



# 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.

## The Fundamentals of Clinical Hypnosis an Introductory Workshop

**Date: 25th and 26th April 2025**

**Online workshop via Zoom**

## Clinical Hypnosis in Psychotherapy & Health Care Practice:

The CSCH-OD Fundamentals of Clinical 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 or who wish to refresh their foundational skills.

Based on evidence-based best practices, the workshop uses a combined lecture, demonstration and supervision format 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 practicing 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 Clinical Hypnosis: Agenda for Apr 25 and 26 2025

<b>Date</b>	<b>Apr 25, 2025</b>
<b>7:30 am to 8:45 am</b>	Registration and Zoom review  Introduction of faculty, overview of workshop.  Myths and misperceptions of hypnosis; what hypnosis is and isn't
<b>8:45 am to 9:45 am</b>	Ethical principles and professional conduct (included Howard Alertness Scale).  Experiential Group Inductions (as subject or observer).  Physiological basis of hypnosis (role of nervous system) and theories of hypnosis, informed consent and patient/client education about hypnosis.
<b>9:45 am to 10:00 am</b>	<b>REFRESHMENT BREAK</b>
<b>10:00 am to 12:00 pm</b>	Principles and process of induction, deepening, post-hypnotic suggestions, re-alerting and debriefing.  Demonstration of Induction #1 followed by commentary/review/ Q & A.
<b>12:00 pm to 1:00 pm</b>	<b>LUNCH</b>
<b>1:00 pm to 2:45 pm</b>	Hypnotic phenomena and their therapeutic applications, with clinical examples.  Concepts of hypnotic suggestibility, formulating suggestions.  Demonstration of Induction #2 followed by commentary/review/ Q & A.
<b>2:45 pm to 3:00 pm</b>	<b>REFRESHMENT BREAK</b>
<b>3:00 pm to 5:00 pm</b>	Introduction, expectations, and group assignment for triad practices. Practice A (1.25 hours).  Review Triad Experience A with commentary/review/Q & A.  Adjourn

<b>Date</b>	<b>Apr 26, 2025</b>
<b>7:45 am to 9:30 am</b>	<p>Sign-in</p> <p>Strategies for managing resistance to hypnosis</p> <p>Self-hypnosis</p>
<b>9:30 am to 10:30 am</b>	<p>Integrating hypnosis into practice:</p> <p>Break into the medical or psychotherapy stream</p>
<b>10: 30 am to 10:45 am</b>	<b>REFRESHMENT BREAK</b>
<b>10:45 am to 12:30 pm</b>	<p>Demonstration of induction #3</p> <p>11:15 a.m. Triad Practice B (1.25 hours)</p>
<b>12:30 pm to 1:30 pm</b>	<b>LUNCH</b>
<b>1:30 pm to 2:45 pm</b>	<p>Mentorship assignment/Teleconference/CSCH</p> <p>Review Triad Experience B with commentary/review/Q &amp; A.</p> <p>Hypnosis in Treatment planning</p>
<b>2:45 pm to 4:30 pm</b>	<p>Triad Practice C (1.25 hours)</p> <p>Review Triad Experience C with commentary/review/Q &amp; A.</p> <p>Wrap-Up, completion of workshop evaluation forms</p> <p>Adjourn</p>
<b>Important Note</b>	<p>Discussion, supervision in small group practice, and Q &amp; A will play a prominent role in the program: a minimum of 25% of workshop time will be allotted to interaction.</p> <p>Post-workshop teleconference with a mentor - 90 minutes.</p> <p>Takes place within 1 - 2 month's following the workshop.</p> <p>Homework assignment - case-study - 2 hours</p>

# 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:

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## **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>In some circumstances, students in appropriate graduate programs or regulated professionals with experience but no Master's degree may also be eligible.</i></p>
	<p><i>See the web site for the full conditions and required documentation. Students registered in a Master's program leading to membership in Regulated Health Profession are welcome.</i></p>

## Workshop Fee

<b>Member Early Bird rate</b>	<b>\$595</b>
<b>Member Rate (After 7 April 2025)</b>	<b>\$695</b>
<b>Non member Rate Early Bird</b>	<b>\$695</b>
<b>Non member Rate (After 7 April 2025)</b>	<b>\$795</b>
<b>Student Early bird</b>	<b>\$395</b>
<b>Student (After 7 April 2025)</b>	<b>\$495</b>

**\* 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. Registration will close April 18 2025.**

## 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 and the link is mentioned on our website, [www.csch-od.ca](http://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](mailto: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: Nikita Patel, [admin@csch-od.ca](mailto: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 \$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 2025.

For information about membership, application and benefits, see our website: [www.csch-od.ca](http://www.csch-od.ca)