

Fundamentals of Clinical Hypnosis

ASCH-ERF Approved Level 1 Workshop Schedule/Syllabus/Agenda

Sponsored by: Bloom Therapy

Instructor: Katy David, LPC-S

Location: Bloom Therapy, 1206 W. 43rd St, Austin, TX

Dates: May 1st, 2nd & 3rd, 2026

Workshop Schedule & Syllabus (21.5 Hours of CE, incl. 1/2 hour ethics)**Friday, May 1st; 9am-5:45pm (Lunch break 12:15-1:15pm); 7 CE hours**

- 9am: Workshop welcome and Introduction (No CEUs)
- 9:15am: ASCH Membership & Certification Process – 15 minutes
- 9:30am: Introduction to Clinical Hypnosis (definitions, brief history, misconceptions) – 30 minutes
- 10am: Neuroscience of Hypnosis—45 minutes
- 10:45: 15-minute Break (No CEUs)
- 11:00: A View of a Hypnotic Experience – 45 minutes
- 11:45pm: Group Hypnotic Experience – 30 minutes
- 12:15pm: 1-hour Lunch (No CEUs)
- 1:15pm: Principles and Process of Rapport, Attunement, Elicitation, Re-alerting and Reorientation – 75 minutes
- 2:30pm: Introduction to Small Group Practice -30 minutes
- 3pm: Demonstration of Specific Trance Elicitation for Small Group Practice #1 – 15 minutes
- 3:15pm: 15 minute Break (No CEUs)
- 3:30pm: Small Group Practice of Hypnotic Process #1 (Rapport, Elicitation, Re-alerting, Reorientation) – 105 minutes (15 minutes per student, including feedback)
- 5:15pm: Ethical Principles and Professional Conduct – 30 minutes
- 5:45pm: Adjourn

Saturday, May 2nd; 9am-5:45pm (Lunch break 12:30-1:30pm); 7.25 CE hours

- 9am: Intensification of Trance – 60 minutes
- 10am: Fundamentals of Hypnotic Communication & Suggestions – 45 minutes
- 10:45am: Break (No CEU)
- 11am: Hypnotic Phenomena – 45 minutes
- 11:45am: Ego Strengthening – 45 minutes
- 12:30: 1-hour Lunch Break (No CEU)
- 1:30: Demonstration of Specific Trance Elicitation for Small Group Practice #2 – 15 minutes

- 1:45pm: Small Group Practice #2 (Rapport, Elicitation, Intensification, Re-alerting/Reorientation) – 105 minutes (15 minutes per student, including feedback)
- 3:30pm: 15-minute Break (No CEU)
- 3:45pm: Self-hypnosis –45 minutes
- 4:30pm: Understanding and Utilization of Resistance –45 minutes
- 5:15pm: Clinical Hypnosis with Children –30 minutes
- 5:45pm: Adjourn

Sunday, May 3rd; 9am-5:45pm (Lunch break 1:15-2:15pm); 7.25 CE hours

- 9am: Demonstration of Specific Trance Facilitation for Small Group Practice #3 –30 minutes
- 9:30: Small Group Practice #3 (Mini hypnotherapy session: Rapport, Elicitation, Intensification, Suggestion, and Re-alerting/Reorientation) – 105/245 minutes (35 minutes per student, including feedback; 3 students practice before break)
- 11:15am: After 3 of students have practiced, take 15-minute Break/Snack (No CEU)
- 11:30am: Continue Small Group Practice #3 (Mini hypnotherapy session: Rapport, Elicitation, Intensification, Suggestion, and Re-alerting/Reorientation) – 140/245 minutes (35 minutes per student; remaining 4 students practice)
- 1:50pm: 1-hour Lunch Break (No CEU)
- 2:50pm: Patient Assessment; Discussing Clinical Hypnosis with Patients; Memory and Hypnosis; Informed Consent –45 minutes
- 3:35pm: Treatment Planning Including Clinical Hypnosis –60 minutes
- 4:35pm: 15-minute Break (No CEU)
- 4:50pm: Integrating Hypnosis into Clinical Practice –45 minutes
- 5:35pm: Q&A
- 5:45pm: Adjourn

About Continuing Education and ASCH-Certification

Detailed Information regarding certification in Clinical Hypnosis can be found at asch.net.

This course is ASCH-ERF Approved; CE hours earned will count towards ASCH-certification in Clinical Hypnosis. This course is also suitable to count towards Continuing Education/Professional Development Requirements for all licensed mental health professionals in Texas. LPCs, LMFTs, LCSWs, and Licensed Psychologists are individually responsible for ensuring their Continuing Education Hours are relevant and appropriate to their field.