**Hypnosis for Trauma III: Integration and Self-Development**

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**ASCH-Approved Advanced Workshop: 5.0 Hours**

**Sunday, September 7th, 2025, 11:00 to 4:30 EST**

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| Time | Topics | CE/CME |
| 11:00-12:30 | **Introduction & Overview****Normative Implicit Clinical Hypnosis** **Goals for the Integration Phase** **Controlled Uncovering****Memory Mastery** *At the completion of this session, participants will be able to*:1. List the three goals of integration.
2. Describe and train three trauma processing prerequisite skills.
3. List two methods of controlled uncovering.
 | 1.5 |
| 12:30-12:45 | Break |  |
| 12:45-2:30 | **Trauma Memory Transformation****Memory Update Reconsolidation****Working with Introjects and Self-States** *At the completion of this session, participants will be able to*:1. Describe and apply the two trauma desensitization processing techniques.
2. List and apply three steps for memory reconsolidation updating.
3. Outline the process and three approaches to working with self-states.
4. Describe and apply three steps for facilitating conflict resolution with ego-states.
 | 1.75 |
| 2:30-2:45 | Break |  |
| 2:45-4:30 | **Goals for the Self-Development Phase** **Meaning Making and Reassignment of Responsibility****Hypnotic Strategies for Self-Development****Hypnotic Strategies for Relational Development** *At the completion of this session, participants will be able to*:1. Describe the three goals for the self-development phase.
2. Describe and apply two hypnotic strategies for self-development.
3. Explain the reassignment of responsibility and two strategies for facilitating it.
4. Explain the need for relational development, list two aspects of needed relational development, and a hypnotic strategy for promoting effective intimate relationships.
 | 1.75 |
| 4:30 | **Adjourn** |  |