

ASCH Certification, Membership, and Future Training Opportunities

Rebecca Cherry, MD



Disclosures

- I have no financial relationships to disclose.
- I will not discuss off-label use(s) and/or investigational use(s) of drugs and/or procedures in my presentation.
- Generative AI was not used in creating this presentation.



You have
completed
Level 1!
Hooray!





Now
what?



Now you can use hypnosis techniques

- To treat patients who are interested
- For appropriate conditions and situations
- Without replacing more effective forms of treatment
- Within your scope of practice

It is OK to start small!

- Preparing for lab draws, shifting the mood in an exam room, etc.

Your confidence will grow as theirs does

I'd recommend you get started with it right away.

You know so much more than you did before –

You may be surprised by how much easier it can become!



Next steps

- Level 2 training with ASCH
- TBD: Level 2 (“Utilization and Expanded Clinical Applications”) with NPHTI
 - Or Fundamentals of Pediatric Clinical Hypnosis with NPHTI
- Individualized consultation: 1-on-1 mentorship or as part of a workshop (small group)
- Certification
- Approved Consultant status

Membership in ASCH: Requirements

	Professionally licensed in a medical/mental health discipline	20 hours of ASCH-approved training	Membership Fee (per year starting July 1)
Full	*	*	\$285
Associate	*		\$285
International	*	*	\$285
Trainee	Full-time in a recognized program		\$140

Member Benefits

	Full	Associate	International	Trainee
Attend Trainings	*	*	*	*
American Journal of Clinical Hypnosis	*	*	*	*
ASCH Newsletter	*	*	*	*
Networking	*	*	*	*
Access to ASCH Library	*	*	*	*
Access to Membership Directory	*	*	*	*
Access to Demo Videos	*	*	*	*
ASCH Referral Database Listing	*			
Leadership Skills Development	*			
Discounts on Certification	*			

What is ASCH Certification?

*ASCH Certification
distinguishes the
professional practitioner
from the lay hypnotist.*



ACCESSIBLE

No undergraduate degree is required to enroll.

Requirements for Certification

- Hold at least a masters degree in a health care discipline and have licensure/certification in the state/province where they practice;
- Membership in a professional society consistent with that degree;
- Complete Level 1 and Level 2 ASCH approved Clinical Workshop training;
- Minimum of 20 hours of individualized training/consultation with an ASCH Approved Consultant;
- Minimum of two years of independent practice utilizing clinical hypnosis (2 years from the completion of the Level 1 course).

Individualized Consultation Requirement

Option 1 (most common)

- Individualized Consultation (IC) with an ASCH Approved Consultant x 20 hours, done at any pace.
Learner and mentor:
 - complete an application for enrollment in IC,
 - develop an ASCH Learning Contract, which may be revised at any time upon mutual agreement, and
 - agree on the content, duration, and frequency of IC meetings.

Individualized Consultation Requirement

Option 2

- Individualized Consultation Workshop (ICW) x 20 hours, done intensively over a few consecutive days.
 - Facilitated by ASCH faculty
 - Not currently offered on a set schedule, but one is being planned for 2027.

Advanced Option: Approved Consultant

- **All of the requirements for Certification in Clinical Hypnosis, plus**
- Minimum of 40 additional hours of ASCH approved Advanced workshop training;
- Completion of the 10-hour Teaching and Consultation Workshop (TCW);
- Minimum of 5 years of independent practice utilizing clinical hypnosis (5 years from the completion of the Level 1 program);
- Minimum of 5 years of membership in ASCH, SCEH, or equivalent.

Why continue my training??

- **Valuable clinical tool**
- Enhance communications skills
- Enhance patient comfort in medical settings/procedures
- Amazing community of colleagues...

kind of like NASPGHAN!

Membership and Next Training Steps

- Questions??