion and reorientation with a member of the group different from previous practice session, describe his/her responses, and what they observed in the behavior of the participant • Adapt the hypnotic process/procedures to the observed behavior of the subject in trance • Clarify readiness for incorporating hypnosis into practice

4:45-5:00 PM	Break
5:00-6:00 PM	<p>Implicit Rapport - A Relational dimension of Hypnosis– (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Define "implicit rapport." • Describe two ways to cultivate implicit rapport. • Define and create a reference experience.
6:00 PM	Complete Day 3 Program Evaluations

Sunday (All times are Eastern Time)

8:15-8:30 AM	Check-in and Review
8:30-9:30 AM	<p>Treatment Planning, Strategy and Technique Selection in Hypnotherapy with Demo– (1.00 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan • Design a treatment plan for a patient/client who presents with anxiety • List at least 4 hypnotic techniques/application that may be best suited to achieve the specific therapeutic goal in the case presented
9:30-10:30 AM	<p>Integrating Clinical Hypnosis into Practice– (1.0 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Describe situations of uncertainty that might occur as clinical hypnosis is included in practice and identify strategies for managing/resolving such • List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training • Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into his/her practice
10:30-10:45 AM	Break
10:45-11:30 AM	<p>Ethics And Clinical Hypnosis– (0.75 CE/CME)</p> <p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none"> • Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis • Describe ethical issues and standards for professional conduct in using hypnosis clinically
11:30-12:00 PM	ASCH Certification, ASCH Membership; Future Training– (0.50 CE/CME)

	<p>At the conclusion of this session the participant will be able to:</p> <ul style="list-style-type: none">• Identify the opportunities available for further training, membership, and certification
12:00 PM	Complete Day 4 Program Evaluations