

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

Accessing the Inner World of the Hypnotic Mind: Dissociation, PTSD and Beyond - an Advanced Workshop

Dr. George Fraser, M.D., FRCPC

June 15 & 16, 2018

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

CONFERENCE COMMITTEE:

Lynn Marshall M.D., Deborah O'Sullivan B.Sc., M.A., Au.D.,
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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 – 13.5 Mainpro+ credits

Royal College of Physicians & Surgeons of Canada – 13.5 Section 1 credits

The American Medical Association – Category 1 credits

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

Please see page 6 for full accreditation details.

Dr. George Fraser, M.D., FRCPC



LCol(ret'd) George A. Fraser MD, FRCPC

Dr. George A. Fraser is a consultant psychiatrist with the Canadian Armed Forces Operational Trauma and Stress Support Center in Ottawa. Following graduation from Dalhousie University in Halifax, his medical journey took him to military postings in Canada, Ghana (West Africa), Germany and finally Ottawa. As a general practitioner in the military he became interested in the field of psychiatry. Working as a psychiatrist he became drawn to the areas of anxiety, phobias and dissociative disorders. As assistant professor at the University of Ottawa and Medical Director of the Anxiety and Phobic Disorders Clinic at the Royal Ottawa Hospital, he authored and edited "The Dilemma of Ritual Abuse" for the American Psychiatric Press. He moved into private practice as Medical Director of the Ottawa Anxiety and Trauma Disorders Clinic. His international reputation in the field of dissociative disorders was recognized by the International Society for Traumatic Stress Studies when he was made a Fellow. In 2003, ISTSS awarded him the prestigious Pierre Janet Writing Award for the best clinical theoretical or research paper in the field of dissociation and/or trauma that year. This publication, "Fraser's Dissociative Table Technique" is currently used internationally as a unique therapy template for persons with dissociative disorders. Working in this latter area led to his segue to PTSD. Recently, he has done ground breaking work using nabilone, a synthetic cannabinoid in suppressing PTSD nightmares.

This workshop aims to guide attendees to gain a deeper understanding of the vital role of sensory memory processing and empathic awareness in their clients/patients undergoing hypnotherapy. They will learn to assess their own sensory processing style and how this can be useful in their role as a therapist using hypnosis as part of their practice. Attendees will delve into the deeper aspects of hypnosis and learn how to apply this knowledge to their more difficult clinical cases including dissociative disorders and complex posttraumatic stress disorder (PTSD).

Accessing the Inner World of the Hypnotic Mind: Dissociation, PTSD and Beyond

Friday, June 15, 2018

7:30-8:30 a.m.	Registration and Breakfast
8:30-9:00 a.m.	Introduction and orientation to workshop
9:00-9:30 a.m.	The search for the ideal hypnotic induction method Demonstration of Spiegel's "Hypnotic Induction Profile"
9:30-10:45 a.m.	Useful things to know in the clinical use of hypnosis: the aura of your office, the language of hypnosis, and state dependent memory styles of memory processing - from "aphantasia" to the fantasy prone personality. Self-assessment of memory processing (Group participation)
10:45-11:00 a.m.	Refreshment Break
11:00-12:00 p.m.	Using hypnosis: Clinical examples including: smoking cessation, flying phobia, binge eating, public speaking phobia, conversion disorder (hysterical paralysis, hysterical blindness, headache management, somatoform disorder)
12:00-1:00 p.m.	Lunch
1:00-1:15 p.m.	Questions and Answers re morning session
1:15-2:00 p.m.	Sharing lessons learned: A 'hypnosis' prescription, when to not remove a symptom, fractionated recovery rationale, the 'magnetic fingers', interpreting colour auras, contagion effect, boundaries, the 'hypnogenic spot' as crisis intervention.
2:00-3:00 p.m.	Clinical Videos exploring hypnotic phenomena, de-personalization and de-realization, the problem with memory retrieval.
3:00-3:15 p.m.	Refreshment Break
3:15-4:45 p.m.	The syndrome of Post Traumatic Stress Disorder (PTSD): screening for PTSD, special issues in sleep (sleep apnea, nightmares), co-morbidity (the trauma wheel), how to explain PTSD to clients ("Why things go wrong").
4:45-5:00 p.m.	Questions and Answers re afternoon presentations.
5:00 p.m.	Adjourn

Saturday, June 16, 2018

8:00-8:30 a.m.	Breakfast
8:30-8:45 a.m.	Questions and Answers
8:45-9:15 a.m.	Group Discussion/Case Study: Attendees as Consultant: (an actual case) "Your client/patient is a military recently returned from a deployment in Afghanistan. Presenting complaint in 3 episodes of amnesia about an hour each in duration: two during a fire fight while deployed, and one on return to Canada during July 1st fireworks. What is your investigation? Your diagnosis/diagnoses? Your management?"
9:15-10:15 a.m.	Dissociative symptoms versus dissociative disorder and the relationship to PTSD.
10:15-10:30 a.m.	Refreshment Break
10:30-12:00 p.m.	Managing Dissociative Disorders, Ego-State Therapy (Jack and Helen Watkins) How alter states develop, cautions and guidelines in managing dissociated states, using ego-state therapy in PTSD. Is the ISH the ultimate hypnotic state?
12:00-1:30 p.m.	Lunch - extended lunch; no afternoon break
1:00-1:30 p.m.	CSCH-OD AGM - all workshop participants are invited
1:30-2:30 p.m.	Fraser's Dissociative Table Technique: The development of hypnotic strategies for diagnosing and creating a template for the management of dissociative phenomenology in Dissociative Identity Disorder and complex PTSD.
2:30-3:15 p.m.	Video and Group Discussion: Face to face with Dissociative Identity Disorder (from CBC TV's Fifth Estate with patient and Dr. Fraser) immediately followed by 19-year follow-up video with same patient.
3:15-3:45 p.m.	Video and Group Discussion: Introducing a DID patient to first session using Table Technique.
3:45-4:30 p.m.	Practice session: Peer practice introducing/ implementing the Table Technique.
4:30-4:45 p.m.	Closing Remarks - including Questions and Answers.
4:45-5:00 p.m.	Workshop evaluation
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 admin@csch-od.ca.

Workshop Fees

Member Early Bird	\$525
Member: After May 18, 2018	\$575
Non-member Early Bird	\$600
Non-member: After May 18, 2018	\$650
Early Bird Students*	\$350
Student: After May 18, 2018	\$400

Registration will close June 7, 2018.

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 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 if at least two weeks' notice is provided; However, a \$25 administrative fee will be retained. Cancellations in the week before the workshop are subject to a refund minus the cost of the venue and the food.

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

2018 Workshops

Intermediate Workshop

Dates: October 19 & 20, 2018

Presenter: Karen Day, MSW, RSW

CSCH-OD president

Royal Canadian Military Institute

426 University Ave., Toronto, Ontario

Continuing Professional Development Credits Faculty of Medicine, University of Toronto

This continuing education event is held under the auspices of Continuing Professional Development, Faculty of Medicine, University of Toronto and the Canadian Society of Clinical Hypnosis - Ontario Division.

Accreditation:

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto for up to **13.5** Mainpro+ credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim up to a maximum of **13.5** hours (credits are automatically calculated).

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. More information on the process to convert Royal College MOC credit to AMA credit: www.ama-assn.org/education/earn-credit-participation-international-activities

Advanced Workshop

June 15 & 16, 2018

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:

**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 May 18, 2018.

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

CSCH-OD Advanced 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: _____

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:

