

## 2-DAY TRAINING

# Clinical Hypnosis

## CERTIFICATE COURSE

Transform Your Treatment of Trauma, Anxiety, Depression, Addiction and Chronic Pain

Providing hope and healing is the kind of work that makes you come alive. And you strive to help each client who's counting on you to deliver.

But sometimes a lack of focus in therapy brings progress to a screeching halt. And traditional treatment approaches can fail to create the openness to change needed to make the therapeutic experience a life-altering one.

**Attend this intensive 2-day Certificate Course** and get indispensable skills and tools from clinical hypnosis to create the focused, relaxed and attentive context necessary to bring about truly transformative results with your clients!!!

**Dr. Eric Willmarth is a past president of the American Society for Clinical Hypnosis, the Society for Psychological Hypnosis (APA Div. 30), and the Society for Clinical and Experimental Hypnosis.** Join him as he shares the skills and techniques he's found most effective during his decades of clinical work. He'll teach you the core skills of hypnosis and provide you with step-by-step instructions and demonstrations on hypnotic techniques that will amplify the effectiveness of the therapeutic modalities you already work with.

**Sign up today**, add valuable dimensions to your treatment toolbox, and leave feeling more capable and confident in helping your clients conquer their anxiety, depression, pains, addictive behaviors and traumatic pasts!

### Course Schedule - for both days

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50-1:00 Lunch (*on your own*)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

## Objectives

1. Assess the clinical relevance of the relationship between hypnosis and memory.
2. Specify how clinicians can identify situations in which hypnosis could be beneficial.
3. Establish how hypnotic language can be utilized with various treatment modalities.
4. Communicate 3 techniques that can be used to elicit a constructive trance experience in therapy.
5. Present a synopsis of the three-stage skeleton of an hypnotic induction sequence.
6. Provide the names of 3 different hypnotic phenomena that can be utilized to enhance therapy.
7. Characterize how the hypnotic phenomena present in a client can help the clinician individualize treatment.
8. Establish how verbal indirect suggestions can be employed in session to move clients toward positive changes in behavior.
9. Articulate how non-verbal communication skills from clinical hypnosis can be used to help calm hyper-aroused clients.
10. Establish how metaphor and anecdotes can be used in a hypnosis session to help facilitate new patterns of thoughts, feelings and behaviors in clients.
11. Communicate how confusion techniques can be used to capture the attention of clients in sessions.
12. Connect specific hypnotic techniques to the clinical treatment of trauma, anxiety, depression and pain.

## Speaker

**Eric K. Willmarth, Ph.D.,** is a licensed clinical psychologist and the past president of the American Society of Clinical Hypnosis (ASCH), the largest U.S. organization for mental health care professionals using clinical hypnosis.

For over 35 years, Dr. Willmarth has been involved with the study and application of clinical hypnosis in clinical practice and he's appeared at numerous national and international hypnosis conferences.

His extensive involvement with hypnosis led him to serve as past president of the Michigan Society for Clinical Hypnosis, the Society for Psychological Hypnosis (APA Div. 30), and the Society for Clinical and Experimental Hypnosis (SCEH). Dr. Willmarth is a past winner of the Distinguished Contributions to Professional Hypnosis Award from APA Division 30.

Dr. Willmarth is the assistant director of Saybrook University's Department of Applied Psychology and serves as the director of training and director of the integrative Mental Health Ph.D. specialization in the College of Integrative Medicine and Health Sciences.

Speaker Disclosures:

Financial: Eric Willmarth is the director of Integrative Mental Health at Saybrook University. He receives a speaking honorarium from PESI, Inc.

Non-financial: Eric Willmarth is a member of the Society for Clinical and Experimental Hypnosis; American Society of Clinical Hypnosis; and Michigan Society of Clinical Hypnosis.

# FREE

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John Ludgate, PhD

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## 2-DAY TRAINING

# Clinical Hypnosis

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Transform Your Treatment of Trauma, Anxiety,  
Depression, Addiction and Chronic Pain

**PORTLAND, OR**  
Wednesday & Thursday  
August 14 & 15, 2019

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## 2-DAY TRAINING

# Clinical Hypnosis

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Transform Your Treatment of Trauma, Anxiety,  
Depression, Addiction and Chronic Pain

- The top skills and interventions from this evidence-based treatment technique
- Create the openness to change necessary for truly transformative results
- Add a valuable dimension to your existing treatment methods
- Safely accelerate therapy and increase clinical effectiveness

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Outline

Discover the Core Skills of Hypnosis  
Brief history of clinical/medical hypnosis  
Ethics of clinical hypnosis  
When should hypnosis be used in therapy?  
Hypnotic change language for clinicians  
Intrapersonal and interpersonal dynamics  
How to disrupt patterns to encourage flexibility  
Hypnosis as an adjunctive technique  
The neurophysiology of Hypnosis

Methods to Elicit a Trance Experience:  
Increase Focus and Relaxation to Intensify Therapy  
Assess for willingness and hypnotic ability  
Hypnotic phenomena  
Three-stage "skeleton" of an induction sequence  
Relaxation techniques  
Visualization to recall positive memories  
Countdown breathing

How to Structure a Hypnosis Session  
How to use hypnosis across modalities  
Relaxation  
Rapport  
Induction  
Deepening  
Waking  
Hypnotic techniques to work with resistances  
Apply hypnosis methods without a formal trance

Hypnosis Skills and Techniques for Specific Disorders and Conditions

Trauma:  
Restore Control and Process Traumatic Memories  
How hypnosis works with exposure  
Hypnosis techniques to restore control to clients  
Regression for processing traumatic memories  
Practices to alter distorted beliefs  
Hypnotic suggestions to foster greater emotional control

Questions? Call customer service at 800-844-8260

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If you are interested in becoming a speaker or have a new topic idea, please contact  
Ryan Bartholomew at Bartholomew@pesi.com or call at 715-855-8225.

Anxiety:  
Shift Clients to Calm with Hypnotic Suggestion  
Strategies to get to the root of your client's anxiety  
Hypnosis and metaphor to redefine anxiety  
Exercises to manage the energy of anxiety  
Hypnotic techniques to improve sleep in anxious clients

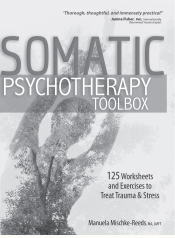
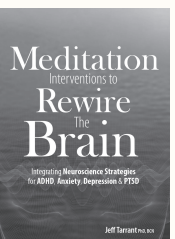
Depression  
Breaking the Cycles of Depression  
Combining hypnosis and CBT for mood control  
Using hypnotic age regression and progression for depression  
Mesmer, music, mood and movement  
Using creative stories to reconceptualize depression

Acute and Chronic Pain:  
Interventions to Change Clients' Minds and Pain  
Altering the perception of pain  
Hypnotic interventions to dissociate clients from the reality of pain  
Shift clients' attention from painful sensations  
Forgetting about the pain with amnesia  
Expand time and expand comfort  
Elicit vivid memories to obviate pain

Addiction:  
Release Clients from Addictive Behavior Patterns  
How to use hypnosis to create a different perspective  
Hypnotic suggestions to strengthen willpower  
Self-hypnosis to overcome addictive urges and cravings  
Ease withdrawal symptoms with hypnosis

Experiential Workshop:  
Elicit a Trance State for Enhanced Responsiveness in Therapy

\*SAVE by Including These Products with Course Registration!



More info and resources at www.pesi.com

Meditation Interventions to Rewire the Brain  
Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD  
By Jeff Tarrant, PhD, BCN

Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.

Somatic Psychotherapy Toolbox  
125 Worksheets and Exercises to Treat Trauma & Stress  
By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

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

**Satisfaction 100% Guarantee**

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**Course on CD or DVD Package:** If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Live Course 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 [cepsi@pesi.com](mailto:cepsi@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 12.5 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.

**COUNSELORS:** This intermediate activity consists of 12.5 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.

**OREGON COUNSELORS:** This intermediate activity consists of 12.5 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 760 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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**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 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**OREGON PSYCHOLOGISTS:** This live activity consists of 760 minutes of continuing education instruction and is designed to meet the requirements of the Oregon Board of Psychology. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

**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 the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**OTHER PROFESSIONS:** This activity qualifies for 760 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.

**2-Day Training: Clinical Hypnosis Certificate Course: Transform Your Treatment of Trauma, Anxiety, Depression, Addiction and Chronic Pain**

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**ADA NEEDS**  
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

**WALK-INS**  
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

**TUITION OPTIONS**

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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