

**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

# **Beyond the Basics: Deepening Your Clinical Hypnosis Practice**

**an  
Intermediate Workshop**

**October 19 and 20, 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.,  
Sid Freedman Ph.D., Elia Abi-Jaoude M.D., Irwin Altrows Ph.D.,  
Arpita Biswas Ph.D., Piret Koppel M.A., MFT, RSW, Chris Lobsinger MSW, RSW,  
Carolynn R. 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 – **13.5** 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.*

## Workshop Overview

This workshop focuses on refining skills of hypnotherapeutic communication in the fields of psychotherapy and medicine. Attendees will practice intermediate level inductions, along with direct and indirect deepening and suggestion techniques. The workshop will offer perspectives and hypnotic interventions to addressing a variety of common clinical issues. Participants will acquire tools to help manage concurrent pain, phobias and anxiety. In addition, this program presents a framework, guidelines and in-depth protocols for peak performance coaching within a solution-focused and evidence-based model of clinical practice.

A minimum of 25% of the workshop will be allotted to discussion, small group practice, case studies and Q & A.

## Karen Day MSW, RSW

Karen Day is the founder and President of Daybreak Therapy and Training, an international network of mental health professionals offering integrative and holistic psychotherapy. She is the past-President of the Canadian Society of Clinical Hypnosis - Ontario Division.

As a Registered Social Worker, Karen maintains a private practice in the Toronto area, specializing in psychotherapy services for individuals experiencing a range of anxiety and trauma-related issues including panic, phobias, mood disorders, and OCD. As a Clinical Counselling Hypnotherapist, Karen is dedicated to integrating clinical hypnosis into the psychotherapy process. With over 25 years of experience in the mental health field, Karen has also served as the lead on clinical research initiatives, specifically with respect to mindfulness based psychotherapy and the impact of mindfulness and meditation on young adults experiencing anxiety in post-secondary settings.

She is the author of *Breaking The Worry Trance*, an online educational tool for mindfulness-based approaches in working through anxiety. She has taught meditation practices and self-hypnosis strategies and her approach to life and work is one that nurtures mindfulness, inquiry and compassion. Central to her clinical practice and teaching is a deep commitment to the innate wisdom and healing potential of every individual.

# Beyond the Basics: Deepening Your Clinical Hypnosis Practice

**Friday, October 19, 2018**

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

**8:30 a.m. Introduction and Warm-Up/Reflection Exercises**

**9:15 a.m. Deepening Your Practice – Part 1**

The role of deepening work and its effectiveness in hypnotic interventions;

Clinical demonstration of Intermediate level inductions and deepening techniques:

- Eyes Opening and Closing – group induction (1)
- Confusion induction (2)
- Small and Large Muscle Catalepsy induction (3)

**10:30-10:45 a.m. Refreshment Break**

**10:45 a.m. Dyadic practice of inductions #1 – 3.**

**11:15 a.m. Deepening Your Practice – Part 2**

Additional deepening techniques:

- Scaling method (4)
- Multi-modal engagement (5)
- Body Catalepsy (6)

**11:45 a.m. Demonstration of deepening techniques.**

**12:15-1:15 p.m. Lunch**

**1:15 p.m. Small group practice for inductions #4 - 6.**

**1:45 p.m. Hypnotic Interventions in Pain Management**

Co-morbid pain management issues and hypnotic techniques.

Demonstration and practice of inductions:

- Glove Analgesia induction (7)
- Sensory Alteration induction (8)
- Healing Pharmacy induction (9)

**2:45-3:00 p.m. Refreshment Break**

**3:00 p.m. Small group practice for inductions #7 – 9.**

**3:30 p.m. Integrating Ericksonian Approaches:**

Integrating Ericksonian language patterns and indirect suggestions in addressing chronic pain and anxiety issues.

**4:00 p.m. Case scenario**

**4:30 p.m. Script writing exercise. Q and A.**

**5:00 p.m. Adjourn**

**Saturday, October 20, 2018**

**8:00-8:30 a.m. Breakfast**

**8:30 a.m. Questions & Answers**

**8:45 a.m. Break The Worry Trance: Part 1**

Protocols and practices for hypnosis in the treatment of anxiety and phobias. Integrating clinical hypnosis with CBT.

**9:00 a.m. Imagined Rehearsal technique with Systematic**

**Desensitization and ego-strengthening.**

**9:30 a.m. Demonstration and debriefing.**

**10:15-10:30 a.m. Refreshment Break**

**10:30 a.m. Break The Worry Trance: Part 2**

Hypnotic intervention in chronic and co-morbid anxiety, panic and phobias.

Demonstration of the following techniques:

- Imagined Rehearsal Hierarchy (10) and Ego Strengthening.
- Cherished Living Hypnotic Intervention (11)

**11:00 a.m. Cherished Living hypnotic intervention and applications in Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).**

**11:30 a.m. Demonstration and debriefing.**

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

**1:00 p.m. Peak Performance Interventions: Part 1**

Principles, best practices and techniques for integrating peak performance hypnotic coaching with Solution Focused Brief Therapy.

**1:30 p.m. Case study: Job performance and confidence; two peak performance coaching interventions.**

**2:00 p.m. Individual reflection exercise with peak performance guideline questions. Group demonstration of two hypnotic peak performance interventions. Review and debriefing.**

**3:00-3:15 p.m. Refreshment Break**

**3:15 p.m. Peak Performance Interventions: Part 2**

Integrating peak performance hypnotic coaching with CBT – best practices and techniques.

**3:45 p.m. Case study on public speaking client.**

**4:00 p.m. Discussion, sharing case material/vignettes reviews.**

**4:30 p.m. Closing Remarks / Questions and Answers**

**4:50 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 .

## 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.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 [admin@csch-od.ca](mailto:admin@csch-od.ca).

## Registration Fees

<b>Member Early Bird</b>	<b>\$525</b>
<b>Member: After September 21, 2018</b>	<b>\$575</b>
<b>Non-member Early Bird</b>	<b>\$600</b>
<b>Non-member: After September 21, 2018</b>	<b>\$650</b>
<b>Early Bird Students*</b>	<b>\$350</b>
<b>Student: After September 21, 2018</b>	<b>\$400</b>

**Registration will close October 11, 2018.**

**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](mailto: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. Cancellations in the week prior to the workshop are subject to a refund, minus the cost of the venue and the food (appr. \$135).

## 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 2019.

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

## 2019 Workshops

### Introductory Workshop

### The Fundamentals of Clinical Hypnosis

March 1 and 2, 2019

**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](http://www.ama-assn.org/education/earn-credit-participation-international-activities)

## Intermediate Workshop

**October 19 & 20, 2018**

### 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 6 p.m. on September 21, 2018.

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, CPSO, 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:**

\_\_\_\_\_  
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