

The Canadian Society of
Clinical Hypnosis –
Ontario Division



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

Hypnotic Resolutions of Mind-Body Problems

Douglas Flemons, PhD, LMFT

June 2 & 3, 2023

**Online workshop
via Zoom**

WORKSHOP LEADS:
Chris Lobsinger MSW, RSW,
Carlton Brown, M.DIV., RP, RMFT

Douglas Flemons, PhD, LMFT

Douglas Flemons, PhD is Professor Emeritus in the Couple and Family Therapy program at Nova Southeastern University, where, for over 30 years, he offered team-based live supervision and taught graduate courses on hypnosis and meditation, systems thinking, brief therapy, suicide, and sex therapy.

A Canadian-American psychotherapist living, working, and playing in Asheville, NC, Flemons is the author of two books on hypnosis (*Of One Mind* and, most recently, *The Heart and Mind of Hypnotherapy*); co-editor of three editions of *Quickies: The Handbook of Brief Sex Therapy*; and co-author of *Relational Suicide Assessment* (all published by W. W. Norton).

He is currently writing a new book, *Empathy: A Clinical Guide to Therapeutic Intimacy*, to be published by APA in 2024. In 2021, the American Journal of Clinical Hypnosis awarded Flemons the *Milton H. Erickson Award for Scientific Excellence in Writing on Clinical Hypnosis* for his article, "Toward a Relational Theory of Hypnosis." Douglas has presented throughout North America and internationally on a variety of topics, and, since 1993, has offered an (almost) annual Florida-Board-approved 50-hour hypnosis workshop.

Workshop Summary:

The feral feel of mind-body problems tends to inspire antagonistic efforts to rein them in. Clients may initially seek you out because they're hoping hypnosis will help them conquer their headaches, fainting, IBS, anxiety, depression, or panic attacks. However, hypnosis is best employed not to try to dominate or banish such problems, but, rather, to invite their resolution through the facilitation of effortless—nonvolitional—shifts and alterations in clients' orientation to and experience of their symptoms.

In this two-day workshop, we'll tease out the intra- and interactive patterns of mind-body problems and delve into key hypnotic processes for therapeutically altering them. You will learn how to understand and undertake hypnosis as a vehicle not for control but for creative collaboration and extemporaneous invention and discovery. We'll highlight intriguing connections between hypnosis and meditation, explore the logic and practice of Ericksonian utilization, and illuminate the therapeutic potential of lateral thinking and associational communication.

You will have ongoing opportunities to observe demonstrations, ask questions, try out new ideas and skills with experiential exercises, and receive constructive feedback.

Hypnotic Resolutions of Mind-Body Problems

Friday, June 2, 2023

8:00-8:30 Registration and Zoom review

8:30-9:00 Introduction, format for the two days.

9:00-10:30 Mind-body communication
Embodied minds & mindful bodies
Mind-body problems
Boundaries of the self
Self versus problems: countering and intentionality

10:30-10:45 Break

10:45 – 12:00 Q & A

Dualistic thinking vis-à-vis connected knowing
Connected knowing: empathy, meditation, and hypnosis
Flow and the dissolution of the self
Nonvolitional (self-less) engagement and agency
Demonstration/Practice
Purposeful intentionality vis-à-vis orienting expectancy
Intra- and interactive patterns of mind-body problems and resolutions

12:00-1:00 Lunch

1:00-2:30 Q & A

Getting and staying in sync: hypnotic entrainment
Hypnotic induction vis-à-vis hypnotic *invitation*
Control vis-à-vis collaboration and coordination
Inclusivity of Ericksonian utilization and permissive language
Demonstration

2:30-2:45 Break

2:45-4:30 Q & A

Extemporaneous engagement
Lateral thinking and associational communication: stories, metaphors, & nonvolitional emulation
Demonstration/Practice
Q & A

Saturday, June 3, 2023

8:30 – 9:00 Sign-in

9:00-10:30 Orienting therapeutic principles
Therapeutic applications of hypnosis
Negation and boundaries
Difference/indifference
Indifferentiating boundaries and problems
Formulating treatable problems
From diagnoses to symptoms
From abstract categories to patterns of interaction

10:30-10:45 Break

10:45-12:00 Q & A

Shifting clients' orientation to their problem
Altering self-referential short-circuits
Inviting alterations to distressing experience
Demonstration/Practice

12:00-1:00 Lunch

1:00-2:30 Q & A

Extemporaneously altering mind-body problems
Altering patterns/timing of intra- and inter-action
Therapeutic use of stories, metaphors, & nonvolitional emulation
Demonstration

2:30-2:45 Break

2:45-4:30 Q & A

“Playing with” rather than “working on”
Therapeutic utilization
Facilitating and incorporating learning
Demonstration/Practice
Q & A

4:30-4:45 Closing remarks and Workshop evaluations

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	\$495
Member: After April 30, 2023	\$595
Non-member Early Bird	\$595
Non-member: After April 30, 2023	\$695
Student Early Bird*	\$300
Student: After April 30, 2023	\$395

Registration will close May 28, 2023.

* 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

We will be keeping track of online 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.

Online workshop

The workshop will be offered via an online format. Details will be announced, along with instructions and access information, at least one week prior to the start of the workshop. If the presenter has materials to be made available to participants, they will be delivered electronically.

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.

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 2023.

For information about membership, application and benefits, see

our website: www.csch-od.ca

Upcoming workshops

Introductory Workshop TBD.

Hypnosis Workshop

June 2 & 3, 2023

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 Hypnosis Workshop
2321 Av. Regent, Montreal QC
H4A 2R2

To benefit for the Early Bird rate, both the completed registration form and payment must be received by 6 p.m. on the day of the deadline.

Registration Form

Email address (required): _____

Mailing address: _____

This is my: Home address Office address

Phone Number: _____ Highest degree: _____

I qualify for the member rate because I belong to CSCH, CFCH, SCEH, or ASCH

Please circle the applicable society and provide your membership number: _____

I am a licensed, registered professional:

I am a member in good standing of the (college) _____

(e.g. CPSO, CPO, OCSWSSW, CRPO, CNO, etc.)

License/Registration number: _____

Or

I am a student or medical resident. I have read the eligibility requirements on the website and I am eligible for the student rate. I have attached proof of my current enrollment.

Program and school: _____

Graduation/completion date: _____

I confirm the accuracy of the information provided: _____

Registrant's signature