

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

The Fundamentals of Hypnosis

an

Introductory Workshop

March 27th and 28th, 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:
16.5 for each of:
CFPC Mainpro-M1;
RCPS Section 1;
AMA Cat 1

Hypnosis in Medical & Psychotherapy practice: Hypnosis with Certainty

The CSCH-OD Fundamentals of Hypnosis Workshop provides clinical training in both the theory and application of hypnosis in the clinical practice of medicine and psychotherapy for those who have never practiced hypnosis. Based on evidence-based best practices, the workshop uses a combined format of lecture, demonstration and supervision to develop clinical hypnosis skills. Participants will be taught how to present hypnosis to a patient, how to do a number of different hypnotic inductions, and how to apply these in the practices of psychotherapy and medicine. Participants will practice in small group sessions with individualized supervision, leading to the development of selected skills. The goal of the workshop is to provide the requisite training so attendees can begin utilizing hypnosis in clinical practice the day after the workshop.

This will be a highly interactive two days, with a minimum of 25% of workshop time spent in question and answer discussions, learning from case vignettes, video and live demonstrations and practice of induction techniques.

Objectives:

At the end of the workshop, participants will be able to:

1. Identify, demonstrate and discuss practical application of at least four ways to induce a hypnotic trance and re-alert a subject from a trance;
2. Identify, demonstrate and discuss the practical application of two methods of self-hypnosis.
3. Demonstrate and discuss practical application of two methods for deepening trance; and
4. Describe four clinical conditions in which hypnotic techniques may be used.

The Fundamentals of Hypnosis

Friday, March 27th, 2015

Saturday, March 28th, 2015

7:30 a.m. Registration and Breakfast

- 8:00 a.m. Introduction of faculty (overview of workshop)
- 8:10 a.m. Myths and misperceptions of hypnosis; what hypnosis is and isn't:
Interactive discussion and Demo Induction #1
- 8:45 a.m. Physiological basis of hypnosis (sympathetic/parasympathetic) and theories of hypnosis
- 9:05 a.m. History of Hypnosis
- 9:30 a.m. Assessment, presenting hypnosis to the patient, informed consent

10:00 a.m. Refreshment Break

- 10:15 a.m. Principles and process of induction, re-alerting and debriefing
- 11:00 a.m. Small group practice #1

12:30 p.m. Lunch

- 1:00 p.m. Hypnotic phenomena and their therapeutic applications, with clinical examples
- 2:00 p.m. Concepts of Hypnotic Susceptibility, stages of hypnosis, and formulating suggestions

3:00 p.m. Refreshment Break

- 3:15 p.m. Demo Induction #2
- 4:00 p.m. Small Group practice #2
- 5:15 p.m. Wrap up and questions

5:30 p.m. Adjourn

7:30 a.m. Breakfast

- 8:00 a.m. Strategies for managing resistance to hypnosis
- 9:00 a.m. Integrating hypnosis into practice
Applications -two streams:
Stream 1. Medical. Stream 2. Psychotherapy

10:00 a.m. Refreshment Break

- 10:15 a.m. Demonstration of induction #3
- 11:00 a.m. Small Practice groups #3

12:30 p.m. Lunch

- 1:00 p.m. Mentorship (assignment)
- 1:15 p.m. Self-hypnosis
- 2:00 p.m. Demonstration of Induction #4
- 2:30 p.m. Small Group Practice #4

3:30 p.m. Refreshment Break

- 3:45 p.m. DVD "Entranced" – surgery without anaesthetic and hypnotic treatment of burns
- 4:15 p.m. Ethical principles, Professional conduct
- 4:45 p.m. Questions, and panel discussion
- 5:00 p.m. Workshop evaluations

5:15 p.m. Adjourn

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.

Jack Ferrari, Ph.D., C.Psych. London, Ontario

Dr. Jack Ferrari is a Psychologist who has been in full-time private practice for the last 5 years. Prior to that, he had a lengthy (35 year) career in the hospital system in London and St. Thomas. He worked in a number of positions, and with a wide variety of client groups, in both St. Thomas and London Psychiatric Hospitals. For the last 10 years of his hospital career, he was Professional Practice Leader for Psychology, for the St. Joseph's Health Care, London, organization.

Dr. Ferrari has supervised about 30 candidates for registration as psychologist, and has been recognized by the College as a supervisor. He is on the Adjunct Faculty at Western University, in the Department of Psychiatry, and formerly with the Department of Psychology.

Dr. Ferrari is a former President (2006-2008) of the Ontario Psychological Association, has served as council member (1996-2002) for the College of Psychologists of Ontario, and currently sits on the Transitional Council of the College of Registered Psychotherapists of Ontario.

Dr. Ferrari's interests in hypnosis go back many years; he has been employing hypnosis formally for about 25 years, although his use of related therapeutic concepts precedes that. His doctoral research centred on communicative approaches and general systems understanding of change.

He has a background in both Classical Studies and Mathematics, and believes that a proper understanding of the development and generality of ideas is necessary to inform current understanding.

Sandeep Hunjan, Ph.D., C. Psych.
Toronto, Ontario

Dr. Hunjan is a clinical psychologist who earned her Ph.D. from the University of Windsor. Her practice includes clinical, rehabilitation and health psychology. She has worked extensively in the area of trauma (with survivors of sexual and physical assault, motor vehicle accidents, workplace injuries and disease, and veterans) in a variety of settings in Canada and the United States. Her philosophy of practice is holistic and client-centred.

Dr. Hunjan emphasizes an integrative and collaborative approach using treatment modalities including hypnosis, cognitive-behavioural therapy, and energy psychology to help individuals, families, and groups deal with a variety of issues such as depression, anxiety, posttraumatic stress, weight loss, pain, smoking cessation, performance enhancement, self-esteem and stress management.

In her teaching activities, Dr. Hunjan has worked with St. John's Rehab Hospital, the Toronto Police Department and the Vulva Girl (a support group for women who experience sexual pain). Following almost five years as a psychologist with St. John's Rehab Hospital's Back on Track Serious Injuries Clinic, Dr. Hunjan has been in full-time private practice for the past six years with offices in Toronto, Pickering and Whitby. She uses hypnosis extensively in her practice, and loves how it helps and empowers her clients.

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, and the treatment of 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.

Conrad Sichler M.D., CCFP
Burlington, Ontario

Dr. Conrad Sichler trained in undergraduate medicine at McGill University, where he was introduced to hypnotic induction and the work of Dr. Milton Erikson by Dr. Laurence Kirmayer. After completing family medicine residency training at Queens University, he completed a two and a half year fellowship in addictions medicine, and was subsequently certified by the Canadian Society of Addictions Medicine (CSAM), the American Society of Addictions Medicine (ASAM), and the American Board of Addictions Medicine (ABAM).

He moved to Burlington, Ontario to join an integrative medicine clinic in 2004, and opened and ran his own integrative medicine clinic from 2009 to 2011, the Sweet Medicine Integrative Health Centre. He was certified in Clinical Hypnosis in 2011 and now has a private practice in Burlington, ON. He uses clinical hypnosis in the treatment of trauma and addictions, as well as using mindfulness, play, wordplay, and storytelling.

Howard Waiser, Ph.D., C.Psych.
Toronto, Ontario

Dr. Howard Waiser is a psychologist in private practice in North York. He completed his doctorate in Applied Psychology at the University of Toronto and is registered with the College of Psychologists of Ontario. He was first introduced to hypnosis by attending an Introductory Workshop that was offered by the Ontario Society of Clinical Hypnosis (a forerunner to the Canadian Society of Clinical Hypnosis – Ontario Division) while in graduate school. Fascinated by its effects and impressed by its utility, he found it to be an efficient way of engaging clients in the therapeutic process and a productive part of the psychotherapeutic relationship. He has continued using hypnosis as a routine part of his practice.

Some clients seek out his services because he is an experienced hypnotherapist and some clients accept the offer to experience hypnosis as a part of the therapeutic intervention. He sees many clients for anxiety, depression and phobias, and has a particular interest in working with clients experiencing chronic pain conditions. He continues to be intrigued by the power and effectiveness of hypnosis and its versatility.

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.

Attention All Registrants

We are providing some of the didactic material in advance (details will be sent once your registration is complete). Registrants are required to read the appropriate material prior to attending the workshop and you will have to confirm in writing that you have completed this task. Following the workshop, you will be required to spend up to 2 hours to complete a small assignment in which you will write up one application of hypnosis in your work with a patient / client (in the case of students, alternate arrangements can be made) and to submit this to a "mentor" (details to be provided at the workshop).

We also need to maintain strict time limits for each session. Please plan to arrive on time and to stay for the whole programme on both days. That way, you won't miss any of the didactic information or practice sessions.

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:
16.5 *Mainpro-M1 credits*;

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

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

Registration Fees

Early Bird price	\$575
After March 2nd 2015	\$625
Students*	\$275
After March 2nd 2015	\$325

Registration will close March 23rd

Fees include a light breakfast two breaks and lunch on both days and a copy of the book:

***Hypnotic Induction and Suggestion*
by D.C. Hammond.**

* 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.

Bursary

In 2007, we established a fund for students for whom financial hardship might prevent them from attending the workshop. This fund was named after Ernest and Kathryn Rossi, who have made considerable contributions to hypnotherapy. Two small bursaries of \$75 will be provided, to help defray the cost of registration.

Eligible students may send an email to: EdCommChair@csch-od.ca providing information about themselves, including their area of graduate study. All such information will be kept strictly confidential.

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. 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: IntroductoryWorkshop@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

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

IntroductoryWorkshop@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.

As an incentive, successful participants from this Introductory workshop may become CSCH-OD Members for \$110 instead of \$160. Offer ends May 25th 2015.

For membership information and an application form, see our web site: www.hypnosisontario.com

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

2015 Workshops

Intermediate Workshop

June 19th and 20th, 2015

Experienced therapists address critical issues in application of clinical hypnosis

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 as they are finalised.

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

Registration Form Introductory Workshop

March 27th and 28th, 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 authorised or paid: \$ _____

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

Send mail to:
CSCH-OD Introductory 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 Introductory 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 want to be in the psychotherapy medical stream

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; a typical lunch might be sandwiches, soup and dessert, with vegetarian selections available.

Accessibility needs (please specify):

