

The Canadian Society of  
Clinical Hypnosis



Mission Statement: To promote the use of hypnosis in clinical practice by regulated health professionals, according to the highest ethical principles, through education and training, collegial support, and liaison with other professional hypnosis societies

# Hypnosis Skills and Applications

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## *Intermediate Workshop in Clinical Hypnosis*

June 19th and 20th, 2015

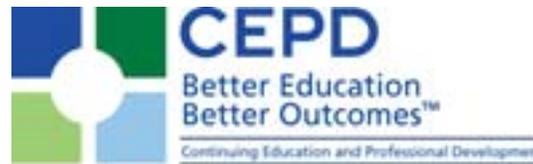
Royal Canadian Military Institute  
426 University Ave., Toronto, Ontario

### CONFERENCE COMMITTEE:

Lynn Marshall M.D., Piret Koppel M.A. MFT, RSW, Sid Freedman Ph.D.,  
John Lamont M.D., Elia Abi-Jaoude M.D., Irwin Altrows Ph.D.  
and Marie-Elise Du Buisson Ph.D.

with contributions from CSCH-OD Board Members from multiple disciplines.

COMPONENT SECTION:  
AMERICAN SOCIETY OF  
CLINICAL HYPNOSIS



Now  
Accredited:  
13.5 for each of:  
CFPC Mainpro-M1;  
RCPS Section 1;  
AMA Cat 1

## Intermediate Hypnosis Workshop – Skills and Applications

The intermediate workshop is a didactic and practicum course, which builds upon the skills learned in an introductory course. The secondary level of instruction focuses upon refining skills of hypnotherapeutic communication and utilizing these skills to assist symptom management in specialized areas of application, such as anxiety, pain, trauma, habit control, ego strengthening, sexual medicine and chronic illnesses.

A number of advanced inductions will be demonstrated and participants will practice inductions in small groups. Time will be included for discussion of successful applications of hypnosis and any problems encountered in each participant's own practice.

After participating in this learning activity, participants will be better able to:

1. Assess the most applicable hypnotic induction from an increased repertoire and employ it to treat a variety of physical and mental health problems.
2. Apply practical hypnotically facilitated ego-strengthening techniques safely and helpfully within their own clinical settings.
3. Assess and evaluate causes of sexual dysfunction and how they can be alleviated through the use of clinical hypnosis.
4. Create and elaborate an internal meeting space for hypnotic work with ego states for multiple uses such as lowering anxiety or containing flashbacks.
5. Practice hypnotic induction and interventions relevant in the clinical treatment of anxiety, OCD and panic from an Ericksonian perspective.

At least 25% of the time will be used in interactive, experiential learning.

# Hypnosis Skills and Applications

Friday, June 19th, 2015

8:30 am – 12:00 noon

## Practical Issues and Applications to General and Mental Health

Sid Freedman, Ph.D., C.Psych.

### Practical issues

- Rapport development and determining the reason for referral
  - Putting it in context before introducing hypnosis
  - First hypnotic session: three phases, recording of inductions
  - Second hypnotic session: two-finger self-hypnosis
  - Staircase or elevator induction, jigsaw puzzle induction
  - Age regression and age progression; affect bridge
  - Hypnosis with children and adolescents
  - How much do we need to talk during an induction? (Ernest Rossi)
- Small Group Practice of one new induction

10:00 – 10:15 am Refreshment break

### General Health Applications

- Chronic pain, tension headaches and migraines, and hypertension
- Smoking cessation, weight loss
- Preparation for surgery, IV's and blood work
- Hyperemesis gravidarum, labour and delivery, and postpartum depression
- Irritable Bowel Syndrome

### Mental Health Applications

- Anxiety: panic attacks, test anxiety, driving anxiety
- Phobias: hypnosis and imaginal systematic desensitization
- Depression
- Improving self-esteem

Questions and Discussion

12:00 – 1:00 pm lunch

CSCH-OD Intermediate Workshop

1:00 pm – 4:45 pm

## Stage I work: Ego-strengthening

Dr. Claire Frederick M.D.

### Direct methods

Hartland

### Indirect methods

Imagery, eliminate the negative, rehearsal, and Ericksonian approaches

Group Practice

2:15-2:30 pm Refreshment break

### Projective and Evocative Methods

- Time distortion
- Employing resources from the past: naturalistic evocation of positive memories, revivification and mastery experiences, nurturing figures, ideomotor activation, ego state activation
- Employing resources from the present: mindfulness, meditation, self-hypnosis, focused awareness, mastery
- Employing resources from the future: age progressions, mental rehearsal, end result imagery, pseudo-orientation in time
- Center Core Phenomena: inner strength and inner wisdom
- Spiritual resources

Group Practice

Questions and Discussion

## Saturday, June 20th, 2015

8:30 – 10:30 a.m.

### Clinical hypnosis in sexual medicine Dr. John Lamont M.D.

- Physiology of sexual response and hypnosis
- Erotic focus
- Self-hypnosis for sexual dysfunction (lack of sexual desire, anorgasmia, vaginismus, premature ejaculation, erectile dysfunction)

Demonstration of induction

Questions and Discussion

10:30 – 10:45 a.m. Refreshment break

10:45 am – noon

### Talking with parts: using intrapsychic spaces for working with parts of self in trance.

Piret Koppel MA, MFT, RSW

- Dissociation
- Clinical manifestations
- Ego state therapy and hypnosis
- Goals and Phase I interventions (Phillips & Frederick)
- Getting to know the parts
- Developmental perspective of presenting problem
- Behavioural strategies through resource sharing and integration
- Case vignette
- Self-hypnotic induction (Frederick), deepening, safe place- nature scene and safe room (Daitch), dialing down reactivity (Daitch), dissociative table room script (Fraser), re-alerting

Questions and Discussion

12:00 – 1:00 pm Lunch Break

CSCH-OD Intermediate Workshop

1:00 – 4:45 pm

### Breaking the Worry Trance: Hypnotherapy with Anxiety and OCD Karen Day MSW, RSW

- Conscious and unconscious patterns and resources
- Hypnosis and psychotherapy for anxiety
- Trance work for anxiety, panic, and OCD

Case study

Demonstration 1: Group induction

Questions and Discussion

2:45 – 3:00 pm Refreshment break

Small group induction practice

Interactive group case exercise: Devising an Ericksonian informed intervention framework

4:45 – 5:00 pm Course evaluations. Closing remarks.

**Discussion, supervision in small group practice, and Q & A will play a prominent role in the program: a minimum of 25% of workshop time will be allotted to interaction.**

## FACULTY

### **Karen Day, MSW, RSW** Toronto, Ontario

Karen Day is a Registered Social Worker and Psychotherapist specializing in integrative approaches for the treatment of anxiety, panic and OCD. As a hypnotherapy and meditation teacher, Karen has provided training to mental health and teaching professionals through a number of educational and social service organizations, including the Ontario English Speaking Catholic Teachers Association; Centennial College; Seneca College; the Ottawa-Carleton Catholic District School Board; the Scarborough Catholic Children's Aid Society; and Better Living Health and Community Services. After having worked in the mental health field for over twenty years, Karen now runs a full-time private practice clinic in the Toronto area. She brings hypnotherapy into her work with hundreds of clients each year, and offers solution-focused interventions, working from a positive psychology perspective.

### **Claire Frederick, M.D.** Greenville, Maine

Claire Frederick, M.D. is a Board Certified psychiatrist who specializes in psychotherapy. She lives in the Northwoods of Maine overlooking Moosehead Lake. She does Executive coaching, teaching, writing, and clinical consultations. She is a Fellow of The Society for Clinical and Experimental Hypnosis and the International Society for the Study of Trauma and Dissociation. She is an Honorary Member of the British Society for Medical and Dental Hypnosis/Scotland and the Canadian Federation of Hypnosis, Alberta Division and the Canadian Society of Clinical Hypnosis - Ontario Division. She is Distinguished Consulting Faculty in the College of Psychology and Humanistic Studies at Saybrook University where she also teaches with the College of Mind-Body Medicine.

She has received several awards for her writing, teaching, and clinical work including the Cornelia Wilbur Award for original contributions to the field of dissociation. She has been named one of America's Top Psychiatrists for 2007-2011. She is a Past Editor of the American Journal of Clinical Hypnosis, and she is the co-author of *Healing the Divided Self: Clinical and Ericksonian Hypnotherapy for Post-Traumatic and Dissociative Conditions and Inner Strengths: Contemporary Psychotherapy and Hypnosis for Ego-Strengthening*. Dr. Frederick is on the Board of the Ego State Foundation International and is regarded as one of the significant figures in the continuing development of Ego State Therapy.

**Sid Freedman, Ph.D., C. Psych.**  
London, Ontario

Dr. Sid Freedman has served as President of the Canadian Society of Clinical Hypnosis - Ontario Division and is a Fellow of the Society. For over ten years, he taught experimental and developmental psychology at Adelphi University in Garden City, N.Y. and at Okanagan College in Kelowna, B.C. Following retraining in Clinical Psychology at U.B.C., B.C. Children's Hospital, and University Hospital in Saskatoon, he was on staff at Alberta Children's Hospital in Calgary and subsequently at London Health Sciences Centre and Children's Hospital of Western Ontario in London, Ontario. He is currently in full-time private practice.

Since 1990, he has utilized hypnosis with patients experiencing health-related problems, chronic pain, anxiety, and/or depression following a motor vehicle accident or a workplace injury, driving phobia, brain injury, sleep problems, and low self-esteem. Dr. Freedman has lectured about hypnosis to fourth year medical students at Western University.

**Piret Koppel M.A., MFT, RSW**  
Montreal, QC

Piret Koppel is a social worker, psychotherapist and marriage and family therapist working in private practice both in Montreal, Qc and Williamstown, On. She graduated from McGill University in 1989 with a M.A. in Physical Education (Sport Psychology), a BSW in 1995, and completed the Post-graduate certification program for couple and family therapists at the Jewish General Hospital, Montreal in 2003. She provides psychotherapy to individuals facing a variety of issues (depression, anxiety, stress, life-cycle transitions, complex post-traumatic stress and dissociative identity disorder). She favors an Ego-State Therapy approach to address internal conflicts and problems related to a divided self.

Ms. Koppel uses several treatment modalities (clinical hypnosis, cognitive-behavioral therapy, systemic therapy, emotionally focused

couple therapy, psychodynamic hypnotherapy, ego-state therapy, energy psychology, sandtray worldplay therapy), in her work to help clients achieve their goals for personal growth, symptom management and resolution, and connection with others. Her approach is humanistic, systemic and growth oriented.

Piret has come to appreciate how working with the subconscious mind through clinical hypnosis strengthens the therapeutic alliance, helps access creative energies in both patient and therapist, and aids in communication with, and integration of, parts of personality. Piret has been a member of the Canadian Society of Clinical Hypnosis since 2008, and is its current Education Committee Chairman and President-Elect.

**John Allan Lamont M.D., MSc, FRCSC.**  
Hamilton, Ontario

John Lamont is an Emeritus Professor in Obstetrics and Gynecology at McMaster University. He obtained his medical training from University of Western Ontario and McMaster University. He did a year of training in the Department of Psychiatry in Philadelphia at University of Pennsylvania with a focus on Relationship and Sexual Therapy. In mid-career he did a Master's degree in Clinical Research.

Starting in clinical practice in 1971, he did Obstetrics, Gynecology and Sexual Counselling at McMaster University and Hamilton Health Sciences. At present, while semi-retired, his practice is focused on Ambulatory Gynecology and Sexual Medicine.

In education, he trains residents and students in colposcopy, sexual medicine, pelvic pain and painful intercourse. He also trains/supervises health professionals in couple relationship and sex therapy.

Research focuses on issues of loss of sexual desire, painful intercourse, and the potential safety and benefits of local estrogen therapy to treat painful intercourse in breast cancer survivors.

## Eligibility

Applicants for training at any CSCH-OD workshop must be regulated by a College under the RHPA or the OCSWSSW (or their equivalents in other provinces or states) and they must have at least a Master's degree.

In some circumstances, students in appropriate graduate programs or regulated professionals with experience but no Master's degree may also be eligible. See the web site for the full conditions and required documentation.

**Completion of an approved introductory hypnosis workshop is a prerequisite to attend this workshop.**

## Certificate of Completion

For the purpose of providing continuing education credits, we will have sign-in sheets to track attendance. Certificates will be provided to participants when all requirements have been met.

This workshop has been approved for:

The College of Family Physicians of Canada:  
13.5 *Mainpro-M1 credits*;

The Royal College of Physicians and Surgeons of Canada:  
13.5 *Section 1 credits*.

The American Medical Association:  
13.5 *Category 1 credits*.

## Registration Fees

<b>Members of CSCH, SCEH, ASCH</b>	\$525
<b>After 25 May 2015</b>	\$575
<b>Early Bird price</b>	\$600
<b>After 25 May 2015</b>	\$650
<b>Students*</b>	\$250
<b>After 25 May 2015</b>	\$300

Registration will close June 15th

**Fees include a light breakfast, two breaks and lunch on both days.**

\* Students must provide a document confirming that they are currently full-time in an approved course; it must specify which course and school they are in and must be signed by their supervisor for them to be eligible to attend any workshop.

## Payment options

We accept payment by cheque, VISA or MasterCard by mail. Putting your credit card number in an email is probably a bad idea as electronic copies of your email are hard to control or secure.

We also accept PayPal from links on our website, [www.hypnosisOntario.com](http://www.hypnosisOntario.com). The PayPal button on the workshop page will show the early bird prices until close of business on the cut-off day. Please note that paying by PayPal is not the same as ordering online; unless you are already a CSCH-OD member, you will need to provide the necessary information on the form (last page) to establish eligibility. Please make sure you are eligible before you pay, because we could start the registration process as soon as the payment is received.

Registration form and proof of eligibility can be emailed as a scanned document (E-mail address: [IntermediateWorkshop@csch-od.ca](mailto:IntermediateWorkshop@csch-od.ca))

## Cancellation Policy

Cancellations are permitted if at least two weeks' notice is provided. However, a \$25 administrative fee may be retained.

## Workshop Information

For inquiries about the workshop content, contact one of the CSCH-OD board via:  
[Questions@csch-od.ca](mailto:Questions@csch-od.ca)

## Workshop Venue

The workshop will take place at the Royal Canadian Military Institute, 426 University Ave., Toronto, Ontario, which is located on the west side of University, just south of Dundas St. For those taking public transportation, the closest subway stop is St. Patrick station.

Parking: Public parking off Simcoe St behind the RCMI

The Club has some rules we must respect: Please do not wear jeans or running shoes. Otherwise, casual dress is permitted. Also, please respectfully refrain from using cell phones inside the RCMI.

Accommodation: Rather than list hotels and risk our information being out of date, may we suggest you enter "hotel near 426 university ave, toronto" in your favourite search engine? On Google, a small map comes up with flagged "hits". Click on the small map to enlarge it.

## Registration Information

Registrations will be processed in batches, on Tuesdays, to reduce administration costs. If your mail arrives just after a batch is processed, it will be another week before you hear back, or your cheque is banked. You will receive an e-mail confirmation of your registration.

All communications are by e-mail, so please make sure your e-mail address is clearly written.

If you have any questions about *registration*, please contact:

David Powell  
[IntermediateWorkshop@csch-od.ca](mailto:IntermediateWorkshop@csch-od.ca)

## Attention Non-Members

The discount our members get for workshops, both in Ontario and elsewhere, can help pay for their membership!

Membership is \$160 a year.

For membership information and an application form, see our web site: [www.hypnosisontario.com](http://www.hypnosisontario.com)

## Membership Policy

Current CSCH-OD members who are in arrears in their membership must become fully paid up or include their outstanding dues with the workshop fee to receive the members' discount.

## Society Meetings

The CSCH-OD AGM will be held during lunch on Day 2.

Location: **Royal Canadian Military Institute  
426 University Ave.**

Date: Saturday June 20<sup>th</sup>, 2015

Time: 12:00 to 1:00 p.m.

## 2015 Workshops

### Advanced Workshop

October 23rd and 24th, 2015

### Clinical Hypnosis in the Treatment of Pain, Anxiety, and Chronic Illness in Children and Adolescents

with

**Dr. Leora Kuttner, Clinical Professor,  
Pediatric Department at B. C. Children's  
Hospital and University of British Columbia**

Brochures will be e-mailed to our mailing list and posted on the web site [www.hypnosisontario.com](http://www.hypnosisontario.com) as they are finalized.

Completion of an approved introductory hypnosis workshop is a prerequisite to attend either of these workshops.

# Registration Form Intermediate Workshop

June 19th and 20th, 2015

## Registrant:

Title: Dr.  Mr.  Mrs.  Ms.

Name: \_\_\_\_\_

## Payment:

Cheque Enclosed  Visa

Already paid online  MasterCard

Card Number

Expiry: Month  Year

Three digit security code (back of card). Appears after and to the right of your card number.

Amount authorized or paid: \$ \_\_\_\_\_

Cheques should be payable to CSCH-OD.  
(NO post-dated cheques please)

Send mail to:  
**CSCH-OD Intermediate Workshop**  
2281 Rockingham Drive,  
Oakville, Ont. L6H 7J4

**For early deadline pricing, both completed registration form and payment must be received no later than 5pm on the day of the deadline.**

Enrollment may be limited, so please submit your registration application as soon as possible.

CSCH-OD Intermediate Workshop

**If you are not currently a CSCH-OD Member, please fill out the following:**

Email Address (required): \_\_\_\_\_

Mailing address: \_\_\_\_\_

This is my home address  office address

Phone number \_\_\_\_\_ Highest degree: \_\_\_\_\_

I qualify for reciprocal member's rate because I belong to CSCH, SCEH or ASCH  
Which one? and your membership number/reference \_\_\_\_\_  
Email address where we can verify your current membership  
\_\_\_\_\_

I took my introductory hypnosis training at:  
Organization: \_\_\_\_\_ Year \_\_\_\_\_

Check and complete the details for one only:

I am a licensed/registered professional:  
I am a member in good standing of the (college) \_\_\_\_\_  
(e.g. OCSWSSW, CPO, CFPC, CNO etc.)  
Registration/license number \_\_\_\_\_

I am a student or medical resident. I have read the eligibility requirements on the web site, and I am eligible for the student rate. I have attached proof of my current enrollment.

Course and school \_\_\_\_\_

Graduation/completion date: \_\_\_\_\_

**I confirm the accuracy of the information provided.** \_\_\_\_\_  
Registrant's Signature

Unfortunately, we cannot accommodate everyone's dietary needs but we can offer a vegetarian option.

I'd like the vegetarian option   
Accessibility needs (please specify):  
\_\_\_\_\_  
\_\_\_\_\_

