

The New England Society of Clinical Hypnosis  
is proud to present:

**Level II Virtual Workshop in Clinical  
Hypnosis: Application of Skills**

**Saturday, April 11, 2026: 10 AM to 5 PM**  
**Sunday, April 12, 2026: 10 AM to 4:15 PM**  
**Saturday, April 25, 2026: 10 AM to 4:15 PM**  
**Sunday, April 26, 2026: 10 AM to 3:30 PM**  
**All times are listed in Eastern Standard Time**

20 CE credits have been approved by the Massachusetts Psychological Association, the Massachusetts chapter of the National Association of Social Workers, and the Massachusetts Association of Mental Health Counselors. The program is approved for ASCH Continuing Education credits.

Please note that attendance at all sessions is required to earn continuing education credit for this program.

**Program Goals**

Participants in this 20-hour Intermediate Workshop will build on and refine their skills in Clinical Hypnosis. The focus will be on the practical application of hypnosis.

Topics to include:

- Advanced and specialized hypnosis elicitations
- Useful Hypnotic tools for psychotherapy: anchoring, age progression and age regression. Discussion of hypnosis and memory.
- Neurobiology and the use of hypnosis
- Pediatric hypnosis
- Using hypnosis to resolve problems of anxiety
- Habit control using hypnosis
- Treating functional disorders with hypnosis
- Using hypnosis to relieve pain.
- Using hypnosis to deal with suffering around medical procedures.
- Hypnosis in the treatment of trauma.
- Constructing metaphors in hypnosis
- Hypnosis for Creativity

## **Saturday, April 11, 2026**

Faculty: Harvey Zarren, MD; Cindy Bell, LICSW; Tanya Cherkerzian, LICSW; Russell Chin, DDS; Ellen Cohen, MD; Joshua Haugh, DO; Clare Scigliano, PhD; Kaloyen Tanev, MD

### **10:00 AM – 10:15 AM**

#### **Welcome and Introductions**

Registration and continuing education information: Staisha Santungwana

Outline of the training: Harvey Zarren

### **10:15 AM – 10:40 AM**

#### **Advanced Elicitation and Intensification (Demonstration) – Harvey Zarren**

Objectives:

- Observe and utilize an advanced elicitation
- Utilize hypnotic techniques for intensification of trance
- Utilize focused suggestions during a hypnotic experience

### **10:40 AM – 10:50 AM**

#### **Process the Experience – Harvey Zarren**

Objectives:

- Discuss situations where this elicitation is useful
- Discuss applications of progressive relaxation and advanced elicitation in healing
- Discuss importance of re-orienting

### **10:50 AM – 11:05 AM**

#### **Break**

### **11:05 AM – 12:30 PM**

#### **Small Group Practice #1**

Objectives:

- Establish rapport
- Practice advanced elicitation
- Practice intensification techniques

### **12:30 PM – 1:00 PM**

#### **Lunch**

### **1:00 PM – 1:45 PM**

#### **Hypnotic Tools for Psychotherapy – Cindy Bell**

Objectives:

- Describe anchoring for affective states
- Utilize age regression and future progression
- Discuss memory complexities in hypnosis

**1:45 PM – 2:30 PM**

**Neuroscience and Biology in Clinical Hypnosis – Harvey Zarren**

Objectives:

- Discuss biological design and gene expression
- Describe cultural overwhelm factors
- Discuss how hypnosis impacts biology

**2:30 PM – 2:45 PM**

**Break**

**2:45 PM – 3:30 PM**

**Use of Metaphors in Treatment – Kaloyen Tanev**

Objectives:

- Differentiate informative vs. evocative communication
- Identify functions of metaphors in psychotherapy
- Identify functions in hypnotic elicitation

**3:30 PM – 4:15 PM**

**Hypnosis in the Treatment of Pain – Harvey Zarren**

Objectives:

- Describe purposes of pain
- Differentiate acute vs. chronic pain
- Apply hypnosis techniques for pain

**4:15 PM – 4:30 PM**

**End-of-Day Check-In**

**4:30 PM**

**Adjourn**

## **Sunday, April 12, 2026**

Faculty: Harvey Zarren, MD; Cindy Bell, LICSW; Tanya Cherkerzian, LICSW; Russell Chin, DDS; Ellen Cohen, MD; Pamela Enders, PhD; Joshua Haugh, DO; Clare Scigliano, PhD; Kaloyen Tanev, MD

**10:00 AM – 10:15 AM**

**Check-In and Review** – Harvey Zarren

**10:15 AM – 11:00 AM**

**Hypnosis in Anxiety and Phobias** – Kaloyen Tanev

Objectives:

- Describe diagnostic evaluation elements
- Apply hypnosis for anxiety
- Apply hypnosis for phobias and OCD

**11:00 AM – 11:15 AM**

**Break**

**11:15 AM – 12:00 PM**

**Hypnosis and Creativity** – Pamela Enders

Objectives:

- Describe utilization principle
- Identify storytelling and metaphor use
- Discuss creativity in change

**12:00 PM – 12:30 PM**

**Lunch**

**12:30 PM – 2:30 PM**

**Small Group Practice #2**

Objectives:

- Demonstrate personalized hypnosis
- Utilize a new hypnosis skill

**2:30 PM – 2:45 PM**

**Break**

**2:45 PM – 3:15 PM**

**Faculty Q&A / Small Group Debrief**

Objectives:

- Describe benefits of small group learning
- Identify common issues in practice

**3:15 PM – 4:15 PM**

## **Clinical Hypnosis in Trauma (Part I) – Carmen Pepicelli**

Objectives:

- Describe trauma impact on brain and body
- Explain phase-oriented treatment
- Identify autonomic regulation techniques

**4:15 PM – 4:30 PM**

**End-of-Day Check-In**

**4:30 PM**

**Adjourn**

## **Saturday, April 25, 2026**

Faculty: Cindy Bell, LICSW; Tanya Cherkerzian, LICSW; Ellen Cohen, MD; Joshua Haugh, DO; Clare Scigliano, PhD; Linda Thomson, PhD; Harvey Zarren, MD

**10:00 AM – 10:15 AM**

**Check-In and Review** – Harvey Zarren

**10:15 AM – 11:00 AM**

**Hypnosis for Habit Control** – Tanya Cherkerzian

Objectives:

- Describe stages of change
- Discuss treatment planning
- Identify hypnotic tools

**11:00 AM – 11:15 AM**

**Break**

**11:15 AM – 12:00 PM**

**Hypnosis for Medical Procedures** – Harvey Zarren

Objectives:

- Describe “Clearing the Decks”
- Utilize self-hypnosis
- Apply containment techniques
- Explain future projection

**12:00 PM – 12:30 PM**

**Lunch**

**12:30 PM – 1:45 PM**

**Small Group Practice #3**

Objectives:

- Apply techniques
- Evaluate techniques
- Improve clinical practice

**1:45 PM – 2:45 PM**

**Hypnosis with Children** – Linda Thomson

Objectives:

- Identify differences with children
- Describe developmental stages
- Demonstrate techniques
- Describe ACE impact

**2:45 PM – 3:15 PM**

**“The Key” Group Experience – Linda Thomson**

Objectives:

- Discuss elicitation technique
- Combine intensification and projection

**3:15 PM – 3:30 PM**

**Break**

**3:30 PM – 4:00 PM**

**Functional Disorders – Joshua Haugh**

Objectives:

- Recognize functional symptoms
- Explain emotional meaning
- Integrate hypnosis

**4:00 PM – 4:30 PM**

**Group Elicitation – Joshua Haugh**

**4:30 PM – 4:45 PM**

**End-of-Day Check-In**

**4:45 PM**

**Adjourn**

**Sunday, April 26, 2026**

**10:00 AM – 10:15 AM**

**Check-In and Review – Harvey Zarren**

**10:15 AM – 11:15 AM**

**Ideomotor Signaling and COMPISS – Ellen Cohen**

Objectives:

- Define ideomotor signaling
- Identify clinical applications
- Identify causes of functional disorders

**11:15 AM – 11:45 AM**

**Dabney Ewin Video and Q&A**

Objectives:

- Describe proper hand positioning
- Identify language for ideomotor signaling

**11:45 AM – 12:15 PM**

**Lunch**

**12:15 PM – 1:15 PM**

**Clinical Hypnosis in Trauma (Part II) – Carmen Pepicelli**

Objectives:

- Differentiate PTSD types
- Apply dissociation tools
- Apply trauma processing tools

**1:15 PM – 1:30 PM**

**Questions and Discussion**

**1:30 PM – 2:15 PM**

**Summary: Making Change with Clinical Hypnosis – Harvey Zarren**

Objectives:

- Describe session framework
- Explain expectation setting
- Apply voice and modeling techniques
- Recognize client needs post-change

**2:15 PM – 2:30 PM**

**Break**

**2:30 PM – 3:15 PM**

**Case Presentations: Clinical Hypnosis Utilization**

Objectives:

- Identify applications of hypnosis
- Select appropriate techniques
- Increase clinical confidence

**3:15 PM – 3:30 PM**

**Next Steps** – Harvey Zarren

**3:30 PM – 3:45 PM**

**General Check-In and Q&A**

**3:45 PM**

**Graduation**

## **Glossary of Some Common Clinical Hypnosis Terms**

### **Elicitation** (Formerly known as **Induction**)

Technique of narrowing the focus of attention for the purpose of entering a hypnotic trance state. Elicitation facilitates processes already present within an individual to alter the state of consciousness by narrowing attention and facilitating inward absorption.

### **Intensification** (Formerly known as **Deepening**)

Process of enhancing: personal absorption, focused attention, concentration, and suspension of critical judgment. Results can include changes in perception of

### **Reorienting** (Formerly known as **Re-alerting**)

Process of facilitating return to a fully conscious, alert state.

### **Age regression**

Process of going back in time to a previous age or a previous experience with heightened absorption in and use of memory/recall. Can be used to go back to a successful experience, or to understand a past experience that has resulted in current distress. **Revivification** is re-experiencing something as if it was occurring here-and-now. **Hypermnesia** is remembering an experience in the past as vividly as possible, while remaining in the present.

### **Age progression**

Process of experientially projecting into the future to witness or experience changes in thoughts, feelings, or behaviors, experiencing positive results of evolutions in expectations, and positive results of therapies.

### **Anchoring**

A physical gesture, such as connecting thumb and little finger, that is a cue or signal allowing and encouraging return to a desired physical or emotional state of being after a hypnosis session. Utilizes a gesture that will not ordinarily be routinely used.

### **Ideomotor**

Expression of a subconscious idea by an involuntary or automatic motor signal occurring in trance, such as a finger raising for “Yes,” and a different finger raising for “No.” A head nod can be an ideomotor signal.

## References

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