**Timed Agenda**

“From Spiraling to Unvraveling: The Hypnotherapeutic Treatment of Anxiety”

Douglas Flemons, PhD

March 16, 2025

9:30 AM-10:00 AM Registration, Sign-in, Zoom Housekeeping, Introductions

10:00 AM-11:05 AM

* The standard understanding of anxiety as a reified *something*
* Reconceiving anxiety in terms of intra- and interpersonal patterns of mind-body interaction
* The self-referential nature of anxious experience
* Why efforts to counter or ignore anxiety tend to exacerbate it
* Why relaxation and breathing techniques are often of limited use in treating anxiety
* Why hypnosis is particularly suited to the treatment of anxiety
* Undertaking hypnosis as a means of unraveling and dissipating anxiety
* Illustrative case descriptions

11:05 AM-11:15 AM Break

11:15 AM-11:30 AM Q and A

11:30 AM-12:45 PM

* Creating a context for hypnotic change:
	+ classifying anxiety as a mind-body response to challenging circumstances
	+ inviting alternative mind-body collaborations
	+ nurturing expectancy
* A getting-in-sync induction: utilizing extemporaneous experience to invite hypnotic responsiveness
* Putting avolitional agency in service of hypnotherapeutic change:
	+ acknowledging, allowing, gathering, and releasing
	+ anticipating and inviting minor shifts in anxious thoughts, images, sensations, and body rhythms
	+ unraveling self-referential spirals
* Illustrative case descriptions

12:45 PM-1:00 PM Q and A, Integration, Conclusion, Evaluation