



Level II Training in Clinical Hypnosis (ASCH Level II)

Workshop Dates: October 23 to October 25, 2026

	Friday	Saturday	Sunday
Workshop Times (all Eastern Daylight Time)	3:15pm-7:30pm	11:15am-8:15pm	11:15am-8:30pm

Important Information

Participants are eligible for 20 hours of Continuing Education if these conditions are met:

- participant is fully present and actively engaged with video/audio for the entire duration of the workshop

Certificates of workshop attendance will be issued the week of October 26, 2026.

Workshop Faculty

Mary Wells, PhD, LCP (Faculty Chair), VCU Health
David Gaffney, MSW, BCDCH, EFT-Adv, D.K. Associates
Ali Navidi, PsyD, GI Psychology
Ali Chadderdon, PhD, GI Psychology

Friday, October 23, 2026

3:15pm-3:45pm [.5]	Welcome Mary Wells, PhD
3:45pm-5:15pm [1.5]	Neurophysiology and Mind Body Medicine Mary Wells, PhD At the conclusion of this session the participant will be able to: • Recognize how theories and evidence of neurophysiologic development may correlate to hypnotic experience as it relates to pain, habits, anxiety or trauma. • Explain how implications of neurophysiological research on the practice of clinical hypnosis may be used to guide the management of a person's response to and treatment with clinical hypnosis.
5:15pm-5:30pm	BREAK
5:30pm-7:30pm [2.0]	Advanced Inductions and Wrap Up for Day David Gaffney, MSW and Mary Wells, PhD At the conclusion of this session the participant will be able to: • Identify at least one benefit of utilizing conversational elicitations in clinical practice • Define the concept of individualization and utilization when choosing/selecting an appropriate elicitation and/or intensification strategy • Describe the working concept of the demonstrated elicitation or approach including one indication and one contraindication

Saturday, October 24, 2026

11:15am-12:30p m [1.25]	Check in, questions from Day 1 and Advanced suggestion formulation including metaphor David Gaffney, MSW At the conclusion of this session the participant will be able to: • Demonstrate the ability to construct two direct and two indirect suggestions. • Define a truism: giving three examples of truisms as part of a "yes set." • Identify three benefits of shifting from structured formal hypnosis experiences to "being hypnotic" within your practice
12:30pm-12:45p m	Break
12:45pm-1:45pm [1.0]	Inner Strength, Resilience and Resource Mastery Mary Wells, PhD At the conclusion of this session the participant will be able to: • Identify three benefits of incorporating ISRRM into hypnotic work with clients/patients. • Identify two hypnotic techniques used in ISRRM

	• List two client benefits of incorporating self-hypnosis into their ISRRM practice.
1:45pm-3:45pm [2.0]	Small Group #1 (Mary Wells, PhD, David Gaffney, MSW, Ali Navidi, PsyD, Ali Chadderdon, PsyD) At the conclusion of this session the participant will be able to: • Demonstrate the ability to build attunement (rapport) with the subject and adapt facilitation approach to recipient goals gathered through additional inquiry. • Demonstrate as the facilitator and personally experience as the recipient a hypnotic trance • Utilize a new elicitation and intensification technique • Demonstrate a new skill or application learned from the preceding lectures and demonstrations on the utilization of accessing inner resources
3:45pm-4:15pm	Break
4:15pm-6:00pm [1.75]	Habit disorders David Gaffney, MSW At the conclusion of this session the participant will be able to: • Define the habit loop including the three components most commonly used. • Identity 2 reasons habitual patterns are difficult to change. • Identify 3 multifaceted interventions for working with habits.
6:00pm-6:15pm	Break
6:15pm-8:15pm [2.0]	Pain Management and Wrap up for day Mary Wells, PhD At the conclusion of this session the participant will be able to: • Identify two risk factors in using hypnosis prior to a medical and psychological evaluation of a pain problem. • Describe at least four hypnotic techniques for use in pain management/recovery • Describe the difference between acute and chronic pain • Identify the pain management strategy or technique that was observed during the demonstration or video.
8:15pm	Check out with faculty

Sunday, October 25, 2026

11:15am-1:30pm [2.25]	Check in, Questions and Insight and Exploratory Techniques David Gaffney, MSW At the conclusion of this session the participant will be able to: • Participants must be able to describe two criteria for short-term suggestive work and at least two criteria for insight and exploratory work • Participants must be able to identify one hypnoprojective technique and one motor technique.
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	• Participants will choose an insight and exploratory technique, select one client in their practice, applying it to a relevant client goal.
1:30pm-1:45pm	Break
1:45pm-3:45pm [2.0]	Small group #2 (Mary Wells, PhD, David Gaffney, MSW, Ali Navidi, PsyD, Ali Chadderdon, PsyD) At the conclusion of this session the participant will be able to: • Demonstrate the ability to build attunement (rapport) with the subject and adapt facilitation approach to recipient goals gathered through additional inquiry. • Demonstrate as the facilitator and personally experience as the recipient a hypnotic trance • Utilize a new elicitation and intensification technique • Demonstrate a new skill or application learned from the preceding lectures and demonstrations
3:45pm-4:15pm	Break
4:15pm-5:15pm [1.0]	Anxiety David Gaffney, MSW At the conclusion of this session the participant will be able to: • Brief review of research on treatment of anxiety and phobias. • Explicate 3 techniques for using hypnosis to treat anxiety and phobias.
5:15pm-7:15pm [2.0]	Small Group #3 (Mary Wells, PhD, David Gaffney, MSW, Ali Navidi, PsyD, Ali Chadderdon, PsyD) At the conclusion of this session the participant will be able to: • Demonstrate the ability to build attunement (rapport) with the subject and adapt facilitation approach to recipient goals gathered through additional inquiry. • Demonstrate as the facilitator and personally experience as the recipient a hypnotic trance. • Utilize a new elicitation and intensification technique. • Demonstrate a new skill or application learned from the preceding lectures and demonstrations.
7:15pm-7:30pm	Break
7:30pm-8:30pm [1.0]	Ethics Mary Wells, PhD At the conclusion of this session the participant will be able to: • Describe how to apply the necessary ethical and risk management approaches when utilizing hypnosis in clinical practice.

	• Describe two ethical-legal/risk management issues and standards for professional conduct in using electronic recordings of hypnosis. • Describe two ethical-legal/risk management issues and standards for professional conduct in using hypnosis in telehealth settings.
8:30pm	Conclusion of Training