

**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



**UNIVERSITY OF TORONTO**  
FACULTY OF MEDICINE

**Hypnotic Relaxation Therapy in the  
Treatment of Anxiety, Stress, Pain,  
Hot Flashes and Sleep: an Advanced  
Workshop**

**Dr. Gary Elkins, Ph.D., ABPP, ABPH**

**Special Offer: Train the Trainer Session by Dr. Elkins  
Friday, September 15, 7:30 - 9:30 p.m.**

**Pre-registration required**

**CSCH-OD members and eligible participants welcome:**

**Fee: \$50.00 for all who plan to attend.**

**See page 7 for details, page 8 for registration form.**

**September 15th & 16th, 2017**

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

**CONFERENCE COMMITTEE:**

Lynn Marshall M.D., Deborah O'Sullivan B.Sc., M.A., Au.D.,  
Sid Freedman Ph.D., Elia Abi-Jaoude M.D., Irwin Altrows Ph.D.,  
Arpita Biswas Ph.D., Chris Lobsinger MSW, RSW,  
Carolynn R. Campbell MSW, RSW,  
Ellie Kanigsberg B.O.T., and Piret Koppel M.A. MFT, RSW.

**This continuing education event indicated has been designated as a U  
of T Accredited event and awarded with the following credits:**

*The College of Family Physicians of Canada – 13.0 Mainpro+ credits  
(1 credit per hour); (15.0 Mainpro+ credits, if participants opt to  
attend the 2 hour "Train the Trainer session on Sep. 15/17)*

*Royal College of Physicians & Surgeons of Canada – 13.0 Section 1  
hours; (15.0 Section 1 hours, if participants opt to attend the 2 hour  
"Train the Trainer session on Sep. 15/17)*

## Dr. Gary Elkins, Ph.D., ABPP, ABPH



**Dr. Gary Elkins** is a Clinical Psychologist, President of the Society for Clinical and Experimental Hypnosis, and incoming Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis. Dr. Elkins is an internationally known expert in clinical and experimental hypnosis and the co-author of the publication *Standards of Training in Clinical Hypnosis* and has multiple clinical research publications.

Gary is a Professor of Psychology and Neuroscience at Baylor University. He is Director of the Mind-Body Medicine Research Program conducting NIH funded research into clinical applications of hypnosis. In addition, he maintains a part-time private practice. His research and clinical work has focused on areas such as the role of the therapeutic relationship in hypnotherapy, mechanisms of action, pain, sleep, hot flashes, and stress.

Gary is the author of four books that are highly relevant to his workshop and clinical practice, *The Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*; *Hypnotic Relaxation Therapy: Principles and Applications*; *Complementary and Alternative Medicine for Psychologists: An Essential Resource*; and *Relief From Hot Flashes: The Natural, Drug-Free Program to Reduce Hot Flashes, Improve Sleep, and Ease Stress*.

Dr. Elkins is a renowned expert in clinical hypnosis and President of the Society for Psychological Hypnosis (Division 30 of the American Psychological Association). He is also Past-President of both the American Society of Clinical Hypnosis and the American Board of Psychological Hypnosis. Gary holds the Diplomate in Clinical Hypnosis from the American Board of Psychological Hypnosis (ABPH) and the Diplomate in Clinical Health Psychology from the American Board of Professional Psychology (ABPP). He has served as Vice-Chair of the International Society of Hypnosis Council of Representatives and has taught courses nationally and internationally on clinical hypnosis.

# Hypnotic Relaxation Therapy in the Treatment of Anxiety, Stress, Pain, Hot Flashes and Sleep

**Friday, September 15, 2017**

7:30-8:30 a.m.	Registration and Breakfast
8:30-8:45 a.m.	Introduction and Objectives
8:45-9:45 a.m.	Hypnotic Relaxation Therapy Conceptualization of Conscious and Unconscious Process Hypnotherapeutic Relationship in Psychotherapy Hypnotic Induction - Contextual and Dissociative Factors
9:45-10:45 a.m.	Hypnotic Induction for Stress and Anxiety - Demonstration
10:45-11:00 a.m.	Refreshment Break
11:00-12:00 p.m.	Practice Session 1: Hypnotic Relaxation Induction for Stress and Anxiety Practice session in pairs
12:00-1:00 p.m.	Lunch
1:00-2:00 p.m.	Chronic Pain Management: Conceptualizing Hypnosis, Empathy and Rapport
2:00-3:00 p.m.	Demonstration: Chronic Pain Management - DVD
3:00-3:15 p.m.	Refreshment Break
3:15-4:00 p.m.	Practice Session 2 Goal Setting, Individualization, Hypnotic Induction for Pain Management Practice session in pairs Observations, Questions and Discussion
4:00-4:45 p.m.	Hypnosis for Hot Flashes in Breast Cancer Survivors and Post-Menopause
4:45-5:00 p.m.	Discussion and Wrap-up
5:00 p.m.	Adjourn

**Saturday, September 16, 2017**

8:00-8:30 a.m.	Breakfast
8:30-9:30 a.m.	Review, Question and Answer Hypnotic Relaxation Therapy: Symptom Management, Coping Skills, Facilitation of Insight and Unconscious Dynamics, Relapse Prevention
9:30-10:15	Demonstration - Use of Hypnotic Relaxation Induction, Goal Setting, Suggestions for Facilitation of Insight, Hypnoprojective Methods and Symptom Reduction
10:15-10:30 a.m.	Refreshment Break
10:30-11:30 p.m.	Practice Session 3 with a new partner
11:30-12:30 p.m.	Lunch
12:30-1:30 p.m.	Assessment of Hypnotizability in Clinical Practice Elkins Hypnotizability Scale
1:30-2:00 p.m.	Hypnotic Relaxation Therapy for Deeper Sleep Transcript and Individualization
2:00-2:15 p.m.	Refreshment Break
2:15-3:30 p.m.	Practice session 4: Preferred Hypnotic Skill - Assessment of Hypnotizability or Hypnotic Relaxation Therapy for Deeper Sleep Practice Session 4 with same or new partner
3:30-4:15 p.m.	Question and Answer, Discussion, and Wrap-up Continuing Hypnosis Practice and Future Training. SCEH, ASCH, ISH Workshop evaluation
4:15 p.m.	Adjourn

**Discussion, 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.**

## 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.**

## 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.hypnosiontario.com](http://www.hypnosiontario.com). 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 [Register@csch-od.ca](mailto:Register@csch-od.ca).

## Workshop Fees

<b>Member Early Bird</b>	<b>\$525</b>
<b>Member: After August 18, 2017</b>	<b>\$575</b>
<b>Non-member Early Bird</b>	<b>\$600</b>
<b>Non-member: After August 18, 2017</b>	<b>\$650</b>
<b>Early Bird Students*</b>	<b>\$350</b>
<b>Student: After August 18, 2017</b>	<b>\$400</b>
<b>Train the Trainer session</b>	<b>\$50</b>

**Registration will close September 1, 2017.**

**Fees include a light breakfast, refreshments 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.

## 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:

Roxanne Martel [Register@csch-od.ca](mailto:Register@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 if at least two weeks' notice is provided; However, a \$25 administrative fee will be retained.

## 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 **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: Paid public parking is available off Simcoe St behind the RCMI and underground off St. Patrick St.

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.

## 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 2017.

For information about membership, application and benefits, see our website: [www.hypnosisontario.com](http://www.hypnosisontario.com)

## 2018 Workshops

### Introductory Workshop The Fundamentals of Hypnosis

**March 2nd and 3rd, 2018**

**Royal Canadian Military Institute**

**426 University Ave., Toronto, Ontario**

### Intermediate Workshop

**Dates: TBA**

**Royal Canadian Military Institute**

**426 University Ave., Toronto, Ontario**

## Advanced Workshop

**September 15 & 16, 2017**

### 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).

Amount authorised or paid: \$ \_\_\_\_\_

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

Mail to:

**CSCH-OD Advanced Workshop  
2321 Av. Regent,  
Montreal, QC, H4A 2R2**

To benefit from the Early Bird price, both the completed registration form and payment must be received no later than 6 p.m. on September 1, 2017.

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

## 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: \_\_\_\_\_

☐ I am attending the "Train the Trainer" session. I have added the \$50.00 fee to the workshop payment. Please note: "Available to Registered Health Professionals only!"

I took my introductory hypnosis training at:

Organisation: \_\_\_\_\_ Year: \_\_\_\_\_

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 \_\_\_\_\_

☐ 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:**

\_\_\_\_\_  
\_\_\_\_\_



## **Teaching and Consultation in Clinical Hypnosis: Train the Trainer Dr. Gary Elkins**

Teaching and consultation in clinical hypnosis is enhanced by familiarity with the Standards of Training (Hammond & Elkins, 1994; Elkins & Hammond, 1998), formulating learning objectives, skill in leading small group practice sessions, ethical guidelines, consideration of Certification in Clinical Hypnosis, and providing case consultation.

This session will provide an overview of the current Standards of Training and continued application. The integration of emerging clinical research and clinical methods will be discussed. Also, some considerations in conducting small group practice sessions will be discussed with clinical examples and ethical considerations during clinical teaching.

In the second half of this session on teaching and consultation in clinical hypnosis, participants will have an opportunity to share their experience and time will be allotted for question and answer as well as role play as may be relevant to the discussion.

### **Outline**

#### **I. Train the Trainer**

- Discuss Standards of Training in Clinical Hypnosis  
The development and formulation of learning objectives
- Integration of emerging clinical research and clinical methods into teaching clinical hypnosis
- Conducting Small Group Practice Sessions  
The mechanics and what to look for in participants during interactions, hypnotic inductions, alerting, and ethical issues that can emerge in sessions
- Case consultation and learning contracts

#### **II. Question and Answer: Discussion Session**

- Bring your questions and ideas for training in clinical hypnosis
- Beginning to Advanced levels of training
- Discuss challenges to training new professionals in clinical hypnosis
- How to integrate emerging knowledge, trends, and evidence-based practice and research informed interventions into clinical hypnosis training.

Hammond, D.C., & Elkins, G.R. (1994). Standards of Training in Clinical Hypnosis. Chicago: ASCH Press.

Elkins, G.R., & Hammond, D.C. (1998) Standards of training in clinical hypnosis: Preparing professionals for the 21st century. American Journal of Clinical Hypnosis, 41(1), 55-64.

Elkins, G.R. (2016) Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues. New York, NY: Springer Publishing Inc.



## "Train the Trainer" Session Registration - Dr. Gary Elkins

Friday, September 15, 2017, 7:30 - 9:30 p.m.

### Participant (not already enrolled in the Advanced Workshop):

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).

Amount authorised or paid: **\$50.00**

Cheques payable to CSCH-OD

(No post-dated cheques please.)

Mail to:

**CSCH-OD Advanced Workshop**

**2321 Av. Regent,**

**Montreal, QC, H4A 2R2**

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

Deadline for "Train the Trainer" session is:  
Friday, September 1, 2017.

### 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: \_\_\_\_\_

☐ I am attending the "Train the Trainer" session. \$50.00 fee included in payment.  
Please note: Available to Registered Health Professionals only!

I took my introductory hypnosis training at:

Organisation: \_\_\_\_\_ Year: \_\_\_\_\_

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 \_\_\_\_\_

**I confirm the accuracy of the information provided.** \_\_\_\_\_

**Registrant's signature**