

**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

**An Integrative Mind-Body Approach  
to Hypnosis: Applications in Gut  
Health, Autoimmune Problems and  
Addiction Issues**

**Mark Weisberg, Ph.D., ABPP  
Clinical Health Psychologist  
Minneapolis, Minnesota**

**June 5 & 6, 2020**

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

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## Mark Weisberg, Ph.D., ABPP

### Mark Weisberg



Dr. Mark Weisberg is a Clinical Health Psychologist in Minneapolis, Minnesota. He is a Community Adjunct Professor in the Center for Spirituality and Healing in the Academic Health Center, University of Minnesota. He is Board-Certified in Clinical Health Psychology, American Board of Professional Psychology. He is a Fellow of the American Psychological Association as well as Fellow and former Vice President of the American Society of Clinical Hypnosis. Additionally, he has an integrative mind-body practice in Minnesota and is co-owner and clinician at the Minnesota Head and Neck Pain Clinic. Dr. Weisberg also has consulting experience with medical technology companies including Medtronic Corporation.

Dr. Weisberg has been involved in clinical practice, teaching and consultation in integrative mind-body medicine for the last 26 years. Areas of specialization include applying integrative medicine approaches for acute and chronic pain problems. He has published peer-reviewed articles and book chapters in the medical, psychological and dental literature. He trains health professionals (including physicians, psychologists, nurses, acupuncturists, massage therapists, nutritionists and health coaches) on topics related to psychoneuroimmunology, neurobiology and implementation of integrative mind-body medicine in hospitals and clinics. He teaches online professional education courses in integrative mind-body medicine through the National Institute for the Clinical Application of Behavioral Medicine.

### Workshop Summary:

In this two-day workshop, participants will discover the power of an integrative mind-body orientation to hypnosis. Participants will learn to apply this orientation in crafting effective hypnotic strategies for intervening in digestive disorders (such as IBS and GERD), autoimmune problems (including rheumatoid arthritis and multiple sclerosis) and addiction issues. Through an engaging and humor-filled approach, Dr. Weisberg will bring these concepts to life utilizing a combination of demonstrations, experiential exercises and didactic training. Participants will acquire a broader conceptual framework for mind-body interventions as well as several new hypnotic strategies for addressing complex clinical challenges.

# An Integrative Mind-Body Approach to Hypnosis: Applications in Gut Health, Autoimmune Problems and Addictions Issues

## Friday, June 5, 2020

- 7:30-8:00 Registration and Breakfast
- 8:00-8:20 Introduction, format for the two days. **Includes initial group hypnosis (Activating/Calming) 20 min.**
- 8:20-9:30 Fundamentals for a Mind-Body Orientation, clarifying confusion about what is a mind-body/integrative orientation, characteristics of the clinician, activating self-healing resources
- 9:30-10:15 How to conceptualize and work effectively with resistance when using hypnosis in an integrative medicine context. Addressing the problem of normal dissociation. Using hypnotic strategies that focus attention either toward to away from the symptom. **Includes Neurohormonal Retraining practice: 20 min.**
- 10:15-10:30 Refreshment Break
- 10:30-11:45 Essential concepts: Psychoneuroimmunology, brain structure, autonomic nervous system dysregulation, polyvagal theory, psychophysiological patterns. How these concepts should inform the ways clinicians uses hypnosis more effectively. **Includes demonstration 2-3 brief techniques: 15 min.**
- 11:45-12:00 **Questions and answers on morning material: 15 min.**
- 12:00-1:00 Lunch
- 1:00-2:00 Apply these concepts in utilizing hypnosis in the treatment of chronic pain conditions including fibromyalgia and chronic fatigue syndrome. **Includes video demonstration and discussion: 45 min.**
- 2:00-3:00 Apply these concepts to treatment of digestive disorders such as IBS, IBD, and nausea with hypnosis
- 3:00-3:15 Refreshment Break
- 3:15-4:15 Apply these concepts to treatment of autoimmune disorders such as lupus, schleroderma and rheumatoid arthritis with hypnosis
- 4:15-4:30 **Questions and answers from afternoon material: 15 min.**
- 4:30 p.m. Adjourn

## Saturday, June 6, 2020

- 7:00-8:00 Breakfast
  - 8:00-9:30 Hypnosis in the treatment of various kinds of headache, neck pain, facial pain and temporomandibular disorders **Group hypnosis for reducing HA/facial pain: 20 min.**
  - 9:30 - 10:30 Hypnosis in the treatment of lower back pain
  - 10:30-10:45 Refreshment Break
  - 10:45-11:45 Addictions, the opioid crisis, and challenges in self-soothing: how hypnosis can be helpful
  - 11:45-12:00 **Questions and answers on morning material: 15 min.**
  - 12:00-1:30 Lunch
  - 1:00-1:30 CSCH-OD AGM - all workshop participants are invited
  - 1:30-2:15 Live demonstration: hypnosis for complex pain **Demonstration/Questions: 45 min.**
  - 2:15-3:00 Using hypnosis to optimize self-healing for addictive problems.
  - 3:15-3:30 Using hypnosis in the treatment of post-traumatic injuries (such as motor vehicle accidents and other trauma)
  - 3:30-4:30 Integration: pulling together the information from the past two days, how to apply it effectively in your practice in this coming week **Includes Group discussion, Q & A, other group interaction: 60 min.**
  - 4:30-5:00 Conclusion of workshop and Workshop evaluations.
  - 5:00 p.m. Adjourn
- Discussion, 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.**

## 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](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.

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).

## Workshop Fees

<b>Member Early Bird</b>	<b>\$575</b>
<b>Member: After April 17, 2020</b>	<b>\$625</b>
<b>Non-member Early Bird</b>	<b>\$650</b>
<b>Non-member: After April 17, 2020</b>	<b>\$700</b>
<b>Early Bird Students*</b>	<b>\$400</b>
<b>Student: After April 17, 2019</b>	<b>\$450</b>

**Registration will close May 28, 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](mailto: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 2020.

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

## 2020 Workshops

### Introductory Workshop Toronto, Ontario

**Dates: October 2020**

**Location TBA**

## Advanced Workshop

June 5 & 6, 2020

### 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 April 17, 2020.

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:**

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

