

CEU Request for the North Texas Society of Clinical Hypnosis

Program Date: February 26, 2025

Program Title: "Metaphors Be With You-All"

Speaker Information: Ben Pomerantz LMSW - Clinical Social Worker who was trained in Clinical Hypnosis in Los Angeles in the early 1990's and then taught clinical hypnosis to social workers, psychologists, physicians, and other professionals for the last 30 years. In the last few years I've worked with both clinical social workers and 3rd and 4th year psychiatric residents teaching an introductory 12 session 24 hour course in UCLA Medical School's Department of Psychiatry.

Timed Agenda: 6-7:30 PM 1.5. CEU's

Abstract:

During this session participants will be able to compare and contrast elements of metaphors and stories that can benefit clients who feel helpless in changing their direction in life. Participants will be invited to experience two brief trance states that exemplify using metaphors. In addition, they will work together in a group to create appropriate metaphors for hypnotic suggestions.

Learning Objectives:

1. Describe how to form an applicable metaphor to a client's presenting problem.
2. Demonstrate the ability to construct a useful metaphor in a hypnotic technique.
3. Participants will identify metaphors within a hypnotic script.
4. Participants will derive their own metaphors, stories, or sayings to share with the group.