

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

Integrating Ego State Therapy with Creative, Ericksonian and Psychodynamic Therapies: Advanced Workshop

**Susanna Carolusson, M.Sc., Lic.
Psychologist, Lic. Psychotherapist,
Lecturer, Gothenburg, Sweden**

June 7 & 8, 2019

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

CONFERENCE COMMITTEE:

Lynn Marshall M.D., Martin Sommerfeld M.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** Mainpro+ credits*

*Royal College of Physicians & Surgeons of Canada – **13** 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.

*OPA - This workshop has been awarded **13** OPA credits*

Susanna Carolusson, Lic. Psychologist, Lecturer



Susanna Carolusson

Susanna Carolusson, licensed psychologist, obtained her M.Sc. in psychology from Gothenburg University, Sweden, in 1984. She is Director of advanced teaching programs for the Swedish Society of Clinical Hypnosis (SSCH), a former editor of the Swedish Journal of Hypnosis, and former chairperson for the Milton Erickson Foundation for Science and Research (SSCH). She has lectured and consulted internationally, including Russia and Poland, where she has established advanced programs in clinical hypnosis and Ego State Therapy respectively. She has presented at over forty congresses in Europe, Africa, and North America, and authored or co-authored seven books and over thirty scholarly papers. For more information, please see www.carolussons.se

Workshop Summary:

Clinical psychologist Susanna Carolusson has employed hypnosis in therapy for the past forty years. In this workshop, she shows how one can combine Psychodynamic, Ego State, and Ericksonian approaches in hypnotherapy. These three traditions creatively utilize powerful internal healing resources. They harness phenomena outside conscious awareness, including defense mechanisms, trauma-induced dissociation, and transference reactions. Through instruction, demonstrations, exercises, and role-play, Susanna shows how Ego State Therapy employs Ericksonian values of respect for the client's unique healing resources, and how transference work enhances exploratory and integrative ego state work. Within this integrative framework, she presents diagnostic, uncovering, and resource-building techniques such as Shorr's "Finish the Sentence". Participants enhance their ability to select among the best ideas of various experts, integrate them in a personally authentic manner, and create a unique healing relationship with each client.

Integrating Ego State Thereapy with Creative, Ericksonian and Psychodynamic Therapies

Friday, June 7, 2019

7:30-8:30	Registration and Breakfast
8:30-8:45	Objectives of the workshop
8:45-9:30	Ego State Therapy: Definition, theory & practice Ericksonian therapy as motivational communication; Psychodynamic Therapy: relational theory of transference and resistance.
9:30-10:00	Discussion: Can these approaches be integrated? Participants' previous training and presuppositions; How various therapy schools and techniques can enrich your competence.
10:00-10:45	Demonstration of the integrated perspective: Case consultation by role play with volunteer from the audience.
10:45-11:00	Refreshment Break
11:00-12:00	Demonstration of Ego State Therapy with Ericksonian style. Discussion of techniques, such as "utilizing", "pace-leading" and "implications". Discussion of techniques observed during the demonstration.
12:00-1:00	Lunch
1:00-2:00	When Ego State Therapy is "my safe-line": Ego State Therapy as a map and technique. Case illustration: Dissociative Identity Disorder. Each ego state forms its own relationship with the therapist. Integration through the development of the therapeutic relationship.
2:00-3:00	Practice in dyads/triads. Choose a simple personal conflict, ambivalence or bad habit. Use ego states to represent the symptomatic part versus the ideal part. Interview these ego states. Accept symptoms as functional. Explore and utilize, following and leading, by pacing and implicating. Give each other feedback. Did the "therapist" apply utilizing, pace-leading and implication? Reverse roles.
3:00-3:15	Refreshment Break
3:15-3:30	Whole group discussion on learnings from small group practice.
3:30-4:15	Demonstration of Ego State work by Susanna, based on what a volunteer client reports from the exercise before break.
4:15-4:45	Group hypnosis, followed by discussion in dyads/triads, ensuring a safe and constructive closure of the hypnosis.
4:45-5:00	Questions and Answers.
5:00 p.m.	Adjourn

Saturday, June 8, 2019

8:00-8:30	Breakfast
8:30-10:15	Short review, Questions and Answers from Day 1. Case presentation: Ego State Therapy, Ericksonian communication and transference work. "A man in search of integrity". A case of intense transference work.
10:15-10:30	Refreshment Break
10:30-10:45	Instructions for doing hypnotic Ego State Therapy "meeting room" technique. Practice and feedback in triads.
10:45-11:45	Practice in triads of "meeting room technique": feedback, analysis. What did you learn or get reminded of as a therapist?
11:45-12:00	Reconvene into whole group to share what was learned.
12:00-1:30	Lunch - extended lunch
1:00-1:30	CSCH-OD AGM - all workshop participants are invited
1:30-2:00	Demonstration of Ego State Therapy "meeting room" with "open eyes" and "chairs".
2:00-2:30	Demonstration of improvised approach, using role play. A volunteer acts as patient.
2:30-2:45	Questions and Answers.
2:45-3:00	Refreshment Break
3:00-4:00	Combining Ego State projective imagery with techniques from Joseph Shorr: Dual Imagery and "Finish the Sentence" technique for finding subconscious resources. Demonstration. Discussion.
4:00-4:30	Practice in triads of "Finish the Sentence" technique aiming at understanding and helping Ego States develop.
4:30-4:45	Questions and Answers and Wrap-Up in creative adieu.
4:45-5:00	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.

Participants will practice in small group sessions under supervision with the aim to develop selected skills.

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.csch-od.ca. 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 10, 2019	\$575
Non-member Early Bird	\$600
Non-member: After May 10, 2019	\$650
Early Bird Students*	\$350
Student: After May 10, 2019	\$400

Registration will close May 30, 2019.

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; However, a \$25 administrative fee will be retained. Please note: 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 2019.

For information about membership, application and benefits, see our website: www.csch-od.ca

2019 Workshops

Introductory Workshop Kitchener, Ontario

Dates: October 3 & 4, 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** 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** 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

Continuing Professional Development Credits Ontario Psychological Association

This workshop has been awarded **13** CE credit hours by the Ontario Psychological Association.



Advanced Workshop

June 7 & 8, 2019

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 10, 2019.

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:

Organization: _____ 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:

