Timed Agenda - Relational Hypnotic Strategies for Anxiety Disorders

9 AM – 9:30 AM

Core Principles of Relational Therapy

9:30 – 10 AM

Integrating Hypnosis into Relational Therapy

10 AM – 11 AM

Relational Hypnosis for Panic Disorder & Phobias – Emergent Short-Term Strategies

11 AM – 12 PM

Lunch

12 PM – 2 PM

Relational Hypnosis for Generalized Anxiety Disorder & Social Anxiety Disorder