

**The Canadian Society of  
Clinical Hypnosis**



**The Fundamentals of Hypnosis  
an  
Introductory Workshop**

**October 16 and 17, 2020**

**Telsec Business Centre  
1 Yonge Street, Suite 1801  
Toronto, Ontario**

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**

**CONFERENCE COMMITTEE:**

Martin Sommerfeld M.D.,  
Deborah O'Sullivan Au.D.,  
Timea Belej-Rak M.D., FRCSC, Irwin Altrows Ph.D.,  
Arpita Biswas Ph.D., Chris Lobsinger MSW, RSW,  
and Carolynn R. Campbell MSW, RSW,  
with contributions from CSCH-OD Board Members from multiple disciplines.

## 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.

### **Introductory Workshop Certificate Requirements:**

- Pre-workshop reading
- Participation in all workshop activities
- Completion of post-workshop assignment: case-study outlining experience using hypnotherapy with a client.
- Post-workshop 90-minute teleconference with mentor 1 - 2 months following workshop.

All of these components are required in order to receive your **Certificate of Completion**. This format provides you with reinforcement and support as you begin to integrate hypnosis into your clinical practice.

# The Fundamentals of Hypnosis

## Friday, October 16, 2020

- 7:30 a.m. Registration and Breakfast
- 8:00 a.m. Introduction of faculty, overview of workshop.
- 8:15 a.m. Myths and misperceptions of hypnosis; what hypnosis is and isn't.
- 8:45 a.m. Ethical principles and professional conduct (included Howard Alertness Scale).
- 9:30 a.m. Experiential Group Inductions (as subject or observer).
- 9:45 a.m. Physiological basis of hypnosis (role of nervous system) and theories of hypnosis, informed consent and patient/client education about hypnosis.
- 10:45 a.m. Refreshment Break
- 11:00 a.m. Principles and process of induction, deepening, post-hypnotic suggestions, re-alerting and debriefing.
- 12:00 a.m. Demonstration of Induction #1 followed by commentary/ review/ Q & A.
- 12:30 p.m. Lunch
- 1:30 p.m. Hypnotic phenomena and their therapeutic applications, with clinical examples.
- 2:15 p.m. Concepts of hypnotic suggestibility, formulating suggestions.
- 3:15 p.m. Demonstration of Induction #2 followed by commentary/ review/ Q & A.
- 3:30 p.m. Refreshment Break
- 3:40 p.m. Introduction, expectations, and group assignment for triad practices. Triad Practice A (1.25 hours).
- 5:15 p.m. Review Triad Experience A with commentary/review/Q & A.
- 5:30 p.m. Adjourn

## Saturday, October 17, 2020

- 7:30 a.m. Breakfast
- 8:00 a.m. Strategies for managing resistance to hypnosis
- 9:00 a.m. Self-hypnosis
- 9:30 a.m. Integrating hypnosis into practice:  
Break into medical or psychotherapy stream
- 10:45 a.m. Refreshment Break
- 11:00 a.m. Demonstration of induction #3
- 10:30 a.m. Triad Practice B (1.25 hours)
- 12:45 p.m. Lunch
- 1:30 p.m. Mentorship assignment/Teleconference/CSCH
- 1:45 p.m. Review Triad Experience B with commentary/review/Q & A.
- 2:00 p.m. Hypnosis in Treatment planning
- 2:45 p.m. Triad Practice C (1.25 hours)
- 4:00 p.m. Review Triad Experience C with commentary/review/Q & A.
- 4:15 p.m. Wrap-Up, completion of workshop evaluation forms
- 4:30 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.**

**Post-workshop teleconference** with a mentor - 90 minutes.  
Takes place within 1 - 2 month's following the workshop.  
**Homework assignment** - case-study - 2 hours

## 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:

### **Dr. Bill McKeough M.D.** London, Ontario

Dr. McKeough is a Family Physician practicing in London, Ontario. For the past 34 years he has incorporated Hypnotherapy into his general Family Practice. He is also the former Site Chief for Family Medicine at St. Joseph's Hospital and University Hospital in London as well as the former Medical Director of the Palliative Care Unit at those same hospitals.

He is an Associate Professor at Western University and a part-time teacher at the Schulich School of Medicine and Dentistry.

Dr. McKeough uses Hypnotherapy to treat Anxiety, Phobias, Insomnia, Bruxism and Chronic Pain.

### **Carlton Brown, M.Sc., M. Div., RP, RMFT** Hamilton, Owen Sound, Ontario

Carlton Brown is a Registered Psychotherapist in private practice. He had a first career as a physiologist, a second career as a minister, and for the past 25 years a third career as a family therapist, which seems to bridge the gap between the first two careers.

Carlton completed his Bachelor and Master of Science at the University of Toronto, and his Master of Divinity at McMaster University. He studied pastoral counselling in Sudbury and then did a two-year post-degree internship at Wilfrid Laurier University, obtaining his Clinical Fellowship and Approved Supervisor designation with the American and Ontario Associations for Marriage and Family Therapy. While building his private practice he worked as an emergency room and psychiatric chaplain.

Carlton's training was steeped in the work of Milton H. Erickson. He went back to his roots in 2015 and attended the Erickson International Congress in Phoenix, signing up for everything he could find in hypnosis. He joined the American Society of Clinical Hypnosis in 2016 and the Canadian Society of Clinical Hypnosis - Ontario Division in 2017.

Carlton lives in Northern Bruce Peninsula and practises in Hamilton and Owen Sound. He also teaches courses in postmodern therapy, mental health, and research at the University of Guelph.

**Chris Lobsinger, MSW, RSW**  
Kitchener-Waterloo, Ontario

Chris Lobsinger, M.S.W., RSW, has more than thirty 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 training 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 to resolve common and uncommon problems, and lives in Kitchener-Waterloo where he's maintained a full-time private practice for the past fifteen years. Chris' experiences as a musician, actor, traveller, and outdoorsman greatly inform his warm, creative, and practical presentation style.

**Carl Lokko, MSW, RSW, C.Ht**  
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 25 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.

## 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](mailto: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](http://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: [admin@csch-od.ca](mailto:admin@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 before the workshop are subject to a refund minus the cost of the venue and food (approximately \$150.)

## Workshop Information

For inquiries about the workshop content, contact one of the CSCH-OD Board members via: [Questions@csch-od.ca](mailto:Questions@csch-od.ca)

## Workshop Venue

The workshop will take place at the **Telsec Business Centre, 1 Yonge Street, Suite 1801, Toronto, Ontario.**

## 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.csch-od.ca](http://www.csch-od.ca)

## 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 will be providing some of the didactic materials in advance (details will be sent once your registration is complete). The workshop credit requirements are as follows:**

- 1. 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.**
- 2. Attend all workshop activities.**
- 3. 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).**
- 4. Participate in a 90-minute post-workshop teleconference, 1-2 months following 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

<b>Early Bird price</b>	<b>\$795</b>
<b>After September 14, 2020</b>	<b>\$845</b>
<b>Students*</b>	<b>\$595</b>
<b>Students after September 14</b>	<b>\$645</b>

Registration will open March 25, 2020  
Registration will close October 5, 2020

**Fees include 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

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

## 2021 Workshops

**TBA**

**Introductory Workshop**  
**October 16 and 17, 2020**

**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 6 p.m. on the day of the deadline.

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 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):

\_\_\_\_\_  
 \_\_\_\_\_

