

OSCH Level 2 in Clinical Hypnosis April 17-19, 2026

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7.5 CEU's	Friday, April 17. Pacific Time Zone = PT in black, Mountain Time Zone = MT in blue	
Time	Intermediate Topic	Faculty
8:15-8:30 am PT	Check-in and Welcome	
8:30-9 am PT 30M, .5CE (9:30-10 MT)	Introduction: Skills & Applications 1) Participants will identify 2 skill areas they want to develop during the course. 2) Participants will identify at least 2 new skills or applications of hypnosis for their clinical setting	Deb B
9-9:30 am PT 30M, .5CE (10-10:30 MT)	Day 1_P1_ Neuroscience of Hypnosis (D1_P1) 1. Discuss at least 2 ways neurophysiology is involved in hypnosis 2. List at least 2 brain regions or networks that research shows may be hypnotically altered.	Dave
9:30-10:15 am 45M, .75CE (10:30-11:15 MT)	Day 1_P2_ Advanced Elicitation and Intensification with demonstration: 1. Observe and identify steps of 3 advanced elicitation techniques and identify 2 conditions under which they may be indicated. 2. Learn 2 new intensification techniques	Deb
10:15-10:30	Break (11:15 am-11:30 MT)	
10:30-11:20 am 50M, .8 CE (11:30-12:20 pm MT)	Day 1_P3_ Refining and Expanding Skills of Language and Suggestion with demonstration (D1_P3) 1) Describe how to enhance rapport and compliance through positive reinforcement and utilization 2) Define a conversational postulate and a double bind. 3) Discuss 2 or more specialized suggestions	Dave
11:20-11:50 am 30M, .5CE (12:20-12:50 pm MT)	Day 1_P4_ Hypnosis in Practice: Ethical Issues, Professional Conduct (D1_P4) 1. Cite 3 potential legal issues that may arise when using hypnosis. 2. Identify 3 pertinent ethics standards and concerns as related to the use of clinical hypnosis. 3. Discuss 2 legal and ethical guidelines related to providing clients a hypnosis recording.	Linda
11:50 -1:00 pm (12:50-2 pm MT)	Lunch (on your own)	
1:00-2:00 pm PT 60M 1CE (2-3pm MT)	Day 1_P5_ Application of Hypnosis: Ideomotor Trance Facilitations and Demonstration (D1_P5) 1. Describe a technique to set up the use of ideomotor motor signaling 2. Explain 2 clinical applications of ideomotor signaling. 3. Observe demonstration and identify steps of utilizing ideomotor signaling.	Dave
2:00-3:00 pm PT 60M, 1CE (3-4pm MT)	Day 1_P6_ Applications of Hypnosis: Insight and Exploratory Technique applications (D1_P6) 1) Describe and apply 2 insight-oriented techniques 2. Identify 2 clinical situations contraindicated for exploratory work 3. Identify prerequisites for the use of hypnotic exploratory techniques. 4. Observe demonstration of one technique.	Debbie
3:00-3:15 pm	Break (10 minutes)	
3:15-3:30 pm (4:15-4:30 MT)	Introduction to small group practice 1) Identify the goals and guidelines of SGP	Deb
3:30-5:30 pm PT 120M 2CE (4:30-6:30 pm MT)	Small Group Mentored Practice #1 1. Demonstrate competency in facilitating a full hypnotic intervention cycle: rapport, elicitation of trance, apply concept of utilization, one deepening method, suggestions or techniques from the days teaching, post hypnotic suggestion and re-alerting with a member of the group, describe response and behavior observed. 2. Observe member of group facilitating and experiencing full hypnotic cycle and identify the elements applied and discuss. 3. When facilitating hypnosis utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.	Faculty
7.5 CE	Faculty debrief after groups; Adjourn for the evening	

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7.5 CEU hours		Saturday, April 18, 2026	
Time	Intermediate Topic	Saturday	
Time	Intermediate Topic	Faculty	
8:20-8:30	Arrival to being at 8:30 am		
8:30-10:00am PT 90M, 1.5 CE (9:30-11 am MT)	Day 2_P7_ Metaphorically Speaking: skill development and practice 1. Define the concept of metaphor and metaphorical language. 2. Explain the concept of utilization in the creation of metaphors. 3. Identify 2 clinical uses of metaphor with hypnosis. 4. Demonstrate how to construct therapeutic metaphors from client interactions. 5. Give two examples of metaphorical suggestions developed in group practice	Deb	
10-10:10 am	Break 10 min		
10:10-11:10 am PT 60M, 1CE (11:10-12:10pm MT)	Day 2_P8_ Applications of Hypnosis: Anxiety and phobia with demonstration 1. Explain 2 hypnotic techniques for treating anxiety and describe rationale for use. 2. Discuss 2 differences in using hypnosis for primary and secondary anxiety presentations. 3. Observe demonstration of 1 technique.	Linda	
11:10-11:55 pm 45M, .75CE (12:10-12:55 MT)	Day 2_P9_ Applications of Hypnosis: Core Competencies of the Ericksonian Approach 1) Will be able to identify 3 or more of the Ericksonian core competencies. 2. Identify applications of 3 key elements of the Ericksonian approach; discuss. 3. Discuss application of the 6 core competencies in facilitating hypnosis.	Dave	
11:55 -1:00 pm	Lunch break (12:55-2 pm MT)		
1:00 – 2:00 pm 60M, 1CE (2-3 pm MT)	Day 2_P10_ Applications of Hypnosis: sleep problems 1) Discuss current research and clinical classifications of sleep disorders. 2) Cite 4 or more variables in assessment & treatment planning for hypnotic intervention. 3. Learn a technique to create an individualized intervention to address sleep problems	Linda	
2:00-3:00 pm PT 60M, 1CE (3-4 pm MT)	Day 2_P11_ Application of Hypnosis: Depression 1. Learn 2 approaches for working with depression hypnotically 2. List 3 hypnotic techniques for treating depression 3. Observe a demonstration of a technique presented and describe the use of hypnotic language and suggestion utilized in the experience.	Dave	
3:00-3:10	Break 10 minutes		
3:10-3:55 pm PT 45M, .75 (4:10-4:55 MT)	Day 2_P12_ Memory and Hypnosis 1. Cite the types of memory 2. Discuss how memory may be affected by hypnosis 2. Discuss the ethical and legal implications of using hypnosis related to memory.	Deb	
3:55-5:55 pm PT 120M, 2CE (4:55-6:55 pm MT)	Small Group Practice 2 1. Each participant shall participate as a hypnotic subject and personally experience to the degree capable the operators practice skill. 2. Demonstrate and increase skill in ideomotor signaling or use of metaphor or exploratory techniques presented in prior presentations. 3. When facilitating hypnosis utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.	Faculty	
8 CE	Faculty debrief as needed; Adjourn for the evening		

5.5 CEU hours Sunday, April 19, 2026		
Time	Intermediate Topic	Faculty
8:15 am (9:15 MT)	Waiting room opens	
8:30-9:45 am PT 75M, 1.25CE (9:30-10:45 MT)	Day 3_P13_ Applications of Hypnosis: Approaching pain from many dimensions 1) Identify 2 differences with complex chronic pain as opposed to acute pain 2) Discuss how hypnotic phenomenon such as amnesia, time distortion, and dissociation can be helpful in the hypnotic management of pain 3) learn 2 or more advanced techniques for acute pain	Linda
9:45-11:45 pm 120M, 2CE (10:45-12:45 pm MT)	Small Group Mentored Practice #3 1. Each participant shall participate as a hypnotic subject, observe facilitation of hypnosis and identify elements applied and personally experience to the degree capable the hypnotic cycle. 2. Each participant shall facilitate a hypnotic cycle for a subject. 3. When facilitating hypnosis utilize information provided by recipient during rapport building along with a new skill or application learned from the preceding lectures and demonstrations.	Faculty
11:45-12:45pm	Lunch (12:45 -1:45 pm MT)	
12:45 -2 pm PT 75M, 1.25CE (1:45-3 pm MT)	Day 3_P14_ Applications of Hypnosis: Habit Disorders 1. Discuss the emerging brain science on goals and behavior change as it relates to the treatment of habit and behavior change. 2. List two dimensions of behavior change important to creating new behavior. 3. Design at least one effective therapeutic hypnotic intervention to create behavior change for a common habit in your clinical practice.	Deb
2:00-3 pm PT 60M, 1CE (3-4 pm MT)	Day 3_P15_ Hypnotic Planning: Integrating skills and techniques into practice Ethically. 1. Identify at least 3 applications of hypnosis appropriate for treatment planning with clinical case example presented. 2. Indicate variables that determine if hypnosis is indicated or contraindicated from the clinical case example. 3. Discuss 2 or more indicators that hypnosis is contraindicated. 4. Discuss the benefits to certification and peer support from hypnosis professional groups	Deb
3:00-3:15 pm 15M, No CE (4-4:15 pm MT)	Membership/Training/ Q&A/ Evaluations	Deb
5.5 CE	Faculty debrief as needed; course concludes	
	Course concludes	
Total CE 21	ASCH CE request: 21, 1.5 /ethics	