

OUTLINE

Day One

Understanding Hypnosis

Why Hypnosis?
Working with the Unconscious
Defining Hypnosis
Myths and Misperceptions
Live Demonstration - Pain Management

Ethical Considerations

Hypnosis Codes of Conduct
Ethics Overview
Scope of Practice
Risks and Limitations

Hypnosis, Trauma and Memory

Hypnosis and Memory
The False Memory Debate
Appropriate Applications
Working with Trauma Memory

Patient Preparation

Explaining Hypnosis
Establishing the Hypnotic Relationship
Building Rapport
Informed Consent

The Power of Suggestion

Types of Suggestion
Direct or Indirect?
Individualizing Suggestions
Laws of Suggestion
Formulating Suggestions
Imagery, Questions and Metaphors

Demonstration: Hypnotic Inductions

Eye Roll/Eye Fixation
Budzynski
All Thumbs
Arm Levitation

The Structure of the Hypnosis Session

Induction/Elicitation
Deepening/Intensification
Suggestion/Exploration/Treatment
Alerting
Debriefing

Hypnotic Phenomenon

Time Distortion
Glove Anesthesia
Age Progression/Regression
Dissociation
Affect Bridge
Idiopathic Communication
Amnesia
Breakout Group Practice Sessions

Day Two

Application of Hypnosis in Clinical Practice

Trauma Recovery
Pain Management
Anxiety
Depression
Habit Disorders
Phobias
Substance Abuse
Creative Applications
Case Presentations/Demonstrations

Self Hypnosis

Applications
Techniques
Aids
Instructing Clients in Self-Hypnosis

Managing Resistance to Hypnosis

Identifying Resistance
Clinical Use of Resistance

Treatment Planning

Intervention Selection
Treatment Strategies
Contraindications

Assessing Hypnotic Ability

Formal Scales
Informal Techniques

Putting It All Together – Group Practice Time!

Learning Objectives can be viewed
at pesi.com/webcast/86009

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.

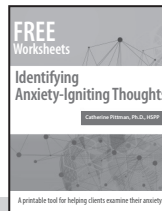
Target Audience:

Psychologists • Counselors • Social Workers
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Addiction Counselors • Nurses • Physicians
Other Mental Health Professionals

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2-Day

HYPNOSIS

INTENSIVE WORKSHOP

Applying Clinical Hypnosis
with Psychological
Treatments

LIVE Interactive Webinar

Thursday & Friday, November 4 & 5, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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2-Day

HYPNOSIS

INTENSIVE WORKSHOP

Applying Clinical Hypnosis
with Psychological
Treatments

Immediately
Use Hypnosis
Skills in
Your Practice!

- Tap into the potential of the unconscious through hypnosis
- Improve your treatment outcomes for trauma, anxiety, pain, stress, sleep, eating disorders and addiction

Featuring President of the Society for Psychological Hypnosis (APA Division 30) and International Speaker,
Eric K. Willmarth, Ph.D.

LIVE Interactive Webinar

Thursday & Friday, November 4 & 5, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
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2-Day Hypnosis Intensive Workshop

Applying Clinical Hypnosis with Psychological Treatments

Attend this Intensive Workshop and transform your ability to heal anxiety, stress and trauma, sleep, eating disorders, addiction, and pain.

You will leave this high-impact workshop immediately able to apply the following hypnosis skills in your practice:

- Go into self-hypnosis
- Work with a partner to do a pre-trance interview to discover abilities and help for individualizing in trance
- Induce trance
- Use direct and indirect suggestion
- Deepen trance with hypnotic phenomena
- Elicit relaxation and calm
- Activate positive unconscious processes
- Successfully end trance

By working indirectly and unconsciously in hypnosis, you bypass your client's conscious limitations and enlist resources to help resolve entrenched problems.

The unconscious is a reservoir of potential, and hypnosis is the way to access that potential. Neurological pathways function automatically and can be engaged and used to help heal disorders that might be difficult to do deliberately and consciously.

This is your opportunity for personal self-transformation as you also learn about hypnotic techniques that can be applied in your own life!

If you are new to hypnosis, you will gain the skills you need to start using hypnosis in your practice. And if you are an experienced hypnotherapist, you will add innovative methods to enhance your work. With the latest research, case examples, guided trance experiences, opportunities to work with trance induction, helpful handouts, protocols, and a clear understanding of hypnotic effects in the brain - this workshop will inform, uplift, and transform your clinical practice.

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SPEAKER

Eric K. Willmarth, Ph.D. is the president of the Society for Psychological Hypnosis (APA Division 30) and a past-president of both the American Society of Clinical Hypnosis and the Society for Clinical and Experimental Hypnosis. He has used hypnosis in clinical practice for over 40 years, including over 30 years in a chronic pain management setting.

Dr. Willmarth is the chair of the department of applied psychophysiology department in the College of Integrative Medicine and Health Sciences, Saybrook University. He oversees the hypnosis certificate program at Saybrook which involves basic, intermediate and advanced hypnosis courses and he is a frequent presenter and Keynote speaker at national and international hypnosis conferences and workshops. He is the winner of the Distinguished Contributions to Professional Hypnosis Award from the American Psychological Association and the Ericka Fromm Excellence in Teaching Award from the Society for Clinical and Experimental Hypnosis.

In addition to his teaching, Eric has recorded hundreds of interviews with prominent hypnosis clinicians and researchers from around the world. Many of these video clips can be viewed at www.hypnosiscentral.com.

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.

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/86009

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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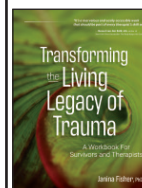
Recommended Reading:



Feeling Great
The Revolutionary New Treatment for Depression and Anxiety

David D. Burns, M.D.

~~\$26.99~~ **\$19.99***



Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists

Janina Fisher, Ph.D.

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

**Discount Included with purchase of the Webinar*

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Phone: 800-726-3888

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Mail: PESI, Inc.
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