

## Outline

### Neurophysiology of Trauma/PTSD

Insults to the Nervous System  
Brain Shrinkage and Symptoms  
Blood Flow with Intense Stress  
Vagal Nerve Activation-Stephen Porges

### Adverse Childhood Experiences (ACES)

Intense and Prolonged Trauma  
Developmental Trauma  
Epileptiform Activity with Trauma

### A Neuroscience Paradigm to Calm the Mind's Inner Story

Using Whole Brain Functioning to Resolve Trauma and Release Emotional Blocks  
Understanding Emotional Imprints and How to Dissolve Them Hypnotically  
The Key to Mastering Change for Good

### Limbic Kindling and Long-Term Stress

Overarousal and Anxiety  
Startle Response  
Panic  
Obsessive-compulsive Patterns  
Difficulty Handling Anger  
Insomnia

Underarousal and Depression, Negative Thinking, Classic Conditioning, and Stimulus Generalization

### Essentials of Hypnosis

Definition of Hypnosis as Resource Activator  
Focused Attention and Suggestion  
Hypnotic Language  
Conversational Hypnosis  
Psychotherapy as Hypnosis  
EEG Hypnosis

### How Symptoms Change with Focused Attention

The Brain and the Optical System in Symptoms and Trauma Resolution  
Focus on "Nothing" Eliminates Negative Thought

### Trauma and Attachment

Attachment Styles  
Trauma and Dissociation Style Attachment  
Change in Physiology Creates Change in Ability to Form Relationships

### Put Hypnosis to Practice

Simple Inductions  
Changing Mental States  
Strategies for Interrupting Rumination  
Strategies for Anxiety, Depression, Calming the Nervous System  
Experiential Exercises to Practice the Skills Learned

### How to Use Affective Brain Circuits to Resolve Trauma and Condition Calm States

Panksepp  
Turn on Competing Circuits  
Tools for Developing the Relaxation Response

### EEG Hypnosis Demonstration

Endocannabinoid System  
Deep State Hypnosis and Healing

### Memory Reconsolidation

Retrieval and Disruption  
Assimilation into Long-Term Memory  
State Dependent Memory and Learning

### Simple Biofeedback Tools to Support Post Traumatic Growth

Heartmath HRV Training  
Temperature Training  
Breath Training and Meditation  
Galvanic Skin Response Training

### How Talk Therapy May Make Symptoms Worse

Re-runs of the Trauma  
Conditioning the Trauma Response  
How the Unconscious Mind Works and How to Activate It

### Limitations and Risks Regarding Hypnosis for Treating Trauma

#### Live Webinar Schedule - both days (Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**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.

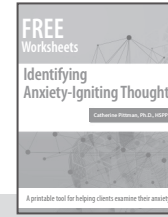
## Objectives

1. Utilize the basics of hypnosis for the treatment of trauma and PTSD.
2. Appraise the limitations and risks regarding research on hypnosis for treating trauma.
3. Evaluate advances in mind/body research and its clinical implications.
4. Perform hypnotic suggestion in a clinical setting.
5. Determine how symptoms change with focused attention.
6. Analyze the neurophysiology of trauma and its treatment implications.
7. Integrate three hypnotic strategies to facilitate trauma resolution.
8. Construct deep hypnotic states that calm the sympathetic nervous system.
9. Justify how trauma symptoms act as negative hypnotic trances.
10. Practice utilizing three brain change tools to develop a positive mood in patients.
11. Modify client's attachment patterns using limbic system desensitization.
12. Distinguish a neuroscience paradigm from a cognitive model to calm the mind's inner story.

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# 2 DAY Hypnosis for Trauma & PTSD

## A Hypnosis, Mind/Body & Neuroscience Approach to Effectively Treat Trauma and PTSD

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# 2 DAY Hypnosis for Trauma & PTSD

## A Hypnosis, Mind/Body & Neuroscience Approach to Effectively Treat Trauma and PTSD

- Learn how to use hypnosis to treat symptoms of trauma such as anxiety, depression, panic, anger, insomnia and obsessive-compulsive behavior
- Understand more on the neuroscientific research on mind/body healing as it relates to trauma and PTSD

### Live Interactive Webinar Thursday & Friday, October 28 & 29, 2021

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# Hypnosis for Trauma & PTSD

## A Hypnosis, Mind/Body & Neuroscience Approach to Effectively Treat Trauma and PTSD

Your clients have endured stressful and traumatic experiences which often results in less ability to maintain health and to fully provide self-comfort. This course is designed to help you understand more of the neurological and psychological patterns that create PTSD symptoms. This course will focus on developing strategies to help traumatized clients heal by changing these patterns.

Hypnosis is a powerful tool that you can add to your clinical toolbox for treating trauma. When it's used with the brain in mind, hypnosis provides effective interventions to help clients interrupt negative patterns, live more in joy with the ability to self-motivate, and accomplish life goals.

During this course, special emphasis will be given to understanding how trauma affects the brain and can lead to symptoms such as anxiety, depression, panic, insomnia, obsessive-compulsive behavior and difficulty handling anger. You will learn how to treat these symptoms with the use of hypnosis.

Join hypnosis experts and trainers, Carol Kershaw and Bill Wade, as they demystify and simplify hypnosis so you can start using it with your traumatized clients immediately. They will break down the research that supports hypnosis for trauma and teach you how to implement it into your clinical work. You will learn through demonstrations, case- examples, lecture, experiential exercises and hands-on experience.

### Target Audience:

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



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## Meet Your Speakers

**Carol Kershaw, Ed.D.,** is a licensed psychologist and co-director of the Milton Erickson Institute of Houston and co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012 WW Norton), co-author of *The Worry Free Mind* (Career Press) and author of *The Couple's Hypnotic Dance* (Brunner/Mazel). She is board certified in neurofeedback, a member of the American Psychological Association, and approved consultant for the American Society of Clinical Hypnosis. She is an international trainer and is a frequent presenter in the states on the most cutting edge interventions based in neuroscience and hypnosis.

Speaker Disclosures:

Financial: Carol Kershaw is co-director of the Milton Erickson Inst of Houston. She receives royalties as an author for W.W. Norton and Company. Dr. Kershaw receives a speaking honorarium from PESI, Inc.

Non-financial: Carol Kershaw has no relevant non-financial relationship to disclose.

**Bill Wade, M.Div., LPC, LMFT,** is a licensed professional counselor and marriage and family therapist, author and international trainer. Co-director of the Milton Erickson Institute of Houston he 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*. Bill has taught extensively in the states on neuroscience and has also taught meditation and given Dharma lectures at various Buddhist temples.

Speaker Disclosures:

Financial: J. William Wade is co-director of the Milton Erickson Inst of Houston. 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.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Psychologists, Counselors, Social Workers, Marriage and Family Therapists, Addiction Counselors, Nurses, and Physicians.**

For specific credit approvals and details, visit [pesi.com/webcast/85923](http://pesi.com/webcast/85923)

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This activity is pending approval from the National Association of Social Workers.



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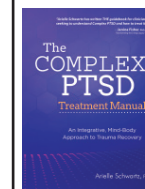
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### Recommended Reading:



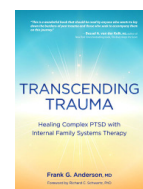
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#### **The Complex PTSD Treatment Manual**

*An Integrative, Mind-Body Approach to Trauma Recovery*

Arielle Schwartz, PhD

~~\$29.99~~ **\$22.99\***



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#### **Transcending Trauma** *Healing Complex PTSD with Internal Family Systems*

Frank Anderson, MD

~~\$29.99~~ **\$22.99\***

*\* Discount Included with purchase of the Webinar*

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