

ASCH

2026

**ANNUAL SCIENTIFIC
MEETINGS & WORKSHOPS**

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

 VIRTUAL

March 20–22, 2026



RAN D. ANBAR, MD

- **Ran D. Anbar, MD, FAAP, is board certified in both pediatric pulmonology and general pediatrics, offering hypnosis and counseling services at Center Point Medicine in La Jolla, California. Dr. Anbar is also a past President, fellow, and approved consultant of the American Society of Clinical Hypnosis.**
- **Dr. Anbar is a leader in clinical hypnosis, and his experiences with hypnosis since 1998 have allowed him to successfully treat over 8,000 children. He served as a professor of pediatrics and medicine and the director of pediatric pulmonology at SUNY Upstate Medical University in Syracuse, New York, for 21 years.**
- **Dr. Anbar is author of the acclaimed *Changing Children's Lives with Hypnosis: A Journey to the Center*, and *The Life Guide for Teens: Harnessing Your Inner Power to be Healthy, Happy, and Confident*.**

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.

Ran D. Anbar, MD 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.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) designates this live activity for a *maximum of 57 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (886386995-7390) for 57 continuing education contact hours.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider.



The American Society of Clinical Hypnosis Education & Research Foundation Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 10/1/2024 to 9/30/2027. Provider ID#217022

American Group Psychotherapy Association (AGPA) is approved by the American Psychological Association to sponsor continuing education for psychologists and the American Society of Clinical Hypnosis (ASCH). American Group Psychotherapy Association (AGPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists.

949-439-4310
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HYPNOSIS IN DEALING WITH GRIEF, DEATH AND SPIRITUALITY

Ran D. Anbar, MD

March 21, 2026

OBJECTIVES

At the conclusion of this workshop participants will be able to:

- Facilitate a discussion of death with their clients.
- Teach how to use a hypnotic state to help move forward through the grief process.
- Use interactions with the subconscious to help clients incorporate spirituality into their dealing with end-of-life issues.

DEATH OF A FATHER

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- **Why do bad things happen to good people?**
- **What is the nature of death?**
- **What is the meaning of life in the context of its end?**
-



THE POTION-MAKER

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202212/what-happens-after-death>



FIRST ENCOUNTER: MEDICAL SCHOOL

- How does medicine help deal with death?
- What do you say to a dying person?
- What is a human who can be living at one moment and dead at the next?

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202212/lessons-from-a-death>



HOW I LEARNED
ABOUT GRIEF, DEATH
AND SPIRITUALITY

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202201/putting-things-spiritual-perspective>

**Near Death
Experience**

**Volunteering with a
Chaplain's Service**

OF MIND, BODY AND MODERN TECHNOLOGY

**Anbar RD. Of mind, body, and
modern technology. *Clin Pediatr.*
2000; 39:433-436.**



MY FIRST ENCOUNTER WITH A SUBCONSCIOUS

Anbar, R. D. (2021). *Changing Children's Lives with Hypnosis: A Journey to the Center*. Lanham, MD: Rowman & Littlefield.



ACCESSING THE SUBCONSCIOUS I

- **Ideomotor**
 - **Muscle strength**
 - **Finger motion**
 - **Pendulum**
 - **Automatic talking**
 - **Automatic writing**
 - **Automatic drawing**
 - **Automatic word processing**



ACCESSING THE SUBCONSCIOUS II

- **Visualization techniques**
 - **Whiteboard**
 - **Computer screen**
 - **Inner advisor**
 - **Resource room**

Anbar RD, Cherry RN. Communicating with the Subconscious: Ideomotor and Visualization Techniques. *In: Mark P. Jensen (ed), Handbook of Hypnotic Techniques, Vol. 2.* Kirkland, WA: Denny Creek Press, 2021;196-231.



WHEN A PHYSICIAN DISREGARDS A PATIENT'S WISH

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202210/how-might-medical-ethical-dilemma-be-resolved>



THE END OF THE WORLD

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202211/when-the-subconscious-initiates-therapy>



MY FATHER'S DEATH

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202212/dealing-with-the-loss-of-a-parent>



9/11

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202312/coincidences-and-the-unconscious-helped-me-find-meaning>



LEVIATHAN'S QUEST

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202210/unusual-interaction-the-imagination>



REINCARNATION

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202210/subconscious-communication-through-drawing>



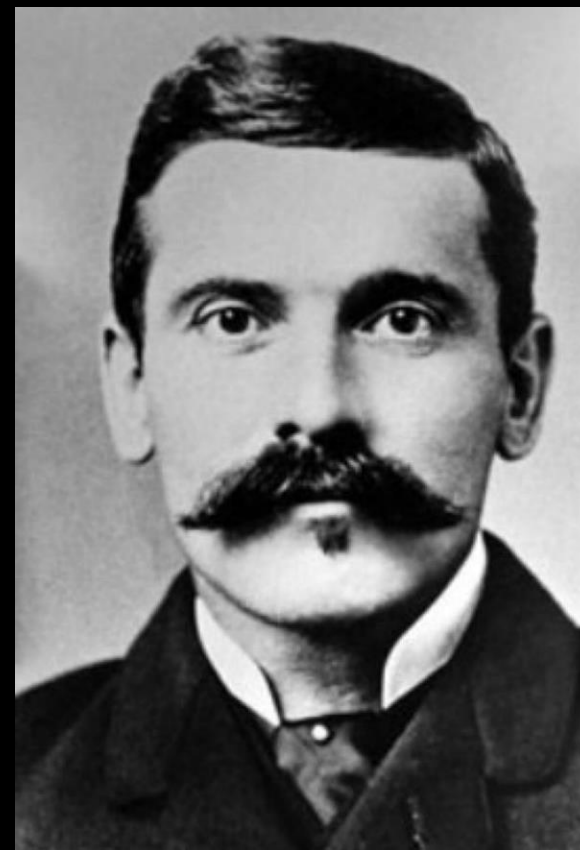
AUTOMATIC DRAWING

After the patient is in hypnosis, the subconscious can be instructed:

- Please draw an answer to the question
- Drawing on the right was evoked by instruction to a 14-year-old, "Please draw a portrait of your conscious self."



AUTOMATIC DRAWING



HYPNOSIS IN PALLIATIVE CARE

- Pain from illness
 - Medical procedure related discomfort
 - Nausea
 - Anxiety
 - General disease perception
-
- Friedrichsdorf SJ, & Kohen DP. (2018). Integration of hypnosis into pediatric palliative care. *Ann Palliat Med.* 7(1):136-150.



COUNSELING ABOUT DEATH

- There is an afterlife
- There is no afterlife
- We don't know
- Ghost stories



<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202212/what-happens-after-death>

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202301/a-boy-describes-the-appearance-of-his-grandfathers-ghost>

PROCESSING GRIEF

- Engage in life-affirming activity
- Be kind to yourself
- Deep breathing
- Hypnosis for calming
- Practice gratitude
- Hypnotic visit with the deceased loved one
- Memory box



<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202201/processing-grief>

SPIRITUALITY

- **A feeling of being part of something larger than the self**
 - **Being in nature**
 - **Listening to a symphony**
 - **Entering an ornate building that triggers feelings of awe and wonder**
 - **A relationship with something existing outside the five senses**
 - **God or guiding entity**
 - **Communication with one's wiser and older subconscious**

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202201/putting-things-spiritual-perspective>

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202408/8-ways-of-achieving-perspective>

SPIRITUALITY AS PART OF THERAPY



- **Helps put things into perspective**
- **Provides a meaning**
- **Can help with loneliness**

FINDING SPIRITUALITY THROUGH THE SUBCONSCIOUS

- How old are you?
- Asking existential questions
- Accessing knowledge beyond the patient's personal subconscious

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202406/subconscious-thoughts-about-life-and-beyond>

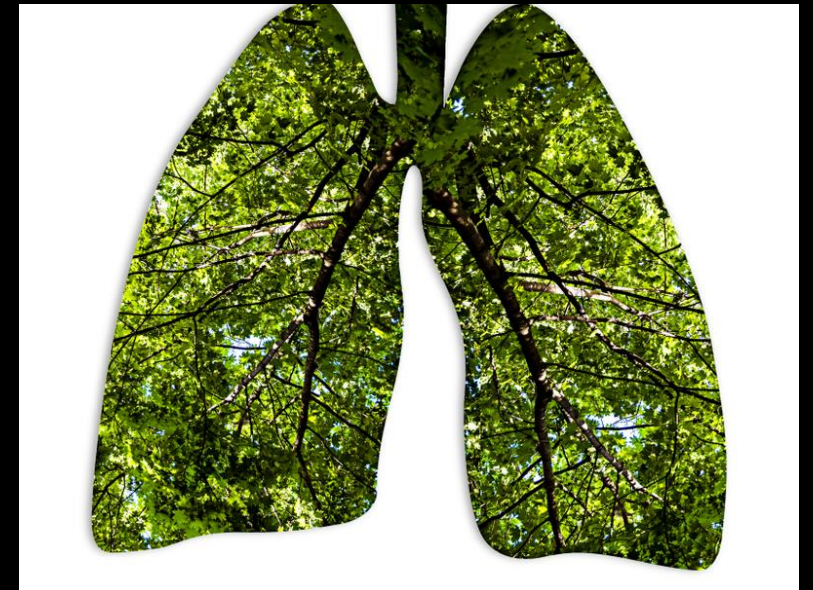
<https://centerpointhypnosis.com/cpm-radio-show>



MY SUBCONSCIOUS VISION: ON THE NATURE OF SOULS

- In Hebrew:
 - *Neshama (soul) and Neshima (breath)* have the same root
 - *Rofeh* means physician and healer
- In Greek, *pneuma* refers to breath, life, spirit, soul, or creative force
- Equivalent life force terms include *prana (Indian)*, *chi (Chinese)*, and *ki (Japanese)*

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202210/learning-about-soul-medicine>



REVISITING MY MEDICAL SCHOOL QUESTIONS

- How does medicine help deal with death?
- What do you say to a dying person?
- What is a human who can be living at one moment and dead at the next?

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202212/musings-about-death-and-medicine>



PUTTING IT ALL TOGETHER: A FAVORITE BIBLE STORY

<https://www.psychologytoday.com/intl/blog/understanding-hypnosis/202209/4-spiritual-lessons-favorite-bible-story>



RECENT REFERENCES

- Appel, P. R. (2023). When hope is lost. *American Journal of Clinical Hypnosis*, 1–12. <https://doi.org/10.1080/00029157.2023.2249058>
- Brugnoli, M. P. (2023). Spiritual healing in palliative care with clinical hypnosis: neuroscience and therapy. *American Journal of Clinical Hypnosis*, 1–13. <https://doi.org/10.1080/00029157.2023.2281466>
- Néron, S., & Handel, D. L. (2023). Creating critical palliative hypnotic adjustments: temporality, hope, and meaning. *American Journal of Clinical Hypnosis*, 1–14. <https://doi.org/10.1080/00029157.2023.2269996>

QUESTIONS



FEEDBACK

- Your valuable evaluation and suggestions following this workshop are essential in helping to improve and refine future presentations of this material
- Contact info: ran.anbar@centerpointmedicine.com
- Thank you!