

**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.

**COMPONENT SECTION:
AMERICAN SOCIETY OF CLINICAL
HYPNOSIS**

**Having Weird Conversations:
Learning Conversational Hypnosis
from the Start**

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May 30, 31 & June 1 2024

Ontario Bar Association
20 Toronto Street, Suite 300,
Toronto, Ontario

WORKSHOP LEADS:
Chris Lobsinger MSW, RSW,
Carlton Brown, M.DIV., RP, RMFT

Laurence Sugarman, MD, FAAP, ABMH



Laurence Irwin Sugarman is Research Professor in the Center for Applied Psychophysiology and Self-regulation in the College of Health Sciences and Technology at the Rochester Institute of Technology and Clinical Professor in Pediatrics at the University of Rochester School of Medicine and Dentistry in Rochester, New York.

During the first two decades of pediatric practice, Dr. Sugarman refined clinical biofeedback and hypnosis strategies in his practice to effectively integrate primary mental health care into primary care. In the decades since, he has emerged as a leader in the field of clinical hypnosis. He is an Approved Consultant and Fellow with the American Society of Clinical Hypnosis. He has been a directing member of the teaching faculty for the (US) National Pediatric Hypnosis Training Institute (NPHTI), elected to the Executive Committee of the Section on Developmental and Behavioral Pediatrics of the American Academy of Pediatrics and is past president of the American Board of Medical Hypnosis.

Dr. Sugarman's many publications, audio-recordings, the internationally acclaimed video-documentary, *Hypnosis in Pediatric Practice: Imaginative Medicine in Action*, and textbook (with William Wester) *Therapeutic Hypnosis with Children and Adolescents* have earned him international recognition. His research has focused on self-regulation therapies for young people with autism spectrum and other developmental differences, the theoretical and psychobiological basis for professional hypnosis training, and hypnosis as the basis for changing health and care. His latest book, coauthored with Julie Linden and Lee Brooks, is *Changing Minds with Clinical Hypnosis: Narratives and discourse for a new health care paradigm*. He is the recipient of many awards and citations for his efforts, the essence of which, he writes, "is exploring and investing in the therapeutic potential of our imaginations."

Workshop Summary:

Hypnosis is the study and practice of changing minds. Clinical hypnosis promotes mind plasticity towards individual well-being. While the legacy model of clinical hypnosis has long been taught and practiced as multistep linear process, evidence indicates that hypnosis is most effective when it is tailored to creatively encourage individuals in a non-linear and indeterminate manner. Transforming hypnosis from a procedure/problem-based to a person-centered practice involves the learning of elemental interpersonal skills, principles, and orientations that can drive plasticity across a range of therapeutic interactions: from the emergency department to the psychotherapy office. In this workshop we will develop those abilities to have cognizant hypnotic conversations by practicing the integration of discrete skills into clinical encounters along a trajectory from establishing rapport, to incubating new understanding, towards numinous experiences. Join us and learn how to move from doing hypnosis to *being hypnotic*.

**Having Weird Conversations:
Learning Conversational Hypnosis from the Start**

Thursday, May 30, 2024 evening

Registration and Reception

5:30-6:00

Workshop Overview

6:00-6:30

Demo and Discussion: 1. Describe and demonstrate how "scaling" can be utilized in a hypnotic frame of reference. 2. Compare and contrast the use of "continuing questions" as compared to post-hypnotic suggestion in terms of closing hypnotic interactions.

6:30-7:00

Evolution, Definition, Concepts: "mind", "trance", "legacy model" "integral model", "conversational hypnosis"; compare & contrast the concepts of "suggestibility" and "responsivity".

7:00-7:50

Break

7:50-8:10

Staring Spells - experiential learning: 1. What is meant by Orne's term, "demand characteristics." 2. Characteristics of "clinician's trance." 3. Relevance of Heisenberg's "uncertainty principle" to hypnotic relationships

8:10-8:25

8:25-8:45

Q & A

8:45

Adjourn

Friday, May 31, 2024 a.m.

8:30-9:00

Reception

9:00-9:40

Structure of Hypnotic Interactions: Characterize the four stages of change in relation to the ultradian "Basic Rest Activity Cycle (BRAC) and Rossi's "Novelty, Numinosum, Neurogenesis Effect" (N3)

9:40-10:10

Basic Skills: 1. Describe and demonstrate four basic skills ("kneading," "wondering," "wandering," and "congression") in hypnotic interaction. 2. Describe and demonstrate four orienting principles. 3. Discuss the concept of trauma "as a way of living" in terms of trance and its treatment.

10:10-10:20

Introduction to Experiential Learning: Lecture, Demo

10:20-10:40

Break

10:40-11:40

Basic Skills - Small Group Experiential Learning

11:40 - 12:00

Discussion of Experiential Learning

12:00-12:20

Q & A

12:20 pm

Lunch

Friday, May 31, 2024 p.m.

1:20-2:10

Development of Imperatives in Tranceformation

2:10-2:50

Scaling Change: Apply the experiences of "dissociation" and "reassociation" to the structure of hypnotic interaction.

2:50-3:10

Break

3:10-4:10

Scaling Change - Small Group Experiential Learning

4:10-4:25

Discussion of Experiential Learning

4:25-4:45

Q & A

Adjourn

Saturday, June 1, 2024 a.m.

8:30-9:00

Reception

9:00-9:40

The Heart and Health of Care

9:40-10:30

Multi-Imagery & Dissociation

10:30-10:50

Break

10:50-11:50

Multi-Imagery & Dissociation - Small Group Experiential Learning

11:50-12:05

Discussion of Small Group Learning

12:05-12:25

Q & A

12:25 pm

Lunch

Saturday, June 1, 2024p.m.

1:25-2:15

Strategic Approaches

2:15-3:15

Person-based Role Playing - Small Group Learning & Discussion

3:15-3:35

Break

3:35-3:55

Q & A

3:55-4:35

Take Out - Changing Self-Hypnosis

4:35-4:55

Ongoing Education Resources & Workshop Evaluation

4:55 p.m.

Adjourn

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.

No previous hypnosis training is required for this workshop.

Payment Options

We accept payment by cheque, VISA or MasterCard by mail. Putting your credit card number in an email is not recommended as electronic copies of your email are hard to control or secure.

We also accept PayPal from links on our website, www.csch-od.ca. The PayPal button on the workshop page will show the early bird prices until close of business on the cut-off date. Unless you are already a CSCH-OD member, you will need to provide the necessary information on the registration form to establish eligibility for the workshop. Please make sure you are eligible before you pay.

The registration form and proof of eligibility can also be emailed as a scanned document to admin@csch-od.ca.

Workshop Fees

<p>Board Members/Faculty: Early Bird \$495, Regular: 695 Members: Early Bird: \$695, Regular: \$795 Non-Members: Early Bird; \$795, Regular: \$895 Students: Early Bird: \$495, Regular: \$595</p>
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Fees include snacks and refreshments. Please advise of dietary preferences.

Registration will close May 19, 2024.

* 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.

Registration Information

You will receive an e-mail confirmation of your registration. All communications are by email, so please make sure your email address is clearly written on the registration form.

If you have any questions about registration, please contact:

Nikita Patel admin@csch-od.ca

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.

Cancellation Policy

Cancellations are permitted; However, a \$25 administrative fee will be retained. **Please note:** Cancellations in the week before the workshop are subject to a refund minus the cost of the venue and the food. Should a participant fall ill prior to the start of the workshop, a refund will be issued.

Membership Policy

Current CSCH-OD members who are in arrears in their membership must include their outstanding dues with the workshop fee to receive the Member's discount.

Workshop Venue

The workshop will take place at the **Ontario Bar Association**, 20 Toronto Street, Toronto, Ontario.

The venue is two blocks East of Yonge Street and one block North of King Street E.

For those taking public transportation, the closest subway stop is King station.

Attention Non-members

Become a member of CSCH-OD and enjoy discounts on future workshops!

Membership is \$160 a year.

Participants from this workshop who wish to become CSCH-OD members will receive a \$25 discount on the membership fee for 2022.

For information about membership, application and benefits, see our website: www.csch-od.ca

Upcoming Workshops

Introductory Workshop Toronto, Ontario

Dates and Location: TBA

Clinical Hypnosis Workshop

May 30, 31 and Jun1 2024

Registrant:

Title: Dr. Mr. Mrs. Ms.

Name: _____

Payment:

Cheque Enclosed

Already paid online

Virtual Terminal payment option:

Visa MasterCard

Card Number

Expiry: Month _____ Year Three digit security code (back of

card).

Amount authorised or paid: \$

Cheques payable to CSCH-OD
(No post-dated cheques please.)

Mail to:

**705- 20 Aurora Court, Scarborough,
ON M1W 2M2**

To benefit from the Early Bird price, both the completed registration form and payment must be received no later than 6 p.m. on April 1, 2022.

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

CSCH-OD Workshop

Registration Form

Email Address (required): _____

Mailing Address: _____

This is my: home address office address

Phone number: _____ Highest degree: _____

I qualify for member's rate because I belong to CSCH, CFCH, SCEH or ASCH.

Please circle the applicable Society and provide your membership number: _____

*Introductory workshop requirement is waived for this workshop.

Check and complete the details **for only one:**

I am a licensed, registered professional:

I am a member in good standing of the (college) _____
(e.g. OCSWSSW, CPO, CFPC, CNO, CRPO, etc.)

Registration/license number _____

or

I am a student or medical resident. I have read the eligibility requirement 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.

Please specify any food allergies:

