THE 46TH ANNUAL

Workshops in Clinical Hypnosis
Introductory and Advanced Sections

June 8-10, 2017
Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441

Provided by
Developmental Behavioral Pediatrics Program
Division of General Pediatrics and Adolescent Health
Department of Pediatrics
University of Minnesota

In collaboration with
Minnesota Society of Clinical Hypnosis

University of Minnesota
Introductory Section Description
This workshop offers responsive instruction in the theory and applications of hypnosis in a clinical setting. There is a mix of lectures, demonstrations, exercises and small group practice with supervision and feedback. Instructors systematically teach to the learning styles and needs of participants. Course content is organized in a spiral curriculum (conforming to the standards of training of the American Society of Clinical Hypnosis) with topics presented several times. Succeeding iterations of a technique, such as hypnotic induction (initiation), are more complex, increasing participants’ knowledge and skills. After the skill basics, application topics include therapeutic communication, treatment planning, self-hypnosis, and hypnosis with children. Participants will choose sessions on the practice of hypnosis in their own medical, mental health, or professional specialization. It is estimated to be 20-24 hours of instruction and to be approved in advance by the American Society of Hypnosis (ASCH) as meeting criteria for Certification in Hypnosis by ASCH.

Advanced Section Description
In this two day workshop, we will consider the role that hypnosis can play in a relationally attuned therapeutic relationship towards facilitating attachment repair in patients with developmental arrests in self-regulation and identity formation. The relational and psychological functions of attunement, representation, and mentalization are essential components of a secure attachment experience. The presenter will review the literature and describe how hypnosis can be applied in working with each of these areas of attachment. In its’ utilization of shared attention, tone of voice, pacing, language, and imagery, clinical hypnosis as a state, relationship, and technique offers psychotherapists a way of introducing a healthy attachment experience and renewing appropriate developmental functioning in these patients. Through a mixture of didactic and experiential approaches, participants will develop increased competency in (1) understanding how the therapeutic relationship in general, and clinical hypnosis from an attachment frame in particular, can be utilized to re-build developmental structure and re-engage reflective functioning and (2) utilizing specific applications of clinical hypnosis towards this aim.

ELIGIBILITY AND TARGET AUDIENCE
This conference is ideal for persons holding a Doctoral Degree in Medicine, Dentistry, or Psychology; persons holding a Master’s Degree in Social Work, Marriage and Family Counseling, or Clinical or Counseling Psychology who are licensed by the state/province in which they practice; a Registered Nurse with advanced subspecialty training and certification or a Master’s Degree; or a student actively enrolled in a graduate program leading to a degree in any of the foregoing. Master’s level, licensed health professionals (e.g., Occupational and Physical Therapists, Speech and Language Pathologists, et. al.) are also welcome and encouraged to attend.

Advanced Workshop Requires Additional Eligibility:
This conference is ideal for health professionals who have had previous formal training in hypnosis. Participants should have previous experience in performing hypnotic inductions and facilitating hypnotic phenomena.

ACCREDITATION
This activity is planned and implemented by the University of Minnesota, Interprofessional Continuing Education and the Minnesota Society of Clinical Hypnosis. In support of improving patient care, University of Minnesota, Interprofessional Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

American Medical Association (AMA)
The University of Minnesota, Interprofessional Continuing Education designates this live activity for a maximum of 20.25 AMA PRA Category 1 Credits™ for the Workshops in Clinical Hypnosis - Introductory Workshop, and 17.0 AMA PRA Category 1 Credits™ for the Workshops in Clinical Hypnosis Advanced Workshop. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application has been made for additional categories of healthcare professions continuing education credit. Upon approval they will be posted on each section’s webpage at www.cmecourses.umn.edu

Minnesota Board of Social Work (BSOW)
This activity has been approved by the State of Minnesota Board of Social Work for 20.25 continuing education hours for the Workshops in Clinical Hypnosis - Introductory Workshop and 17.0 continuing education hours for the Advanced Workshop.
WORKSHOP LOCATION & OVERNIGHT ACCOMMODATIONS
Crowne Plaza Minneapolis West
3131 Campus Drive
Plymouth, MN 55441
www.CPplymouth.com
763-559-6600
800-227-6963

A block of sleeping rooms is available at the discounted rate of $119.00 per night plus the current state and local taxes. Please make your reservations directly with the hotel by the cut-off date of May 8, 2017, and request the U of M – Clinical Hypnosis block to receive the discounted rate. Reservations will be accepted based on space and rate availability.

Parking is complimentary and adjacent to the facility. Valet parking is available for $3.50 per day.

COURSE MATERIALS
Registered attendees will be emailed access instructions to view the presentations and the course materials online prior to the Workshop; and download or print for their use at the conference. Please note: NO services for printing syllabi are available on site during the conference. A printed syllabus will NOT be distributed at the Workshop. Presentations and other workshop materials will remain available on a designated website for several weeks following the Workshop.

REGISTRATION
Register by March 24 to receive the Kick-off Rate, or by May 5 to receive an Early Registration Discount! DUE TO MEETING SPACE LIMITATIONS, REGISTRATIONS WILL BE LIMITED. ON-SITE REGISTRATIONS MAY NOT BE ACCEPTED. Registration fees include continental breakfast, morning/afternoon breaks, lunch on Friday and Saturday, and course materials. Dietary restrictions should be indicated in advance; requests cannot always be honored on-site.

TO REGISTER
Online
To register online with Visa, MasterCard, or American Express for the Introductory Section, click here and for the Advanced Section, click here. In order to protect your credit card information, the Office of Continuing Professional Development (OCPD) does not accept credit card payments by phone, fax, mail, in person, or on-site.

By Mail
Mail your check (payable to The Regents of the University of Minnesota) with registration form to:
Office of Continuing Professional Development
MMC 293, G254 - Mayo Memorial Bldg
420 Delaware Street SE
Minneapolis, MN 55455

WEBSITES
www.cme.umn.edu
Visit the University of Minnesota CPD Web site to access conference brochures, view our complete course calendar, or register online. Check back often; we regularly update our course information.

http://www.peds.umn.edu/dogpah/programs-centers/devbehavior/
For more information about the University of Minnesota Developmental Behavioral Pediatrics Program.

www.msch.us
For more information about the Minnesota Society of Clinical Hypnosis.

I can't imagine a better place to get training in hypnosis, especially for early learners. The time spent with the small groups helps people feel safe and to practice in a setting where they can feel like they are really turning themselves into very capable clinicians, in whatever field they might work. This is the best place to get training, hands down!

(PsyD)
Educational Objectives
Upon completion of this educational activity, learners should be better able to:

- List the stages of Hypnosis
- Describe hypnosis as a process of therapeutic communication
- Describe three induction methods
- Demonstrate three appropriate induction techniques
- Describe methods for deepening (intensification) of and re-alerting from hypnosis
- Outline applications for guided imagery
- Describe the use of hypnosis for pain control and stress reduction
- List applications and methods of hypnosis for children
- Outline a strategy for getting started using hypnosis in clinical practice

Preliminary Agenda
Curriculum and faculty are subject to change.

Thursday, June 8, 2017
5:30 p.m. Registration/Check-In
6:25 p.m. Welcome and Announcements
6:35 p.m. Discovering the Possibilities of Hypnosis
7:15 p.m. Hypnotic Phenomena: Catalepsy, Levitation
7:45 p.m. Hypnotic Phenomena: Group Experience
8:15 p.m. Refreshment Break – Discussion with Faculty
8:30 p.m. Definitions, History, Theories of Hypnosis
9:00 p.m. Myths, Misconceptions, and Memory
9:30 p.m. Adjourn

Friday, June 9, 2017
7:30 a.m. Continental Breakfast/Registration/Check-In
7:55 a.m. Announcements
8:00 a.m. Language of Hypnosis:
8:30 a.m. Treatment Planning
9:15 a.m. Principles of Hypnotic Intervention and Utilization
9:50 a.m. Demonstration of Third Induction:
10:15 a.m. Refreshment Break – Discussion with Faculty
10:30 a.m. Small Group Practice – Session III: Intervention Church and Steeple Induction
12:15 p.m. Lunch – Group Buffet with Faculty
1:30 p.m. Integrating Hypnosis into Clinical Practice
2:15 p.m. Integrating Hypnosis into Clinical Practice
2:45 p.m. Refreshment Break – Discussion with Faculty
4:00 p.m. Integrating Hypnosis into Practice: Overview
4:45 p.m. Integrating Hypnosis into Practice: Select one at time of registration.

Saturday, June 10, 2017
7:30 a.m. Continental Breakfast
7:55 a.m. Announcements
8:30 a.m. Formulating Suggestions
9:15 a.m. Principles of Hypnotic Intervention and Utilization
9:50 a.m. Demonstration of Third Induction:
10:15 a.m. Refreshment Break – Discussion with Faculty
10:30 a.m. Small Group Practice – Session III: Intervention Church and Steeple Induction
12:15 p.m. Lunch – Group Buffet with Faculty
1:30 p.m. Integrating Hypnosis into Clinical Practice
2:15 p.m. Integrating Hypnosis into Clinical Practice
2:45 p.m. Refreshment Break – Discussion with Faculty
4:00 p.m. Integrating Hypnosis into Practice: Overview
4:45 p.m. Integrating Hypnosis into Practice: Select one at time of registration.

The conference was eye-opening and affirming. I learned a lot of useful information and am now looking forward to building on the skills I have gained toward better client care. The environment was warm and welcoming.

(Student)
Advanced Section

Healing the Wounds of Development: Attachment Theory & Hypnosis, An Integrated Approach to Psychotherapeutic Treatment

Guest Faculty

Eric Spiegel, Ph.D., is a licensed psychologist in private practice in Philadelphia, PA, United States. He is certified as an Approved Consultant in clinical hypnosis by the American Society of Clinical Hypnosis (ASCH). A 2012 recipient of ASCH's Early Career Achievement Award, he was named a Fellow of the Society in 2015 and is the incoming President-Elect. Dr. Spiegel is co-author of the book Attachment in Group Psychotherapy, published by the American Psychological Association in 2013. He has also published on attachment and hypnosis in the International Journal of Clinical and Experimental Hypnosis (IJC/CH) and American Journal of Clinical Hypnosis (AJCH). Dr. Spiegel specializes in working with anxiety, trauma, and relationship issues. He has taught undergraduate and graduate psychology courses at Drexel University, James Madison University, Lafayette College and the University of Maryland, and enjoys teaching internationally on a wide range of subjects, including attachment and hypnotherapy.

Educational Objectives

Upon completion of this educational activity, learners should be better able to:

• Describe how a hypnotherapeutic attachment approach could be utilized for the purposes of developmental repair.
• Articulate how the hypnotic elements of attunement, representation, mentalization can be used to facilitate developmental repair.
• Deliver 3 hypnotic suggestions that advance the attachment goals of enhancing attunement in the hypnotherapeutic relationship, developing mental representation of a secure attachment figure or ego state, and increasing the capacity for reflective awareness about mental states in developmentally arrested patients.
• Integrate attachment and hypnosis into the psychotherapeutic treatment of borderline and narcissistic spectrum developmental arrests.

Thursday, June 8, 2017

6:00 PM  Registration/Check-In
6:55 p.m.  Faculty Introductions - Andrew Barnes
7:00 p.m.  Small Group Seminars, Tutorials, and Practice Sessions: 
Select one at time of registration.

1) Hypnosis and Psychotherapy: Getting Started and Continuing On..................presented by Helen Paul and Cheryl Bemel
2) Psychophysiology........................................presented by Alfred Clavel and Mark Weisberg
3) Sleep: Working Hypnotically with Complex Cases.................................................presented by Suzanne Candell
4) Advanced Hypnosis Techniques: Reviewing the Work of the Masters........................................presented by Ralph McKinney
5) Hypnotic Skeleton Keys for Unlocking the Neuroplastic Potential of our Clients..............................presented by David Alter

9:15 p.m. Adjourn

Friday, June 9, 2017

8:00 a.m. Introductions and workshop overview
8:15 a.m. Attachment Theory: Concepts, literature, and research
8:45 a.m. Attachment-focused hypnosis for developmental repair: Introduction of the ARM model
9:00 a.m. Attunement in hypnosis: Processes, Goals, and Skills
9:45 a.m. Group induction
10:00 a.m. Refreshment break
10:15 a.m. Demonstration 1: Attunement in the hypnotic process
10:45 a.m. Small dyad practice
11:30 a.m. Representation in hypnosis: Review of existing hypnotic representational approaches

12:00 noon Lunch
1:00 p.m. Representation: Integrating existing hypnotic approaches with attachment theory
1:30 p.m. Representation in hypnosis: Processes, Goals, and Skills
2:00 p.m. Demonstration 2: Representation in the hypnotic process
3:00 p.m. Refreshment break
3:15 p.m. Small dyad practice
4:00 p.m. Case video and discussion
5:00 p.m. Adjourn

Saturday, June 10, 2017

8:00 a.m. Mentalization: Conceptual review and integrating into a hypnotic approach
8:30 a.m. Mentalization: Processes, Goals, and Skills
9:30 a.m. Demonstration 3: Mentalization in the hypnotic process
10:00 a.m. Refreshment break
10:15 a.m. Small dyad practice
11:00 a.m. Borderline spectrum developmental repair: Conceptualization
11:30 a.m. Application of ARM to Borderline spectrum repair
12:00 noon Lunch
1:00 p.m. Case Discussion 1
2:00 p.m. Narcissistic spectrum developmental repair: Conceptualization
2:30 p.m. Application of ARM to Narcissistic spectrum repair
3:00 p.m. Case Discussion 2
3:30 p.m. Refreshment Break
3:45 p.m. Case Discussion 2 (cont’d)
4:15 p.m. Clinical Utilizations, Summary, and Questions
5:00 p.m. Adjourn
Workshops in Clinical Hypnosis
June 8-10, 2017
REGISTRATION FORM

Please type or print clearly. A name badge and statement of attendance are generated from this form.

Name __________________________________________________________

Affiliation ________________________________________________________

Department ________________________________________________________

City _____________________________________________________________
State _______________ Zip ____________________

Phone ___________________________ E-mail ____________________________

Receipts, confirmations, and driving directions are e-mailed from our office. Please provide your e-mail address and print clearly.

DEGREE/CERTIFICATION
☐ MD    ☐ DO    ☐ PhD    ☐ EdD    ☐ MSW/ACSW    ☐ LMFT    ☐ MA/MS    ☐ RN
☐ APRN (NP, CNS)    ☐ DDS/DMD

SPECIALTY
☐ Family Medicine / Subspecialty
☐ Internal Medicine / Subspecialty
☐ Pediatrics / Subspecialty
☐ Other ____________________________

Graduate Student (please list school, program, and date enrolled): ______________________________________________________________

Profession you are currently licensed in: ____________________________________________________________

State ________ Lic # ______________

REGISTRATION FEES
Select workshop Section:
☐ Introductory Full Registration (Includes FREE 1 year MSCH Membership, $80 value) $580  $620  $675
☐ Advanced Full Registration $580  $620  $675
☐ MSCH Member or U of MN/M Health Adjunct/ Full-time Faculty $470  $500  $530
☐ Resident/Fellow/Graduate Student $325  $325  $325
☐ Course Speaker/ Faculty $325  $325  $325

Published On-Site Attendee List: May we include your name, clinic, city, state (no email or mailing address) on the attendee list published only at this conference? ☐ Yes ☐ No

How did you hear about this conference?
☐ Employer ☐ Email ☐ Colleague/Friend ☐ Website ☐ Flyer ☐ Other ____________________________

GROUP REGISTRATION
A minimum of 3 registrants from the same organization are required for a group discount of $20 per person to be deducted from the corresponding registration fees listed above. Submit all registrations together with one check payment. NO refunds will be issued if a person from a group has to cancel or does not show up at the conference. Normal refund policy applies for complete group cancellations.

Special Needs: Special needs such as dietary restrictions, lactation room, etc. should be indicated in advance; requests cannot always be honored on site.
Dietary: ____________________________________________________________ Other: __________________________

REGISTRATION (Check the workshop section you plan to attend and then one practice session.)

Introductory Section - Select ONE of the four Integrating Hypnosis into Practice sessions for Saturday, June 10, 4:45–6:00 pm.
☐ Child Health: Medical and Behavioral ☐ Psychotherapy
☐ Integrated Care: Medical and Mental Health ☐ Acute and Chronic Pain

Advanced Section - Select ONE of the five Small Group Seminars, Tutorials, & Practice Sessions for Thursday, June 8, 7:00 – 9:15 pm.
☐ Psychophysiology ☐ Advanced Hypnosis Techniques: Reviewing the Work of the Masters
☐ Hypnosis and Psychotherapy: Getting Started and Continuing On ☐ Hypnotic Skeleton Keys for Unlocking the Neuroplastic Potential of our Clients
☐ Sleep: Working Hypnotically with Complex Cases

TO REGISTER
Mail this registration form and your check, payable to The Regents of the University of Minnesota, to: Office of CPD, University of Minnesota Medical School, MMC 293, Mayo Memorial Bldg. Room G-254, 420 Delaware St SE, Minneapolis, MN 55455.

CANCELLATION POLICY
In the event you need to cancel your registration, the registration fee, less a $50 administrative fee, will be refunded if you notify us by 4:30 p.m. CST on May 19, 2017. No refunds will be made after this date.

If you have any questions, please contact our office at (612) 626-7600 or (800) 776-8636, or e-mail us at cme@umn.edu.
Guest Faculty

ERIC SPIEGEL, PhD, is a licensed psychologist in private practice in Philadelphia, PA, United States. He is certified as an Approved Consultant in clinical hypnosis by the American Society of Clinical Hypnosis (ASCH).

Host Faculty

*RONI J. AHERN, MA, LP, Private Practice, Minneapolis; ASCH Approved Consultant in Clinical Hypnosis; Small Group Coordinator for MSCH Workshops in Clinical Hypnosis

*DAVID ALTER, PhD, Independent Practice, Minnetonka, MN. Co-owner: Partners in Healing of Minneapolis. Founder: Institute for Brain-Behavior Integration. Consultant: Minnesota Gastroenterology. Diplomate in Clinical Health Psychology. Diplomate in Psychological Hypnosis. Past President MSCH. Past Executive Board Member ASCH. ASCH Approved Consultant in Clinical Hypnosis

*ANDREW J. BARNES, MD, MPH, Course Co-Director; Assistant Professor, Pediatrics and Adolescent Health, Developmental-Behavioral Pediatrics, University of Minnesota, Minneapolis, MN; Co-Director of Education and Training, MSCH; Former physician member-at-large, MSCH; ASCH Approved Consultant in Clinical Hypnosis

CHERYL S. BEMEL, PhD, LP, Licensed Psychologist; Nationally Certified School Psychologist (NCSP); MSCH Treasurer; Staff Psychologist, Allina Health

SUZANNE CANDELL, PhD, LP, Private Practice, Minneapolis; Clinical Health Psychologist, Minnesota Head and Neck Pain Clinic, St. Paul; Former MSCH Board Member; ASCH Approved Consultant in Clinical Hypnosis

*ALFRED L. CLAVEL, JR., MD, Department Head, Pain Management, HealthPartners Inc; Minnesota Head and Neck Pain Clinic; President, MSCH

*MARK GEMMELL, PsyD, LP, Introductory Workshop Coordinator; MSCH Board Member; Practice: Bridges and Pathways of Woodbury and Edina

GREG HEBERLEIN, MA, LP, Private Practice, St. Paul and Stillwater, MN; MSCH Board Member

DElle JACObS, MSW, LICSW, LMFT, Private Practice, St. Paul, MN; MSCH Past President; ASCH Approved Consultant

HEATHER KLEIN; PhD, LP, Private Practice, St. Louis Park, MN; MSCH Board Member; IMAGES Editor

DANIEL P. KOHEN, MD, FAAP, ABMH, Private Practice: Developmental-Behavioral Pediatrics, Medical Hypnosis & Self-Regulation, Partners-in-Healing of Minneapolis, Minnetonka, MN; formerly Director, Developmental-Behavioral Pediatrics and Professor, Departments of Pediatrics and Family Medicine & Community Health, University of Minnesota (retired); formerly Director of Education and Training, Minnesota Society of Clinical Hypnosis (MSCH); Past President, MSCH; Past President, American Board of Medical Hypnosis; Past Vice-President, Fellow, and Approved Consultant, ASCH; Fellow, SCEH

JEAN S. MANLOVE, MSW, ACSW, LICSW, LCSW-C, Private Practice, Arlington, VA and Chevy Chase, MD; Adjunct faculty, George Mason University, Fairfax, VA; Past MSCH Board Member; ASCH Approved Consultant in Clinical Hypnosis

RALPH E. MCKINNEY, PhD, FASCH, LP, Private Practice, Journey Counseling Center, Minnetonka, MN; Director of Pain Management Program, Vinland National Center, Loretto, MN; ASCH Certified Hypnosis Consultant; Diplomate, American Academy of Pain Management; ASCH Past Executive Board Member; MSCH Past President

HELEN C. PAUL, PhD, LP, Private Practice, Minneapolis; MSCH Past President and Treasurer; ASCH Approved Consultant in Clinical Hypnosis

TERESA QUINN, MD, Assistant Professor, Family Medicine Residency, Park Nicollet Methodist Hospital, St. Louis Park, MN; Diplomate, American Board of Medical Hypnosis

JACK S. RUSINOFF, MA, LP, Minnesota Department of Corrections; ASCH Certified in Clinical Hypnosis; MSCH Former Board Member

*PEGGY TREZONA, MS, RN, CS, Psychotherapist, Private Practice, St. Paul; MSCH Past President

DAVID WARK, PhD, ABPH, Emeritus Professor of Psychology, University of Minnesota; MSCH Past President; ASCH Past President

MARK B. WEISBERG, PhD, ABPP, LP, Clinical Health Psychologist, Diplomate in Health Psychology, American Board of Professional Psychology; Listed, National Register of Health Service Providers in Psychology; Independent Practice, Minneapolis; MSCH Past President; ASCH Approved Consultant in Clinical Hypnosis; Fellow, Past Vice President, ASCH

* Denotes Planning Committee Member

Additional Faculty will include Small Group Facilitators to be announced
“What a dynamic and powerful training experience. If the information is only used by the participant for their own purposes it would be well worth it. There is a rich trove of expertise and wisdom offered in this exciting and productive workshop. I feel confident that I can enact my learnings at once.”

(Mark Lasoff, PhD)