

**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

The Ontario Psychological Association has awarded this workshop **14** Continuing Education credits.



UNIVERSITY OF TORONTO
FACULTY OF MEDICINE

The University of Toronto, Faculty of Medicine has awarded this workshop **14.5** CPD credits. See page 5 for details.

**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 4 & 5, 2021

**Online workshop
via Zoom**

CONFERENCE COMMITTEE:

Martin Sommerfeld M.D.,
Timea Belej-Rak M.D., FRCSC, Irwin Altrows Ph.D.,
Arpita Biswas Ph.D., Carlton Brown M.Div., RP, RMFT,
Chris Lobsinger MSW, RSW.

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 is the co-author of **Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs** (Conari Press).

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 humour-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 4, 2021

8:30-9:00	Registration and Zoom review
9:00-9:20	Introduction, format for the two days. Includes initial group hypnosis (Activating/Calming) 20 min.
9:20-10:30	Fundamentals for a Mind-Body Orientation, clarifying confusion about what is a mind-body/integrative orientation, characteristics of the clinician, activating self-healing resources
10:30-10:45	Break
10:45-11:30	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 or away from the symptom. Includes Neurohormonal Retraining practice: 20 min.
11:30-12:45	Essential concepts: Psychoneuroimmunology, brain structure, autonomic nervous system dysregulation, polyvagal theory, psychophysiological patterns. How these concepts should inform the ways clinicians use hypnosis more effectively. Includes demonstration 2-3 brief techniques: 15 min.
12:45-1:45	Lunch
1:45-2:00	Questions and answers on morning material: 15 min.
2:00-3:00	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.
3:00-3:15	Break
3:15-4:15	Apply these concepts to treatment of digestive disorders such as IBS, IBD, and nausea with hypnosis
4:15-5:15	Apply these concepts to treatment of autoimmune disorders such as lupus, scleroderma and rheumatoid arthritis with hypnosis
5:15 p.m.	Adjourn

Saturday, June 5, 2021

8:45-9:00	Sign-in
9:00-10:30	Hypnosis in the treatment of various kinds of headache, neck pain, facial pain and temporomandibular disorders Group hypnosis for reducing HA/facial pain: 30 min.
10:30-10:45	Break
10:45-11:45	Hypnosis in the treatment of lower back pain
11:45-12:45	Addictions, the opioid crisis, and challenges in self-soothing: how hypnosis can be helpful
12:45-1:45	Lunch
1:45-2:00	Questions and answers on morning material: 15 min.
2:00-2:45	Demonstration: hypnosis for complex pain Demonstration/Questions: 45 min.
2:45-3:30	Using hypnosis to optimize self-healing for addictive problems.
3:30-3:45	Break
3:45-4:00	Using hypnosis in the treatment of post-traumatic injuries (such as motor vehicle accidents and other trauma)
4:00-5:00	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.
5:00-5:15	Conclusion of workshop and Workshop evaluations.
5:15 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. 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	\$475
Member: After April 30, 2020	\$525
Non-member Early Bird	\$550
Non-member: After April 30, 2020	\$600
Early Bird Students*	\$300
Student: After April 30, 2019	\$350

Registration will close May 28, 2021.

* 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

For the purpose of providing continuing education credits, 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.

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.

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.

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 2021.

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

2021 Workshops

TBA

Accreditation

The University of Toronto, Faculty of Medicine has awarded **14.5** CPD credit hours for this workshop.

College of Family Physicians of Canada - Mainpro+: This one-credit-per-hour Group Learning meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto for up to 14.5 Mainpro+ credits.

Royal College of Physicians and Surgeons of Canada - Section 1: This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto. You may claim a maximum of **14.5** hours (automatically calculated).

The American Medical Association - AMA PR Category 1: Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at: <https://www.ama-assn.org/education/ama-pra-credit-system.agreement-royal-college-physicians-surgeons-canada>.

Advanced Workshop

June 4 & 5, 2021

Registrant:

Title: Dr. ☐ Mr. ☐ Mrs. ☐ Ms. ☐

Name: _____

Payment:

Cheque Enclosed ☐

Already paid online ☐

PayPal 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 30, 2021.

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

