



Level 1 - Basic Training In Clinical Hypnosis
ASCH Approved 22 Credited Hours - Virtual Training

The American Society of Clinical Hypnosis (ASCH) – Approved Level 1 Basic Training In Clinical Hypnosis is the first of a series of training workshops that are a large part of the ASCH certification program in clinical hypnosis. ASCH approved workshops are taught by faculty with a wide range of health care experience in various disciplines who will demonstrate and teach workshop participants the concepts, principles, and processes of hypnosis. The workshop is comprised of a mix of didactic presentations, demonstrations, experiential exercises, and faculty led small group practice tailored to the specific needs, interests, and learning styles of workshop participants. At the successful completion of the workshop, participants will have been taught the knowledge and skills necessary to capably use clinical hypnosis and to begin to employ this strategy in their clinical practices. They will also be eligible for ASCH membership and included benefits as well as prepared to participate in Intermediate and Advanced level workshops.

This unique and practical Level one workshop is broken up into two day segments, with a three week break between Part A and B. This new format is based on feedback given from former participants, with a focus on helping participants to integrate clinical hypnosis in their practice in a manageable way. There will be time to practice skills within small groups, and with clients.

Our small groups will be longer than the standard time to allow extra time for questions, demo and practice. A follow up optional consultation group will be offered once the workshop is complete to further help participants integrate clinical hypnosis into their practice. This workshop is presented by the Canadian Federation of Clinical Hypnosis - Alberta Society (CFCH-AS) and is pending approval from ASCH for 22 credit hours.

Program Dates/Times

Friday, November 13, 2026	9 AM - 4 PM
Saturday, November 14, 2026	9 AM - 3 PM
Friday, December 11, 2026	9 AM - 4 PM
Saturday, December 12, 2026	9 AM - 3 PM

All times are Mountain Standard Time, East Coast is 2 hours ahead (i.e. 9 a.m. MST = 11 a.m. EST)

Eligibility for Continuing Education Credit

Participants are eligible for 22 hours of Continuing Education if these two conditions are met: a) the participant is fully present and engaged for the duration of the workshop; b) the daily program evaluations are completed.



Friday, November 13th, 2026

Time	Topic	CE/CME
9-9:10 AM	Welcome and Introduction to Level 1 (Monica)	0.20
9:10-10:10 AM	Introduction To Clinical Hypnosis: History, Definitions, and Misconceptions (Monica) At the conclusion of this session, the participant will be able to: • Explain 3 to 4 clinical hypnosis terms and how they apply to the clinical hypnosis experience • Identify three definitions of clinical hypnosis and explain the contributions of 2 historical figures or studies that have modern-day applications in clinical hypnosis • Define two commonly held misconceptions concerning hypnosis and give an accurate rebuttal for each • Cite two meta-analytic studies demonstrating the efficacy of clinical hypnosis	1.00
10:10-10:55	Fundamentals Of Hypnotic Language and Formulation of Suggestions At the conclusion of this session, the participant will be able to: (Linda) • Explain at least two ways hypnotic communication creates positive expectancy. • Discuss Erickson's Principle of Individualization and Utilization as it pertains to language and suggestion. • Name at least four commonly used words/phrases to reinforce patients' hypnotic experience. • Differentiate between direct and indirect suggestions.	0.75
10:55-11:00	Bio Break	
11:00-11:45 AM	Hypnotic Phenomena and Hypnotizability (Akira) At the conclusion of this session, the participant will be able to: • List five different hypnotic phenomena. • Discuss and describe how the concept of trance logic and other hypnotic phenomena can be used therapeutically. • List at least three principles of eliciting phenomenon. • Define abreaction and describe how it can be addressed therapeutically.	.75
11:45-12:30 PM	Lunch (45 minutes)	
12:30-1 PM	Anatomy of the Hypnotic Experience w/Demo (Akira) At the conclusion of this session, the participant will be able to:	0.50



	• Describe the steps in a formal hypnotic encounter. • Describe the function of each stage of the hypnotic experience.	
1:00-1:45 PM	Principles and Process of Rapport, Attunement, Trance Elicitation, Re-Alerting, and Re-Orienting (Linda) At the conclusion of this session, the participant will be able to: • Describe three effective ways to build and reinforce rapport. • Describe at least four observable physiological and four observable psychological signs of trance. • Discuss the importance of removing suggestions. • Demonstrate at least three methods of re-alerting and reorienting.	.75
1:45-2 PM	Demonstration Of Trance Facilitation # 1 Focused Diaphragmatic Breathing) (Linda) At the conclusion of this session, the participant will be able to: • Describe and demonstrate an elicitation using Focused/Diaphragmatic Breathing	0.25
2-2:05 PM	Bio Break	
2:05–2:20 PM	Introduction To Small Group Practice (Monica) At the conclusion of this session, the participant will be able to: • Identify the goals and rules of the experiential small group practice sessions • Introduce the Howard Alertness Scale to ensure adequate re-alerting.	0.25
2:20-4 PM	Small Group #1 Rapport, Elicitation of Trance, Re-Alerting / Re-Orienting (All Faculty) At the conclusion of this session, the participant will be able to: • Demonstrate one method to build attunement (rapport) with the subject. • Facilitate one elicitation (induction) and reorientation method with a group member, describing his/her responses and what they observed in the participant's behavior. • Adapt the hypnotic process/procedures to the observed behavior of the subject (as indicated). • Wrap up in groups, participants will have the chance to ask questions, clarify and attain answers to relevant material in order to gain a clearer understanding of how to use clinical hypnosis with clients	1.60



Saturday, November 14th, 2026

9-9:15 AM	Check-in and Review (Monica)	0.25
9:15-9:45	Anatomy of the Hypnotic Experience w/Demo (Akira) At the conclusion of this session, the participant will be able to: • Describe the steps in a formal hypnotic encounter. • Describe the function of each stage of the hypnotic experience.	0.50
9:45-10:30 AM	Intensification Of Hypnotic Experience, With Demo (Monica) At the conclusion of this session, the participant will be able to: • Describe three methods of trance intensification. • Demonstrate the ability to intensify the hypnotic experience in ways best tailored to their patient/client.	0.75
10:30-11 AM	Patient/Client Assessment, Hypnosis and Memory, Informed Consent At the conclusion of this session, the participant will be able to: (Linda) • Summarize at least three key points about hypnosis to discuss in a non-technical manner with a client or patient/client • Review important elements and recommended procedures in obtaining informed consent regarding the use of hypnosis clinically. • Discuss the fallibility of Memory.	0.50
11-11:05 AM	Bio Break	
11:05-11:35	Being Hypnotic vs “Doing Hypnosis” w/Demo (Monica, Akira & Linda) At the conclusion of this session, the participant will be able to: • Distinguish and demonstrate the difference between doing hypnosis vs being hypnotic, in part by utilizing tone, prosody and cadence in a hypnotic session. • Identify and construct a hypnosis session using non-verbal cues, purposeful pauses and rapport. • Illustrate how to personalize and use a script hypnotically, while being able to determine the challenges of ‘eyes on the script’ vs ‘client’	0.50
11:35-12:15 p.m	Lunch	0.40



12:15-12:45 p.m.	Demonstration Of Trance Facilitation # 2: Ego Strengthening With Eye Roll Elicitation (Akira) At the conclusion of this session, the participant will be able to: • Define Ego strengthening and how it might be used in clinical practice. • Identify three different types of Ego-strengthening. • Describe at least three strategies for Ego-strengthening in clinical hypnosis practice • Describe an elicitation using the eye roll technique	0.50
12:45-1:15 PM	Group Experience and Discussion – (0.50 CE/CME) (Akira) At the conclusion of this session, the participant will be able to: • Provide illustrative suggestions for eliciting hypnotic phenomena. • Demonstrate the concept of trance logic. • Illustrate applications of hypnotic phenomena in a trance experience.	0.50
1:15-3:00 PM	Small Group # 2 Rapport, Elicitation of Trance, Intensification of Trance, Re-Alerting / Re-Orienting (All Faculty) At the conclusion of this session, the participant will be able to: • Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session. • Facilitate one elicitation (induction) method, one intensification (deepening) method, and one reorientation method with a group member different from the previous practice session; describe his/her responses and what they observed in the participant's behavior. • Adapt the hypnotic process/procedures to the observed behavior of the subject. • Gain a clearer understanding of how to use clinical hypnosis with clients Wrap-Up	1.75



Friday, December 11th, 2026

9-9:15 AM	Check-in and Review (Monica)	0.25
9:15-10:15 AM	Treatment Planning, Strategy, and Technique Selection in Hypnotherapy (Monica) At the conclusion of this session, the participant will be able to: • Execute a thorough case assessment to elucidate the information necessary to develop a quality treatment plan. • Design and implement a treatment plan for a patient/client who presents with anxiety. • List at least four hypnotic techniques/applications that may be best suited to achieve the specific therapeutic goal in the case presented	1
10:15-10:45 AM	Demonstration Of Trance Facilitation # 3 – Sensory Immersion, Seeding & Progressive Muscle Relaxation (Monica) At the conclusion of this session, the participant will be able to: • Observe, describe and construct a elicitation and intensification utilizing 3-5 of the sensory modalities, while utilizing a client's favourite place. • Identify and develop intensifications that include seeding personalize suggestions, while utilizing Progressive Muscle Relaxation	0.50
10:45-10:55	Bio Break	
10:55-12:40 p.m.	Small Group # 3 Rapport, Elicitation of Trance, Intensification of Trance, Ego-Ego-Strengthening Suggestions, Self Hypnosis Reminders, Re-Alerting / Re-Orienting (All Faculty) At the conclusion of this session, the participant will be able to: • Demonstrate the ability to build attunement (rapport) with the subject different from previous practice session • Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion, and reorientation with a member of the group different from the previous practice session, describe his/her responses, and what they observed in the behavior of the participant • Adapt the hypnotic process/procedures to the observed behavior of the subject in trance.	1.75
12:40-1:25 PM	Lunch	



1:25-1:55 p.m	Neuroscience Of Hypnosis (Linda) At the conclusion of this session, the participant will be able to: • Detail three implications of neurophysiological research on the practice of clinical hypnosis. • Describe how hypnosis affects the autonomic nervous system and the stress response. • Explain two differences and two similarities between hypnosis and meditation in a manner understandable by patients/clients.	0.50
1:55-2:40 PM	Integrating Clinical Hypnosis into Practice (Lorna) At the conclusion of this session, the participant will be able to: • List at least three uses of hypnosis to your discipline that you have been taught and are ready to apply, as well as three applications of hypnosis that require more training • Describe three ways that he or she will begin to incorporate hypnotic communication, hypnosis, and hypnotic techniques into his/her practice	0.75
2:40-2:45	Bio Break	
2:45-3:15	Clinical Hypnosis in The Treatment of Children (Linda) At the conclusion of this session the participant will be able to: • Identify three developmental characteristics that make children particularly hypnotizable. • Describe how hypnotic approaches vary according to the developmental age of the child. • Describe the therapeutic benefits and applications of using hypnosis with children.	0.50
3:15-3:45 PM	From Resistance to Readiness (Lorna) At the conclusion of this session, the participant will be able to: • Describe three types of resistance; and • Identify at least four strategies for working through resistance.	0.50
3:45- 4 PM	Questions, Review and Wrap-Up (Monica) At the conclusion of this session, the participant will be able to: • Identify areas of uncertainty that might occur as clinical hypnosis is included in their practice and identify strategies for managing/resolving such.	0.25



Saturday, December 12th, 2026

9-9:15 AM	Check-in and Review (Monica)	0.25
9:15-10 AM	Self-Hypnosis: How and What to Teach Patients, With Demo (Linda) At the conclusion of this session, the participant will be able to: • Define self-hypnosis and explain the difference between self-hypnosis and hetero hypnosis. • Describe at least three therapeutic applications of self-hypnosis in clinical practice. • Explain how to teach self-hypnosis to a patient.	0.75
10-10:30 a.m.	Demonstration Of Induction #4 – Soothing Light for Ego-strengthening At the conclusion of this session, the participant will be able to: (Lorna) • Observe, describe and utilize the Soothing Light technique. • Review and Demonstrate the ability to use non-verbal cues and body language as deepening cues when utilizing a script	0.50
10:30-10:35	Bio Break	
10:35-11:05 AM	Ethics And Clinical Hypnosis (Monica) At the conclusion of this session, the participant will be able to: • Identify pertinent ethics standards and concerns with respect to the clinical use of hypnosis • Describe ethical standards for professional use of hypnosis	0.50
11:05-11:20	Demonstration Of Trance Elicitation # 5 - Eye Fixation (Lorna) At the conclusion of this session, the participant will be able to: • Describe an elicitation using the eye fixation technique	0.25
11:20-12:05	Lunch	



12:05-1:50	Small Group #4 Rapport, Trance Elicitation, Intensification of Trance, Suggesting/Eliciting Hypnotic Phenomenon, Ego-Strengthening, Review Self-Hypnosis, Suggestions, Re-Alerting /Re-Orienting (All Faculty) At the conclusion of this session, the participant will be able to: • Demonstrate the ability to build attunement (rapport) with the subject different from previous practice sessions by identifying • Ego-strengthening suggestions of interest to the subject to use in the treatment phase of the process. • Facilitate at least one elicitation (induction) method, one intensification (deepening) method, a simple suggestion, and reorientation with a member of the group different from the previous practice session, describe his/her responses, and what they observed in the behavior of the participant. • Adapt the hypnotic process/procedures to the observed behavior of the subject in trance. • Clarify readiness for incorporating hypnosis into practice.	1.75
1:50- 2 PM	Break	
2-2:45 p.m.	Participant Questions, Review and Demo & Wrap-Up (All Faculty) At the conclusion of this session, the participant will be able to: • Identify their readiness for incorporating hypnosis into practice and distinguish areas of uncertainty that might occur as clinical hypnosis is included in their practice, while selecting strategies for managing/resolving such. • Describe and utilize two hypnotic techniques from the presentation • Develop a treatment plan using hypnosis as one of the primary tools.	0.75
2:45 p.m.- 3 p.m.	ASCH Certification, ASCH Membership; Future Training (Linda) At the conclusion of this session, the participant will be able to: • Identify the opportunities available for further training, membership, and certification	.25