

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

The Fundamentals of Hypnosis

an

Introductory Workshop

March 3rd and 4th, 2017

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

CONFERENCE COMMITTEE:

Lynn Marshall M.D., Piret Koppel M.A., MFT, RSW, Elia Abi-Jaoude M.D., Irwin Altrows Ph.D., Arpita Biswas Ph.D., Carolyn R. Campbell MSW, Marie-Elise Du Buisson Ph.D., Sid Freedman Ph.D., Ellie Kanigsberg B.O.T., and Chris Lobsinger MSW, with contributions from CSCH-OD Board Members from multiple disciplines.

This workshop is approved for:

The College of Family Physicians of Canada – 15.5 Mainpro+ credits

Royal College of Physicians & Surgeons of Canada – 15.5

The American Medical Association – 15.5 Category 1 credits



**UNIVERSITY OF TORONTO
FACULTY OF MEDICINE**

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 their practices. 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 the practical application of at least four ways of inducing 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 3rd, 2017

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

12:00 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

Saturday, March 4th, 2017

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, 2. Psychotherapy

10:00 a.m. Refreshment Break

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

12:00 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 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

The CSCH-OD Introductory workshop: The Fundamentals of Hypnosis is taught by a highly qualified faculty. All are members of the Society and have extensive training and experience in the clinical application of hypnosis in their respective fields. The members of the Faculty for this workshop are:

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.

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, cognitivebehavioural 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.

Carl Lokko, MSW
London, Ontario

Carl Lokko, was educated at University of Ghana, Wilfrid Laurier University, and at Florida State University. He has been practicing as a Clinical Social Worker for the past 21 years focusing on individual, groups and family counselling and psychotherapy. He has extensive experience in the field of community-based brain injury rehabilitation and chronic pain management following motor vehicle accidents. He practices hypnotherapy, and is a Board member of the Clinical Hypnosis Society of Canada-Ontario division. Carl's private practice is Oasis Counselling and Consulting Services, which is located in London, Ontario. In addition to serving clients at his office in London, Ontario, Carl does house calls across Southwestern Ontario. He enjoys reading, sports, solving puzzles, comedy, a wide range of music, and spirituality.

Arpita Biswas, Ph.D., C. Psych.
Toronto, Ontario

Dr. Arpita Biswas is a registered psychologist with more than twenty-seven years of practical clinical experience. Her qualifications include a Master's, a M.Phil and a Ph.D. degree in psychology. She is extensively trained in an array of psychotherapeutic approaches including Cognitive Behavioural Therapy, Psychodynamic therapy, Clinical Hypnosis, EMDR, and Mindfulness Interventions. In the past she has worked as a psychologist with the Health and Wellness Department of University of Toronto at Scarborough. Since 2008, Dr. Biswas is in full time private practice with offices in Toronto and the Scarborough area. Currently she is associated as a faculty with the Centre for Mindfulness Studies, Toronto. In her practice, she supervises psychotherapists and psychologists under supervised practice.

Dr. Biswas' interest in clinical hypnosis dates back to 2008. She obtained her initial training from the Canadian Society of Clinical Hypnosis –Ontario Division and since then she has attended numerous trainings at intermediate and advanced levels from various renowned and world-class professionals. Last year, she has also obtained a 100 hour intensive training in clinical hypnosis and Strategic Psychotherapy from the world renowned psychologist Dr. Michael Yapko. Dr. Biswas uses hypnosis extensively in her practice to deal with a range of issues including anxiety, depression, phobia, trauma, stress management, pain, self-esteem and performance enhancement.

Chris Lobsinger
Kitchener-Waterloo, Ontario

Chris Lobsinger, MSW., RSW, has worked more than twenty-five years in children's mental health and counselling agencies. He holds degrees in psychology and social work from Wilfrid Laurier University, and has extensive training and practice experience in brief therapy and hypnotherapy. In 2002, Chris was appointed to the adjunct training faculty at the Hincks-Dellcrest Institute in Toronto, and continues to provide training on a variety of topics to social service and business communities. He works effectively with kids and adults, and lives in Kitchener-Waterloo where he's maintained a full-time private practice for the past twelve years. Chris' experiences as a musician, actor, traveller, and outdoorsman greatly inform his warm, creative, and practical presentation style.

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 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. 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 registration form 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.

The registration form and proof of eligibility can also be emailed as a scanned document (E-mail address: 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.

Workshop Information

For inquiries about the workshop content, contact one of the CSCH-OD Board members 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: Paid public parking is available off Simcoe St behind the RCMI and 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.

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?

Attention Non-Members

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

Membership is \$160 a year.

Successful participants from this Introductory workshop who wish to become CSCH-OD members will receive a \$25 discount on the membership fees.

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

Eligibility

Applicants for training at any CSCH-OD workshop must be regulated by a College under the RHPA, the OCSWSSW or the CRPO (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 program on both days. That way, you won't miss any of the didactic information or practice sessions.

Registration Fees

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|--------------------------------|--------------|
| Early Bird price | \$600 |
| After February 3rd 2017 | \$650 |
| Students* | \$350 |

Registration will open December 23rd, 2016
Registration will close February 17th, 2017.

Fees include a hearty 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 the workshop.

Registration Information

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: Roxanne Martel
Register@csch-od.ca

2017 Workshops

Intermediate Workshop

June 2nd and 3rd, 2017

**Royal Canadian Military Institute
426 University Ave., Toronto, Ontario
Details to be announced.**

Advanced Workshop

Details to be announced.

Introductory Workshop

March 3rd and 4th, 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). Appears after and to the right

of your card number.

Amount authorised or paid: \$ _____

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

Mail to:

CSCH-OD Introductory 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 the day of the deadline.

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

CSCH-OD Introductory Workshop

Registration Form

Email Address (required): _____

Mailing Address: _____

This is my: home address ☐ office address ☐

Phone number: _____ Highest degree: _____

I want to be in the: psychotherapy stream ☐ medical stream ☐

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. CPSO, CFPC, CPO, OCSWSSW, CRPO, CNO, 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 indicate any food allergies
(Please specify):

