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**Clinical Hypnosis Level 2 Workshop**

**August 1 - 3, 2025**

**Program Times**

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|  |  | **Friday** | **Saturday** | **Sunday** |  |
| **Workshop** |  | 4:00 – 9:00 PM | 8:15 AM-5:30 PM | 8:15 AM - 5:30 PM |  |
|  |  |  |  |  |  |
| **Lunch** |  |  | 12:15-12:45 PM | 12:30–1:00 PM |  |
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**Important Information**

Participants are eligible for 20 hours of Continuing Education if these two conditions are met: a) the participant is fully present and engaged for the duration of the workshop; b) the daily program evaluation is completed **promptly.** Certificates will be issued shortly thereafter.

**Friday, August 1, 2025**

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| **4:00-4:15 PM** | **Welcome to Level 2 ‎(Louis Damis) [0.25]** |
| **4:15-5:15 PM** | **Refining Skills: Hypnotic Language and Suggestion ‎(Louis Damis) [1.0]**At the conclusion of this session, the participant will be able to:* List two ways of phrasing suggestions to promote empowerment and mastery.
* Identify two strategies to promote attunement and deepening in hypnotic interactions.
* Describe the difference between rational and experiential processing and two benefits of accessing the experiential mode of processing with hypnosis.
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| **5:15-6:30 PM** | **Refining Skills: Advanced Elicitations and Intensifications with Demonstration ‎(Louis Damis) [1.25]**At the conclusion of this session, the participant will be able to: * Observe and identify two advanced inductions and clarify conditions under which they may be indicated.
* Define the concepts of individualization and utilization when choosing or selecting an appropriate elicitation and/or intensification strategy.
* Describe at least two hypnotic techniques for intensification (deepening of trance).
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| **6:30-6:45 PM** | **Break** |
| **6:45-7:00 PM** | **Adverse Reaction to Hypnosis & Howard Alertness Scale (Damis) [.25]**At the conclusion of this session, the participant will be able to:* Describe two common and one extreme adverse reaction to hypnosis.
* Identify two factors associated with adverse reactions.
* Describe the Howard Alertness Scale and demonstrate its use to prevent adverse reactions.
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| **7:00-8:00 PM** | **Application Of Clinical Hypnosis: Insight and Exploratory Techniques (Louis Damis) [1.0]**At the conclusion of this session, the participant will be able to: * Describe and apply three Bridge techniques.
* Describe and apply three hypnoprojective techniques for insight.
* Describe and apply Ideomotor Signaling
* Identify Cheek & LeCron’s Seven Common Causes of Symptoms.
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| **8:00-9:00** | **Refining Skills: Ego-Strengthening (Inner Strength, Resilience, & Resource Mastery – ISRRM) ‎(Louis Damis) [1.0]**At the conclusion of this session, the participant will be able to: * Identify three benefits of incorporating ISRRM into hypnotic work with clients/patients.
* Identify two hypnotic techniques used in ISRRM
* List two client benefits of incorporating self-hypnosis into their ISRRM practice.
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| **9:00 PM** | **Adjourn**  |

**Saturday, August 2, 2025**

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| **8:15-8:30 AM** | **Check-in And Review (Louis Damis) [.25]** |
| **8:30-10:00 AM** | **Arousal Reduction with Safe Place Imagery and Attachment Repair (Louis Damis) [1.5]**At the conclusion of this session, the participant will be able to: * Describe three hypnotic strategies for eliciting safe-place imagery.
* List three negative reactions to the concept of safety and strategies for management.
* Explain the nature of anxious intrusions and three strategies for mastering them.
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| **10:00-10:15 AM** | **Break** |
| **10:15-12:15 PM** | **Experiential: Small Group Practice #1: Safe-place Imagery, Eliciting Higher Order Perspective, & Generalization with Demonstration ‎(All Faculty) [2.0]**At the conclusion of this session, the participant will be able to: * Demonstrate the ability to build attunement (rapport) with the subject.
* Demonstrate as the facilitator and personally experience a hypnotic trance.
* Utilize interactive strategies to elicit and intensify trance.
* Demonstrate a new skill or application learned from the preceding lectures.
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| **12:15-12:45 PM** | **Lunch** |
| **1:00-2:00 PM** | **Application Of Clinical Hypnosis: Patients with Anxiety ‎(Louis Damis) [1.0]**At the conclusion of this session, the participant will be able to: * Describe two basic principles stemming from research data on the treatment of anxiety and phobic disorders relevant to the application of hypnosis.
* Identify three hypnotic techniques for treating anxiety and phobias and be able to provide a rationale for using each method.
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| **2:00-3:45 PM** | **Experiential: Small Group Practice #2: Bridge Technique for Ego Strengthening with Demonstration (All Faculty) [1.75]**At the conclusion of this session, the participant will be able to: * Demonstrate as the facilitator and personally experience an exploratory bridge technique.
* Demonstrate as the operator and personally experience as the subject a hypnotic trance.
* Utilize a bridge technique to access a positive state for ego-strengthening.
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| **3:45-4:00 PM** | **Break** |
| **4:00-5:30 PM** | **Application Of Clinical Hypnosis: Habituated Patterns of Behavior ‎(Louis Damis) [1.50]**At the conclusion of this session, the participant will be able to:* List one hypnotic intervention empirically supported in the research literature on hypnosis found to be effective in the modification of habits.
* Participants will be able to identify four stages of change relevant to treating habit disorders, one goal of hypnotic intervention for each, and apply one or more specific hypnotic interventions appropriate to each stage of change.
* Participants will be able to describe a four-stage model of habit control applicable to various habit disorders.
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| **5:30 PM** | Adjorn |

**Sunday, August 3, 2025**

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| **8:15-8:30 AM** | **Check-in And Review (Louis Damis) [.25]** |
| **8:30-10:15 AM** | **Application Of Clinical Hypnosis: Pain Management ‎(Louis Damis) [1.75]**At the conclusion of this session, the participant will be able to: * Identify two risk factors in using hypnosis before medical and psychological evaluation of a pain problem.
* Describe the difference between acute and chronic pain.
* Describe at least four hypnotic techniques for use in pain management/recovery.
* Outline the steps for elicitation of glove analgesia.
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| **10:15-10:30 AM**  | **Break** |
| **10:30-12:30 AM** | **Experiential: Small Group Practice #3: Utilizing Techniques for Pain Management ‎(All Faculty) [2.0]**At the conclusion of this session, the participant will be able to: * Demonstrate as the facilitator and personally experience as the recipient a hypnotic trance.
* Utilize a hypnotic strategy for pain management.
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| **12:30-1:00 PM** | **Lunch** |
| **1:00-2:15 PM** | **Utilization Of Metaphors in Hypnosis ‎(Louis Damis) [1.25]**At the conclusion of this session, the participant will be able to: * Describe two or more benefits of utilization in the creation of metaphors.
* Describe one way in which metaphors can reduce resistance.

Identify two processes that result in the effectiveness of metaphors in using hypnosis. |
| **2:15-2:30 PM** | **Group Practice: Developing and Applying Metaphors ‎(Louis Damis) [.25]**At the conclusion of this session, participants will be able to:Identify a clinical issue from their practice and devise a metaphor to address it constructively. |
| **2:30-3:30 PM** | **Application Of Clinical Hypnosis: Sleep Disorders ‎(Louis Damis) [1.0]**At the conclusion of this session, the participant will be able to: * List three cognitive-behavioral factors contributing to insomnia.
* Describe the application of three hypnotic techniques to improve sleep.
* Explain the importance of screening for sleep apnea and describe the appropriate role of clinical hypnosis in working with sleep apnea.
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| **3:30-3:45 PM** | **Break** |
| **3:45-4:15 PM** | **Treatment Planning (Louis Damis) ‎ [.50]**At the conclusion of this session, participants will be able to: * List three levels of pathology that may be addressed in a treatment plan.
* List two hypnotic interventions applicable to each level of pathology.
* List one benefit of tailoring interventions to consider each level and a method for integrating interventions to address them concurrently.
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| **4:15-4:45** | **Integration of Clinical Hypnosis into Practice ‎(Louis Damis) ‎ [.50]**At the conclusion of this session, the participant will be able to:* Identify two cases from one’s practice applicable for the use of hypnosis.
* How to initiate hypnotic interventions.
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| **4:45-5:15** | **Ethics and Clinical Hypnosis ‎(Louis Damis) [.50]**At the conclusion of this session, the participant will be able to: * Describe how to apply ethical and risk management approaches when utilizing hypnosis in clinical practice.
* Describe two ethical-legal/risk management issues and standards for professional conduct in using hypnosis clinically.
* Describe two ethical-legal/risk management issues and standards for professional conduct in using hypnosis in telehealth settings.
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| **5:15-5:30** | **ASCH Membership, Certification and Further Training ‎(Louis Damis) [.25]**At the conclusion of this session, the participant will be able to: * Discuss ASCH’s clinical hypnosis training standards, training levels, and requirements for ASCH certification.
* Describe the opportunities available for further training, membership, and certification.
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| **5:30 PM** | Adjourn - Complete Program Evaluations |