



## RETREAT LOCATION INFORMATION

**EarthRise at IONS**  
101 San Antonio Rd  
Petaluma, CA, 94952

707-775-3500

<https://noetic.org/earthrise/>

# HYPNOSIS FOR TRAUMA & PTSD RETREAT

Immerse yourself in a truly magnificent natural setting in California! The beautiful EarthRise at IONS retreat center is located just 30 miles north of San Francisco (nestled in the mountains between Novato and Petaluma).

Add additional power to your current clinical approach and make trauma treatment more effective in a shorter period of time when you incorporate clinical hypnosis in your practice.

**Hypnosis is gentle, collaborative and powerful in eliciting lasting change in clients.**

Now you can join long-time Ericksonian-based practitioners, Dr. Carol Kershaw and Bill Wade, in this **comprehensive certificate retreat** where they draw on the resource-based approach of **Ericksonian Tradition** as well as modern brain science and neurology to provide you a step-by-step guide for applying hypnosis to your clinical practice.

Throughout the 5-day retreat, special emphasis will be given to understanding how trauma affects the brain and how hypnosis can be used to **alleviate PTSD symptoms such as anxiety, depression, panic, insomnia, obsessive-compulsive behavior and difficulty handling anger.**

Whether you're new to hypnosis or an experienced hypnotherapist, this unique training opportunity can improve both your competence and confidence in resolving entrenched trauma using clinical hypnosis techniques.

Limited availability! Register today at [pesi.com/express/67941](http://pesi.com/express/67941)

## SPEAKERS



**Dr. Carol Kershaw, Ed.D.**, has been licensed as a clinical psychologist for over 35 years. She serves as co-director of the Milton Erickson Institute of Houston and is Board Certified in Biofeedback by the Biofeedback Certification International Alliance. She is the co-author of *Brain Change Therapy: Clinical Interventions for Self-Transformation* and *The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*.

Dr. Kershaw maintains a private practice working with clients suffering from trauma, anxiety, stress, and depression. She has been featured on numerous media outlets including ABC, CBS, Fox and NBC regarding her work.

Speaker Disclosure: Financial: Carol Kershaw receives royalties as an author for W.W. Norton and Company. She receives a speaking honorarium from PESI, Inc. Non-financial: Carol Kershaw has no relevant non-financial relationship to disclose.



**Bill Wade, MDIV, LPC, LMFT**, is a licensed professional counselor and marriage and family therapist, author, and international trainer. He serves as co-director of the Milton Erickson Institute of Houston and is also a co-author of *Brain Change Therapy: Clinical Interventions for Self-Transformation* and *The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*.

Dr. Wade is a clinical member and approved supervisor with the American Association for Marriage and Family Therapy and is a member and approved consultant with the American Society of Clinical Hypnosis. He is an international trainer and has taught extensively on neuroscience approaches to change. He has also taught meditation and given Dharma lectures at various Buddhist temples.

Speaker Disclosure: Financial: J. William Wade maintains a private practice. He receives royalties from W.W. Norton, Amazon Books and CDS. He receives a speaking honorarium from PESI, Inc. Non-financial: J. William Wade is a member of the American Association for Marriage and Family Therapy; American Counseling Association; and Texas Association for Marriage and Family Therapy.

## HOW TO REGISTER

Choose the easiest registration method for you:

ONLINE	<a href="http://pesi.com/express/67941">pesi.com/express/67941</a>	FAX	800-554-9775
PHONE	800-844-8260	MAIL	PESI, Inc. PO BOX 1000 Eau Claire, WI 54702-1000

Please have credit card available



**1 Please complete entire form** (to notify you of retreat changes); please print, staple duplicate forms.

Name \_\_\_\_\_ Profession \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

*Registrant's email required to receive your certificate of completion and registration confirmation.*

**2 Tuition and 4-night stay (67941PET)**  
**September 11-15, 2019**  
*Registration closes August 30, 2019*

CE Certificate & Course manual	<input type="checkbox"/> Early bird by 8/7/2019	\$1,799 per person
Healthy cuisine (3 meals daily)	<input type="checkbox"/> Standard	\$1,999 per person

Included

**\*\*Bring a friend and SAVE \$200 each!**

Tuition and 4-night stay, double occupancy\*  
☐ Early bird by 8/7/2019 \$1,599 per person  
☐ Standard \$1,799 per person

To register for double occupancy, please submit both registration forms at the same time  
Roommate's name: \_\_\_\_\_

**3 Please indicate method of payment.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover Novus (16 Digits)

Total

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_ V-Code #: \_\_\_\_\_

## CERTIFICATE PROGRAM

# HYPNOSIS FOR TRAUMA & PTSD RETREAT

September 11-15, 2019  
EarthRise at IONS • Petaluma, CA

Earn Your Certificate  
& up to 22 CE Hours

Register today: [pesi.com/express/67941](http://pesi.com/express/67941)



RETREAT CONTENT

Neurophysiology of Trauma/PTSD

Impact of trauma on the nervous system and brain  
Impact of stress on the brain  
Vagal Nerve Activation-Stephen Porges  
Essentials of hypnosis  
Focused attention and suggestion  
The client’s story as hypnotic suggestion  
Simple inductions  
Practice

Trauma and Attachment

Attachment styles  
Trauma and dissociation style attachment  
Attachment and relationships

Latest Neuroscience Research on Body/Mind Healing

Body/mind as frequency, light and innate healing abilities  
Discovery of filament structures in the body carrying information  
Cellular biophoton release  
Trance phenomena in therapy  
6 master techniques of hypnosis  
Use a story in trance  
Protocol for confidence building  
Protocol for trauma resolution  
Practice

Essentials of Clinical Hypnosis

Definition of hypnosis as resource activator  
Focused attention and suggestion  
Hypnotic language  
Conversational hypnosis  
Psychotherapy as hypnosis  
EEG hypnosis  
Research limitations and treatment risks

Put Clinical Hypnosis to Practice

Simple inductions  
Changing mental states  
Strategies to interrupt rumination  
Strategies for anxiety, depression, and calming the nervous system  
Experiential exercises to practice the skills learned  
Demonstration: EEG Hypnosis

Trauma/PTSD – Specific Clinical Issues

Resistance to therapy  
Shame  
Weight Loss  
Habit control  
Pain control  
Chronic illness emotional stress  
Irritable bowel syndrome  
Relationship Issues

EEG hypnosis  
Deep state hypnosis  
Practice

Strategies for Developing Traumatic Memory Reconsolidation

Retrieval and disruption  
How to move a memory from short-term to long-term  
State-dependent memory and learning

Focused Attention as a State of Negative or Positive Hypnotic Trance

How optical system may play a role in symptom formation and removal  
Focus on “nothing” helps eliminates negative thought

Advanced Hypnosis for Trauma

Small group practice with supervision  
Work with therapist’s client issues  
Simple biofeedback tools paired with hypnosis  
Reprocessing traumatic memories  
Wrap up

OBJECTIVES

- 1. Breakdown the basics of clinical hypnosis to incorporate into your practice.
- 2. Analyze the research on hypnosis as it relates to the clinical treatment of trauma.
- 3. Describe advances in mind/body research as it relates to trauma.
- 4. Determine the efficacy of focused attention on alleviating symptoms of trauma and PTSD.
- 5. Analyze the neurophysiology of trauma in relation to assessment and treatment planning.
- 6. Integrate three hypnotic strategies to facilitate trauma-symptom resolution with clients.
- 7. Demonstrate how deep hypnotic states can help calm a client’s anxiety, panic and reactivity.
- 8. Describe how trauma symptoms may act as negative hypnotic trances and how that may affect therapeutic outcomes.
- 9. Intervene on emotional instability with three hypnotic protocols to improve client level of functioning.
- 10. Describe how you can alter client’s emotional states with hypnosis to help reduce trauma symptoms.
- 11. Determine how the differences among secure, ambivalent, anxious and disorganized attachment categories can better inform clinical assessment of trauma.
- 12. Modify attachment patterns with hypnosis to help move clients forward in clinical treatment.

To view the full learning objectives, visit [pesi.com/express/67941](https://pesi.com/express/67941)

If you are new to hypnosis, you will be able to incorporate hypnosis skills into your practice.

And if you are an experienced hypno-therapist, you can add clarity, depth, and innovation to your work.

Through case examples, video clips, demonstrations, experiential exercises and hands-on experience, Kershaw and Wade will demystify and simplify hypnosis so you can start using techniques with your clients immediately.

RETREAT SCHEDULE

Wednesday, September 11, 2019

3 – 6 pm Check-In  
6 – 7 pm Dinner  
7:30 – 8:30 pm Introduction Educational Program\*

Thursday, September 12, 2019 – Saturday, September 14, 2019

6:45 – 7:45 am Yoga Experiential (optional)  
8 – 9 am Breakfast  
9:30 am – 12:30 pm Educational Program\*  
12:30 – 1:30 pm Lunch  
1:30 – 3 pm Free Time  
3 – 6 pm Educational Program\*  
6 – 7 pm Dinner

Sunday, September 15, 2019

6:45 – 7:45 am Yoga Experiential (optional)  
8 – 9 am Breakfast  
9:30 am – 12:30 pm Educational Program\*  
12:30 – 1:30 pm Closing Lunch and Departure

\*CE is awarded during these specified times



CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 22.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS:** PESI, Inc. is an approved provider by the CCAPP-EI, Provider #: 05-03-036-1017. This activity meets the qualifications for 22.0 CEH's (continuing education hours).

**COUNSELORS:** This intermediate activity consists of 22.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1320 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 22.0 contact hours. Partial contact hours will be awarded for partial attendance.

**CALIFORNIA NURSES:** PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 17118 for 22.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

**PSYCHOLOGISTS:** This activity consists of 22.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 22.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**CALIFORNIA PSYCHOLOGISTS:** PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 22.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 22.0 General Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS:** This intermediate activity consists of 22.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**OTHER PROFESSIONS:** This activity qualifies for 1320 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Target Audience:

Psychologists • Counselors • Social Workers • Marriage and Family Therapists  
Addiction Counselors • Nurses • Other Mental Health Professionals

For additional information: [pesi.com/express/67941](https://pesi.com/express/67941)