

# Oregon Society of Clinical Hypnosis: Level 1 Clinical Hypnosis Course February 20-22, 2026

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Portland	Friday, February 20, 2026 <b>Day 1</b>	Schedule is listed in Pacific time zone	
Time	Basic Topic. <b>Day 1</b>		Faculty
8:00-8:15	Check in, late registration, Welcome		
8:30-9 am 30m .5 CE	<b>Day 1_S1</b> Introduction to Level I clinical hypnosis- 1. Participants will list 2 clinical problems hypnosis may be used to address in their clinical practice. 2. Participants will identify 2 applications of hypnosis where they want to incorporate hypnosis in their clinical practice.		Deb B
9:00-9:30 30m .5CE	<b>Day 1_S2</b> What is hypnosis: Introduction to Clinical Hypnosis 1. Explain the contributions of 2 historical figures or studies that have modern day applications in clinical hypnosis 2. Define at least one commonly accepted definition of clinical hypnosis. 3. Identify two or more major misconceptions regarding hypnosis and give an accurate rebuttal for each. 4. Explain 3 hypnosis terms and how they apply to the clinical hypnosis experience.		Shawn
9:30-10:15 am 45m .75CE	<b>Day 1_S3</b> Neurophysiology of Hypnosis 1. List three brain regions or networks that research shows may be altered with hypnosis. 2. Discuss at least two ways how the polyvagal theory relates to hypnosis. 3. Detail three implications of neurophysiological research on the practice of clinical hypnosis.		Dave
10:15	Break 15		
10:30-11:15 45m .75CE	<b>Day 1_S4</b> Anatomy of a Hypnotic Experience (demonstration) 1. Observe a formal hypnotic experience demonstration. 2. Describe and discuss the steps in a formal hypnotic encounter 3. Identify 2 characteristics of trance exhibited by the subject. 3. Define 3 changes the facilitator made during the reorientation phase.		Linda
11:15-11:45 30m .5 CE	<b>Day 1_S5</b> Group hypnotic experience (15-20 exp and discussion) 1. Personally experience a hypnotic trace facilitated by senior faculty. 2. Identify 3 aspects of the individual experience of trance. 3. Identify 2 or more hypnotic phenomena experienced		Shawn
11:45- 12:45pm	Lunch break (on your own)		
12:45-2 pm 1.25 CE 75M	<b>Day 1_S6</b> Hypnosis Basics: Principles & Process of Rapport, Elicitation, & Reorienting 1) Identify two effective ways to build and reinforce rapport 2. Describe 4 or more observable physiological and psychological signs of trance. 3. Identify the steps in trance elicitation. 4. Demonstrate 2 methods of reorienting 5. Discuss the importance of removing suggestions.		Deb
2-2:45 45m .75CE	<b>Day 1_S7</b> Hypnosis Basics: Hypnotic phenomena 1. Define hypnotic phenomena and discuss how hypnosis can create it. 2. List at least 5 phenomena. 3. Discuss 2 ways hypnotic phenomenon can be used therapeutically. 4. Define abreaction and describe how it can be addressed therapeutically.		Dave
2:45-3:15 30min	<b>Day 1_S8</b> Ethical Principles and Professional conduct – (not informed consent) 1. Describe at least two ethical-legal issues related to clinical hypnosis 2. Discuss at least 2 standards for professional conduct in using clinical hypnosis		Linda
3:15-3:30	Break 15 minutes		
3:30-4:00 30m .5CE	Introduction to Small Group Practice (Deb) & Demonstration of Elicitation # 1: Diaphragmatic Breathing 1. Identify the goals and rules of the experiential small group practice sessions. 2. Observe how to facilitate an elicitation of hypnosis. 3. Describe hypnotic elicitation using Diaphragmatic breathing		Deb Dave
4:00-6:00 120m 2CE	Small Group Practice # 1: Rapport, Elicitation, Reorient (diaphragmatic breathing) 1. Demonstrate one method to build attunement/rapport with subject. 2. Facilitate at least one elicitation and reorientation method with subject, describe responses and what was observed in the behavior of subject. 3. Observe a member of group facilitating and experiencing hypnosis and identify the elements applied and discuss		Faculty
8 CE	Adjourn for the evening; 10 min faculty debrief, 480 minutes of instruction		

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Saturday February 21, 2026		
Time	Basic Topic. <b>Day 2</b>	Faculty
8:20-8:30	Networking, Open Q & A	All
8:30-9:30 60 min 1 CE	<b>Day 2_S9</b> Intensification of hypnotic experience 1. Describe 3 methods for “deepening” hypnotic involvement. 2. Discuss and describe the concept of utilization in developing hypnosis. 3. Identify how fractionation can be used to intensify trance.	Deb
9:30-10:20 50 min .8 CE	<b>Day 2_S10</b> Fundamentals of Hypnotic Communication and Formulating Suggestions 1. Identify at least four commonly used words/phrases to reinforce the person’s hypnotic experience. 2. Differentiate between direct and indirect suggestion. 3. Explain at least two ways hypnotic communication creates positive expectancy. 4. Discuss Erickson’s Principle of Individualization and Utilization as it pertains to language and suggestion.	Dave
10:20-10:35	Break 15 minutes	
10:35-10:50 15m .25CE	Teaching & Demo Induction # 2: eye fixation, intensification, reorient 1 Observe demonstration of eye fixation 2. Describe elicitation of trance using eye fixation. 3. State how fixation in general can be used for elicitation.	Deb
10:50-12:35 105m	Small Group Practice #2: eye fixation, intensification, reorient 1. To degree capable, experience hypnotic induction and reorienting. 2. Demonstrate the ability to facilitate rapport, the eye fixation elicitation, an intensification method, and reorientation from lecture materials. 3. Observe a member of group facilitating & experiencing hypnosis; identify the methods applied; and one observation of utilization.	Faculty
12:35pm- 1:30pm	Lunch break	
1:30-2:20pm 50m .8 CE	<b>Day 2_S11</b> Resourcing and Ego Strengthening with hypnosis (15 min of demo) 1. Define ego strengthening in the context of hypnosis applications. 2. Describe at least 3 strategies for ego strengthening utilizing hypnosis 3. Learn one or more approaches to integrate the use of a hypnotic anchor with ego strengthening	Dave
2:20-3:05 45 m .75 CE	<b>Day 2_S12</b> Self-hypnosis 1) Define self-hypnosis and explain the difference between self-hypnosis and hetero hypnosis. 2) Learn an approach to teach self-hypnosis to a client. 3) Identify at least 2 clinical uses of self-hypnosis. 4) Discuss the 2 pros and cons of using an individualized audio recording as related to self-hypnosis	Deb
3:05-3:15p	Break 10 min	
3:15- 4:00 45m .75CE	<b>Day 2_S13</b> Hypnosis Elicitation with Children 1) Describe 3 ways working with children is the same & different from adults. 2) Identify at least 2 elicitations that are best suited for children and vary with the development level of the client. 3. Identify three developmental characteristics that make children particularly hypnotizable.	Linda
4-4:05 pm	Break 5 min	
4:05-4:20 15m .25CE	Demo Elicitation # 3 Eye Roll: 1. Observe how to facilitate Induction #3. 2. Identify the steps, at least 3 actions, the facilitator took during facilitation of the elicitation.	Linda
4:20-6:05 105m 1.75CE	Small Group Mentored Practice #3 Eye Roll – intensification- suggestion – orient 1. To degree capable, experience the assigned hypnotic elicitation and orienting. 2. Demonstrate the ability to facilitate the identified elicitation, use an ego strengthening suggestion and orienting from lecture materials and describe observed behavioral response of the subject. 4. Observe a member of group facilitating and experiencing hypnosis and identify the elements applied & discuss.	Faculty
8.15 CE	Adjourn for the evening, 10 min faculty debrief	

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5.75 CEU hours	Sunday, February 22, 2026	
Time	Basic topic. <b>Day 3</b>	Faculty
8:20	Networking, open Q & A	All
8:30-9:30 60m 1 CE,	<b>Day 3_S14</b> Presenting Hypnosis to the patient and informed consent:(Ethics) 1. Learn a process for explaining hypnosis to a new client and identify 3 key point to discuss in a non-technical manner. 2. Identify at least 3 key elements of informed consent with clinical hypnosis. 3. Discuss 2 ethical and legal implications for using hypnosis as related to memory	Debbie
9:30-10:15 am 45m .75CE,	<b>Day 3_S15</b> Essentials for Recognizing and handling Resistance 1. Define the concept of resistance as related to hypnosis. 2. Cite 3 types of resistance 3. Learn 2 techniques to bypass or work through resistance	Dave
10:15-10:30 M	15 min break	
10:30-10:45 15m .25CE	Teaching & Demo Induction # 4: Magnetic Fingers & Arm Levitation 1. Observe how to facilitate Induction #4, 2. Identify 3 actions the operator took during the induction process; discuss observations.	Debbie
10:45-12:30 105m 1.75CE	Small group practice #4. 1. To degree capable, experience the assigned hypnotic elicitation and orienting. 2. Demonstrate the ability to build rapport with subject 3. Demonstrate the ability to facilitate the identified elicitation, use of suggestion & post-hypnotic suggestion and orienting from lecture materials and describe observed behavioral response of the subject. 4. Observe a member of group facilitating and experiencing hypnosis and identify the elements applied. 5. Identify and discuss any area of facilitating a full hypnotic intervention cycle needed to use clinical hypnosis.	Faculty
12:30-1:20 pm	Lunch (on your own)	
1:20-2:20pm 60m 1CE	<b>Day 3_S16</b> Treatment Planning Strategies and technique selection for adults & children 1} Identify 3 indications and contraindications for the use of hypnosis in a treatment plan. 2} List 4 treatment goals that may be approached with the use of hypnosis. 3) List 4 or more hypnotic techniques that may be suited to achieve a specific therapeutic goal.	Linda
2:20-3:05PM 45m .75CE	<b>Day 3_S17</b> Integrating Hypnosis into Practice Ethically (Ethics) 1. List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply and three applications of hypnosis that require more training 2. Discuss at least 2 ethical issues and standards for professional conduct in using hypnosis clinically. 3. Describe 2 or more situations of uncertainty that may occur as clinical hypnosis is included in practice and identify strategies for managing/resolving them.	Deb
3:05-3:30PM 15m .25CE,	<b>Day 3_S18</b> Memberships, Certification and Future Training 1.Discuss ASCH's clinical hypnosis standards of training, levels of training, and requirements for certification 2. Describe opportunities available for further training and professional memberships.	Deb
5.75 CE	Courses conclude, Faculty debrief 15-30 min	
22 CE	Course total	