

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

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

*an*

*Advanced Workshop*

October 23rd and 24th, 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**



## Dr. Leora Kuttner



Dr. Leora Kuttner is a Clinical Psychologist internationally recognized for her work in hypnosis in pediatric pain management and Clinical Professor in the Dept. of Pediatrics, UBC at BC Children's Hospital. Leora pioneered work using hypnosis in pain relief, implemented pain management programs for children and parents and has taught clinical hypnosis in the US, throughout Europe, Australia and the Middle East over the last 34 years. She wrote two books including *A Child in Pain: What Health Professionals can do to Help* and with a previous career in film-making, directed five documentaries including the acclaimed *No Fears, No Tears – 13 Years Later* and *Making Every Moment Count* with the NFB, and *Dancing with Pain on Youth with Chronic Pain*.

In 1998 Dr. Kuttner won the 'Woman of Distinction' in Vancouver, in 2005 the Outstanding Alumni for Professional Achievement from SFU, in 2007 The American Pain Society's Jeffrey Lawson Award and in 2014 the ASCH Western Award for Excellence in Child Hypnosis.

Dr. Kuttner has been teaching faculty in the Canadian Hypnosis Society (BC Div) and in NPHTI (National Pediatric Hypnosis Training Institute) for over 25 years and she is presenting at the International Hypnosis Society meeting in Paris, August 2015.

[www.drleorakuttner.com](http://www.drleorakuttner.com)

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

In this advanced workshop our emphasis will be on applied clinical hypnotic technique for the management and relief of pain and distress. We will review DVD cases, have demonstrations and the opportunity for practice, with some supervision. Participants will have the opportunity to learn about the neurophysiological basis of pain and hypno-analgesic strategies for addressing pain that is procedural, recurring or chronic. At least 25% of the two days will be devoted to practice, demonstrations, discussions, questions and answers. Much of the presented material will address the use of hypnosis for treatment of pain and anxiety for children and adolescents. We'll also discuss how these methods can be used with adults in this intensive two-day workshop.

After participating in the workshop, participants will have the resources and skills to:

1. Conceptualize and explain how pain is processed in the body and how hypnosis is a natural fit as a therapeutic treatment in the management and relief of pain
2. Use three hypnotic techniques to control and reduce pain for children, teens and adults.
3. Engage and attenuate the anxiety that accompanies the experience, or the anticipation of pain or painful procedures by using hypnosis.

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

**Friday, October 23rd, 2015**

**Saturday, October 24th, 2015**

7:30 – 8:30 Registration and breakfast  
 8:30 – 8:45 Introductions & Objectives  
 8:45 – 9:45 The Science and Practice of Hypnosis Treatment for Pediatric Pain Management. The Brain-Body Network: Understanding the complex & continual interaction of brain and body, and the role of therapeutic hypnosis in acute, recurrent and chronic pain, and the science that supports it.  
 9:45 – 10:45 Hypnotic Analgesia: The Magic Glove for Procedural Pain Management. MAGIC GLOVE DVD and Demonstration  
 10:45 – 11:00 Break  
 11:00 – 12:00 Practice Session 1: “The Magic Glove” practice Session in pairs  
 12:00 - 1:00 Lunch  
 1:00 - 3:00 The Frame for Hypnotic Dissociation for Pain and Anxiety Relief  
 The hypnotic encounter: rapport, contract, induction, the work, post-hypnotic suggestions & reversal; Diaphragmatic breathing, dissociation & absorption,  
*In Clinical practice* DVD Examples Seana, Lesley, - hypnotic suggestions  
*With the Group:* Hypnotic Dissociation “Your Favourite Place”  
 Demonstration of the hypnotic process & Discussion  
 The Language of Invitation - Prescriptive vs Permissive Language  
 3:00 – 3:15 Break  
 3:15- 4:00 Practice Session 2  
 “Your Favorite Place” to build comfort and dissociate from pain  
 Using all five sensory modalities: Practice session in pairs  
 Observations Questions and Discussion  
 4:00 - 4:45 Using hypnotic language without induced trance to achieve relief.  
 Bubbles, distraction and setting the frame to relieve fear for children e.g. Injections. DVD: Language for injections  
 4:30-5:00 Discussion & Wrap-up

8:00 – 9:00 Registration and breakfast  
 9:00 – 10:00 “No Fears No Tears – 13 Years Later” The long-term impact of learning hypnosis as a child to manage pain and distress and following up with them 13 years later  
 Reviewing hypnotic language and issues for acute, recurrent and chronic pain relief.  
 Discussion and ‘Take home’ messages  
 10:00 – 10:45 Hypnosis with for Children and Teens in Chronic pain  
 Engaging children with more complex pain (CPRS), ‘resistance’ and the relationship. Diaphragmatic breathing, dissociation, absorbing hope and ongoing engagement  
 Hypnosis: Self-regulation “The Switch” Reducing pain perception  
 Technique for recurring or persistent pain. DVD Examples of Emily, Cassandra, Nicki, Tiffany; Demonstration  
 10:45 – 11:00 Break  
 11:00 - 12:00 Hypnosis Practice 3: “The Switch”  
 Practice Session with New Partner  
 Discussion  
 12:00 - 1:00 Lunch  
 1:00 - 2:30 Developmental Considerations, Anxiety, the Role of Parents  
 DVD Examples: Taylor, Ridge, Callum, Madeleine versus Disaster Dan and the role of contextual messages  
 2:30 - 2:45 Break  
 2:45 - 4:00 Hypnosis Practice 4: Preferred Hypnotic Technique. Refining techniques and building your confidence  
 Practice Session with same or new partner  
 4:00 – 4:30 Take Home Messages, Discussion, and Wrap-up  
 Continuing Hypnosis Practice & Future Training. Pediatric Hypnosis Training opportunities: NPTHI-Nifty! ASCH, ISH

## 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.**

## Registration Information

Registrations mailed and online payments made ***will not get processed until September***. 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  
[AdvancedWorkshop@csch-od.ca](mailto:AdvancedWorkshop@csch-od.ca)

## 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)

## 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)

## 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:  
12.5 *Mainpro-M1 credits*;

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

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

## Registration Fees

<b>Members of CSCH, SCEH, ASCH</b>	\$525
<b>After 28 September 2015</b>	\$575
<b>Early Bird price</b>	\$600
<b>After 28 September 2015</b>	\$650
<b>Students*</b>	\$250
<b>After 28 September 2015</b>	\$300

Registration will open Sept 2nd and close October 19th

**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: [AdvancedWorkshop@csch-od.ca](mailto:AdvancedWorkshop@csch-od.ca))

## Cancellation Policy

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

## 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.

## 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 Form Advanced Workshop

October 23rd and 24th, 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 Advanced 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 Advanced 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:  
Organisation: \_\_\_\_\_ 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; a typical lunch might be sandwiches, soup and dessert, with vegetarian selections available.

Accessibility needs (please specify):  
\_\_\_\_\_  
\_\_\_\_\_

