

**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

Hypnotherapy: Beyond the Basics

**an
Intermediate Workshop**

June 2nd and 3rd, 2017

**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.,
Elia Abi-Jaoude M.D., Irwin Altrows Ph.D., Arpita Biswas Ph.D.,
Marie-Elise Du Buisson Ph.D., Chris Lobsinger MSW, RSW,
Carolynn Campbell MSW, and Ellie Kanigsberg, B.O.T

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

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-M1 credits

Royal College of Physicians & Surgeons of Canada – 13.0 Section 1 credits

The American Medical Association – 13.0 Category 1 credits

*Obtainable via a conversion process based on a reciprocal agreement with the Royal College
of Physicians & Surgeons of Canada*

Workshop Overview

The intermediate workshop is a didactic and practical course, which builds upon the skills learned in an introductory course. This second level of instruction focuses upon refining skills of hypnotherapeutic communication and utilizing these skills to assist in treating problems such as anxiety, pain, trauma, habit control, ego strengthening, and chronic illness. A number of advanced direct and indirect inductions will be demonstrated and participants will practise inductions in small groups. Common problems encountered when utilizing clinical hypnosis will be discussed along with suggested solutions. A panel of the presenters will discuss successful applications of hypnosis and address any problems encountered by participant's in their own practice.

Faculty

Dr. 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.

Chris Lobsinger MSW, RSW Kitchener-Waterloo, Ontario

Chris Lobsinger, M.S.W., RSW, has more than twenty-five years experience in clinical social work including children's mental health, family service agencies, Corrections, and private practice. His training includes degrees in psychology and social work from Wilfrid Laurier University, two years of live supervision in brief, collaborative therapy with internationally-recognized clinicians, and a variety of hypnosis workshops with prominent Ericksonian and traditional hypnotherapists. Chris is a Board Member of the Canadian Society of Clinical Hypnosis – Ontario Division.

Chris has presented at national and international conferences, and in 2002 was appointed to the adjunct training faculty at the Hincks-Dellcrest Institute in Toronto. He works effectively with children, youth, and adults, and lives in Kitchener-Waterloo where he has maintained a full-time private practice for the past thirteen years. Chris' experiences as a musician, actor, traveller, and outdoorsman greatly inform his warm, creative, and practical presentation style.

Karen Day MSW Thornhill, 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.

Hypnotherapy: Beyond the Basics

Friday, June 2nd, 2017

7:30 - 8:30 a.m. Registration and Breakfast

Practical Issues and Applications to Health and Mental Health Problems

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

8:30 - 10:00 a.m.

Basic Issues

- Rapport development and determining the reason for referral
- What I do even before I introduce hypnosis to my patients
- Direct vs. indirect suggestion
- First hypnotic session: recording of inductions, documenting in clinical notes
- Second hypnotic session: two-finger self-hypnosis
- Additional inductions: staircase or elevator induction, taking a different perspective (jigsaw puzzle induction)
- Use of age regression and age progression
- Affect and somatic bridge
- Hypnosis with children and adolescents
- How much do we need to talk during an induction? (Ernest Rossi)
- Questions and discussion
- Small Group Practice: one new induction

10:00 – 10:15 a.m. Refreshment break

10:15 a.m. -12:00 p.m.

Applications to Health Problems

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

Applications to Mental Health Problems

- Anxiety: panic attacks, students worried about studying for and writing exams, driving anxiety following a motor vehicle accident
- Phobia: hypnosis and imaginal systematic desensitization
- Dysphagia
- PTSD
- Questions and discussion

12:00 - 1:00 p.m. Lunch

Integrating Hypnotherapy into Clinical Practice

Chris Lobsinger, MSW, RSW

1:00 - 2:30 p.m.

- Utilize assessment to identify resources, strengthen attunement, and identify goals
- Discuss presenting problems using age progression and regression
- Determine whether to use a more direct or indirect approach
- Introduce a light trance via meditative breathing, self-hypnosis, and rapid induction
- Pace and lead verbally/non-verbally
- Utilize 'resistance' and 'problems' to strengthen the trance experience

2:30 – 2:45 p.m. Refreshment break

2:45 - 5:00 p.m.

- Facilitate a rapid induction to somnambulism
- Ratify the trance using glove anaesthesia, catalepsy, and other hypnotic phenomena
- Create suggestions and tasks related to client goals
- Make post-hypnotic suggestions
- Utilize debriefing to amplify therapeutic benefits and seed hopefulness
- Foster ongoing self-hypnosis practice
- Shift from doing hypnosis, to thinking hypnotically, to being hypnotic

5:00 p.m.

Adjourn

Hypnotherapy: Beyond the Basics

Saturday, June 3, 2017

8:00 - 9:00 a.m. Breakfast

Eight Troubleshooting Tips: Keeping Your Sessions Engaging **Karen Day, MSW**

9:00 - 10:30 a.m.

A Review of five common questions: Integrating Hypnosis Into Therapy Sessions

1. Was my client really in a trance? A review of depth level, Q & A
2. So, where does the hypnosis fit in? A review of session logistics
3. What if I mess up my client for life? A review of common therapist fears
4. I think I am talking too much...or too little
5. I was hypnotized but nothing changed!

10:30 - 10:45 a.m. Refreshment break

10:45 - 12:00 p.m.

6. I just froze in the middle of providing suggestions - Now what?
7. Is now a good time for regression?
8. A Core Belief is the darndest thing!

12:00 -1:00 p.m. Lunch

12:30-1:30 p.m.

CSCH-OD Annual General Meeting

1:30 - 4:45 p.m.

Panel, with Sid Freedman Ph.D., Chris Lobsinger MSW, RSW and Karen Day, MSW

The panel will discuss successful applications of hypnosis and address any problems encountered by participants in their clinical practice. This session may include role play where helpful.

Participants are invited to bring case material with successful and/or unsuccessful outcomes to share.

2:45 - 3:00 p.m. Refreshment break

4:45 - 5:00 p.m.

Workshop evaluations

5:00 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 the OCSWSSW, or the College of Psychotherapists of Ontario (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.hypnosisontario.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.

Registration Fees

Member Early Bird	\$525
Member: After May 12, 2017	\$575
Non-member Early Bird	\$600
Non-member: After May 12, 2017	\$650
Early Bird Students*	\$350
Student: After May 12th, 2017	\$400

Registration will close May 24th, 2017.

Fees include a full 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

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 2016.

For information about membership, application and benefits, see our website: www.hypnosisontario.com

2017 Workshops

Advanced Workshop

September 15th and 16th, 2017

Presenter: Dr. Gary Elkins, M.D.

Professor of Psychology and Neuroscience

Director, Mind-Body Medicine Research Laboratory

Psychology and Neuroscience College of Arts and Sciences,
Baylor University, Texas, USA

Topic: Hypnotic Relaxation Therapy in the Treatment of Anxiety, Stress, Pain, Hot Flashes and Sleep: An Advanced Workshop.

Intermediate Workshop

June 2nd and 3rd, 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 Intermediate 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 5 p.m. on May 12th, 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 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:

