

Potpourri of Effective Hypnotic Skills & Techniques for Children & Adults

Saturday 9:00 AM - 12:15PM (with 15 min break) - Helping Children Help Themselves

The developmental goals of childhood and adolescence will be presented and how failure to master those developmental tasks of childhood can have deleterious effects and result in difficulties in adulthood. Hypnosis not only gives the child a tool to better cope with or solve the problem himself, but also increases self-esteem, bolsters a sense of accomplishment and gives the child a valuable skill that he can adapt to many new situations throughout life. The workshop will include demonstrations of introducing hypnosis, the mind-body connection and the power of imagination to children and their families. Videos of pediatric inductions that can be adapted to adults will be shown with opportunity for practice. How to match hypnotic strategies to the developmental level of the child will be illustrated by using video clips. The principles and practice of integrating hypnosis into clinical encounters in child and adolescent healthcare for a variety of common pediatric habit disorders will be discussed. Strategies to help children help themselves with pain and anxiety will also be presented.

Learning Objectives

- Identify three developmental characteristics that make children particularly hypnotizable
- Describe how hypnotic approaches vary according to developmental age
- Utilize hypnosis with children for at least two common habit disorders

Saturday 12:15 - 1:30PM - LUNCH

Saturday 1:30 - 3:00 PM - Medically Unexplained Physical Symptoms

The stressful events in an individual's life may not always be expressed in words, but rather in physical symptoms. This form of "body language" may be an alternative method of communicating stress and unconsciously serve as a solution. Psychological factors are frequently the cause of functional disorders such as headaches, functional abdominal pain and tic disorders. Failure to recognize the impact of psychological factors on the symptoms may delay effective treatment and expose the patient to unnecessary medications with potentially untoward side effects as well as significant costs. Treatment strategies for somatoform symptoms are often multi-modal and quite different from problems with a physiological cause. Somatic symptoms are often a metaphoric expression of a misguided solution to a psychological problem. Using hypnotic exploratory techniques and metaphorical hypnosis can have transformative results.

Learning Objectives

- Formulate an effective approach for recognizing functional symptoms
- Describe 2 examples of MUPS being a metaphor for interpersonal conflicts and emotions
- Identify 3 ways that hypnosis can be integrated into the treatment of patients with psychophysiological disorders

Saturday 3:00 - 3:15 PM BREAK

Saturday 3:15 PM - 5:00 PM - Ideomotor Strategies to Uncover the Cause of Functional Disorders with Practice

The 7 common causes of somatic disorders will be presented and discussed with case examples. Ideomotor signaling can be an effective means of uncovering the unconscious imprints that may contribute to the symptoms. Taking time for experiential practice setting up ideomotor signaling with fingers and pendulums.

Learning Objectives

- Define ideomotor phenomena / signaling
- Identify two clinically appropriate times to utilize ideomotor strategies
- Describe the seven most common causes of psychosomatic symptoms
- Demonstrate ideomotor signaling

Sunday 9:00 - 10:00 AM - Utilizing Hypnosis for Sleep Disorders

Millions of people around the world suffer from chronic disorders of sleep and wakefulness, with the vast majority going undiagnosed and untreated. The socioeconomic consequences are huge including accidents, litigation, property destruction, hospitalization & death, and errors in judgement due to fatigue. Unlike pharmacologic treatments for sleep disorders, hypnosis is considered a risk-free and effective modality to intensify relaxation, improve the onset of sleep and enhance the quality of sleep. The five types of factors that can elicit sleep disturbances will be discussed: pharmacological, physiological, psychological, physical or psychiatric. Hypnotherapeutic techniques that can have substantial benefit for patients with difficulty initiating and maintaining sleep will be discussed.

Learning Objectives

- Describe the impact of sleep disturbance on health status in general and on specific disorders (pain, anxiety, depression, palliative care)
- Describe three hypnotic intervention strategies to assist patients in achieving improved sleep hygiene
- Discuss the importance of patients learning and becoming proficient with self-hypnosis in addressing sleep disturbance

Sunday 10:00 - 10:15 AM BREAK

Sunday 10:15 - 12:15 PM - Butt Out

Smoking is a leading cause of morbidity and mortality among adults and children. Clinicians trained in hypnosis can have a critical impact on saving the health and lives of people addicted to nicotine. This workshop will describe interventions that can be used to promote smoking cessation through counseling, motivational interviewing and hypnosis.

Learning Objectives

- Develop increased skills in counseling and motivational interviewing for patients with nicotine addiction
- Cite and explain the interventions available for aiding patients in their efforts to stop smoking
- Describe hypnotic strategies to promote smoking cessation

Sunday 12:15 - 1:30 PM LUNCH

Sunday 1:30 - 3:30 PM - Preparation for Procedures, Glove Anesthesia and Enhancing Recovery

Research has shown that preparing patients hypnotically for surgery can have an enormous positive impact on both their surgical course and their recovery. Hypnosis can be very effective in enhancing the patient's coping skills, reducing stress and anxiety, managing pain, and increasing a sense of self-mastery. This workshop will present a framework around which to create a script for a surgical patient that can be adjusted and personalized to meet the patient's individualized needs. Time will be allowed to practice glove anesthesia.

Learning Objectives

- Identify 3 benefits of using clinical hypnosis pre-operatively with surgical patients
- Describe the elements to be considered in hypnotic preparation for surgery and post-operative recovery
- Discuss the literature concerning hypnosis and surgery
- Demonstrate glove anesthesia

Sunday 3:15 - 3:30 PM BREAK

Sunday 3:30 - 5:00 PM - Laughter is the Best Medicine

The preventive and therapeutic values of laughter and humor will be introduced along with strategies and techniques to use humor in hypnosis to strengthen the therapeutic relationship both with children and adult patients/clients. Humor therapy promotes spontaneous therapeutic patient laughter. Laughter has positive, quantifiable effects on certain aspects of health. Scientific research has shown that laughter may have both preventive and therapeutic value both physiologically and psychologically. This workshop will include a discussion of the theories of the function of humor and the benefits of laughter. The beneficence of mirth in our own self-care will also be addressed. Participatory laughter will be encouraged.

Learning Objectives

- Discuss humor and child development
- Describe three universal aspects of laughter
- Name 4 positive effects of laughter
- Describe how to incorporate humor and laughter into clinical work
- Articulate a plan to include humor and laughter in self-care practices