



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.

Integrative Applications of Clinical Hypnosis: A Focus on Depression, Anxiety, Pain, and Smoking Cessation

An Intermediate-Level Workshop to Advance Your Clinical Skills in Hypnotic Interventions

Date: 6th and 7th November 2026

Online workshop via Zoom

About Intermediate Workshop

The Canadian Society of Clinical Hypnosis – Ontario Division (CSCH-OD) invites regulated health professionals to join our Intermediate Workshop on Clinical Hypnosis taking place 6th and 7th November 2026.

Designed for clinicians who have already completed an introductory ASCH-approved workshop, this two-day training focuses on the therapeutic applications of hypnosis in treating:

- Anxiety Disorders
- Depression
- Pain
- Smoking Cessation

This workshop emphasizes practical skills, clinical case examples, and interactive learning, helping you deepen your expertise and integrate hypnosis more effectively into your clinical

practice.

Why Attend This Workshop?

Learn directly from experienced faculty: Dr. Allen Rodgers, Dr. Sandeep Hunjan, Mr. Carl Lokko, and Dr. Arpita Biswas.

Gain advanced skills to apply hypnosis for mental health, chronic pain, and behavioral health challenges.

Participate in live demonstrations, case discussions, and small-group practice—over 25% of workshop time is dedicated to supervision and Q&A.

Join virtually from anywhere in the world while meeting colleagues across disciplines.

Intermediate Workshop by CSCH-OD: Agenda for Nov 6 and 7 2026

Date	Nov 6 2026
8:30 a.m.	Registration, sign in and Zoom review
8:45 a.m.	Introduction of faculty, overview of workshop.
9:00 a.m.	Hypnosis for Managing Anxiety.
11:00 a.m.	REFRESHMENT BREAK
11:15 a.m.	Hypnosis and treatment applications to Anxiety Management with clinical case examples
12:30 p.m.	LUNCH
1:30 p.m.	Hypnosis and treatment applications to Depression
3:30 p.m.	REFRESHMENT BREAK
3:45 p.m.	Hypnosis and treatment applications to Depression with clinical examples
4:45 p.m.	Review Hypnosis and applications to Anxiety and depression management
5:30 p.m.	Adjourn

Date	Nov 7 2026
8:30 a.m.	Venue opens; sign in
9:00 a.m.	Hypnosis for Managing Pain
11:00 a.m.	REFRESHMENT BREAK
11:15 a.m.	Hypnosis and Treatment Applications to Pain Management with Clinical Case Examples
12:30 p.m.	LUNCH
1:30 p.m.	Hypnosis for Treating Smoking Cessation
3:30.m.	REFRESHMENT BREAK
3:45pm.	Hypnosis and treatment applications to Smoking Cessation with clinical examples
4:45 p.m.	Review Hypnosis and Treatment Applications to Smoking Cessation
5:15 p.m.	Wrap-Up, completion of workshop evaluation forms
5:30 p.m.	Adjourn

Faculty

The CSCH-OD Intermediate workshop 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:

Carl Lokko, MSW, RSW, C.Ht London, Ontario

Carl Lokko was educated at the University of Ghana, Wilfred 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 Canadian Society of Clinical Hypnosis – Ontario Division. Carl's private practice 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.

Dr. Sandeep Hunjan, Ph.D., C. Psych

Dr. Hunjan is a clinical psychologist who earned her Ph.D. from the University of Windsor. Her practice includes clinical, counselling, rehabilitation and health psychology. She has worked extensively in the area of trauma (with survivors of sexual and physical assault, motor vehicle accidents, workplace injuries and disease, and veterans) in a variety of settings in Canada and the United States. Her philosophy of practice is holistic and client-centred. Dr. Hunjan emphasizes an integrative and collaborative approach using treatment modalities including hypnosis, cognitive behavioural therapy, and energy psychology to help individuals, families, and groups deal with a variety of issues such as depression, anxiety, post-traumatic stress, weight loss, pain, smoking cessation, performance enhancement, self-esteem and stress management. In her teaching activities, Dr. Hunjan has worked with St. John's Rehab Hospital, the Toronto Police Department, and the Vulva Girl (a support group for women who experience sexual pain). Following almost five years as a psychologist with St. John's Rehab Hospital's Back on Track Serious Injuries Clinic, Dr. Hunjan has been in full-time private practice for the past sixteen years. She uses hypnosis extensively in her practice, and loves how it helps and empowers her clients.

Allen Rodgers, B.Sc, MD, BFA

Allen Rodgers graduated from Dalhousie University Medical School in 1978 after completing his Bachelor of Science there in 1974. He then went on to complete a Bachelor of Fine Arts at York University in 1981. His first training in hypnosis was in the early '90s with the Ontario Society of Clinical Hypnosis (which later evolved into CSCH-OD). After over 40 years of practice he recently retired from Emergency Medicine (he has worked in Peterborough, ON since 1988).




In addition to his ER practice he began working as a Cardiology Associate in 1998; it was in this context that his hypnosis training began to be more frequently employed. He was seeing patients with life changing cardiac events and their need for both medical and psychological support began to reorient his practice to doing more and more psychotherapy. Now he frequently uses hypnosis in managing the anxiety associated with traumatizing medical events, finding it so useful in reframing, ego strengthening, and making available to the patient the realm of healing themselves.

Dr. Arpita Biswas, Ph.D., C.Psych.

Dr. Arpita Biswas is a registered psychologist and seasoned clinician with nearly 35 years of clinical experience. She is passionate about holistic, client-centred care, and has effectively integrated hypnosis into her practice to address a diverse range of challenges—from anxiety, depression, trauma, insomnia, and relationship issues to various medical concerns. Recognizing the transformative potential of focused attention, she has long relied on hypnosis to help clients tap into their innate strengths and resources.

She is an active member of the Canadian Society of Clinical Hypnosis – Ontario Division since 2008 and is currently the President of the organization. Dr. Biswas deepened her expertise in clinical hypnosis with an intensive 100-hour training under the world-renowned Dr. Michael Yapko in 2014. She combines evidence-based therapies with clinical hypnosis to inspire changes, overcome barriers, and help her client experience the transformative healing power. Now, as a faculty for the Society's introductory hypnosis course, Dr. Biswas is excited to share her extensive knowledge and empower practitioners to harness the powerful benefits of hypnosis in clinical practice.

Eligibility

	<p><i>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.</i></p>
	<p><i>Eligible participants include regulated health professionals or graduate students enrolled in a master's program in a regulated health field.</i></p>
	<p><i>This is an intermediate-level training. To attend, participants must:</i></p> <p><i>Have completed an ASCH-approved introductory workshop in clinical hypnosis (Canada, US, or internationally),</i></p> <p><i>OR</i></p> <p><i>Provide evidence of adequate prior training in clinical hypnosis.</i></p>

Workshop Fee

Member Early Bird rate	\$595
Member Rate (After 1st October 2026)	\$695
Non member Rate Early Bird	\$695
Non member Rate (After 1st October 2026)	\$795
Student Early bird	\$395
Student (After 1st October 2026)	\$495

*** All fees include access to both days of the workshop, interactive sessions, case studies, and small-group supervision. Students must provide a document confirming that they are currently full-time in an approved**

course; it must specify which course and the school they are attending, and must be signed by their supervisor for them to be eligible to attend any workshop.

Payment Options

We accept payment by **cheque, VISA or MasterCard.**

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** and the link is mentioned 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: <http://csch-od.ca/eligibility/>

The registration form and proof of eligibility can also be emailed as a scanned document to admin@csch-od.ca.

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: admin@csch-od.ca

Certificate of Completion

We will be keeping track of online attendance. Attendance is required for the full two days (divided into four sessions). Certificates will be provided to participants when all requirements have been met.

Cancellation Policy

Cancellations are permitted, however, a \$100 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.

Attention Non-members

Become a member of CSCH-OD and enjoy discounts on future workshops! Membership is \$160 a year.

Non-members who complete this workshop and wish to become CSCH-OD members will receive a \$75 discount on the membership fee for 2026.

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