

ASCH

2026

**ANNUAL SCIENTIFIC
MEETINGS & WORKSHOPS**

New Frontiers in Hypnosis:
Human Ingenuity, AI Innovation,
and Ethical Boundaries

 **VIRTUAL**

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Disclosures

ASCH and ASCH-ERF jointly provided this program.

No staff or committee members involved in the development, planning or execution of educational content have any financial relationships or conflicts of interest to disclose.

Dr. Daniela Huetwohl has no significant financial relationships or conflicts of interest to disclose.

Continuing Education & Accreditation Statement

This program has been approved by the American Society of Clinical Hypnosis Standards of Training Committee to be used toward Membership and Certification requirements.

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Learning Objectives

At the conclusion of this session, participants will be able to:

- Describe core mechanisms and current evidence for AI technologies—such as Clinical Decision Support Systems (CDSS) and Large Language Models (LLMs)—and identify at least two clinical applications and two profession-specific benefits and risks for mental health and medical practice.
- Analyze how AI systems may affect cognitive, emotional, and subconscious processes in clinicians and patients/clients, and explain at least two ways these effects can influence clinical reasoning, therapeutic dynamics, or patient engagement.
- Identify and discuss at least three ethical and evidence-based strategies for integrating AI into psychotherapeutic and medical care while maintaining clinical judgment, informed consent, and a strong therapeutic or doctor–patient relationship.
- Apply AI-informed communication and clinical interaction skills to case examples in order to enhance patient/client understanding, trust, and overall care experience across healthcare and behavioral health settings.

The Impact of AI Technologies on Patient Communication and Care

Orientation

- Main AI technologies & their mechanisms
- Hypnosis as lens
- Focus on experience and clinical examples

When AI speaks, it becomes an active presence in communication.

Group Trance*

**AI involved in creation*



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First Reflection (Group Trance)

silent self-reflection:

- How do you feel right now?
- One image | sensation | moment that stands out

2 minutes

AI involved (Group Trance)

1. recording of group trance (German)
2. ElevenLabs: Transcript of the audio
3. Small editing
4. ChatGPT 5.2: Translation into English
5. Small editing
6. ElevenLabs: adding pauses manually
(prompt <break time="1.5s" />)
7. ElevenLabs: 2 minute voice example, generating ai voice
8. ElevenLabs: AI-generated audio, adjustments in settings
9. Adding music manually

“Stell dir vor du bist ein Hypnotherapeut. Du sollst den folgenden Text ins amerikanische Englisch übersetzen, wobei die bildhafte, hypnotische Sprache erhalten bleiben soll:“

„Imagine you’re a hypnotherapist. You are asked to translate the following text into American English, while retaining the vivid, hypnotic language:“

Second Reflection (Group Trance)

- What felt familiar – what felt unfamiliar?
- Did it feel hypnotic? In what way?
- What did you notice about the language?
- What changed once you knew it was an AI trance?
- What did this do to trust or authority?

~ 5 minutes

Ambient Listening

Principle: Transcript and summary of a conversation

Risk: „Third person“ in the room

Chance: minimizing documentation work

full attention on the patient

Do: Framing, Informed consent

“Instead of taking notes, turning my back to you, or focusing on a screen I decided to give you my full attention. I, therefore, use a supporting technology that takes neutral notes for me. As always, everything you say remains confidential and follows the same security standards as with my handwritten notes. Are you okay with this?”

See also: O’Neil et al, Balancing Innovation and Ethics: Ambient Listening AI in Healthcare, Mayo Clinic Proceedings: Digital Health, 2026; <https://doi.org/10.1016/j.mcpdig.2026.100341>

Side note: General Data Protection Regulation

- EU-wide regulation
- Principles: transparency, data minimization, purpose limitation
- Informed consent, defined purpose
- Right to access, correct and delete their data
- Data security

<https://eur-lex.europa.eu/eli/reg/2016/679/oj/eng>

Clinical Decision Support Systems (CDSS)

- Principle: rule-based decisions
prediction based on AI
- Risk: too much trust
over-alerting
responsibility
- Chance: neutral overview
super early prevention
- Do: prepare users
team communication

See also: Sutton, R.T., Pincock, D., Baumgart, D.C. et al. An overview of clinical decision support systems: benefits, risks, and strategies for success. *npj Digit. Med.* 3, 17 (2020).
<https://doi.org/10.1038/s41746-020-0221-y>



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Large Language Models (LLM)

Principle: AI training → „frozen state“ → calculations

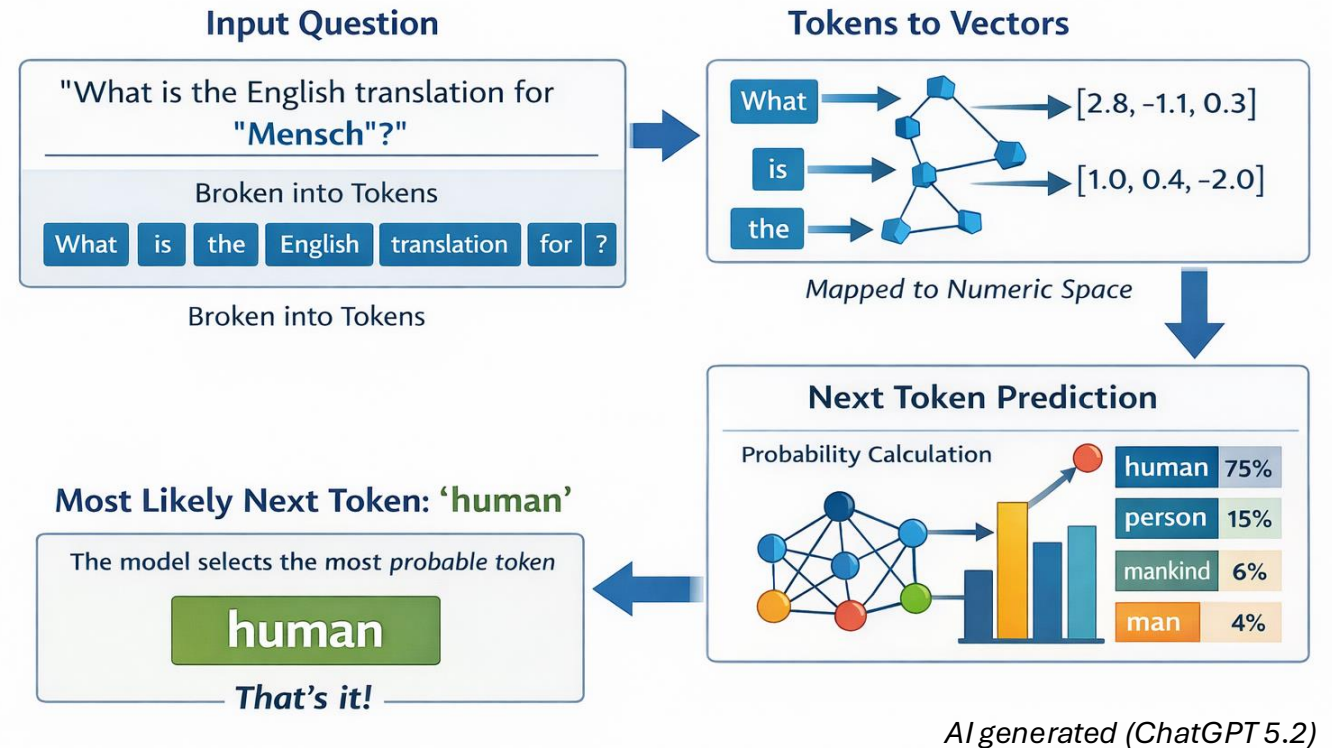
generates language without understanding

Risk: adding to much meaning

false information is hard to detect

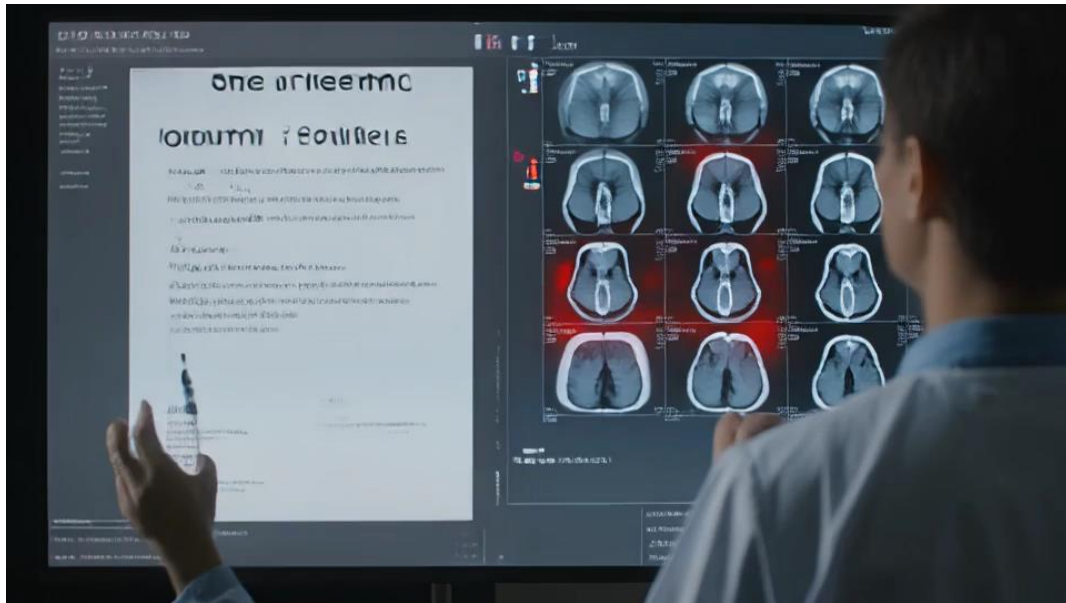
Chance: personal knowledge base, summaries

Do: framing, intended purpose



See also: Maity S, Saikia MJ. Large Language Models in Healthcare and Medical Applications: A Review. Bioengineering (Basel). 2025 Jun 10;12(6):631. doi: 10.3390/bioengineering12060631

Examples



Radiology Report



Trance



Coaching Assistant

AI generated (Adobe Firefly & Gemini)

Custom GPT for Reflective Questions



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Letter to Self

Step 1: Preparation

Instructions for the client:

- Write down anything you have achieved, learned, or overcome in your life
- Challenges you managed or survived
- Skills you developed
- People or situations you positively influenced
- Moments when you were brave, kind, or patient
- Things you feel proud of today — even small ones

Example (optional):

I reoriented myself after a difficult time.

I learned to set boundaries.

I found a new job.

*I listened to a friend when they really needed
it.*

Letter to Self

Step 2: Prompt Template

“Please write a loving and appreciative “letter to myself” based on the following bullet points.

The letter should sound as if a wise, caring part of myself is speaking to me — with warmth, compassion, and genuine appreciation.

Please keep the tone gentle, encouraging, and authentic. Avoid exaggeration or artificial positivity.

Use natural, personal language and allow for emotional depth.

Write the letter in the first person, addressing me as “Dear [first name]”, and close the letter with a warm ending such as “With love, your heart / your inner wisdom / your wiser self”.

*The intention of this letter is that, while reading it, I can feel:
I am enough. I am valuable. I am allowed to be proud of myself.*

*Here are my bullet points:
[paste your notes here]”*

Letter to Self

Step 3: Framing

Examples:

- This exercise is not about whether the words are “true” or “deserved”. It’s about allowing a different inner voice to be heard for a moment.
- You don’t need to believe every sentence. You just need to notice what happens while reading it.
- AI doesn’t feel anything — but it can reorganize what you’ve already accomplished into a more appreciative perspective.
- This is how a more supportive inner perspective might respond to your experiences. Even though the AI doesn’t feel anything, it can identify patterns in what you describe and reflect them back in a different form.
- If reading the letter feels overwhelming or unsettling, pause the exercise and bring the experience into the next session.

Letter to Self

Step 4: Integration

- What sentence touched you the most?
- What felt easy to accept — what felt difficult?
- What inner voice reacted to the letter?
- Which part makes you proud? What was surprising?
- ...

Questions & Reflections

Transparency before efficiency
Relationship before technology
Experience before interpretation

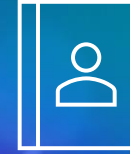


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Q & A

An icon depicting two stylized human figures in white. The figure on the right has a speech bubble above it containing a question mark, symbolizing a question and answer session.

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